

# Aso-Kuju National Park Activity Guidebook

National  
Parks  
of Japan



Highlights of Aso-Kuju National Park  
PR video

※You can see the map in the back for the location of each spot.



## 1 Nakadake Crater, Mt. Aso

A rare active volcano in the world where visitors can look into the crater.

Prior to a visit, please check the latest Restriction and Alert.



## 2 Senomoto Plateau

Five peaks of Mt. Aso can be seen to the south and the Kuju mountains to the north of the expansive grassland.



## 3 Kyushu Azaleas

Every May and June, the peaks of Aso and Kuju mountains are blanketed in rare pink azaleas which grow well in the volcanic soil.



## 4 Ogi Terraced Rice Fields

The terraced rice paddies were created by taking advantage of the fan-shaped terrain. It has been selected as one of the 100 best terraced rice paddies in Japan.



## 5 Kikuchi Gorge

Located in the northwestern part of the outer rim of the mountain, it is a beautiful valley with a series of rapids and waterfalls of various sizes.



## 6 Nabegataki Falls

The waterfall is said to have been formed by a huge eruption about 90,000 years ago that created the Aso caldera. You can walk behind the waterfall.







## Activity Spots of Aso-Kuju National Park

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### 1 Helicopter tour of Mt. Aso



Take a helicopter tour of the crater of the active volcano Mt. Aso, Nakadake. You can also enjoy the spectacular view of the outer rim of Mt. Aso.

### 2 Mt. Aso Trekking (Nakadake, Takadake)



This is a trekking tour to summit Nakadake (1506m), located in the center, and Takadake (1592m), the highest peak of five peaks of Mt. Aso.

### 3 Grassland Trail walk/ Grassland Bike ride



This is a sustainable tour you can enjoy trail walks and mountain bike (E-bike) rides in the grasslands (bokuya) of Aso, which are usually inaccessible.

### 4 Aso Caldera Tour



Overnight stay guests-only tours, such as a starlight horseback riding and a sea of clouds tour in autumn, are packed with Aso's natural beauty and its attractions, which change with the seasons.

### 5 Men no Ishi trekking



This trekking tour offers a spectacular view of Minami Aso beyond the mossy forest and a cave that looks like a cat, where you can enjoy the magnificent nature of Minami Aso.

### 6 Kuju walking tour of marshes and spring water



Walk through a forest rich in vegetation with a view of the Kuju Mountains. Children and the elderly are also welcome.

### 7 Kuju trekking, Mt. Mimata loop



This tour takes you to the diverse topography and vegetation of Kuju, especially around Mt. Mimata (1744m).

### 8 Kuju Starlight Therapy Hike



This guided tour is a walk through the Tadewara under a star-filled sky. Why don't you sharpen your senses and feel the breath of the forest?

### 9 Mt. Tatchu Volunteer Tourism



Kuju mountains are visited by many climbers. Why not stay at a mountain lodge and help maintain the mountain trails? (Registration required, held irregularly)



10 Kijima Inoseto/Lake Shidakako Trekking



This tour offers trekking around the Ino Seto Marshland, which is home to valuable plants and animals.

11 Hot Spring bath and Steamed food experiences



Experience programs at "Jigoku Onsen Seifuso" and "Tarutama Onsen Takibiyori (former Yamaguchi Ryokan)", two of Minami Aso's hidden hot springs with over 200 years of history.

12 Satoyama Journey



Private guided tours with an English speaking guide, providing up-close and personal experiences in rural communities.

13 Senomoto Go-karting experience



You can enjoy an exhilarating go-karting experience in the magnificent nature of Senomoto Plateau.

14 Paragliding / Hot air balloon ride



Enjoy the spectacular view of Aso all to yourself from a height of 450 meters. / Experience the panoramic view of Aso's nature in a hot air balloon in the early morning.

15 Sky-high morning yoga session



Experience yoga while enjoying the spectacular view of Aso in the early morning. After the experience, enjoy an elegant tea time with a cup of tea and sweets. (Limited time only)

16 Horseback Riding



Horseback riding experience with a spectacular 360-degree panoramic view of the five peaks of Mt. Aso and the Kuju mountains.

17 Drone piloting experience



Would you like to pilot a drone to take aerial photos of the spectacular view of Aso? You will be given a detailed lecture on how to operate the drone.

18 DRUM TAO special live performance at TAO Nature Theater



On the outdoor stage, visitors can enjoy a live performance by DRUM TAO, a Japanese drumming entertainment group performing around the world, against the background of Mt. Aso five peaks.



## 7 Tadewara Marsh

This wetland is registered under the Ramsar Convention. Wooden paths are maintained and many rare plants can be observed.



## 10 Takamori Dengaku

Local delicacies from the mountains and rivers, such as "tsurunoko imo", a Takamori specialty grown in volcanic ash soil, are grilled in a traditional way.



## 8 Bogatsuru Wetland · Hokkein Onsen

A Ramsar Convention-listed wetland that stretches across a basin surrounded by the Kyushu volcano group. Highest altitude hot spring in Kyushu.



## 11 Akaushi Beef Bowl

A bowl of rice topped with Aso's specialty "Akaushi" (red beef) nurtured by the grasslands.



## 9 Shioisha Suigen

One of about 1,500 spring water spots in Aso Area. Located in Minamiaso, a beautiful source of blue spring water that springs quietly in the forest.



## 12 Komezuka

It was formed in the latest period of the Aso Volcano (about 3,000 years ago), is about 80 meters high, and has crater ruins on the summit. (Entry is prohibited to protect the vegetation.)



## Aso Kuju National Park PR Video

Scan the QR code to view the video of the activities and highlights introduced in this guidebook.



ASO-KUJU  
NATIONAL PARK  
阿蘇くじゅう国立公園

Ministry of the Environment  
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