A majestic landscape where towering volcanic peaks watch over sprawling peaceful grasslands

Aso-Kuju National Park was established in 1934. Instantly recognizable by the impressive site of Mt. Aso standing on the rim of a huge caldera crater, the vast Aso Mountain Range which spreads to the north, as well as the verdant gentle grasslands that fill the area between them.

The Aso Caldera is one of the world’s largest calderas stretching 18 km from east to west and 25 km north to south. The surrounding grasslands were first formed by volcanic ash soil low in nutrition, and people have utilized the area for grazing animals for over a millennium. Today, the caldera is home to approximately 50,000 people, and it is the only caldera in the world in which a stable community has been built. The plains in the southern and northern parts of the caldera feature numerous rice paddies and crop fields, which are sustained by Aso’s mineral-rich subsoil water. The vast grasslands have also been utilized to their full advantage for animal grazing and they are maintained thanks to the controlled burns that take place every year in mid-March. The controlled burns help the growth of new grass, which is eaten by the Aka-ushi, Japanese brown cattle, just one part of local gastronomic tradition.

The sight of farming communities amidst the caldera crater is a sight not to be forgotten and demonstrates the unique relationship the Japanese people have with their volcanic environment.

Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter
(Aso area) Kumamoto DMC Co., Ltd. Phone: 096-276-6875
(Kuju area) Tourism Oita Phone: 097-536-6250
Website: http://k-dmc.co.jp/ [Kuju area] Tourism Oita http://t-ota.jp/tourism
Activity

03

A challenging trek where you can visit Mt. Minuma and other places. Enjoying diverse terrains and vegetation.

04

A tandem paragliding flight where you can enjoy a great view of the area.

05

You can enjoy the scenery of an emerald green pool and stunning volcanoes.

06

In an open area, you can enjoy a hike with a breathtaking view of the Aso Caldera.

Activity

01

Spiritual activity in the Aso Caldera: Yoga in the air (limited to particular seasons).

02

Enjoy a breathtaking view with a great view of the old trees and the landscape. This is a perfect place for paragliding.

03

Toboganning on the rocky hill, where you can enjoy a refreshing experience.

04

Enjoy the calm and cool atmosphere while enjoying the scenery of the Aso Caldera.

05

You can enjoy a helicopter tour of the area and see the beauty of the Aso Caldera from above.

06

A challenging trek where you can visit Mt. Minuma and other places. Enjoying diverse terrains and vegetation.

Activity

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Spiritual activity in the Aso Caldera: Yoga in the air (limited to particular seasons).

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A challenging trek where you can visit Mt. Minuma and other places. Enjoying diverse terrains and vegetation.
Aso-Kuju National Park –Recommended Activities–

**Activity 07**

A hiking tour where you can enjoy a 360-degree panoramic view of Aso, Kuju, and the Sobu Mountain Range from Mt. Ogí’s peak. You can admire the scenery of the vast lands extending from Mt. Aso and learn about how the volcanoes and Aso’s lands were formed.

Hiking tour of Mt. Ogí—enjoy a 360-degree view of Aso, Kuju, and Mt. Sobu from the mountain peak.

Enjoy a 360-degree panoramic view of Aso, Kuju, and the Sobu Mountain Range from Mt. Ogí’s peak. Observing the landscape undulating from Mt. Aso, a guide will explain what happened in the great eruption that occurred 90,000 years ago. You can learn about how the awe-inspiring Aso was formed. A proper mountain trail and toilets are in place, enabling visitors of all ages to enjoy the grasslands of Aso.

**Schedule**
- All year round
- 120 min
- 5,000 yen per group (1 to 4 people), 2,000 yen per person for groups of 5 or more people

**Location**
Kagarum Inn, Namino Kogen Yamasugi Koryoshita

**Reserve**
0967-23-0555
http://aso-yamasugi.com

**Activity 08**

Have an experience of a lifetime at El Patio Ranch. A place where you can become one with your horse! Gallop around at a somma while enjoying a 360-degree panoramic view!

Horse riding with the magnificent Five Mountains of Aso and the Kuju Mountain Range in the background.

Horse riding as far as you can see—that is where El Patio Ranch is located. A magnificent view of the Five Mountains of Aso, the Kuju Mountain Range, and the Sobokatamuki Mountain Range lies before you. The rider’s view of Aso, a significantly higher position than usual, is superb. Becoming one with your horse will be an unforgettable experience. A variety of courses are offered, including an easygoing course and an excursion course, so anyone can enjoy horse riding.

**Schedule**
- All year round
- 90 min, horseback course 30 min
- 1,500 yen per adult, 1,000 yen per child
  *You must be 120 cm tall.*
- *Children under 8 years old are free* (Children under 3 years old are free)

**Location**
Island Resort Aso El Patio Ranch

**Reserve**
0967-22-3861
http://asp.com/index.html

**Activity 09**

Get a great view of Aso’s vast nature from a hot air balloon
Visitors of all ages can enjoy a relaxing hot air balloon ride.

A hot air balloon ride where you can enjoy a panoramic view of Aso’s nature.

Board on a hot air balloon to get a great view of Aso’s expansive nature from 40 meters high in the air. You can only experience this special hot air balloon ride in the early morning when there is no wind. The balloon will rise into the air slowly, so the whole family can enjoy this relaxing ride. You may be lucky enough to operate the burner, and if the conditions are just right a sea of clouds may play out before your very eyes.

**Schedule**
- All year round
- 5 min
- 10,000 yen per adult, 5,000 yen per child (13 years old and older), 2,200 yen, children (around 6 years old and over), 1,000 yen, infants 550 yen

**Location**
Hino Jukkei Nature Land

**Reserve**
0967-32-4196
http://www.aso.ne.jp/natureland/

**Activity 10**

Enjoy a relaxing kayaking experience in a rice field while admiring the majestic Five Mountains of Aso.

Have a peaceful and relaxing time on the water in a natural environment.

Kayaking in a rice field surrounded by Minamiasso’s vast nature.

This rice field kayaking activity is only held during Golden Week and the summer holidays. Enjoy a kayaking experience in a rice field while admiring the majestic Five Mountains of Aso. Unlike kayaking on the sea, you can have a peaceful and relaxing time on the calm waters while admiring nature. Kayaks, paddles, and life jackets—all the equipment is provided for you to enjoy kayaking.

**Schedule**
- Golden Week (late April to early May), summer holidays (late July to end of September)
- *Please contact us in advance.*
- 15 min
- 5,000 yen per adult, 3,000 yen per child

**Location**
Tour Plaza Minamiasoo

**Reserve**
0967-67-2222
https://www.minamiasoo.kyushu.jp/

**Activity 11**

Sazankyo, a traditional onsen hot spring inn with an elegant atmosphere that has been renovated after the Kumamoto Earthquake.

Enjoy Aso-oba beef, local farm products, and other bounties of Aso, and experience a comfortable stay in a refined Japanese atmosphere.

Enjoying the fruits of the land at Sazankyo, one of the historic hotels in Aso Uchinomaki Onsen.

The onsen hot spring town of Uchinomaki is surrounded by a vast somma, offering spectacular views of the Five Mountains of Aso through the seasons. Sazankyo is a traditional inn with an elegant atmosphere. Enjoy Aso-oba beef and local farm products to feel the bounties of Aso. Onsen hot springs include a private bath, an open-air bath, and a large bath, and some rooms have an indoor hot spring bath. One of the few sulleric hot springs in Kyushu, the baths offer anti-aging effects through moisturization of the skin.

**Schedule**
- All year round
- One night or longer
- 14,040 yen per adult (includes bath tax, not included: *The price may vary depending on your course (children 70% or 50% of the fee for adults)*)

**Location**
Sazankyo Onsen Inn Co. Ltd.

**Reserve**
0967-32-0515
http://www.sazankyo.jp/

**Activity 12**

Suzukake: a traditional onsen hot spring inn with an elegant atmosphere that has been renovated after the Kumamoto Earthquake.

Enjoy Aso-oba beef, local farm products, and other bounties of Aso, and experience a comfortable stay in a refined Japanese atmosphere.

Enjoying the fruits of the land at Sazankyo, one of the historic hotels in Aso Uchinomaki Onsen.

The onsen hot spring town of Uchinomaki is surrounded by a vast somma, offering spectacular views of the Five Mountains of Aso through the seasons. Sazankyo is a traditional inn with an elegant atmosphere. Enjoy Aso-oba beef and local farm products to feel the bounties of Aso. Onsen hot springs include a private bath, an open-air bath, and a large bath, and some rooms have an indoor hot spring bath. One of the few sulleric hot springs in Kyushu, the baths offer anti-aging effects through moisturization of the skin.

**Schedule**
- All year round
- One night or longer
- 14,040 yen per adult (includes bath tax, not included: *The price may vary depending on your course (children 70% or 50% of the fee for adults)*)

**Location**
Sazankyo Onsen Inn Co. Ltd.

**Reserve**
0967-32-0515
http://www.sazankyo.jp/

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**Activity Information**

- **For individual travelers**
- **For groups**
- **Active (beginner)**
- **Active (intermediate)**
- **Active (advanced)**
- **Tradition/ Culture**
- **List**

**Available languages**

- **English**
- **Chinese**
- **Chinese (simplified)**
- **French**
- **German**
- **Italian**
- **Spanish**
- **Japanese**
- **Korean**
- **Russian**
- **Simplified Chinese**
- **Traditional Chinese**

**Seasons**

- **Spring only**
- **Summer only**
- **Autumn only**
- **Winter only**
A tour along the Kyushu Nature Trail where you can walk across the center of the Kyushu Mountain Range and fully enjoy Kuju!
You can learn about the history of Hekinan Hakutsu Temple, a sacred place for mountain asceticism training, at Bogata's Hekinan Osen Sanjo.
Trekking tour across the Kuju Mountain Range: walk along the Kyushu Nature Trail and dive into local history.

This is a guided tour where you can walk across the grassland-covered Kuju Mountain Range and fully discover the beauty of Kuju. You can see rare plants and a variety of wetland vegetation in Tadahara Marsh and Bogata's Hekinan Osen Sanjo. Take the cool and refreshing spring water of Sashimiyama Spring, the spring source of Tadahara Marsh. In Bogata, you can visit Hekinan Osen Sanjo to get a glimpse of the history of Hekinan Hakutsu Temple, a place known for mountain asceticism training.

**Activity 13**

**Activity 14**

A tour from Yufuin to Beppu where an experienced taxi driver will show you around the Aso-Kuju area
Enjoy spots including the Chojahara Visitor Center, Tadahara Marsh, and Kokone Yume Otsurashi
Taxi trip from Yufuin or Beppu: Enjoy a spectacular view of the Kuju Mountain Range and the Five Mountains of Aso!

In this taxi trip, you can learn about Kuju's nature and adventure by heading out from Aso-Kuju National Park's Chojahara Visitor Center, which is located in a perfect place for admiring the Kuju Mountains. You can experience nature while walking along the walkway at Tadahara Marsh. You can also enjoy walking through untouched forests and trekking around Okie Pond. Top it off with an exciting experience at Kokone Yume Otsurashi, Japan's most elevated pedestrian-only bridge!

**Activity 15**

A tour from Beppu where an experienced taxi driver will show you around the Aso-Kuju area
Visit a crater, admire the grasslands of Tsukahara Kogen, and enjoy a relaxing coffee break
Taxi trip from Beppu to Yufuin: Visit the crater at Tsukahara Kogen and relax in the rolling highlands.

You can experience the volcanoes, one of the most prominent features of Aso-Kuju National Park, for yourself! An experienced taxi driver will drive you from Beppu to Yufuin, stopping by at various spots along the way. At Tsukahara Kogen, you can admire the grassland scenery, visit a crater, and have a relaxing time at a stylish cafe or restaurant.

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"Discover Volcanic Landscapes and Charms" Course

Season: All seasons except winter
Duration of stay: 2 nights, 3 days

- Volcanoes, calderas, grasslands — revel in the dynamic landscapes created by the world’s largest caldera.
- Food, festivals, springs and hot springs — enjoy the abundant charms nurtured by life in one of the world’s rarest calderas.

Day 1
10:00a.m. Kumamoto Airport (fly route, encounter Kumamoto akita-ushi (Japanese brown beef cattle), seasonal vistas, and rare flowers)
11:00a.m. Activity A1: Paragliding and Tandem Flight Experience (60min)
12:00p.m. Volcano Museum
2:00p.m. Activity A3: Helicopter Sightseeing Flight to Mt. Aso (30min or 60min)
3:10p.m. Activity A4: Uchinomiya Onsen Hot Spring Sozankyo (Accommodation)

Day 2
5:00a.m. Activity A5: Hot Air Balloon (50min) or 6:00a.m. Activity A6: Sky Yoga (120min)
Day 2: Uchinomiya Onsen Hot Spring Sozankyo
Return to the accommodation for a leisurely morning soak and breakfast.
10:20a.m. Gourmet Cycling Course — Touring Aso Shrine and Water Sources
(Enjoy nature’s bounty in Aso with these recommended dishes: tsuu no ko (“crane child”) taro and musturd greens grown in volcanic ash fields, sake, buckwheat, tofu, coffee, desserts made with fresh spring water, grass-fed Kumamoto akita-ushi beef dishes, and Jersey milk)
4:00p.m. Activity A7: Accommodation in Minami Aso or Takamori (Accommodation)
7:30p.m. Activity A8: Stargazing and Night Trekking
(Admire starry skies that can only be seen from Minami Aso.)

Day 3
10:00a.m. Accommodation in Minami Aso or Takamori
10:00a.m. Minami Aso Visitor Center & Camel Mountain
11:00a.m. Activity A9: Kayaking in Rice Fields (15min)
Activity A10: Kayaking in Rice Fields (Accommodation)
1:30p.m. Activity A10: Kayaking in Rice Fields (60min)
3:00p.m. Kumamoto Airport (To local airports)
Volcanic Blessings: Hot Springs and the Kuju Mountains Trekking Course

- Enjoy mountain climbing and delicious spring water while enjoying seasonal landscapes.
- Be inspired by efforts to protect rare plants and wetlands.
- Discover a treasure trove of hot springs and secret baths renowned since days of old.

Season: All seasons except winter
Duration of stay: 2 nights, 3 days

Day 1
- 8:00a.m. Beppu Station (Enjoy views of Mt. Yufudake and Yufuin from Sagridai Observatory)
- 9:30a.m. Activity: Looping Around Mt. Mimata (360min) or Trekking in the Kuju Mountains (420 min)
- 5:00p.m. Hot Spring accommodation in the Kuju area (Accommodation)

Day 2
- 10:50a.m. Hot Spring accommodation in the Kuju area (30min)
- 11:00a.m. Activity: Enjoy Spring Water (240min) or Horseback Riding (20min)
- 3:30p.m. Activity: Horseback Riding (20min) or Enjoy Spring Water (30min)
- 5:00p.m. Hot Spring accommodation in the Kuju area (Accommodation)

Day 3
- Hot Spring accommodation in the Kuju area (30min)
- 10 Kumamoto Airport and other airports

Notes:
- Enjoy mountain climbing and delicious spring water while enjoying seasonal landscapes.
- Be inspired by efforts to protect rare plants and wetlands.
- Discover a treasure trove of hot springs and secret baths renowned since days of old.