

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.

7

Tadewara Marsh

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

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.

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.

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.

11

Akaushi Beef Bowl

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

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.)

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, a gainst the background of Mt. Aso five peaks.

Aso Kuju National Park PR Video

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

National
Parks
of Japan

ASO-KUJU
NATIONAL PARK
阿蘇くじゅう国立公園

Ministry of the Environment
Aso-Kuju National Park Office 2023

Aso-Kuju National Park Activity Map

National Parks of Japan



Access

Haneda Airport ▶ [Plane (about 1 h. 50 min.)] ▶ Oita Airport ▶
[Bus (about 1 h.)] ▶ JR Yufuin Station (Yufuin Ekimae Bus Center) ▶
[Bus (about 52 min.)] ▶ Kuju Tozanguchi (Chojabaru)

Note: Kuju Tozanguchi bus stop (closest to the Chojabaru Visitor Center)

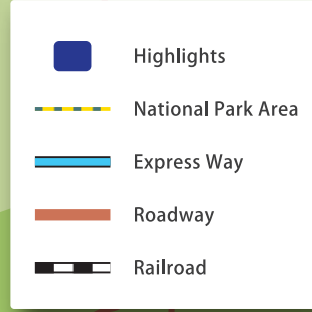
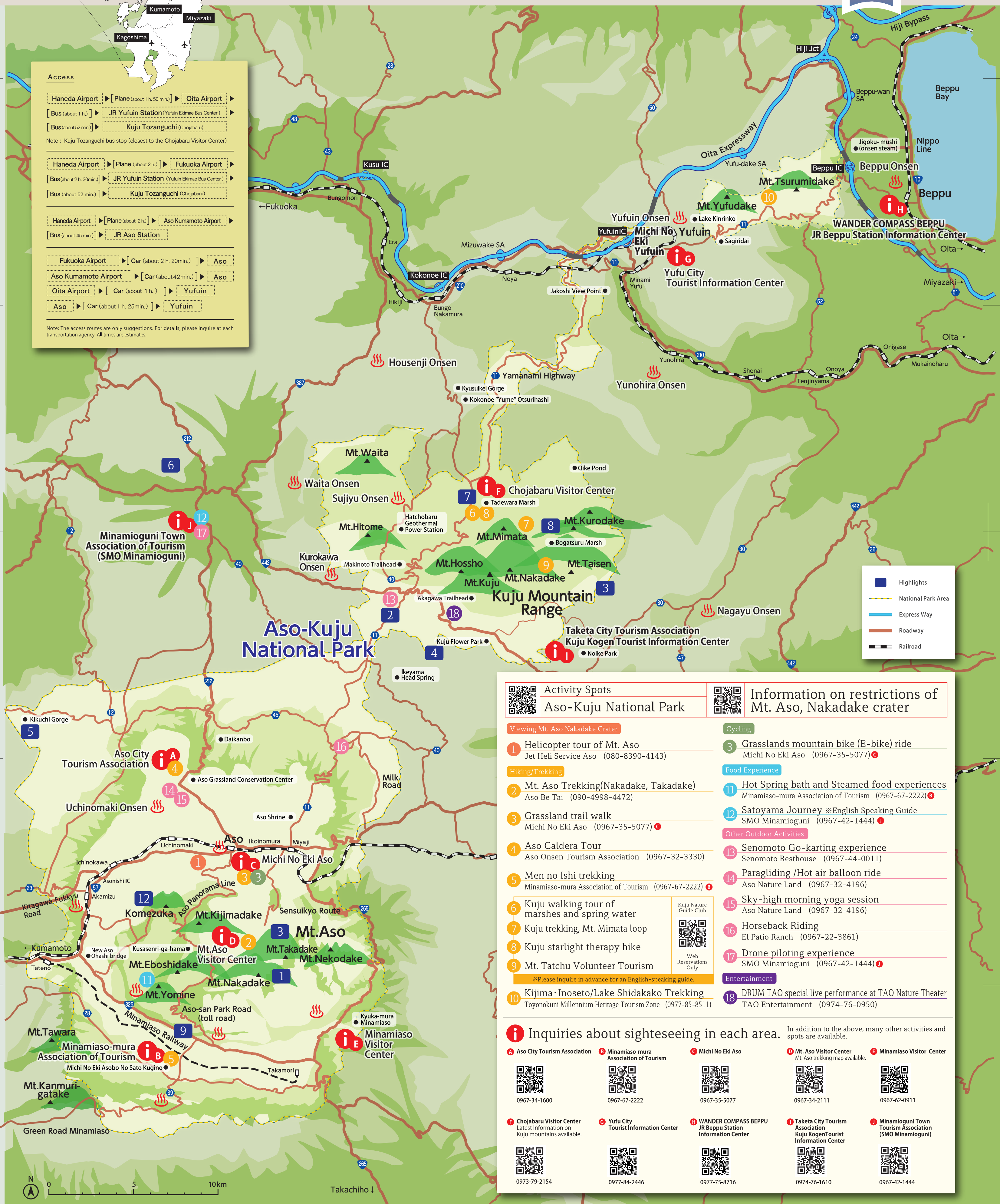
Haneda Airport ▶ [Plane (about 2 h.)] ▶ Fukuoka Airport ▶
[Bus (about 2 h. 30 min.)] ▶ JR Yufuin Station (Yufuin Ekimae Bus Center) ▶
[Bus (about 52 min.)] ▶ Kuju Tozanguchi (Chojabaru)

Haneda Airport ▶ [Plane (about 2 h.)] ▶ Aso Kumamoto Airport ▶
[Bus (about 45 min.)] ▶ JR Aso Station

Fukuoka Airport ▶ [Car (about 2 h. 20 min.)] ▶ Aso
Aso Kumamoto Airport ▶ [Car (about 42 min.)] ▶ Aso

Oita Airport ▶ [Car (about 1 h.)] ▶ Yufuin
Aso ▶ [Car (about 1 h. 25 min.)] ▶ Yufuin

Note: The access routes are only suggestions. For details, please inquire at each transportation agency. All times are estimates.



Activity Spots Aso-Kuju National Park

Viewing Mt. Aso Nakadake Crater

1 Helicopter tour of Mt. Aso
Jet Heli Service Aso (080-8390-4143)

Hiking/Trekking

2 Mt. Aso Trekking(Nakadake, Takadake)
Aso Be Tai (090-4998-4472)

3 Grassland trail walk
Michi No Eki Aso (0967-35-5077)

4 Aso Caldera Tour
Aso Onsen Tourism Association (0967-32-3330)

5 Men no Ishi trekking
Minamiaso-mura Association of Tourism (0967-67-2222)

6 Kuju walking tour of
marshes and spring water

7 Kuju trekking, Mt. Mimata loop

8 Kuju starlight therapy hike

9 Mt. Tatchu Volunteer Tourism

10 Kijima · Inoseto/Lake Shidakako Trekking
Toyonokuni Millennium Heritage Tourism Zone (0977-85-8511)



Web
Reservations
Only

※Please inquire in advance for an English-speaking guide.



Information on restrictions of Mt. Aso, Nakadake crater

Cycling

3 Grasslands mountain bike (E-bike) ride
Michi No Eki Aso (0967-35-5077)

Food Experience

11 Hot Spring bath and Steamed food experiences
Minamiaso-mura Association of Tourism (0967-67-2222)

12 Satoyama Journey ※English Speaking Guide
SMO Minamioguni (0967-42-1444)

Other Outdoor Activities

13 Senomoto Go-karting experience
Senomoto Resthouse (0967-44-0011)

14 Paragliding /Hot air balloon ride
Aso Nature Land (0967-32-4196)

15 Sky-high morning yoga session
Aso Nature Land (0967-32-4196)

16 Horseback Riding
El Patio Ranch (0967-22-3861)

17 Drone piloting experience
SMO Minamioguni (0967-42-1444)

Entertainment

18 DRUM TAO special live performance at TAO Nature Theater
TAO Entertainment (0974-76-0950)

Inquiries about sightseeing in each area.

In addition to the above, many other activities and spots are available.

A Aso City Tourism Association



0967-34-1600

B Minamiaso-mura Association of Tourism



0967-67-2222

C Michi No Eki Aso



0967-35-5077

D Mt. Aso Visitor Center
Mt. Aso trekking map available.



0967-34-2111

E Minamiaso Visitor Center



0967-62-0911

F Chojabaru Visitor Center
Latest information on
Kuju mountains available.



0973-79-2154

G Yufu City
Tourist Information Center



0977-84-2446

H WANDER COMPASS BEPPU
JR Beppu Station
Information Center



0977-75-8716

I Taketa City Tourism
Association
Kuju Kogen Tourist
Information Center



0974-76-1610

J Minamioguni Town
Tourism Association
(SMO Minamioguni)



0967-42-1444

