



**Tour  
de  
Saito**

SAITO CITY CYCLING MAP

## Excite All Your Senses on a Ride Through Saito



As society begins to pay more attention to healthy and environmentally friendly lifestyles, bicycles are often the subject of discussion.

In Saito City, not only are there few cars on the road and plenty of flat areas to ride, but the old Tsuma Line train tracks have also been converted into a dedicated cycling road.

All of this comes together to make the city a great fit for cycling. Saito City was also once the home to the capital of ancient Hyuga. As such, it offers plenty to see, be it locations found in the lore of the Kojiki (“Records of Ancient Matters”) and Nihonshoki (“Chronicles of Japan”), or the Saitobaru Burial Mounds, an ancient burial site of a size unmatched anywhere in Japan. Why not take this map along with you on your ride around Saito?

- P04 | **Rent-a-cycle Information**  
Providing support for all cyclists
- P06 | **Course 1** Leisurely Tour of Historic Sites [Saitobaru]  
10.50km 1 h 10 min
- P08 | **Course 2** Riding the Himuka Myth Road [Hokita]  
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- P10 | **Course 3** Pleasing Any Appetite [Kurouno]  
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# Let's Enjoy Cycling!



Introducing 4 recommended cycling routes within, and one that circles the majority of the city.

## Rent-a-cycle Information

### Saitobaru Guidance Center Konohana-kan

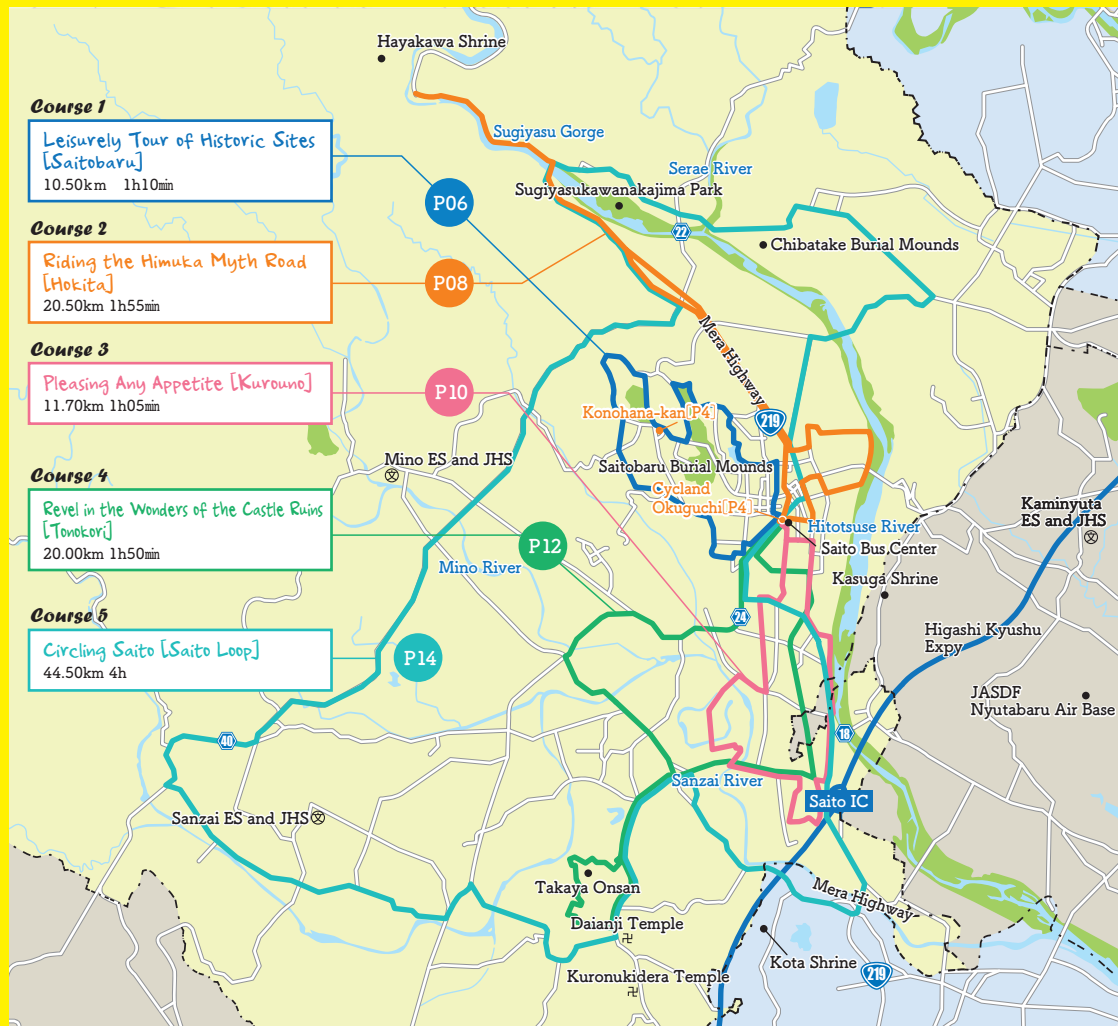
- 📍 4941-1 Miyake, Saito, Miyazaki
- 🕒 10:00~15:00
- 🗓 Mon (or the following day if Monday is a national holiday)
- ☎ 0983-43-6230

### Cycland Okuguchi

- 📍 1-61 Onozaki, Saito, Miyazaki
- 🕒 7:30~18:30
- 🗓 Tue·Wed
- ☎ 0983-43-0445

## What are Hinata Cycle Rest Locations?

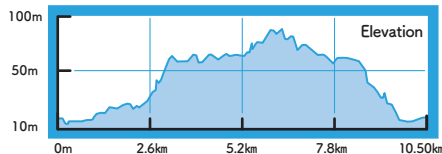
These locations are places where cyclists can rest and find the assistance they need. These facilities offer a place to park your bicycle, take a break, and use the restroom. They also offer access to beverages you can purchase (including via vending machines).



# Saitobaru

10.50km 1h 10min

The scenery of Saitobaru changes with the seasons, with cherry blossoms and rape flowers in spring, sunflowers in summer, and cosmos in fall. It's also home to over 300 historic burial mounds!



▲ ⚠ Be careful when crossing!

Kiyomizudai Comprehensive Park  
Miyazaki Medical & Welfare College

▲ ⚠ Be careful when crossing!



Tsuma no Kugu Tree

▲ A camphor tree that stands strong despite enduring two fires.



Ohga Lotus of Chigo ga Ike

▲ The Ohga Lotus was excavated from ancient stratum to sprout still today. The flowers only remain for 4 days after they bloom, so think of it as good luck if you spot them. Season: June - August



Saitobaru Archaeological Museum

▲ A museum featuring a number of both permanent and special exhibits about the history of the prefecture, with a focus on the Saitobaru Burial Mounds.

Open: 10:00~18:00  
Closed: Mondays (or the following day if Monday is a national holiday)



Oni no Iwaya

▲ The only burial mound which has a horizontal stone chamber in Saitobaru Burial Mounds. It is said that an oni (a demon) hoping to win Princess Konohanasakuya as his bride built this overnight by the demand of her father, Oyamatsumi no Mikoto.

▶ Five of the largest "Zazo" Zen sculptures in Japan, carved by the great Mokujiki, are enshrined here. Open : 8:30~17:00



Mokujikigochi-kan

Free Entry

## Osahozuka-Mesahozuka

Osahozuka is the largest scallop-shaped burial mound in all of Japan, and Mesahozuka is the largest keyhole-shaped burial mound in Kyushu. Osahozuka is said to be the burial ground of Ninigi no Mikoto and Mesahozuka of Princess Konohanasakuya. Both tombs are currently under the authority of the Imperial Household Agency.



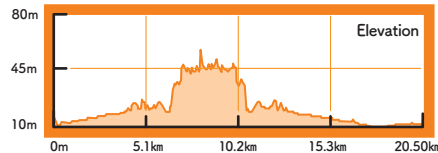
# Let's pottering Course 2

Riding the Himuka Myth Road

## Hokita

**20.50 km** **1 h 55 min**

The old Tsuma Line train tracks have been converted into a cycling road for comfortable riding. There are a few gradual slopes along the way, but the scenery the road provides will leave both your mind and body feeling refreshed.



▲ The cycling road here is especially nice.



▲ Take in the mountains and the fields as you peddle along.



◀ Turn left at the intersection where you see Tsuma Shrine on the right.



▲ The camphor tree on the grounds of Minamikata Shrine. Estimated to be 1,000 years old, it has been named "Kamihokita no Kusu" and designated a natural monument of Japan.



▲ Hydrangeas of Sugiyasu Gorge

### Land Improvement History Museum

Covering the history of the Sugiyasu Dam, Kodama Kyuemon's irrigation channel development works, modern dams, and the pipeline system of the Hitotsuse River using models, graphics, and exhibits featuring the actual tools used, as well as models of public works projects.

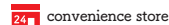
☎0983-42-1052



Free Entry

Open: 9:00~15:00

Closed: Tue • Fri • Sun



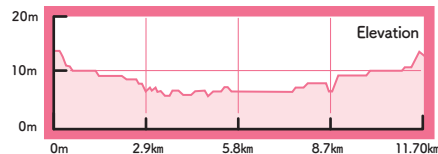
## Let's pottering Course 3

Pleasing Any Appetite

# Kurouno

11.70 km 1h05 min

This route includes places to eat lunch and grab a snack.  
You can also try your hand at picking fresh produce or participating in Zazen rituals!



▲ Turn left down the road between the greenhouses.



▲ When you see the Saito Fire Brigade building on the left, cross the street and head down the path on the right.



▲ Turn left at the greenhouses.



▲ Turn left towards Shimotsuma Park.



▲ Statues of Ninigi no Mikoto and Princess Konohanasakuya will see you off on your ride.



▲ Turn right at the fork in the road.



▲ Turn right at the stop sign onto the cycling road.



▲ The cycling road is blanketed in cherry blossoms in the spring.



▲ The remains of the old Tsuma Line that ended in November 1984



### Kawasaki Farm

Accepting orders for mangoes.  
(late April to early July)

〒881-0104  
481 Kanoda, Saito  
☎ FAX 0983-42-3404  
Mobile 090-9583-4228





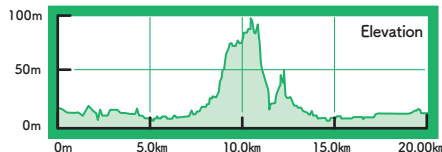
## Let's pottering Course 4

Revel in the Wonders of the Castle Ruins

# Tonokori

**20.00** km **1h50** min

Enjoy an adventurous sort of ride up and down the hills of the Tonokori region. The cycling road here is nice and wide for a pleasant ride.



▲ An historic figure born in Tonokori in the early 16th century who traveled to Rome at the age of 13 as leader of the Tensho Embassy. He had a large impact on forging goodwill between Japan and Western Europe. Statue of Ito Mancio.

◀ Blue lines are drawn to show drivers where bicycles ride.



▲ Turn left at the Mikasa intersection.



▲ Turn left at the Miyanosita intersection.



▲ Turn right at the intersection onto Prefectural Road 18.



▲ Turn right at the sign for the Tonokori Castle Ruins.



▲ Turn left at the intersection at Soko-ji Temple.



▲ Take the first right at the end of the hill.



▲ Follow the road to the right.



▲ Turn right toward the main castle compound.



▲ Turn left at the corner with the single cedar tree.



▲ These mountain castle ruins are the remains of Tonokori Castle, built by the Ito Clan during the Nanboku-cho period. It is also known as Ukifune Castle.

**Naumann's Elephant Fossil Excavation Site**  
 In 1959 the molar and part of the lower jawbone of a young Naumann's elephant were discovered here. A first for southern Kyushu. A restoration of these fossils is on display at the city's Historical and Folk Museum.



# Saito Loop

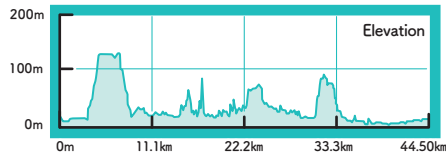


44.50 km



4h00 min

A nice, challenging course with hills to ride up and down. There are some real steep climbs too, but the sense of accomplishment you will feel after circling all of Saito makes it worth it!



▲ Turn left at the stop sign.



▲ Turn left at the Saito Shiraumacho intersection.



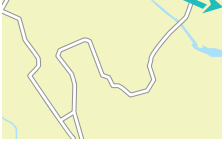
▲ Turn diagonally right at the traffic light.



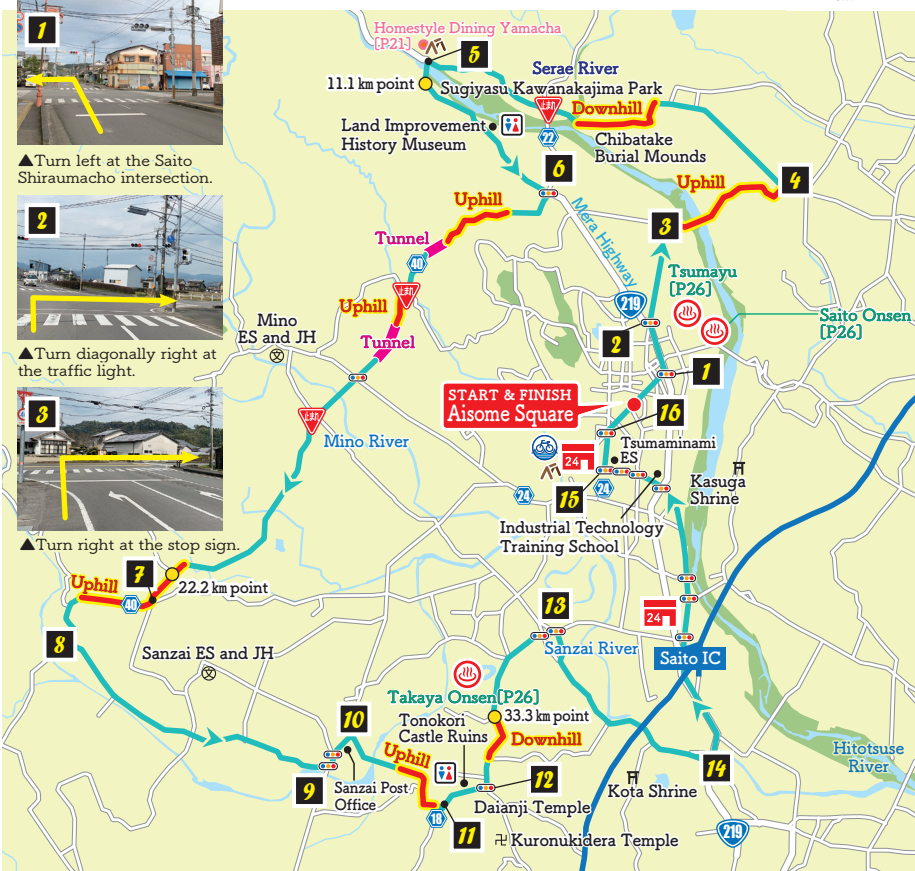
▲ Turn right at the stop sign.



▲ Turn right at the stop sign after you exit the tunnel.



▲ Turn right at the intersection past Tsumaminami ES.



▲ Turn left at the stop sign.



▲ Turn right at the Hokita intersection.



▲ Turn right at the stop sign.



▲ Turn left at the intersection with the Haniwa on the left.



▲ Turn left at the Iwasaki intersection.



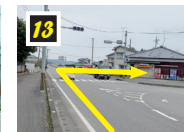
▲ Turn right toward Tonokori.



▲ Turn left at the stop sign.



▲ Turn left at the T-junction intersection.



▲ Turn right at the Bakeidani intersection.



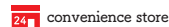
▲ Turn left at the stop sign after you exit the tunnel.



▲ Turn right at the intersection past Tsumaminami ES.



▲ Turn right at the Mikasa intersection.





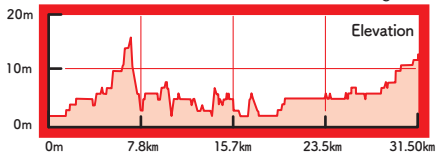
# Let's pottering Course 6

Riding the Miyazaki Sadowara Saito Bicycle Route Line

## Miyazaki Car Ferry to Saito

**31.50 km** **2h50 min**

Once you make your way through the beautiful pine forest, the bright, blue ocean will be waiting to greet you next. The wonderful scenery and relatively flat course will leave you feeling extra refreshed!



▲ Turn left toward the Saito Bus Center.



▲ Turn right onto the cycling and pedestrian path.



▲ Turn left at the Sonomoto intersection.



▲ Head straight-ahead at the fork and continue below the highway.



▲ Turn right and cross the bridge towards downtown Saito.



Bike stand

convenience store

restroom

Hinata Cycle Rest



▲ Turn left onto the cycling and pedestrian path.



▲ Turn right toward the Seagaia IC.



▲ Turn right toward Seagaia IC at the traffic light.



▲ Turn left at the Marina-mae intersection.



▲ Turn left after exiting the tunnel.



▲ Head to the right at the fork.



▲ Turn left at the corner before the Seagaia IC.



▲ Head to the left at the fork (toward the Marina).



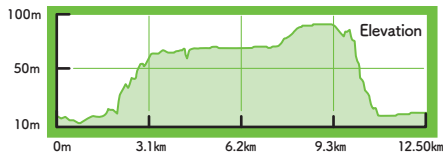
# Let's pottering Course 7

Ride Along Nyutabaru Airbase

Hyuga-Shintomi Station to Saito

**12.30** km **50** min

While riding alongside the JASDF Nyutabaru Airbase, you can see the runway and the ongoings of the base. If you're lucky, you might see a fighter jet flying overhead, too!



▲ Turn left at the Shintomi Town Shinmachi intersection.



▲ Turn right at the Tomita ES intersection.



Turn right at the stop sign.



▲ Head right toward Nyutabaru Airbase.



▲ Head to the left at the fork.



▲ Head to the right at the fork.



▲ Turn right at the stop sign onto Prefectural Road 312.



▲ Head to the left at the fork.



▲ Turn left at the stop sign onto Prefectural Road 24.

15 Exquisite Establishments

# Gourmet de Saito

Some of the best parts of any ride are the delicious things you come across along the way. Be sure not to miss out on the wonderful cuisine here, grown among the lush natural landscape and in the warm climate of the area, and prepared with extra care.



MAP·P6

## café LIFE LONG

A trendy cafe built with a focus on using natural wood. The cafe has over 15 different kinds of hamburgers! Plus, with your choice of toppings, the combinations are endless! There are also pasta and rice omellette available. And be sure not to miss the handmade trinkets on sale, too!

☎ 0983-32-7874

(Instagram)

📍 1-5 Onozaki, Saito

🕒 11:00~21:00

🗓 Mon



MAP·P6

## Mori no Fuu Ice Cream

Featuring local flavors like ripe plum from the Saito area! Plus a variety of items on the cafe menu, such as milk floats, parfaits, fresh-baked pies, and more.

☎ 0983-32-0032

(HP)

📍 4134-2 Miyake, Saito

🕒 11:00~17:00

🗓 Mon~Tue



MAP·P6

## Konohana-kan (Seasonal Veggie Restaurant)

The Koyu region is home to a flourishing livestock industry. The fine quality local pork is prepared here using only salt and pepper. What you taste is the true flavor of the meat itself. It's the perfect meal to help re-energize after a day of cycling. So be sure to drop in.

☎ 0983-43-6230

(HP)

📍 4941-1 Miyake, Saito

🕒 11:00~14:30

🗓 Mon (or the following day if Monday is a national holiday)



MAP·P6

## Yakiniku Saitoh Bokujo

Run by Saitoh Farm, a farm with a focus on special fertilizer and raising stress-free livestock. Their special brand "Saitoh-gyu" beef is packed with so much flavor, you will find yourself wanting more once you have had a taste. Don't miss your chance to partake.

☎ 0983-35-3915

📍 1520-1 Tsuma, Saito 🗓 Tue~Wed

🕒 Lunch 11:30~14:30 (L.O. 14:00)

Dinner 17:30~21:00 (L.O. 20:30)



MAP·P8

## Sushizen

The restaurant's first- and second-generation sushi chefs work to put together the finest fresh sushi, paired with a carefully selected choice of alcohol, all at a location that is welcoming even to those out to eat on their own. Dine here for an honest, reasonable price, and relax and enjoy your time.

☎ 0983-43-4246

📍 2-26 Sakuragawa-cho, Saito

🕒 Lunch 11:30~13:30

Dinner 18:00~22:30 🗓 Wed



MAP·P8

## Homestyle Dining Yamacha

Known since long ago as the "Arashiyama of Hyuga," Sugiya Gorge offers wonderful scenery of clear streams weaving through the Mera mountain range. And you can take in it all at this cafe, situated at the perfect location. If you're lucky, the playful proprietress might even read your fortune (reservations required)!

☎ 0983-42-3443

📍 111-3 Minamikata, Saito

🕒 11:30~14:00

🗓 Thu



MAP·P9

## Free-flowing Hot Spring Tsumayu

Located inside Tsumayu, a natural, free-flowing hot spring uncommon in the plain area of Miyazaki. The restaurant here makes full use of the local meats and vegetables of Saito. The 2nd floor, available to rent out to parties of 20 or more, is especially popular. Be sure not to pass up a chance to visit Tsumayu.

☎ 0983-32-1108

(HP)

📍 687-5 Tsukidono, Saito

🕒 11:00~21:00

🗓 Tue (except on holidays)





MAP・P8

## Mizunoya

Mizunoya strives to maintain the traditional flavor passed down since its foundation while also venturing to craft new treats. The "namadora" is just one example of such. It is made with smooth cream and moist pancakes. The end result is nearly as soft as ice cream. Be sure not to miss out on the pure joy that Mizunoya's sweets provide.

☎ 0120-098353

〈HP〉

- 📍 1-12 Nakatsuma, Saito
- 🕒 8:00~18:00
- ⊗ Open all year round



MAP・P8

## Saison

A local cake shop with many fans who have continued coming here ever since they were students. In addition to the signature strawberry shortcakes and cheesecakes, they also offer a number of cakes made with seasonal ingredients. They also have cookies, madeleines, and other baked goods.

☎ 0983-43-5891

- 📍 1-121-6 Asahi, Saito
- 🕒 11:00~18:00
- ⊗ Mon・2nd Tue



MAP・P10

## Kokotto Kitchen

Everything on the lunch menu is all-you-can-eat! Eat your fill, all at a reasonable price. With over 60 seats available, including tatami seating, even those with children will find they can leisurely enjoy a meal here.

☎ 0983-43-0321

- 📍 1004 Okatomi, Saito
- 🕒 11:00~14:30
- (Closes whenever the food runs out)
- ⊗ Wed



MAP・P10

## Kura Cafe Aem

Enjoy delicious desserts inside this renovated storehouse that was originally built over 100 years ago. The cream puffs full of filling are extra popular! This is the perfect stop for gifts and quick snacks, too.

☎ 0983-42-3202

〈Instagram〉

- 📍 576-1 Migimatsu, Saito
- 🕒 11:00~18:00
- ⊗ No scheduled holidays



MAP・P10

## Aritasanchi no Onikuyasan

Offering products made with their unique brand Arita beef (EMO) and Konohana beef, as well as beef offal, processed products, and even fast food items! The burger, made with a 100% beef patty topped with thin slices of additional beef, as well as the Jersey milk gelato is recommended.

☎ 0983-32-0129

〈HP〉

- 📍 829-1 Okatomi, Saito
- 🕒 10:00~18:00
- ⊗ No scheduled holidays



MAP・P10

## Ohana Shokudo

Look for the big shop sign with a rainbow on it! Previously an izakaya with a creative menu to offer, the current menu is also full of variety. "Ohana" means family in Hawaiian, and as such this shop has a very homely feel to it.

☎ 0983-32-6877

〈Instagram〉

- 📍 816 Okatomi, Saito
- 🕒 Lunch 11:00~14:00
- Dinner 17:00~20:30
- ⊗ Sun



MAP・P12

## Takaya Onsen

An inn located in the mountains of Saito. The water of this hot spring is safe enough to drink, and is said to be good for gastrointestinal disorders. Here they serve a specialty of carp. You will also find handmade soba made with local Saito ingredients. If you plan to stay the night, they have a separate room with its own outdoor bath attached, perfect for enjoying a nice, slow moment of peace.

☎ 0983-42-4283

- 📍 10726 Kanoda, Saito
- 🕒 Bath/8:30~21:00
- Meal/10:00~(L.O. 19:00)
- ⊗ Mon (or the following Tuesday if Monday is a national holiday)



MAP・P12

## Modisch.cafe

A sophisticated, hideaway-style cafe. The homemade cake menu changes every day! Some days you will find caramel cheesecake, others chocolate banana pound cake. Be sure to stop in for a bite of cake and a relaxing cup of coffee or tea.

- 📍 1-105 Onozaki, Saito
- 🕒 13:00~17:00
- ⊗ No scheduled holidays

〈Instagram〉



## ▷ Zazen Experience [MAP P10]

**Place** Soko-ji Temple  4-73 Migimatsu, Saito

**TEL** 0983-42-2220

**How to Join** Reservations are not required, but check the schedule before visiting. (Schedule posted to Instagram)

◀Instagram▶



**Cost** Free (Come in clothes that is easy to move around in. Skirts/jeans are not allowed.)

**Duration** About 1 h

## ▷ Zucchini Picking [MAP P10]

**Place** Iwakiri Farm  391-1 Kurouno, Saito

**TEL** 0983-43-3764

**Season** From April to May

**How to Join** Make your reservations by phone.


**Cost** Call us for detailed information.

**Duration** About 20 min



## ▷ Praying for School Success at Hayakawa Shrine [MAP P8]

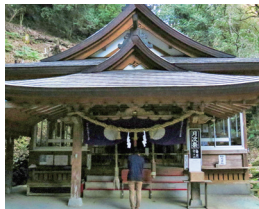
**Place** Hayakawa Shrine

 183-2 Minamikata, Saito

**TEL** 0983-42-0114

**Instructions** There is an 870-meter-long walk to reach the shrine. It is recommended you visit wearing comfortable walking shoes. You can purchase eggs and candles from the shrine office.

**Duration** About 1h



[Trivia] The candles are meant to light up one's face, and the eggs are meant to be offered up to the snake-god enshrined here as the shrine's signature deity.

## ▷ Magatama Crafting [MAP P6]

**Place** Saitobaru Archaeological Museum Ancient History Activity Center

 5670 Miyake, Saito

**TEL** 0983-41-0041

**Open** 10:00 a.m. - 11:15 a.m./1:00 p.m. - 4:30 p.m.

**Close** Mon (or the following day if Monday is a holiday)

**How to Join** You can join in without reservations (excluding groups of 10 or more). Register over the phone or at the front desk.

**Cost** ¥150 (Mid-sized magatama)

**Duration** About 1h

[Note] Aside from magatama crafting, the Ancient History Activity Center also offers opportunities to make haniwa, craft stone implements, build fires, and create glass beads. (Bead-making requires reservations made in advance.)



◀HP▶

## Flower Viewing Information



## ▷ Tsumayu

MAP・P9



A natural, free-flowing hot spring opened in April 2019. The facilities feature a restaurant as well.

**Fee: Adults ¥900, Children ¥500**

☎ 0983-32-1108

(HP)

- 📍 687-5 Tsukidono, Saito
- 🕒 10:00~22:00
- 🗓️ Tue (except on holidays)



## ▷ Saito Onsen

MAP・P9



Features hot spring waters that flow up from 1,000 m underground, saunas, and outdoor baths. You can also dine or spend the night.

**Fee: Adults ¥500, Children ¥300**

☎ 0983-43-1000

(HP)

- 📍 1355-1 Tsukidono, Saito
- 🕒 10:00~22:00
- 🗓️ No scheduled holidays



## ▷ Takaya Onsen

MAP・P12



In addition to visiting just for the baths, this facility also features a separate lodging location with its own outdoor bath to offer you a hideaway-style stay.

**Fee: Adults ¥400, Children ¥200**

☎ 0983-42-4283

(HP)

- 📍 10726 Kanoda, Saito
- 🕒 8:30~21:00
- 🗓️ Mon (or the following day if Monday is a national holiday)



## Hotel Primrose Saito

MAP・P6

☎ 0983-43-3313

(HP)

- 📍 3-13 Tsuma-cho, Saito
- 🏠 No. of rooms(capacity)  
74rooms(100people)
- 🛏️ Single ¥5,500
- 🍽️ Breakfast ¥825
- 🍽️ Dinner ¥1,650



## Takaya Onsen

MAP・P12

☎ 0983-42-4283

(HP)

- 📍 10726 Kanoda, Saito
- 🏠 No. of rooms(capacity)  
20rooms(80people)
- 🛏️ Room only (no meals) From ¥5,500
- 🍽️ 1 night with breakfast From ¥6,000
- 🍽️ 1 night with breakfast and dinner From ¥8,500



## Yamachaya Ryokan

MAP・P8

☎ 0983-42-3443

(HP)

- 📍 111-3 Minamikata, Saito
- 🏠 No. of rooms(capacity)  
12rooms(24people)
- 🛏️ Room only (no meals) ¥4,500
- 🍽️ 1 night with breakfast and dinner From ¥6,000



## Guest House Wakaayu

MAP・P8

☎ 0983-42-5458

- 📍 2173 Minamikata, Saito
- 🏠 No. of rooms(capacity)  
7rooms(20people)
- 🛏️ Room only (no meals) ¥3,500
- 🍽️ 1 night with breakfast ¥4,200
- 🍽️ 1 night with breakfast and dinner ¥5,500

## Saito Onsen

MAP・P9

☎ 0983-43-1000

(HP)

- 📍 1355-1 Tsukidono, Saito
- 🏠 No. of rooms(capacity)  
29rooms(80people)
- 🛏️ Room only (no meals) From ¥3,600
- 🍽️ 1 night with breakfast From ¥4,200
- 🍽️ 1 night with breakfast and dinner From ¥6,200



## Numaguchi Ryokan

MAP・P6

☎ 0983-43-0080

(HP)

- 📍 1-103 Onozaki, Saito
- 🏠 No. of rooms(capacity)  
9rooms(30people)
- 🛏️ Room only (no meals) ¥3,500
- 🍽️ 1 night with breakfast and dinner ¥6,500



## Ryokan Kyoto

MAP・P7

☎ 0983-43-0356

- 📍 1-57 Tsuma-cho, Saito
- 🏠 No. of rooms(capacity)  
9rooms(20people)
- 🛏️ Room only (no meals) ¥4,200
- 🍽️ 1 night with breakfast ¥5,000
- 🍽️ 1 night with breakfast and dinner From ¥6,000





HINATA CYCLING  
MIYAZAKI



HP

## SAITO CITY, MIYAZAKI

2-1 Seiryō-cho, Saito, Miyazaki, 881-8501, JAPAN

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