Wellness of Japan
KAGOSHIMA

The three figures (symbolizing the people of Kagoshima Prefecture) in the upper half represent Health, Healing, and Longevity respectively. The design is based on the letter W of WELNESS and K of KAGOSHIMA combined. On the bottom half are the inverted letter W representing Kagoshima’s symbol, Sankakujima, and Kinko Bay depicted in a stylized fashion. The orange color symbolizes safe and secure food while the blue color indicates an environment conducive to health-enhancing activities such as trekking, cycling, and marine sports. The green color epitomizes abundant nature, beautiful landscapes, and plentiful supply of hot spring resources. This is the concept behind the logo mark design.

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Kagoshima, One Step Ahead in Quality of Life

Kagoshima is plentifully endowed with local resources that have been useful in materializing world-class Health, Healing and Longevity, Food and hot springs. Mountains and seas, Immerse yourself in the abundance of Kagoshima and hone both mind and body. Your journey to find a Wellness Kagoshima that is truly yours, begins now.

What is Wellness Kagoshima?

Kagoshima is blessed with abundant local resources that have been useful in materializing world-class Health, Healing and Longevity, Food and hot springs. Mountains and seas, Immerse yourself in the abundance of Kagoshima and hone both mind and body. Your journey to find a Wellness Kagoshima that is truly yours, begins now.

The goodness of the land extending 600km from north to south

Located in the southernmost part of Kyushu, Kagoshima has a vast land area stretching 600km from north to south. Approximately 27% of the prefectural land area is comprised of a great number of remote islands such as Tanegashima Island, Yakushima Island, Amami Islands, and many others. The climate ranges from tropical to subtropical. Kagoshima is blessed with a moderate climate and has a higher average temperature than the rest of Japan. As it flows from the south to the north, the Japan (Kurushima) Current brings large quantities of warm sea water to the shores, linking the islands together and giving rise to diverse ecosystems. Kagoshima is hailed as a mecca of the Japanese archipelago - a combination of the characteristics of nature that are observed across the country, and the region is blessed with abundant food resources from the sea and the mountains.

Blessings of Volcanos and Human Resourcefulness

Kagoshima has world-class active volcanoes such as the Sakurajima and Kirishima Mountains. It also has many hot springs with the number of sources amounting to 3,733 (second in the country). Most of the public bath facilities in the prefecture use hot spring water. In Kagoshima, most of the land area is covered with Shirasu, which is made up of volcanic cinder with good drainage capacity. Because of this, Shirasu provides good cultivating grounds for sweet potatoes that grow well with the low level of ground water. Furthermore, efforts have been made in the recent development and commercialization of new materials, utilizing Shirasu by Kagoshima-based businesses with assorted unique technologies. Another blessing of the volcanoes is the abundant supply of one hot spring water and fired water in the area in the presence of volcanoes and vast natural features.
A place where you feel the energy of the earth

A hot spring in the forest with the scent of sulfur. A hot spring where you unwind while listening to the rustling of the mountain stream. A hot spring where the ocean stretches endlessly before you as you sojourn profitably. A natural wellness bath where you bury yourself in the beach sand to defuse from deep within your body. Kagoshima is a kingdom of dream (hot springs) that stands out in Japan. What differentiates Kagoshima’s hot springs is the great variety of experiences available. We recommend utilizing mineral-rich spring water to help you to manage your health.

1. Jomon Cedar Tree (Yakushima Town)
2. Shizunai and Kino Bay (Kagoshima City)
3. Makur Kamui (Tadaku City)
4. Sonokogasa Park (Kagoshima City)
5. Kirishima Mountain (Kirishima City)
6. Kusashima Sato (Akiyama Town)
7. Sakaizaki Peninsula (Kagoshima City)
8. Tomakomai (Thousand Island Treks (Kagoshima City)
9. Arima Hot Springs Observation Point (Arima Town)
10. Amami Oshima (Amami Oshima City)
11. Yuzugahama Beach (Yuzugahama City, Yuzugahama City, and Minamata City)
The Sweet and Sour of Kagoshima...
Savor the seasonal delicacies of Kagoshima with your entire being.

Food

Kagoshima is known for its delicious food throughout the four seasons. Vegetables and fruits grown with plenty of sunshine, and Kagoshima beef (the best Wagyu in Japan), Kagoshima Kurobuta Berkshire Pork, Kata Satsuma Chicken, black vinegar, brown sugar, and tofu are just some of the foods produced in Kagoshima's natural environment. These foods have been drawing attention worldwide, and unique local dishes are served in different locations of Kagoshima Prefecture. You can enjoy new food experiences at various places that you visit.

1. Kagoshima Kurobuta Wagyu Beef
2. Mango
3. Sakurajima Daisen Radish
4. Dried Bande
5. Rice with black vinegar (Miso)
6. Black vinegar-based sauce (Shishumoshi)
7. Sakurajima Daisen Radish
8. Haring and sun-drying of sesame seeds (Kii-Tōzu)
9. Shochu and Tonic
10. Miso (Made with soybean and rice)
11. Greater amberjack
12. Rice
13. Strawberries
14. Citrus vegetables and sweet potatoes (Kamaboko)
15. Herring
16. Brown sugar
17. Citrus (Daisen)
18. Kagoshima green tea
Where your mind and body awaken. Kagoshima.

Yoga, while feeling the heat of the sun rising from Satsumahama. Canoeing around the primordial mangrove forest. Cycling while enjoying a grand landscape.
Experience activities available nowhere else but Kagoshima. Nature has the power to heal us. With just a light breeze or a deep breath, your mind and body begin to awaken.

1. Morning jog (Kagoshima City)
2. Cycling (Minamiaso City)
3. Canoeing (Satsumahama Gorge, Takashima City)
4. Forest bathing (Kikushima Gorge, Ku City)
5. Paragliding (Kagoshima Town)
6. Trekking (Kagoshima Town)
7. Mangrove canoering (Amakusa Island Island)
8. Skin diving (Yeon Town)
9. Handback riding (Takeshiba City)
10. Sea bathing (Itoya Island, Minamiaso City)
11. Morning yoga (Kagoshima City)

Learn the spirit truly unique to Kagoshima and incorporate it in your lifestyle.

At the southern end of Kyushu, Kagoshima is the southern gateway to the country and has enjoyed trade with the Ryukyu islands (Ganem (Yakushima Pref.), China and other countries in Asia and the Pacific region since ancient times. In the 16th century, firearms were brought to Tonosho Island by Portuguese crew members who had boarded a drifting ship. In addition, the Catholic missionary Francis Xavier entered Japan via Kagoshima. As the 19th century unfolded, Kagoshima pioneered the modernization of Japan. A reverberatory furnace and various factory buildings were built, and students were dispatched to England. All these were possible partly because of the foresight Kagoshima cultivated through its role as a geographic gateway to the world across Japan. Kagoshima maintains a unique and distinct traditional culture represented by traditional crafts such as authentic Onna’s Sutumi, Kawaye Butsusan (Edo era altar), Satsuma pottery and Satsumawanفو cut glass. Discover the new by inquiring about the past. Leave the spirit unique to Kagoshima.

1. Satsuma pottery
2. Satsumawanفو cut glass
3. Rakusudai Lantern Festival (Kagoshima City)
4. Himeji Shuseikan Machinery Factory (Kagoshima City)
5. Satsuma Students Museum (Karatsu City)
6. “Menori” Festival of Isa Island (Kagoshima Village)
7. Authentic Onna’s Sutumi
8. Itoya Festival of Ikuno Island (Ishino Village)
9. Itoya Festival of Sasayama Town
10. Tatsunokicho Trail (Ara City)
11. Tatsunokicho Gun Festival (Narihira Prefecture)
12. Batfishing (Tokashima Island)
13. Kagoshima Butsudan (Ikuno Prefecture)
The more you incorporate Kagoshima into your lifestyle, the higher your quality of life will be.

**From Season to Season**

*Myojin Mairi Festival*
It is one of the three big events that commemorate Kitano Tenmangu Shrine. Kitano Tenmangu Shrine is a popular spot for visitors to Kagoshima City, and on January 3rd, the festival is held.

*Sendai Great Tug-of-War*
Kagoshima City is host to the Sendai Great Tug-of-War Festival every year. This event is held in November, and it is one of the largest tug-of-war competitions in Japan. The festival celebrates the city’s rich history and culture.

*Yagoroden Festival*
Yagaroden Festival has been held in Kagoshima City since 1982. It is a celebration of the city’s rich history and culture, and it features a variety of performances and events.

*Tomonoura Fishing Port*
Tomonoura Fishing Port is a beautiful fishing port located in Tomonoura City. It is known for its fresh seafood, and it is a popular destination for tourists and locals alike.

*Terraced Rice Fields at Koda*
Koda is a beautiful village located in the northern part of Kagoshima Prefecture. It is known for its terraced rice fields, which are a UNESCO World Heritage Site.

*Senjyogahara Plateau*
Senjyogahara Plateau is a beautiful plateau located in the northern part of Kagoshima Prefecture. It is known for its stunning views and its many hiking trails.

*Kagoshima Inland Sea*
The Inland Sea is a beautiful body of water located between the island of Kyushu and the Japanese mainland. It is known for its many islands and its beautiful beaches.

**Winter**

*Ehahiyaru*
Ehahiyaru is a traditional festival held in the Ehahiyaru District of Kagoshima City. It is a celebration of the city’s rich history and culture, and it features a variety of performances and events.

**Spring**

*Feel closer to the YOKAMON of the season*

**Autumn**

*Satsumayama Sweet Potato*
Satsumayama Sweet Potato is a delicious sweet potato that is grown in the Satsumayama region. It is known for its sweet and fragrant taste.

*Yamakakehara*
Yamakakehara is a beautiful mountain located in the northern part of Kagoshima Prefecture. It is known for its stunning views and its many hiking trails.

*Shirahama Onsen*
Shirahama Onsen is a beautiful spa town located in the northern part of Kagoshima Prefecture. It is known for its hot springs and its many natural attractions.

**Summer**

*Harajima Island*
Harajima Island is a beautiful island located in the Inland Sea. It is known for its stunning views and its many hiking trails.

*Arashiyama Plateau*
Arashiyama Plateau is a beautiful plateau located in the northern part of Kagoshima Prefecture. It is known for its stunning views and its many hiking trails.

*Otsukatsumi Firefly Boat Cruise*
The firefly boat cruise is a popular event held in the summer. It features a boat ride through the beautiful Otsukatsumi River, where visitors can see thousands of fireflies lighting up the night sky.

**Kibinago / Blue sprat*
Kibinago is an essential ingredient for the local food of Kagoshima. The most common recipe, passed down for ancient times, is hand-filleted kibinago, which is accompanied by a paste of soybean and rice.

**Miyamaekirishima*
Miyamaekirishima is designated as the prefectural forest and grassland area of Kagoshima. It stretches across the island of Kyushu, covering a wide range of vegetation and animals.

**Hibiishus*
Hibiishus is a beautiful town located in the north of Kagoshima Prefecture. It is known for its stunning views and its many hiking trails.

**Shirakusa*
Shirakusa is a beautiful town located in the north of Kagoshima Prefecture. It is known for its stunning views and its many hiking trails.

**Tosnyo Somen Nagashii*
Tosnyo Somen Nagashii is a traditional event held in the spring. It features a special type of soba noodle, which is served with a variety of toppings and is a popular dish among locals.

**Surfing*
Kagoshima has a strong history of surfing. Many surfers have been coming to the coast of Kagoshima for generations, and the sport has become an integral part of the local culture.