



From island to island



The Amami Trail is a long trail where you can discover Amami's unique nature and culture such as subtropical forests, white beaches, and villages with coral stone walls.

The routes selected by the locals are about 10 km each and allow you to enjoy Amami's charms to the fullest. Please respect the four rules to preserve the wonderful nature and culture.





1 Look after nature.

Take no animals and plants, only take photos of them.





4 Be thoughtful.

Behave considerately toward other trail users and local people.

Charms of the Amami Trail



In Amami's forests, roadside streams, waterfalls and unexpected encounters with unique creatures entertain the hikers. In islands with deep forests, feel the breathing of evergreen broadleaved forests which are nominated for a World Heritage property. In flat islands, walk through the forests to reach the mountain top which offers a panoramic view.

Ishago Waterfall (Amami-Oshima Is.)

Beautiful beaches will make you want to take off your shoes. Steep cliffs which face the East China Sea may make you feel weak at the knees. There are coastlines where sea turtles can be seen and the sun sets on the horizon. On the Amami Trail you can enjoy such charms of the sea. Go on the trail while listening to the sound of waves.



Oganeku Coast (Yoron Is.)



The Amami Trail goes through many villages, where you can interact with the locals and observe the wisdom and culture developed by their interaction with nature. You can also participate in guided tours organized by the locals.

Tunnel of banyan trees (Okinoerabu Is.)

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