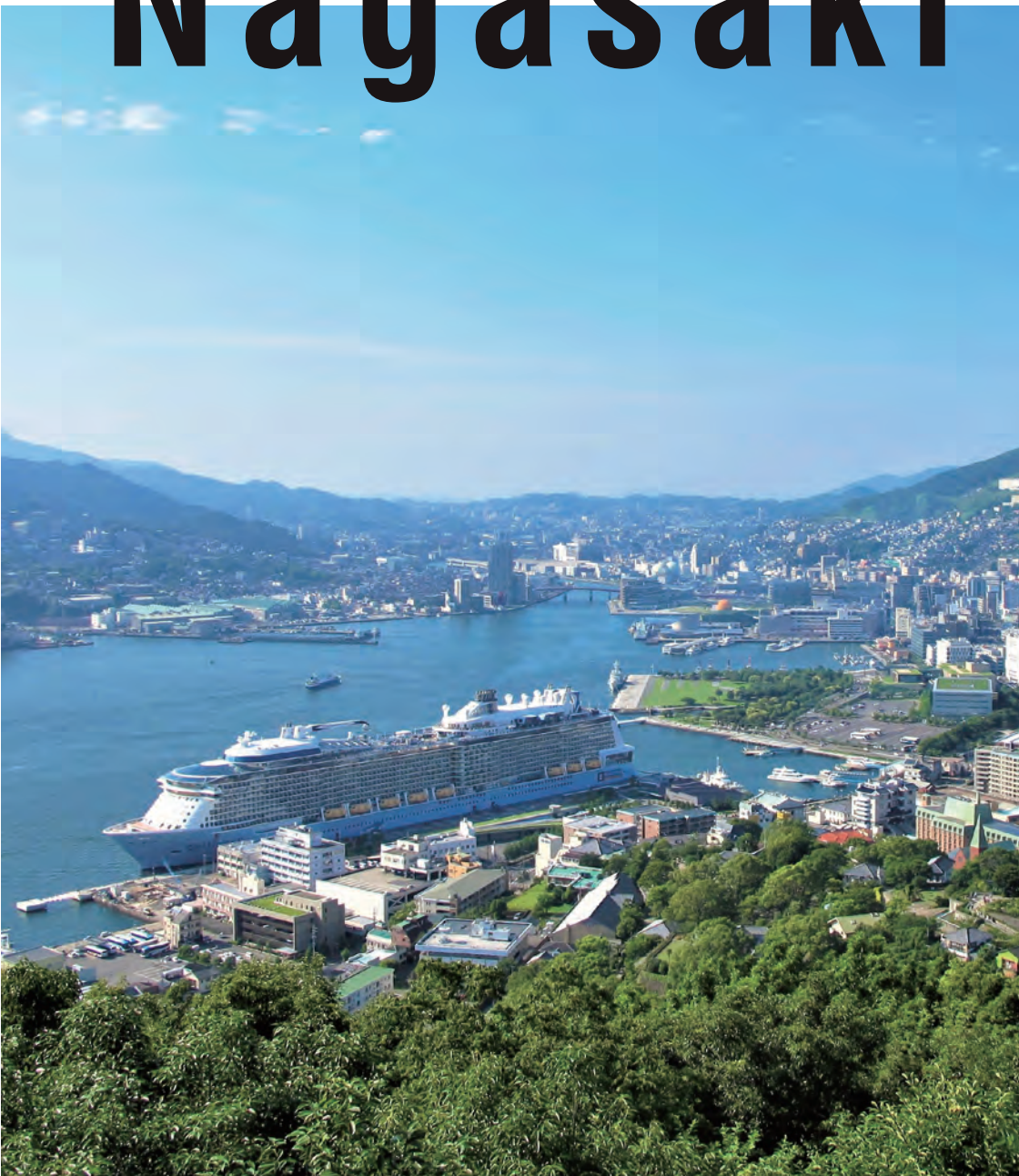


# Discover Nagasaki



THE GUIDEBOOK OF NAGASAKI

## Nagasaki Ropeway

Mount Inasa, the symbol of Nagasaki. Take the Nagasaki Ropeway to reach the Mount Inasa Observation Deck, where a beautiful panorama of downtown Nagasaki can be enjoyed.



Ropeway





Nagasaki City

### Nagasaki night views

From the Mount Inasa Observation Deck that stands at an altitude of 333 meters, a 3D night view of the lights from the houses mainly around the harbor coloring the mountainsides spreads out before you. This view was selected as one of the "Three Great Night Views of the World."



Sasebo City

### Kujukushima (Ninety-nine Islands) Park

The twisting and turning bays of Sasebo's Kujukushima provide a grand panorama. The monument in the shape of its name is a popular spot for taking photos.



Omura City

### Omura Sakura cherry trees

2,000 sakura trees in Omura Park bloom gloriously when spring arrives. The many-petaled Omura Sakura cherry trees are a natural national monument of Japan.



Hirado City

### Hirado Castle

Hirado Castle was constructed over the space of 14 years starting in 1704. It is equipped with a restaurant and accommodation is available. It's fun to try feeling like a feudal lord.



Isahaya City

### Fruit-shape Bus Stops

The Route 207 road overlooking Isahaya Bay is dotted with bus stops designed in the shape of fruits. There are 16 bus stops in the shapes of five fruits including strawberries, melons and oranges.



Saikai City

### Homestay

Saikai City is blessed with abundant nature and located in the west of Nagasaki Prefecture. The homestay experiences during which you can try rice harvesting and cooking together are very popular. There are homestay experiences available at various locations in Nagasaki Prefecture. How about a journey into the lifestyles of Japan?



Iki City

### Tatsunoshima sightseeing cruise boat

Go on a cruise to Iki's Tatsunoshima, where white beaches and emerald waters stretch out before you. The cruises around its strangely shaped rocks and sheer cliffs are very popular.



Iki City

### Saruwa (Monkey Rock)

The 45m-high giant rock of Saruwa is the symbol of Iki Island. This naturally sculpted rock looks just like a monkey with its back turned away from the viewer.



Higashisonogi Town

### Higashisonogi Tea Field

The tea fields stretch out across the high land. This is the production place for the tea that was exported by Nagasaki merchants to the United States and Britain during the mid-19th century. It still wins many prizes for its teas and is closely watched around the world.



Ojika Town

### Nozaki Island

Nozaki Island, located about 30 minutes by boat from Ojika Island, is home to hidden Christian relics that are inscribed as a UNESCO World Heritage site. As you explore the island, you may come across wild deer.

# 遺産

## Heritage

It's impossible to talk about the history of Nagasaki without mentioning Dejima, the early trading post between Japan and overseas. The story that started here brought about present-day Nagasaki's worldwide cultural heritage as well as Japan's heritage. Walking around Nagasaki you will be able to learn about the tremendous achievements left by the people of the past.



Nagasaki Museum of History and Culture Collection



# 出島



A 19th-century illustration of Dejima. It can be seen that the island is a fan-shaped island surrounded by the sea. Conveyed as Keiga Kawahara / Nagasaki Dejima no Zu Nagasaki University Library, Faculty of Economics Library

## DEJIMA

### The one and only contact point between Japan and Western Europe

The artificial island of Dejima was created in the year 1636. Portuguese people were living here and there in the city at the time, and the purpose of Dejima was to gather them all in one place and prevent the spread of Christianity. Later on the Dutch East India Company built the Dutch Trading Post on Dejima, and the island became the center for overseas trade in Japan. This was the start of the period when Nagasaki was described as “the one and only contact point between Japan and Western Europe.”

In the mid-18th century two Dutch ships arrived at Dejima once a year, and what they brought with them spread throughout Japan. Dejima was the entry point for linguistics, medicine, astronomy, physics, chemistry, measurement technology, artillery technology, Western history and world geography. It was also where beer, coffee, potatoes, tomatoes, and even sports like badminton and billiards first came to Japan. Tracing back the roots of what have become familiar parts of our daily lives today often leads to Dejima.

There were usually around 15 people living on Dejima, including the *Kapitan* (the chief Dutch traders), the *Feitor* (the administrator of the trading post), a doctor, a butter maker, a blacksmith, and various Southeast Asians who worked as servants to the Dutch. There were also over 100 Japanese people working on Dejima, headed by the Japanese officials who oversaw trade and gave orders to the Japanese workers, interpreters between Japanese and Dutch, and various other workers such as cooks. There were many human episodes during the 218 years up to the closure of the Dutch Trading Post in 1859. A Dutch merchant official fell in love with a prostitute and had a child with her, another Dutchman arrived with his wife, although women were forbidden to enter Dejima, and a physician had an unhappy love affair with a prostitute and disappeared leaving a farewell note.

Dejima is not an island of fantasy. It is town that really existed, a living, breathing place where people just like us lived, a place that witnessed tears, laughter, anger and joy.

# 長崎街道



02

Heritage

遺産

## The Nagasaki Kaido and the Sugar Road

### The road that spread the sugar culture

The Nagasaki Kaido was built in the 1600s, and with its 25 posting stations ran for 228 kilometers connecting Nagasaki with Fukuoka Kokura via Saga. Along this road, linked to Nagasaki where the culture of the outside world was brought together, all sorts of goods were transported and it became known as the most important route for exchange with different cultures. Among all the imported goods it was sugar in particular that was poured into the towns of Nagasaki and its environs in many guises, including its use instead of gold as presents to officials, payments to prostitutes, and donations to the Tang temples built by Chinese residents. This was the source of Nagasaki's culture of sweet foods, and the factor behind the birth of various kinds of confections ingeniously using sugar found along the Nagasaki Kaido.

"It's a long way from Nagasaki" is an expression from the old days of Nagasaki. The expression compares Nagasaki with sugar, an item that was relatively easy to come by in Nagasaki, and the "long way" is a metaphor for a lack of sweetness. Using large amounts of expensive sugar connected with the sense of providing the other party with generous hospitality, dishes such as the sweet and salty braised pork belly "kakuni" and the sweetly coated Nagasaki tempura were developed, and pāo-de-ló – one of the confections adopted from Portugal and Spain – evolved into the sweet castella sponge that suited the taste buds of the Japanese. Along the roadsides of the Nagasaki Kaido too, a culture of generously using sugar blossomed, with confections such as "maru-boro" baked cakes, "konpeito" sugar candy and "chidori-manju" bean paste buns. Against this historical backdrop, in 2020 The Sugar Culture of Nagasaki Kaido ~ The Sugar Road ~ was officially designated as part of the Japan Heritage. Present-day Nagasaki still continues to produce individual and varied confections.





# Christian history of Nagasaki

## 250 years of continuing the faith

Situated at the far west extreme of the Japanese mainland, Nagasaki flourished through interaction with the Eurasian continent since ancient days and was always at the vanguard of information as a place open to the outside world. During the Age of Discovery both trade and the propagation of Christianity arrived from Western Europe simultaneously, and Nagasaki grew into a town that was international and diverse. The starting point of this was Hirado. The propagation of Christianity started in Hirado through St. Francis Xavier in 1550, after which Portuguese ships arrived in quick succession in the ports of Yokoseura in Saikai, Fukuda in Nagasaki, Kuchinotsu in Minamishimabara and Nagasaki itself. After Omura Sumitada, the first Christian daimyo (feudal lord), built a town in Nagasaki, Christians from here and there moved into it. Nagasaki's first church, Todo os Santos (All Saints) Church, was also constructed and the town became a special one embraced by many

Christians. In 1582 Omura Sumitada dispatched the Tensho Embassy as an official mission to Europe aimed at deepening the understanding of Christianity. Those chosen as emissaries were Mancio Ito, Miguel Chijiwa, Julião Nakaura, and Martinho Hara, all of whom were still young boys in their early teens. In the Italian city of Rome they were honored by an audience with Pope Gregory XIII, but when they returned to Japan around eight years later the fierce backlash against Christianity was underway. The Shogun, Toyotomi Hideyoshi, had gained intelligence about the destruction of temples and shrines by Christians and the Jesuit's takeover of Nagasaki, and became furious. An edict expelling Jesuit missionaries was promulgated and in 1597, in order to make an example of them, 26 missionaries and believers were executed in the Nishizaka district of Nagasaki. This place has remained as the site of the Martyrdom of the 26 Saints of Japan.

# 長崎県の



Site of the Martyrdom of the 26 Saints of Japan

03  
Heritage  
遺産

# 史丹支切

The next Shogun, Tokugawa Ieyasu, also issued orders for the persecution of Christians in Japan. The Shimabara-Amakusa Rebellion, which arose due to Christians being stripped of their freedom to worship as well as the harsh living conditions of the time, was a four-month battle with the Tokugawa shogunate that ended with the martyrdom of over 20,000 peasants. This was also the starting point for Japan's long era of isolation from the outside world. During this era the Shogunate strictly suppressed Christianity. The frightened Christian faithful fled to islands such as the Goto archipelago and continued to secretly practice their faith while pretending to be Buddhists. These people are known as the "underground Christians."

When Japan's era of isolation finished and its ports were opened up to the world, Oura Cathedral was completed in 1865 in the Minami Yamate district overlooking Nagasaki's harbor. The objective of dedicating the church was to find surviving believers.

After around one month following the completion of Oura Church one of a group of underground Christians who decided to go and take a look at it, Yuri Sugimoto, confessed her faith to the priest Bernard-Thadée Petitjean saying: "We have the same heart as you," and asking "Where is the statue of Santa Maria?" Following this miracle in the history of world religion called the "discovery of the Christians," underground Christians from all quarters confessed their faith and managed to become Catholics.

The 250-year-long underground Christian era finally ended and the faithful who had now found freedom devoted their energy to building their own churches. Most of the churches remaining today all over Nagasaki in places such as the Goto archipelago, Nozaki Island and the Sotome district were built in those days.

The history of Christianity in Nagasaki, which overcame long years of suppression and became magnificently restored is registered in the UNESCO World Heritage as "the Hidden Christian sites in the Nagasaki and Amakusa region."



Remains of Hara Castle



Oura Cathedral



# Japan's Meiji industrial revolution

The revolution to which samurais devoted their lives

04  
Heritage  
遺産

# 明治日本の産業革命

The modernization of Japan started in the mid-19th century, and was achieved at such an astonishing speed that it had entered the stage of completion by the beginning of the 20th century. This process involved huge reforms in which the young samurai cast aside their swords, replaced them with Western technical books and imitated Western technology. Moreover, with the enthusiastic introduction of Western scientific technology and experts by the Scottish trader Thomas Blake Glover, modernization in the fields of shipbuilding, iron and steelmaking and coal mining accelerated. In the space of just 50 or so years Japan joined ranks with the worlds industrialized nations.

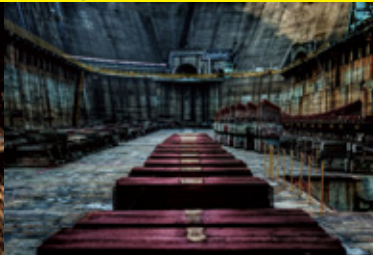
The industrial revolution to which the samurai devoted their lives was recognized in the year 2015 with the registration as a part of

the UNESCO World Heritage of "the Sites of Japan's Meiji Industrial Revolution: Iron and Steel, Shipbuilding and Coal Mining." The constituent assets cover 23 sites registered in eight prefectures centering on Kyushu (Fukuoka, Saga, Nagasaki, Kumamoto and Kagoshima) and Yamaguchi, with the addition of Shizuoka and Iwate.

Along the coast of Nagasaki Prefecture are features such as the Mitsubishi Giant Cantilever Crane, which is still in operation today, over a century since its construction. The various islands where the coal that powered industry was mined are now lively tourism spots. In Nagasaki, the industrial revolution that was fabulously achieved through the samurais who worked themselves to the bone is a source of fascination to us today.



Former Glover House



Mitsubishi No.3 Dry Dock, Mitsubishi Nagasaki Shipyard



Mitsubishi Giant Cantilever Crane, Mitsubishi Nagasaki Shipyard



Former Pattern Shop, Mitsubishi Nagasaki Shipyard



Senshokaku Guesthouse, Mitsubishi Nagasaki Shipyard



Takashima Coal Mine

# 文化

## Culture

From the festivals and crafts nurtured through interaction with the Eurasian continent, to the religious rituals passed down among the islands of Nagasaki, all this diversity is a gift resulting from the nature of the people of Nagasaki who tolerantly accepted foreign culture. Looking at the festivals and objects merging the atmosphere of the place, there can be no doubt that the essence of overseas contact was absorbed into Nagasaki.





# Chinese culture

01 Culture 文化

## Chinese culture within Nagasaki

Looking at the culture and customs of Nagasaki, the immersion of China is widely seen. When the port of Nagasaki was opened to the world in 1571, Chinese people calling themselves “Tojin” to make their origins vague arrived and conducted secret trade. They built houses for themselves all over town, took Japanese wives and brought to Nagasaki their own culture and customs. The well-known Tang temples built according to the homelands of their constructors, Kofukuji Temple, Fukusaiji Temple and Sofukuji Temple are located across the city of Nagasaki. In 1689 the “Tojin Yashiki” was constructed as a compound to house the Chinese traders, and it is said that as many as 2,000 people lived in it at one time. It was here that the Chinese New Year Festival celebrations

were held, as were the Earth God Festival at which the dragon dance was performed, and the casting into the sea of boats containing the spirits of the dead. The current winter season feature of the Nagasaki Lantern Festival, the Nagasaki Kunchi Festival’s dragon dance that is held each autumn, and the summer’s Spirit Boat Procession have all become sights synonymous with present-day Nagasaki.

Nagasaki Shinchi Chinatown is situated on the Shinchi Kurasho, which was built over the space of three years in the 1700s as a place for warehouses to store imported goods from trade with China by reclaiming land from the sea. “Shinchi” means “newly built land.” Ruthlessly competitive trade had continued with the Netherlands, and after Japan’s years of isolation ended the Chinese presence waned, and the Tojin Yashiki fell into ruin. When the remaining Chinese in Nagasaki were given permission to live on Shinchi Kurasho they converted the building from the warehouse era into shops and houses, and conducted mainly trade from them. This was the start of Nagasaki Shinchi Chinatown. Although its scale is much smaller than the large Chinatowns of Yokohama and Kobe, Nagasaki Shinchi Chinatown is a place where all the long history of the city’s relations with China is condensed.



02

Culture

文化

# 長崎くんち

## The Nagasaki Kunchi Festival

The Shinto ritual loved by Nagasaki's citizens

The Nagasaki Kunchi Festival is the major autumn festival of the city's Suwa Shrine. Under the old lunar calendar the ninth day of the ninth month when the Chrysanthemum Festival was held was called "Kunchi," a variation of the word "ninth day." Nowadays it is held over the three days from October 7 to October 9, and the "Hon Odori" dedicatory dance is a designated important intangible folk-cultural property.

Its origins date back to the year 1634 when the Christian religion was flourishing in Nagasaki, and two prostitutes performed a short dance to a chanted accompaniment in front of the shrine. Along with the edict prohibiting Christianity the people of Nagasaki became parishioners of Suwa Shrine and performing the dedicatory dance was made obligatory to the townspeople of Nagasaki.

The highlights of the festival can be broadly classified as the Hon Odori dance, the "Hikimono" ship-shaped floats, and the "Katsugimono" shrines carried on the shoulders of group of people. The Hon Odori is an attractive and beautiful dance performed by professional female entertainers belonging to a geisha agency (see page 27). The Hikimono consists of Chinese boats, the "Kujira no Shiofuki" in which a large model of a whale is pulled on wheels and moved in imitation of spouting, the "Kawafune," a wooden boat float carrying performing children, the shogunate, and the "Orandasen" floats like Dutch ships, all of which are vigorously pushed and pulled around in a stirring spectacle. The Katsugimono includes the Kokkodesho treasure ship performance, and others in all of which a large number of

bearers carry shrines and can be seen performing tricks such as throwing them up with one hand, clapping and catching them with the other hand. The spectators call out "yoiya (great)" and "motte koi (encore)," and the venues are bursting with passion. Other events at the Kunchi Festival include the dragon dance said to have been handed down by the Chinese merchants of the Tojin Yashiki, and the also Chinese-influenced lion dance. All in all the atmosphere is very exotic. The costumes featuring colorful Nagasaki embroidery, vidro glass handiwork from the Edo era, and luxurious woven cloth from overseas are all handicrafts that add gaiety to the festival and are not to be missed. When the sound of the flute music and drums begins to be heard the people of Nagasaki grow happy and excited. They love the festival they have been waiting for from the bottom of their hearts.



# 長崎 検番

03

Culture

文化

## Geisha agency, "Nagasaki Kenban"

### The world of geisha transmitting Nagasaki's entertainment

At the back of Nagasaki's Shianbashi night district there used to be the Maruyama red-light district. In the 1600s the Maruyama area that was visited by many traders and cultural figures became a place for the exchange of information and flourished as a sort of international salon. The geisha who livened up gatherings with their dancing and shamisen playing were highly prized, and the demand increased for teahouses and brothels used to entertain guests with food. Following the ordinance liberating all geisha and prostitutes that was introduced in 1872, brothels became eating houses (and then "ryotei" high-class restaurants), and organizations managing the geisha, called "Kenban" started to appear. In the early 1900s several hundred geisha were affiliated to the several Kenban across Nagasaki, and Maruyama became a

vibrant place. However, it fell into decline with the advent of World War II. When the Anti-prostitution Law was introduced after the war it spelled the end of the 316-year history of the Maruyama red-light district.

Nowadays, a few buildings that escaped the scars of war and demolition still remain in Maruyama and its surrounding areas. In particular, the Historic Ryotei Kagetsu, a luxury salon visited by international figures, retains its approximately 2,600m<sup>2</sup> Japanese garden full of flowers of the seasons and its appearance as it was in the 19th century can still be seen. The Shippoku cuisine, served on large round red tables that are covered with international dishes from Japan, the Netherlands, Portugal and China, is enjoyed in accompaniment with the songs and dances of the Nagasaki Kenban. Sample the pleasures of the Nagasaki entertainment that carries on the history of its world of geisha in the setting of a famous old luxury restaurant.



# The lure of over 400 years of pottery and porcelain

## Shining beauty and technique of Mikawachi ware and the diverse Hasami ware

In the 16th century the spread of the tea ceremony as a way of showing hospitality to guests led to tea ceremony utensils becoming much sought for. The particularly white and hard porcelain started to be produced from the beginning of the 17th century following the discovery of porcelain stone in Mount Arita Izumiyama, in Saga Prefecture. It is thought that in Nagasaki the production of porcelain started at Hasami in the 1630s and at Mikawachi in the 1640s. In the mid-17th century political instability became widespread in China and the amount of porcelain it exported to Europe plummeted. Attention was turned to Japanese porcelain as a substitute, and the pottery and porcelain of Nagasaki and Saga flourished through overseas trade.

### Mikawachi ware

A kiln commissioned by the ruling class was opened in Sasebo's Mikawachi, and gifts for the shogun, feudal lords and emperor were produced. The representative techniques of Mikawachi ware were the blue and white "sometsume" pictures of girls and boys in traditional Chinese dress painted in thin blue lines, the highly detailed "sukashibori" openwork, and "usuzukuri," a type of semi-transparent and ultra-thin porcelain.

### Hasami ware

At Hasami the affordable everyday "kurawanka" bowl was produced in vast quantities for the general public, becoming a bestseller during the Edo period. "Kurawanka" means "aren't you going to eat?" in the Nagasaki dialect. The manufacturers succeeded in the mass production of everyday-use utensils and the Compra bottle for either soy sauce or sake continued to be made from the days of the shogunate through to the Meiji era and Taisho era, which ended in the mid-1920s. The producers of Hasami ware, still creating tableware that plays a part in contemporary life, include many young ceramicists whose design sense continues to be at the forefront of the day and age.

# 陶磁器



# "Hirado Sweets" with origin of Europe and Southeast Asia

The famous confectionery of Hirado,  
once known as "Firando"

In the mid-1500s, the first Portuguese ships to visit Japan sailed into Hirado Port, which had prospered as a trading post between Japan and the mainland since ancient times. Called "Firando" by Europeans, Hirado was the western gateway to "Zipangu," Japan. Many varieties of sugar and rare sweets entered Japan through Hirado together with the products of Western civilization. This also led to a great revolution in confectionery. Hirado's confectioners made castella sponge cake and biscuits as "Sweets from Spain" while at the same time creating highly original sweets one after the other. Listing all these sweets is the "Hyakka no Zu" (Encyclopedia of 100 Sweets), which was compiled by Hiromu Matsura, the 10th lord of Hirado. This unique book lists some 100 different types of confectionery with richly colored illustrations. Sweets with clear European and Southeast Asian influences include "casdoce," which consists of castella sponge cake dipped in egg yolks, fried in syrup, and dusted with sugar; "ubatama" rice cakes filled with sweet bean paste mixed with black sesame; and "hana castella" sponge cake filled with sweet bean paste. These sweets can still be obtained today from Hirado's long-established traditional confectionery stores. Moreover, modern-styled sweets that are now also being created based on the "Hyakka no Zu" are becoming Hirado's newest famous sweets.

Long ago there were more than 30 sweets shops in Hirado, and even today the town's streets are lined with established traditional confectionery stores. Come and experience astonishing "Hirado Sweets" that are simultaneously traditional and innovative.



南蛮由来  
平戸菓子

# 神楽

## Kagura

Transcending eternity to meet the gods

Kagura ("god-entertainment") is ceremonial song and dance dedicated to the gods of Japan's Shinto religion. The graceful dances are performed accompanied by drums, flutes, and other traditional instruments. There are more than 150 shrines on Iki island, which is also known as the "Islands of the Gods." Performed annually at nearly all of Iki island's shrines, Iki-Kagura is an extremely rare form of Shinto ritual entertainment in which both music and dance are performed entirely by Shinto priests. No records of musical scores or choreography exist, and so the priests learn the dances, the flute music, and the drum music by way of oral instruction from their parents or elders. They even go into the mountain forest to procure bamboo for making the flutes. Some of the five masks used in the dance are 400 years old and great care is taken in using them, with meticulous repairs made whenever they become chipped. Thus the priests' tireless efforts are supporting the preservation of Kagura in

its original form on Iki island. Kagura was designated as a national important intangible folk-cultural property in 1987. Hirado Kagura is also designated as a national important intangible folk-cultural property, and is said to have been conveyed from Iki island. Hirado Kagura is only performed at the annual autumn festival (held on October 26 every year) of Kameoka Shrine within Hirado Castle. The entire performance takes around eight hours. Goto Kagura was spread throughout the Goto Islands mainly by Shinto priests. Performed around a narrow space the size of two tatami mats, dances are accompanied by two drums and a flute, and sometimes also a gong. Kagura is ancient form of Shinto ritual entertainment expressing gratitude to the gods, and this tradition is being perpetuated throughout the Nagasaki region.

Iki Kagura

Goto Kagura

Hirado Kagura



(雲仙) 白雲池から妙見岳眺望 Summer Resorts. Even in the hottest season, the temperature seldom goes up over 80 degrees. Shirakumo-no-ike is among the coolest places, having a boat on hire and a camp ready for occupancy at a moderate charge.

# Unzen: The Resort Loved by Foreign Residents of Shanghai Before WWII

Brian Burke-Gaffney

The Ansei Five-Power Treaty of 1858 called for the establishment of foreign settlements in several ports including Nagasaki, Kanagawa (Yokohama), and Hakodate. Nagasaki prospered during the early decades as Japan's closest port to Shanghai, and the Shanghai-Nagasaki connection set the stage for the development of Unzen as one of the most popular summer resorts in East Asia.

Initially, foreigners had to apply for permits to venture outside the designated settlements, but the Meiji government gradually loosened the restrictions on inland travel. The most popular destination in the Nagasaki area was Unzen. One traveler from Shanghai described it as follows: "The Unzen mountain range as an economical and pleasant healthy resort, where there is no organic lesion, is hard to beat. The man of limited means run down by his sedentary occupation, his malarious environment, the monotonous routine of Shanghai daily life, and often — during the summer months — want of sleep, will realise within 48 hours of his arrival there, that life is still worth living, be he 26 or burdened with 66 years... For those more run down the change is enough from the vicinity of malarious paddy fields to lovely mountain scenery — hills, valleys, mountains and ravines clothed in verdure of great variety, and an atmosphere so pure and spiritbracing that it almost impels one to laugh aloud, for no other reason than one feels it a joy to be alive."

In 1889, a Shanghai newspaper carried a series of articles describing the attractions of Unzen and later published a popular guidebook entitled *Unzen and Round About it, Including Trips to Higo*. The 1893 Japanese-language book *Onsen annaiki* (Guide to the Hot Springs) states that there were about 50 hot-spring facilities in the village of Unzen in 1892, and that a total of 15,836 Japanese and 434 foreigners visited the resort the same year. While most Japanese spent only one night, foreigners stayed for as long as five or six weeks. The windfall from the latter resulted in the construction of several grand Western-style hotels in the Shinyu (New Spa) district of Unzen.

The installment of an express service between Shanghai and Nagasaki in 1923, assisted by improvements to roads and railways, made the Shimabara Peninsula one of the most popular and easily accessible foreign tourist destinations in East Asia. Every summer, the hotels and cottages of Unzen overflowed with guests, players of various nationalities waited to tee off at the golf course, and the mountain trails saw a steady procession of people climbing hills, watching birds and inspecting wild plants.

Even after the outbreak of the Second Sino-Japanese War in 1937, the number of days spent by foreigners in Unzen increased, as though people were taking refuge from the harsh realities of Shanghai and Nanjing and the xenophobia intensifying in Japan. With the outbreak of World War II, however, the leisurely summer excursions to Unzen that had continued since the early Meiji Period came to a halt and were never resumed.



仁田峠に向う

矢岳、ゴルフリンクを後に見ながら羊蹄たる坂道を登って峠に向う。

雲仙の霧水

冬ともなれば枯木に花が咲いた様に白銀の霧水が枝葉、岩石に附着して一大景観を呈す。

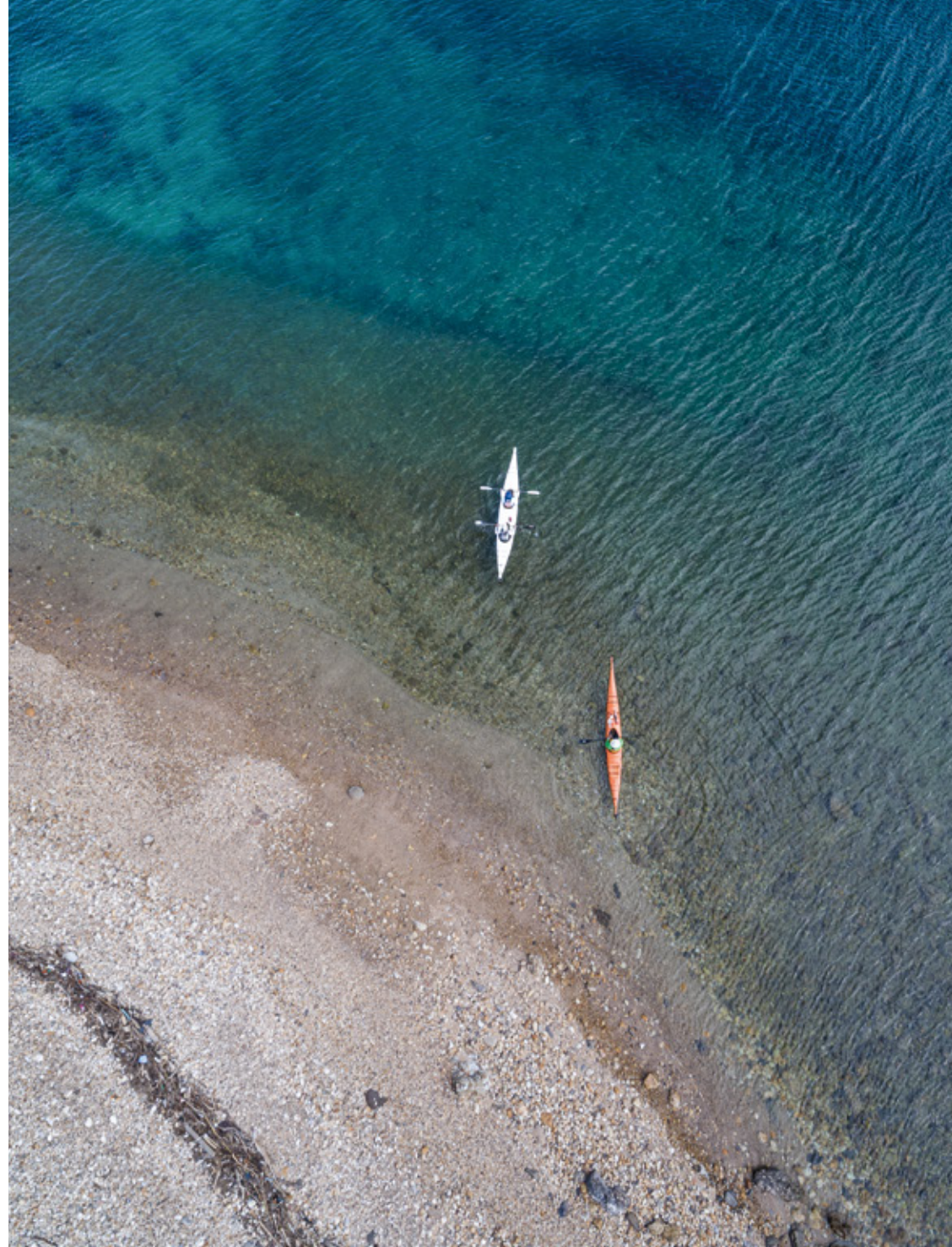


Brian Burke-Gaffney was born in Winnipeg, Canada in 1950. Arriving in Japan in July 1972, he was ordained a monk of the Rinzai Zen Sect the following year. He left the Buddhist priesthood in 1982 and moved to Nagasaki, where in 1992 he became the first non-Japanese recipient of the Nagasaki Prefecture Citizens Award. He is currently professor emeritus of the Nagasaki Institute of Applied Science and honorary director of Glover Garden. His books include *The Road from Nagasaki to Unzen* (Flying Crane Press, 2023).

# 自然

## Nature and Activities

Nagasaki is the prefecture with the largest number of islands in Japan, and it is a place of abundant nature blessed by the seas. The sea kayaks that make the most of the unique topography of Nagasaki, the cruises through the beautiful bays of the Kujukushima islands, and the mountain climbing and hot spa visits around the volcanic Mount Unzendake. You will want to experience the dynamism of Nagasaki.



# 雲 云 仙

## Unzendake and Unzen Jigoku

Climb Mt. Unzen and experience  
the volcano's blessings

01

Nature  
and  
Activities

自然

“Unzendake” is the collective name for the mountains filling the center of the Shimabara Peninsula. In springtime the mountains are covered in a carpet of charming flowers in bloom. A floral relay of flowers spreads across the mountains beginning with the cream-colored blossoms of aromatic litsea, followed by Japanese apricots, wild cherry blossoms, Kyushu azaleas, white enkianthus, and white kousa dogwood. It is not only in spring that you can fully experience the wonders of Unzen, which is designated as a national park, while climbing Unzendake: there are also the fresh green leaves of summer; the red and gold leaves of autumn; and the rime icing of winter.

Mt. Fugen is one of the mountains comprising Unzendake. From the top of this mountain you can see Mt. Heisei-shinzan, the Japan's newest mountain, giving you the realization that this is an active volcano. Located within the Unzen hot spring resort area is the

crater of the Unzen volcanic complex, which is known as “Unzen Jigoku (Hell).” The crater blows out hot high-pressure gasses that have the distinctive smell of sulphur springs, truly giving the appearance of a scene from Hell. Many tourists visit Unzen Jigoku due to its reputation as a spot where it is possible to directly feel the Earth's heartbeat. The local hotels and inns draw hot spring water directly from Unzen Jigoku for their baths, making this a valuable hot spring resort area because of the water's highly effective healing and soothing properties.

Temperatures in Unzen are some four to five degrees cooler than on the plains, creating the perfect summer retreat. Western-style hotels were opened here one after the other in the early 20th century, and in its heyday the area welcomed some 30,000 visitors from overseas annually. Experience the nature and lifestyle of Unzen that has been loved by so many foreigners.

並  
目  
賢  
岳

# 島原半島の温泉

## Hot springs of the Shimabara Peninsula

### Rich water veins created by volcanoes

On the Shimabara Peninsula there are three hot springs, each with a completely different spring quality: Obama Onsen, Unzen Onsen, and Shimabara Onsen. The heat source for these hot springs is magma from the Unzen volcano, which is said to be located in the seabed of Tachibana Bay. From there, hot high-pressure gas rises towards the east through cracks in the bedrock. The hot springs gush up sequentially in the order of Obama Onsen, Unzen Onsen, and then Shimabara Onsen. Moreover, the Unzen volcano is the same type of volcano as those found in Hawaii—a hot-spot volcano with no plate underneath it, which is a rarity in Japan. Accordingly, the heat source for the hot springs rises from the “earth’s core” at an incredible depth of some 3,000 km underground. Located close to the magma reservoir, Obama Onsen has sodium chloride spring water, which contains salt. The temperature of the spring source is 105°C, making this the hottest of the hot springs, and its outflow volume is also the highest of any hot springs in

Japan. Obama has a rich water vein, with not only hot springs but also carbonated springs gushing out here. Within the crater of the Unzen volcano is Unzen Onsen, which has strongly acidic sulfur spring water that fills the air with a distinctive smell. These hot springs have a maximum temperature of 98°C. Steam rises from Unzen Jigoku (Hell), which is used as the hot springs source for the baths at local hotels and inns. Shimabara Onsen has sodium-magnesium-hydrogen carbonate spring water with high transparency that feels soft and smooth on the skin. In some places there are also bubbly high-concentration carbonate springs. Shimabara is known as the “City of Water.” Mineral-rich groundwater bubbles up through complex cracks in the strata made by the Unzen volcano, hydrating the entire town. Here in the Shimabara Peninsula you can sense the warmth of life of the people who live side-by-side with the volcano, receiving its invaluable blessings.

02

Nature  
and  
Activities

自然



# Shimabara Railway

## The story of two men who built the Shimabara Railway

Japan's first railway was the line linking Shimbashi in Tokyo and Yokohama, which opened in 1872. Subsequently railway development spread across the country and played an essential role in Japan's industrial expansion.

The inaugural president of the Shimabara Railway Co., Ltd., Mototaro Ueki, was 22 years old when he first dreamed of building a railway, saying that: "Railway construction is essential for the development of the Shimabara Peninsula." The Shimabara Railway Co., Ltd. was established in 1908. Through Ueki's passion, construction of the Shimabara Railway became a reality. When train services began operating on June 20, 1911, Ueki was over 50 years old.

There is one other man who cannot be forgotten when talking about the Shimabara Railway—Kohei Miyazaki, who is well-known as having been a blind author. Having spearheaded efforts to rebuild the Shimabara Railway after its destruction in World War II, realize

the construction of an imperial train, and carry out around-the-clock track improvement works, Miyazaki eventually lost his sight due to the stress of his grueling work conditions. Nevertheless, his single-minded dedication enabled the revival of the Shimabara Railway, which had been devastated in the war. He was a man who never ran from any hardship. In many ways his philosophy overlaps with the way Mototaro Ueki—known as the Father of the Railway—lived his life.

The Shimabara Railway was born thanks to these two men. One site along the Railway that is currently gaining popularity is Omisaki station, which is said to be Japan's train station closest to the sea. Spreading out in front of the station platform is the Ariake Sea, which has the largest tidal range in Japan. Stretching before your eyes is the blue sea at high tide, and tidal flats at low tide. Today the yellow cars of the Shimabara Railway are again rolling through breathtaking scenery.



03

Nature  
and  
Activities

自然

# 島原鉄道

# Aso Bay Sea Kayak Tour

Enter a landscape that has remained unchanged since ancient times

If you are visiting Tsushima, the Aso Bay Sea Kayak Tour is an experience not to be missed. The tour includes a visit to Kanada Castle, which has been designated as a Japan Heritage site. Aso Bay is home to 38 varieties of coral, an unusually large number even by world standards, and this is one of the reasons why the bay forms part of the Iki-Tsushima Quasi-National Park. Intricately complicated with the shape of a hand, the bay's unique topography is like a natural fortress repelling all who come here.

Kanada Castle is a mountain fortress built for the purpose of national defense by Japan when the country suffered a crushing defeat in a battle with the Tang and Silla allied forces on the Korean Peninsula more than 1,350 years ago. Soldiers from all around Azumanokuni (the Kanto region in modern times) were garrisoned at Kanada Castle to watch over the sea at Aso Bay, the national border. Soldiers who were chosen to serve at this remote fortress far from the Japanese mainland are said to have served their three-year assignments with the constant fear that they "might not come back alive." Their hearts were touched by the songs of soldiers recalling their hometowns and families compiled in the Manyoshu anthology of waka poems.

Stretching some 22 km, the stone embankment was built stone-by-stone by people in ancient times. Looking out at the sea from this embankment, you can see the same landscape the ancient soldiers saw spread before your eyes.

On the way back, your kayak will slide across the mirror-like surface of Aso Bay. Savor breathtaking views of the bay's unique intricate topography and towering rocks; listen to the sounds of the breeze blowing, birds calling, and your paddle slicing through the water. In the instant when you realize that this landscape has remained unchanged since ancient times, you will surely transcend time and space.



浅茅湾



# Climbing the sacred mountain “Shiratake”

One of the “100 Famous Mountains of Kyushu” covered with primeval forest

Comprising a double rock peak, Odake and Medake, Shiratake's white summit can be clearly seen even from the ocean around Tsushima. Thus for the people whose livelihood was catching fish, the mountain became a landmark for finding fishing grounds as well as a guardian deity ensuring their safe return to port. With an altitude of 518 m, Shiratake is one of the most famous mountains in Kyushu. After climbing the gentle mountain path for a while, you arrive at the Grotto of Ascetics. A cluster of enormous rocks remains on this site, showing that Shiratake was a place of worship for practitioners of the Shugendo religion. When you have climbed half-way up the mountain, the torii gate of the Shiratake Shrine comes into view. Beyond this point you enter a primeval forest comprising evergreen trees such as beech and oak. The shrine and torii gate have been dedicated to the mountain as it is a sacred place for the Sangaku-shinko (mountain-worship) faith, and the people of Tsushima come here to pray for recovery from illness, the safe return of family members sent off to war, and safe fishing. Shiratake has also gained attention overseas as the sacred place in the video game “GHOST OF TSUSHIMA.” The Shiratake Shrine located half-way up the mountain is a pilgrimage site, and is visited by many fans of the video game.. To reach the peak, you need to hold on tightly to a climbing rope as you ascend this massive rock, but the view is worth it. The sight of Aso Bay spread out below is so stunning, it will take your breath

away. Anyone would be moved by such an incredible sight. As you descend the mountain, you can see magnificent trees gripping the rocks with their roots, as well as precious continental relic plants. The round trip is 4.4 km and takes about 3 hours walking at a normal pace. A mountain for intermediate level climbers, Shiratake is recommended as a climb providing both spectacular views and a sense of achievement.



靈  
山  
峰  
白  
岩  
嶽

# Sasebo Kujukushima

Internationally recognized as one of the world's most beautiful bays

Comprising a rias coastline and 208 variously sized islands, Kujukushima is a well-known scenic spot of Sasebo city in the northern part of Nagasaki prefecture. "Kujuku" means "so many that we can't count them all" and these islands are designed as Saikai National Park. Kujukushima has a precious natural environment that has remained untouched and is densely packed with the largest number of islands of any bay in Japan. It has been gaining international attention since receiving certification as a member of the UNESCO Most Beautiful Bays in The World Club in 2018. In the area around Kujukushima there are observation decks overlooking the bay where you can spend time delighting in the delicate changes in expression the scenery shows in each season and time of day. Enjoying the bay through marine leisure activities and viewing the spectacular scenery from a sightseeing boat are experiences that should not be missed. The Kujukushima Pearl Sea Resort is a recreation facility that has restaurants and an aquarium. From here you can take the Kujukushima Cruising Boat "Pearl Queen" for a comfortable cruise allowing you to enjoy close-up views of the islands. The "Sunset Cruise" that departs from here is also highly recommended.



# 九十島

# 動物植物公園

## Nagasaki Bio Park

The best zoo in Japan, created by a genius

Nagasaki Bio Park opened in 1980. In those days most people thought that a zoo was a place where you looked at animals in cages. The basic design was the work of Mr. Norio Kondo, a professor emeritus of Tokyo University of Agriculture who founded the Research Institute of Evolutionary Biology and was a leading authority on genetics and plant and animal breeding. The name "Bio Park" that Prof. Kondo gave the zoo contains an abbreviation for "biotope," which means a living environment in which animals and plants coexist.

Before the opening of the zoo the question considered was how to

house animals suited to the environment, rather than what sort of animals to exhibit. This is why the animals at the zoo are in general kept outdoors. Professor Kondo said: "It is not so huge problem even if the animals escape." In fact, as long as you know the traits of the animals it is not that difficult to recapture them.

Currently, the Bio Park is home to around 2,000 animals of about 200 species, and 30,000 plants of about 1,000 species. The Bio Park is frequently applied to visit and inspect by the zoos around Japan. Apparently many of the zoo keepers who visit are amazed that humans and animals can coexist like this. People stroke capybaras, feed kangaroos and sometimes monkeys climb up on your shoulders. Nagasaki Bio Park is the most animal-friendly and nature-friendly zoo in Japan.



# NAGASAKI Adventure Tourism

Nagasaki Prefecture, located in the west of Japan, stretches approximately 200 km east to west and 300 km north to south. Historically, it played a significant role as a point of contact with other countries, was where samurai first encountered Western culture, and is home to people who live in harmony with volcanoes while benefiting from nature's blessings. It is a place characterized by island-specific terrain and unique natural features. Even within a single prefecture, each region has its own story. You can't help but think, "A short visit would be a shame." We want you to fully experience the richness of Nagasaki's nature and culture.



02



## HIRADO

The town where Western culture first arrived in Japan

- ✓ Hiking & cycling
- ✓ Hirado Castle
- ✓ UNESCO World Heritage Site
- ✓ Fisherman experience
- ✓ Traditional Japanese confectionery making

01



01  
TSUSHIMA

## TSUSHIMA

An island that supported Japan's trade as a border island since BCE and the legends remaining on the island

- ✓ Trekking & sea kayaking
- ✓ Traditional Japanese paper making
- ✓ Local specialty

02  
HIRADO

## GOTO ISLANDS

Experience the nature and Christian culture of the unique Goto Islands formed by volcanoes

- ✓ Cycling & trekking
- ✓ Communication with local people
- ✓ Rock area strolling
- ✓ Local confectionery making



03

GOTO ISLANDS

04

UNZEN

## UNZEN

The story of the Unzen volcano ~ Sky, Sea, Earth

- ✓ Trekking & cycling
- ✓ Unzen Jigoku (Unzen Hell)
- ✓ Volcano
- ✓ Hot springs



# 食

## Gourmet

Nagasaki local produce, traditional food, sweets and shochu liquors—Nagasaki boasts many famous gourmet treats. The historical Shippoku Cuisine, the Champon noodle and the crispy sara-udon noodle which became Nagasaki's soul food, the local sweets and island food. We hope you will enjoy lots of delicious food as you walk around Nagasaki





# 卓 袱 料 理

## Shippoku Cuisine

A spread of internationally rich dishes served on red round tables

China, Southeast Asia, Portugal, the Netherlands, Japan— Shippoku cuisine comprises a variety of dishes from countries around the world served on red round tables. This cuisine is one of the unique food cultures of Nagasaki, a region that has had deep exchange with the outside world since long ago. Shippoku refers to tables covered in cloth. The word's pronunciation derives from Southeast Asian countries such as Vietnam, and a table spread with food was called "Shippoku-dai." In the 17th century, the dining style of Westerners and Chinese whereby a large group of people gather around a table and enjoy a meal together in a convivial atmosphere, regardless of individual status became very popular in Nagasaki. In the 19th century, Shippoku Cuisine further developed into banquet cuisine, and even today continues to be beloved as Nagasaki-style full-course cuisine that can be enjoyed at celebratory events such as weddings. "Braised pork" and "hatoshi" (deep-fried shrimp paste sandwich) originating from China; grilled dishes with roots in western-style cuisine from Portugal and the Netherlands; and Japanese "oshiruko" (sweet azuki red-bean soup) for dessert. Truly the foods laid out on these red round tables are the epitome of the international exchange that Nagasaki has been party to over many years.



## Champon

This noodle dish was devised in late 1800's by a Chinese man from Fujian Province to serve nutritious meals in low price to Chinese exchange students. It comprises meat and seafood stir-fried with seasonal vegetables and then simmered together with noodles. The essence of the ingredients dissolves into the soup, making this hearty noodle dish highly nutritious.



## Nagasaki Seafood

Nagasaki is a treasure-chest of seafood. The coastline of Nagasaki is long and intricate with remote islands, coves and bays. Together with the sea current, this coastline creates one of the best locations for fishing in Japan. Thanks to this landscape, it is possible to enjoy fresh and delicious seafood anywhere in Nagasaki—not only sushi and sashimi, but also various other seafood dishes.



## Sara Udon

Born as a soup-less version of Champon, Sara Udon comes in two types: thin or thick noodles. The thin noodles type comprises crispy fried noodles topped with vegetables and sea food or pork in a thick starch sauce, while the chewy thick noodles type is unique to Nagasaki.



## Shimabara Somen Noodles

Made with high quality wheat and pure spring water from Mt. Unzen, Shimabara Somen Noodles are famous throughout Japan. In summer, famous somen shops along the Shimabara Peninsula serve these noodles as "somen nagashi" (noodles flowing down a bamboo chute).



## Guzoni

Zoni soups can be found all over Japan, but Shimabara's zoni is filled with many kinds of ingredients. It is Shimabara's representative specialty food. Locals pass down their family recipes from generation to generation, but Guzoni can also be easily enjoyed at restaurants. Packed with rich flavors from the various ingredients, this soup is a deliciously colorful feast.



## Nagasaki Wagyu beef

Nagasaki Prefecture, with its intricate coastline, is the birthplace of high quality Nagasaki Wagyu beef, which has won awards at the Wagyu beef Olympics. Providing a good balance of natural flavor and leanness, this beef is recommended for not only steaks but also hot-pot dishes such as Shabu-Shabu and Sukiyaki.



## Kujukushima Oysters

Oysters farmed in Nagasaki Prefecture are plump and juicy. Kujukushima Oysters are small-sized but rich flavor with the nutrients from the rias coast line. This oysters are known as a milk of the mineral-rich sea, and once you have tasted their plump texture you don't want to stop.

## Unagi no Kabayaki

(glaze-grilled eel with slightly sweet soy sauce)

Isahaya has long been known for its specialty eel cuisine, which uses eels caught in the river that flows through the town. Unagi no Kabayaki is normally grilled but here in Isahaya, they steam eel after grill. The texture is soft and crispy and easy to keep warm. The eel's distinctive melt-in-your-mouth texture will take your breath away.





## Omura Zushi

This traditional local cuisine of Omura City has a long history dating back some 500 years. It is said to have first been made to celebrate the victory in battle of samurai warriors in the region. This sweet, celebratory sushi comprises dried shiitake mushrooms, burdock root, vinegar-pickled fish fillets, and various other ingredients sandwiched between layers of vinegared rice and topped with a scattering of kinshitamago (thinly shredded egg crepe).



## Yusenpei Wafers

These Wafers are said to have been created in the late 1800's as a snack to present to a lord who was fond of hot springs. Enjoy the crispy texture and sweet taste of Yusenpei Wafers, which are made by mixing flour, sugar, eggs, and baking soda together with hot spring water and then grilling circles of the batter on a special iron plate.



## Deep-fried Horse Mackerel

Matsuura is the largest horse mackerel harvest city in Japan and it is called "Holly land for Deep-fried horse mackerel." The flesh is plump and juicy because of the excellent freshness of the horse mackerel used, and the just-fried crunchiness is addictive.



## Goto Udon

Goto hand-stretched udon noodles are said to be the roots of Japanese udon. Distinctively thin yet firm, these udon noodles are best eaten in "Jigokudaki" (Hell pot), a dish whereby the noodles are boiled in an iron pot and then dipped in a mixture of egg and flying fish broth. It is because the simmering pot looks like an image of hell, this noodle pot is called Hell pot.



©Nagasaki Prefecture

## Iki Shochu

Barley has been a popular crop in the Iki island since ancient times, and the production of barley shochu using the distillation method brought from China began in the 16th century. Enjoy the aroma of barley and the soft sweetness of malted rice.



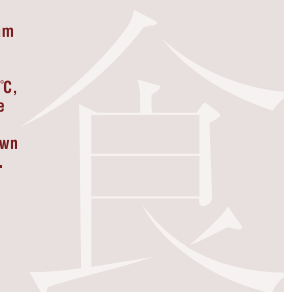
## Hirado Sweets

Hirado continues to produce sweets with Portuguese origins. These are sweet in both appearance and taste, and include such treats as "casdoce" (bite-sized castella sponge cake dipped in egg yolk, syrup, and granulated sugar) and "hana castella" (sponge cake filled with sweet bean paste).



## Mushi-Gama Food cooked with steam from underground hot springs

Food cooked with steam from underground hot springs  
In Obama Onsen, you can see steam rising out of the ground at sites throughout the hot springs resort. The source water is a very hot 105°C, and you can enjoy steamed cuisine made using this hot steam. Ingredients range from locally grown potatoes, broccolis, eggs and fish. The freshly steamed food has a slightly salty flavor and tastes absolutely delicious.

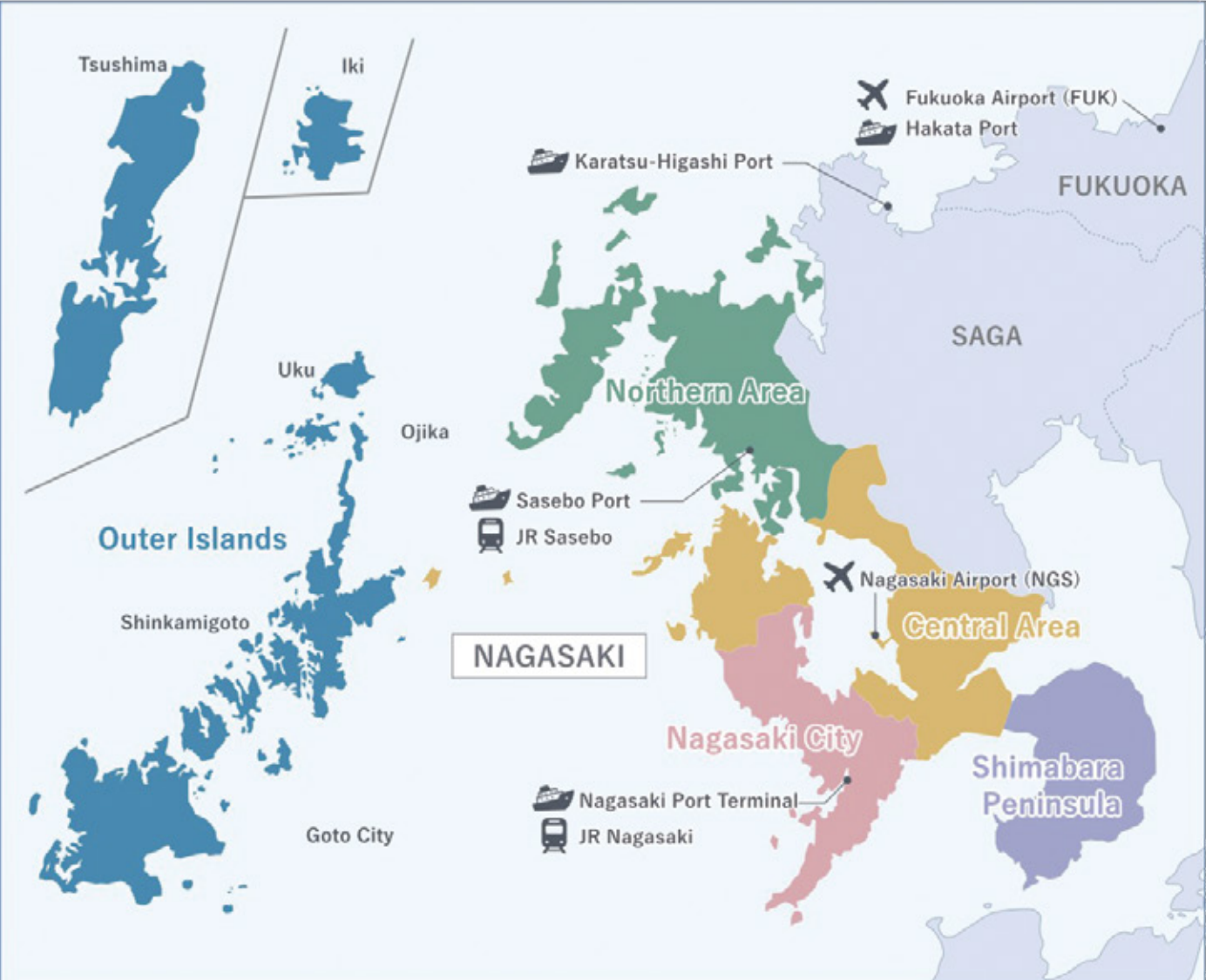




# Nagasaki Prefecture (Overview)

Nagasaki Prefecture is surrounded on all sides by the sea and mountains; its cities and many islands are blessed with beautiful nature, and it is steeped in history, tradition and culture.

The prefecture consists of 5 areas; Nagasaki City and Sotome Areas, Hirado/Sasebo Area, Central Nagasaki Area, Shimabara Peninsula and the Outer Islands. Nagasaki has its own international airport and features the most islands in Japan accessible by boat or plane. A JR line and numerous other private railways can carry you across the prefecture, with bus services offering access to locations without train lines.



# 2 Day

## Day 1

〈AM〉  
 Peace Park / Nagasaki Atomic Bomb Museum  
 Nagasaki Museum of History and Culture  
 Suwa Shrine  
 Lunch : Tsukimi Chaya



Peace Park



Nagasaki Museum of History and Culture

Suwa Shrine

Tsukimi Chaya



Teramachi Street

Nagasaki Kameyama Shachu Memorial Museum

Night view of Mt. Inasa



Sofukuji Temple (National Treasure)

## Day 2

〈AM〉  
 Sofukuji Temple (National Treasure)  
 Shinchi Chinatown  
 Lunch : Champon

〈PM〉  
 Oura Cathedral (National Treasure)  
 Glover Garden



Shinchi Chinatown

Oura Cathedral (National Treasure)

Glover Garden

# 3 Day

## Day 1

〈AM〉  
 Mt. Inasa  
 Dejima  
 Lunch : Shippoku Cuisine



Mt. Inasa



Megane-Bashi (Spectacles Bridge)

〈PM〉  
 Megane-Bashi (Spectacles Bridge)  
 Kofukuji Temple  
 Peace Park / Nagasaki Atomic Bomb Museum



Dejima

## Day 2

〈AM〉  
 Kinokawa Sake brewery  
 Omura Park  
 Lunch : Omura-zushi



Kinokawa Sake brewery



Omura Park

## Day 3

〈AM〉  
 Kujukushima (Sailing and park)  
 Lunch : Sasebo Burger

〈PM〉  
 Hirado Castle  
 Matsura Historical Museum



Kujukushima (Sailing and park)

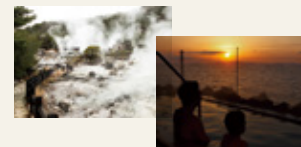


Hirado Castle

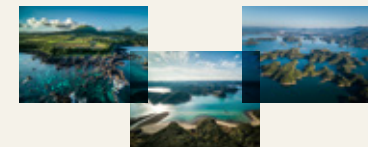


Tea Experience at Higashisonogi

## Relax Plan



If you want to enjoy hot springs,  
 head to Shimabara Peninsula!



If you want to enjoy the sea,  
 head to GOTO, IKI, TSUSHIMA!



Other  
 Sample  
 Itineraries



Discover  
**Nagasaki**

THE GUIDEBOOK OF NAGASAKI



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NAGASAKI PREFECTURE TOURISM ASSOCIATION