



EXPLORE THROUGH
HIKING, CYCLING, AND
MORE IN HYOGO



ADVENTURES IN HYOGO PREFECTURE



ABOUT HYOGO PREFECTURE



Hyogo Prefecture is located in the Kansai region, and can be reached in less than an hour by train from Kyoto City, Osaka City, and the Kansai International Airport. The prefecture can also be reached by bullet train in 3-3.5 hours from Tokyo.

Hyogo is a great place to visit for culture, food, experiences, and adventures off the beaten track!

Learn more about transportation to and from Hyogo below:



[To Hyogo from Main Airports](#)



[Getting around Hyogo/Kansai](#)

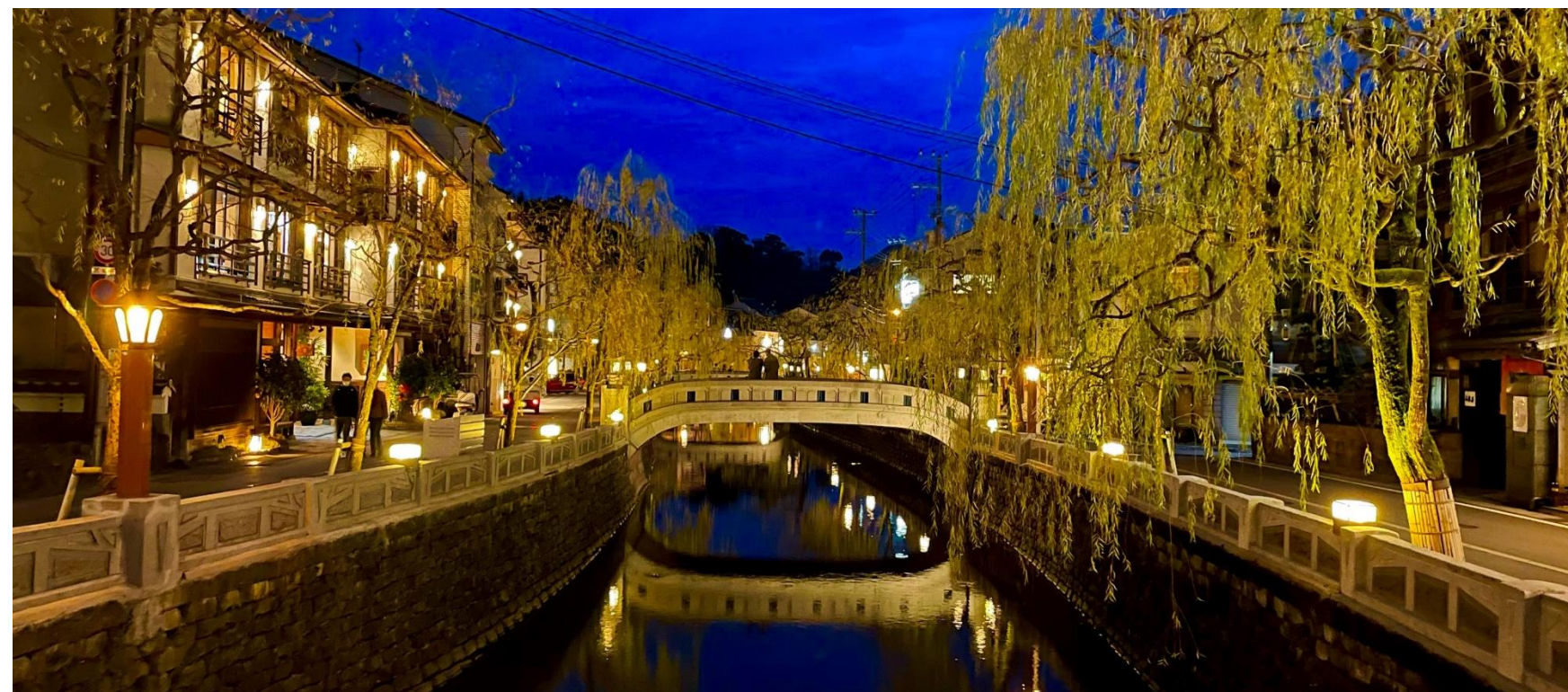
WHAT YOU CAN FIND IN HYOGO



Japanese culture



Outdoor activities & adventures



Beautiful landscapes

GETTING AROUND HYOGO



TWO AREAS OF FOCUS

SAN'IN KAIGAN GEOPARK

Located in the northernmost part of Hyogo Prefecture. Bordering the sea and fostering many mountains, this area has a vast array of outdoor activities.



AWAJI ISLAND

South of Himeji and Kobe, Awaji is an island known for its beautiful sights and countless cycling routes. The most well-known route is called Awaichi, a circumnavigation of its coastline.



ABOUT THE SAN'IN KAIGAN GEOPARK

San'in Kaigan Geopark Area Map



Stretching from Tottori to Kyoto, the San'in Kaigan Geopark was designated as a Japanese Geopark in 2008, and admitted to the Global Geoparks Network in 2010. The Geopark has had diverse geomorphological and geological features from the time when the Japan Sea was born to the present.

Outdoor Activities in the San'in Kaigan Geopark



HIKING

The coast of Takeno Beach provides several interesting hiking spots. Travelers can hike through the lush trail on the Nekozaki Peninsula to reach the Nekozaki Lighthouse, which is Hyogo Prefecture's northernmost tip.

[More information](#)



KAYAKING

Sea Kayaking, known locally as Geo-canoe, is another popular activity in Takeno. Visitors can paddle out into the Sea of Japan and explore the coastline with a certified English-speaking instructor.

[More information](#)

OTHER ACTIVITIES: ONSEN

While visiting the geopark, guests can stay in Kinosaki Onsen, a hot spring town with 1300 years of history. Visitors typically stay in a traditional Japanese inn, where they are provided a *yukata*, towel, and pass to go onsen-hopping between the 7 public hot spring bathhouses. [See more info here.](#)

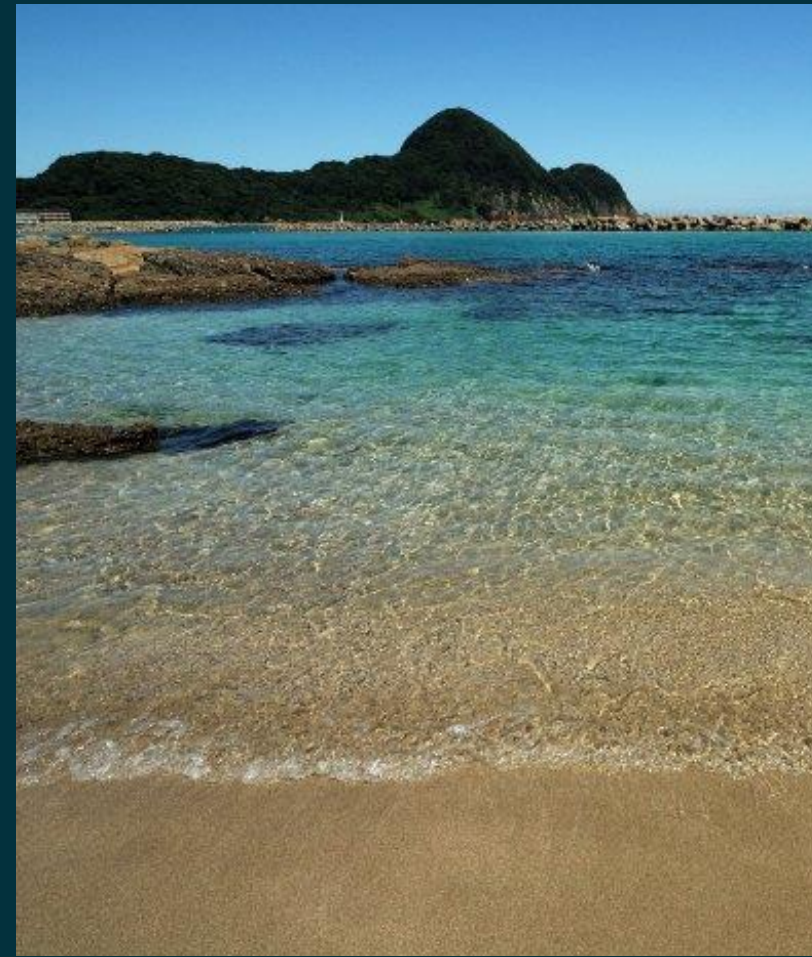


Some Notable Sights



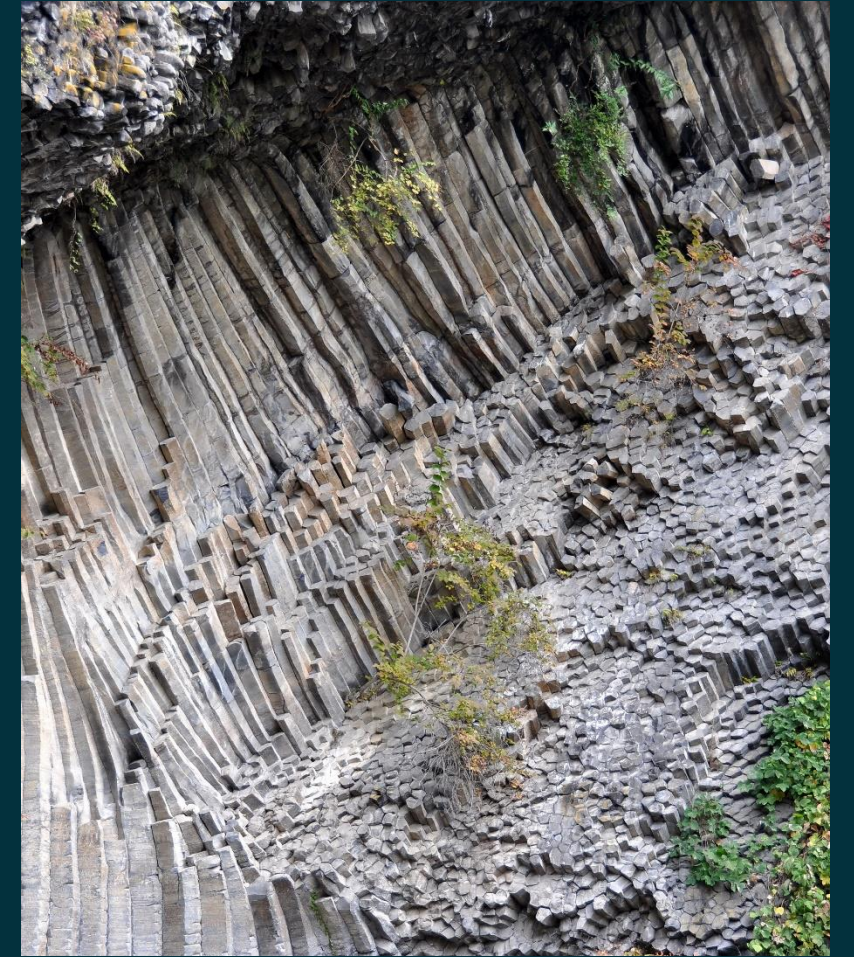
KINOSAKI ONSEN

Kinosaki Onsen is a 1300-year-old hot spring town. The cozy atmosphere and 7 natural hot springs draw people in from all over looking for the perfect place to relax and unwind.



TAKENO BEACH

Among one of 100 best beaches in Japan, this beautiful hidden gem along the northern coast of Hyogo Prefecture is a great spot for swimming, kayaking, snorkeling, and more.



GENBUDO CAVES

Located near Kinosaki Onsen, the Genbudo Caves consist of 5 caves made of columnar joints that formed over 1.6 million years ago. The area also has a museum with ancient rocks, fossils, and more!

SOME ACCOMMODATIONS

NISHIMURAYA HOTEL SHOGETSUTEI

Nishimuraya Hotel Shogetsutei is a combination of a modern hotel & a traditional ryokan. It offers gorgeous private onsen and spas for guests.

ONISHIYA SUISHOEN

Tatami mats extend to the end of the corridor in the modern Japanese-style building. A central outdoor garden completes the peaceful experience at this ryokan.



SAMPLE ITINERARY



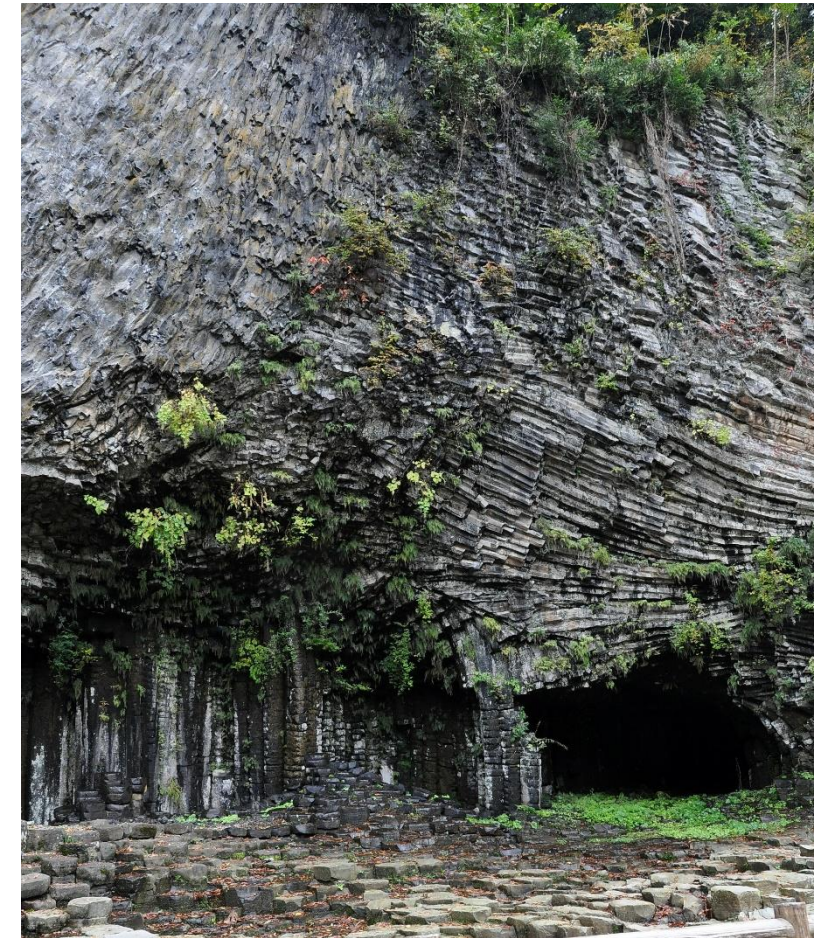
DAY 1

Limited express train from Osaka, Kyoto, Kobe, or Himeji to **Kinosaki Onsen**. Go onsen-hopping and stroll through the canal-lined town. Stay in a *ryokan* ([Nishimuraya Hotel Shogetsutei](#) or [Onishiya Suishoen](#), complete with a *kaiseki* dinner.



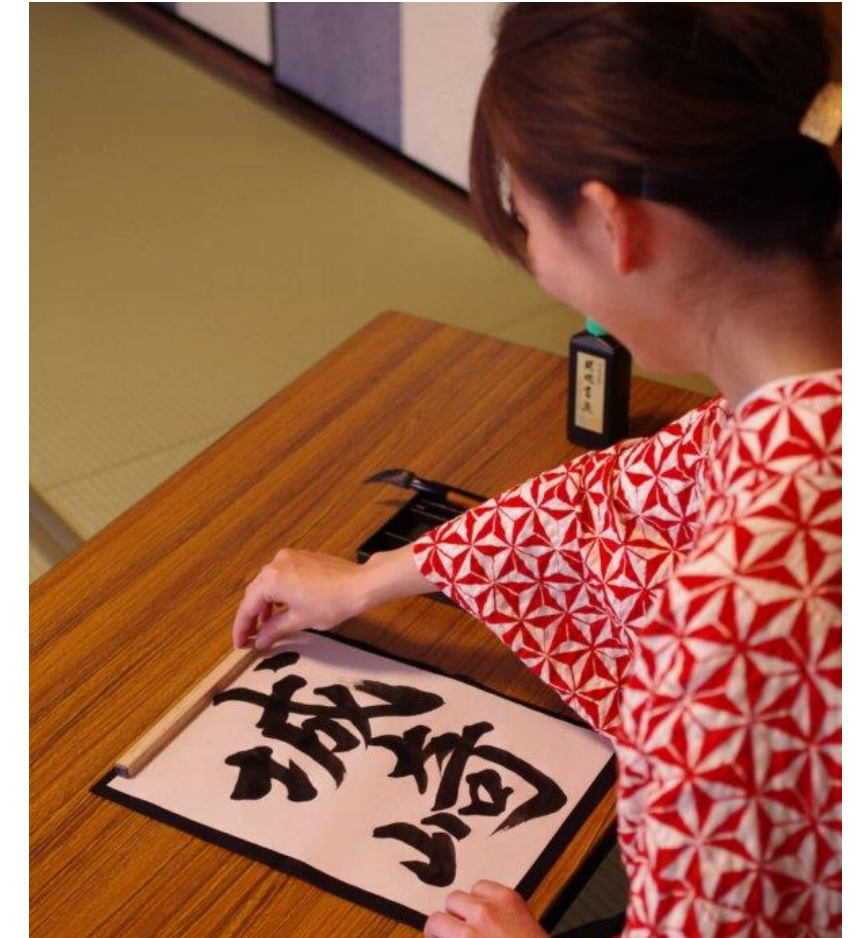
DAY 2 (Option 1)

Have breakfast in the inn, and then take the JR train one stop to Takeno. At **Takeno Beach**, enjoy a [geo sea kayaking activity](#), as well as [hiking on the Nekozaki Peninsula](#) and/or up **Mt. Jajayama**.



DAY 2 (Option 2)

Rent a bicycle from [Kinosaki Onsen Tourist Information SOZORO](#) and cycle 20 minutes to the [Genbudo Caves](#), made of columnar joints that formed over 1.6 million years ago. Spend the rest of the day cycling and exploring more of Kinosaki.



DAY 3

Try one of several cultural activities in Kinosaki Onsen. Visitors can choose between [a Zen meditation experience](#), [a calligraphy lesson](#), [a tea ceremony experience](#), and more. Later, take a limited express train to **Osaka, Kyoto, Kobe, or Himeji**.

ITINERARY ROUTE



Osaka, Kyoto, Kobe, or Himeji → Kinosaki Onsen



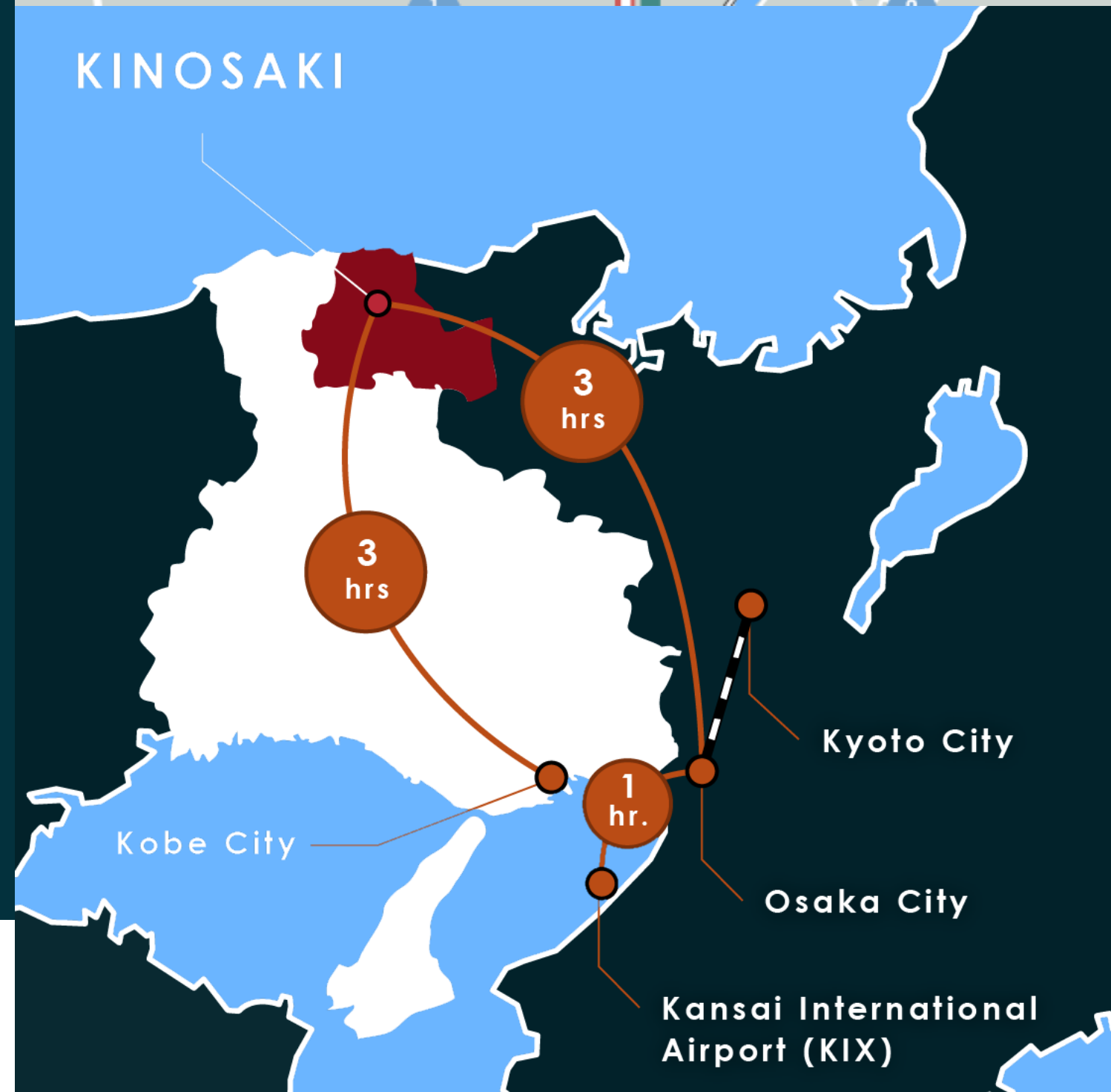
Kinosaki Onsen → Takeno Beach



Kinosaki Onsen → Genbudo Caves



Kinosaki Onsen → Osaka, Kyoto, Kobe, or Himeji



Outdoor Activities on Awaji Island

CYCLING

With both flat stretches and hilly areas, Awaji Island provides cycling courses of varying difficulties for visitors. The most famous course is Awaichi, which is an 150-kilometer circuit along the coast of the island. Visitors can take breaks between stretches of cycling and visit a plethora of beautiful sights and interesting attractions.



OTHER ACTIVITIES: SIGHTSEEING

According to ancient Japanese literature, Awaji Island is said to be the first island that formed in Japan. There are many sights that are related to the legends of how this nation was born. The beautiful nature and historic culture are among the charms that visitors can experience.



Some Notable Sights



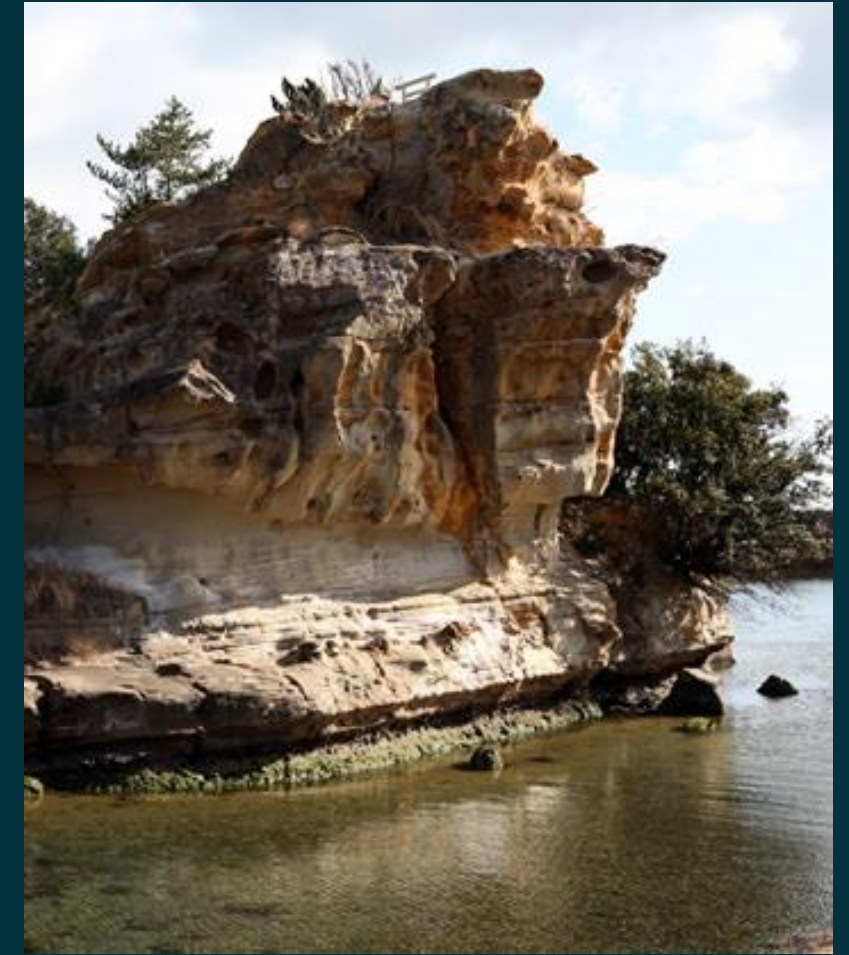
NARUTO WHIRLPOOLS

Considered as one of the three greatest currents in the world, the Naruto Strait's whirlpools are the fastest in Japan. Visitors can take an hour cruise ride to see these whirlpools up close.



PUPPET THEATER

The Awaji Puppet Theater has been designated as a nationally important intangible folk cultural property. It was protected by the feudal lords in the region, and the troupe performed all over the country.



ESHIMA ISLAND

Eshima Island breaks the surface of the water in the north, and has been designated as a Municipal Place of Scenic Beauty. The island has been renowned appears in many classical Japanese poems.

SOME ACCOMMODATIONS

HOTEL NEW AWAJI

Located on the east coast of Awaji Island, Hotel New Awaji has a most splendid view of the Kitan Strait and Osaka Bay from all guest rooms.



GLAMPING RESORT AWAJI

Glamping (portmanteau of “glamorous” and “camping”) has become very popular in Japan. This resort a dome-shaped glamping facility where guests can barbecue, swim, and more.



SAMPLE ITINERARY

*For more beginner cyclers



DAY 1

Take a highway bus from **Maiko**, **Sannomiya**, or **Shin-Kobe Station** to **Sumoto Bus Station**, then hotel shuttle bus to [Hotel New Awaji](#) and check in. Explore the area and see **Sumoto Castle**, **Sumoto Artisan Square**, and more.



DAY 2 (Part 1)

Rent a bicycle from the **Sumoto Tourist Information Center** and travel south along the coast to stop at various landmarks such as **Kakujuji Temple**, **Yagi Weeping Ume**, **Onokoro Shrine**, and **Awaji Fureai Park**.



DAY 2 (Part 2)

Have lunch in **Minamiawaji**, and continue cycling through the area. Visit the [Awaji Puppet Theater](#) and more before checking into [Awaji Island Uzushio Onsen Umamaru](#) for the night.



DAY 3

Take the [Naruto Whirlpool Cruise](#) to see the biggest whirlpools in all of Japan. Afterwards, return your bicycle at **Riku no Minato Seidan**. From there, take a bus to either **Tokushima**, **Maiko**, or **Sannomiya (Kobe)**.

SAMPLE ITINERARY (WITH GLAMPING)

*For more beginner cyclers



DAY 1

Take a bus from **Maiko Station** to [Glamping Resort Awaji](#) and check in. Enjoy barbecuing, Awaji vegetable experiences, a heart-shaped pool, and more during your stay.



DAY 2 (Part 1)

Take a bus down to the Higashiura Bus Terminal to rent a bicycle from the **Cyclism AWAJI** and travel south along the coast to stop at various landmarks such as **Kakujuji Temple**, **Yagi Weeping Ume**, **Onokoro Shrine**, and **Awaji Fureai Park**.



DAY 2 (Part 2)

Have lunch in **Minamiawaji**, and continue cycling through the area. Visit the [Awaji Puppet Theater](#) and more before checking into [Awaji Island Uzushio Onsen Umemaru](#) for the night.



DAY 3

Take the [Naruto Whirlpool Cruise](#) to see the biggest whirlpools in all of Japan. Afterwards, return your bicycle at **Riku no Minato Seidan**. From there, take a bus to either **Tokushima**, **Maiko**, or **Sannomiya (Kobe)**.

ITINERARY ROUTE



Maiko/Sannomiya/Shin-Kobe



Higashiura or Sumoto



Higashiura or Sumoto



Minamiawaji



Riku no Minato Seidan



Tokushima or Sannomiya



SAMPLE ITINERARY (AWAICHI VERSION)

*For more advanced cyclers



DAY 1

Take a highway bus from Maiko, Station to [Awaji Seaside Resort in Iwaya 3000](#) and check in. Explore the area and see **Eshima** and more.



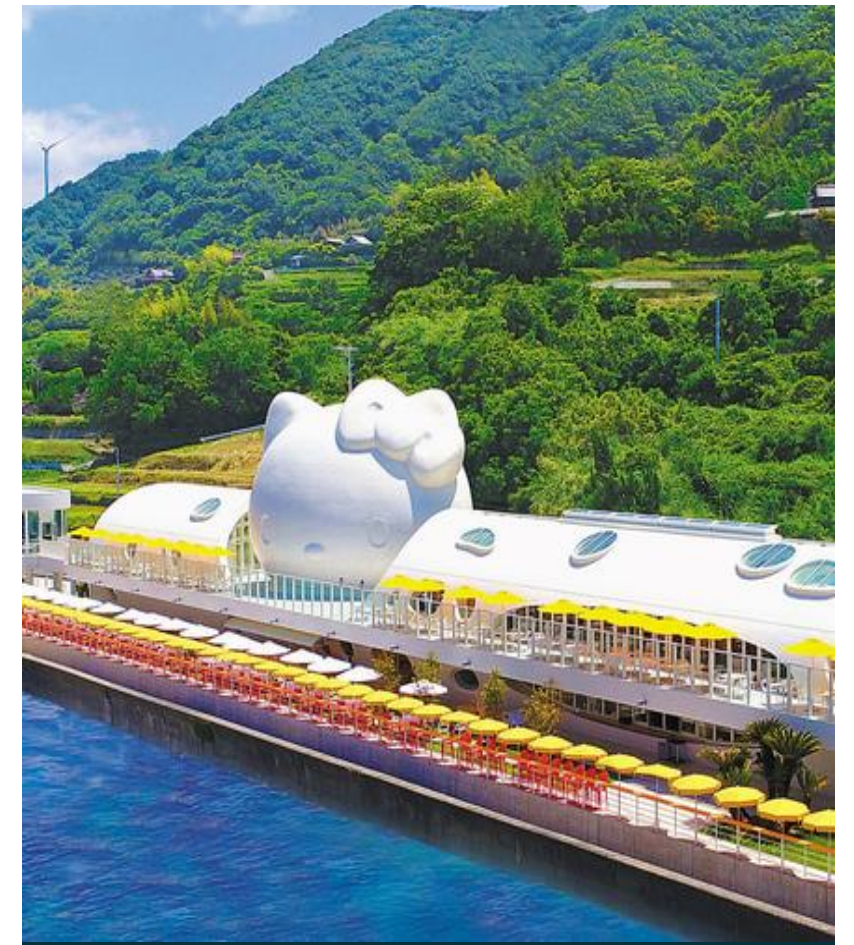
DAY 2 (Part 1)

Visit the **Iwaya Tourist Information Center** to rent a bicycle. Begin your journey along the coast on the *Awaichi* or “Awaji Island Once Around” route. Stop at sights such as **Ohama Beach** and the [Awaji Island Monkey Center](#).



DAY 2 (Part 2)

Continue cycling down to the southern part of **Minamiawaji**. Check into [Hotel New Awaji Plaza Awajishima](#) for the night and enjoy a *kaiseki* dinner, hot springs, massages, and more.



DAY 3

Check out of the hotel and continue on the Awaichi route, stopping at sights like **Keino Matsubara** and **HELLO KITTY SMILE**. Once you reach the **Iwaya Tourist Information Center**, take a bus from Awaji IT to **Maiko, Sannomiya (Kobe)**, or **Osaka**.

ITINERARY ROUTE



Maiko



Iwaya



Iwaya



Minamiawaji



Minamiawaji



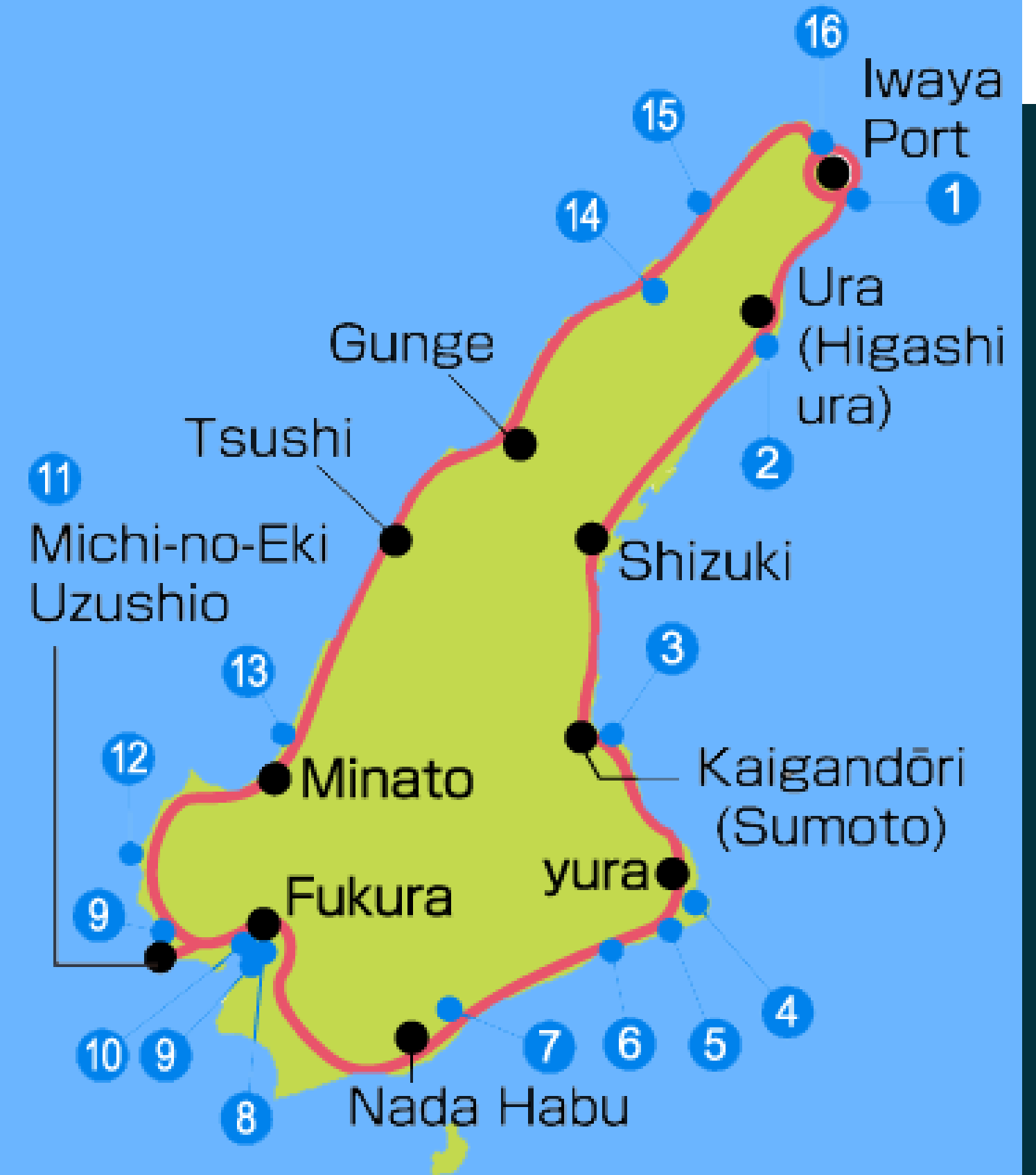
Iwaya



Iwaya



Maiko, Sannomiya, or
Osaka





Visit Kinosaki (Toyooka Tourism Innovation)
Can handle bookings for accommodations, activities,
and tour creations

Contact:
info@toyooka-tourism.org

FOR ARRANGING TOURS & ACTIVITIES



Awaji Island Tourist Association

Find information regarding tourist spots,
accommodations, etc.

More information:

<https://www.awajishima-kanko.jp/en/>

FOR ARRANGING TOURS & ACTIVITIES



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FOR MORE INFORMATION & GUIDANCE