

A city for enjoying the culture of Japan. Official Travel Guidebook

SAIKI *Wonderful* Trip

Oita,
Kyushu,
Japan.



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Delicious town of sushi and seafood. Official Travel Guidebook

SAIKI *Delicious* Trip

Oita,
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Saiki Tourism Navi

<http://saiki-kankou.com/>



Oita: Japan's best hot Springs
hot spot Full of flavors

Savor the greatness of Saiki's seasonal seafood

Dividing Kyushu and the island of Shikoku, the Bungo Suido (Strait) is where the Black Tide from the Pacific meets the tides of the Inland Sea and in turn creates one of the most bountiful fishing grounds in the nation. You can enjoy a wide variety of fresh seafood all year round.



Auspicious aspects that can't be overlooked

Spiny Lobster [伊勢えび]

Every year in September the fishing season for Spiny Lobster opens. The lobster's juicy texture and subtle sweetness make it a must try. During the 3-month fishing season, many local restaurants offer irresistible lobster dishes including sashimi and miso soup. In Japan, the spiny lobster, with its curved back, is said to resemble the posture of old people. For that reason it has long been considered an auspicious food, which celebrates longevity.



Fresh Seafood and Skillful Craftsmanship

Saiki Sushi [佐伯寿司]

The ocean surrounding Saiki is one of the most bountiful fishing spots in Japan. Boasting some of the largest catches in Japan, there is a huge variety ranging from very expensive to very reasonably priced fish. The skilled chefs of Saiki use these fish to create Saiki Sushi. Many restaurants offering a variety of interpretations of Saiki Sushi can be found throughout the area. It is interesting to see the varieties of fish used, the size of the slices and the way the sushii is prepared at each restaurant.



Saiki boasts the largest catch of any port in Oita Prefecture. 50 varieties of fish are used for sushi. In total, 400 species of seafood are landed here every year.





*Freshness we are proud of!
The many other delicacies of the Bungo Strait*

Saiki is home to countless delicacies of both land and sea. The knowhow and skill of the locals led to the birth of traditional dishes, using the bountiful blessings that nature bestowed upon the area.

Elaborately presented with many colorful varieties of seafood

Mixed Seafood Bowl [海鮮丼]

Since ancient times, fish have played an important role in forming the traditions and food culture of Saiki City. We are very proud of the bountiful seafood catches that are caught locally and landed here. One of the local specialties that came about as a result of this is "kaisendon", or mixed seafood bowl. Just seeing the many varieties of local seafood that is layered on the rice, completing obscuring the rice from view, is a visual experience that you will never forget. Adding a splash of soy sauce is the best way to fully enjoy the luxurious taste.

Fisherman's special menu

Atsumeishi [あつめし]
- Fresh sashimi on steaming hot rice

When the fishermen at sea stopped for lunch, they filleted the freshest of the fish on board the ships and ate it over steaming hot rice. This "fisherman's special menu" became known as "atsumeishi" or fresh sashimi on steamed rice. The sashimi is dipped in a specially prepared sauce and makes an irresistible temptation when it meets the rice. When piping hot green tea or "dashi" soup stock is poured over the top, the sashimi becomes firmer, creating another mouthwatering delight.



Warm deliciousness of white fish and sesame

Saiki Gomadashi Udon [佐伯ごまだしうどん]
- Udon Noodles with Sesame sause

The key is the grilled white fish meat, which has been gently pulled off the bones and mixed with sesame and soy sauce. The tasty mixture is placed on top of boiled udon noodles and hot water is poured over the top. After a good stirring, Saiki Gomadashi udon is ready to be eaten. The taste of the fish stock coupled with the sesame quickly tantalizes your taste buds and becomes a culinary treat.



You'll be hooked after just one bite

Saiki ramen [佐伯ラーメン]

Saiki ramen was born out of the city's long shipbuilding and fishery traditions. Boasting a flavorful yet simple garlic and black pepper-based soup, the simply decorated toppings are complimented by noodles, which are slightly thicker than average. It has a reputation for being addictive.



Large and rich flavored
Iwagaki Oysters
[岩ガキ]

Our local iwagaki oysters, which are in season from spring to early summer, are rich in flavor and are often called "shoe oysters" by the locals because of their distinctive size. The iwagaki oyster festival is held from the start of the season. You can enjoy the delicious charcoal grilled oysters, deep fried oysters and a variety of other dishes at many of the local restaurants.



Taste and texture of fresh seafood
Surimi [すりみ]
- minced fish paste products

"Surimi" or minced fish paste products are made from freshly caught and prepared fish. The freshness gives the fish paste its rich flavor. It is perfect for making rich tasting dashi stock in hot pot dishes or with miso soup. As well, tempura made from the minced fish paste has been receiving rave reviews.

Sushi made from the bounties of the land

Yukinko sushi [雪ん子寿司]

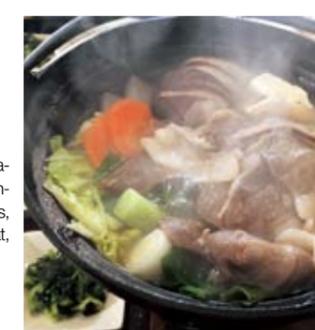
Saiki has more than just the ocean. We also have an endless supply of delights from the land. Yuukinko sushi is a rare treat making use of the fruits of the land. A slice of Japanese radish lightly doused in a special sweet and sour sauce is laid on top of a shiitake mushroom, which is sitting on sushi rice wrapped with a perilla leaf. The name is derived from the radish slice looking like accumulating snow.



Savor the flavors of the woodlands

Wild Game Dishes [ジビエ料理]

The lush green areas of Ume and Nakawa are a treasure house of mountain delicacies. Our "wild game" dishes, which include deer or wild boar meat, are really worth trying.



Delights of the Sea, Land and Mountains

An impressive selection of souvenirs

Please pick up some of Saiki's delicious seafood and specialty products. For your self or for someone special, allow us to introduce our souvenirs.



Preserved foods made from fresh fish and packed with nutrition

Himono [干物]

High quality and long lasting dried "himono" products made from local seafood, which has been dried using a special local technique. The condensed rich taste of the seafood is delicately preserved in all of our dried products.



The secret of Japanese cuisine

Iriko [いりこ] - Dried Anchovies

Dried anchovies are indispensable for making the soup stocks that are characteristic of many Japanese dishes including miso soup. The dried anchovies are made through a simple processing technique using only fresh anchovies caught in the waters near Saiki.



Gifts from the local waters

Natural Salt [天然塩]

Among our many blessings from the ocean, Saiki has been able to develop a prosperous natural salt making industry. The natural salt, which is packed with minerals, is carefully roasted in kettles and sun-dried, giving it a distinctive taste, which compliments the "umami" of many food ingredients.



The gentle taste of generations of island tradition

Fukushima White Miso [深島かまど白みそ]

Fukushima, surrounded by spectacular coral, is the southernmost point of Oita Prefecture. Fukushima White Miso is made by a group of local seniors who know how to preserve the deliciousness of the ingredients by boiling them slowly over an open fire. It goes especially well with seafood.



Comforting taste preserved by local families

Goma dashi [ごまだし] - Sesame stock

A traditional home-cooked favorite that has been preserved by generations in fishing communities, "Goma dashi" or "sesame stock" traces its beginnings back to the days when locals needed a way to preserve food for future use. After being grilled, the meat of white fish is pulled off the bone and made into a paste with sesame and soy sauce. It is sold as a processed product and used in a wide variety of dishes such as udon, stir-fried dishes and side dishes. It truly is a multi-purpose condiment.

Colorful food for auspicious occasions

Kujyaku [くじゃく]

A boiled egg wrapped in minced fish paste and deep-fried. As the minced fish paste is colored green or pink, when you cut the "kujyaku" in half, it has the appearance of a peacock gracefully spreading its gorgeous feathers, thus the name "kujyaku" or peacock. It is often eaten on auspicious occasions.



Fragrant green tea grown along tranquil waters

Inbi Tea [因尾茶]

Inbi tea is grown in the village of Inbi, located at the headwaters of the tranquil flowing Banjo River. Using a long preserved process, the leaves are roasted at high temperatures in a steel kettle. With a subtle sweetness, the roasted leaves have a refined fragrance and taste.



Nutrition drink that has beautifying properties

Brewer's Sweet Sake [酒蔵のあまざけ]

A healthy sweet sake with a natural sweetness made using only rice and rice malts with no additives. Containing no alcohol, it can be safely enjoyed by people of all ages. Being highly nutritious, it is often called "an IV drip you can drink".



Mountain grown sweet grapes with deep coloring

Ume Grapes [宇目葡萄]

Due to the variation in daytime and nighttime temperatures, the grapes grown in the Ume area of Saiki City and known for their distinctive dark colors and higher than average levels of sweetness. Every year, varieties such as Pione and Kyoho are grown and always sell out in no time at all.



Beautifully colored bivalve shellfish

Hiougigai [緋扇貝] - noble scallop

Orange, yellow and purple - the vibrantly colored "hiougigai" scallops are meaty and have a rich flavor. Available year-round, they are often eaten as sashimi or grilled for shellfish steak.

Blue seas, shimmering tranquil rivers, lush greenery
Kyushu's most expansive city

Saiki City Drive Map

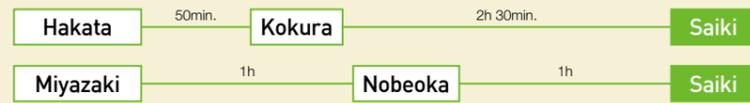


Access to Saiki City

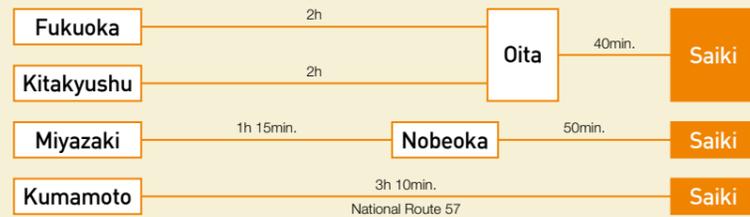
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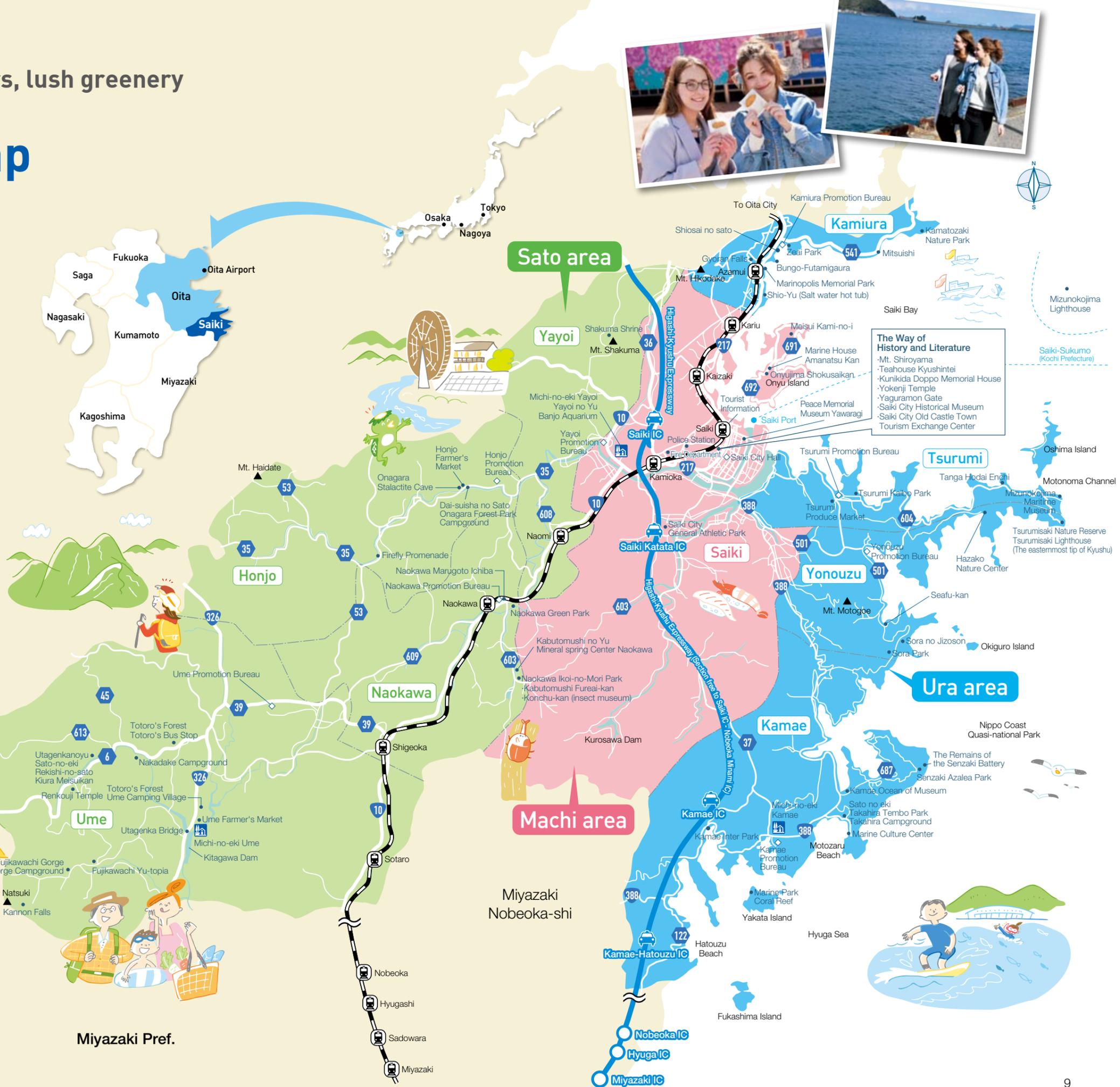
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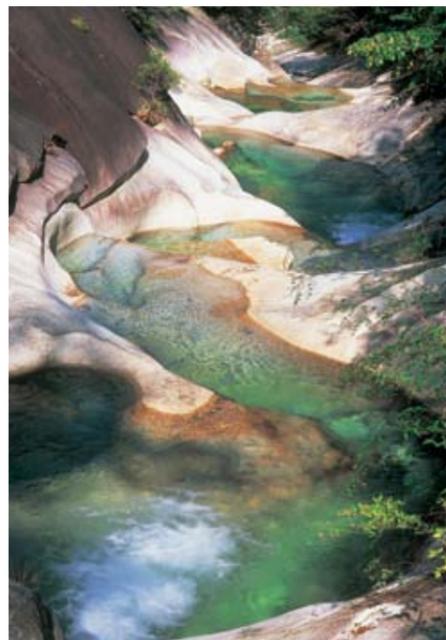


FERRY



Experience the boundless nature of Saiki

Saiki, the largest city in Kyushu in terms of land size, boasts limitless nature from the sea to mountains and rivers. If you play your heart out and experience the natural splendors of Saiki, you are sure to fall in love with what we have to offer.



Thrilling river adventures

Fujikawachi Gorge Canyoning [藤河内溪谷キャニオニング]

Fujikawachi Gorge is located in a deep valley. Carved out over the long years of Japan's history, a smooth flowing river cascades over rock formations creating a mysterious and impressive gorge. Canyoning is a thrilling way to experience the power of Fujikawachi's nature. Sliding down a naturally formed waterslide and diving into waterfall pools, you will enjoy a dynamic experience at one with nature.

Healing power of fantastic views and beautiful flowers

Trekking [トレッキング]

A 360-degree panoramic view of the Bungo Strait and the far-off mountains of Shikoku can be seen by climbing to the top of Motogoe Mountain, which was chosen as one of Kyushu's top 100 peaks. What's more, you can enjoy the beautiful trek while you head for the famous rhododendron park, where you can see 50,000 wild rhododendrons in bloom. A lovely promenade walk will lead you to the observation platform where the view will take your breath away.



Experiencing life in the country and on the coast

Rural home stay experience [農泊体験]

Green tourism aims to educate people about the local customs and everyday lifestyles of the local people by opening homes in rural communities to visitors. We have prepared a variety of special experience-based activities such as river sports, gathering mountain vegetables, and fabric dyeing with natural plants. Similar activities conducted in fishing villages and on outlying islands are known as Blue Tourism. In particular, visitors to the fishing port of Kamae are actively welcomed by the locals who have spent years honing their fishing and fish processing skills. You can also enjoy a variety of marine sports and fishing activities. Get to know Saiki better by learning how the local people live and work.



Saiki's festivals and special customs

Cultural Experiences [文化体験]



To fully understand the culture and traditions of Saiki, experiencing the many customs of the area is highly recommended. The Kiura Charcoal Smearing festival celebrates the 400-year-old traditions of a former mining town. In this fun festival, participants use Japanese radishes to smear charcoal on the faces of other festival participants, and legend has it that luck will come to those who have a healthy amount of charcoal smudged onto their faces. The city comes alive for The Saiki Spring festival, which is held in the downtown area of the city and commemorates Saiki's largest royal procession while celebrating the life of the legendary Kiku Hime. The Bungo Futamigaura festival is the biggest year-end event and has been held at the end of December since 1969. Local people in the Futamigaura area make a huge "shimenawa" or decorative sacred rope. Visitors are more than welcome to pitch in.

Saiki no Yu [佐伯の湯] - Hot spring facilities

Saiki has 5 unique hot spring facilities, which take full advantage of the natural characteristics of both the land and sea. One of them has replicated a level of salinity that is ten times saltier than the Dead Sea. Another has utilized a cold mineral spring. You can enjoy many different hot springs.



Historic Village "Kiura Meisui Kan"



Mineral Spring Center Naokawa -Kabutomushi Hot Spring

Enjoy the dynamic beauty of our countless breathtaking vistas

Let your eyes experience the pleasure. Cobalt Blue Sea. Encounter nature that can only be found in the mountains and villages of Saiki.

Where you can feel the sea and the sky

Sora no Koen (Sky Park) [空の公園]

At an elevation of 160 meters above sea level, the Sora no Koen Park offers an unobstructed view of the Bungo Strait and, on clear days you can see the mountains of Shikoku in the distance. In March and April, the blooming "shibasakura" or moss phlox can be seen near the observation platform. It is said that by ringing the "Shiawase no Kane" or Bell of Happiness, one of your wishes will come true. Give the bell a good ring while facing the sky and the sea.



The calm shoals make it great
The Hatouzu Coast
[波当津海岸]

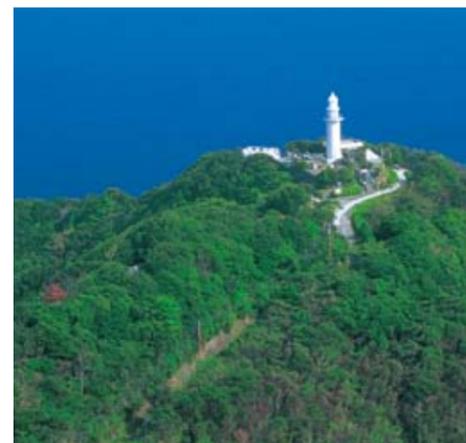
As the southernmost coastal area of Oita Prefecture, the Hatozu Coast offers spectacular views of white sand and an endless ocean. A popular swimming place in the summer, the pine forests, which run along the beach offer a nice shady place for campers and the gentle shoal waves make it a great place for surfing.

The easternmost observation point in Kyushu

Tsurumisaki Lighthouse

[鶴御崎灯台]

At an elevation of 200 meters above sea level, the Tsurumisaki lighthouse sits atop a cliff in the Tsurumisaki Natural Park. With camellias, azaleas and diegos blooming year round, the easternmost point of Kyushu offers a splendid unhindered view of the ocean. The "Bell of Happiness" can be found within the grounds and has become a well-known spot for lovers to visit.



Fantastic sunrise viewing spot

Bungo Futamigaura [豊後二見ヶ浦]

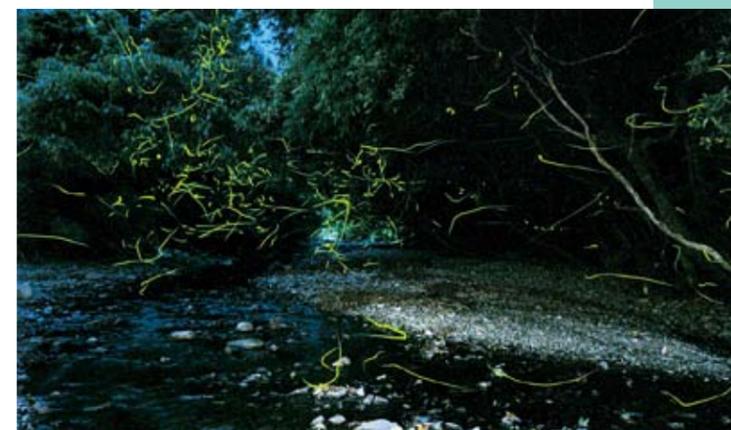
Set in the sea near the shore, there is a "male rock" and a "female rock". Together they are known as "the couple rocks". Between them, a long "shimenawa" or decorative sacred rope made from rice straw is stretched. It is the longest shimenawa in Japan. The view of the morning sun rising majestically between the two rocks has made it a popular viewing point for people trying to catch a glimpse of the year's first sunrise.



Countless fireflies light up the river

The Fireflies of Honjo [本匠のホタル]

The pristine waters of the Banjo River flow through the Honjo area of Saiki City and offer many ideal spots for fire fly viewing. Among them, the Kabuchi area is famous as the home of the fireflies. The view of the fireflies lighting up the water's surface has a romantic feel to it.



The rugged peaks appear to be leaning over

Mt. Katamuki [傾山]

Mt. Katamuki, standing at 1605 meters, is located on the border between Oita and Miyazaki Prefectures and is part of the Sobo-Katamuki National Park. With countless rugged peaks and deep valleys, the varied terrains make it a favorite place for hikers. With vast expanses of untouched forests, it is home to an assortment of rare wildlife.

Seeking designation as a UNESCO Eco Park

[ユネスコエコパークを目指して]

The important ecosystem of Mt. Katamuki.. Revered and respected by the locals, the people of Saiki have lived with and respected nature for a long time. With the intention to preserve the wondrous nature for future generations, the local residents associations are working together to have the Mt. Katamuki area designated a UNESCO Eco Park.

A major event

Ship Launching

[進水式]

Saiki, with its long tradition of ship building, offers a rare chance to witness the launch of newly constructed ships as they slip into the waters of Saiki Bay for the first time. Watching the awe inspiring scene of one of these massive vessels entering the water will make you feel as if you are watching a scene from a movie.



Like a tropical Oita

Marine Activities

[海のアクティビティ]

If you wish to experience the active aspects of Saiki's sea, we recommend marine sports. Fukushima is only a 30-minute ferry ride from the port of Kamae. The crystal clear cobalt blue waters stretch out around the island and it is the perfect place to enjoy snorkeling on coral reefs while watching colorful tropical fish dart about in front of your eyes.



Crafting accessories from pearls



A slow walk through the old castle town

In the center of Saiki, which had previously prospered under the name of Mouri 2 Man Goku, vestiges of the Edo Period still remain and air of the samurai dwellings of bygone days can still be felt.

Feel Japanese hospitality

Teahouse Kyushintei

[茶室汲心亭]

At the halfway point of The Way of History and Literature, you will be welcomed by an ambience that will make you think you are in Kyoto. You can enjoy a relaxing cup of green tea while taking in the view of the Japanese garden sitting in the tearoom. It's the perfect place for taking a rest during your stroll. It often hosts traditional Japanese cultural events such as tea ceremonies, reading of Haiku and Tanka poems and flower arrangement exhibitions.



The symbol of Saiki

Shiroyama [城山]

Shiroyama is the well-known symbol of Saiki City. At the summit, you can see the remains of stone walls that were built in the year 1606 when the first feudal lord Mouri Takamasa built his castle at the site. On clear days, when you take one of the four routes to the top, you can enjoy a great view of the mountains of Shikoku.

A small break during your stroll

Saiki City Old Castle Town Tourist Exchange Center

[佐伯市城下町観光交流館]

Saiki City Castle Town Tourist Information and Exchange Center is located in an old inn that was built in 1936 and recently renovated into an easily accessible space for people to gather. You can enjoy a cup of coffee and some of Saiki's local snacks while viewing the garden or taking a look through the gallery.



Famous cherry blossom viewing spots

The Way of History and Literature

[歴史と文学のみち]

The Way of History and Literature is the name given to the roughly 700-meter road that stretches from Otemonzeki ruins to Youkenji Temple. In 1986, it was designated one of Japan's Top 100 Roads. Feel the ambience of the bygone days of the castle town with classic white-walled houses and the old town-houses that were often frequented by scholars. The area is also known as a popular cherry blossom viewing spot and is home to the annual Spring Festival.

Saiki Yuitabi

[さいき結旅]

The ideal plan for taking in all the pleasures of Saiki planned and led by the local people. From a leisurely stroll through the old castle town to watching a ship launching or a fishing experience with the local fishermen, there is something for everyone.