

Autumn Colours in Miyazaki

In Japan, there is an expression, 一雨一度 (*hitoame ichido*), or ‘one rain, one degree’. It means that every time it rains in autumn, the temperature drops by about 1° C. When the minimum temperature falls below 8° C, the leaves of trees in the mountains begin to change colour. This autumn foliage is fondly known as *kōyō* in Japanese. In this article, we would like to introduce our top recommendations for autumn-leaf viewing in Miyazaki Prefecture.

Takachiho Gorge (Takachiho)

A myriad of maples and other trees display their crimson hues, adding a gentle touch of beauty to the rugged V-shaped gorge. The viewpoint overlooking Manai Falls, one of Japan’s 100 Best Waterfalls, is the perfect spot from which to enjoy the spectacular autumn foliage in all its glory.

Peak autumn colours in a typical year: mid to late November



Aoidake Nature Park (Miyakonojo)

This majestic park stretches along the Sakai River valley, a tributary of the Ōyodo River. Here, you will also find Aoidake Onsen, a hot-spring facility that uses 100% natural geothermal water flowing directly from the source. After a pleasant amble along the riverside, taking in all the vibrant colours, why not stop for a relaxing dip in its rejuvenating waters?

Peak autumn colours in a typical year: mid-November to early December

Ebino Kōgen (Ebino)

The forest surrounding the striking cobalt-blue Rokkannonmi Pond, which has a circumference of around 1,500 metres, is transformed in autumn. Broad-leaved trees, such as Mongolian oaks and maples, flourish alongside conifers, such as momi firs and Japanese red pines, creating a rich tapestry of colours.

Peak autumn colours in a typical year: late October to mid-November

Kitagō (Nichinan)

One of the largest *iroha momiji* maples in Miyazaki Prefecture can be found here. Estimated to be around 200 years old, it stands about 20 metres tall and has a trunk circumference of roughly 2.4 metres. This majestic tree creates quite a spectacle when its autumn colours reach their peak, attracting many visitors from far and wide.

Peak autumn colours in a typical year: early to mid-November

There may well be some hidden gems around where you live. Why not head out and take a few photographs or even try your hand at sketching the vibrant seasonal scenery?

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation.

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If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Center for Foreign Residents.

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