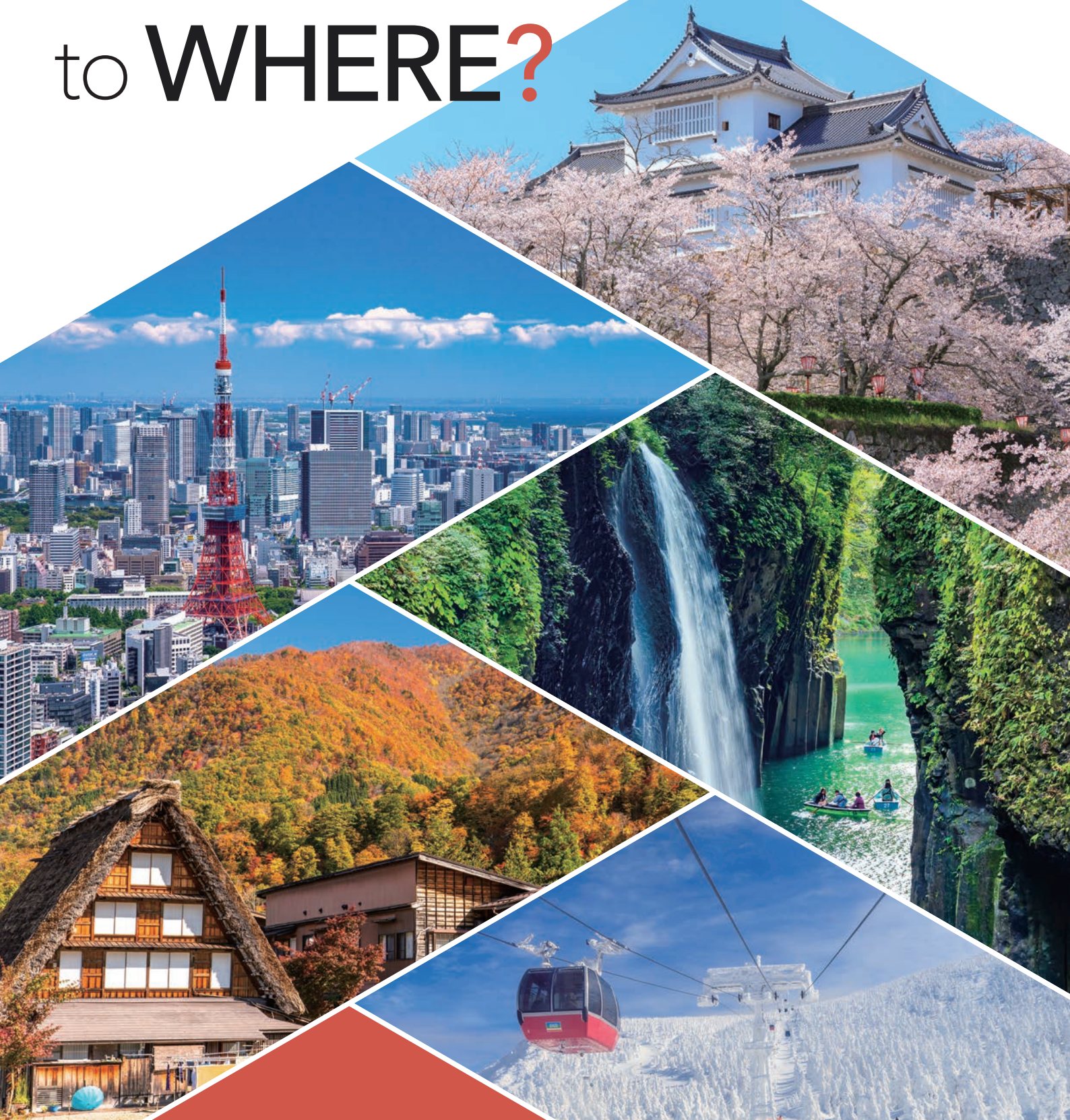


# from TOKYO to WHERE?

TokyoTokyo



# Let's go to these areas!

The Japanese archipelago is full of stunning scenery and unique cultural experiences. Discover the wonders of Japan, which are easy to access from Tokyo by car, train or airplane.

## CHUGOKU + SHIKOKU → P.6

<https://www.chushikokuandtokyo.org/>



Rich in history, culture and natural beauty, Chugoku and Shikoku are blessed with castles, shrines, gardens and a comfortably warm climate.

### 12 TOTTORI

- ✓ Haneda Airport → Tottori Airport  
ANA / 1 hr 20 min
- ✓ Haneda Airport → Yonago Airport  
ANA / 1 hr 20 min
- ✓ Tokyo Station → Tottori Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited Express "Super Inaba" at Okayama Station / 5 hrs

### 15 SHIMANE

- ✓ Haneda Airport → Izumo Airport  
JAL / 1 hr 30 min
- ✓ Haneda Airport → Hagi Iwami Airport  
ANA / 1 hr 40 min
- ✓ Tokyo Station → Matsue Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited Express "Yakumo" at Okayama Station / 6 hrs

### 17 KAGAWA

- ✓ Haneda Airport → Takamatsu Airport  
JAL/ANA / 1 hr 20 min
- ✓ Tokyo Station → Takamatsu Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Rapid "Marine Liner" at Okayama Station / 4 hrs 30 min

### 19 KOCHI

- ✓ Haneda Airport → Kochi Airport  
JAL/ANA / 1 hr 20 min
- ✓ Tokyo Station → Kochi Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited Express "Nanpu" at Okayama Station / 6 hrs 10 min

### 13 OKAYAMA

- ✓ Haneda Airport → Okayama Airport  
JAL/ANA / 1 hr 20 min
- ✓ Tokyo Station → Okayama Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" / 3 hrs 10 min

### 16 YAMAGUCHI

- ✓ Haneda Airport → Yamaguchi Ube Airport  
JAL/ANA / 1 hr 40 min
- ✓ Haneda Airport → Iwakuni Kintaiyo Airport  
ANA / 1 hr 40 min
- ✓ Tokyo Station → Shin-Yamaguchi Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" / 4 hrs 20 min

### 18 TOKUSHIMA

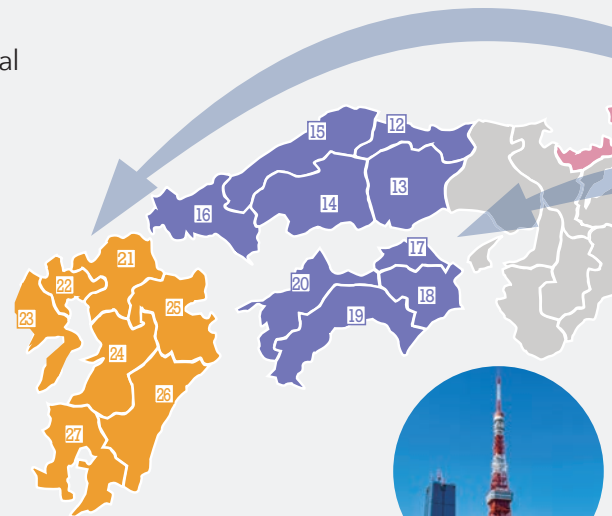
- ✓ Haneda Airport → Tokushima Airport  
JAL/ANA / 1 hr 20 min
- ✓ Tokyo Station → Tokushima Station  
JR Tokaido/Sanyo Shinkansen "Nozomi" Transfer to JR Rapid "Marine Liner" at Okayama Station and transfer to JR Limited Express "Uzushio" at Takamatsu Station / 5 hrs 30 min

### 20 EHIME

- ✓ Haneda Airport → Matsuyama Airport  
JAL/ANA / 1 hr 30 min
- ✓ Tokyo Station → Matsuyama Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited Express "Shiokaze" at Okayama Station / 6 hrs 20 min

### 14 HIROSHIMA

- ✓ Haneda Airport → Hiroshima Airport  
JAL/ANA / 1 hr 30 min
- ✓ Tokyo Station → Hiroshima Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" / 3 hrs 50 min



## KYUSHU → P.7

<https://www.kyushuandtokyo.org/>



Kyushu in the southwest is best known for its warm climate, active volcanoes, hot springs, lush greenery, vibrant culture and delicious cuisine.

### 23 NAGASAKI

- ✓ Haneda Airport → Nagasaki Airport  
JAL/ANA / 2 hrs
- ✓ Tokyo Station → Nagasaki Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited Express "Relay Kamome" at Hakata Station and transfer to JR Nishi-Kyushu Shinkansen "Kamome" at Takeo Onsen Station / 7 hrs

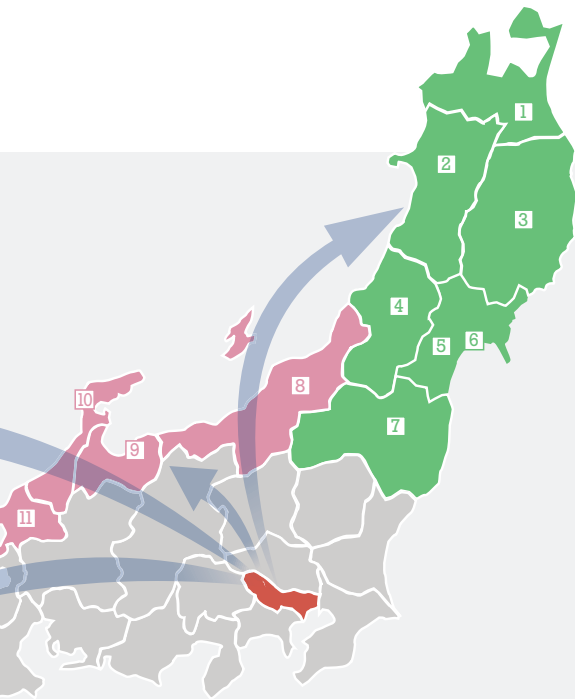
### 24 KUMAMOTO

- ✓ Haneda Airport → Kumamoto Airport  
JAL/ANA / 1 hr 50 min
- ✓ Tokyo Station → Kumamoto Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Kyushu Shinkansen "Sakura" at Hakata Station / 6 hrs 10 min

### 27 KAGOSHIMA

- ✓ Haneda Airport → Kagoshima Airport  
JAL/ANA / 1 hr 50 min
- ✓ Haneda Airport → Amami Airport  
JAL/2hrs 30min
- ✓ Tokyo Station → Kagoshima-Chuo Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Kyushu Shinkansen "Sakura" at Hakata Station / 7 hrs





# TOHOKU → P.4

<http://www.tohokuandtokyo.org/>



Tohoku is brimming with nature and historic sites. From dazzling summer festivals to family snow sports, it's spectacular year round.

## 1 AOMORI

- ✓ Haneda Airport → Aomori Airport  
JAL / 1 hr 20 min
- ✓ Haneda Airport → Misawa Airport  
JAL / 1 hr 20 min
- ✓ Tokyo Station → Shin-Aomori Station  
JR Tohoku Shinkansen "Hayabusa"  
3 hrs

## 2 AKITA

- ✓ Haneda Airport → Akita Airport  
JAL/ANA / 1 hr 10 min
- ✓ Haneda Airport → Odate-Noshiro Airport  
ANA / 1 hr 10 min
- ✓ Tokyo Station → Akita Station  
JR Akita Shinkansen "Komachi"  
3 hrs 40 min

## 3 IWATE

- ✓ Tokyo Station → Morioka Station  
JR Tohoku Shinkansen "Hayabusa"  
2 hrs 10 min

## 4 YAMAGATA

- ✓ Haneda Airport → Yamagata Airport  
JAL / 1 hr 10 min
- ✓ Haneda Airport → Shonai Airport  
ANA / 1 hr
- ✓ Tokyo Station → Yamagata Station  
JR Yamagata Shinkansen "Tsubasa"  
2 hrs 30 min

## 5 MIYAGI

- ✓ Tokyo Station → Sendai Station  
JR Tohoku Shinkansen "Hayabusa"  
1 hr 30 min

## 6 SENDAI CITY (MIYAGI)

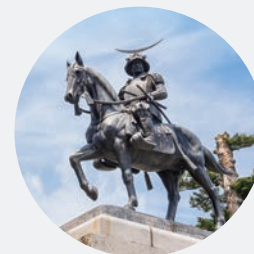
- ✓ Tokyo Station → Sendai Station  
JR Tohoku Shinkansen "Hayabusa"  
1 hr 30 min

# TOKYO → P.8

<https://www.gotokyo.org/en/>



Japan's most famous city, the bustling capital of Tokyo, offers something for everyone: from ancient temples to an ever-evolving culture.



## 21 FUKUOKA

- ✓ Haneda Airport → Fukuoka Airport  
JAL/ANA / 2 hrs
- ✓ Haneda Airport → Kita-Kyushu Airport  
JAL/ANA / 1 hr 50 min
- ✓ Tokyo Station → Hakata Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" / 5 hrs

## 22 SAGA

- ✓ Haneda Airport → Saga Airport  
ANA / 2 hrs
- ✓ Tokyo Station → Saga Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited  
Express "Relay Kamome" at Hakata  
Station / 6 hrs

## 25 OITA

- ✓ Haneda Airport → Oita Airport  
JAL/ANA / 1 hr 40 min
- ✓ Tokyo Station → Oita Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Limited  
Express "Sonic" at Kokura Station  
6 hrs 30 min

## 26 MIYAZAKI

- ✓ Haneda Airport → Miyazaki Airport  
JAL/ANA / 1 hr 50 min
- ✓ Tokyo Station → Miyazaki Station  
JR Tokaido/Sanyo Shinkansen  
"Nozomi" Transfer to JR Kyushu  
Shinkansen "Sakura" at Hakata  
Station and transfer to JR Limited  
Express "Kirishima" at Kagoshima-  
Chuo Station / 9 hrs 30 min



# HOKURIKU → P.5

<https://www.hokurikuandtokyo.org/>



Hokuriku, stretching along the Sea of Japan, is renowned for fresh gourmet seafood, picturesque coastlines, historic towns and towering mountains.



## 8 NIIGATA

- ✓ Tokyo Station → Niigata Station  
JR Joetsu Shinkansen "Toki"  
1 hr 30 min

## 9 TOYAMA

- ✓ Haneda Airport → Toyama Airport  
ANA / 1 hr
- ✓ Tokyo Station → Toyama Station  
JR Hokuriku Shinkansen "Kagayaki"  
2 hrs 10 min

## 10 ISHIKAWA

- ✓ Haneda Airport → Komatsu Airport  
JAL/ANA / 1 hr 10 min
- ✓ Haneda Airport → Noto Airport  
ANA / 1 hr
- ✓ Tokyo Station → Kanazawa Station  
JR Hokuriku Shinkansen "Kagayaki"  
2 hrs 30 min

## 11 FUKUI

- ✓ Tokyo Station → Fukui Station  
JR Hokuriku Shinkansen "Kagayaki"  
2 hrs 50 min



\*The information provided is accurate as of January 2024.

# TOHOKU



For more information

## Recommended spots



### ■ Oirase Gorge

AOMORI

Stroll along this winding mountain stream which has more than a dozen cascading waterfalls, on a long footpath through a lush, pristine forest full of moss, ferns and broad leaved trees.



### ■ Nyuto-onsen-kyo Hot Springs Village

AKITA

Soak up the benefits of hot springs with different mineral properties in an historic village surrounded by virgin beech forests in the Mount Nyuto foothills.



### ■ Ouchi-juku

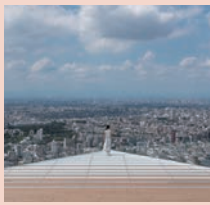
FUKUSHIMA

Travel back in time, shop, and dine in this authentic village of Edo-era thatched-roof houses surrounded by nature that once accommodated traveling feudal lords.

## Travel Plan

### ■ SHIBUYA SKY

TOKYO



Enjoy a panoramic view of Tokyo from the open-air observatory 229 meters above ground. After enjoying the view, Then relax in a Paradise Lounge on the 46th floor.



### ■ Zuihoden Mausoleum

SENDAI CITY(MIYAGI)



Admire the decorative Momoyama style of Zuihoden, the mausoleum of feudal lord Date Masamune, and its serene forest surroundings.



### ■ Nikka Whisky Sendai Factory Miyagikyo Distillery

SENDAI CITY(MIYAGI)



Tour Miyagikyo Distillery, in a lush valley with two clear streams, where Nikka Whiskey produces some of its finest unblended spirits.



### ■ Morioka City

IWATE



Beneath the gaze of Mt. Iwate, visit historic buildings, Morioka Castle Site Park, wanko soba restaurants, coffee shops, hot springs and more.



### ■ Matsushima

MIYAGI



©Matsushima Tourism Association

Don't miss Matsushima Bay, which is dotted with hundreds of pine-covered islands and provides one of Japan's three most scenic views.



### ■ Yamadera(Risshaku-ji Temple)

YAMAGATA



Perched on a mountain cliff with stunning views of the countryside is Yamadera Temple, where Basho wrote one of his most famous haiku poems.



Videos

## TOKYO + TOHOKU Calm & Festive

This video shows the charm of Tokyo and the Tohoku area. Please watch and enjoy.



# HOKURIKU



For more information

## Recommended spots



### ■ Tojinbo FUKUI

Explore this spectacular stretch of coastline made of steep vertical columns of hard magma rock shaped by the wind and water; an extremely rare formation.



### ■ Hoshitouge Rice Terraces NIIGATA

These beautiful terraced rice paddies in the hilly, wooded countryside are especially stunning in the early spring and late autumn when they reflect floating clouds.



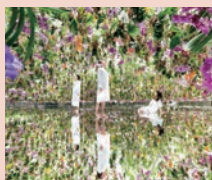
### ■ Kenroku-en Garden ISHIKAWA

One of Japan's three most beautiful landscape gardens, Kenrokuen soothes your soul every season with ponds, bridges, teahouses, flowers and evening illumination.

## Travel Plan

### ■ teamLab Planets TOKYO

TOKYO



Immerse yourself in artwork spaces where art using digital technology blurs the distinction between you, the art and other people.

teamLab, Floating Flower Garden: Flowers and I are of the Same Root, the Garden and I are One © teamLab

### ■ Heisenji Hakusan Shrine

FUKUI



Savor the silence while taking cobblestone walkways through vast natural grounds covered in green moss and tall Japanese cedars.

### ■ Kiyotsu Gorge

NIIGATA



Walk through artistic tunnel spaces to a spectacular view of one of Japan's three great gorges, with columned-rock cliffs and a winding river.

Ma Yansong / MAD Architects, "Tunnel of Light"(Echigo-Tsumari Art Triennale)

### ■ Natadera Temple

ISHIKAWA



Founded in 717, this scenic temple on a rocky cliff with caves is surrounded by nature and combines elements of both Shintoism and Buddhism.

### ■ Amaharashi Coast

TOYAMA



The white sandy beaches, green pines atop rocky reefs, and 3,000-meter high Tateyama Mountains across the bay will take your breath away.

©Toyama Tourism Organization

### ■ Gokayama Gassho-style village

TOYAMA



This mountain village of old wooden houses with steep thatched roofs is a World Heritage Site that has changed very little in hundreds of years.

©Toyama Tourism Organization



Videos

## TOKYO + HOKURIKU Sustainable & Authentic

This video shows the charm of Tokyo and the Hokuriku area. Please watch and enjoy.



# CHUGOKU+SHIKOKU



For more information

## Recommended spots



### ■ Naruto Whirlpools TOKUSHIMA

Observe exciting Naruto Strait whirlpools up to 30 meters in diameter - among the largest in the world - from a bridge above or up close from a boat.



### ■ Nikobuchi (Niyodo Blue) KOCHI

Considered sacred by locals, this pool of clear water at the bottom of a waterfall surrounded by trees will amaze you with its beautiful blues and greens.



### ■ Tonaru EHIME

These ruins of an old copper mine complex deep in the mountains of Niihama are reminiscent of Machu Picchu and provide views of the Seto Inland Sea on clear days.

©Niihama Tourism and Products Association

## Travel Plan

### ■ Azabudai Hills

TOKYO



Greenery meets luxury in this futuristic town where residents, workers, diners and shoppers can experience a fulfilling sense of harmony.

### ■ Iwami Ginzan Silver Mine World Heritage Site

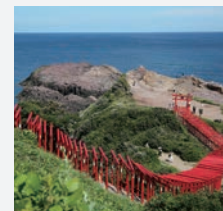
SHIMANE



As one of the world's most prominent silver mines for 400 years, this World Heritage Site greatly influenced relations between Asia and Europe.

### ■ Motonosumi Shrine

YAMAGUCHI



Nature's greens and blues contrast spectacularly with 123 red torii gates at this scenic spot CNN named one of Japan's 31 most beautiful places.

### ■ Chichibugahama Beach

KAGAWA



Take beautiful reflective photos like those from Bolivia's salt flats in the calm waters of this long beach when the tide is low at dusk.

### ■ Miyajima (Itsukushima Shrine)

HIROSHIMA



©Shintani

This World Heritage Site, built where the tides rise and fall, is world famous for its large vermillion gate that stands in the sea.

### ■ Okayama Korakuen Garden and Okayama Castle

OKAYAMA



One of Japan's three most famous historical gardens with Okayama Castle in the background and a 3-star rating from Michelin Green Guide Japan.

### ■ Tottori Sand Dunes

TOTTORI



©Tottori Pref.

Enjoy the unusual scenery and fun activities like sand boarding and camel rides on this long stretch of sand dunes along the Sea of Japan coast.



Videos

## TOKYO + CHUGOKU + SHIKOKU Spiritual

This video shows the charm of Tokyo and the Chugoku + Shikoku area. Please watch and enjoy.



# KYUSHU



For more information

## Recommended spots



### ■ Yame City FUKUOKA

Warm and humid with fertile soil and abundant natural beauty, Yame is best known for its traditional crafts and vast fields of highly valued gyokuro green tea.



©Saga Prefectural Tourism Federation.

### ■ Okawachiyama, Imari City SAGA

Okawachiyama was the site of official kilns that produced high-quality Nabeshima porcelain for the imperial court, shogunate and feudal lords during the Edo period.



### ■ Unzen Onsen NAGASAKI

Sizzling acidic hot springs with a sulfurous smell gush forth from white clay ground as water deep below the surface meets blazing hot magma.

## Travel Plan

### ■ TOKYO SKYTREE®

TOKYO



©TOKYO-SKYTREE

Enjoy a panoramic view of Tokyo from Japan's tallest structure (634m tall), a breathtaking glass floor view, shopping and dining.

### ■ Yakushima Island

KAGOSHIMA



©YAKUSHIMA TOWN

Experience the rich ecosystems of this mountainous World Natural Heritage Site with waterfalls, ancient trees, seaside onsen and so much more.

### ■ Kirishima-jingu Shrine

KAGOSHIMA



An ancient national treasure beneath the mythologically important Mount Takachiho, this elegant shrine is surrounded by beautiful greenery.

### ■ Harajiri Falls

OITA



An ancient volcanic eruption formed this horseshoe-shaped waterfall that's surrounded by rice fields and viewable from various vantage points.

### ■ Takachiho Gorge

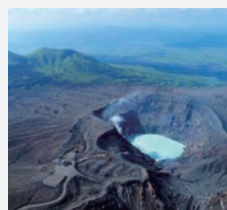
MIYAZAKI



From bridges above or row boats below, observe towering cliffs in V-shaped canyons with rare columnar rock and the beautiful Manai Falls.

### ■ Aso Nakadake Crater

KUMAMOTO



Aso Nakadake, is located in the center of one of the world's largest calderas. has a huge crater where you can see white smoke and grand landscape.

Videos

### TOKYO + KYUSHU Exciting & Healing

This video shows the charm of Tokyo and the Kyushu area. Please watch and enjoy.



KYUSHU×TOKYO



# TOKYO



For more information

## Recommended spots



©Sensoji Temple

### Sensoji Temple

Over 30 million travelers from Japan and abroad annually visit Tokyo's oldest temple (built in 628) with its lively, ancient atmosphere and fascinating shops.



### Mount Takao

Escape to a mountain with 3-star Michelin Guide rating. Admire the flora and fauna while hiking or riding a lift or cable car to the top for a memorable view.



### Omoide Yokocho

Popular with overseas tourists and locals alike, this bustling bar district near Shinjuku Station has a nostalgic atmosphere reminiscent of the Showa Era.

## Discount Passes Available From Transit Operators

Travel from Tokyo by plane or train to all the wonderful regions of Japan! Each transportation network offers special passes for visitors to Japan, so please use what is available according to your travel destinations.



### ANA Discover JAPAN Fare (All Nippon Airways)

Great deals on domestic flights in Japan. Purchases can be made on the ANA website or at ANA branches outside of Japan up to 355 days before the date of your flight.

<https://www.ana.co.jp/en/us/plan-book/promotions/special-fares/#anchor-ana-discover-japan-fare>



### JAPAN RAIL PASS (JR GROUP)

Travel by train, including Shinkansen and limited express trains, to tourist destinations throughout Japan from Hokkaido to Kyushu.

<https://japanrailpass.net/en/>



### JAL Japan Explorer Pass (Japan Airlines)

This Special fare can be used to access over 30 cities across JAL's domestic network.

[https://www.jal.co.jp/aul/en/world/japan\\_explorer\\_pass/lp/](https://www.jal.co.jp/aul/en/world/japan_explorer_pass/lp/)



### JR-WEST RAIL PASS (JR-WEST)

Travel across West Japan, from Kansai to Hokuriku, Sanyo, San'in and Hakata. With a variety of options available to match different travel needs.

<https://www.westjr.co.jp/global/en/ticket/>



### SUNQ Pass (SUNQ)

This pass allows unlimited rides on most express buses and local buses, as well as some ships, on the island of Kyushu and the Shimonoseki and Nagato city areas in Yamaguchi Prefecture.

<https://www.sunqpass.jp/english/>



### ALL SHIKOKU Rail Pass (JR-SHIKOKU)

Can be used on JR Shikoku and Tosa Kuroshio railway lines, as well as Shikoku area railways, the Shodoshima Ferry, and more.

<https://shikoku-railwaytrip.com/>



### JR KYUSHU RAIL PASS (JR-KYUSHU)

Three different passes for traveling around Kyushu are available: one for northern Kyushu, one for southern Kyushu, and one that covers the entire Kyushu region.

<https://www.jrkyushu.co.jp/english/railpass/railpass.html>

