



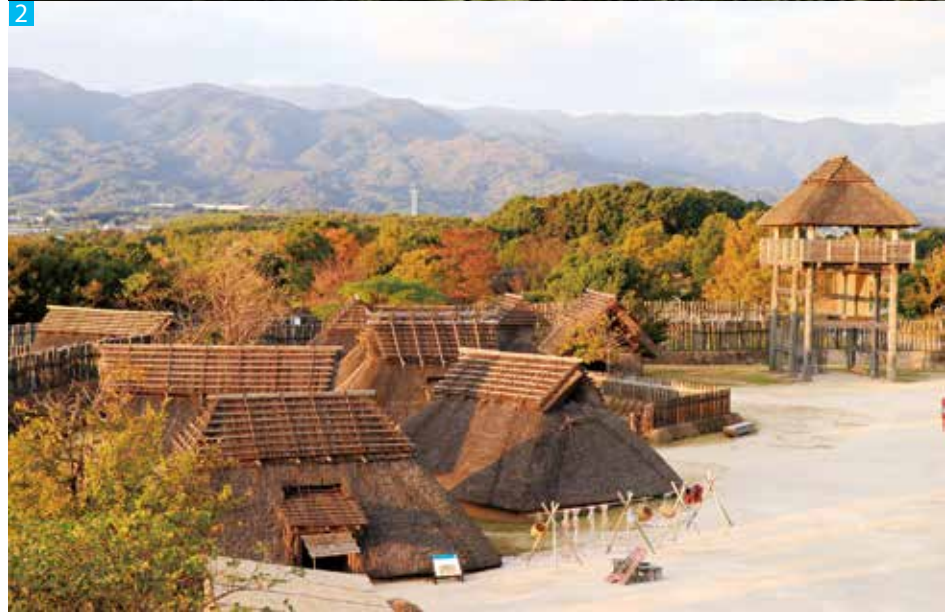
- Explore the regions -

Presenting savory experiences of culture, cuisine, and more to enjoy in regions around Japan.

介绍日本各地文化、美食等方面方面的妙趣体验。



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1 Amanoyasukawara cave, Miyazaki Pref., linked in legend to the sun goddess Amaterasu
宫崎县天安河原洞，与太阳神天照大神的传说有着千丝万缕的联系

2 Minami-Naikaku, Yoshinogari Ruins, Saga Pref.
佐贺县吉野里遗迹南内郭

传说与神秘之地

Land of Legend and Mystery

A dramatic geography of gorges and waterfalls exudes an air of myth and ancient history. Of note are Miyazaki Pref.'s Takachiho Gorge and Saga Pref.'s Yoshinogari, both revered for their mystic appeal and cultural value.

由峡谷瀑布构成的大自然雄伟景观，散发出一种孕育神话与远古历史的氛围。宫崎县高千穗峡和佐贺县吉野里遗迹因其神话色彩和文化价值而备受尊崇。

宫崎县高千穗峡
Takachiho Gorge, Miyazaki Pref.

传奇景观

Legendary Landscape

Story by Eugene Tarshis

文 尤金·塔希斯



Takachiho Yokagura, nightlong shrine ritual of music and dance
高千穗夜神乐是彻夜奏乐起舞的神社庆典

Among myths inhabiting this sacred landscape are those of Shinto tradition that describe the arrival of gods from heaven. The gorge is also the site for sacred dance rituals in fall and early winter. Sheer cliffs of columnar shape, formed by cooling lava from an eruption of Mt. Aso, occupy a basin surrounded by green mountains. Perhaps another reason for this atmosphere of mystery and myth is the resemblance of the basalt columns to dragon scales.

Also valued for its place in ancient history and culture is Takachiho Shrine, with a 1,900-year history of enshrining many valued deities. Takachiho Shrine is also favored for offering prayers for good harvest, fortune, and marriage.

Two other major shrines resident in this spectacular precinct of rock and falling water are Amano Iwato and Kushifuru, the former linked to sun goddess Amaterasu and the latter to the first god to come to earth.

Among these venerable sites is the sight of Manai Waterfall. Its sheer drop of some 17 meters to the river below, against a background of gray dragon-scaled cliffs and dense foliage, is unforgettable.

For a closer view of the falls and gorge, why not rent a boat at the south end and row your way down calm waters? Or walk a paved path that runs along the rim for breathtaking views and ends at Takachiho Shrine. Other options include a freshwater aquarium, a pond stocked for fishing, and restaurants offering local ingredients to fuel further adventure. As if these choices weren't enough, Takachiho Gorge is lit up in summer until 10 PM.

这片神圣的土地孕育无数神话传说，其中的一些有关于日本的神道传统，讲述了神祇从天而降的创世源起。在秋冬季节，此峡谷又是神圣舞蹈仪式的举办之地。阿苏山的火山岩浆在冷却后，形成了陡峭的柱状山崖，占据了青山环抱的盆地。玄武岩石柱，像一片片龙鳞，可能也是这里神秘气氛和神话传说另外的起因之一。

然而高千穗神社的价值，也同样来自其在古代史及文化传承上的地位。这座神社供奉着很多大神，已有 1900 年的历史。在高千穗神社，人们祈祷丰收，祈求好运和良缘。

在这片镶嵌着壮观岩石与瀑布的土地上，另外两家主要的神社分别是天岩户与穗触神社。前者供奉天照大神，后者则与来到世间的第一位神祇有很深的渊源。

真名井瀑布也是神圣庄严的景点之一。水流从大约 17 米的高处径直跃入下方的河中。瀑布后呈现出灰色的龙鳞山崖和浓绿的山林，此景象让人永难忘怀。

想从近距离欣赏瀑布和峡谷的话，可以尝试在南侧租一条船，泛舟在平静的水面，沿河而下。您也可以步行于一条铺好的小径，小径经过崖边，以高千穗神社为终点，路上景色美得让人窒息。您还可以游览这里的淡水水族馆、钓鱼池塘或者去品尝提供当地美食的餐厅来为更深入的旅途补充体力。如果这些选择不够，夏天高千穗峡的夜间照明会持续到晚上 10 点，准保您尽兴而归。



Waterfalls among rock cliffs, Takachiho Gorge
高千穗峡谷石崖间的瀑布

佐贺县吉野里遗迹

Yoshinogari Ruins, Saga Pref.

神秘惊人的远古遗迹

Ancient Site of Compelling Mystery

Story & Photographs by Miyoko Fukushima

文/图 福岛美代子

Yoshinogari is the largest site of ruins from a moat-encircled village of the Yayoi period (ca. fourth century BC–third century AD). It is a spacious, hilly area in eastern Saga totaling some 40 hectares, all of which compelled my visit. Dozens of valuable Yayoi structures, tombs, and relics have been excavated from this important archaeological site. Yoshinogari Historical Park is home not only to re-created ancient structures but also forested landscapes of the period.

A compelling mystery abides in this place where remains and artifacts have surfaced from over two millennia.

I'm excited to explore the huge park as I begin to slip back in time. For example, entering Minami-Naikaku, where successive rulers resided, I step my way into a monarch's residence.

Next comes Kita-Naikaku, a sacred place for important rituals. The majestic main shrine impresses, with burial jars from roughly 2,100 years ago unearthed in the Northern Burial Mounds for past rulers.

The view of the entire park from the watchtower is breathtaking. Pit dwellings and raised-floor buildings reconstructed directly above excavated ruins are just as I learned and saw from textbooks of my history class. Also of interest was a workshop introducing the lifestyles of these ancient dwellers, including how they lit fires or made earthen flutes.

Through the magic of time travel and the mystery of the past, we visitors of today can see the same ancient landscape seen by those who lived then and there, so tangible that it seems they still live there.



Rows of ceramic burial jars
大量的陶制埋葬壶



Main shrine, Kita-Naikaku
北内郭主神社

吉野里起源于弥生时代（约公元前4世纪—公元3世纪），是一座护城壕环绕村庄的最大的遗构。其遗址位于佐贺县东部一片广阔的丘陵地带，占地约40公顷，让我一到那里就为之震惊。数十座珍贵的弥生建筑、坟墓和大量文物从这个重要的考古地点被发掘。吉野里历史公园中不仅有复原的古代建筑，还有当时森林密布的景观。

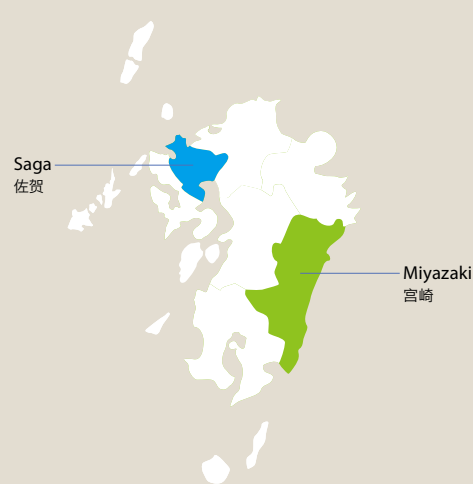
而令人为此土地的神秘而感到惊异的是，两千年前的各种遗迹和文物纷纷出土。

在这个巨大的公园探险就仿佛回到了过去，这让我感到无比兴奋。比如“南内郭”中曾经住着几代统治者，进入其中就仿佛来到了君主的宅邸。

接着我又去了“北内郭”，这里是举行重要仪式的神圣场所。庄严的主神社以及从北坟丘墓出土的约2100年前统治者们的埋葬壶，都让人感到印象深刻。

从塔楼眺望整个公园，景色让人不禁凝神屏息。坑式住居和抬升地板建筑就在此出土地之上直接被复原，让我想起了在历史课教科书上学到的景象。有趣的是这里还有一家介绍古人生活方式的工作坊，其中包括了生火以及制作陶笛的方法。

经过这魔幻般的时间之旅以及认知古代的神秘，当今游客可以看到与古人眼中同样的风景，就像他们从未消失过一样，一切都触手可及。



Getting There

ANA serves Miyazaki daily from Tokyo (Haneda), Osaka (Itami), Nagoya (Chubu), Okinawa (Naha), and other airports. Drive time to Takachiho Gorge from Miyazaki Airport is 2.5 hours.

ANA serves Saga daily from Tokyo (Haneda). Drive time from Saga Airport to Yoshinogari is 40 min.

交通

ANA 每日有航班从东京(羽田机场)、大阪(伊丹机场)、名古屋(中部机场)、冲绳(那霸机场)及其他机场飞往宫崎。从宫崎机场驱车前往高千穗峡需2个半小时。

ANA 每日都有航班从东京(羽田机场)飞往佐贺。从佐贺机场驱车前往吉野里需40分钟。

Handy URLs

- Tastes of JAPAN by ANA: www.ana.co.jp/en/tastesofjapan/kyushu/
- Kyushu: www.welcomekyushu.com/

便捷网址：

- Tastes of JAPAN by ANA: www.ana.co.jp/en/tastesofjapan/kyushu/
- 九州： www.welcomekyushu.com.cn/

Looking Ahead

Next month's theme of "Food" is set for Jul. 2018. Among many dining pleasures are delicious dishes made with ingredients and produce unique to each of Kyushu's seven prefectures.

下期介绍

2018年7月的主题将会是“美食”。九州7县各具特色的食材特产汇聚成一道道美食，等待您来品尝。

Travel More for Less in Japan

日本国内线特惠票价



Routes & Fares (until October 27, 2018 boarding)

Sapporo to Wakkanai, Memanbetsu, Nemuro-Nakashibetsu, Kushiro, Hakodate, Aomori, Akita, Sendai, Niigata, and Fukushima	¥5,400 (US\$49 / CNY312)
Tokyo to Odate-Noshiro, Akita, and Shonai	¥7,560 (US\$69 / CNY437)
Osaka to Aomori, Akita, Sendai, Fukushima, and Niigata	¥10,800 (US\$99 / CNY624)
Tokyo to Osaka (Itami/Kobe/Kansai)	¥10,800 (US\$99 / CNY624)
Fare for other routes	¥10,800 (US\$99 / CNY624)

Note: Conversion rates are ¥109.15 per US\$1 and ¥17.298 per CNY1 as of April 25, 2018, but may be subject to change.

Eligibility

1. Maintaining residence outside Japan
2. Holding a passport from another country or holding a Japanese passport with permanent residency outside of Japan
3. Possessing international ticket to and from Japan

For more details, visit ANA Experience JAPAN Fare or ANA Worldwide sites!

航线及票价 (限2018年10月27日前搭乘)

札幌与稚内、女满别、根室中标津、钏路、函馆、青森、秋田、仙台、新泻、福岛之间的往返航班	5400日元 (49美元/312元人民币)
东京与大馆能代、秋田、庄内之间的往返航班	7560日元 (69美元/437元人民币)
大阪与青森、秋田、仙台、福岛、新泻之间的往返航班	10800日元 (99美元/624元人民币)
东京与大阪(伊丹、关西、神户)之间的往返航班	10800日元 (99美元/624元人民币)
其他日本国内航线	10800日元 (99美元/624元人民币)

注意事项：参考汇率：1美元=109.15日元；1人民币=17.298日元。参考汇率截止于2018年4月25日。票价会随汇率变动。

适用条件

1. 日本境外居民
2. 持外国护照或持日本护照但拥有其它国家永久居留权者
3. 持有前往日本或从日本出发的国际线机票

更多详情请访问ANA Experience JAPAN Fare或ANA Worldwide网站。