



## OPTIONS

if you want to experience  
the city a little more,  
you can add



### Incense workshop

Visit a Buddhist Altar store where the owner will guide you in making your very own incense. In addition to the fun, hands-on experience, learn more about Japanese Buddhism and the role incense plays in its rituals.



### Usuki-yaki pottery workshop

This almost-lost pottery style has been revived by local craftspeople in recent years. With their careful guidance, create your own elegant piece of Usuki-yaki.



### Farm stay experience

Make a personal connection during your visit by staying with some of the lovely local farmers. Enjoy delicious, home-cooked meals prepared by your host, using their own produce. Please also inquire about the extra option of a miso making experience.

7. Please be aware that program 'Options' are contingent to availability.



## INFORMATION



Usuki City

### Getting there

(Usuki tourism Association website)



Castle town Usuki City



### Tourist information

(KURATaBi Usuki website)



Travel Agency

《Inquiries about tour content and options》

KURATaBi Usuki

inquiries  
form



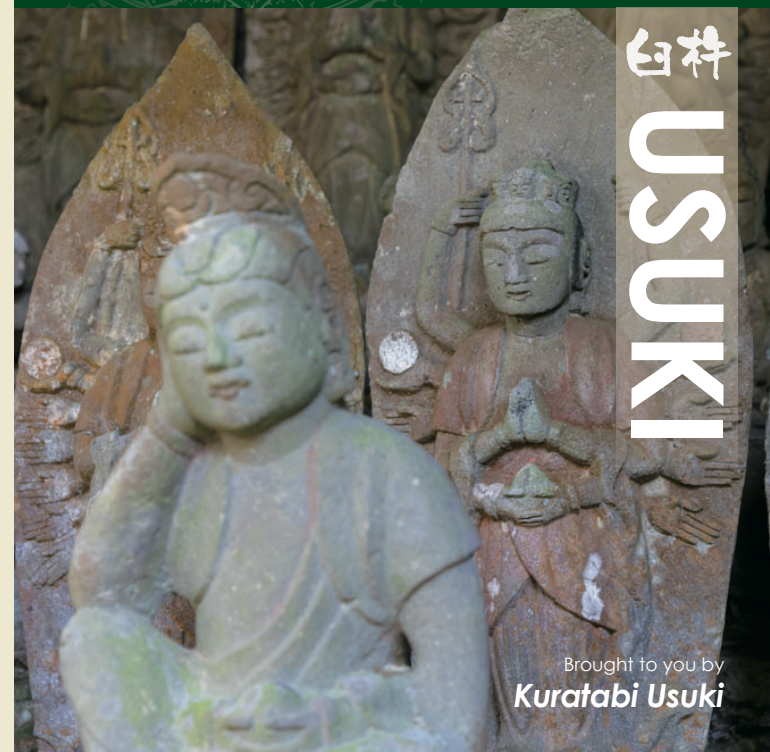
email : kuratabiusuki@gmail.com



OITA

a fully-guided, one day walking tour

# Mindfulness Tour



臼杵

USUKI

Brought to you by  
Kuratabi Usuki





Zazen

The Usuki Mindfulness Tour offers visitors a unique opportunity to make a more meaningful connection to this small, charming city of Kyushu in south-western Japan.

With the help of your experienced, bilingual guide, you will certainly gain a deeper understanding of the city, its history, its most famous treasures as well as some hidden gems.

The gentle walks and thoughtfully selected experiences will allow you to truly develop your understanding of the place and its rich culture.

We have packaged the tour as a day trip which can be easily added to any itinerary. And, for those who wish to delve even deeper, we offer a range of options which allow you to extend your stay and further enrich your visit to Usuki.

## Schedule

10:00 am

15 minutes on foot

Guided walk around the old castle town.



Meet at Usuki train station.



Guided meditation at a Zen Buddhist temple.



World class Buddhist cuisine.

30 minutes by car

Haraigawa Stone Buddhas

Usuki Stone Buddhas

4:30 pm

End of tour program.



1. Tour available Thursday-Sunday. Does not run in January or August.
2. Minimum of 4 participants needed for tour bookings.

3. Please contact us for pricing and further details.
4. This is a walking tour so please come with appropriate footwear.

5. In the case of rain, the tour will still run so please come prepared.
6. After the conclusion of the tour, you can return to Usuki Station by bus or taxi.

## Sustain your body and stimulate your senses

Recipient of the Michelin- Bib Gourmand in 2018, our lunch is painstakingly prepared by a local, retired, Zen Buddhist monk. With carefully sourced ingredients and attention to the finest details, the dishes we enjoy are his personal expression of Zen.

Vegetarian food

精進料理



For decades, this local husband and wife team have been serving their handmade Dorayaki from their small store near the Usuki Stone Buddhas. Their fluffy pancakes with red bean filling are some of the best you will find anywhere. They always sell out quickly but if you're lucky, you may be able to try one on our walk.