

Refresh both body and mind with a stroll through the trees!

Mt. Kusenbu Area Guide Map

Enjoy Mountainside Hills Close to the City Through this Mt. Kusenbu Trail

Mt. Kusenbu (847.5m), which straddles Tosu City in Saga Prefecture and Nakagawa City in Fukuoka Prefecture, offers views of Hakata Bay to the north and Tsukushi Plain and Ariake Sea to the south. A sacred mountain since ancient times, Benzaiten is enshrined at the summit. This gentle course that stretches from Mt. Ishitani to Manzaiji Temple is popular among beginners and families. It is also a viewing spot for mitsuba rhododendron in spring, kousa dogwood in the summer, and autumn leaves. In 1975, the entire 40km part of the Sefuri Mountain Range that stretches from Mt. Kizan (404m) in the east to Mt. Ukidake (805m) in the west, along with Kitayama Dam were designated as "Sefuri Kitayama Prefectural Natural Park."

1 Mt. Kusenbu Observatory (Mt. Kusenbu Parking Lot)



There is a 3-story observatory at the summit where on a clear day, you can enjoy a spectacular view of the Genkai Sea, Saga Plain, and Ariake Sea. At the spacious summit, there are also benches and tables perfect for a short rest after hiking.

2 Mt. Ishitani



A favorite resting place for local residents, the Ochozu Waterfall Campsite is located near the trailhead. An easy trail leads to Mt. Ishitani (754m), a well-known spot for viewing the autumn leaves, and the benches and tables on the flat summit are perfect for a lunch break!

3 Manzaiji Temple

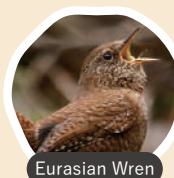


The temple was founded 600 years ago by the Zen master Tokuken Ikou, who contributed to the development of the Literature of the Five Mountains in Kamakura. There is a stone shrine at the top of Mt. Kusenbu, where Benzaiten from Manzaiji Temple and Fudo Myoo from Konkoji Temple are enshrined.

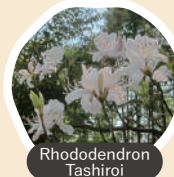
4 Ochozu Waterfall



A walking trail leads to several waterfalls along the stream, allowing visitors to get close to the pools. The upstream waterfall, 22 meters high with a mystical atmosphere, is where a monk performing winter spiritual austerities built a crude temple and enshrined a statue of a great Buddhist priest (Kobo Daishi) at the end of the Muromachi Period (1336-1573).



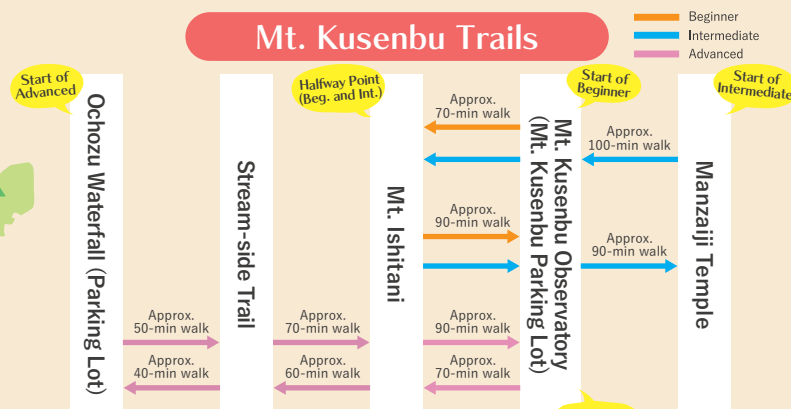
Eurasian Wren



Rhododendron Tashiroi

Enjoy seasonal flowers and birds

Mt. Kusenbu Trails



As Seen From the Mt. Kusenbu Observatory!



Saga Plains



Ariake Sea



Beginner Friendly Nature Trail

Experience this Saga travel route which connects local attractions about history, culture, hot springs, food, and more. Be a part of the new "OPEN-AIR Saga" lifestyle and enjoy various outdoor activities amongst Saga's beautiful scenery.

Explore! Mt. Kusenbu Routes



Filled with information about the area