

★ *Nagasaki*  
*Light, Happiness and Prayer*



The Lights  
of Nagasaki

Nagasaki is a place of brilliance. Nagasaki City has a night view likened to a sprinkling of precious stones, an effect created thanks to the unique geographic landscape of Nagasaki. Beyond the intricate coastline of the prefecture, scattered with close to 600 islands, lies the glistening ocean. And into that ocean, at the westernmost edge of Japan, sinks the setting sun. Nagasaki is overflowing with all kinds of lights, and many events themed around ‘light’ are held throughout the prefecture, treating those who visit to our glowing hospitality.

- 1. The Night-Time Scenery of Nagasaki (Nagasaki City)  
This night view has been recognized as one of the “New Three Great Night Views of the World”. The mountainous landscape forms a shape like an earthenware bowl, with Nagasaki Harbor at its center, creating a three-dimensional night-view.
- 2. Nagasaki Lantern Festival (Nagasaki City)  
The Nagasaki Lantern Festival originates from the Spring Festival held to celebrate the Chinese Lunar New Year. The brilliantly-colored Chinese paper lanterns and art pieces light up the entire town.
- 3. Doya Tanada Fire Festival (Matsuura City)/The contrast between the rice terraces (tanada) and the sun setting into the waters of the Genkai Sea is so beautiful that it will take your breath away. The Doya Tanada Fire Festival is held in September. Around 3,000 toro lanterns are placed along the ridges of the rice paddies, showing off the beautiful curves of the terraces.
- 4. The Fish-Luring Lights of Tsushima (Tsushima City)  
In Tsushima, where fishing flourishes, the ocean surface is illuminated by the bright lights used to lure fish to the waiting boats. The azure-blue color of the ocean at night is dotted with the small lights known as isaribi, conjuring up a landscape that is quite unreal.
- 5. The Hana-Bouro of Unzen (Unzen City)/The silver frost that forms on trees and plants in the forests of Unzen in wintertime is called “Hana-Bouro” by local people.
- 6. Sunset Over the Ninety-Nine Islands (Sasebo City)  
The Ninety-Nine Islands (Kujuku-shima) display various aspects during the day as the hours pass. At the end of the day, as the sun sets into the ocean beyond the cluster of 208 islands, visitors can experience the gentle and sublime beauty of nature.
- 7. Huis Ten Bosch (Sasebo City) / With 13 million sparkling lights, one of the world’s largest illumination events, the “Kingdom of Light” is held at Huis Ten Bosch. Step inside and find yourself in a little slice of Europe.

The Scenery of Nagasaki ①  
**A Place of  
Brilliance**

**Nagasaki  
Meguri**

A Guidebook to Nagasaki



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Nagasaki Kunchi

● Nagasaki City:  
October 7<sup>th</sup> to 9<sup>th</sup>

*Kunchi* is Nagasaki's major autumn festival, steeped in over 380 years of tradition. Spectators join with the performers in shouting the phrase "mottekoi", which means "encore".

The Scenery of Nagasaki ②

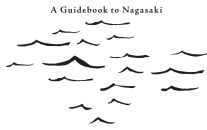
Nagasaki Festivals



The Unique Festivals of Nagasaki

The festivals of Nagasaki range from those which offer a sense of the history of interaction that took place between Japan, China and Holland during the period of national isolation (*sakoku*), to newer festivals and events that breathe liveliness into the regions, featuring folk performing arts that carry on the traditional culture of ancient Japan. Here, there are a variety of richly unique festivals that are overflowing with energy.

Nagasaki Meguri



Gonoura Gion Yamakasa

● Iki City: fourth Saturday and Sunday in July

This festival, referred to as "Gionsan" by the locals, is the largest summer festival in Iki City. Its origins can be found over 270 years ago in an offering made at Yasaka Shrine as a prayer to drive away pestilence. A highlight is the participants' perilous dash up the stone steps of the shrine.



Heto Mato (Fisherman's Festival)

● Goto City: Third Sunday in January

This festival involves a series of games and events dedicated to the gods at Shirahama Shrine, including sumo wrestling, games of *hanetsuki* (Japanese badminton) played on top of sake barrels, games of football where participants scramble for a ball made from straw, tug-of-war, and the placing of girls from amongst the spectators atop a 3 meter-long giant *zori* (Japanese sandal) and parading around.



Iki Kagura (Shinto Theatrical Dance)

● Iki City: throughout the year

*Kagura* is a religious performing art with a long tradition and history dating back to the Muromachi period. Differing from other regions, on Iki both the dance and music are performed only by the Shinto priests. In August and December, spectacular grand *kagura* performances are held at the shrine over a period of 6 hours.



The Nonnoko Isahaya Festival

● Isahaya City: mid-September

This is Isahaya's largest festival involving residents of the city, around 6000 of whom parade around the town, clacking small plates together, performing the "Matsuri Nonnoko" dance and other traditional performing arts.



Yosakoi Sasebo Festival

● Sasebo City: late October

This is the largest *yosakoi* dance festival in Kyushu, and has the stated aim of 'making spectators and participants want to return to Sasebo to watch and dance again'. Teams gather from all over Japan and perform their high-energy dances at locations around the city.



Kuromaru Odori

● Omura City: 28<sup>th</sup> November

This dance has been passed down since the Warring States period (*sengoku*). It was originally performed in celebration of a feudal lord recovering his land. To the sound of drums, performers carrying four huge flower wreaths and two large flags unfurl a majestic dance.



Kanokaen (Cherry-Blossom Fire Festival)

● Unzen City: late March

Flaming torches in hand, 200 warriors march through Tachibana Park where the cherry blossoms proudly bloom. This is the largest fire festival in Nagasaki Prefecture. It brings to life the valiant, subtle and profound real-life events of some 400 years ago, as depicted in historical scrolls.



The Spirit Boat Procession

● Nagasaki City: 15<sup>th</sup> August

Spirit boats are constructed in mourning for those who have passed away, and are pulled through the city as the souls of the dead are seen off to paradise. This practice is a traditional observance for Nagasaki's *O-Bon*, the festival of the dead. The souls of the departed are sent off amidst a cacophony of firecrackers.



The Emukae Sentoro Festival

● Sasebo City: 23<sup>rd</sup> & 24<sup>th</sup> of August

This traditional event has been held for around 500 years. The centerpiece is truly a sight to behold: a tower of about 25m in height, decorated with hanging lanterns numbering about 3,300. When evening comes, some 10,000 hanging lanterns are lit throughout the town, inviting you into a wondrous world of lights.



Shimabara Castle Takigi Noh (Bonfire Noh)

● Shimabara City: mid-October

There is an extensive history and culture of Noh theatre in Shimabara City. In order to protect and nurture this tradition, Shimabara Castle Bonfire Noh was revived in 1983, allowing the colorful culture of the Genroku period (late 17<sup>th</sup> - early 18<sup>th</sup> century) to be experienced once again.



Chankoko

● Goto City: 13<sup>th</sup> to 15<sup>th</sup> August

This is an old *Neenbutsu* folk dance with "*chan*" being the sound of the bell and "*koko*" thought to be the sound of the drum. All around the city one can find people in short sleeves and bare feet, wearing straw skirts and conical hats adorned with flowers, holding drums and dancing.



# Nagasaki: Full of Delicious Food

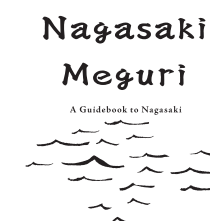
Nagasaki, with its bountiful natural environment, boasts many delicious foodstuffs from land and sea, which are renowned across the entire country. There are also multiple layers of history and culture, which are of course reflected in the region's cuisine as well. During Japan's period of national isolation, a unique food culture was born out of the exchange between different cultures that was concentrated here, giving rise to numerous dishes. Nagasaki is overflowing with delicious food to the extent that you will certainly find something to tempt you when you visit, and even things that will make you want to come here just so that you can partake.

## Champon and Sara Udon

At the mention of Nagasaki, many people immediately think of *champon*. This dish is loved not only by tourists, but also by the locals as well. The story of the origin of Champon is that, during the Meiji period, a local Chinese restaurant made the dish with the aim of providing students from China with a filling and nutritious meal. "Toaku", an ingredient unique to Nagasaki, is used in the noodles to give them a springy texture. This delicious dish also includes fried vegetables and seafood, brought together with the noodles in a rich soup. *Sara udon* is another famous dish representative of Nagasaki; one can choose either crispy, thin noodles or thick *champon* noodles.

## Nagasaki Wagyu

Nagasaki Wagyu offers a superb balance between meaty umami and mellow fat. Enjoy this soft meat and high quality marbling as a thick-cut steak or as thin-cut meat in Shabu Shabu or Sukiyaki.



## Local Specialties

Food in Nagasaki ①



### Guzoni

This is a local dish from the Shimabara region, made with mochi rice cakes and over 10 kinds of ingredients gathered from the local sea and mountains, with a wholesome flavor brought out by the combination of the light soup and pleasantly savory ingredients.

### Omura Sushi

Appropriately for a dish that was originally served to feudal lords returning victorious from battle, the brilliant colors of Omura Sushi make this local dish look as good as it tastes. Layers of sweet vinegared rice alternate with slices of fish and finely chopped vegetables.



### Sasebo Burger

The Sasebo Burger made its debut in around 1950, by way of American Navy Forces stationed in Sasebo. The handmade burgers are characterized by the meticulous care taken by each store and by their rather filling portion size. Enjoy a taste of Sasebo made for you upon order.

### Nagasaki *Sashimori*

Within Japan, the seafood industry in Nagasaki Prefecture is the third largest in terms of size, and second largest in terms of production (as of 2020), which means you can enjoy fresh and delicious sashimi all year round. Visit one of the designated "Spots Serving Nagasaki Seafood" and try a "Nagasaki *Sashimori*" made with three or more seasonal seafood varieties from Nagasaki.





# Culinary Delights from the Mountains and Seas

High Quality Products  
Made by Traditional  
Hand-Stretching

## Hand-Stretched Nagasaki Noodles

Making noodles begins by considering the weather. After adjusting the salt concentration of the dough to suit the current temperature and humidity, the noodles are slowly stretched by hand until very thin, and then twisted and left to rest. Hand-stetched noodles made in the traditional way are characterized by their uniquely chewy texture and smoothness.

1. Shimabara Hand-Stretched Somen / With a warm climate and spring water from the foothills of Mt. Unzen, the Shimabara Peninsula brings together the perfect conditions for making delicious noodles. Carefully prepared with skill and through several processes, enjoy the wonderfully chewy, firm texture of Shimabara Hand-Stretched Somen.
2. Goto Hand-Stretched Udon / Made with high quality wheat flour, Nagasaki-made natural salt rich in minerals, and camellia oil from Goto, this udon was once made available in such small quantities that it was called the "Phantom Udon". It goes perfectly with a *dashi* broth made from *ago* (flying fish), which are low in oil.



Food in Nagasaki ②

# Delicious Nagasaki

● Enquiries: Enterprise Development Division, Nagasaki Prefectural Government. Tel: 095-895-2637

## Carefully Selected Processed Agricultural Goods Nagasaki Shiki-Batake

Agricultural products with special characteristics are produced in every region of the Prefecture, and there are many superb processed goods made using these as raw ingredients. The Nagasaki Prefectural Processed Agricultural Goods brand *Nagasaki Shiki-Batake* stocks a wide range of carefully-selected products that meet stringent quality and hygiene standards.

1. Nagasaki Wagyu Dejima Barairo (Rose Color) Roast Beef / The highest quality roast beef made from "Dejima Barairo". It is aged for a long time and grilled, and is produced by only eight member groups of the Nagasaki District Fattening Beef Department.
2. Shimabara Kanzarashi / A simple sweet that continues to be loved in Shimabara City, famous for its water.
3. Original Mogi Loquat Jelly / A confectionary with a refreshing fragrance made by gently wrapping whole precious Mogi loquats, which have a short season, in jelly together with the feelings of the growers who have carefully grown the loquats.
4. Nagasaki Ai Mikan Orange/ 100% Pure Juice made using only the "Sasebo Unshuu" and "Haraguchi Wase" varieties, which originate in Nagasaki Prefecture.
5. Ginger Syrup / Ginger Syrup made with ginger raised on the fertile soils and rich water of Shimabara.



● Enquiries / Agriculture Processing & Distribution Division, Nagasaki Prefectural Government. TEL: 095-895-2996



- 1-1. "Chigemonage" (Lizardfish) / Fried *kamaboko* fishcakes, made using lizardfish, said to be perfectly suited for *kamaboko*.
- 1-2. "Chigemonage" (Flying Fish) / Fried *kamaboko* fishcakes, made using flying fish, rich in *umami* flavor.
2. Smoked Webfoot Octopus Ajillo / Webfoot Octopus from Nagasaki is steeped in a secret blend of seasonings, smoked in "Nogurumi" woodchips from Tsushima, then finished with eringi mushrooms and tomatoes grown in Nagasaki and Goto Camellia Oil.
3. Fresh Mullet Roe / Flathead gray mullet roe from Nagasaki is flavored with only "Sakito Salt" and left to age. Savor the true flavor and smell of fresh mullet roe.
4. Horse Mackerel Burdock Root Tempura / Using 100% Horse Mackerel, this fried *kamaboko* fishcake is made with plenty of burdock root. Its special quality is the crisp texture and flavor of the burdock root.
5. Bigfin Reef Squid *Ichiya-boshi* / Squid caught in fixed nets in Arikawa Bay, processed while fresh.



● Enquiries: Fisheries Processing & Distribution Division, Nagasaki Prefectural Government. TEL: 095-895-2871

## High-Quality Processed Seafood Products Nagasaki Tawaramono

At the end of the 17th century, Nagasaki Port flourished as a base for domestic and international cargo transport. Seafood wrapped in straw (*tawara*) for shipping became known as *Nagasaki Tawaramono* and was highly prized. From amongst the very best of Nagasaki Prefecture's processed seafood products, a select few that meet a stringent quality standard are recognized as "Nagasaki *Tawaramono*" for the present day.

## Nagasaki Meguri

A Guidebook to Nagasaki

