The region around the Agulhas Current is known as an eddy-active region. Large anti-cyclonic eddies, called the Agulhas Rings, are formed around the southern tip of Africa. They transport the Indian Ocean water to the Atlantic, being a crucial link of the global thermohaline circulation. The Mozambique eddies are also anti-cyclonic eddies formed in the Mozambique Channel, upstream of the Agulhas Current, and control the shedding of the Agulhas Rings. The authors carried out simulations of the Agulhas Current System with a high-resolution OGCM. A Lagrangian particle following technique is used to investigate the origin of the water in the Agulhas Rings. The backward trajectories of the Agulhas Ring water show that most water in the core of the Agulhas Ring comes from the Mozambique Eddies. The forward trajectories show that most of the water of the Mozambique Eddies is taken into the Agulhas Rings. The water of the Mozambique Eddies is hardly mixed with the background waters and is taken into the Atlantic Ocean as the water of the Agulhas Rings, though it goes through the eddy-active region around the southern tip of Africa.