

# TOCHUUGI



温泉  
Onsen

Find Your

禅  
Zen.

An awakening of your five senses  
- Your Onsen Journey in Japan -



# 温泉 ONSEN

## Japan's Onsen Culture

Japan is home to about 10% of the world's active volcanoes, giving it an incredible abundance of natural hot springs. In Japan, there is a practice called "Toji", which involves a long stay at a hot spring town to heal wounds or illnesses. This practice has been a part of Japanese culture, and there are even stories of the hot springs in Tochigi Prefecture highlighting their healing power, such as the tale of a samurai bathing in an onsen to heal his grievous battle wounds.

Today, the therapeutic benefits of onsen are scientifically proven. Volcanic chemicals in the water are said to aid recovery from fatigue, help heal injuries, and improve overall health. Onsen are both a long-loved traditional wellness practice and an important part of Japanese culture. When you travel to Japan, why not try bathing in an onsen?

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## The Onsen Experience in Tochigi

Tochigi Prefecture's onsen are famous for their variety and therapeutic benefits, providing a truly restorative experience. Japan has 10 types of spring qualities, and in Tochigi, you can experience seven of them. This means you can find the perfect onsen to match your specific wellness needs. Furthermore, each onsen destination features natural beauty that changes with the seasons. Bathing amid fiery autumn leaves or a silent, snow-covered landscape is an unforgettable experience.

## Discover Tochigi

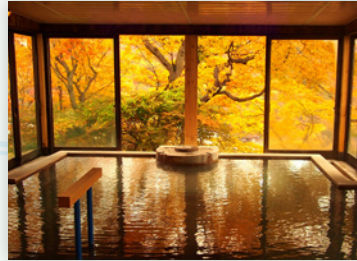
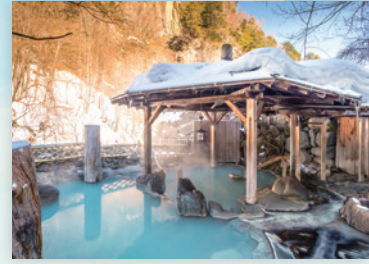
Just 50 minutes from Tokyo by the Shinkansen (bullet train), Tochigi is home to popular tourist destinations and natural scenery, including Nikko Toshogu Shrine, part of the World Heritage site "Shrines and Temples of Nikko." The area provides a deeply relaxing escape, perfect for a refreshing weekend trip. Savor healthy Japanese cuisine made with fresh local ingredients, look inward with temple experiences like sutra copying or Zen meditation, or cycle through expansive nature. In addition to these experiences, you can also sharpen your 'five senses' by enjoying the many onsen of Tochigi.



## Sense of SIGHT

### Seasonal Scenery

Witness the shifting beauty of the seasons, from fresh spring greenery and clear summer streams to fiery autumn foliage and winter snowscapes. Far from the city lights, gaze up at a star-filled sky and let the magical atmosphere transport you to another world.



Experience  
All Five

## Sense of TASTE

### Local Food

Tasting Tochigi's famous dishes is one of the joys of visiting an onsen destination. You can feel Japanese culture through regional specialties and local cuisine loved by residents.



Tochigi Wagyu Beef : Raised by designated producers, this Japanese Black beef has won top prizes at national competitive exhibitions multiple times.



Sake : Local sake brewed by traditional craftsmen using pure water and rice grown in fertile soil. Perfect for a moment after a bath.



Nikko Yuba : Traditional cuisine derived from the history of Nikko's mountain asceticism and the World Heritage Site "Shrines and Temples of Nikko"



Local Cuisine : Savor diverse dishes, from meals rooted in legends of the fleeing Heike samurai clan to specialties developed through local industries.

## Different Types of Onsen

Tochigi Prefecture's onsen offer a wide array of spring types and therapeutic benefits, allowing you to choose an onsen based on your specific symptoms or wellness needs. Experience the healing power of the water firsthand while enjoying the seasonal scenery and delicious local food.



### Calms the Nerves

This is the most common type of onsen in Tochigi Prefecture. It is characterized by a soft touch and low irritation to the body, making it a gentle hot spring suitable for everyone from children to the elderly.

## Sense of HEARING



### Murmuring Streams and Birdsong

Listen to the murmuring waters, rustling trees, and chirping birds. These delicate sounds of nature blend with the flowing onsen, soothing your spirit. Far from the city bustle, immerse yourself in the luxury of these healing sounds.

## Onsen with the Senses



## Sense of TOUCH



### Wrapped in Warmth

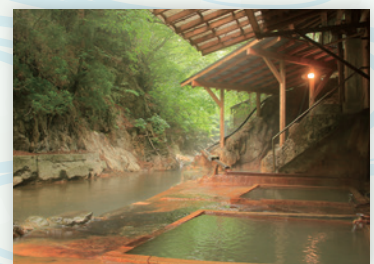
End your day by easing into a spacious bath to wash away the weariness of your journey. Discover the distinct texture of the water on your skin, ranging from the silky softness of alkaline springs to the deep, moisturizing warmth of chloride springs.



## Sense of SMELL

### Rising Steam and Forest Aromas

Enjoy the refreshing scent of the forest wrapped in onsen steam. The soft steam unique to hot spring areas, combined with the seasonal fragrances of flowers and trees, creates a soothing natural aroma that calms the mind.



### Relief for Skin Troubles

Known for its distinctive sulfur aroma, this hot spring possesses strong antibacterial properties that promote healthy skin. As the water can be potent for sensitive skin, we recommend rinsing off in the shower after bathing.



### Moisturizes and Beautifies

The salt content in the water creates a film on the skin, which prevents body heat from escaping. This provides heat retention and moisturizing effects.



### Treats High Blood Pressure and Wounds

This is recommended for those with high blood pressure as it helps lower it. It is also effective for cuts and burns, earning it the name "Kizu no Yu" (Wound Spring).

# 日光



Nikko features historical sites like the World Heritage Site ‘Shrines and Temples of Nikko,’ centered around the famous Toshogu Shrine. Ascend the Iroha Slope to discover the powerful Kegon Falls and Lake Chuzenji, a scenic retreat once loved by international diplomats.



## Attractions

# 観聴

World Heritage Site  
"Shrines and Temples of Nikko"



Nikko Toshogu Shrine: The iconic shrine of the World Heritage Site, where Tokugawa Ieyasu is enshrined.



Shinkyō Bridge: A beautiful vermilion-lacquered bridge and a spectacular photo spot.



Taiyūin: The mausoleum of the third Shogun Iemitsu, a famous site in a solemn atmosphere.



Lake Chuzenji: Enjoy the lake's natural beauty with views of Mt. Nantai.



Kegon Falls: A massive waterfall with a 97m drop, offering superb views in every season.



Senjogahara Marshland: A Nikko National Park where you can enjoy hiking and birdwatching.

## Dining

# 味

### Nikko Yuba Maki ZEN

Creative cuisine featuring "Tochigi Wagyu Beef", carefully selected seasonal vegetables, and Nikko specialties like "Nikko Yuba" and "Tamarizuke" pickles.



Open / 11:00-15:00, 17:00-20:30 (Dinner reservation only) Closed / Tuesday

### Nikko Sobadokoro Takumi-an

Serving aromatic soba made with Nikko buckwheat flour and renowned local water. You can also enjoy seasonal menus and special sweets made from buckwheat flour.



Open / 11:00-14:00 Closed / Tuesday (other irregular holidays)

### Watanabe Sahei Shoten (Sake Brewery)

Long-established sake brewery at the foot of the Nikko mountains, founded in 1842. Enjoy English brewery tours (reservation required) and "Sake Classrooms."



Open / 8:00-18:00 Closed / Jan 1 (other irregular holidays)

### Inkyo Uwasawa

Breakfast only shop run by a miso, soy sauce, and pickle brewery with a 400-year history. Enjoy clay pot rice, Nikko miso soup, and premium Tamarizuke pickles.



Open / 8:30-14:00 Closed / Tue to Fri

# Onsen

# 薫 触

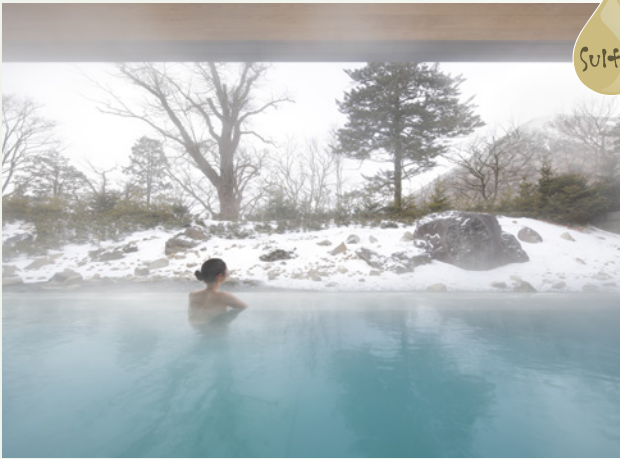
## Nikko Onsen

Located near the World Heritage Site "Shrines and Temples of Nikko," this hot spring area is easy to visit while sightseeing. The charm lies in unwinding in a hot spring while surrounded by the town's historical atmosphere.

## Oku-Nikko Yumoto Onsen

A highland hot spring in Oku-Nikko at an altitude of 1,500m. It features white, cloudy sulfur springs and a location surrounded by vast nature, including lakes, forests, and winter snowscapes.

01



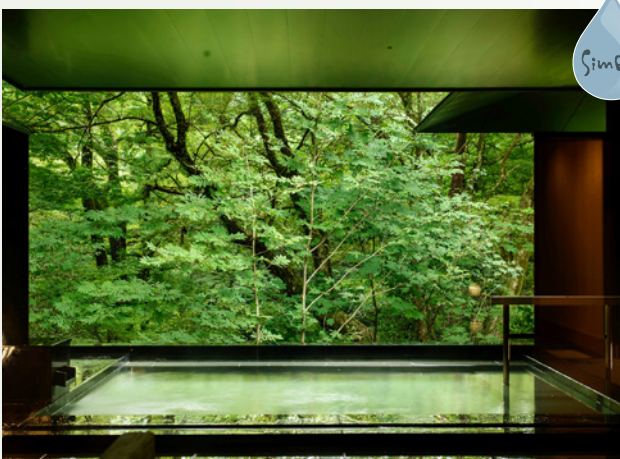
## The Ritz-Carlton, Nikko

## Oku-Nikko Yumoto Onsen

The Ritz-Carlton, Nikko is a luxury resort situated by Lake Chuzenji with views of Mt. Nantai, designed to harmonize with the pristine nature of Oku-Nikko. It features the first hot spring in the Ritz-Carlton brand worldwide, drawing from the "Oku-Nikko Yumoto Onsen" which has over 1,200 years of history.

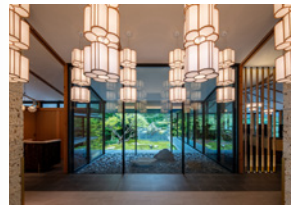


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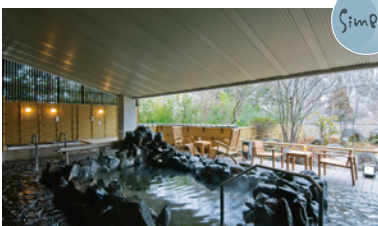
## Fufu Nikko Nikko Onsen

Adjacent to the site of the Imperial Villa, surrounded by Nikko's beautiful mountains. Wrapped in lush nature, the rooms offer a sense of nostalgia and elegance, providing a time to reflect on Nikko's history. Enjoy a Japanese resort steeped in history and culture.



03

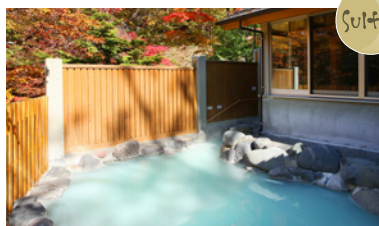
## Nikko Senhime Monogatari Nikko Onsen



A pure Japanese ryokan just an 8-minute walk from Nikko Toshogu Shrine. Enjoy seasonal mountain views from every room and experience hospitality fit for a "Senhime" (princess).

04

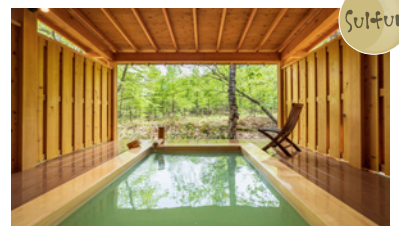
## Chuzenji Kanaya Hotel Oku-Nikko Yumoto Onsen



A log-house style hotel in Nikko National Park by Lake Chuzenji. Enjoy traditional French cuisine and the separate bathhouse featuring open-air baths.

05

## Oku-Nikko Yunomori Oku-Nikko Yumoto Onsen



A year-round resort featuring therapeutic white, cloudy water designated as a National Health Hot Spring Destination. Soothe your mind in the public bath or your private open-air bath.



# 川怒 湯西川 奥怒

Nature and culture harmonize in this region's hot springs. Kinugawa Onsen features a stunning valley and diverse tourist attractions. Yunishigawa Onsen is a hidden, rustic retreat famed for Heike samurai legends and unique culinary traditions. Oku-Kinu Onsen Village is a remote sanctuary offering tranquility and seasonal beauty.



## Attractions



Edo Wonderland Nikko Edomura: A culture theme park recreating the Edo period (1603-1868).



Nikko Strawberry Park: A strawberry farm where you can enjoy picking sweet, fresh strawberries.



Kinugawa River Boat Cruise: A fun experience rafting down the Kinugawa valley in a boat.



Yunishigawa Onsen Kamakura Snow House Festival: A winter tradition of lighting up igloos (Japanese kamakura) in the snowy mountains.

## Dining



### Steak Yoshino

Savor dishes featuring local wagyu beef and other carefully selected ingredients. We offer "the joy of dining" in a sophisticated space overlooking the Kinugawa scenery.



Open / 11:30-15:00, 16:30-21:00 Closed / Mon, Tue (Hours may vary on public holidays)

### Ashiyu Cafe espò

A café where you can enjoy a footbath while gazing at the spectacular "Kinu Tatewa Otsuribashi Suspension Bridge" Serving lunch, desserts, and drinks.



Open / 9:00-17:00 Closed / Thursday

### Kanaya Kashi Honpo

A café where visitors can enjoy lunch and desserts, as well as a gift shop selling baked goods. Recommended place for taking a break.



Open / [Cafe] 9:00-16:30 Closed / Irregular holidays

### Yunishigawa Onsen Irori Cuisine

Said to have been eaten by fleeing Heike samurai, this cuisine involves grilling miso, meat, and vegetables over an irori (Japanese hearth). Offered at many accommodations in Yunishigawa.



# Onsen



## Kinugawa Onsen

Once exclusive to feudal lords (daimyo) and high-ranking monks, this gentle alkaline spring is now a family favorite. Relax in scenic open-air baths with convenient access.

## Oku-Kinu Onsen

Near the source of the Kinugawa River, this 'secret hot spring area' features four inns (Hatcho-no-Yu, Kaniyu, Nikkozawa, Teshirosawa). Highly recommended for onsen enthusiasts.

## Yunishigawa Onsen

A hidden mountain refuge for the ancient Heike clan, which features gentle alkaline springs. Enjoy the quiet nature, local cuisine, and winter Kamakura (igloo) Festival.

01



### Kinugawa Keisui Kinugawa Onsen

Overlooking the Kinugawa valley, this hotel offers spacious rooms with private open-air baths for relaxation. Enjoy the scenic sauna with large windows, private-use family baths, and authentic local gastronomy.

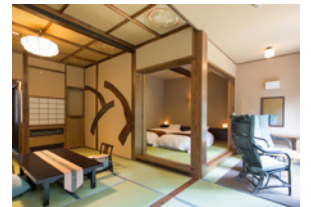


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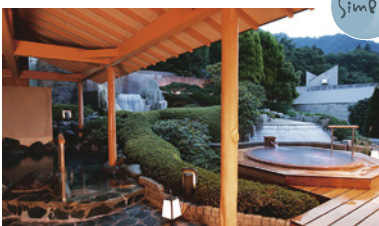
### Honke Bankyu Yunishigawa Onsen

Set along a clear stream, this inn features refined folk-craft rooms using natural wood and the only kazura-bashi (vine bridge) in mainland Japan. Enjoy riverside open-air baths, grilled irori cuisine, and creative kaiseki meals.



03

### Kinugawa Grand Hotel Yume no Toki Kinugawa Onsen



A restful, relaxing inn offering heartfelt hospitality and a charming Japanese garden. The atmosphere blends into nature, soothing the mind.

04

### Yunishigawa Onsen Kamiyashiki Tairano Takafusa Yunishigawa Onsen



A Japanese inn nestled in a quiet valley. After relaxing in the open-air bath with natural hot spring water, enjoy a meal around a Japanese hearth.

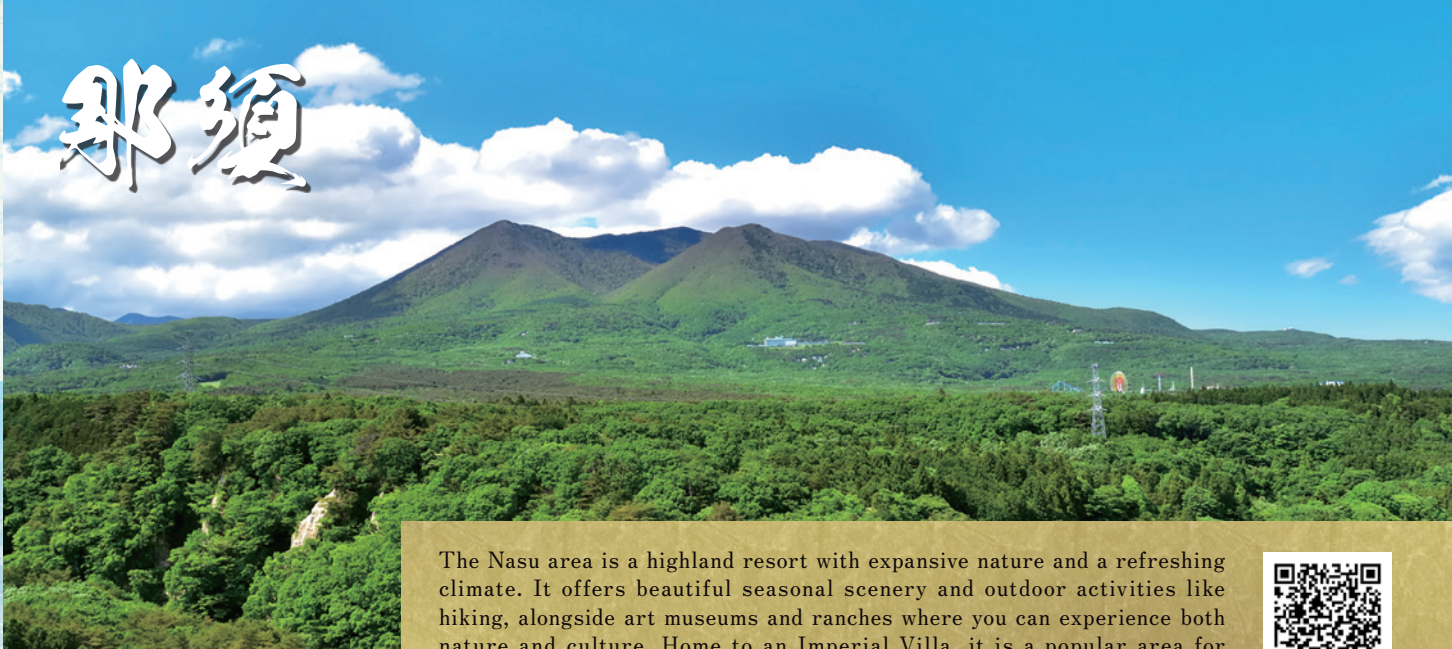
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### Hatcho-no-Yu Oku-Kinu Onsen



Known as "Kanto's deepest hidden hot spring," this inn sits in a mystical forest. Experience hospitality where hot springs fuse with expansive nature.

# 那須



The Nasu area is a highland resort with expansive nature and a refreshing climate. It offers beautiful seasonal scenery and outdoor activities like hiking, alongside art museums and ranches where you can experience both nature and culture. Home to an Imperial Villa, it is a popular area for travelers seeking a refined retreat.



## Attractions

# 観 聴



Nasu Mukunone Mizuniwa (Water Garden): Connect with nature in this one-of-a-kind landscape.



Ride Experience Cycling Tour: Experience Nasu's nature, food, and local life through cycling.



Nasu Heisei-no-mori Forest: Enjoy guided nature observation and walks in the lush forest.



Sessho-seki: A historic site associated with the legend of the "Nine-Tailed Fox."

## Dining

# 味

### Cheese Garden Nasu Honten

The flagship store of Cheese Garden, specializing in cheese-baked goods. Shop for souvenirs or enjoy coffee and light meals at the café.



Open / [Shop] 9:00 - 18:00 (irregular holidays)

### Okashi no Shiro Nasu Heartland

A popular spot for strawberry picking from December to May. Taste sweet Tochigi varieties like "Tochiotome" and "Tochi-Aika".



Open / 9:00 - 17:30 (Until 18:00 on weekends & holidays)

### Nasu Kohgen Beer

Unfiltered, unpasteurized craft beer brewed with carefully selected ingredients and pure snowmelt water from the deep Nasu mountains.



Open / 10:30 - 19:00 Closed / Wednesday

### GOOD NEWS

A hub aiming for sustainable community development by linking tourism, agriculture, and welfare. Sweet shops and cafés stand amidst the forest trees.



Open / 9:00 - 17:00 Closed / 2nd Thursday (Business hours and holidays vary by store)

# Onsen

# 薫触

## Nasu Onsen

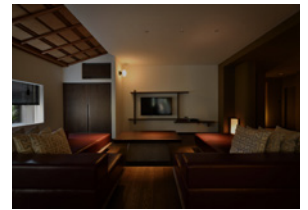
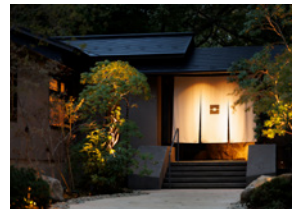
An ancient hot spring with over 1,300 years of history. Located at the foot of Mt. Nasu, it offers diverse water qualities, including sulfur springs, and a wide range of therapeutic benefits. Experience traditional toji culture and open-air baths surrounded by nature.

01



### Nasu Bettei Kai Nasu Onsen

A luxury ryokan in Nikko National Park, surrounded by forest near the Imperial Villa. All rooms are over 70 sqm, ensuring a relaxing private space. Every room features a private bath fed by the skin-friendly waters of Omaru Onsen.



02



### Nasu Onsen Sanraku Nasu Onsen

A traditional ryokan founded in 1923, set in the expansive highlands. Its beautiful Japanese architecture offers an extraordinary escape. Soak in the large open-air bath among trees and savor seasonal kaiseki cuisine.

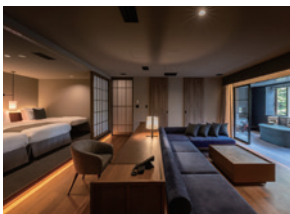


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### Nasu Onsen Shinshun no Kago

#### Nasu Onsen

All rooms feature semi-open-air baths with free-flowing hot spring source water, and some include private saunas. Enjoy Japanese course cuisine in a relaxing private dining space.

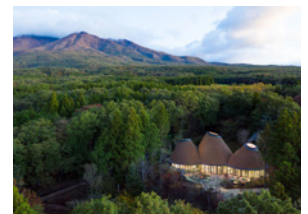
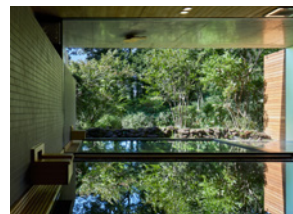


04

### Hoshino Resorts Risonare Nasu

#### Nasu Onsen

A highland resort immersed in nature. Features stone-designed indoor baths and open-air baths overlooking the forest. Enjoy activities such as farm experiences and stone-oven pizza-making.



# 塩原・板室



Located in northwestern Tochigi, the Shiobara and Itamuro hot spring areas are defined by their valley beauty and seasonal nature. Shiobara offers nature walks along the valley, dotted with suspension bridges and waterfalls. Itamuro is a quiet mountain retreat near the pristine source of the Naka River, offering a variety of water activities.



## Attractions



Roadside Station Meiji no Mori Kuroiso: Shop at the market and enjoy dining featuring local ingredients.



MIZUDORI (SUP): Glide along the pristine stream for a scenic SUP experience.



Nasu Garden Outlet: A resort-style shopping mall.



Itamuro Dam Canoe Experience: Glide across the lake in a canoe and enjoy the expansive views.

## Dining



### Toteyaki

A handheld gourmet treat unique to Shiobara Onsen. Resembling a crepe, the dough uses local milk and eggs. With both sweet and savory options available, it is a perfect way to enjoy the local flavor.



### Soba Sekishin

Savor the rich flavor of handmade soba in a calm atmosphere. Enjoy the natural sweetness and aroma of the buckwheat while gazing at the beautiful scenery of the Nasu Highlands.



Open / 11:30- Sold Out Closed / Mon, Tue, Wed (Open on holidays) and New Year's holiday

### Soup-iri Yakisoba (Yakisoba in Soup)

A local soul food for over 50 years. Sauce yakisoba served in a soy sauce broth resembles ramen, yet tastes like yakisoba, creating a unique flavor blend.



### Latelier Monsieur

A French restaurant in the Nasu Highlands. Carefully prepared dishes maximize the natural goodness of the ingredients. Enjoy selected seasonal flavors in an exceptional setting.



Open / Lunch 12:00- Dinner 18:00- Closed / Mon-Thu (Reservation only)

# Onsen



## Shiobara Onsen

A hot spring destination with over 1,200 years of history. It is a rare area where you can enjoy six of the ten hot spring water types found in Japan, making it perfect for onsen hopping.

## Itamuro Onsen

Known as a "medicinal bath" (Yakuto) since ancient times, this area has long been loved by hot spring visitors. Many still visit for long-term stays (Toji) to heal their bodies.

01



### Itamuro Onsen Daikokuya Itamuro Onsen

Founded in 1551, this inn embraces the concept of "Health Preservation and Art," combining soothing hot springs with art to stimulate the senses. Enjoy sunny south-facing rooms, in-room kaiseki cuisine, and lukewarm baths. Monthly exhibitions provide healing and beauty.

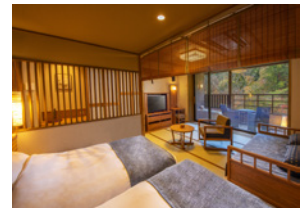


02



### Shionoyu Onsen Rengetsu Shiobara Onsen

Descend 30 meters via slope car to this scenic ryokan embracing the valley's topography. Surrounded by vast nature, all rooms feature natural hot springs. Enjoy bedrock baths, saunas, and Japanese culture through colorful yukata and late-night ramen.



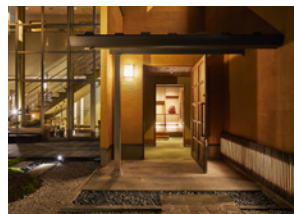
03

### Onsen Ryokan Yamaki

#### Itamuro Onsen



A small, modern hot spring inn with only eight rooms. Experience traditional culture through "Tachiyu" (standing bath), an ancient bathing method. Bedding is carefully selected to ensure high-quality sleep.



04

### Shofuro Matsuya

#### Shiobara Onsen



A quiet inn with excellent views, where guest rooms, indoor baths, and open-air baths all overlook the valley. The seasonal kaiseki cuisine is also highly rated, making it ideal for couples and ladies' trips.





益子

Known as a pottery town, Mashiko is a satoyama resort surrounded by nature. The town is dotted with studios, galleries, and cafés using Mashiko ware, allowing visitors to relax while experiencing art and culture.



Mashiko Museum of Ceramic Art



Mashiko Togeji Club: Experience the culture of pottery making.

Mashikokan Satoyama Resort Hotel

A natural hot spring welling up in this pottery town. Experience the rustic warmth of Mashiko ware and heartfelt hospitality.



Simple

Onsen

Mashiko Onsen

Featuring simple and chloride springs, this onsen helps improve circulation and calms the nerves.

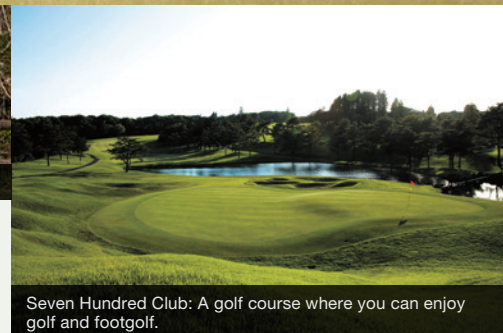


増穂川

A region of clear streams and fertile farmland. Formerly a castle and post town, it features the castle ruins and cherry blossoms of Omaruyama Park.



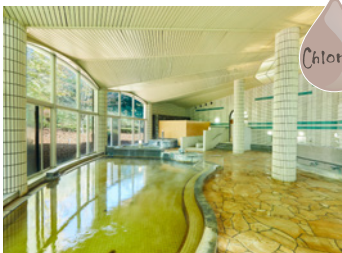
Omaruyama Park



Seven Hundred Club: A golf course where you can enjoy golf and footgolf.

Kameno Hotel Kitsuregawa

You can view the majestic Nikko mountains from the observation room. Featuring large indoor baths, open-air baths, and private rental baths. Enjoy one of Japan's "Three Great Beautiful Skin Hot Springs". Indoor and outdoor facilities include pickleball and table tennis.



Chloride

Onsen

Kitsuregawa Onsen

One of "Japan's Three Great Beautiful Skin Hot Springs", featuring chloride and sulfur springs valued for their skin-beautifying properties.

Tonoike Shuzo (Sake brewery)

A sake brewery founded in 1937. Enjoy tours, tastings, and relax at the onsite café. Original sake cosmetics are also popular.



Mashiko Mori no Restaurant

Nestled in a quiet forest, this restaurant serves pasta, hamburg steak, curry, and homemade desserts on traditional Mashiko ware.



Open / 9:00 - 17:00

Open / 11:00 - 16:00 (L.O 15:30) Closed / Wed, Thu, Fri

# Others Spots

Beyond the hot spring areas, Tochigi is full of charm. Here are must-visit spots and gourmet info for your trip.



Ashikaga Flower Park: A flower garden colored by seasonal flowers. The Wisteria is a must-see.



Wakayama Farm: Stroll through beautiful bamboo groves, enjoy matcha experiences, and see the illuminations.



## Utsunomiya Gyoza®

Utsunomiya's signature dish. From classic recipes to creative styles, the city is packed with shops. Finding your favorite on a gyoza tour is part of the fun.



## Sano Ramen

Nationally famous, drawing fans from far for its light soy sauce broth made with Sano's delicious water and firm, crinkly bamboo-beaten noodles that pair perfectly with the soup.



# How to enjoy Onsen



## Types of Japanese Onsen Baths



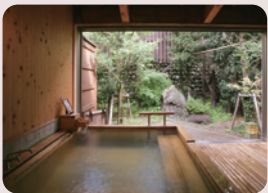
### Large Public Bath (Daiyokujo)

A communal bath shared with others. This standard style often features multiple baths with different water qualities and temperatures.



### Open-Air Bath (Rotenburo)

An outdoor bath where you can enjoy the hot spring along with seasonal scenery or a starry sky.



### Private Rental Bath (Kashikiri-buro)

Enjoy onsen in a private space. Recommended for families, couples, first-timers, or those with tattoos who might hesitate to use public baths.



### Guest Room Onsen (Kyakushitsu Onsen)

A hot spring bath located within the guest room. Recommended for those seeking privacy or wanting to enjoy bathing freely anytime at their own pace in their own room.

## Step for Bathing in an Onsen

### Preparation

**No Swimwear:** Bathing suits and underwear are not allowed. Please remove all clothing in the changing room.

**Tattoos:** Many facilities prohibit tattoos. Please check in advance or use cover seals.

**Cleanliness:** Wash your body and remove makeup before entering the bath. This keeps the water clean for everyone.

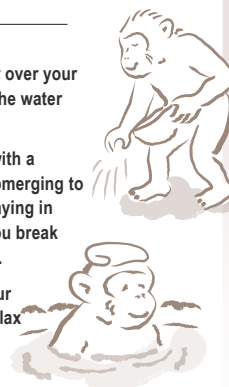


### Bathing

**Kekeyu:** Pour warm water over your body first to get used to the water temperature.

**Entering the Bath:** Start with a half-body bath before submerging to your shoulders. Avoid staying in too long. Get out when you break a sweat on your forehead.

**Towel Etiquette:** Keep your towel out of the water. Relax and enjoy the quiet atmosphere.



### After Bathing

**Rinsing Off:** To retain the therapeutic minerals, avoid showering after bathing. Simply wipe dry with a towel.

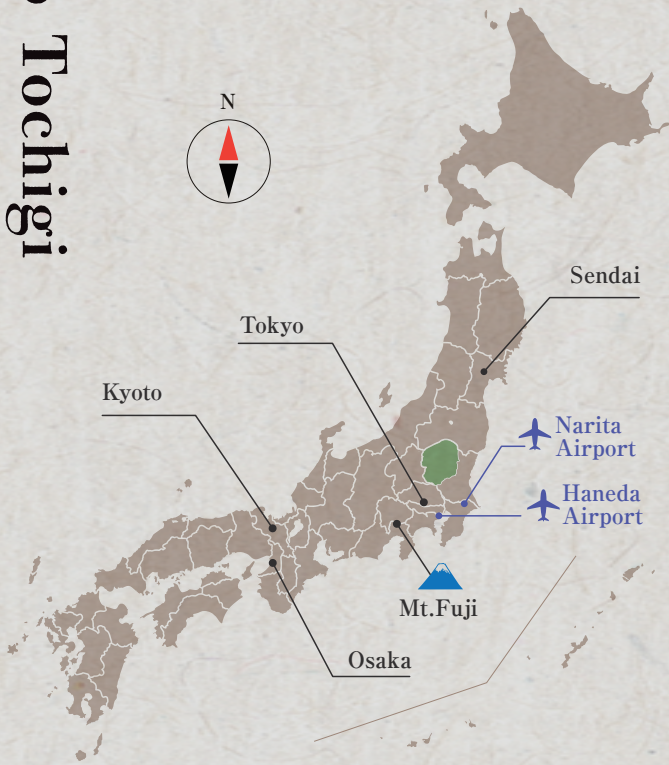
**Hydrate:** Drink plenty of water to prevent dehydration after sweating.

**Rest:** Onsen bathing consumes energy and causes blood pressure fluctuations. Rest for about 30 minutes to let your body recover.

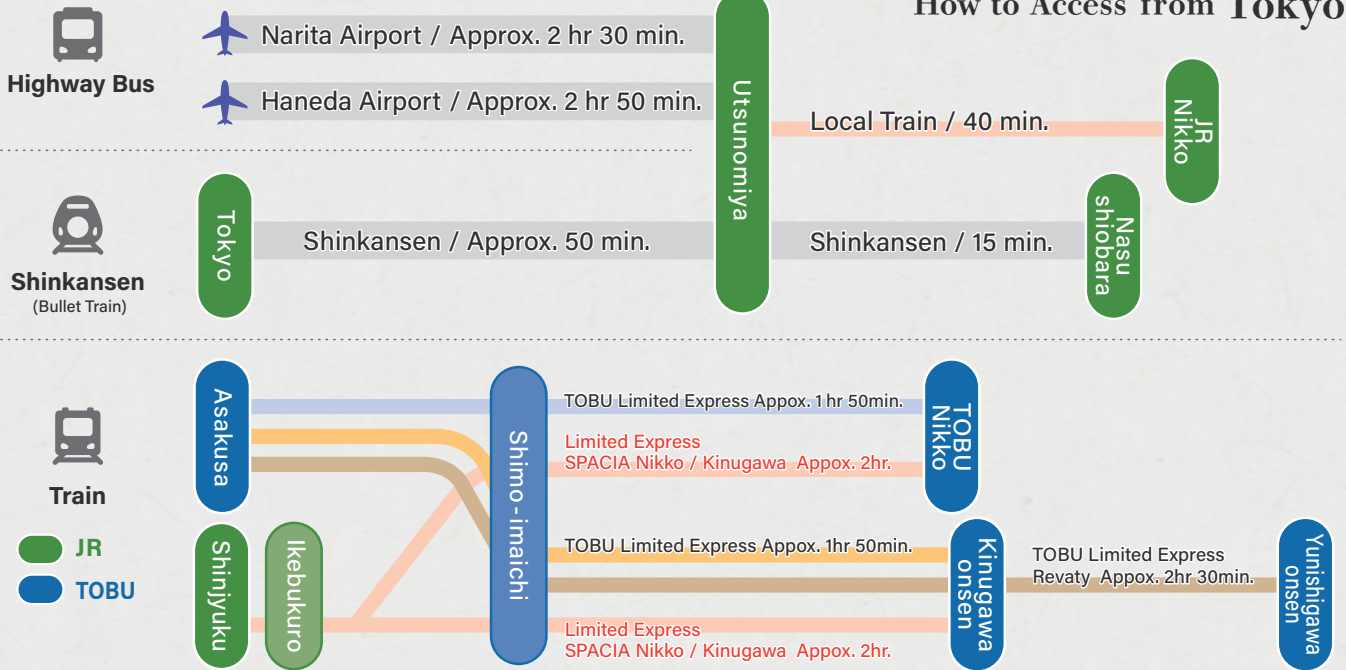


# Access to Tochigi

Located near the center of the Japanese islands, Tochigi Prefecture is a 1 to 2 hour journey from Tokyo via Shinkansen or expressway. The extensive public transport network, featuring Shinkansen and highway buses, ensures easy access from the Tohoku and Kansai regions as well.



## How to Access from Tokyo



Accommodation Information



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