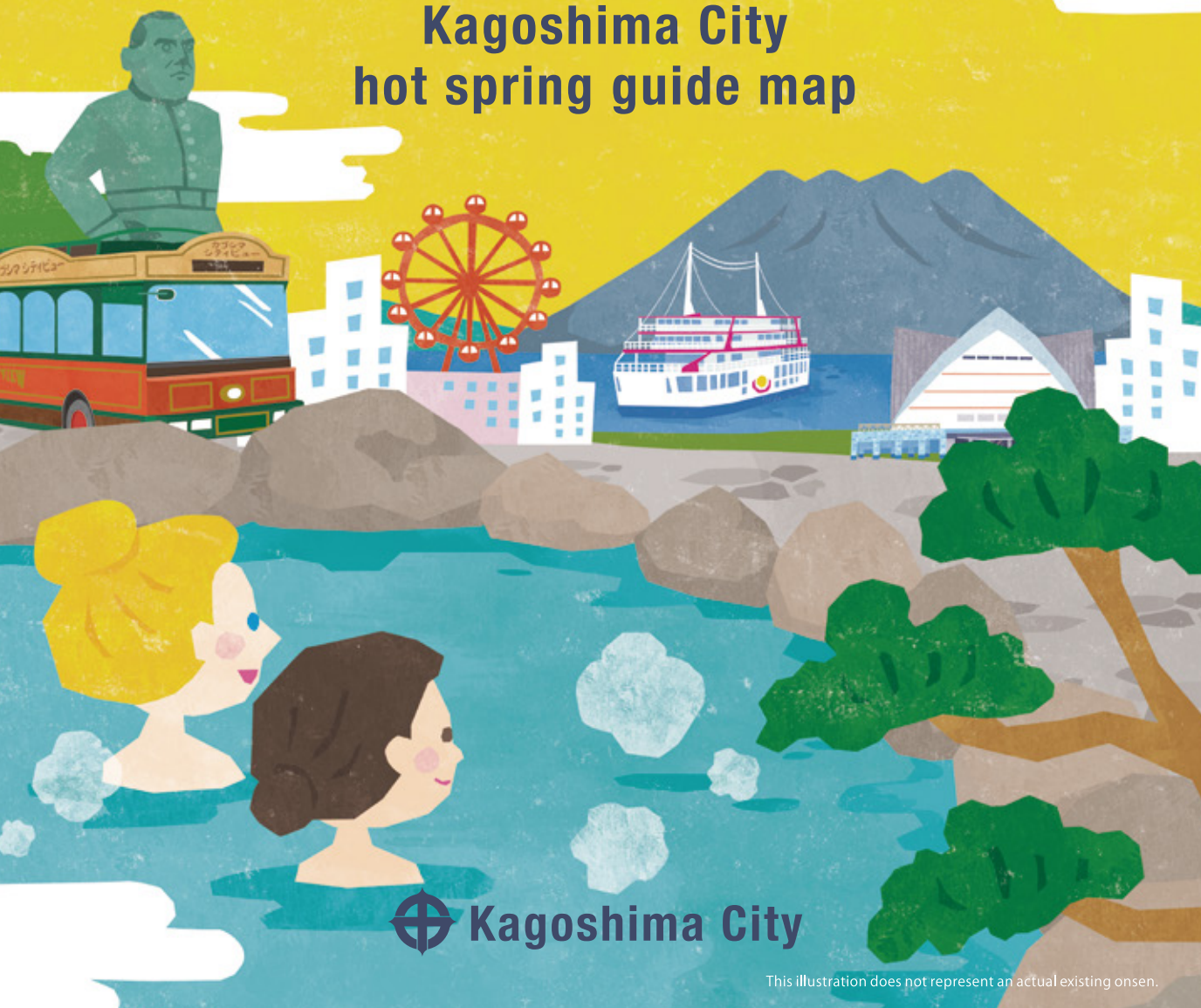


ONSEN
温泉

for
tourists



Kagoshima City hot spring guide map



Kagoshima City

This illustration does not represent an actual existing onsen.

How to bathe in and enjoy a hot spring

Basic Knowledge about Kagoshima's **Hot Springs (Onsens)**



Kagoshima City has some of the best hot spring resorts in Japan. Many public baths and baths of Western and Japanese style hotels are equipped with a natural hot spring. Here are ways to fully enjoy the hot springs of Kagoshima City.

How to enjoy an onsen with the proper manners

An Onsen is shared by many. To fully enjoy it, observe the rules and good manners. Do not make a mess. Do not be noisy. Share the joy of the onsen politely and kindly with others. Do not forget to hydrate yourself after your bath.

Observe good manners



How to enjoy an onsen and good manners No. ①

You pay the fee beforehand at most establishments. Buy a ticket at the vending machine and hand it to reception or "bandai" (explained below). (In some establishments, cash payments are made.) Take off your shoes at the entrance.



column

What is "bandai"?

It is a high watch stand (or someone who is sitting there) just inside the entrance. You pay the fee and buy any toiletries you may need.



How to enjoy an onsen and good manners No. ②

Take off your clothes in the locker room. If there are coin lockers, put your valuables in one of them.



You cannot take a bath while wearing a swimsuit, underwear or a bath towel. (This excludes spas where you are required to wear a swimsuit.)



How to enjoy an onsen and good manners No. ③

Before you enter the water, rinse your body with water from the bath. First pour hot water on your toes and hands and move gradually to pouring the water near the center of your body to get used to the hot water.



Whenever possible, please conserve the water.

Please be aware that taking a shower or pouring hot water over yourself while standing is likely to annoy others around you.



How to enjoy an onsen and good manners No. ④

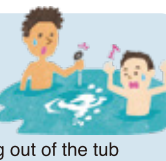
If you have long hair, please put it up in a bun to prevent it from soaking in the water. Dry your body before leaving the bath room for the locker room.



Do not use soap or a face towel while in the bath.

Do not wash your laundry in the bath.

Please do not pull the plug out of the tub during or after taking a bath.



Please try many of the different types of baths!

Some establishments have an outdoor bath or sauna. Try one and discover your favorite.



Outdoor bath

Feel nature directly and heal your mind and body while soaking in a bath set in the open or outdoors.



Sauna

You sweat profusely sitting in a heated room. Make sure to take off all metal items beforehand because they become very hot and may burn you. Saunas are occasionally accompanied with a cold-water bath to cool you down afterward.

Private (family) bath

These baths are for families, or couples because you have it all to yourselves. The private baths are also recommended for those who do not want to be naked in front of strangers. Reservation may be necessary.

Footbath

Usually set up outdoors or in the open, the footbath offers the comfort of soaking your legs and feet in warm water. It is recommended for a short rest while you are sightseeing.



The categories of the hot springs in Kagoshima.

Onsens come in different spring qualities (categories). Here are the four types of hot springs available in Kagoshima City.



What is an onsen?

The Hot Spring Law of Japan defines a hot spring as either hot water, mineral water, steam or other gases welling up from the earth that is either 25 degrees Celsius or hotter at the source, or contains certain concentrations of dissolved substances.

Simple hot springs

The less stimulating hot springs are recommended for everyone from young children to the elderly.



Hydrogen carbonate springs

It makes you feel refreshed because it works like soap, removing dead skin and cleaning out pores.

Chloride spring

Chlorides contained in the spring water kill bacteria, help wounds to heal and coat your body to keep warmth inside.

Sulfate spring

It helps your system calm down, lowers blood pressure and has a positive effect on arteriosclerosis.

Enjoy hot springs and stay fit!

Hot springs have various benefits. They help you recover from fatigue and stay fit. Here you will find common benefits and risks.

-Benefits-

Hot springs have a beneficial effect on the following:

- Chronic muscle or joint pain or tension
- Poor blood circulation
- Poor gastrointestinal mobility
- Autonomic instability
- Stress-induced symptoms
- Recovery from fatigue
- Promotion of good health

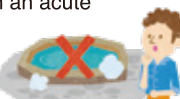


-Risks-

You must not bathe in a hot spring if you have:

- a disease that is in an active phase (particularly if you have a fever);
- a serious cardiac or pulmonary disease because of which you find yourself out of breath during the lightest of physical exertion;
- external bleeding; or
- a chronic disease that is in an acute exacerbation period.

Contraindications are diseases and conditions that may turn harmful if you have a dip in or drink hot spring water.



Sakurajima Onsen Map

How about taking time to relax while viewing the calm Kinko Bay?

11 Rainbow Sakurajima Inn, Sakurajima Magma Onsen

3 Rainbow Sakurajima Inn 1 Sakurajima Port 12 Oshu Elementary School

From Kagoshima City To Kagoshima City

10 "Sakurajima" Yogan Nagisa Park Footbath

4 Sakurajima Visitor Center Sakurajima Visitor Center Karajima Observatory Akamizu Observatory Square

5 Karajima Observatory 6 Akamizu Observatory Square

7 9 Akamizu Fumoto 8 Sakurajima International Volcanic Sabo Center

12 Sakurajima Seaside Hotel

SAKURAJIMA ISLAND VIEW Route A Course B Course

SAKURAJIMA ISLAND VIEW Bus Stops

SAKURAJIMA ISLAND VIEW Route A Course B Course

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SAKURAJIMA ISLAND VIEW Bus Stops

Enlarged map



●「桜島」溶岩なぎさ公園 足湯

10 "Sakurajima" Yogan Nagisa Park Footbath

Wheelchair accessible
2 one-person seats available
1 two-person seat available

☎ 099-298-5111 (Tourism Exchange Center)

A 100-meter long foot bath

Address
1722-3 Sakurajima Yokoyama-cho, Kagoshima City
Opening hours
9:00AM-Sunset
Closed
Open:everyday
Parking
Available



温泉データ

Fee Admission free

Spring quality Sodium chloride springs

Bath Type Foot bath

Toiletries S R ♿ B T D

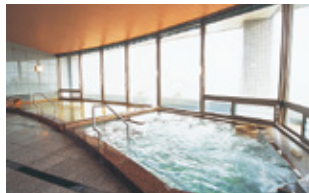
● 国民宿舎 レインボー桜島・桜島マグマ温泉

11 Rainbow Sakurajima Inn, Sakurajima Magma Onsen

☎ 099-293-2323 <https://www.qkamura-s.com/sakurajima>

Feel the power of magma while viewing Kinko Bay.

Address
1722-16 Sakurajimayokoyama-cho, Kagoshima City
Opening hours
Check-in: 3:00 PM/Check-out: 10:00 AM
Parking
Parking:60 cars
Accommodations
¥10,050- / One night and two meals



Onsen data

Bath fee for day trippers ¥390/Adults, ¥150/12yrs and under/10:00AM-10:00PM (only on Wednesdays 1:00PM-) Open: Everyday Private bath:¥1,100/60min

Spring quality Chloride springs

Bath Type General bath, sauna, cold water bath, electric bath, private bath (1 room)

Toiletries S R ♿ B T D

The men's bathroom is equipped with a two-in-one shampoo; the ladies' bathroom is equipped with shampoo and conditioner.

Wheelchair accessible
In private bathtubs

Accommodation is available

● 桜島シーサイドホテル

12 Sakurajima Seaside Hotel

☎ 099-221-2121

Accommodation is available

Feeling the sea breeze and soaking yourself in an outdoor bath is extraordinary.

Address
1078-63 Furusato-cho, Kagoshima City
Opening hours
Check-in: 3:00 PM/Check-out: 10:00 AM
Parking
Parking: 20 cars
Accommodations
¥9,900- / One night and two meals



Onsen data

Bath fee for day trippers Hotel guests only

Spring quality Chloride springs

Bath Type General bath, open-air bath

Toiletries S R ♿ B T D

SAKURAJIMA ISLAND VIEW

Explore Sakurajima's nature and sightseeing spots by the "SAKURAJIMA ISLAND VIEW", a bus that goes around the major sightseeing locations in Sakurajima! The roughly one hour long loop is a great way to enjoy all the major sightseeing spots.

Sakurajima Island View Fares

- One-trip Ticket
Adults 120 to 440 yen/Children 60 to 220 yen
- One-day Pass
Adults 500 yen/Children 250 yen

※The SAKURAJIMA ISLAND VIEW One-day pass includes a discount pass for the Sakurajima Ferry and the Magma Hot Spring (in Rainbow Sakurajima). ※This pass is not valid for Kagoshima City View, city tram, city bus and private bus services. ※This pass can be purchased on the bus or at the Kagoshima Chuo Station Tourist Information Center.

● Contact:
Kagoshima City Transportation Bureau Bus Management Division ☎099-257-2117
Kagoshima City Tourism Advancement Division ☎099-216-1327

Timetable (55 minute course with departures every 30 minutes)

Number of services Course Bus Stops	Timetable														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B
①	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30
②	9:31	10:01	10:31	11:01	11:31	12:01	12:31	13:01	13:31	14:01	14:31	15:01	15:31	16:01	16:31
③	9:33	10:03	10:33	11:03	11:33	12:03	12:33	13:03	13:33	14:03	14:33	15:03	15:33	16:03	16:33
④	9:36	10:06	10:36	11:06	11:36	12:06	12:36	13:06	13:36	14:06	14:36	15:06	15:36	16:06	16:36
⑤	9:39	10:09	10:39	11:09	11:39	12:09	12:39	13:09	13:39	14:09	14:39	15:09	15:39	16:09	16:39
⑥	9:41	10:11	10:41	11:11	11:41	12:11	12:41	13:11	13:41	14:11	14:41	15:11	15:41	16:11	16:41
⑦	9:44	—	10:44	—	11:44	—	12:44	—	13:44	—	14:44	—	15:44	—	16:44
⑧	9:47	—	10:47	—	11:47	—	12:47	—	13:47	—	14:47	—	15:47	—	16:47
⑨	9:50	—	10:50	—	11:50	—	12:50	—	13:50	—	14:50	—	15:50	—	16:50
⑩	9:51	10:14	10:51	11:14	11:51	12:14	12:51	13:14	13:51	14:14	14:51	15:14	15:51	16:14	16:51
⑪	10:10	10:40	11:10	11:40	12:10	12:40	13:10	13:40	14:10	14:40	15:10	15:40	16:10	16:40	17:10
⑫	10:20	10:50	11:20	11:50	12:20	12:50	13:20	13:50	14:20	14:50	15:20	15:50	16:20	16:50	17:20
①	10:25	10:55	11:25	11:55	12:25	12:55	13:25	13:55	14:25	14:55	15:25	15:55	16:25	16:55	17:25

※The "CUTE" or "SAKURAJIMA ISLAND VIEW" one-day tickets are recommended for those wishing to hop on and off for sightseeing.

Contact

Kagoshima City Tourism Advancement Division

11-1 Yamashita-cho, Kagoshima City

TEL (099) 216-1327 FAX (099) 216-1320

HP <https://www.kagoshima-yokanavi.jp/en>



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