Kagoshima city
hot spring guide map
How to bathe in and enjoy a hot spring

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.

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.

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.

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 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.

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.

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.

- 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.

Contaminants are diseases and conditions that may be transmitted by a dip or a drink of hot spring water.

Please observe good manners and enjoy your stay in Kagoshima’s hot springs!
# Kagoshima City Center

## Day Tripper’s Onsen Map

Kagoshima City View Bus runs around local sightseeing spots located in Kagoshima City in approximately 53 minutes. Onsen are located near most City View bus stops. Since Kagoshima City is one of the most famous onsen resort areas in Japan, why not experience an “onsen” here and expose yourself to Japanese culture.

### Onsen for day trips

1. **Myoban Onsen**
   - Easy to get there. Only 5 minutes’ walk from Kagoshima Chuo Station.

2. **Nishida Onsen**
   - You will meet local people at this Onsen.

3. **Yakuhi Onsen**
   - This onsen is good for maintaining beautiful skin and is loved by the local community.

### Onsen with accommodations

1. **Nishida Onsen**
   - Next to shops to buy local souvenirs.

2. **Hotel Shiroyama Kagoshima Satsuma no Yu**
   - You can enjoy the wonderful view of Mt. Satsuma and the downtown Kagoshima.

### Kagoshima City View Bus Timetable

<table>
<thead>
<tr>
<th>Route</th>
<th>Kagoshima City View Bus</th>
<th>Waterfront Course</th>
<th>Oya Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>8:00 AM, 10:00 AM, 12:00 PM, 2:00 PM, 4:00 PM</td>
<td>8:30 AM, 10:30 AM, 12:30 PM, 2:30 PM, 4:30 PM</td>
<td>8:00 AM, 10:00 AM, 12:00 PM, 2:00 PM, 4:00 PM</td>
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</tbody>
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### Hotel Shiroyama Kagoshima Satsuma no Yu

- **Address**: 7-9 Shiroyama, Kagoshima City, Kagoshima 890-0856, Japan
- **Contact**: 099-224-2211 [http://www.shiroyama.co.jp](http://www.shiroyama.co.jp)
- **Features**: Enjoy the view of Mt. Satsuma and the downtown Kagoshima.

### Hotel New Nishino

- **Address**: 1-25 Nishino, Kagoshima City, Kagoshima 890-0824, Japan
- **Contact**: 099-224-2222 [http://www.newnishino.co.jp](http://www.newnishino.co.jp)
- **Features**: Natural Onsen with Finnish style sauna.
13 Rainbow Sakurajima Inn, Sakurajima Magma Onsen

Feel the power of magma while viewing Kinko Bay.

Address: 172-16 Sakurajima-mayakayama-cho, Kagoshima City
Opening hours: Check-in: 3:00PM Checkout: 10:00AM
Parking: Parking 60 cars
Accommodations: ¥9,700~/One night and two meals

14 Sakurajima Seaside Hotel

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

Address: 1978-63 Futatsuno-cho, Kagoshima City
Check-in: 3:00PM Checkout: 10:00AM
Parking: 20 cars
Accommodations: ¥8,790~/One night and two meals

15 Sakurajima Hotel

We are proud of our outdoor bath where bathers can soak in the view of the Kinko Bay.

Address: 107-561 Futatsuno-cho, Kagoshima City
Check-in: 4:00PM Checkout: 10:00AM
Parking: Parking 50 cars
Accommodations: ¥8,882~/One night and two meals (including bathing tax)

16 Satsuma Iroha-no-Yu

Enjoy a diverse range of hot springs 11 different types including a bath in a cave.

Address: 3-45 Tokanou-cho, Kagoshima City
Opening hours: 10:00AM-10:00AM (weekends and public holidays 9:00AM)
Closed: 2nd Tuesday Open for holidays and closed the following day on everyday Aug. and Dec.
Parking: Parking 500 cars

Onsen in the vicinity of Marine Port Kagoshima for day trippers

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