



Shima Onsen Express Bus Service
 ◎Tokyo Station (Yaesu Ave) 9:00 departure
 ➡Shima Onsen 12:30 arrival
 ◎Shima Onsen 13:45 departure
 ➡Tokyo Station (Yaesu Ave) 17:30 arrival



Ueno	Kusatsu Limited Express Approx. 2 hours 10 minutes				Nakanoyojo	Bus Approx. 40 minutes	
Haneda	Tokyo Monorail / JR Lines Approx. 30 minutes	Tokyo	Joetsu/Hokuriku Shinkansen Approx. 50 minutes	Takesaki			
Narita	Narita Express Approx. 50 minutes		Hokuriku Shinkansen Approx. 50 minutes				Agatsuma Line Approx. 55 minutes
Kanazawa	Hokuriku Shinkansen Approx. 1 hour 30 minutes	Nagano					
Niigata	Joetsu Shinkansen Approx. 1 hour 30 minutes						

Toward Tokyo	関越道 Tohoku Expressway / Kita-Kanto Expressway / Kan-Etsu Expressway Via Iwafune JCT / Takasaki JCT	Shibukawa-Ikaho IC	R17-R353 Approx. 30 mins	Nakanoyojo	R353 Approx. 30 mins
Toward Sendai					
Toward Osaka / Nagoya / Nagano	Nagano Expressway / Joshin-Etsu Expressway Via Koshuku JCT	Ueda Sugadaira IC	R144-R145 Approx. 1 hour 50 mins		
Toward Niigata	Kan-Etsu Expressway	Tsukiyono IC	R17-R145 Approx. 40 mins		



Shima Onsen Association

4379 Shima Onsen, Nakanojo-machi, Agatsuma-gun, Gunma
TEL.0279-64-2321 FAX.0279-64-2137
✉info@shimaonsen.com <http://www.shimaonsen.com/>



*All information included herein is current as of February 2019.

Shima Onsen * Tourism Guidebook

Here you will find a fantastical azure lake and mystical springs said to heal forty-thousand ailments.





Take a Stroll through Shima

Shima Onsen is a hot spring region located in the north-west of Gunma Prefecture, inside Jōshin'etsu-kōgen National Park. Surrounded by nature and with the old-time hot spring spirit still very much in evidence, Shima Onsen is home to the stunningly azure Lake Okushima and mystical springs said to heal no less than forty-thousand ailments. There are so many ways to enjoy yourself here! Take a stroll while enjoying clear-running waterways and waterfalls, enjoy outdoor activities amid the beauty of nature, experience Japanese culture in a hot spring town straight out of a bygone era, and soak to your heart's content in hot spring water. Rest and recover from your everyday exhaustion with wonderful experiences that you can only have here!





You really
CAN drink
hot spring water?

Take your time with a relaxing hot spring tour.

Shima Onsen is the first ever designated National Hot Spring Health Resort.

The beginnings of Shima Onsen are said to lie during the reign of Emperor Kanmu (approximately 1150 years ago), when Shogun general Sakanoue no Tamuramaro came here to conquer Emishi groups and bathed in this area. It is also said that, in the year 989, one of the four Buddhist Four Heavenly Kings of Minamoto no Yoritomo, Hyuga-no-kami Usui Sadamitsu, was visited by a spirit while chanting his sutra and told "I give you the mystic waters that will heal 40,000 ailments." As a result, he did indeed discover a hot spring, and named it Gomuso-no-Yu, "Waters of the Dream," in recognition of the message he received. In more modern times the region has been a favorite spot of many famous writers, including Akiko Yosano and Osamu Dazai. In 1954 it was designated as the first ever National Hot Spring Health Resort.



The oldest
temple
structure
in Gunma

National
Designated
Important
Cultural
Property

Hinatami Yakushido Hinatami District

The Yakushido is dedicated to Bhaishajyaguru, the Buddha of healing and medicine, and is a building from the late Muromachi period (1333 - 1573) which was designated as a nationally specially protected building (national treasure) in 1912. Subsequent to the changes in the law after the war, it then became a national designated important cultural property. The main building makes excellent use of molding, and is a reserved, quiet, and rare example in Japan of Chinese-style architecture.

●Inquiries: Shima Onsen Association
☎0279-64-2321

CHECK!

You can also get
a taste of history



Yakushido Ema

This unique "ema" (a votive picture tablet used in Shinto) shows six priests standing in front of the Yakushido playing drums, pipes and other instruments, while another priest prepares ceremonial water. The rite involves boiling water in a large cauldron and using it to purify, avert disaster, and pray for happiness. This particular ema can be viewed at the Nakanojo Museum of Folk and History "Musée".

Find refreshment with a tour of hot springs.

The hot spring waters of Shima have long been said to be good for the digestion if drunk and great for the skin if bathed in, hence loved by many people. While taking a leisurely stroll, you can stop at the drinking spots that are scattered around Shima Onsen and sample a taste of the water while bathing your feet.

- Water temperature: 26 - 80 degrees Celsius
- Water quality: sodium / calcium chloride / sulfate spring
- Benefits: Neuralgia / skins diseases / scratches / cuts / atopic dermatitis etc. (as drinking water, gastrointestinal diseases / improves appetite)



Yamaguchi Kawane-no-Ashiyu

Yamaguchi District Foot Bath

●Time: 9:00 - 17:00 ●Closed: At points during winter period
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321



Shima Seiryu-no-Yu

Onsenuchi District Public bath

●Time: 10:00 - 21:00 ●Closed: Every 4th Wednesday, year end
●Charge: 2 hours ¥500 ●Inquiries: Shima Seiryu-no-Yu ☎0279-64-2610

No less than 42
water sources! All of
them are famous springs,
also offering a wide
variety of scenery!



Shio-no-Yu Drinking Spring

Arayu District Drinking Spring

●Time: 8:00 - 18:00 ●Closed: Open all year
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321



Kami-no-Yu

Yamaguchi District Public bath

●Time: 9:00 - 15:00 ●Closed: Open all year
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321



Kawara-No-Yu

Arayu District Public bath

●Time: 9:00 - 15:00 ●Closed: Open all year
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321



Yuzuriha Drinking Spring / Yuzuriha Mori-no-Ashiyu

Yuzuriha District Foot Bath / Drinking Spring

●Time: 9:00 - 17:00 ●Closed: Open all year
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321



Hinatami Yakushi-no-Ashiyu

Hinatami District Foot Bath

●Time: 9:00 - 17:00 ●Closed: Open all year
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321



Gomuso-no-Yu

Hinatami District Public bath

●Time: 9:00 - 15:00 ●Closed: Open all year
●Charge: Free ●Inquiries: Shima Onsen Association ☎0279-64-2321

CHECK!



To ensure a pleasant and enjoyable experience for all, the basic etiquette for onsen bathing is described below.

Onsen Bathing Etiquette



Wash yourself before entering the bath.



Do not wash yourself inside the bathing tub.



Do not cause trouble to others in the washing area.



Do not bathe while inebriated.



Do not put your towel in the bathing tub.



Do not wear swimwear.



Do not swim inside the bathing tub.

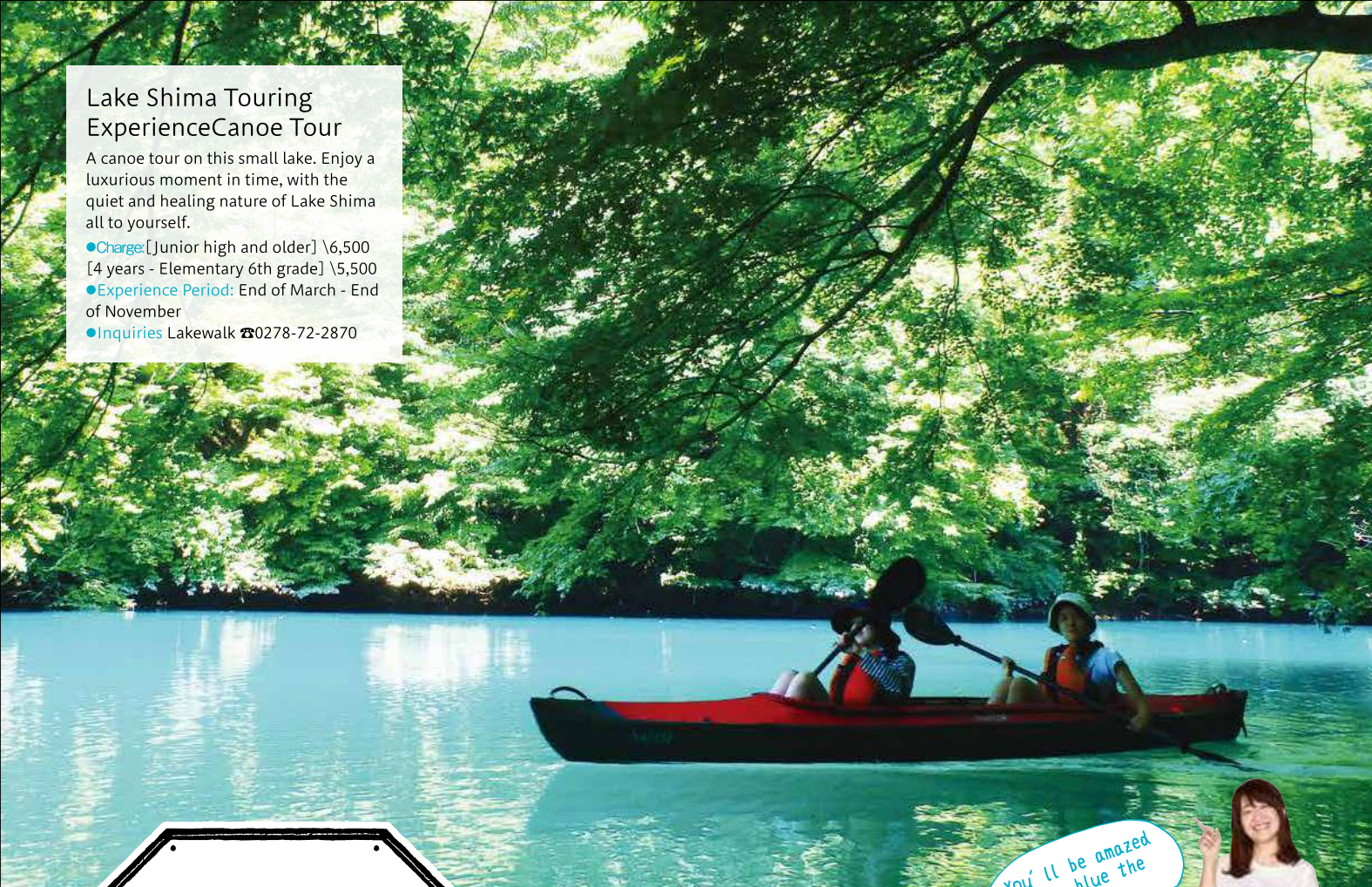


Do not return to the changing room without wiping yourself dry first.

Lake Shima Touring ExperienceCanoe Tour

A canoe tour on this small lake. Enjoy a luxurious moment in time, with the quiet and healing nature of Lake Shima all to yourself.

- Charge: [Junior high and older] ¥6,500 [4 years - Elementary 6th grade] ¥5,500
- Experience Period: End of March - End of November
- Inquiries: Lakewalk ☎0278-72-2870



All the Fun at Shima Onsen

Why not take a detour, before or after you check in?
Experience the beauty of nature at Lake Okushima, enjoy a game of the bagatelle-like "smart ball," experience woodworking or pottery, and even rent an electric minicar. It goes without saying that you can just spend the day, too!

You'll be amazed
by how blue the
water is!



It's so nice to be welcomed with tea and confections!



Smart Ball

The only game hall in Shima Onsen. Here's a chance to experience the nostalgic Japanese game of "smart ball!" It's a simple but addictive game that will keep you rooted to your seat for long hours!

- Charge: 50 balls ¥500
- Business Hours: 10:00 - 17:30 ●Closed: Thursdays
- Inquiries: Yanagiya Amusement Center ☎0279-64-2520



You can also see the room where Osamu Dazai stayed!



Wood Working Experience

Create a piece to remember with thinning wood from Shima Onsen! Relax in this Azuchi-Momoyama period (1573 - 1600) building lined with more than 1000 wooden creations, including many trick toys.

- Charge: [Elementary students] From ¥1,000 [Junior high/High school students] From ¥1,500 [University students/adults] From ¥2,000
- Business Hours: 9:30 - 17:30 ●Closed: Thursdays, Mid-December - End of February
- Inquiries: Kibarashi Kobo ☎090-7404-7003



Experience the mysterious blue of Lake Okushima.

A variety of outdoor experiences on offer every day from spring through to fall. Jump into the basin of a waterfall and let the current sweep you away with some canyoning, take out a canoe to experience the "Shima blue" for yourself, or ride an ever-popular SUP.



Canyoning

A blue canyoning tour! Enjoy all the thrills of a beautiful and wild canyon, including mossy fallen trees and a total of seven waterfalls, large and small!

- Charge: [Ages 13 and up] From ¥5,000
- Experience Period: June - End of September
- Inquiries: Green Discovery ☎0279-56-3999



Spend some luxurious time with nature all to yourself!



SUP

Take to the stage of the mysterious blue waters of Lake Shima on a liberating SUP (stand up paddleboard), and experience cruising the lake firsthand!

- Charge: [Elementary student or older] From ¥5,000
- Experience Period: June - End of October
- Inquiries: Green Discovery ☎0279-56-3999

Lake Okushima Canoe Tour

Take a stroll across Lake Okushima, known for its especially blue "Shima Blue" waters. Get as close as you can to these clear blue waters.

- Charge: [Ages 4 and up] From ¥5,000
- Experience Period: Mid-April - Mid-November
- Inquiries: Green Discovery ☎0279-56-3999



Ceramics made using natural ash allow for infinite joy!



Pottery Experience

The joy of creating something! You'll be helped to create your own piece, unique in all the world. Experience making and coloring pottery in a fashionable workshop.

- Charge: [Pottery Experience] From ¥2,800 (Additional shipping charges will be incurred)
- [Coloring Experience] From ¥2,300 (Additional shipping charges will be incurred)
- Business Hours: 10:00 - 16:00 ●Closed: Wednesdays, Thursdays (the next day if a holiday)
- Inquiries: Kobo Mugendai ☎0279-75-6922



Just driving these around is loads of fun!



Rental Minicars

Drive around Shima Onsen in single seater electric COMS mini cars. You can drive with the doors open, allowing you to get around with a new feeling of liberation. A regular driving license is required in order to drive them.

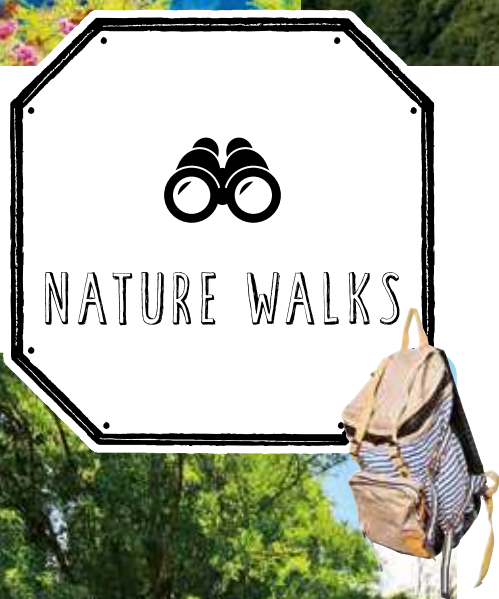
- Charge: 1 Hour ¥1,000, overnight ¥5,000
- Number of Vehicles: 4
- Business Hours: 9:00 - 18:00 ●Closed: Irregular schedule
- Inquiries: Rental Shimanoeki ☎090-3530-3489





Spring, summer, fall and winter - the four very different faces of Shima Onsen

Refresh your body and mind!



Take a leisurely walk around the beautiful hot spring town.

Shima Onsen is comprised of five hot spring districts along the valley of the Shima River. The river takes the Joetsu watershed as its source and boasts water quality equal to the Shimantokawa River of Kochi Prefecture. It is also a place where you can enjoy all of the vivid brilliance of nature, with Oketsu (Giant's Kettles) formed over tens of thousands of years and stunning tumbling waterfalls. It is truly the perfect place to take a stroll while listening to the birds sing. One of the most appealing things about a trip to Shima Onsen is that it allows you to bathe in both water and forest - sometimes at the same time!



Maya Falls

Maya Falls is located in the deepest part of Shima Onsen, on the Hinatami River which is also the water source for Shima. With a height difference of around 20m, the tumbling water has a clean beauty. A legend tells how a beautiful princess was led to meet with a bold young man here.



Ogura Falls

Ogura Falls is worthy of its reputation as a beauty spot, a striking waterfall with a feminine and attractive appeal. Multiple white streams running over the surface of the rock and the refreshing sound of the water really are something else. The green of summer and crimson of fall are beautifully reflected here, and during flower season azaleas also bloom here.



Lake Okushima

Lake Okushima is located in the deepest part of Shima Onsen, Gunma Prefecture, and is a dam lake formed by the Shimagawa Dam. The water that collects here is of mysterious blue color. The reason the water of the Shima River and that of Lake Shima a little downstream is so blue, is because of the water here.



Momotaro Falls

Located where a mountain stream sourced from Karakuribara, a region located between Shima Onsen and Sawatari Onsen, flows into the Shima River. A great view of the falls is provided from the side of the road around 30m back from the Shima Onsen sign board by the Shima Bridge. "Momotaro" comes from traditional Japanese folklore, but it is not known why these falls were given this name.

Oketsu (Giant's Kettles)

There are massive holes in the riverbed of the Shima River. The flow of tens of thousands of years and the laws of nature have served to open a total of eight of these holes, called Oketsu (Giant's Kettles), in varying sizes. The largest has a diameter of 8m and a depth more than 3.2m. These carvings of nature are designated by Gunma Prefecture as natural monuments.

A prefectural designated natural monument

Recommended Model Route

Enjoy touring Shima on a rental bicycle

1 night 2 days

Day 1

START

I set off on my electric rental bicycle!



Okirikomi and Yaki-manju - two specialties of Gunma!



Arriving at Shima Onsen around noontime, the first order of business is to find something to eat. There are places in the hot spring town selling the famous Gunma Okirikomi udon noodles and Gunma's soul food - Yaki manju. These delicious treats are first steamed and then roasted with a sweet Miso sauce, a taste you'll be hooked!



Yaki-manju (Grilled Manju)

Found a prefectural designated natural monument!



Oketsu (Giant's Kettles)

After recharging the mind and stomach, time for a bit of exercise. The Oketsu (Giant's Kettles), located around 3km from the hot spring town, is an incredibly refreshing natural spot. The gradation of the Shima River can be wonderfully observed here, with the water appearing blue where its deepest and translucent where its shallow!

Take a relaxing break in a café surrounded by nature!



In the Gallery Café



This liberating gallery café is located right by the Oketsu (Giant's Kettles). Take a break while enjoying all nature has to offer - greenery in the summer and crimson leaves in the fall!

Rental Bicycles

Bicycles make the perfect way to get around Shima Onsen, with their tight turning circles! An added electronic assist function makes going up the hill easy too. As well as rental bicycle stores, bicycles can be rented as some of the hotels and restaurants also.

Main Rental Location

- Rental-Shimanoeki Tel: ☎090-3530-3489
- Charge: 1 hour ¥500, overnight ¥3,000
- Number of Bicycles: 6 (bicycles with electric assist function)
- Business Hours: 9:00 - 18:00
- Shima Onsen Association ☎0279-64-2321
- Charge: 2 hours ¥500 (plus ¥200 for each additional hour)
- Number of Bicycles: 4 (bicycles with electric assist function)
- Rental Times: 9:00 - 16:30

Feels great on tired feet! Yamaguchi Kawane-no-Ashiyu



After returning to the hot spring town from the Oketsu (Giant's Kettles), soothe your tired feet in the Yamaguchi Kawane-no-Ashiyu foot bath. Sitting surrounded by nature and with the river trickling past, makes you forget the passage of time.

Shima River



Shima blue is so beautiful!

On the way back to the hot spring town, there is a spot of stunning beauty! Feel spellbound for a moment by the Blue color of the Shima River sparkling between the trees. The combination with the fall leaves is also beautiful. For the location, look for the hotel guide sign board in front of the Shima Ohashi Bridge.

Check-in at lodgings! Ready for day 2!

Day 2

Using the rental bicycle on my second day too!

The wind feels so good! Lake Okushima



After fully enjoying the hot springs, and relaxing so completely, head from the hot spring town to Lake Okushima. The distance of around 3km is quite hilly, but trusty electrically assisted bicycle makes it easy! Lake Okushima shows a variety of faces depending on the season and time of day, but morning during the green times of the year is particularly recommended!

Stretch your legs a little! Shakunage Falls



The 4km walking route around Lake Okushima is perfect for cycling. Search for your own best shot of Lake Okushima as you make your way round! You will also come across Shakunage Falls, a great spot to stop and absorb some negative-ions.

Found Foot baths and café around the National Important Cultural Property!



Hinatami Yakushido

On the way back to the hot spring town from Lake Okushima, take a little detour and visit Hinatami Yakushido! They say the waters that source Shima Onsen originate from beneath the main building here. Take a break while breathing in the history of Shima Onsen. This is also a beautiful spot for cherry blossom in the spring!

Searching for souvenirs in the hot spring town!



Taking a break in a nearby café! This will look great on my Instagram!

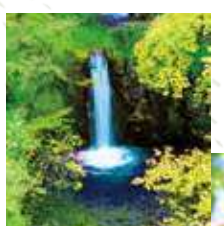


Hot Spring Street

There are all sorts of souvenirs to be found, including confectionery, local sake, local beer, and charming folk handicrafts all unique to Shima Onsen! You will surely find the perfect way to remember your stroll through Shima!

GOAL

Incredible scenery! Ogura Falls



Ogura Falls

A small waterfall not even 1km from Hinatami Yakushido! The charming Koizumi Falls, which can easily be viewed from a roadside pavilion, offers delightful views of greenery during summer and crimson foliage during fall.



I've found delicious treats and great souvenirs!



Let us take a stroll around the stores.

Even a single Onsen Manju is packed with carefully selected ingredients, all bursting with the blessings of nature. Walk through a town most welcoming and find a little reward for yourself.

Souvenirs



Hanamame beans (Best season is the start of December)



Local Sake Kimusume

1 Yamamoto Shop Arayu District

A retailer of fresh vegetables and fruit. The hanamame beans come especially recommended.

- Business Hours: 8:00 - 17:00
- Closed: Sundays
- Inquiries: ☎0279-64-2605

5 Choraku Arayu District

Enjoy casual shopping at your own pace.

- Business Hours: 8:30 - 17:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2900

2 Osawayu Liquor Shop Arayu District

The perfect accompaniment to your trip. Find original local sake, local beer, food, sundry goods and more.

- Business Hours: Until around 19:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2505



Onsen Manju Oiran-furo



Folk Crafts



Original Towels



Local Beer Shima Bijin
Local Shochu Shima-no-Sato
Local Sake Shimagawa

3 Takadaya Arayu District

Onsen manju, and special fermented beans made using scarlet runner beans grown under contract with Kita-Karuiwaza.

- Business Hours: 8:30 - 18:00
- Closed: Open all year
- Inquiries: ☎0279-64-2702

4 Iwaneya Arayu District

The smallest store. Enjoy tea with some homemade pickles using deep mountain water.

- Business Hours: 8:30 - 17:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2727

6 Marumiya Bussanten Arayu District

A store with Japanese items, accessories, souvenirs, and everything you may want from Shima Onsen.

- Business Hours: 9:00 - 17:30
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2401

7 Nakamura Liquor Shop Arayu District

A variety of beverages are on sale here, including the local beer Shima Bijin, the local sake Shimagawa, and the local shochu Shima-no-sato.

- Business Hours: 8:00 - 20:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2601



Onsen Manju Yumemakura



Kakushi Aji
Inaka Miso-zuke, Tamanegi-zuke



Maitake



Onsen Ichigo
Various Shima Onsen Ales

8 Fugetsudo Arayu District

Pick up some delicious Onsen Manju and the legendary branded confectionary Yumemakura!

- Business Hours: 8:00 - 18:00
- Closed: Open all year
- Inquiries: ☎0279-64-2508

9 Matsubaya Arayu District

Offering a wide range of products, the pickled onion Tamanegi-zuke is especially popular for its beneficial properties to improve the blood.

- Business Hours: 9:00 - 17:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2413

10 Shinozaki Shop Arayu District

Local mushrooms or eggs make a great souvenir.

- Business Hours: 9:00 - 18:00
- Closed: Wednesdays
- Inquiries: ☎0279-64-2334

11 Washinoya Liquor Shop Yamaguchi District

A convenient liquor store where you can drink local sake with a Shima Onsen flavor and local beers. Parking available.

- Business Hours: 8:00 - 21:00
- Closed: Open all year
- Inquiries: ☎0279-64-2608

Restaurants



12 Lakeshore Café Latelier Blue Lake Okushima

A café located inside a museum, where you can lose yourself in the stunning "Lake Okushima Blue" for as long as your heart desires.

- Business Hours: 10:30 - 14:30 (L.O.)
- Closed: Tuesdays and Wednesdays
- Inquiries: ☎0279-64-2416



16 Café Floresta Hello Kitty Arayu District

A relaxing modern Japanese café. You can even take a commemorative photograph with Tamara original Hello Kitty!

- Business Hours: 9:00 - 17:00
- Closed: Open all year
- Inquiries: ☎0279-64-2211 (Shima Grand Hotel switchboard number)



20 Komatsuya Arayu District

Founded in 1865. Now under the ownership of the sixth generation, the soba here is authentic and hand-made. Served with maitake mushroom tempura for ¥1,300.

- Business Hours: 11:30 - 14:30, 18:00 - 21:00 (confirm on Wednesdays)
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2609



24 Yaki Manju Shimamura Arayu District

Cooked over charcoal produced in Shima and coated in sweet homemade Miso sauce. ¥300 for one skewer.

- Business Hours: 10:00 - 17:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2735



27 Shogetsu Yamaguchi District

A restaurant offering dishes made with seasonal mountain produce, and a homely, approachable atmosphere.

- Business Hours: 11:00 - 15:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2602



13 Azumaya Hinatami District

Right in front of the Hinatami Yakushido. Take a break with some handmade Okirikomi udon noodles and a coffee or other beverage.

- Business Hours: 9:00 - 16:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2688



17 Kurenai Arayu District

A Shima Onsen eel restaurant.

- Business Hours: 11:00 - 14:00 (While eel lasts)
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2006



21 Yumin Arayu District

Might be closed if the owner doesn't feel like working! Offers great ramen noodles and gyoza pot stickers when open!

- Business Hours: 11:30 - 14:30, 18:00 - 22:00
- Closed: Mondays, Tuesdays
- Inquiries: ☎0279-64-2555



25 Ginsen Chaya Arayu District

A nostalgic tea house where famous Ginsen water flows. Enjoy their specialty Okirikomi, Shima Onsen local beer and more.

- Business Hours: 10:00 - 15:00
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2670



28 Ichiriki Sushi Yamaguchi District

A restaurant with many local diners. They use a special charcoal to cook the Sushi rice.

- Business Hours: 11:30 - 23:00
- Closed: Wednesdays
- Inquiries: ☎0279-64-2502



14 Shima Blue Café Yuzuriha District

Enjoy a moment of refined elegance among the nature of Shima!

- Business Hours: 11:30 - 20:00 (L.O. 19:30) (Reservation required past 17:00)
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2155



18 Joy Arayu District

A restaurant loved by the actor Kiyoshi Kodama! A homely feel yet offers complete mastered all local delicacies. (Pickup service available).

- Business Hours: 19:00 - 24:00
- Closed: Open all year
- Inquiries: ☎0279-64-2347



22 Asunaro Arayu District

Enjoy delicious pork cutlet made using locally produced Joshu Mugibuta (wheat-fed pork).

- Business Hours: 11:00 - 15:00, 18:00 - 23:00
- Closed: Wednesdays, every 2nd Tuesday of the month
- Inquiries: ☎0279-64-2159



26 Kaorisabo Okinaya Yamaguchi District

Enjoy something sweet while bathing your feet (free) and you'll feel satisfied in both body and soul.

- Business Hours: 10:00 - 15:00 (timings vary depending on the season)
- Closed: Mondays
- Inquiries: ☎0279-64-2707



29 Mori no Café KISEKI Giant's Kettles

A gallery café where you can really feel nature, located at the prefectural Natural Monument of the Giant's Kettles.

- Business Hours: 9:30 - 15:30
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2290



15 Café Terrace Maya Yuzuriha District

Enjoy a pizza or carefully cooked beef stew with wine from around the world.

- Business Hours: 11:00 - 22:00
- Closed: every first and third Mondays of the month
- Inquiries: ☎0279-64-2351



19 Soba Zanmai Nakajimaya Arayu District

100% buckwheat soba, made using buckwheat from the Tsumagoi Highlands ground in a stone mortar, boasts a delightfully smooth sensation as it slips down.

- Business Hours: 11:00 - while soba lasts
- Closed: Irregular schedule
- Inquiries: ☎0279-64-2400



23 Kashiwaya Café Arayu District

Feel free to drop in during your stroll around the hot spring town. You'll find some delicious coffee waiting for you.

- Business Hours: 10:00 - 17:00 (L.O. 16:30)
- Closed: Open all year
- Inquiries: ☎0279-64-2414

Other Facilities

30 Studio & Gallery Art Village Shima

Arayu District
☎0279-25-7206

31 Clothing Akasakaya

(closed on an irregular schedule)
Arayu District
☎090-4377-5436

32 Barber Hair Salon Hideka


Arayu District
☎0279-64-2735


33 Barber Hair Salon Seki

Yamaguchi District
☎0279-64-2921

34 Barber Sato Biyoshitsu

Onsenguchi District
☎0279-64-2345










Relax in warming hotel waters.

Shima Onsen is an exceptionally welcoming place. Spend a relaxing time while enjoying both nature and warm local hospitality.

We'll welcome you with a smile!



 Welcomes single travelers
  Bath for private hire
  Rooms with outside / semi-outside bath
  Day bathing possible
  In-room dining possible
  Western / Japanese-Western rooms available
 *All prices shown below are before consumption / bathing tax.



1 Chuseikan
Hinatasi District

Quiet lodging located deep in Shima.

- Rooms: 11
- Charge: From ¥8,500
- Inquiries: ☎0279-64-2336
- http://www.chuseikan.jp/



2 Shikanozo Kisekino Yu Tsuruya
Hinatasi District

Stay, take a break, or rent a private day bath. A hot spring hotel that allows rooms and cuisine to be selected based on your budget and the purpose of your stay.

- Rooms: 15
- Charge: From ¥16,000
- Inquiries: ☎0279-64-2927
- https://tsuruya.net/



3 Hinatamikan
Hinatasi District

Located deep in Shima. A small inn standing along the river.

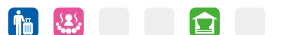
- Rooms: 10
- Charge: From ¥15,000
- Inquiries: ☎0279-64-2021
- https://www.hinatamikan.co.jp/



4 Kotobukiya Ryokan
Hinatasi District

A small Japanese inn that welcomes guests with handmade soba noodles.

- Rooms: 7
- Charge: From ¥10,000
- Inquiries: ☎0279-64-2515
- http://www.kotobukiya.tv/



5 Yu no Yado Yamabato
Hinatasi District

Selected by professionals in a list of one hundred small Japanese inns.

- Rooms: 7
- Charge: From ¥14,000
- Inquiries: ☎0279-64-2217
- https://www.yamabato.com/



6 Itoen Hotel Shima
Hinatasi District

Belonging to Itoen Hotels, a quaint inn located in Shima Onsen.

- Rooms: 66
- Charge: From ¥7,800
- Inquiries: ☎0279-64-2201
- http://www.itoenhotel.com/



7 Mikunien
Hinatasi District

A hot spring ryokan where you can stay with your pet.

- Rooms: 6
- Charge: From ¥10,000
- Inquiries: ☎0279-64-2231
- http://www.mikunien.com/



8 Onsen Glamping Shima Blue
Yuzuriha District

The first in Japan! A glamping lodging facility with outdoor bathing.

- Rooms: 7
- Charge: From ¥26,000
- Inquiries: ☎0279-64-2155
- https://shimablue.jp/



9 Kokumin Shukusha Shima Yuzurihaso
Yuzuriha District

Indulge in Japanese dining and source waters. Elevator available. Pickup service from the bus stop. A quiet ryokan.

- Rooms: 30
- Charge: From ¥7,038
- Inquiries: ☎0279-64-2340
- https://www.yuzurihaso.jp/



10 Tokiwasure no Yado Yoshimoto
Yuzuriha District

Enjoy fine sake in this ultimate hideaway of only eight rooms.

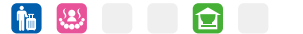
- Rooms: 8
- Charge: From ¥15,000
- Inquiries: ☎0279-64-2314
- https://yoshimoto.jp/



11 Kanouya Ryokan
Yuzuriha District

Guest rooms and baths that look out over mountain streams.

- Rooms: 10
- Charge: From ¥10,000
- Inquiries: ☎0279-64-2104
- http://www.kanouyaryokan.com/



12 Sekizenkan Honkan
Arayuri District

Enter a world of history and romance! Time a trip back in time at this hot spring hotel.

- Rooms: 23
- Charge: From ¥7,500
- Inquiries: ☎0279-64-2101
- http://sekizenkan.co.jp/



13 Kashotei Sekizen Sanso
Arayuri District

Revel in the luxury of being enveloped in an elegant quiet, in an experience loved by many great figures.

- Rooms: 29
- Charge: From ¥20,000
- Inquiries: ☎0279-64-2101
- http://sekizenkan.co.jp/



14 Onsen Zanmai no Yado Shima Tamura
Arayuri District

Founded in the Muromachi period (1336-1575). The six baths feature natural hot spring water flowing directly from the source.

- Rooms: 47
- Charge: From ¥14,000
- Inquiries: ☎0279-64-2111
- http://www.shima-tamura.co.jp/



15 Shima Grand Hotel
Arayuri District

Enjoy a bath, enjoy a drink, enjoy some food! A hotel proud of its hot springs.

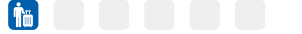
- Rooms: 89
- Charge: From ¥9,000
- Inquiries: ☎0279-64-2211
- http://www.shima-grand.com/



16 Kurenai Ryokan
Arayuri District

A taste of living nature.

- Rooms: 7
- Charge: From ¥12,000
- Inquiries: ☎0279-64-2006
- http://49071.com/



17 Jizake no Yado Nakamuraya
Arayuri District

You can even take a drink with you into a privately rented bath! Drink locally brewed sake at over-the-counter prices.

- Rooms: 7
- Charge: From ¥8,500
- Inquiries: ☎0279-64-2601
- http://www.jizakenoyado.com/



21 Minshuku Yamano Ryokan
Arayuri District

Homely lodgings with beautiful Shimagawa River view from the guest rooms.

- Rooms: 4
- Charge: From ¥7,000
- Inquiries: ☎0279-64-2604



25 Keisei no Yado Izumiya
Yamaguchi District

A secret hideaway.

- Rooms: 5
- Charge: From ¥6,000 (only stay, without meals)
- Inquiries: ☎0279-64-2404
- https://shima-izumiya.com/



29 Shima Yamaguchikan
Yamaguchi District

The Yamaguchikan is like home to all of their guests.

- Rooms: 60
- Charge: From ¥15,000
- Inquiries: ☎0279-64-2011
- http://www.yamaguchikan.co.jp/



33 Yumoto Shimakan
Onsenuchi District

Waters flow from the source to this lodging loved by men of letters - great Japanese authors such as Osamu Dazai and Masuji Ibuse have stayed here.

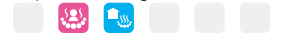
- Rooms: 35
- Charge: From ¥10,000
- Inquiries: ☎0279-64-2001
- http://www.shimakan.com/



18 Shunmoku Nakazawa Ryokan
Arayuri District

Stylish lodgings with the concept of a modern take on a Japanese rest house.

- Rooms: 8
- Charge: From ¥12,000
- Inquiries: ☎0279-64-2716
- http://www.hatago.net/



22 Shiki no Yadodokoro Ichigekan
Arayuri District

Enjoy the pleasures of free-flowing hot spring source water in rooms with attached semi-outdoor baths.

- Rooms: 7
- Charge: From ¥13,000
- Inquiries: ☎0279-64-2224
- http://www.ichigekan.com/



26 Shima Onsen Toshimaya
Yamaguchi District

Lodgings to heal both body and mind.

- Rooms: 15
- Charge: From ¥12,800
- Inquiries: ☎0279-64-2134
- https://tosimaya.co.jp/



30 Morimata Ryokan
Yamaguchi District

Lodgings from which you can observe the Shimagawa River.

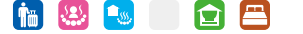
- Rooms: 6
- Charge: From ¥6,000
- Inquiries: ☎0279-64-2226



34 Kashiwaya Ryokan
Onsenuchi District

Three completely private baths can be used as many times as you like, with no additional charge. Baths closing at 12 is also very appealing.

- Rooms: 15
- Charge: From ¥11,389
- Inquiries: ☎0279-64-2255
- https://www.kashiwaya.org/



19 Karasaway Ryokan
Arayuri District

Enjoy a welcome as though visiting relatives in the countryside.

- Rooms: 6
- Charge: From ¥7,500
- Inquiries: ☎0279-64-2514



23 Hatsushiro Ryokan
Arayuri District

Homely lodgings where you can sit back and relax.

- Rooms: 5
- Charge: From ¥7,000
- Inquiries: ☎0279-64-2510



27 Tsubataya Ryokan
Yamaguchi District

Water-rich lodgings that allow you to convalesce while watching the Shimagawa River flow past.

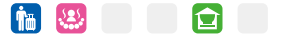
- Rooms: 4
- Charge: From ¥7,050
- Inquiries: ☎0279-64-2920
- http://www16.plala.or.jp/tubataya/



31 Shiraiwakan
Onsenuchi District

Hot spring lodgings where you can stay for less than ¥10,000.

- Rooms: 7
- Charge: From ¥6,700
- Inquiries: ☎0279-64-2124



32 Yumoto Choseikan
Onsenuchi District

Enjoy outdoor baths with constantly flowing source water and purely handmade seasonal cuisine.

- Rooms: 9
- Charge: From ¥13,500
- Inquiries: ☎0279-64-2311
- http://www.chouseikan.jp/



20 Ayameya Ryokan
Arayuri District

Lodgings with a homely feel, soothing to the heart.

- Rooms: 10
- Charge: From ¥9,000
- Inquiries: ☎0279-64-2438
- http://shima-ayameya.com/



24 Mikiya Ryokan
Yamaguchi District

Lodgings that put their guests first and treat them to an exceptional meal.

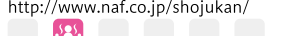
- Rooms: 8
- Charge: From ¥10,000
- Inquiries: ☎0279-64-2324
- http://mikiya.tv/



28 Shojukan
Yamaguchi District

A variety of baths with own water sources. No additional charge to privately rent out a bath.

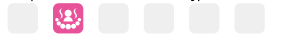
- Rooms: 17
- Charge: From ¥13,000
- Inquiries: ☎0279-64-2301
- http://www.naf.co.jp/shojukan/



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- Charge: From ¥13,500
- Inquiries: ☎0279-64-2311
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- Charge: From ¥13,500
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- http://www.chouseikan.jp/





Enjoy absolutely everything Shima Onsen has to offer.

Shima Onsen has no less than five hot spring districts, meaning there's plenty to see, from the old hot spring town to some exciting spots of spiritual power! Take a stroll and tour the day baths, foot baths, and drinking springs.

A great producer of negative ions

See carvings created by nature

You may even encounter a serow!

Drink hot spring water for an energy boost!

Mt. Inatsutsumi / Akazawa Forest Trail
Joshinetsu Nature Footpath
Trailhead → Hoshi Onsen Trailhead → Inatsutsumi
12km 10km

Shakunage Falls

Tosen Bridge

WC

Inatsutsumi

Seseragi Park

Lake Okushima

Shimagawa Dam

Green Discovery

Enjoy Canoeing

Lakeshore Café L'atelier Blue

Shimagawa Dam

Shimagawa Dam

Shimagawa Dam

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