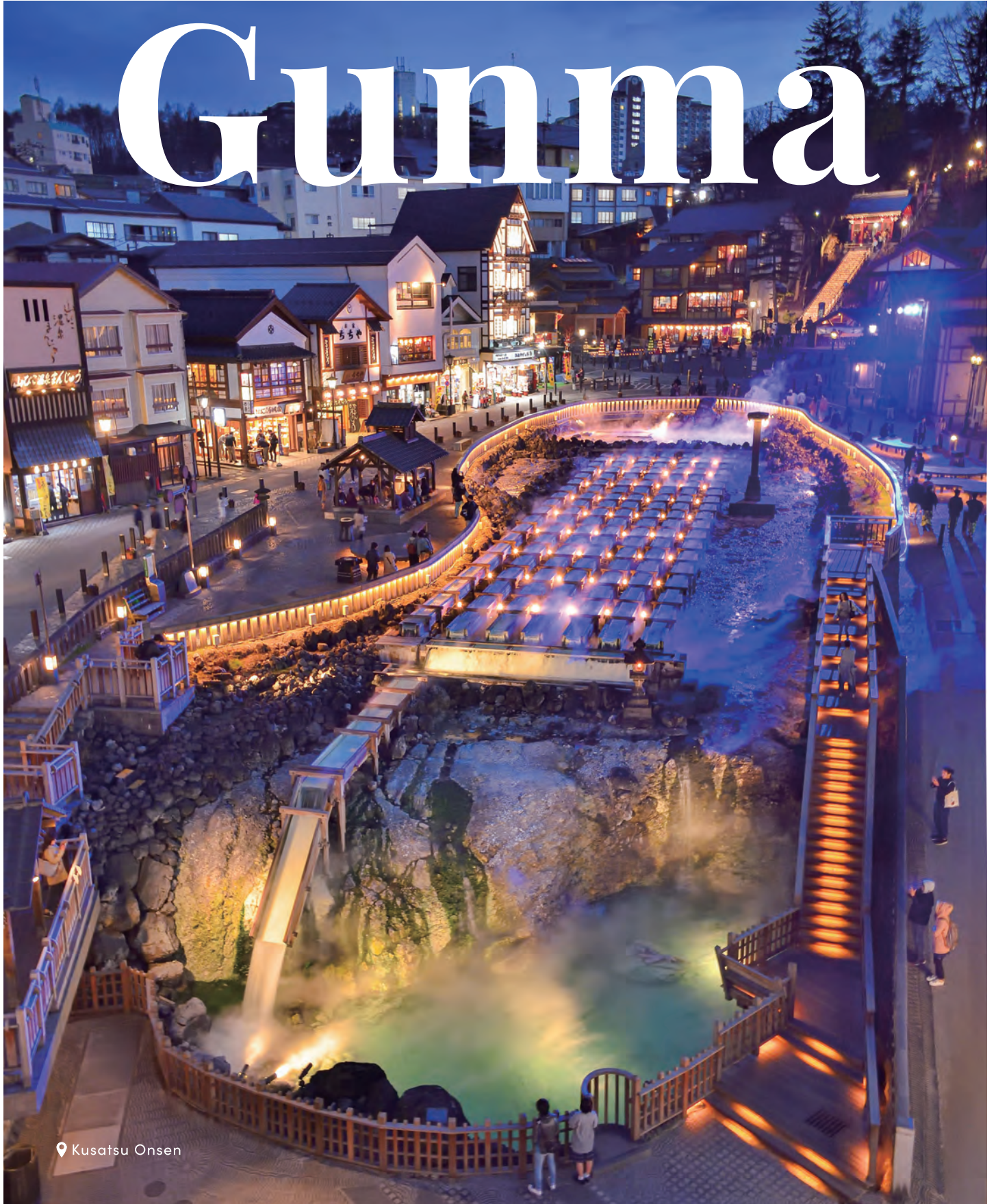


Visit

GUNMA
OFFICIAL TOURIST
GUIDE

Gunma



📍 Kusatsu Onsen

Bathed in Beauty

Welcome to Gunma

Explore the natural beauty of Gunma, renowned for its hot springs, mountain scenery, and outdoor adventures. Gunma is a year-round destination with onsen towns, world-class snow resorts, whitewater rafting, canoeing, canyoning, and spectacular hiking trails. Experience Japanese bathing culture, traditional festivals, local cuisine, and authentic crafts, within an hour of Tokyo.

📍 Lake Shima

📍 Takaragawa Onsen Osenkaku

📍 Tanigawadake Tenjindaira Ski Resort

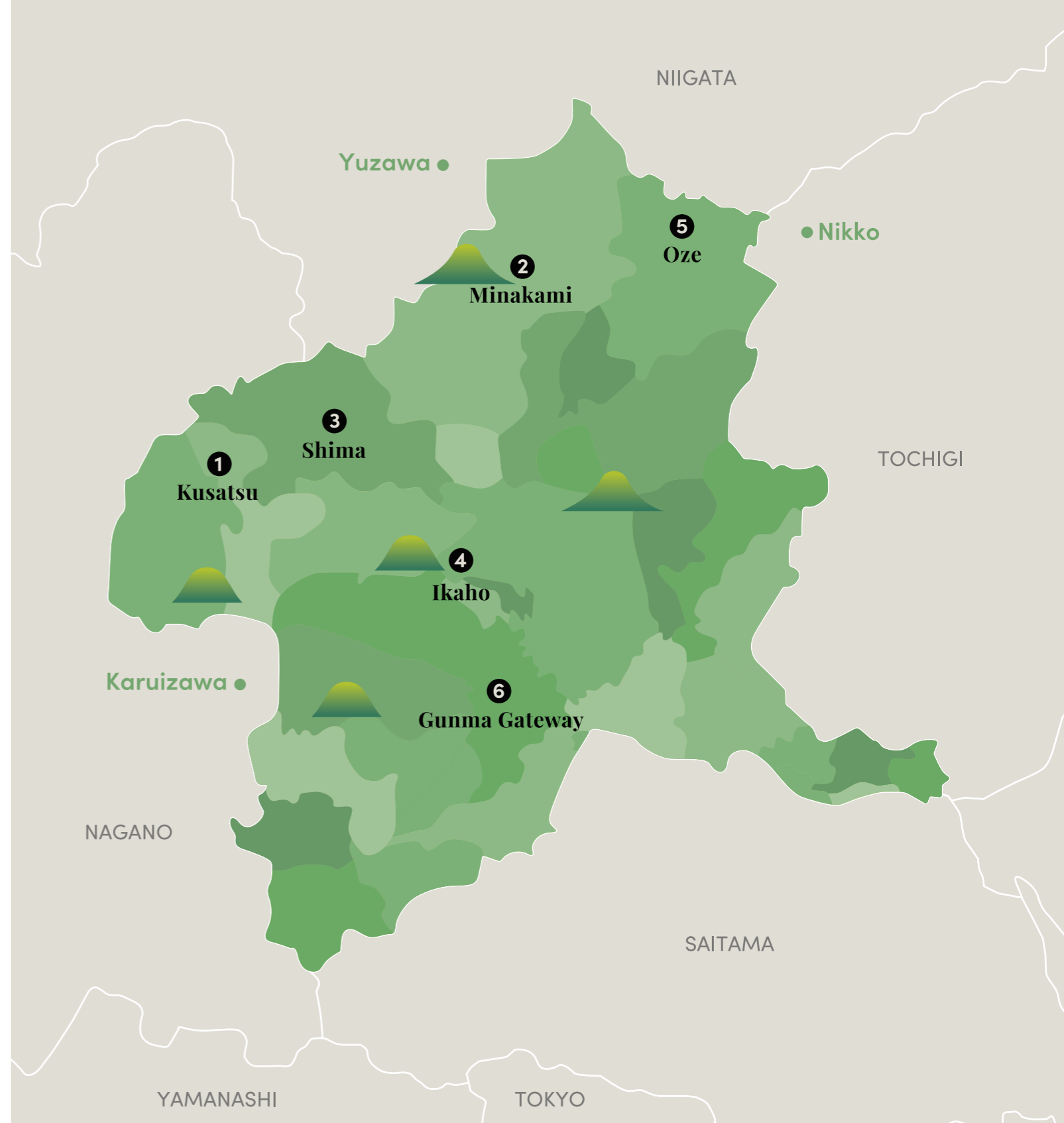
📍 Watarase Keikoku Railway



Where is Gunma?



Gunma is north of Tokyo and is easily accessible by train and bus. The Joetsu and Hokuriku Shinkansen lines connect Tokyo to Takasaki, Gunma's transport gateway, in under an hour. You can wake up in Tokyo and be skiing in the mountains or relaxing in an onsen bath in Gunma before lunch.



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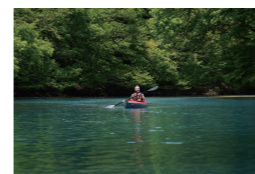
Main Destinations



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Relaxation

Gunma is the ideal destination for relaxation. Bathe in natural hot springs and bask in the natural beauty of your surroundings.

Gunma's abundant, mineral-rich hot springs make it Japan's premier destination for onsen bathing. From large onsen towns like Kusatsu and Ikaho to more secluded spots like Hoshi Onsen, there's much to explore. Relax in historical wooden bathhouses, enjoy open-air bathing, or savor a private onsen experience at a traditional inn.



1 Kusatsu

Kusatsu Onsen

Kusatsu Onsen, one of Japan's most famous onsen resorts, has a rich bathing tradition. Mineral-rich spring water gushes from Yubatake, a hot spring field in the town center, feeding the many indoor and outdoor baths.



2 Minakami

Hoshi Onsen Chojukan

This beautiful heritage inn is located in Joshin'etsukogen National Park, surrounded by nature. The peaceful atmosphere and historical baths have long attracted artists and writers to this 140-year-old haven.



2 Minakami

Takaragawa Onsen Osenkaku

High in the mountains, Takaragawa Onsen has been a revered healing retreat since ancient times. Unwind in the indoor and outdoor onsen baths that line the riverbanks, immersing yourself in the changing seasons.



3 Shima

Shima Onsen

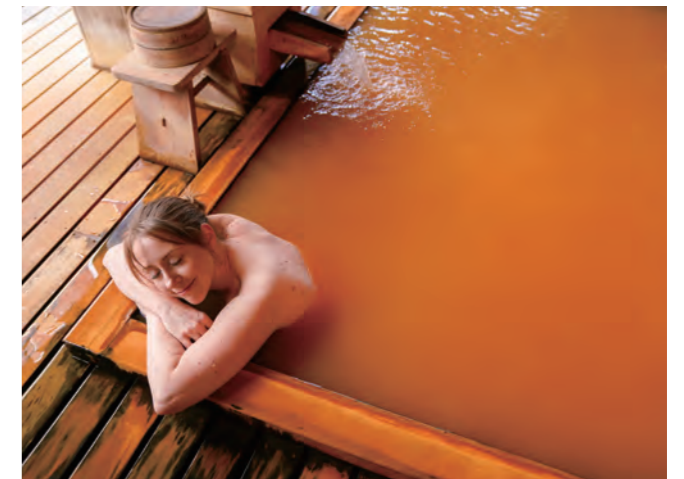
This charming town is known for its mineral-rich onsen water and the beautiful blue color of Lake Shima. Indulge in outdoor baths at Shima Seiryu no Yu, and explore the nearby rivers, lakes, and mountains.



4 Ikaho

Ikaho Onsen

Ikaho Onsen is a historic hot spring town located halfway up Mt. Haruna. Its main attraction is a 300-meter-long stone stairway lined with restaurants, souvenir shops, and traditional inns.



3 Shima

Lake Shima

The intense cobalt color of Lake Shima is due to the clarity of the Shima River water. Explore the lake by canoe and enjoy the striking contrast between the blue lake and the surrounding forest.



5 Oze

Oze National Park

Oze National Park is a beautiful hiking destination in the mountains of northern Gunma. Elevated boardwalks protect the marshland, which formed during an ice age around 10,000 years ago.



1 Kusatsu

Yoshigadaira Wetlands

The Yoshigadaira Wetlands in Joshin'etsukogen National Park are covered with Erman's birch trees and dotted with mirror-like ponds. In fall the birch leaves turn an intense golden yellow, delighting hikers.



6 Gunma Gateway

Akagi Nanmen Senbonzakura Cherry Blossom Festival

Each spring, more than 1,000 cherry trees bloom along a stretch of road near the base of Mt. Akagi. Food stalls and events create a vibrant atmosphere, and the blossoms are illuminated at night.



Nature & Outdoors

Experience the natural beauty of Gunma in every season. Hike mountain trails, paddle in crystal-clear waters, and explore protected wetlands.

Gunma's imposing peaks, dramatic gorges, and spectacular lakes are a haven for outdoor activities. Enjoy hiking, rafting, and canoeing in the warmer months, or skiing and snowboarding in winter. Experience the changing colors of the seasons, from pink spring blooms and lush summer greens of summer to vibrant fall foliage and winter whites.



2 Minakami

Tanigawadake Tenjindaira Ski Resort

Explore the legendary backcountry and side-country terrain at this resort on Mt. Tanigawa. With high-quality natural snow, Tenjindaira is a favorite winter getaway for skiers and snowboarders of all levels.



Kusatsu Onsen

This picturesque town is one of Japan's best-known hot spring destinations. Try the public hot springs, including traditional baths like Gozanoyu and Otakinoyu, and Sainokawara Open-Air Bath.



Kusatsu



This famous hot spring area is steeped in tradition. The heart of the town is Yubatake, a gushing hot spring water field. Watch the centuries-old practice of yumomi, using wooden paddles to stir and cool onsen water. Hike the spectacular mountains and nature trails around Kusatsu or, in winter, take to the ski slopes.



Netsunoyu

The water at Kusatsu Onsen is too hot for bathing, so it is cooled at Netsunoyu by stirring with wooden paddles. This method, known as yumomi, is accompanied by folk songs as a public show.



Yoshigadaira Wetlands

These protected wetlands are home to a variety of endangered species, including ospreys, Japanese black salamanders, and rare mosses and algae.



Manza Onsen

Manza Onsen has some of the highest-altitude hot springs in Japan and is popular for skiing in winter.

Mt. Tanigawa

Mt. Tanigawa is a popular hiking destination in warmer months and a backcountry ski spot in winter.



Rafting in Minakami

The Tone River is one of Japan's premier whitewater rafting destinations. Navigate the exhilarating rapids with expert guides on half or full-day courses.



Takaragawa Onsen Osenkaku

High in the mountains, Takaragawa Onsen has been a revered healing retreat since ancient times. Unwind in the indoor and outdoor onsen baths along the riverbanks.



Minakami



Minakami is a leading destination for outdoor adventure. Experience world-class skiing, whitewater rafting, and mountain hiking. The town has plentiful natural hot springs, including the riverside baths at Takaragawa Onsen, one of Japan's most scenic bathing spots. Minakami is also renowned for its crafts, which you can experience through workshops and activities at Takuminosato.



Tanigawadake Tenjindaira Ski Resort

With high-quality natural snow, Tenjindaira is a favorite winter getaway for skiers and snowboarders of all levels.

Shima

Shima is a secluded retreat that exudes an old-world Japanese charm. Unwind at Shima Seiryu no Yu, a public onsen with scenic open-air baths with panoramic views of the surrounding mountains and the Shima River. Kayak across the bright blue water of Lake Shima and see the waterfalls of the Shima River.

Lake Shima

Lake Shima is famed for its cobalt-blue water. It is a popular destination for canoeing and kayaking, with beautiful forested shores.



Shima Onsen

Nestled in the mountains of northern Gunma, Shima Onsen has over 40 hot springs that supply the town's charming traditional inns.



Shima Potholes

The eight smooth pools in the riverbed of the Shima River were formed by thousands of years of erosion.



Shima Seiryu no Yu

This public bath at Shima Onsen combines the main attractions of Shima: mineral-rich onsen water and gorgeous natural scenery.

Mt. Haruna

Mt. Haruna (1,449 m) has popular hiking trails that lead around a large caldera lake and to the summit. On a clear day, you can see Mt. Fuji to the south.



Ikaho Open-Air Bath

Indulge in a refreshing bath at this public hot spring, fed by the iron-rich waters of the Kogane no Yu "golden" spring.



Kajika Bridge

Near the top of Ikaho Onsen's iconic stone steps, this vermilion bridge is a beautiful spot to appreciate the seasonal scenery.



Ikaho

On the eastern slopes of Mt. Haruna, Ikaho has a traditional onsen town known for its stone stairway lined with shops, restaurants, and traditional inns. Beyond the famous hot springs, there are many local hiking trails and scenic sites such as Lake Haruna.



Ikaho Onsen

The ancient onsen town is located on the slopes of Mt. Haruna, and is known for its iron-rich "golden water," and clear "silver water."

Oze National Park

A stunning hiking destination during the warmer months, the marshlands are adorned with white skunk cabbage flowers in spring and yellow daylilies in summer.



Oze

Oze is a national park in northern Gunma known for its beautiful marshlands, which formed during the ice age around 10,000 years ago. Some of the original plant species from that period continue to flourish. Elevated boardwalks make hiking around Ozegahara Marsh and Ozenuma Pond easy and enjoyable.



Lake Sugenuma

The lake is one of the clearest in Japan and is perfect for exploring by canoe.



Fukiware no Taki Falls

The waterfalls in Katashina Gorge are 7 meters high and 30 meters wide. A nearby suspension bridge provides a vantage point to view the falls from above.



Kawaba Onsen

Unwind at a charming rural onsen village with easy access to Kawaba Ski Resort. There are five natural springs in the village which supply the onsen.

Akagi Nanmen Senbonzakura Cherry Blossom Festival

Each spring, approximately 1,000 cherry trees bloom near the base of Mt. Akagi. Food stalls and evening illuminations create a vibrant atmosphere.



Tomioka Silk Mill

Established in 1872, the factory played a crucial role in Japan's modernization during the Meiji era (1868–1912). It is a UNESCO World Heritage site.



Rinkokaku

Three elegant wooden buildings in Maebashi once served as a state guest house for VIPs. The main building was constructed in 1884.



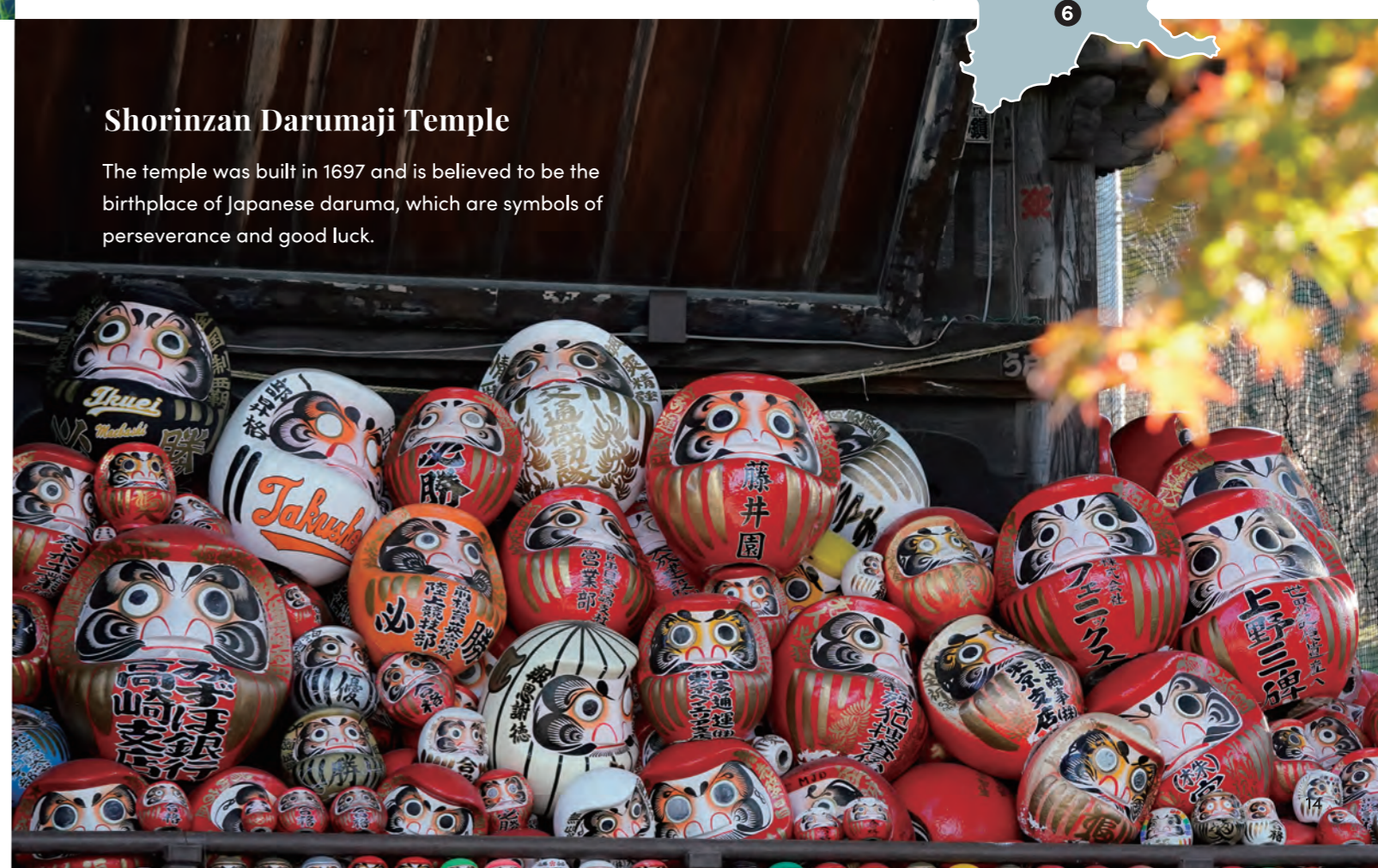
Gunma Gateway

Takasaki, Tomioka, and Maebashi are cities in southern Gunma within easy reach of Tokyo. Takasaki Station is less than an hour from Tokyo on the Joetsu or Hokuriku Shinkansen. These cultural hubs are great bases for exploring the prefecture and providing connections to its more remote reaches.



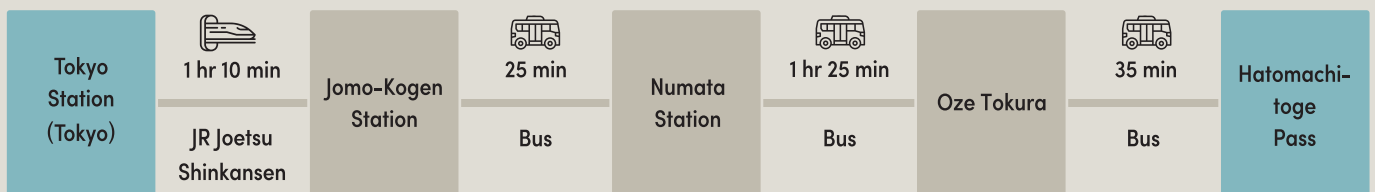
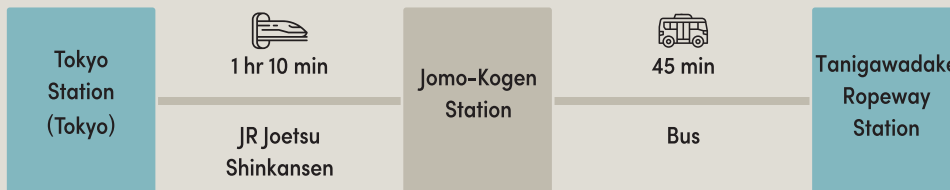
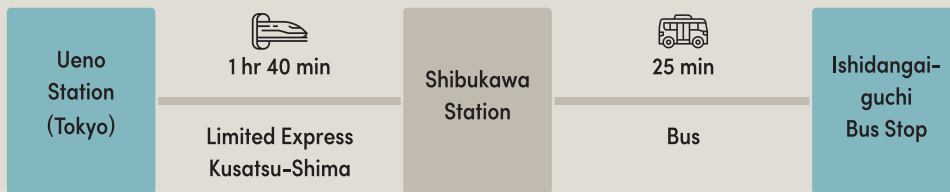
Shorinzan Darumaji Temple

The temple was built in 1697 and is believed to be the birthplace of Japanese daruma, which are symbols of perseverance and good luck.



Gunma Access Guide

*All times are approximate.



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