



Purify your mind and body at Mt. Mitoku

# ☪ Misasa Onsen ☪

Heal your spirit and body at Misasa Onsen



Misasa Onsen, Tottori Prefecture

Misasa Onsen mascot  
Misasa radon





A special trip to heal the six senses

# Misasa Onsen, Tottori Prefecture

Misasa is a small town located in the center of Tottori Prefecture. It makes us really happy when our guests arrive after a long trip. The most well-known attractions of Misasa are Mt. Mitoku and the town's hot springs. There are also many other breathtaking natural treasures nearby, including Oshika Valley, where you can relax and feel refreshed. This place offers a very special experience of the beauty of nature and a slice of Japanese country life. It is our great pleasure to bring travelers a one-of-a-kind body-and-mind healing experience.

Firstly, to make the most of your trip to Misasa, we recommend you get to know the history and culture surrounding Mt. Mitoku and Misasa Onsen. Visiting these two places, travelers get a unique experience of purifying body and mind at Mt. Mitoku, as well as healing spirit and body at Misasa Onsen (Japan Heritage, P. 2). And if you pay attention to the background behind the name "Misasa," you will get an even deeper experience: the name refers to an old legend that says if you soak in the spring baths every day for a three-day stay, whatever ails you will be cured on the third morning. This is the origin of the name of the town "Misasa," which means "three mornings." Finally, to take full advantage of the health-enhancing effects of the spring waters, we hope visitors will follow our own special set of instructions for enjoying the waters: soak, breath in, and drink (Misasa Onsen, P. 5-6).

Check the Website for further information on Misasa. Also feel free to inquire at any time with the Tourist Information Center.





# Japan Heritage: Mt. Mitoku and Misasa Onsen



Pilgrims began visiting Mt. Mitoku to purify body and mind in the year 706, around 1,300 years ago. The hot springs of Misasa, meanwhile, were discovered around 850 years ago. These hot springs came to be known for their healing properties said to cure a variety of illnesses. Since this time, Mt. Mitoku and Misasa Onsen have enjoyed a deep connection with each other. The hot springs have played an important role as a place where pilgrims can relax body and spirit before and after making their pilgrimage. This is a place to get an invaluable experience of culture and history that has been so carefully protected that it remains virtually unchanged to the present day.

The crux of the experience is to first heal body and spirit in Misasa Onsen, make a pilgrimage to Mt. Mitoku to purify body and mind, and finally to soak in the hot springs once again for added healing. It follows logically that one purifies the five senses plus mind on the mountain, while the five senses plus spirit are healed at the hot springs. Spirit and mind comprise the sixth sense: for Mt. Mitoku this means “purification of the six roots of perception,” while at Misasa Onsen it refers to healing of the six senses. Recognized for their great cultural value, Mt. Mitoku and Misasa Onsen were registered as Japan Heritage in 2015.



## Japan Heritage recommended itinerary

### Day 1 Take a refreshing soak!



- 🕒 9:00 Transportation from departure point to Misasa Onsen  
Example: Highway bus from Shin-Osaka (9:20 departure) to Misasa Onsen (12:55 arrival)
- 🕒 13:00 After your travels, relax and feel refreshed at a day-trip hot spring spa located at a traditional Japanese *ryokan* inn.
- 🕒 15:00 Check-in: Change into a comfortable *yukata* and take a walk around the town before sitting down to dinner.

### Day 2 Climbing Mt. Mitoku



- 🕒 9:00 Purify body and mind by taking a rugged-terrain climb up the mountain—and give yourself an experience you'll never forget!
- 🕒 12:00 Re-discover the preciousness of all life with *shojin* cuisine
- 🕒 13:00 To fully follow tradition on the relationship between Misasa Onsen and Mt. Mitoku, guests must enter the hot springs once again. Take a soak just after a climb, or after spending a relaxed afternoon. It's up to you to spend the time as you wish!

### Day 3 Heal and refresh body and spirit

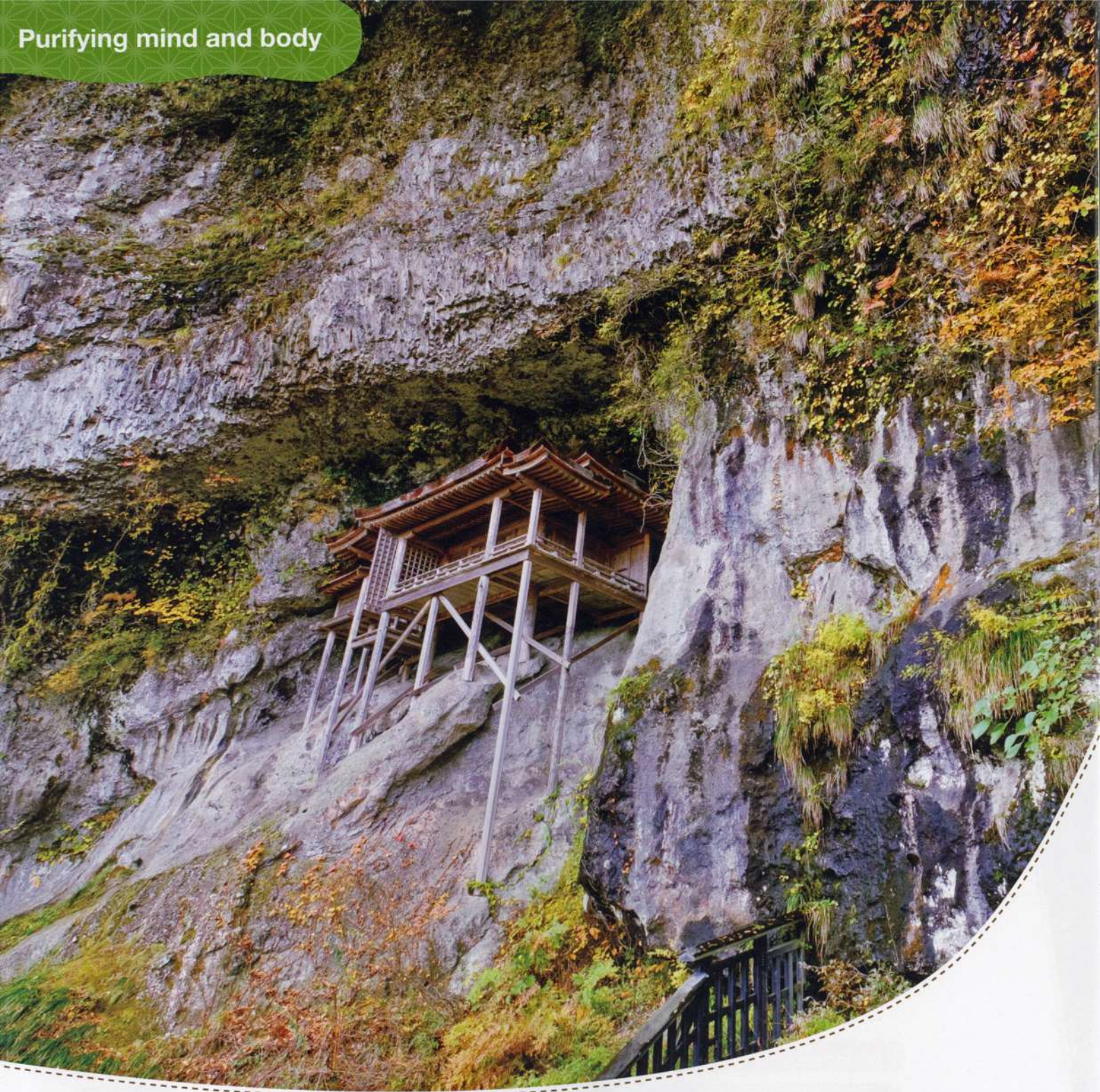


The name “Misasa” originates with the idea that all illness will be cured on the morning of the third day of soaking in the hot spring baths. Travelers can connect with this old legend by soaking in the baths on the morning of Day 3. Then you can decide, according to your schedule, whether you'd like to stay longer or check out.

Check the Web for the latest information.







## Nageire-do Hall, Mt. Mitoku

National  
Treasure

Mt. Mitoku is a mountain once inhabited by practitioners of Shugendo, a form of mountain asceticism combining elements of Buddhism, Shinto and other religions, founded by the sage Ennogyouja. The mountain has a history as a site for Shugendo practices dating back some 1,300 years. According to legend, Ennogyouja threw three lotus petals in the air, declaring that they would land in places associated with the combined Shinto-Buddhist tradition. One of these is said to have landed at Mt. Mitoku.

For more than a millennium after that, people have put their lives at risk to purify and remake themselves by ascending Mt. Mitoku. These individuals have also engaged in fire-walking as well as Zen-style sitting meditation practices. Because this special environment has been maintained, to this day people can still get an authentic experience akin to that of practitioners of long ago. The path to the final reward for the pilgrim, the Nageire-do Hall, is a rough one, but is dotted along the way with unique scenic views. Visitors are inevitably moved, inspired, and soothed by the wonders of Mt. Mitoku.



# Map for climbing Mt. Mitoku



**National Treasure**

**Nageire-do and Aizen-do Halls**  
(12th century)



**Nageire-do Hall**

Visitors are amazed and astonished by the overwhelming presence of the Nageire-do Hall. Once you arrive here, it is said that you have purified the six roots of perception at Mt. Mitoku.



Fudo-do Hall  
(19th century)



Motoyukake-do Hall  
(17th century)



Sutra library  
(12th century)



**Kannon-do Hall**  
(17th century)



Ridge shaped like a cow's back

Ridge shaped like a horse's back



**Kannon-do Hall**

The dark rear side of the Kannon-do Hall is likened to the mother's womb, and as such signifies rebirth upon climbing the mountain.

**Belfry**  
(12th century)



**Jizo-do Hall**  
(16th century)

**Monju-do Hall**  
(16th century)



**Kusari Hill (Chain Ascent)**

**Kusari Hill (Chain Ascent)**

This is the most challenging part of the ascent. Considered a kind of ascetic training, the point of the experience here is to push one's limits.



**Belfry**

Ring the bell to announce the paying of homage to the Shinto and Buddhist deities. Listening to the bell purifies hearing.



**Kazura Hill (Roots Ascent)**

Climbers use their entire body, including their hands, to purify the sense of touch.

Steps where Buddhist prayers are chanted

Ruins of an ascetic practitioner hut

**Kazura Hill (Roots Ascent)**

Stone statue of Ennogyouja

Nogiwa-inari Shrine  
(18th century)



**Shikuri Bridge**

**Shikuri Bridge**

This is the point between the human world and the world of Buddhas and gods, where one can enter into the other side. One is said to be reborn when one comes back through the Shikuri Bridge.



Cedar trees with shimenawa sacred Shinto rope

Pilgrimage Reception Office (Pilgrimage/Mountain Climbing Information Office)



Sanbutsu-ji Temple Main Hall  
(19th century)



Sanbutsu-ji Temple



Treasure Hall



Rinko-in Temple



Shozen-in Temple



Kaijo-in Temple



Visitor Reception and Information Center

Statue of Senki Jizo Bosatsu



Tanikawa Tengu-do

**Fire walking**

Get a unique experience walking across a fire in bare feet at the Fire Festival, held annually on the last Sunday of October at Mt. Mitoku.

**Temple approach**

**Shojin Buddhist cuisine**

Experience the charm of Mt. Mitoku through its food. We recommend either the *shojin* cuisine served at the temple (reservations required) or the mountain vegetable cuisine offered at the Tanikawa Tengu-do. There is also a café at the Rinko-in Temple, where you can try the "Teramisu" dessert. (This is a play on the word tiramisu, as "tera" means "temple" in Japanese.)



## Overview of Mt. Mitoku

### Access

The bus from the Tourist Information Center is the most convenient means of transportation for visitors without cars. Check the bus schedule on the Web.

### Time

To Sanbutsu-ji Temple Main Hall: Runs 8:00 to 17:00  
To Nageire-do Hall: Runs 8:00 to 15:00

### Fare

To Sanbutsu-ji Temple Main Hall: ¥400  
To Nageire-do Hall: ¥1200

### Information and Precautions

\*Time required round-trip: Approximately 1.5-2 hours from the Mountain Climbing Information Office

\*In order to check in at reception to ascend the mountain, you must have at least two people in your party.

\*Be very cautious on steep areas. Wear exercise shoes with treads, trekking shoes, etc. Do not wear mountain climbing shoes with anti-slip hardware, etc.

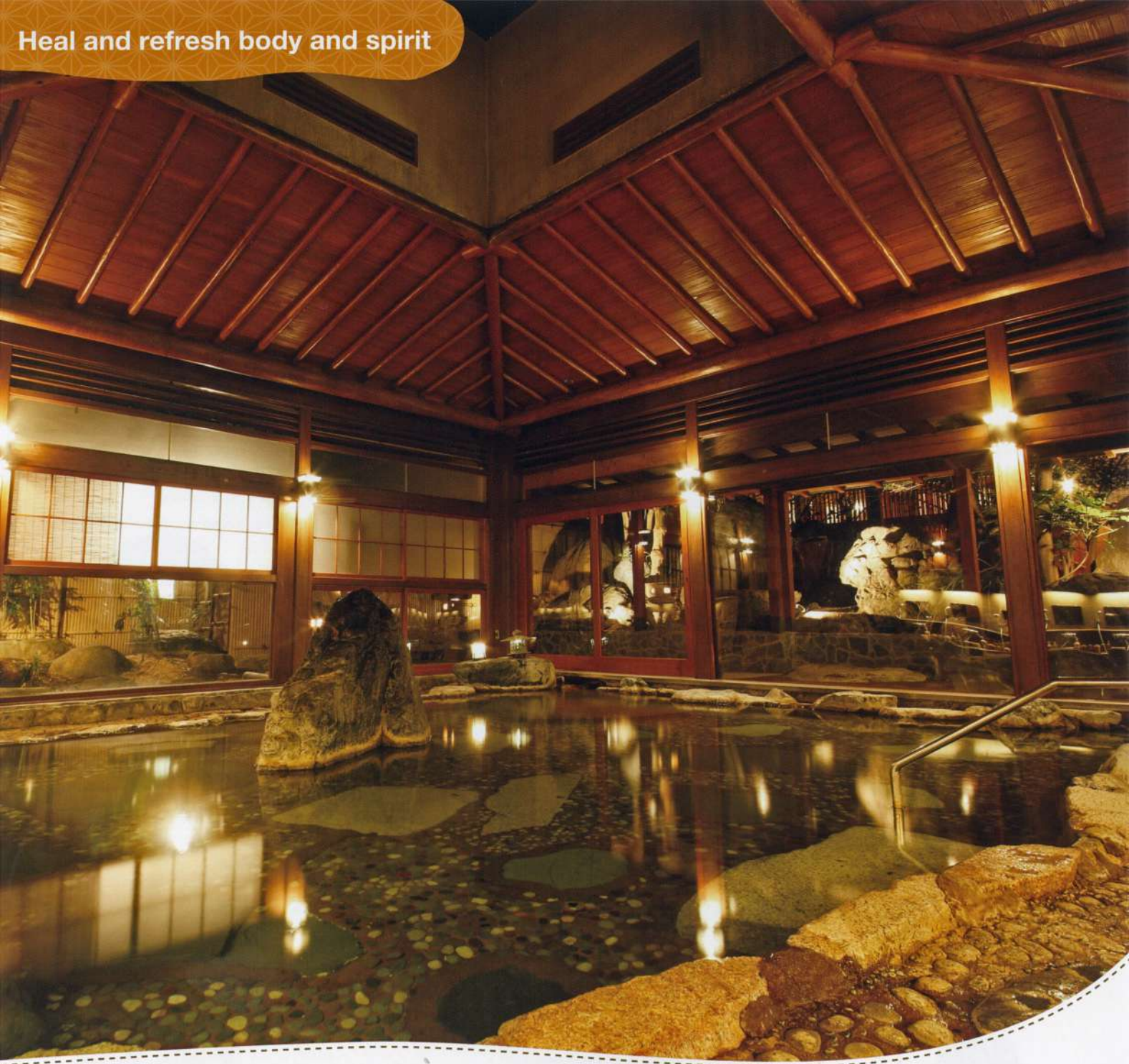
\*Climbing the mountain is prohibited on days of heavy rain or snow accumulation.

\*Please note that we cannot be responsible for loss of money or other valuables, or for injuries, on the paths formerly used by ascetics and pilgrims. Please be aware of these risks and take the necessary steps to prevent any issues.

Check the Web for the latest information.







## Misasa Onsen

Heal and refresh body and spirit

As is evident in the concept of healing the six senses, bathing in the hot springs at Misasa Onsen has deep significance for health and relaxation. Firstly, according to the legend of the White Wolf, Bodhisattva Myoken told Okubo Samanosuke about the location of a hot spring (Kabuyu, P. 10). In Japan, people hold gifts from the Shinto and Buddhist deities in high regard, and this hot spring is no exception: its waters were known from the beginning for their healing powers. A legend passed on from long ago says that all manner of illness will be cured on the morning of the third day of soaking in the hot spring. For this reason, “Misasa” or “three mornings” here is a reference to regaining one’s health. The hot springs at Misasa also have another trait: three different ways to enjoy the spring baths. These are: soaking in the waters, inhaling steam/taking a steam bath, and actually drinking the water\*1.

For these three reasons taken together, the area’s hot springs are well-known for an even greater healing effect. Some visitors come to soak in the hot springs for health care reasons, while others come simply for rest and relaxation.

Though Misasa is a small hot spring town, visitors are treated to a truly authentic experience that they can only get here. We believe that this is a place like no other to relax and refresh both body and spirit. Misasa’s hot springs are also highly unusual—not only in Japan but around the world—for their radon content, described on the following page.

\*1 The spring water can be drunk in three places: Yakushi-no-yu, Misasa-jinja Shrine, and Kabuyu. Please do not drink the bath water.



## What's radon?

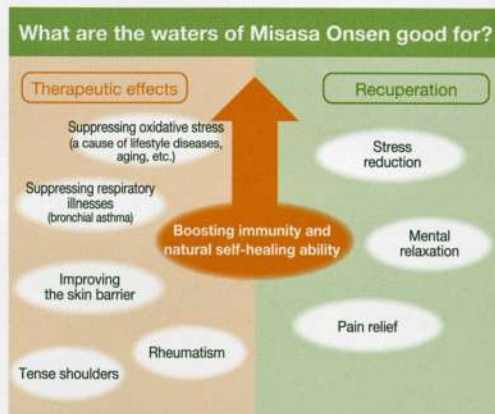
Radon is an inert gas released when radioactive radium isotopes decay. When radon degrades, it emits radioactivity at the extremely low levels found in nature, which means that it does not harm the human body. In fact, it is known that trace amounts of radiation activate the cells of the body, rendering a positive impact on health by boosting immunity. This phenomenon is known as radiation hormesis.



Yasuo Morio  
Hospital Director  
Misasa Onsen Hospital

## Health benefits of Misasa Onsen

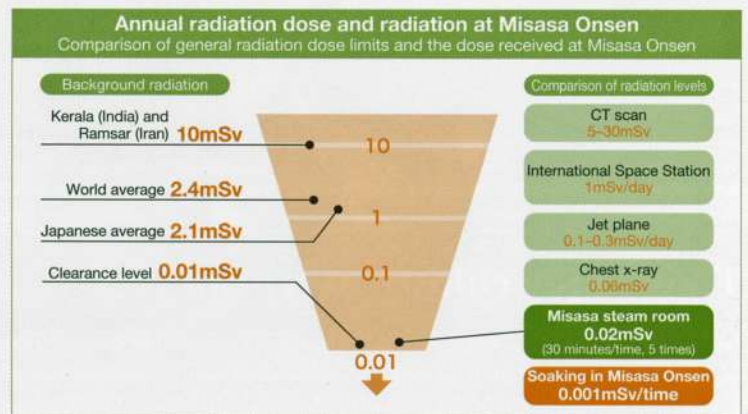
The Hormesis effect has been observed at Misasa Onsen to activate cells and boost immunity and natural self-healing ability. Further, a research report from Okayama University identifies the following potential effects (Radon and Related Research Results Report, 2012).



## Is radon safe?

As noted by Dr. Morio, the amount of radiation absorbed by the body is extremely low, but let's take a close look. Firstly, the amount of radiation that the body is exposed to by soaking in the baths at Misasa Onsen one time is 0.001mSv. By comparison, the amount an individual receives in a single chest x-ray is 0.06mSv, and 0.1mSv per day on an airplane. Since the amount is lower than either getting an x-ray or riding in an airplane, guests can feel at ease soaking in the hot springs of Misasa.

(Dr. Ishimori, *Animal Study on Biological Responses by Radon Inhalation Making Use of Waste Rock Which Contains Feeble Activity of Uranium*, JAEA-Research 2013-005)



## Bathing at Misasa Onsen

Drawing on the experience of the local people over many years, we have identified the optimal way to bathe in the hot springs of Misasa, outlined below. Give it a try!

### Temperature/time in hot spring baths



5-7 minutes at 40-41°C



You get even better results by stretching joints such as your legs, back, knees, wrists, etc.



5-7 minutes at 40-41°C

### Foot bath



10-30 minutes at 39-43°C

## Information on public baths

Hot spring bath facilities including the popular open-air Kawaraburo Public Bath, located along the river, and other public baths are available. There are also *ryokan* with day trip spring programs. (See the following page.)



**Tamawari-no-yu**, a gift from a bodhisattva

Hours: 10:30-22:00  
Admission: ¥550



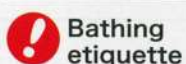
**Kabuyu**, the location where the hot springs were first discovered

Hours: 8:00-21:45  
Admission: ¥350 \*Be careful, the water's hot.



**Kawaraburo Public Bath** (open-air baths)

Hours: Open 24 hours  
Admission: Free of charge



### Bathing etiquette

To ensure that the hot spring experience is fun for everyone, please follow the general rules of hot spring bathing, as well as simple common sense. Check the signs before entering the baths, and inquire with the Tourist Information Center if you have any questions (see back of flyer for contact information).

Check the Web for the latest information.







## The unique culture of *ryokan*

Traditional Japanese-style *ryokan* inns are about much more than accommodation, as guests are also treated to various aspects of traditional Japanese culture such as gourmet *kaiseki* cuisine, hot springs, and signature Japanese hospitality. Each *ryokan* has a different atmosphere and outlook for guests to enjoy. These inns are an opportunity to get a sense of old Japanese culture, and you're sure to bring home some great memories. Hot spring day-trip programs—ideal for onsen hopping—are also available, so why not check out many different *ryokan*? You won't regret it.

## *Kaiseki*, a cuisine to be enjoyed with six senses

Incorporating ingredients of the four seasons, *kaiseki* cuisine is an agglomeration of techniques used in Japanese cuisine. This type of food is to be enjoyed with all five senses: that is not only for its flavor but for its aroma, which stimulates the appetite, and for its beautiful arrangement. This special food experience not only makes the traveler's trip better—it actually has the power to inspire. This is why we believe that, like the hot springs, *kaiseki* also heals the six senses.



## Day trip hot spring visits at ryokan

Fresh

### Water flows in a constant stream directly from the hot spring

For a safer bathing experience, the baths are supplied with a constant flow of fresh spring water, and no water overflowing from the tubs is re-used. (Note that some *ryokan* use both fresh and filtered water to maintain their particular environments.)



An open, expansive atmosphere

### Open-air baths

Immersing yourself in the beauty of nature of the four seasons innate to Japan, and at the same time soaking in a hot spring, is the ultimate luxury. People have been drawn to hot springs in nature since ancient times. Don't miss the chance to try it yourself!



Tattoos acceptable

### Reservable private bath

Enjoy a completely private space where you can take in a wonderful moment with a special person or your family. Though many facilities do not admit individuals with tattoos, reservable private baths are the exception.



A rarity

### Hot springs coming from under the baths

Because the hot springs of Misasa are shallow, the fresh spring water, which has never been exposed to air, comes up through the bottom of the baths—a rarity even in Japan. Ordinarily, hot springs of this kind are found at *ryokan* specialized in hot-spring cure, or are limited to staying guests.



### List of *ryokan* offering day-trip programs

\*Additional charges apply for reservable open-air and indoor baths (reservations required).

\*Admission includes taxes. \*Please bring your own towel.

\*Elementary school age children and toddlers (age 3 to elementary school) admitted for half the adult rate. Infants (age 2 and under) enter free.

#### Kiya Ryokan

<http://www.misasa.co.jp/english/>  
Tel: +81-858-43-0521  
Hours: 11:00–15:00  
Admission: ¥1,000

#### Misasakan

<https://www.misasakan.co.jp/>  
Tel: +81-858-43-0311  
Hours: 11:00–21:00  
Admission: ¥1,000

#### Nakaya

<http://www.misasa-spa.com/>  
Tel: +81-858-43-0859  
Hours: 11:00–15:00  
Admission: ¥500

#### Keisenkaku

<http://www.keisenkaku.com/>  
Tel: +81-858-43-0828  
Hours: 10:30–21:00  
Admission: ¥900

#### Blancart Misasa

<https://www.blancart.jp/>  
Tel: +81-858-43-2211  
Hours: 11:00–17:00, 18:00–21:00  
Admission: ¥660

#### Saiki Bekkan

<https://yukai-r.jp/saikibekkan/>  
Tel: +81-570-550-391  
Hours: 11:00–21:00  
Admission: ¥1,500

#### Seiryuso

<https://www.seiryuso.net/>  
Tel: +81-858-43-0321  
Hours: 11:00–21:00  
Admission: ¥800

#### Izanro Iwasaki

<https://izanro.co.jp/en/>  
Tel: +81-858-43-0111  
Hours: 11:00–15:00 (Saturdays, Sundays, and holidays)  
14:00–21:00 (weekdays) Admission: ¥1,500

#### Mansuiro

<https://www.mansuiro.co.jp/en/>  
Tel: +81-858-43-0511  
Hours: 15:00–21:00  
Admission: ¥1,000

#### Ryokan Ohashi

<https://www.o-hashi.net/en/>  
Tel: +81-858-43-0211  
Hours: 15:00–21:00  
Admission: ¥1,500

#### Koraku

<http://www.misasa-kouraku.co.jp/>  
Tel: +81-858-43-0711  
Hours: 15:00–19:00  
Admission: ¥800

#### Misasa Garden Hotel

<https://misasagh.jimdofree.com/>  
Tel: +81-858-43-1511  
Hours: 11:00–14:00, 16:00–20:00  
Admission: ¥500

#### Hashizuya

[http://www.hashizuya.co.jp/lq\\_en/](http://www.hashizuya.co.jp/lq_en/)  
Tel: +81-858-43-0719  
Hours: 15:00–20:00  
Admission: For adults, ¥2,200 or ¥3,300 (per 45 minute session/per room)

#### Hotel To-enkan

<http://www.misasa-to-en.jp/>  
Tel: +81-858-24-6200  
Hours: 15:00–21:00  
Admission: ¥500

#### Iwayu Ryokan

<https://www.iwayu.jp/>  
Tel: +81-858-43-0124  
Hours: 15:00–21:00  
Admission: ¥600

#### Meijiso


<https://www.meijisou.co.jp/eng/index.html>  
Tel: +81-858-43-0234  
Hours: 15:30–21:00  
Admission: ¥500


#### Yuraku


<https://www.misasa.info/>  
Tel: +81-858-43-1121  
Hours: 16:00–21:00  
Admission: ¥500


Check the Web for the latest information.



 Water flows in a constant stream directly from the hot spring

 Open-air baths

 Reservable private bath

 Hot springs coming from under the baths



## 1 Petit Shop

This little grocery store is conveniently located in the central districts of the hot spring area. The store offers daily goods as well as gift items from Misasa (cosmetics and other products), local sake, *tochimochi* horse chestnut rice cakes, etc.

Hours: 9:00-21:00  
Closed: Tuesdays



## 2 Ogiya

This tiny shop offers souvenirs, local handicrafts, etc. And the shop cat is very popular! Lots of people take pictures with the kitty.

Hours: 7:00-21:30  
Closed at irregular times



## 3 Nanen-ji Temple

Legend has it that a certain Buddhist monk from Kyoto once stayed at Misasa Onsen, where he was cured of an illness. It is said that he built this temple in gratitude. People come to visit this small temple to see the hydrangea in the summer and the changing leaves in the fall. It has a unique appearance thanks to its distinctive gate and ogre roof tiles, which look different depending on the angle at which you view them.



## 4 Misasa Violin Museum

<http://misasavm.com/>

This museum is a must-see for violin lovers. The bamboo violin on display is an especially unusual piece. There are numerous ways to enjoy this museum, including concerts, a hands-on experience making a violin, etc.

Hours: 10:00-18:00  
Closed  
Tuesdays/third Monday of every month



## 5 Koitani Bridge

This place, known as the Vallée de l'Amour in French (Valley of Love in English), draws numerous visitors hoping to find their life partner. It's the tradition here to write your wish on wooden votive tablets called *ema* (available for purchase at the Tourist Information Center). And the story goes that if you rub the *kajika* frog statue, it will bring you good luck.



## 6 Matsunoya

This shop selling *tochimochi* horse chestnut rice cakes, a local specialty of Misasa, was established in 1933. These cakes are popular for their highly unusual flavor, so they tend to sell out early. It's a good idea to pick up yours early.

Hours: 7:00-20:00  
Closed at irregular times



## 7 Fujii Shuzo

This is Misasa's only sake brewery. The sake here is so good that it has been awarded the Gold Medal at U.K. wine contests. The vintage sake is especially well-known, and the fermented rice drink—known to go down easy—is so popular that at times the brewery is unable to keep up with demand. Hours: 9:00-22:00  
Open daily year-round



## 8 Suha Hot Springs (radon hot steam baths)

Guests get the unique experience of breathing in the hot spring waters in the radon hot steam baths. Enter the steam room—where the radon has dispersed into a mist—warm up, and inhale the mist to bring the radon inside the body. Hours: 10:00-18:00  
Closed: Tuesdays  
Admission: ¥1,000-¥2,000



- Restaurants (For details refer to P. 11-12).
- Accommodation
- Public baths/Drinkable spring water/Footbaths
- Onsen District Galleries
- Shops/Convenience stores
- Parking lots
- ATM
- Roads
- Pedestrian paths

## 9 Yakushi-no-Yu

This footbath is said to be watched over by the Yakushi Nyorai (Bhaisajyaguru), symbol of a legend that says those who come to the Misasa Onsen will recover from illness. The spring water is drinkable, and we recommend that you give it a try!



## 11 Enomoto Traditional Crafts

The artisans of this small studio produce chestnut tree workmanship. Visitors also find it interesting to chat with the resident artisan, who talks up a storm in the local accent. Items for sale include meticulously-crafted chopsticks, tea bowls, and more. The shop gets many repeat customers for its quality, reasonably-priced wares.



## 10 Yu-no-Mura Gallery

Decorated with Japanese traditional *washi* paper lanterns, this small gallery is also a fun place to visit at night. There are also regularly scheduled classes where visitors can try their hand at making the lanterns.



## 12 Izumi Gorakujo Amusement Place

It's like you've slipped back in time to a long-forgotten era. Enjoy your evening in the hot spring district playing nostalgic old-fashioned games such as *shateki* (toy gun shooting) and smartball (a kind of pinball).



One time/¥500  
Hours: 15:00-22:00





**17 Kajikawa's Barber Shop & Museum**


This is an old-fashioned barber shop, complete with the owner's collection of vintage tools on display. The place is frequented (and recommended) for men who want to feel refreshed with a shave or a quick cut.

Hours: 8:00-19:00  
Closed  
Mondays/third Tuesday of every month



**18 Misasa Kouta Statue**


A song called "Misasa Kouta" was written in 1927, followed by a silent movie set in Misasa of the same name released in 1929. This statue depicts the two main characters having a conversation at Misasa Bridge. The original film has been preserved and restored such that it can still be screened even today.



**19 Jinsho-no-Yakata Museum**

This museum provides an overview of the Hanayuki Festival, held annually in May. The main event of the festival is the Jinsho, a tug of war between large ropes (measuring 80 meters and weighting 2 tons) made of two wisteria ropes tied together.

Hours: 8:30-21:00  
Closed: Thursdays



**20 Shop Bocha Bocha**

This shop sells Misasa souvenirs including sweets, cosmetics (the most popular being Misasa Mist), and other local items.

Hours: 9:30-21:00




**21 Misasa-jinja Shrine**

This shrine is known as the protector of Misasa Onsen. Especially noteworthy is the fact that the water visitors use to purify themselves before entering, the Kami-no-yu, comes from a hot spring on the grounds of the shrine. It is said that people who drink the waters of the spring and pray for good health at the same time get even better results. There are also special events in the spring and fall featuring Japanese traditional washi paper lanterns, creating a wonderfully mysterious atmosphere.



**22 Kabuyu**


According to the Legend of the White Wolf, the Misasa hot springs were discovered here in 1164. Legend has it that Myoken Bodhisattva told Okubo Samanosuke that there was a hot spring under a stump, in gratitude for the latter having saved the White Wolf. At present the spring is a symbol of the town's history. Its waters tend to be very hot, and in addition to the regular baths there is also a footbath, spring water drinking area, and a statue to the legend of the White Wolf.



**13 Terifuriya**

Offering old-style Japanese candy, this shop evokes a bygone era. Sample the kinds of candies that Japanese kids love, and at the same time remember when you were a kid.

Hours: 8:30-21:30  
Closed at irregular times



**15 New Lucky Theater**

This theater, once a strip club, currently hosts *rakugo* (traditional Japanese comedy) performances as well as screenings of the silent movie "Misasa Kouta." In a reminder of the past, photos dating from the time when the place was a strip club can be seen from the outside of the building.



**23 Furusato Kenko Mura (Village of arts & crafts)**

The Santé Tea House offers not only local products and handicrafts, but also the highly recommended natto (fermented soybeans)-on-rice dish (Kami no Shokutaku). Visitors can also try their hand at making natural-tone coasters on a traditional loom.

Hours: 8:30-17:30  
Closed: Tuesdays



**14 Tokumoto**

This shop sells souvenirs featuring delightful motifs such as Japanese traditional *washi* paper, *kajika* frogs, etc. Come here if you're looking for something cute.

Hours: 7:30-22:00



**16 Chokoku-no-yakata Sculpture Gallery**

This is a highly unusual gallery even in Japan. The sculptures created here are made of tofu allowed to dry and harden first. Sculptures include the Nageire-do Hall at Mt. Mitoku, Misasa's most well-known sightseeing spot, Buddhist statues, and more.



**24 Kajika-no-Yu**

These footbaths are located between Misasa Bridge and Furusato Kenko Mura (Village of arts & crafts). This place is beautiful at sunset, so we recommend evening for a visit. In the springtime, it's truly wonderful to take in a footbath while gazing at the cherry blossoms.





## Experiencing Japanese culture through food

*Kaiseki* cuisine is explained as a kind of art, maximizing the artistic expression by drawing on the ingredients of the seasons and the techniques of *kaiseki* artisans. But wonderful food can be enjoyed not only at *ryokan*-style inns but also at other places in the area. At restaurants in the town, visitors have the opportunity to interact with local residents, and experience the day-to-day lifestyle of the people of Misasa. They can also get a taste of the atmosphere of the Japanese countryside and comfort food. Try the signature dishes of the various restaurants as you get a feel for the hospitality of the local people, and heal your heart and mind taking in the heart-warming nostalgic atmosphere of Misasa. You might even want to make Misasa your second home!



## Misasa local specialties

We recommend trying local specialties using ingredients produced in Misasa, so that you get a taste for the appeal not only of the hot spring area but for the whole of the town.

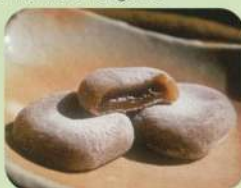
### Kami no Shokutaku

This light food incorporates soybeans grown in the village of Kannokura, located near the incredible natural setting of Oshika Valley. It's highly recommended for breakfast and lunch. The tofu, natto, and miso served here are made with the soybeans of Kannokura, while the rice is also grown in Misasa—together creating a wonderfully local flavor.



### Tochimochi horse chestnut rice cakes

Eating chestnuts has been a tradition in Misasa since long ago; in fact, the chestnut tree is a symbol of the town. It's unclear from when the chestnut became a local specialty, but the Tanikawa Tengu-do restaurant at Mt. Mitoku has been serving it since the Meiji Period.



### Teramisu

These special sweets, a tiramisu made with Mitoku tofu, are made at Rinko-in Temple on Mt. Mitoku. (Mascarpone is not used). Since it's made at the temple, the name of this confectionery is a play on words ("tera" means "temple" in Japanese). Reward yourself with this sweet after climbing the mountain!





**A Kajikatei**  
 Combination meals, ramen, udon, soba noodles, as well as snacks to go with sake are available.  
 Hours: 11:30–14:00, 18:00–23:30  
 Closed at irregular times  
 Tel: +81-858-43-0351



**H Misasaya Restaurant**  
 This is creative, healthy dining with a focus on local production for local consumption. The homemade flavors here are a must-try. This restaurant also accommodates people with allergies, as well as vegetarians and vegans. Simply call ahead and let us know your request.  
 Hours: 12:00–14:30 (last order: 14:15)  
 Reservations required for nighttime dining  
 Closed at irregular times  
 Tel: +81-858-43-0179



**O Kigi Café**  
 We offer coffee brewed with a siphon coffee maker for the best possible flavor. Open mornings and evenings.  
 Hours: Irregular hours  
 Closed at irregular times  
 Tel: +81-858-43-0521



**B Hana Restaurant**  
 Organ meat fried rice, beef bone broth ramen, homemade gyoza dumplings, deep-fried chicken, etc.  
 Hours: 11:30–14:00, 17:30–22:00  
 Closed: Thursdays  
 Tel: +81-858-43-0006



**I Kiraku Restaurant**  
 We recommend the seafood rice bowl, rice omelet, lunch-of-the-day, etc.  
 Hours: 11:30–14:30, 17:30–22:00  
 Sunday 21:00 (last order: 20:30)  
 Closed: Tuesdays  
 Tel: +81-858-43-0043



**P Rajumuan**  
 Coffee, fruit, vegetables, chestnut soft-serve ice cream (frozen), plus other soft-serve ice cream flavors, etc.  
 Hours: 9:00–18:00  
 Closed at irregular times  
 Tel: +81-858-43-0708



**C Misasa Garden Hotel**  
 Meat or fish special lunch, pasta, shokado bento, hamburger with sauce, etc.  
 Hours: 11:30–14:00 (last order: 13:30)  
 17:30–20:00 (last order: 19:00)  
 Closed at irregular times  
 Tel: +81-858-43-1511



**J Yunoka Hot Spring Hotel and Café**  
 Single-plate lunch, two-curry combination meal, cake-and-soft drink set, etc.  
 Hours: 11:30–14:30  
 Closed: Saturdays and Sundays  
 Tel: +81-858-43-1950



**Q Chadaya**  
 Skirt steak and fluffy-soft okonomiyaki pancake. A number of seafood dishes are also available.  
 Hours: 17:30–25:00  
 Closed: Wednesdays  
 Tel: +81-858-43-0734



**D Tanikawa Tengu-do Restaurant**  
 The dishes served here are vegetable-based, including the mountain vegetable combination meal, mountain vegetable udon, Mitoku tofu, sweet red bean soup with tochimochi horse chestnut rice cakes, tochimochi cakes sprinkled with roasted soybean powder, pickled wasabi Japanese horseradish. We're vegetarian and vegan friendly.  
 Hours: 9:00–17:00  
 Closed at irregular times  
 Tel: +81-858-43-2663



**K Sansui**  
 Offering bento lunches and deli items made by the fishmonger  
 Hours: 9:00–17:00  
 Closed: Sundays  
 (Closed at irregular times)  
 Tel: +81-858-43-0353




**R Gaki Daisho Izakaya Restaurant**  
 Yakitori chicken, à-la-carte dishes, Korean hotpot, tofu steak, etc., cooked by Grandma!  
 Hours: 17:00–23:00  
 Closed: Mondays  
 Tel: +81-858-43-2998



**E Blancart Misasa**  
 Chicken collagen hotpot, chunky seasonal vegetable curry, etc.  
 Hours: 11:30–14:00 (last order: 13:30)  
 Closed at irregular times  
 Tel: +81-858-43-2211



**L Mori-no-ki Café**  
 This shop is known for its delicious unpasteurized fermented rice drink. Selections include an unpasteurized fermented rice drink with drinkable hot spring water and sprouted brown rice, plum juice, and coffee.  
 Hours: 9:00–17:00  
 Closed at irregular times  
 Tel: +81-90-3745-8478



**S Kameya Restaurant**  
 Kameya offers meat or fish-of-the-day combination meals.  
 Hours: 11:00–14:00  
 Closed: Mondays  
 Tel: +81-858-24-5330



**F Santé Tea House**  
 Natto-on-rice made with Kannokura soybeans and Misasa rice, radon noodles, udon and soba noodles. The Kami no Shokutaku combination meal (P. 11) is made with plant-derived ingredients (with the exception of the miso soup bonito broth), so it is vegetarian friendly.  
 Hours: 8:30–17:30 (last order: 17:00)  
 Closed: Tuesdays  
 Tel: +81-858-43-1116



**M Coffee Shop Kajika, Misasakan**  
 Coffee (hot or iced), Tizer, white rose café au lait, black tea  
 Hours: 7:30–18:00  
 Closed at irregular times  
 Tel: +81-858-43-0311



**T Hyotan Izakaya Restaurant**  
 Rice balls, ochazuke (white rice in tea), à-la-carte dishes, home-style cooking. Enjoy your evening!  
 Hours: 18:00–24:00  
 Closed: Sundays  
 Tel: +81-858-43-0602



**G Kawasemi-sajiki Restaurant**  
 Seared main dish selection, including Japanese wagyu beef  
 Hours: 11:30–14:00  
 (advance reservations required)  
 Closed: Wednesdays  
 Tel: +81-858-43-0511



**N Misasatei Café**  
 Breakfast special, sweet red bean soup, special Indian curry, French toast, special homemade pound cake, etc.  
 Hours: 9:30–18:00  
 Closed: Wednesdays  
 Tel: +81-90-9501-3321



**U Miki Izakaya Restaurant**  
 This restaurant's focus is local production for local consumption. Our fish supply comes from nearby waters, and we offer fresh selections at reasonable prices as far as possible.  
 Hours: 17:00–22:30  
 Closed: Mondays  
 Tel: +81-858-43-0233



## Misasa local specialties



Misasa Rice

Misasa rice has ranked "Special A," the highest rank, for four years in a row in national rice rankings. The rice cooks up to be a brilliant white with a high gloss, and a pleasantly sticky, slightly-soft texture.



Sake/sweet fermented rice drink

The local sake—well-known and loved in the area since long ago—is produced at the single brewery operating in the hot spring district, which continues to hold true to traditional methods of sake-making. The sweet fermented rice drink is meticulously crafted with the brewery's own rice malt.



Kannokura soybean foods

Misasa Kannokura soybeans have been cultivated since long ago by generations in the village of Kannokura, located to the south of Mt. Mitoku. The soybeans, grown exclusively in Misasa, are an ingredient in various food products including tofu, soy milk, natto, dorayaki confectionaries, and more.



Japanese pears

Japan's Nijisseiki pear, a juicy fruit symbolic of Tottori Prefecture, is an early-fall flavor with a satisfyingly crisp texture.

Check the Web for the latest information.





## Central Tottori Prefecture (about 20 minutes)



### White walled storehouses/ red-roof tiles

Scenic views of the old town, such as old-fashioned storehouses and the residence of the village headman, have been preserved to retain the old look of Kurayoshi. If time allows, also visit the Tottori Nijisseiki Pear Museum—an opportunity to learn about Tottori pears. For details, inquire with the Kurayoshi Shirakabe Dozo-gun Information Center.

Hours: 8:30–17:15

Hours may be shorter during the end-of-year/New Year holiday

Tel: +81-858-22-1200

URL: <https://www.kurayoshi-kankou.jp/eng/>



### Enkei Gekijo Kurayoshi Figure Museum

As Japan's oldest existing rotunda building, this structure has been re-opened as one of Japan's largest museums showcasing figures of animals, anime characters, and much more. It houses some 2,000 works by a leading Japanese figure manufacturer. The high quality is a must-see!

Hours: 9:00–17:00

(extended to 18:00 from July–September)

Closed: Open daily year-round

Tel: +81-858-27-1200

Admission: General admission including high school students: ¥1,000, Elementary and junior high school students: ¥500, Pre-school age children: Free



### Gōshō Aoyama Manga Factory

This museum is located in Hokuei-cho, where Gōshō Aoyama, author of the well-known Detective Conan series, was born. Exhibits include materials and original drawings by Aoyama. Also visit the nearby Conan Street to see Conan art objects.

Hours: 9:30–17:30 Tel: +81-858-37-5389

Closed: Open daily year-round

\*Doors close 30 minutes prior to closing time.

Admission: Pre-school age children: Free, Elementary school students: ¥300, Junior high and high school students: ¥500, Adults: ¥700

\*Present your passport or Resident Card to get a ¥100 discount.

\*Present your ticket at the reception desks. Visitors may exit and re-enter the facility on the date of ticket purchase only.

## Eastern/Western Tottori Prefecture (about 1–1.5 hours)

### Tottori Sand Dunes



These are some of Japan's largest sand dunes, rolling 16 kilometers in the east-west direction and about 2 kilometers in the north-south direction. These huge, majestic dunes were formed over tens of thousands of years by the forces of the sea and wind. Don't miss the unique mysterious view of the dunes. Activities such as paragliding and sandboarding are also popular choices.

### Uradome Coast



Considered a "Japanese garden of the sea," the Uradome Coast is a must-see when you visit the Tottori Sand Dunes. Walking along the trekking course, you feel as if you're on a private beach. Take a rest and enjoy the view, or try an activity such as clear kayaking. There are lots of ways to have fun! We also recommend the island tour boats.

### Daisen-Okii National Park (Mt. Daisen)



Daisen-Okii National Park is Japan's largest national park, where majestic mountain ranges capture the hearts of everyone who witnesses them. It is home to the Chugoku region's highest peak, at an altitude of 1,709 meters. In spring and summer the region comes alive with greenery, is ablaze with the colors of the changing leaves in the fall, while snow decorates the peaks in winter. Take in spectacular scenery throughout the four seasons.

### Shoji Ueda Museum of Photography



This is a museum dedicated to world-renowned photographer Shoji Ueda, known for his unique methodology for arranging his subjects as statues. His style is known as "Ueda-cho" outside of Japan.

Hours: 9:00–17:00

Closed Every Tuesday (the next day where a national holiday falls on a Tuesday)

\*The museum is closed from December 1 through the end of February.

\*The museum is closed during periods where exhibits are being changed.

Tel: +81-859-39-8000

General admission: ¥900, High school and university students: ¥500, Elementary school and junior high school students: ¥300

### Mizuki Shigeru Road



The Mizuki Shigeru Road stretches some 800 meters from Sakaminato Station to the Mizuki Shigeru Museum. Take in the magical world of Mizuki Shigeru, including charming yokai bronze statues, Yokai-jinja Shrine, and more. And you might just run into the Gegege no Kitaro family as you go along!



Misasa Onsen is a convenient base from which one can visit numerous sightseeing spots. If you stay for a while, you have the opportunity to take in authentic Japanese culture at the following places. All can be reached within three hours or less.

**Izumo-oyashiro (Izumo-taisha) Shrine**



Walk through the long approach lined with pines to Izumo-oyashiro (Izumo-taisha) Shrine. The current main hall, a National Treasure and primary example of the *taisha-zukuri* architectural style, was built in 1744. The shrine is dedicated to Okuninushi no Okami, also known as Daikoku, who is well-known as the deity of marriage.

**Matsue Castle**



Beautiful Matsue, known as the "city of water," retains much of the character of the Edo Period. Watch the sunset over Lake Shinji, take a sightseeing boat along the canals surrounding the deep forest of Matsue Castle (a National Treasure), or take a walk around Shiomi Nawate and visit the residence and museum of Lafcadio Hearn.

**Adachi Museum of Art**



In addition to the art museum collection, the Japanese gardens at the Adachi Museum of Art are not to be missed. The spectacular scenery moves and inspires the visitor as it changes throughout the four seasons. It's as if you're looking at a painting!

**Kurashiki, Okayama Prefecture**



**Okayama Castle**  
Okayama Castle, also called Ujo or "Crow Castle," is known for its jet-black *tenshu* (highest tower). Enjoy a spectacular view of the Asahi River from the top, along with a 360-degree panoramic view of the Okayama Korakuen Gardens and the city districts.

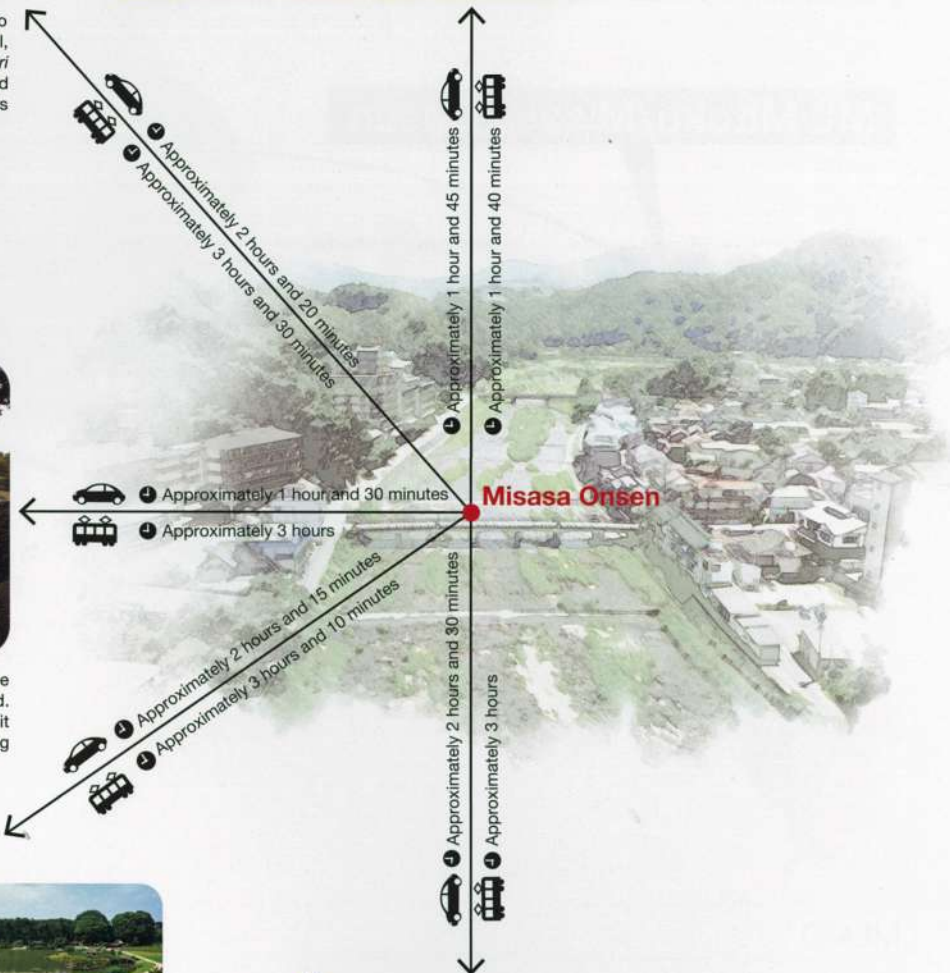
**Okayama Korakuen Garden**  
Entering these gardens is like slipping back in time to the Edo Period to visit an entirely different world. Take in the flowers of the four seasons, and also enjoy traditionally Japanese seasonal activities like tea leaf picking, moon viewing, etc.

**Kurashiki**  
The appeal of this area lies in its townscape made up of traditional buildings, and retro-modern scenery along the Kurashiki River. Visit the stylish shops offering Kurashiki brands including Kurashiki Denim, or a traditional *machiya* building renovated into a café. You can spend the day here and never get bored!

**Himeji Castle**



Access to Japan's most famous castle is highly convenient. This is a highly recommended day trip for guests staying a few nights at Misasa Onsen. Alternatively, you can choose to go from Himeji to Misasa Onsen, which is roughly 2.5 hours by car. There is also a train running from Kurayoshi Station to Himeji Station.

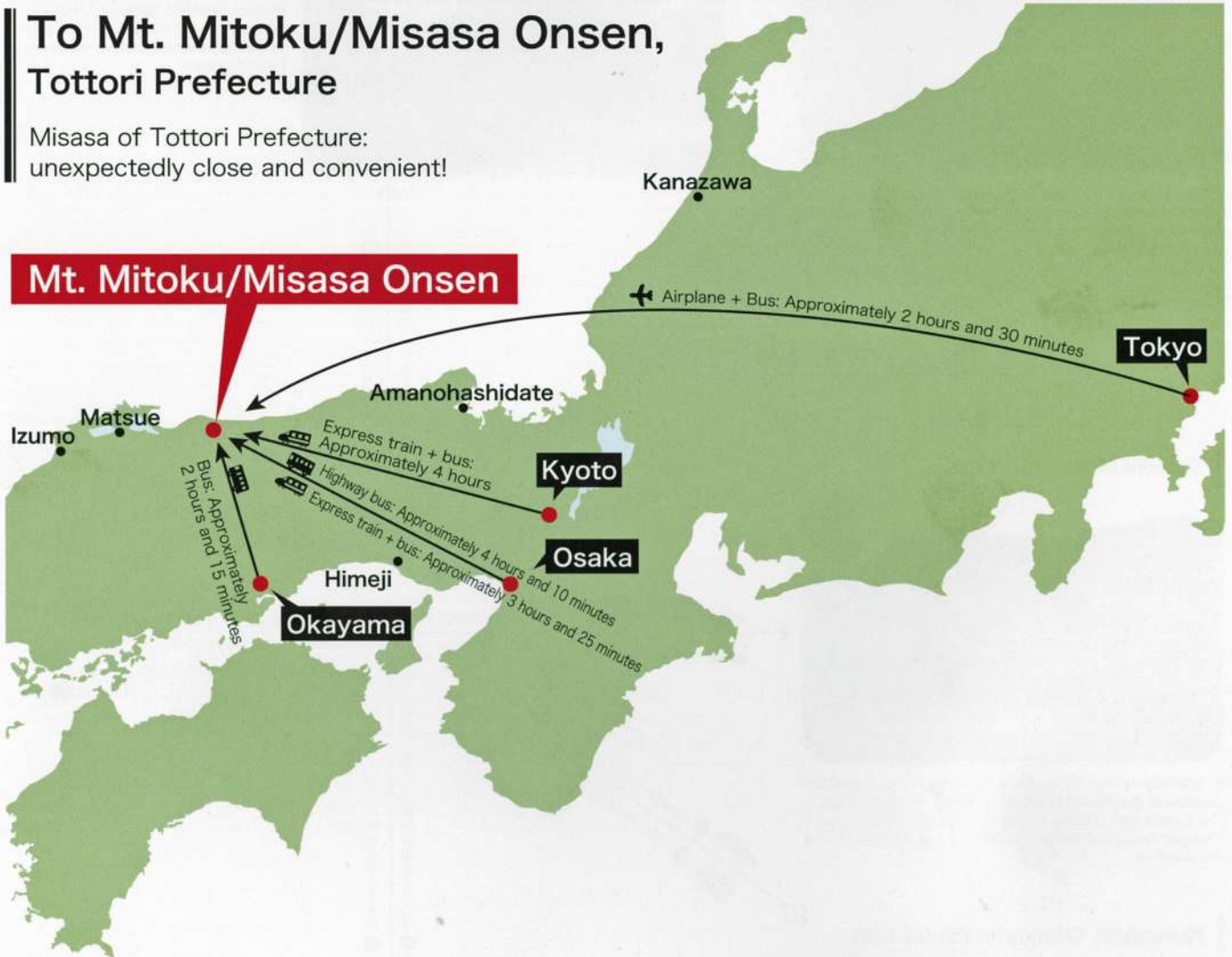






## To Mt. Mitoku/Misasa Onsen, Tottori Prefecture

Misasa of Tottori Prefecture:  
unexpectedly close and convenient!



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### Misasa Onsen Tourism Association (Tourist Information Center)

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Tottori, 682-0123  
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Fax: +81-858-43-0430  
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