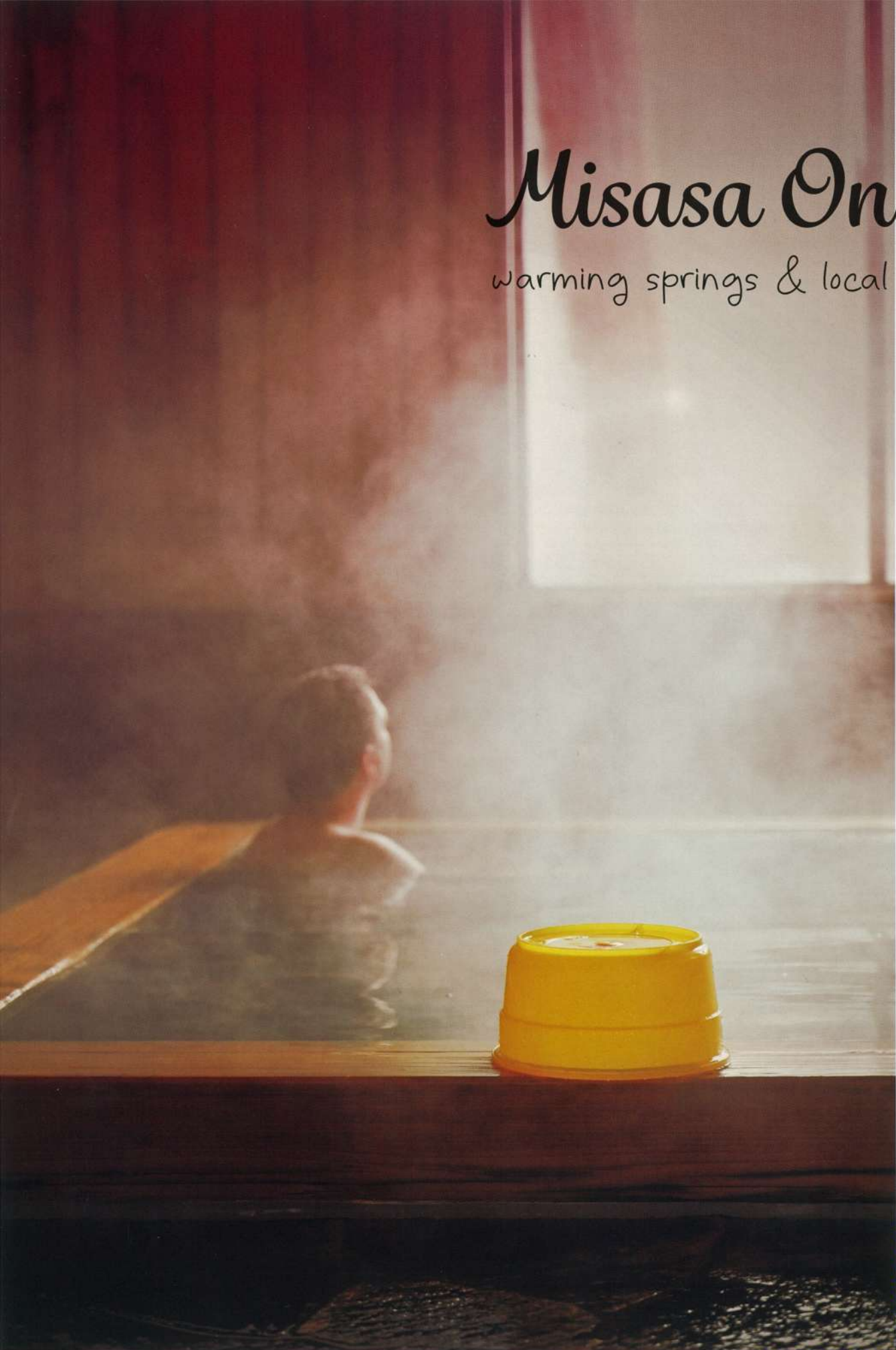
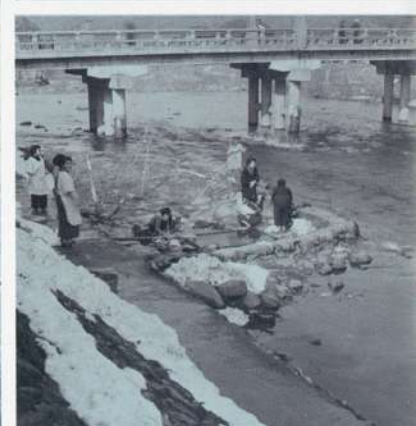
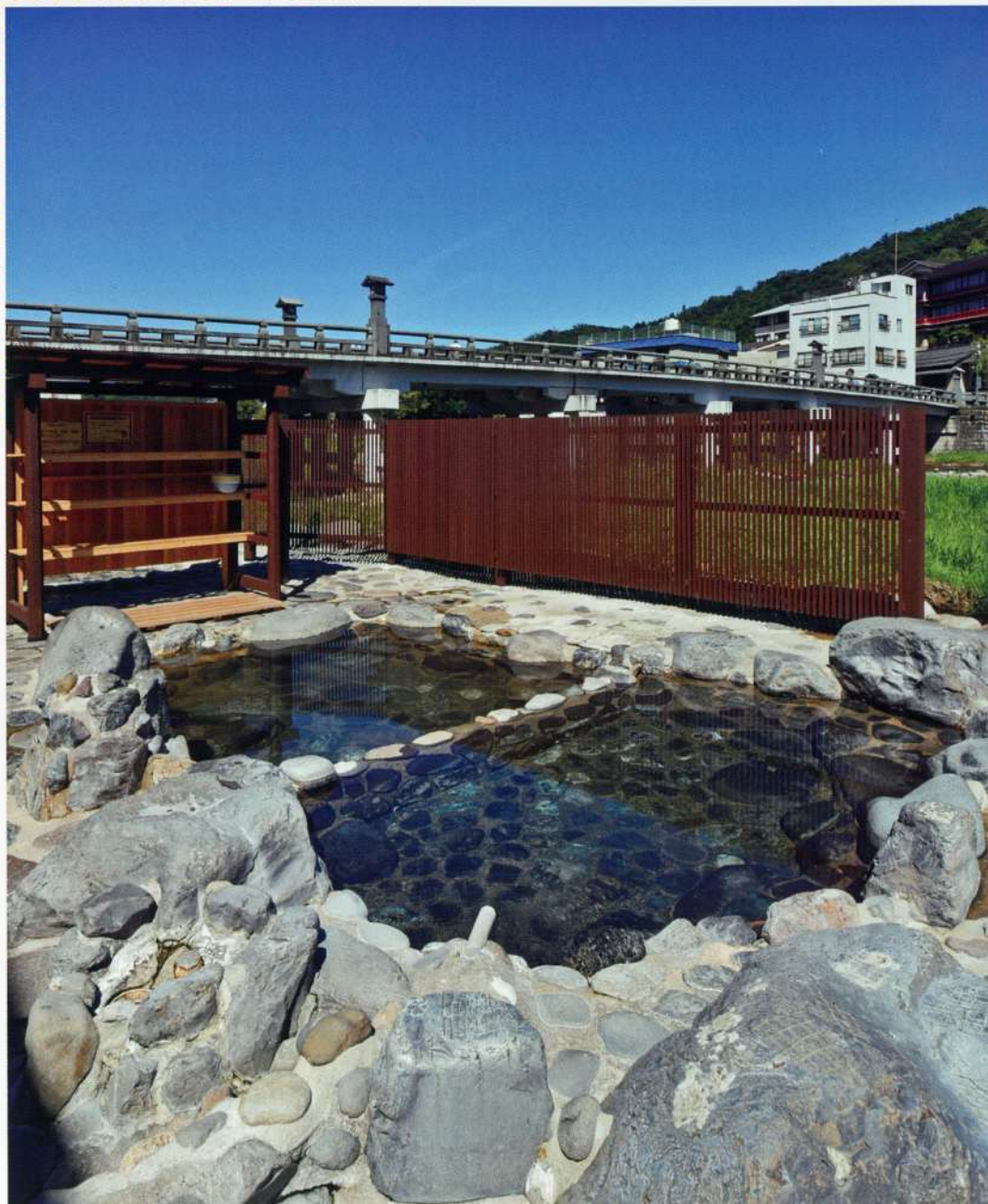


Misasa Onsen

warming springs & local charm





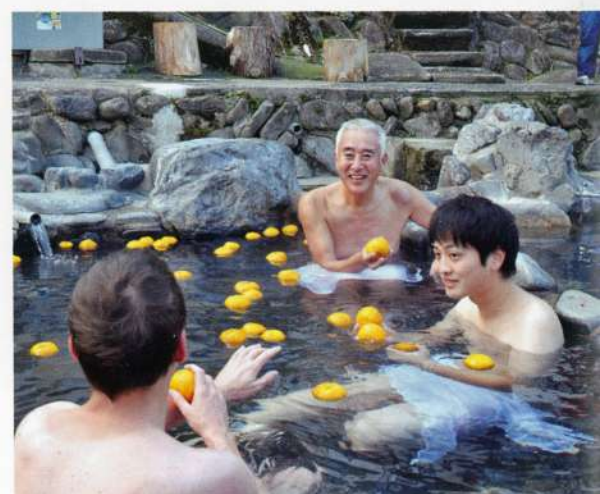
"Three mornings"

The origin of the name "Misasa," which means "three mornings," means that a person will feel good after three mornings of bathing in the *onsen*, thanks to the health benefits of these waters. The *onsen* springs help not only with physical health, but also offer a spiritual experience as they heal the mind and emotions. *Onsen* are very familiar to the people of Misasa, and the Kawaraburo, a riverside open-air bath, has long been a favorite spot for the people of the area.

A warm bath is a great way to get to know local people.

To take in the local flavor and get a chance to talk to the locals, try out baths other than those at the *ryokan*, such as the Kawaraburo, or the public baths such as the Tamawari-no-Yu or the Kabuyu.

People are drawn to Misasa Onsen for different reasons. Some come to relax just for a night, while others stay for a longer period to benefit from the healing properties of the waters. Come discover your own special version of the Misasa Onsen experience.



How to enjoy Misasa Onsen

One of the great things about Misasa Onsen is the fact that there are many ways to enjoy the place. It has everything from local public baths to top-class traditional Japanese *ryokan* inns, as well as spring water for drinking, foot baths, steam baths, etc., all of which relax body and mind. Try it all and find out what you like best at Misasa Onsen!



Taking a break at Misasa Onsen

Relax and feel refreshed in the restful waters of Misasa Onsen. Soaking in the *onsen* has many benefits, including easing pain, stress relief, as well as relaxation, all of which are apparent the moment you enter the water. The visitor quickly gets a warm sensation from inside out, along with a quiet and peaceful feeling.

Having a bottle of milk after coming out of the bath is another way to experience Japanese *onsen* culture, the idea being to release any fatigue from your day of sightseeing or a long trip. Take it slow and easy, and forget about the pressures of time for a while.



Time just for you

Misasa Onsen has a long history as a medicinal *onsen*, making it ideal for people coming for health reasons.

In addition to garnering the beneficial effects of the *onsen* themselves, take an invigorating walk in the town's magnificent natural surroundings. Some parts of the town also retain a traditional, nostalgic look and atmosphere. Explore these places at your own pace as part of a mind-body healing experience.

Re-discover how to enjoy sightseeing—by making it all about your well-being!

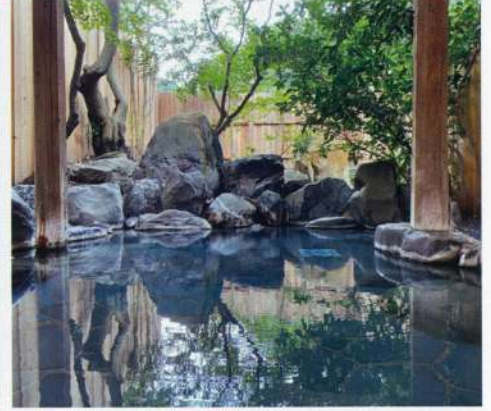


A spiritual experience

Besides Misasa Onsen, the other major sightseeing spot in Misasa Town is Mount Mitoku, and the two are closely linked historically and culturally.

The visitor purifies body and mind by making the difficult pilgrimage up Mount Mitoku's rocky slopes, which is said to mark a new beginning for those who succeed in doing it. This authentic experience has remained unchanged over the centuries.

First, soak in the waters of Misasa Onsen to heal mind and body, and then follow this with a pilgrimage to Mount Mitoku to purify yourself both physically and spiritually. Finally, take another bath at Misasa Onsen to complete the cycle. This is a one-of-a-kind experience that you can only find at Misasa! The history connecting Misasa Onsen and Mount Mitoku has also been named Japan Heritage.



- 1 Izanro Iwasaki 1 | 2 | 3
- 2 Misasakan 4 | 5 | 6
- 3 Mansuiro 7 | 8 |
- 4 Hashizuya
- 5 Ryokan Ohashi
- 6 Seiryuso
- 7 Chikuma Ryokan
- 8 Kiya Ryokan

Good to know

Q Are the waters hot at Misasa Onsen?

A Temperatures at the different sources range from 50–70°C. These temperatures are adjusted to between 40–41°C to make the water more suitable for bathing. Soaking too long in the hot *onsen* waters can be hard on a person physically. About 5–7 minutes is considered appropriate. Also be sure to drink water and take a rest after coming out of the bath.

Q Can I wear a bathing suit?

A It's best to enjoy *onsen* in the nude. There is a saying in Japan that talks about "Getting to know someone naked."

Q What's unique about Misasa Onsen?

A Misasa Onsen, a prime example of radioactive spring waters, contains radon, which is rare not only in Japan but around the world. Radon is a naturally-occurring gas contained in these waters. Yet the amount is so tiny that it does not negatively impact health.

Q Can I wash my hair in the *onsen*?

A According to *onsen* etiquette, it is considered bad manners to get your hair or items such as towels in the water. Wash your hair when you take a shower before entering the bath.

Feel free to make any inquiries about Misasa Onsen.

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