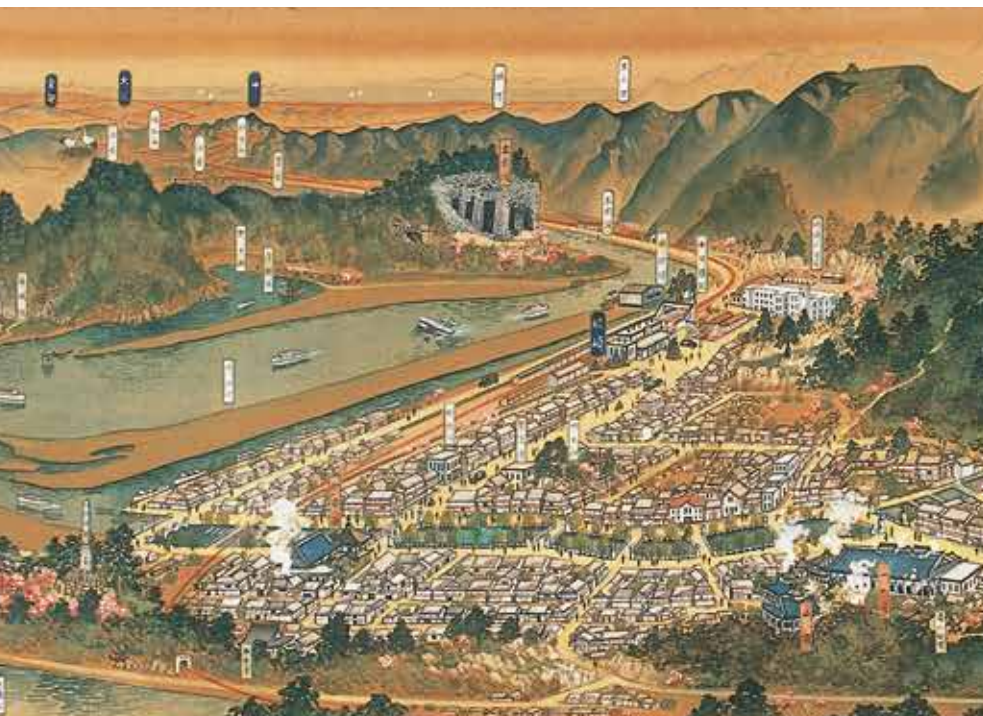


KINOSAKI ONSEN

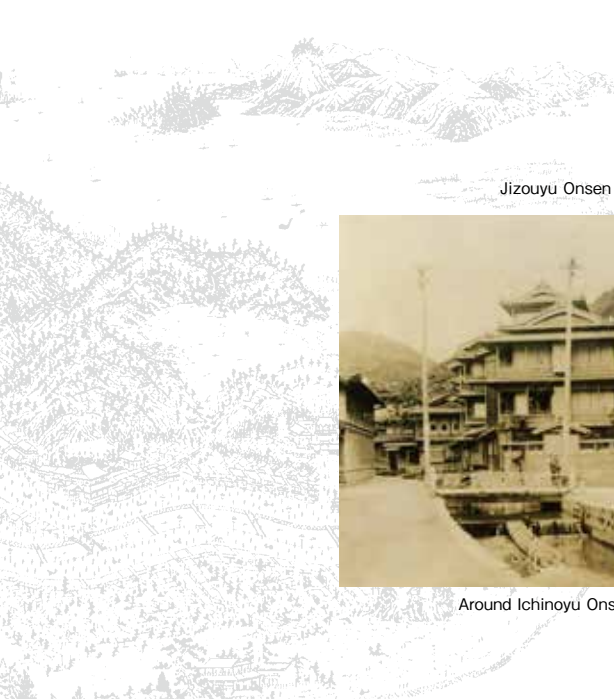


The history of Kinosaki Onsen began 1300 years ago, when the Buddhist priest Douchi Shonin received a vision from an oracle. Western medicine had not been introduced in Japan at that time, so people had to rely on Buddhism. Douchi Shonin led the people to Kinosaki for healing. That is why the spirit of healing people still exists in the waters of Kinosaki Onsen.





"Progress of Kinosaki Onsen" Artist / Koei Maeda (1924)



Jizouyu Onsen in the last years of the Meiji period



Around Ichinoyu Onsen in the middle of the Meiji period



SPRING

Kiyamachi Street is where you can find the pink cherry blossoms across the blue sky. It is the best walking course. At night, with lighting the trees up, you can enjoy a totally different ambience from the daytime. Watching the fallen cherry blossom petals floating on the surface of the stream is a wonderful Kinosaki experience.



SUMMER

You can experience the feeling of summer every day in Kinosaki Onsen. In August fireworks, fairs and other events are held. At the end of summer, there is a Toronagashi Festival where customers decorate paper lanterns and send them off in the river. If you make a wish, it just might come true.



FALL

Every year in October, there is a very special autumn festival. It is a sacred event which has more than 200 years of history. The local people look forward to it every year. Gorgeous danjiri and mikoshi parade around town. The end of the festival has a large fight in the heart of town. It is a very dynamic and powerful display of Japanese culture.



WINTER

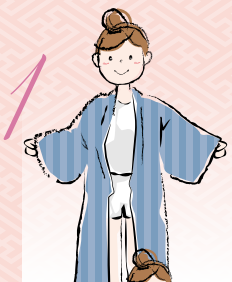
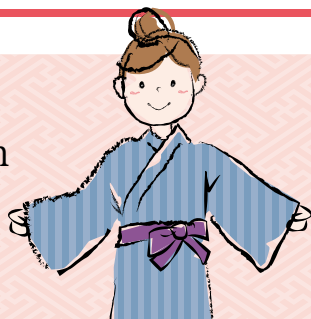
With a white snowy landscape and fresh Matsuba crab, there is nothing like a Kinosaki winter. Gazing down on the onsen town from the top of the ropeway station, you can find a beautiful view of the Maruyamagawa river and surrounding area. There is the famous Matsuba crab only in winter and this high class dish attracts many tourists.

How to Wear Yukata

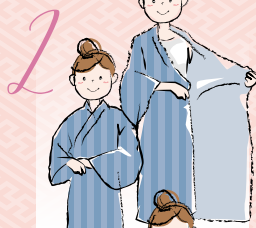
About Yukata

It is said in this town that "The inns are your rooms, the streets are the hallways", making the entire town as one large ryokan is the spirit of the hospitality that is inherited from

How to put on a ryokan yukata



Put on the yukata with undergarments worn below.



First wrap the right side of the yukata around to your left hip. Then wrap the left side over the right. Make sure the bottom of the yukata comes down to your ankle and is even length on both sides.



Holding the yukata closed, wrap the sash around yourself two to three times. Leave enough length to tie a bow.

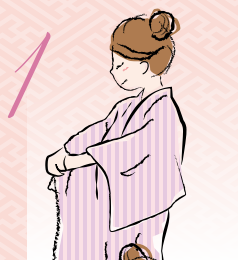
*Women: Tie the sash at your waist.

*Men: Tie the sash at your hips.



Tie the sash into a bow. You can wear the bow in front of you or twist it to the back.

How to wear color yukata



the old times. That is why you are allowed to relax in Yukata just like you do at home.



Slip on the yukata and take the front of both sides. Pull the yukata out and up in front of you. The bottom of the yukata should be just above your ankles. Be careful, having it too short looks like a kid and too long looks slovenly.

Wrap the right side of Yukata around to your left hip keeping the tip 10cm from the floor. Then wrap the left side over the top of the right and to your right hip keeping the tip 5-6cm from the floor.

Holding the yukata closed take the thinner cord and wrap it around your hips, securing the yukata closed. The excess fabric should hang over the cord. Check the bottom of the yukata to make sure the lengths are even. Find the side pockets, stick both hands, and pull the extra fabric over the cord. Tighten the top of the yukata around your neck and chest from the inside.

Tie the second cord right below the bust.

5



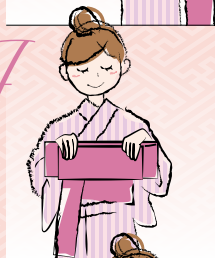
Take the sash (obi) about 50cm and fold it in half from an end and put the part over your right shoulder with. Put the obi open at your front and wrap the remainder obi around your body about 2 times, just above your waist.

6



Position obi nicely by pulling from the underside. Hold the rest of the obi fabric inward from the right side towards up front. Tie the belt once with the right end over the left at the front.

7



Make an "accordion" fold with the longer end of the sash. Then grab and pinch it in the middle.

8



Holding the pinched sash against your stomach, wrap the other end of the sash around the center of folded bow shaped fabric. Go over and down then under and up. Open both ends and take a nice shape of a butterfly.

9



Lastly, twist the bow to your right side into the back.

Rules of Public Bath Houses

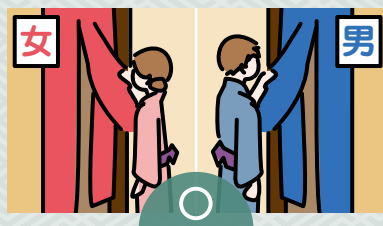
About Public Bath Houses

The local inns have bath facilities inside but Kinosaki has public bath houses in the town. Each public bath house has different style of architecture and deferent health benefits. You will enjoy taking a bath and shopping at the gift shops.

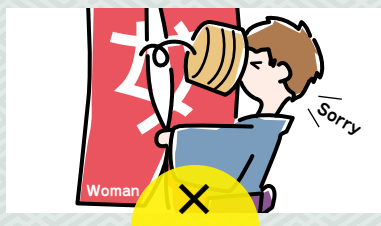
What is Onsen?

"Onsen" is Japanese for "hot spring". Because Japan is a country of volcanic activity, natural onsens can be found all over Japan. Kinosaki's onsen water is 80 degrees Celcius at the source and is regulated at each bath house to about 42 degrees.

Enter the changing rooms

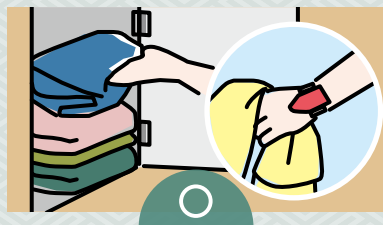


Enter the bath area. When entering the bath area children should be escorted by an adult. Young children are also allowed to go into the opposite gender bath area if it is necessary.

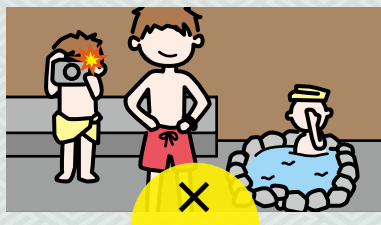


Do not enter the wrong side. The sides are color coded to make it easy. Red curtains are for women and blue (sometimes purple) for men.

Inside the changing rooms

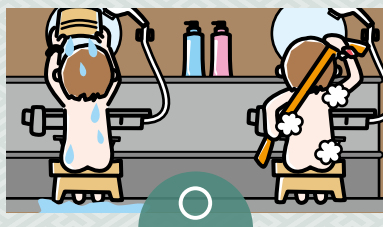


In the changing room, find an open locker, undress, and put all of your clothes, except for your small towel, inside. Lock the locker and put the key on your wrist. Take the small towel with you into the bath area. *Your ryokan will provide you with a large and small towel.

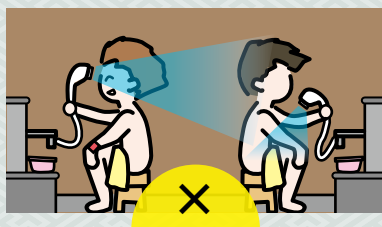


Clothes, including swimsuits and underwear, are not allowed to be worn in the bathing area and Onsen. Please leave your camera in your locker, no pictures are allowed. Please respect the privacy of fellow bathers.

Shower first



In the bath area find an empty shower area. Rinse off the stool and sit down. If you have already showered today, and are clean, you can just rinse off before getting into the bath. If you have not showered today, please do so before entering the bath.



Please remain seated when using the showers. Be careful where you spray your water. Do not spray other people and be careful not to splash anyone else.

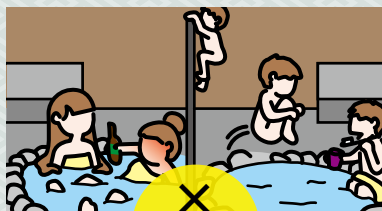
Sit back and relax



After you are done washing make sure you rinse off all of the soap and suds. Then rinse off your stool and your area. Now you can enter the baths.

If you have long hair, please tie it up so that it does not touch the water.

If you feel hot or light headed, slowly get out of the water and take a moment to cool down. Keep your towel out of the water, you can put it on your head or off to the side.



Do not let your towel or hair touch the water. No swimming, jumping, or diving in the water. No climbing the walls.

Do not drink or eat in the Onsen.

Do not shave or brush your teeth in or near the baths.

Please respect people's space and don't hog the bath area.

After your bath



After you are done bathing use your small towel to dry off a little before going back into the changing rooms.

Once back in the changing room dry off and get dressed. There are hair dryers provided for your use.

Hope you enjoyed your bath.



Do not leave the shower area without brushing off some of the excess water to avoid creating puddles and slippery areas in the changing room.

Public Bath Houses

Kinosaki has public bath houses that you can visit. People have been onsen-hopping in yukata and geta since old times.

Quality of Water

Sodium

Calcium-Chloride

Hypothermal Spring

Benefits

Helps relieve: neuralgia,

mucle pain, poor

circulation, digestive

issues, fatigue



Foot Bath

There are foot baths in Kinosaki Onsen. All are free to enjoy.

- Yanagi-yu
- Ichino-yu
- Kinosaki Literature Museum
- Yakushi Hot Spring Source



A day pass ticket for all the public bath houses.

Available at the public bath houses.

Onsen Drinking Fountain

Located at the train station, Ichino-yu, and Yakushido Temple. Helps relieve: constipation, digestive issues.





1 Jizou-Yu

地藏湯

The design of the building was inspired by a Japanese lantern. The hexagonal rock windows are shaped after the volcanic rock formations of Genbudo cave. It is a local favorite, with many families from the neighborhood still preferring to use this retro style bath house to relax before turning in for the night.



2 Yanagi-Yu

柳湯

Yanagi-yu is said to ensure the fertility and safe childbirth of women. Yanagi is the Japanese word for weeping willow. This bath gets its name from the willow out front. This cozy bath house has a modern-Japanese twist. The rustic wooden interior, from the walls to the bath made from cypress, provides a warm and relaxing experience.

Free
foot bath



3 Ichino-Yu

一の湯

The architecture resembles that of a kabuki theatre and is a popular Kinosaki landmark. This bath features a cave made of natural boulders and soft ambient lighting, perfect for those wanting a relaxing soak. Come and see why this bath is called "Ichino-yu" (number one bath), a name given by a well-known doctor of the Edo era, after he had experienced the positive effects of the waters first hand.

Free
foot bath



4 Goshono-Yu

御所の湯

Goshono-yu, also known as the “water of beauty”, brings luck in love and protects against fires. It was built in the likeness of Kyoto’s Imperial Palace. Soak in the outdoor bath surrounded by lush greenery and bathed in natural light. Relax to the crashing sounds of the waterfall in the background.



5 Mandara-Yu

まんだら湯

Mandara means the enlightened mind, and this bath is named because the waters were brought forth after a holy priest prayed continually for one thousand days.



6 Kouno-Yu

鴻の湯

Kouno-yu is the bath that will bring you happiness and longevity. This is said to be the oldest hot spring in Kinosaki. It was discovered when a priest found an oriental stork healing its wounds in the waters. The onsen is a quiet bathing sanctuary, set away from the busy streets in the back of town. Enjoy the outdoor bath surrounded by lush natural surroundings and fresh air.



Magical Kinosaki

Beautiful nature, the sounds of geta in the streets, history overflowing...

There are plenty of ways to enjoy this Michelin 2 star onsen town. The following is a list of things to do and see in the surrounding area.



ONSENJI TEMPLE

HISTORY



Onsenji is the special head temple of the Koyasan Shingon Buddhism sect and became the focus of people's worship as a guardian temple. This mountain temple has three buildings: Yakushido at the base, Hondo at the middle, and Daishido at the top.

KIYAMACHI SHOPPING

SPOT



All the local delicacies and gifts are gathered in this one shopping center. There are also free resting areas where you can enjoy the feel of our Japanese town.



KINOSAKI LITERATURE MUSEUM

TRADITION



Enjoy the history of the town and the Japanese writers who have visited. There are many exhibits for the writer Naoya Shiga, who wrote his famous "In Kinosaki" while visiting.

GAME CENTER

RETRO



You can try shooting games, hand-made pachinko, and Japanese pinball at these traditional game centers.

*under 18 years old must be accompanied by adult

KINOSAKI STRAW CRAFT MUSEUM

TRADITION



With over 200 straw crafts from the Edo and Meiji periods and 40 from today's artisans, you can view many professional works.



ROPEWAY

VIEW



Going through the mountain and passing by Onsenji temple, you will find the beautiful nature view which was given a Michelin star.

STRAW CRAFT WORKSHOP

(inside Kinosaki Straw Craft Museum)

WORKSHOP



Teachers will help you decorate post cards, Japanese fans, bamboo-copters, earthenware bells, and much more. You can make your own treasure.

MARUYAMA GAWA PARK

SPOT



The park has many facilities, including a museum, swimming pool (summer), ice skating rink (winter), and much more. Canoe schools and art workshops are also provided.

GOKURAKUJI TEMPLE

HISTORY



Gokurakuji was rebuilt by Takuan Osho during the Oei era (around 1400). There is a beautiful rock garden called "Seikantei" just inside the temple gates that was built in the Edo period.

Mt.KURUHI

VIEW



Enjoy the amazing view from the summit and see the surrounding area including Mt.Hyonosen and Toshima Wetlands. Enjoy the wonder of the clouds flowing out to sea in the early mornings of autumn.

HACHIGORO TOSHIMA WETLANDS

NATURE



This area is designated under the Ramsar convention as wetlands. There are many rare animals and plants located here, including the white oriental stork. It is a great spot to cycle to from Kinosaki.

GENBUDO PARK

GEO



Part of the Sanin Kaigan Geological Park, this cave site has a dynamic view of hexagonal rocks that were created by volcanic activity 1.6 million years ago.

KINOSAKI MARINE WORLD

SPOT



This is an aquarium like no other. Of course there are dolphin shows and fish tanks, but you can also do fishing and watch penguins walk up close. There are always new experiences.

KINOSAKI GIFTS

MATSUBA CRAB

The winter food of Kinokasa Onsen is the snow crab, called "Matsuba Crab". There are many ports in the Kinokasa area that fish for them. The blue tags are from Tsuiyama port and are of the highest quality.



LOCAL SEAFOOD

There are many fish markets in the Kinokasa area that sell locally caught fresh seafood. You can enjoy the taste in many dishes, such as raw sashimi and cooked seafood rice bowls called kaisen-don.

TAJIMA BEEF

Kobe beef and Matsusaka beef are world famous beef brands that have their origins in the Tajima region. Enjoy the high level of marbling and the melt-in-your-mouth texture with one of the many ways to eat beef, such as sukiyaki or shabu-shabu.



DANJIRI DAIKO

This Japanese sweet is made locally with the image of the drums from our famous autumn Danjiri festival.



LOCAL SAKE, LOCAL BEER

The Tajima region is the home of Tajima Touji (a master brewer of sake). Enjoy the local sake, Kinokasa beer, or pear wine with your meal or as a gift.



STRAW CRAFT

This traditional craft is passed down from artisan to artisan in Kinokasa. You can find unique items decorated with beautifully inlaid colored straw.

SERVICES



◆Kinosaki Onsen Tourism Center

With coin lockers, luggage check, vending machines, hotel shuttle bus, and more.



◆Porter Service

Your luggage will be brought to your hotel before check-in. The reception is at the Kinosaki Onsen Tourism Center (payment is required).



◆Ryokan Shuttle Bus

There is a bus that runs between the train station and ryokans. It is available for check-in only. It departs at the arrival time of express trains between 12:30pm and 6pm.



◆Bicycle Rental

You can rent bicycles from 9am to 5pm on good weather days.



◆Kinosaki Inn Concierge

More than 70 ryokans and hotels are available.
<https://www.kinosaki-web.com/en>



◆Shared Umbrellas

You can use the town's umbrellas for sudden rain or snow for free. The pink umbrellas with the tags are available at all the public bath houses, Kinosaki Onsen station, Kinosaki Onsen Tourist Center, and Kinosaki Literature Museum.



◆Kinosaki Onsen Tourist Information SOZORO

Services: Bus Ticket, Local Tours, Rental Bicycles, Souvenirs,
Rest Area, Free Wi-Fi, and More!



ACCESS to KINOSAKI ONSEN

By car

From Osaka about 3h 30mins
From Kyoto about 3h
From Himeji about 2h
From Kobe about 3h

By bus

From Osaka about 3h
From Kobe about 3h

By JR train

From Osaka about 2h 40mins
From Kyoto about 2h 30mins
From Himeji about 1h 45mins
From Kobe about 2h 40mins

By air

From Konotori Tajima Airport
30 mins by car or bus
<Konotori Tajima Airport>
Tel +81.796.26.1515

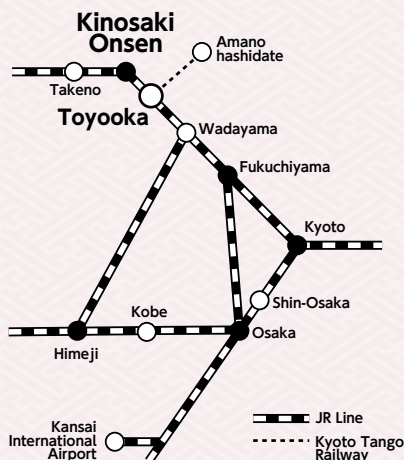
ACCESS to AMANOHASHIDATE from KINOSAKI ONSEN

By car

About 1h 30mins

By railway

JR~other railway About 1h 30mins



KINOSAKI ONSEN MA

6 Mystic Onsen

1 地蔵湯

Jizo-yu Onsen

7am - 11pm

| closed | Monday

2 柳湯

Yanagi-yu Onsen

3pm - 11pm

| closed | Thursday

3 一の湯

Ichino-yu Onsen

7am - 11pm

| closed | Wednesday

4 御所の湯

Goshono-yu Onsen

7am - 11pm

| closed | Thursday

5 まんだら湯

Mandara-yu Onsen

3pm - 11pm

| closed | Wednesday

6 鴻の湯

Kono-yu Onsen

7am - 11pm

| closed | Tuesday

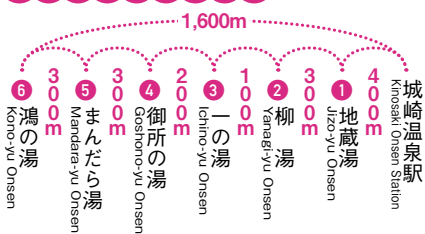
1 day onsen ticket

You can buy this ticket at any public bath.



Map key

	Information Center		Parking		Public Phone International call		Bus Office		Post Office		Water Closet
	Foot Bath		Bicycle Rental		Public Phone		Police		ATM		Convenience Store
	Onsen Drink Fountain		Hospital		Nursing Room		Park				



KINOSAKI ONSEN

