# Enjoy hot spring spas



Japan is a volcanic country, with hot springs all over the country. It has been a traditional recreation for the general public to bathe in hot springs out in the countryside, where they can enjoy scenic views and visit historical and cultural objects, temples and shrines. In old hot spring towns, rich nature and culture are preserved. The National Parks featuring volcanoes offer various types of hot springs and ways of the enjoyment. You can enjoy outdoor bathing while viewing snow, streams, oceans, and so on. Tourists may select their destinations depending on minerals dissolved in spring waters. Local foods and delicacy add more pleasure to the visitor's enjoyment of hot springs.



- 1 An outdoor bath of Nyuto Hot Spring, famous for its white spring (Towada-Hachimantai NP)
- 2 Seseki Hot Spring, an underwater hot spring looking out at the Kunashiri Island (Shiretoko NP)
- **3** A hot spring lodge surrounded by autumn leaves
- (Towada-Hachimantai NP)
- **4** Fumes from Unzen Hot Spring (Unzen-Amakusa NP)
- 5 Monkeys bathing in a hot spring, Jigokudani-yaen-kouen
- (Joshin'etsukogen NP)



# 1. Rishiri-Rebun-Sarobetsu

The Japan's nothernmost national park, consisting of two islands and an expanse of wetlands. A variety of scenery, from mountains to wetlands, are truly eniovable.

### 2. Shiretoko

Contains primeval ecosystems with diverse wildlife, remaining in Shiretoko Peninsura. In winter a portion of coastline is covered with drifting ice. Inscribed on the World Natural Heritage List on July 2005.

# 3. Akan-Mashu

A park of forests, lakes and volcanoes. Boasts a majestic view of three crater lakes including Akan Lake, known for spherical moss, Marimo, and surrounding coniferous forests.

#### 4. Kushiroshitsuaen (Kushiro Marsh)

The Japan's largest wetland complex. Supports about 200 plant species and some rare species, including Japanese crane and Sakhalin taimen. Canoe touring is popular.

# 5. Daisetsusan

(Daisetsu Mountains)

The Japan's largest national park, featuring Taisetsu Mountains, and wetlands and alpine plant communities at over 2000m elevations. A stunning view of autumn leaves.

# 6. Shikotsu-Toya

Consists of two crater lakes and active volcanic mountains. With popular hot spring resorts, such as Noboribetsu, the park offers a host of vacation options.

# 7. Towada-Hachimantai

Encompasses from a Japan's most picturesque mountain stream view, vast open space of broad-leaved trees, to a plateau, Hachimantai. The park also features old several therapeutic hot spring resorts.

# 8. Sanriku Fukko

(Sanriku Reconstruction)

This park extends for 250 km from Kabushima in Aomori prefecture to Oshika Peninsula in Miyagi prefecture. Its northern part is a coastline composed of uninterrupted dynamic cliffs, while its, southern part forms a delicately-rugged coastline. The park offers a breeding place for black-tailed gulls, petrels, etc. It was reorganized on 24 May 2013 as a contribution to the recovery of the Sanriku area which was severely damaged by the Great East Japan Earthquake.

> Legend Major airport

Shiretoko

Ogasawara

Yakushima

National Park unit

Shirakamisanchi

吐葛喇列岛

# 9. Bandai-Asahi

Mt. Dewa-sanzan, famous for mountain worship, Asahi-lide Mountain Range, Mt. Bandai, and numerous lakes - the majestic views of moutains, forests and lakes adorn the park.

## 10. Nikko

A park that combines a thousand faces. including the historical structures of Nikko Toshogu Shrine and the lakeside summer resort. Chuzenii Temple

## 11. Oze

Enjoy the typical wetland scenery of Ozegahara and the summit of Mt. Tashiro, the Marie's firs and beeches of Higuchigatake and Aizukomagatake, and the forests of Erman's birch.

#### 12. Joshin'etsukogen (Joshin'etsu Highland)

Consist of highlands and its surrounding chain of mountains sitting on a continental divide. This park is characterized by Mt. Tanigawa famous for the lofty cliff and Mt. Asama, the very active volcano, as well as highlands as represented by Shiga Kogen. This park has several ski resorts and hot springs, it has attracted a lot of tourists for recreation and leisure.

# 13. Chichibu-Tama-Kai

The old stratum mountains are home to natural forests of beech, Japanese hemlock and veitch fir, Located in the headwater of Tokyo, bounty forests and streams provide a recreational groud for urban communities.

# 14. Ogasawara

Subtropical oceanic islands of over 30 islands are scattered in the 1000km south of Tokyo. Humpback whales migrate to the surrounding ocean. The islands support many endemic species such as Ogasawara fruit bat. Inscribed on the World Natural Heritage List on June 2011

# 15. Fuji-Hakone-Izu

Mt. Fuji, a World Cultural Heritage site inscribed in June 2013, rises high in a vast stretch of forests and several lakes. The Hakone area features several volcanoes, volcanic vents and lakes. Izu Peninsula offers scenic mountains, seashores, and a chain of characteristic islands in the ocean, Izu-shichito.

#### 16. Chubu-Sangaku (Chubu Mountains)

One of the most prominent mountain parks. Encompasses a number of precipitous 3000m peaks. Kamikochi highland and Mt. Tateyama attract many tourists seeking for magnificient mountain views

#### 17. Myoko-Togakushi renzan (Myoko-Togakushi Mountains)

Consist of concentrated chain of volcanos such as Mt. Myoko and Mt. Izuna and non-volcanic mountains such as Mt. Amakazari. Lake Nojiri, dammed lake, is famous for fossil excavation of Palaeoloxodon naunmanni. The park also has interesting cultural sites such as Togakushi Shrine famous for Japanese Amanoiwato myth.

# 18. Hakusan (Mt Hakusan)

Consists of a sacred mountain, Mt. Hakusan, and its foot. Because of rich alpine plants. the area has a long history of plant research. Broad-leaved trees, mainly beech, are distributed.

# 19. Minami Alps (South Alps)

A mountain park with a series of 3000m mountains, covered with thick coniferous forests while alpine plants on their tops. It is a paradise for mountaineers willing to a long walk.

## 20. Ise-Shima

Comprised of an eleganthy displayed cosatline with numerous inlets and outlets, Shima Peninsura, and a symbol of the Japan's ancient religion and culture, Ise Shrine. The mountain behind the shrine has been protected as a sacred forest.

### 22. San'inkaigan (San'in Coast)

This 75-km shoreline park in the Kinki and Chugoku districts offers a spectacular view of intricate shorelines with caves and surrounding clear ocean water. Distinctive plant species are found in a desert-like view of Tottori Sand Dune.

#### Setonaikai (Setonaikai Sea)

About 3000 islands, small and large, spread over the Seto Inland Sea. Human life and natural beauty are peacefully blended to create this park's view.

## 24. Daisen-Oki

Mt.Daisen, a highest mountain in the Chugoku district; Oki Islands of large to small 180 islands; the Shimane Peninsura known for Izumo Taisha Shrine; and Mt.Sanbe and Mt.Hiruzen-all are the components of the Daisen-Oki National Park.

#### 25. Ashizuri-Uwakai (Ashizuri-Uwa Sea)

A marine park in southwestern Shikoku, featuring a delicate scenery with an intricate shoreline pattern and numerous islands in north (Uwa-kai) and contrasting dynamic view in south (Ashizuri), where high bluffs extend along its shoreline. The sea has richly decorated underwater views with abundant coral community.

# 26. Saikai

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A marine and islands park in northwestern Kyushu. A chain of over 200 a form this archipelagic sea. The sunset view is especially breathtaking. Also, the Goto archipelago in the East China Sea consists of over 250 islands

# 27. Unzen-Amakusa

The Unzen area in the center of Shimabara Peninsura hosts summer resorts, known by the famous volcanic activity of Mt.

Fugen in 1990 and hot springs. The Amakusa Islands of 120 islands, small and large, is known for its scenic beauty.



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