

Enjoy hot spring spas



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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)



for its scenic beauty.

21. **Yoshino-Kumano**

Consists of forested mountains and Kumano Valley in the middle of Kii Peninsula and its shorelines. The area is famous for Mt. Yoshino with cherry blossoms and historic sites; Ohmine Mountain Range, a training ground for Shugen-do (Japanese esoteric Buddhism) practitioners; and Mt. Kumano-sanzan.

28. **Aso-Kuju**

A park of volcanoes and grass fields. Mt. Aso has an extremely large caldera, while Mt. Kuju is a series of dome-shaped volcanoes. The grassy fields on their hillslopes have been maintained by human activities, such as prescribed burning and cattle grazing.