

# Explore Shizuoka

## Five must-visit *onsen* destinations in Shizuoka for 2022/3



*From L-R: Amagiso Hotel, Konohana no Yu facility with views of Mount Fuji and Izu Imaihama Tokyu Hotel*

**April 2022.** Home to Mount Fuji and the Izu Peninsula (a UNESCO Global Geopark) the prefecture of Shizuoka, which is just one hour from Tokyo by bullet train, offers a range of *onsen* and hot springs in which travellers can relax and revitalise in the traditional Japanese way. To help travellers find the perfect *onsen* break for them, Tourism Shizuoka Japan has rounded up some of the best areas in Shizuoka for a wellness escape in 2022 and beyond.

### Coastal Kawazu Town

Travellers looking to pair *onsen* relaxation with waterfall landscapes, should add the coastal town of Kawazu to their travel itinerary. Located in the east coast of the Izu Peninsula and a popular destination year-round, Kawazu is renowned for its supply of revitalising hot spring water and a magnificent landscape of waterfalls and greenery. The town sees a surge of visitors from early-February to early-March for the early blossoming Kawazu Zakura cherry blossom - perfect for those looking to book an early 2023 escape. The stunning Nanadaru Waterfalls (which consist of 7 waterfalls) are a great option for active exploration with [guided hiking tours](#) available. Whilst it is possible to visit just for the day, the area boasts an array of splendid accommodation options including [Amagiso Hotel](#), renowned for its outdoor bath which offers stunning views of Odaru (the largest of the Nanadaru Waterfalls) and [Izu Imaihama Tokyu Hotel](#), which enjoys a beachfront location by the crystal clear Imaihama beach.

### Mystical Shuzenji

Often referred to as ‘Little Kyoto’ for its cobbled streets, centuries old ryokan, temples dating back centuries and even a bamboo forest, the small town of Shuzenji in Izu City is believed to have been discovered by the famous Buddhist monk Kobo Daishi who visited in the 9th century, created the hot springs and established hilltop Shuzenji Temple. For sightseeing and history, the Tokko-no-Yu spring is the most popular as it is where Kobo Daishi struck a rock with his Tokko (Buddhist ritual tool) to produce the onsen water that makes the area famous. Spring water in Shuzenji is mildly alkaline helping smooth and hydrate the skin. Great hot spring accommodation options include: [Arai Ryokan](#), a Japanese traditional style inn established in 1872 and registered as a National Cultural Asset for its traditional

architecture, art and history – as well as a favourite by celebrated Japanese artists and writers; and [Yagyu no Sho](#), located in a tranquil bamboo forest. Popular activities include going for a walk on the picture-perfect bamboo forest and tasting locally grown wasabi ice-cream.

### **Classic Atami**

A renowned resort area for Tokyoites, the historic hot spring town of Atami is conveniently located 50 minutes by bullet train from Tokyo, making it the ideal place to unwind and relax for both day-trippers and those wanting a longer escape. Travellers are not short of options as the popular town boasts a plethora of hot spring options and bathing facilities combined with scenic views where lush cliffs and the shining ocean meet. For those looking to spend the night (or nights), the boutique [FUFU Atami hotel](#) is located in the mountains and boasts 32 rooms all with open-air baths serenaded with the sounds of murmuring streams and the melodic chirping of birds. Meanwhile, the *onsen* facilities at [Hotel Micuras](#) offer uninterrupted views of the Pacific Ocean. Activities not-to-be-missed while visiting the locality include sampling some of the finest and freshest local seafood, and for those wanting to add culture to their relaxing break, visiting the [MOA Museum of Art](#).

### **Relaxation and action in Kanzanji**

On the eastern shore of Lake Hamana, visitors will find Kanzanji, a relatively new hot spring originating from the 1950s. The town of Kanzanji is the ideal choice for travellers wanting to combine active exploration with evenings of relaxation in a soothing bath after an action-packed day. Popular activities around Lake Hamana include marine sports, fishing, cycling (there is a 67-kilometre cycle path along the lake) and for an adrenaline boost wakeboarding, parasailing and windsurfing. For accommodation, [Tokiwasure Kaikatei](#) is an *onsen* Ryokan overlooking the lake with an ethos of “Tokiwasure” - meaning “forget the time” - whilst [Hotel Wellseason](#) <sup>[OBJ]</sup>[Hamanako](#) <sup>[OBJ]</sup> is one of the biggest *onsen* facilities in the prefecture. As for cuisine, a must-try local delicacy is the local Lake Hamana eel, traditionally served grilled.

### **Gotemba for Mount Fuji views**

At the foot of Mount Fuji, visitors will find the city of Gotemba with its very own hot spring theme park. The [Gotemba Kogen Resort Toki no Sumika leisure facility](#) features several kinds of hot springs to suit different needs, as well as different lodging available for those wanting to stay overnight including hotels, cabins and glamping and restaurants. For those wanting to combine retail therapy with soaking sessions, the Gotemba Premium Outlets® is not only one of the largest shopping centres in Japan, but also boasts the Konohana no Yu hot spring facilities and [Hotel Clad](#) adjacent - both overlooking Mount Fuji. And for those wanting a health boost from the inside too, tea picking experiences are popular in this area and a great way to learn more about the healing benefits of the popular herbal beverage.

**ENDS**

***About Shizuoka***

*Just one hour from Tokyo by bullet train, Shizuoka prefecture is home to the iconic Mount Fuji. It boasts a spectacular natural environment of coastline, mountains and lakes including the beautiful Izu Peninsula, which has been described as “Japan’s Riviera” and was designated as a Global Geopark by UNESCO in April 2018. The region is steeped in history, has a huge choice of traditional ryokan inns and onsen hot springs, and is also a gourmet paradise. Its natural environment produces some of the country’s best food and drink, from green tea and wasabi to fresh seafood. In fact, Shizuoka is Japan’s biggest producer of green tea.*

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