

How to enjoy ONSEN

Onsen are one of the best ways to enjoy traditional Japan.

Information about Onsen (hot spring) baths

At Ryokan (Japanese inns) there are separate large bathing areas for men and women to wash in. Even when there is a private bath in the room, guests will often still use the larger public baths available at the inn.

Because the larger baths are public and you will be sharing them with other guests, we ask that you please respect Japanese bathing etiquette.



Kuroishi's Hot Springs (黒石の温泉)

Kuroishi City's main hot spring area is made up of the Nuruyu, Ochiai, Itadome, and Aoni hot springs. Since long ago, this area has flourished as a hot spring health resort.

Kuroishi is also scattered with various other hot springs, like Chōju Onsen and Okawara Onsen, each of which is characterized by its own unique hot spring quality.

Please enjoy the hot springs of Kuroishi as you feel the local history and take in the scenery of the different seasons.

Hot Spring Name	Temperature	Spring Type/Quality
Nuruyu Onsen	126° F(52° C)	Sodium, chloride spring
Ochiai Onsen	124° F(51° C)	Simple spring
Itadome Onsen	126° F(52° C)	Sodium, calcium sulfate spring
Aoni Onsen	118° F(48° C)	Simple spring
Chōju Onsen	118° F(48° C)	Simple alkaline spring
Okawara Onsen	125° F(52° C)	Simple alkaline spring

The five steps to enjoying a Japanese hot spring (温泉の楽しみ方—5つのステップ)

1. Bring your towel to the bath

There are no extra towels at the bath, so please bring your room towels. Please keep your valuables in the safe in your room.

2. Get undressed

Take your clothes off and put them in a cubby or basket in the dressing room.

3. Wash your body

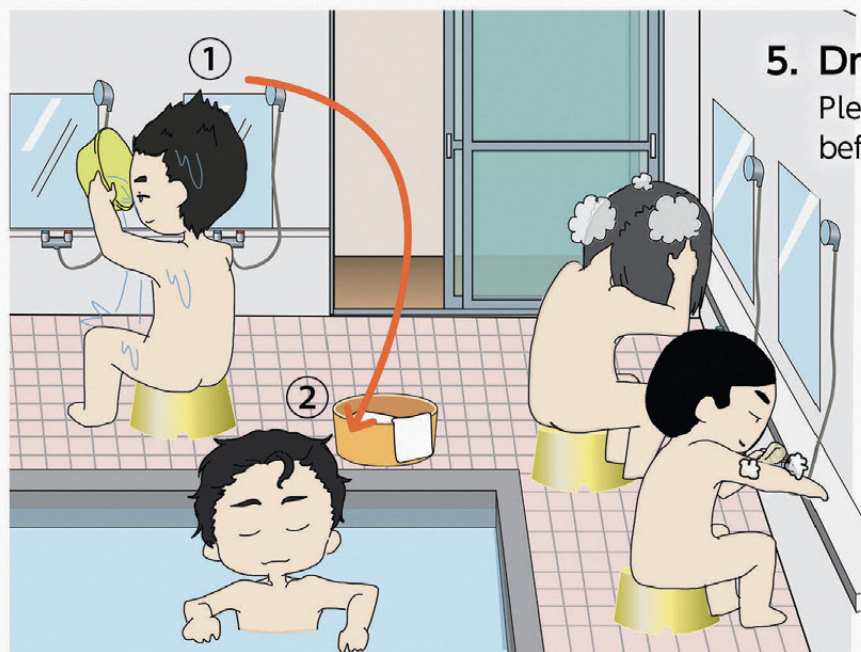
Please wash with soap before going into the bath. You may use your smaller towel to wash with. Please make sure you wash all the soap from your body before going in. ①

4. Soak in the bath

Relax in the hot water. Please do not put your towel into the water. ②

5. Dry yourself off

Please dry yourself with your smaller towel before going back into the dressing room. ③



Kuroishi Onsenkyo

黒石温泉郷

Onsen Guide

Please take care

No towels in the bath

Please do not bring your towel into the bathtub with you.

タオルを浴槽に入れないでください



No swimsuits

Wearing a swimsuit into the bath is prohibited.

水着をつけて入らないでください



Wash off all soap

Please clean yourself entirely of soap before entering the bathtub.

石けんがついたままで入らないでください



Don't touch the bathtub stopper

Please do not remove the bathtub stopper.

栓を抜かないでください



No soap in the bath

Please do not put soap in the bathtub.

石けんを浴槽に入れないでください



No bath additives in the bath

Please do not put bath additives in the bathwater.

入浴剤を浴槽に入れないでください



Drink water

Please be sure to drink water after bathing.

入浴後は、水分をとってください



Avoid bathing after drinking alcohol

Please avoid bathing after consuming alcohol, or immediately after eating.

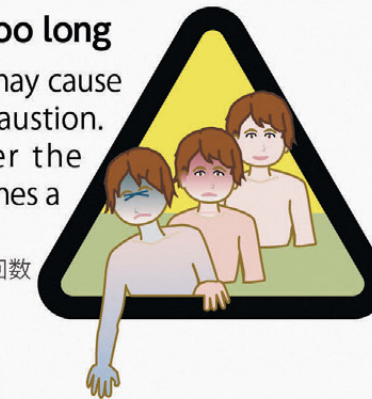
食事後すぐや飲酒後の入浴を避けましょう



Do not bathe for too long

Bathing for too long may cause dizziness or heat exhaustion. Please do not enter the Onsen more than 3 times a day.

湯あたり防止のため、入浴回数は1日3回にとどめましょう



The public baths at this Onsen is open

from



to



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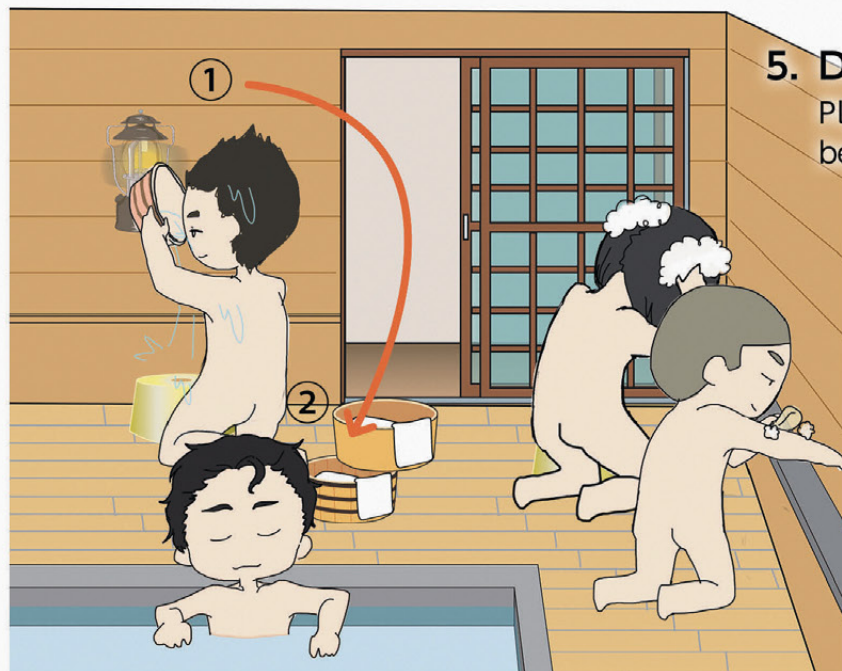
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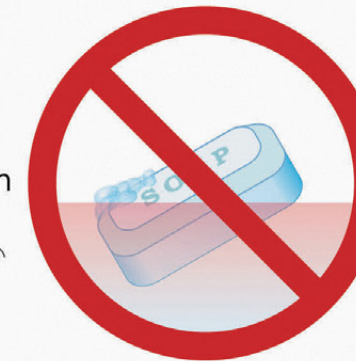
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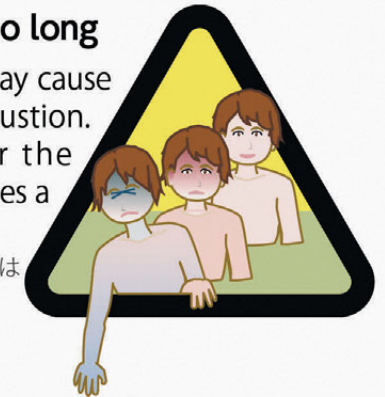
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The public baths at this Onsen is open from 3.00 p.m. until 10:00 a.m.

Lamp No Yado Aoni Onsen / ランプの宿青荷温泉