

Guide Map of Itoigawa City



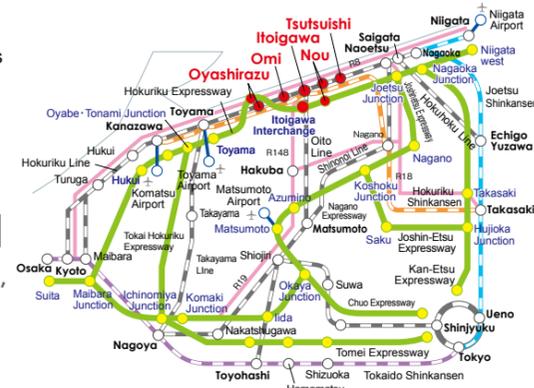
MAP OF DIRECTIONS TO ITOIGAWA

When Using Japan Railway (JR) Services

Tokyo	Approx. 2 hours
Osaka	Approx. 4 hours
Nagoya	Approx. 3 hours 30 minutes
Niigata	Approx. 2 hours 30 minutes
Kanazawa	Approx. 50 minutes
Nagano	Approx. 40 minutes

Traveling by Car

Tokyo	Approx. 4 hours
Osaka	Approx. 5 hours
Nagoya	Approx. 4 hours 30 minutes
Niigata	Approx. 2 hours
Kanazawa	Approx. 1 hour 30 minutes
Nagano	Approx. 1 hour 30 minutes



Contact Information

Itoigawa City Tourism Exchange Division

1-2-5 Ichinomiyu, Itoigawa-City,
Niigata-Prefecture 941-8501
TEL. 025-552-1511 FAX. 025-552-7372
URL <http://www.city.itoigawa.lg.jp/>
E-mail kanko@city.itoigawa.lg.jp

Itoigawa City Tourism Association, Tourist Information Center

1-7-11 Omachi, Itoigawa-City,
Niigata-Prefecture 941-0061
E-mail itokan@world.ocn.ne.jp



Itoigawa Geopark

500 Million Years of Earth's History and
the World's Oldest Jade Culture
<http://geo-itoigawa.com/eng/>



Itoigawa Geopark is a certified member
of the Global Geoparks Network.



Japan's First Global Geopark

ITOIGAWA

ITOIGAWA

TOURISM GUIDE



Itoigawa City,
Niigata



Touzaki Coast A

This is a shallow, wide, and sandy beach rarely seen in the Joetsu Region. Perfect swimming for the whole family!



Momokawa Coast B

Scattered with fascinating rocks carved by the raging Sea of Japan, this beach is in sharp contrast to nearby Touzaki. Momokawa is well-known for the iconic *Tottokoiwa*, or 'Chicken Rock'.

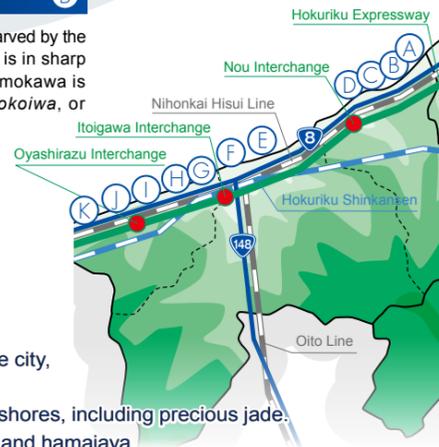


Yamatogawa Coast E

Pebbles cover this small beach. Clear, gentle water and a convenient location make this a popular beach among the locals.

Enjoy Our Beautiful Sea

Cool, clear water flows from the steep mountains which surround the city, providing Itoigawa with clean and beautiful coastal water. These same rivers carry a rich variety of stones and pebbles to the shores, including precious jade. Each summer, the beaches come alive with bathers, stone hunters, and hamajaya, traditional seaside lodges offering drinks, fresh seaside delicacies, or even just a cool place to relax in the shade.



Oyashirazu Coast I

With a clear blue sea surrounded by majestic cliffs and a fantastic sunset, Oyashirazu is without a doubt one of the most popular beaches among visitors from both within and outside Niigata. Many fish can be seen here, making for an excellent snorkeling opportunity.



Itoigawa Coast F

This popular beach has been nicknamed 'The Jade Coast' for the jade pebbles occasionally found on its stony shore. It's the closest beach to Itoigawa Station and has a sunset view that you simply cannot miss!



Lavender Beach H

This charming seaside park features a statue of Princess Nunakawa, a goddess who ruled this area millennia ago. Lavender Beach gets its name from the lavender-colored jade that can be found here.



Ichiburi Beach K

This mixed sand and pebble beach has exceptionally clear water and is popular with swimmers, anglers, and snorkelers alike. Located near Ichiburi Station, the beach also features ample parking.

Enjoy a range of marine activities at one of our beautiful beaches



Suzawa Seaside Park & Omi Seaside Park G

An outdoor recreation area featuring excellent sports facilities and equipment, these parks provide something for all ages.

Contact Information: 2052-4 Suzawa, Itoigawa 949-0301
TEL.025-562-1360



Nou Coast D

Benten-iwa is the name of the impressive rock just offshore of this popular sand and gravel beach. Located in the fishing community of Nou, the rock has long been revered as a holy site of the goddess of the sea. The waters here are calm and shallow, perfect for swimming with the family.



Marine Museum Kaiyo & Museum Ship Etsuzanmaru C

Located beside Marine Dream Nou, this museum features the history of the local fishing community and nearby Kaiyo High School. The Etsuzanmaru is the former training ship used by the high school to train new generations of fishermen.

Contact Information: 3596-2 Noukodomari, Itoigawa 949-1351
TEL.025-566-3456
(Marine Dream Nou)



Tenka-no-ken Oyashirazu & Oyashirazu Community Road J

Oyashirazu is the name given to these cliffs where the Japanese Alps collapse into the Sea of Japan. Also called 'Tenka-no-ken' or 'The steepest precipice under heaven,' these cliffs were infamously dangerous in ages past. Now, you can enjoy breathtaking scenery and walk along the old roads at the parks here.

Itoigawa Geopark What is a Geopark?

The word 'Geopark' is derived from the words 'geology' and 'park.' Geoparks are areas recognized for exceptional geological heritage. But they are more than just full of rocks! Geoparks offer us an opportunity to learn more about the deep relationship between mankind and the Earth and how the land has shaped our history. In 2009, Itoigawa Geopark was recognized as Japan's first Global Geopark by the UNESCO Global Geoparks Network, due to the global significance of its geological and cultural heritage. Beautiful minerals, greenery, seas, cultural history, food, hot springs and more await you at Itoigawa Global Geopark.

Geosites of the Sea

Benten-iwa Geosite C D

Benten-iwa, along with nearby Tottokoiwa, were formed as a result of submarine volcanic activity. Nearby is the historical cultural property of Haku-san Shrine, home of the Himeharu Cicada, a nationally-recognized natural monument.

Itoigawa Coast Geosite E F

Try hunting for jade and other various rocks on this seacoast.

Omi Coast Geosite G H

After hunting for jade along the coast, visit the Teraji Archaeological site and imagine the jade culture that flourished here millennia ago.

Oyashirazu Geosite I J

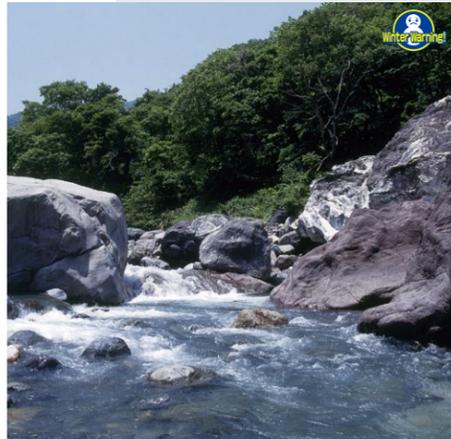
Known since ancient times as a particularly precipitous and dangerous route, don't miss your chance to behold the majestic cliffs along this rugged coast.

Ichiburi Geosite K

This village, along the old Hokuriku Road began as a 'post town', a small Edo-era village where travelers could rest along their journeys. Some remnants of the Edo era can be found here.



Locations marked with this symbol may be closed or inaccessible due to snow during the winter season. Please contact the respective offices in advance for further accessibility information.



Kotakigawa Jade Gorge I

Also called the Kotakigawa Jade Deposit, this gorge found deep in Itoigawa's mountains is truly a sight to behold. Located at the base of the impressive Mt. Myojo, massive boulders of raw jade lie strewn about this clear-running stream. Mt. Myojo itself is one of the premier rock climbing sites in Japan. The entire gorge is a National Natural Monument, so collection of jade or other minerals is strictly prohibited.



Omigawa Jade Gorge K

The Omigawa Jade Deposit is another magnificent sight with raw jade boulders large and small scattered about the Omigawa River at the base of Mt. Kurohimeyama. This gorge is also a National Natural Monument, so please be respectful and do not collect or damage the jade or other minerals here.



Fudotaki Falls H

Legends speak of an ancient dragon god that lives in the basin of this 70m tall, 3-step waterfall. Located nearby are a park, walking path, and campground, all of which are particularly popular attractions during the summer.



Amakazari Foothills Shiroikenomori Forest Park G

Across the pond stands Mt. Amakazariyama, one of Japan's 100 famous mountains. Visitors can enjoy a forest experience in the great wilderness and observe a variety of animals and plants in their own habitat. At night, the views of the star-filled sky are spectacular.



Takanami-no-ike Pond I

This tranquil pond can be found 540 meters above sea level, near Mt. Myojo and the Kotakigawa Jade Gorge. Enjoy camping, ground golf, scenic walks and more in this natural paradise. Anglers will want to check out the nearby Jade Gorge Fishing Park, too!



Shiraike Forest Park L

Located on the forest road to Renge Hot Springs, Shiraike reflects the nearby mountains to create a scene of mysterious beauty. In spring you can enjoy the wild swamp lantern flowers that grow around this pond.

Contact Information
Otokoro, Itoigawa
TEL.025-552-1511
(Itoigawa City Tourism Exchange Division)

Tsukimizu-no-ike Pond B

This pond is famous for the many wisteria vines which surround it, and its name is said to derive from the fact that the wisteria makes it difficult to see the moon's reflection in the pond.

Mysterious Landscapes Formed by Awesome Forces



Fossa Magna Park E

Visitors to this park can see an exposed section of the Itoigawa-Shizuoka Tectonic Line, a massive fault which divides Japan between the North American Plate to the east and the Eurasian Plate to the west. The park also features a walking trail and beautiful scenery.



Umidani Sankyo Park C

This campground and nature park sits at the entrance to the Umidani Highlands and the base of the trail up to Mt. Komagatake. Hiking trails and a viewing deck offer awe-inspiring views of the rock face of Mt. Senjogatake, adorned with lush greenery in spring and brilliant red and gold leaves in autumn.



Salt Trail D

In ancient times, the "Salt Trail," also known as the "Matsumoto Highway," was walked by people carrying heavy packs burdened with salt and other sea produce to be traded in Shinshu Province (Modern-day Nagano Prefecture). Many sections remain unchanged today. Walk along this path and let your imagination take you back through history.

Powder Snow, Wide Slopes, and Views of the Sea of Japan

Charmant Hiuchi Snow Resort A

Known for its abundant powder snow and natural, off-piste slopes. This resort below Mt. Hiuchi-yama offers gorgeous views of the distant Sea of Japan.

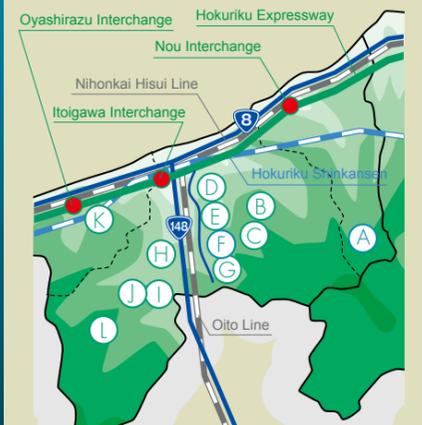
Contact Information
1821 Nishihayama,
Itoigawa 949-1322
TEL.025-568-2345

Seaside Valley Ski Resort F

Located conveniently close to Central Itoigawa. This resort has trails for skiers of all skill levels. As its name suggests, skiers can enjoy views of the Sea of Japan as well as Mt. Amakazariyama here.

Contact Information
151-1 Yamaguchi,
Itoigawa 949-0554
TEL.025-558-2311

Winter Warning! Locations marked with this symbol may be closed or inaccessible due to snow during the winter season. Please contact the respective offices in advance for further accessibility information.



Adventure and Beauty Await in the Mountains

Itoigawa is located atop a tectonic line which separated Japan between two continental plates. This location is the secret to its dynamic scenery where massive mountains loom over the coast and rare and beautiful stones including jade lay scattered in scenic canyons. The city is a paradise for mountain climbers, hikers, or anyone with a love for the outdoors. Refresh your body, mind, and soul while enjoying unspoiled natural beauty. Or hit the slopes at one of our exciting ski resorts!

Itoigawa is located in the Chubu Sangaku National Park, the Myoko-Togakushi Renzan National Park, and Hakuba Sanroku Prefectural Nature Park. These parks all offer a variety of trails suitable for climbers and hikers of all skill levels.



Fossa Magna Museum **F**

Completely renovated in March 2015, this "Museum of the Earth" features exhibits on the formation of the Japanese Islands and the unique and beautiful natural history of the Itoigawa region. The museum also possesses a massive collection of fascinating fossils, minerals, and jade.

Contact Information
1313 Ichinomiya, Itoigawa
(within Miyama Park) 941-0056
TEL.025-553-1880



Chojagahara Site and Chojagahara Archaeological Museum **F**

The Chojagahara Site was the location of an ancient settlement 5000 year ago that played a central role in the development of the world's oldest jade culture. The nearby museum houses a number of artifacts unearthed from this and similar sites around Itoigawa. The museum also offers a variety of interactive programs for visitors of all ages.

Contact Information
1383 Ichinomiya, Itoigawa
(within Miyama Park) 941-0056
TEL.025-553-1900



Soma Gyofu House **D**

Soma Gyofu, who made his mark in the mainstream literary world during the Meiji and Taisho periods, lived in this house. Gyofu is also famous for composing the lyrics for "Miyako no Seihoku," the alma mater of Waseda University. The living room and library are kept the same as when he lived there, making it as if time has stood still over the many years.

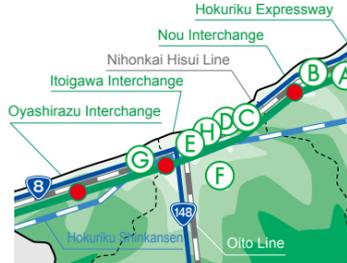
Contact Information
Address
2-10-1 Omachi, Itoigawa
TEL.025-552-1511
(Itoigawa Board of Education,
Cultural Promotion Division)



Nou Hakusan Shrine **B**

This shrine's current main sanctuary (*honden*) was built in 1515 and is a National Important Cultural Property. The shrine's treasure hall has a number of unique articles of faith on display. The nearby Nou Museum of History and Folklore features exhibits of traditional farming implements and household utensils.

Contact Information
Address
7239 Nou, Itoigawa 949-1352
TEL.025-552-1511
(Itoigawa Board of Education,
Cultural Promotion Division)



Tsutsuishi Station **A**

Tsutsuishi Station is an unusual station that surprises most people when they first see it. Famously located in the middle of the 11 km long Kubiki Tunnel, the boarding platform is separated from the station building by 300 steps.

Contact Information
928 Sennou, Itoigawa
949-1302
TEL.025-567-2101



Gyokusuien Gardens and Tanimura Art Museum **C**

This museum, designed by famed architect Togo Murano, features the Buddhist sculptures of woodcarver Seiko Sawada. The Gyokusuien Garden is a beautifully crafted garden that can be enjoyed from within an adjoining tea room.

Contact Information
2-1-13 Kyougamine, Itoigawa
941-0054
TEL.025-552-9277



Hisuien Gardens **C**

This traditional Japanese garden features a 70-ton cobalt jade boulder and beauty that changes with the seasons. An art museum in the garden exhibits a collection of exquisite jade sculptures.

Contact Information
2-11-1 Rendaiji, Itoigawa
941-0055
TEL.025-552-9277

Encounter Excitement and Romance

Itoigawa's historical tapestry is woven with many stories. The Jomon people who lived here in ancient times developed the world's first known jadeworking culture. Japan's oldest records tell of the romance that unfolded here between the god Okuninushi-no-mikoto and the beautiful Princess Nunakawa. The Fossa Magna Museum virtually resonates with the Earth's heartbeat. And Itoigawa's own Gyofu Souma left a lasting mark on modern Japanese literature.

Legends speak of Nunakawa, a princess who ruled Itoigawa in ancient times. Japan's oldest historical record, the Kojiki, described her as beautiful and wise.



Itoigawa GeoStation GeoPal **H**

A perfect place to start any trip to the Itoigawa Geopark, this new information center is located on the first floor of Itoigawa Station. In addition to regional tourist information, the facility features a large model railroad diorama gallery and an old diesel train repurposed as a waiting room!



Teraji Archaeological Site **G**

This thatched roof hut looks out of place in the middle of a residential neighborhood in the Oumi district, but it is actually a reconstruction of a dwelling that was built over 4,000 years ago. It was the home of a jade artisan.

Contact Information
Address
Teraji, Itoigawa
TEL.025-552-1511
(Itoigawa Board of Education,
Cultural Promotion Division)



Itoigawa Museum of History and Folklore **E**

This museum features permanent exhibits on Gyofu Soma, including his personal effects, collected works, and research on the poet-monk Ryokan. The museum also exhibits a variety of artifacts from Itoigawa's cultural history.

Contact Information
1-2-2 Ichinomiya, Itoigawa
941-0056
TEL.025-552-7471

Itoigawa Kenka Matsuri

[Dates] April 10 & 11 [Location] Amatsu Shrine

Also called the Amatsu Shrine Spring Grand Festival, two teams of young men from the districts of Oshiage and Termachi shoulder heavy portable shrines and chase each other around the grounds, meeting occasionally to fight by pushing the shrines into each other. The excitement of the fight then gives way to the elegance of a series of 'bugaku,' traditional court dances set to ancient melodies.

Otetekomai Festival

[Date] August 31 and September 1 [Location] Hiyoshi Shrine

This ancient festival in the mountain village of Yamadera consists of a series of elegant and fanciful dances performed primarily by local children. It has a long history and has been designated a National Treasure.

Contact Information
1-2-5 Ichinomiya, Itoigawa 941-8501 **TEL.025-552-1511** (Itoigawa Board of Education, Cultural Promotion Division)

Omi Takenokarakai

[Date] January 15 [Location] Omi Station

This unusual festival is held to celebrate the 15th day of the New Year. Men wearing colorful makeup vie in a symbolic game of tug of war using two large bamboo stalks while the community prays for a bountiful harvest.

Nou Hakusan Shrine Spring Festival

[Date] April 24 [Location] Nou Hakusan Shrine

In this ancient festival, local men lift portable shrines on their shoulders and run them in circles around the shrine. Following this, a series of 'bugaku,' traditional court dances, are performed in costume. In the brilliant red glow of the setting sun, the festival reaches its climax with the dance of the Ryo'ou.

Itoigawa Geopark Geosites of History and Culture

Tsutsuishi & Hamatokuai Geosite **A**

Exposed seabeds exhibit a beautiful striped pattern. Fossils of whales and bivalves can be found here.

Benten-iwa Geosite **B**

This geosite features Benten-iwa and Totto-koiva, interesting boulders formed by submarine volcanic eruptions. Nearby is the historic cultural property Hakusan Shrine, home of the beautiful Himeharu Cicada.

Miyama Park & Museum Geosite

The perfect place to begin your adventure through Itoigawa Geopark, this site offers a beautifully maintained park, the Chojagahara Archaeological Site and Museum, and the Fossa Magna Geological Museum.

Itoigawa Coast Geosite **C D E**

This geosite offers a variety of attractions, from the popular swimming beach known as "The Jade Coast" to a statue of Princess Nunakawa, as well as a shopping street in front of Itoigawa Station and an art museum exhibiting Buddha sculptures.

Omi Coast Geosite **G**

Hunt for jade along the coasts of Omi and visit the nearby Teraji Archaeological Site.



● **Benizuwai Crab**

This delicacy is best enjoyed boiled whole with salt and eaten by hand right at the market. Of course, you can also enjoy it prepared in a variety of dishes at local restaurants, inns, bars, and hotels.



● **Sasazushi (Sushi on Bamboo Leaves)**

This popular local specialty is made with mountain vegetables, fish, and rice colorfully arranged on bamboo leaves. Each area of Itoigawa has its own method of preparing this dish, try and taste them all!



● **Monkfish Stew**

Monkfish, a type of anglerfish, is an extremely popular dish during the winter months, often enjoyed at festivals and other related events. It is not only enjoyed as a stew, but also grilled, fried as tempura, or in soups. The liver is particularly delicious, with a flavor similar to foie gras, so please try some if you can.



● **Gengyo**

Another winter favorite, you won't find this fish on the menu in the big cities! Served dried, grilled, fried, or in soup, this strange-looking fish is irresistibly good.



● **Codfish Soup**

If you try one winter season dish in Itoigawa, make sure it is this one. Truly simple yet surprisingly rich, this dish brings out all the best flavors of this coldwater fish.



● **Ego**

This sea plant is collected and then dried for storage at the end of the rainy season. It is then simmered in sake and water, then formed into blocks and allowed to cool. It is extremely healthy and has a mild flavor reminiscent of the beach.

Enjoy the Bounties of the Mountains and the Sea!

Spring brings freshly-picked wild vegetables from the mountains and summer means fresh seaweed and shellfish. Newly harvested rice and delectable mushrooms mark the autumn season and fish caught in the cold waters of winter are exceptionally delicious. Itoigawa boasts a cornucopia of flavors from both the mountains and the sea. Gourmets and gourmands alike will not be disappointed!



● **Amaebi (Pink Shrimp)**

Locally called 'Nanbanebi' or 'pepper shrimp' in Japanese, this is a standard dish from the Sea of Japan that is best enjoyed as sashimi. Here, they are popularly served with their eggs as a special treat.



● **Itoigawa Black Yakisoba**

This unique variety of stir-fried noodles is combined with local squid and squid ink to create a jet black dish that definitely makes an impact. After you've had a plate, you might want to check your smile in a mirror! It's offered up by many restaurants and bars around town, each with their own unique spin. Make sure to try more than just one!



● **Itoigawa GeoDon Rice Bowls**

These "GeoDon" are 'donburi' style rice bowls drawing from Itoigawa's rich palette of local flavors to produce gourmet rice bowls inspired by Itoigawa's 24 Geosites. Nanban shrimp, Benizuwai crabs, and other local delicacies are served atop bowls of locally grown koshihikari rice. Taste the Geopark!



How does Itoigawa have such a variety of delicious foods? The secret lies in the Geopark. Itoigawa's peaks reach nearly 3,000 m high while the sea plunges over 1,000 m deep. In between these two extremes are countless ecosystems and contrasting environments, home to a staggering variety of plants and wildlife. In spring, the deep snowfall melts to provide clean, cool water perfect for rice. A climate of warm days and cool nights imparts extra sweetness to local vegetables. Itoigawa's many rivers pour into the sea, providing nutrients for the fish there. This same water is also used to produce our full-bodied, flavorful sake. So eat up, drink up, and enjoy!

Indulge your senses with the bounties of the land and the sea — Bon appétit!



● **Locally-brewed Sake**

Niigata Prefecture is the place for sake lovers and Itoigawa is no exception! Clear streams and bountiful rice make it ideal for sake brewing. With a wide selection of locally crafted sakes, it may take a few nights to appreciate them all! Kanpai!



Echigo Ichiburi no Seki

During the Edo Period, this was the location of the Ichiburi no Sekisho Checkpoint between the provinces of Echigo (Niigata) and Echuu (Toyama). Now, this place is called "Echigo Ichiburi no Seki" and serves as a rest area for travellers.

Contact Information
1035-50 Ichiburi, Itoigawa
949-0111
TEL.025-564-2922



Oyashirazu Pier Park

This road station is built underneath an unusual offshore interchange and was created under the creative direction of famed artist Kiyoshi Awazu. The nearby beach is open for swimming throughout the summer. During winter, try codfish soup at the seaside restaurant!

Contact Information
903-1 Tonami, Itoigawa
949-0308
TEL.025-561-7288



Jade Kingdom Center

Located next to Itoigawa Station, this building houses numerous restaurants and souvenir shops. In the corner of the building, you can watch as skilled workers demonstrate jade processing.

Contact Information
1-7-11 Omachi, Itoigawa
(Next to Itoigawa Station)
941-0061
TEL.025-553-1210



Marine Dream Nou

This expansive road station includes a local produce market, a fish market, museum, outdoor recreation area, and more, all along the beautiful Nou Coast. The "Kaniya Yokocho" crab market is always bustling with visitors. The sunset over the Sea of Japan is beautiful here.

Contact Information
3596-2 Noukodomari, Itoigawa
949-1351
TEL.025-566-3456



Renge Onsen Hot Spring J

The outdoor hot spring baths of Renge Onsen are located 1,475 m up a mountain, offering unparalleled views of the Northern Alps. Hike from the lodge to the baths, then strip down and commune with nature!

Hakubadake Renge Onsen Lodge
991 Otokoro, Itoigawa
949-0464
TEL.090-2524-7237
(satellite phone)
※Open from late March to mid-October
※Automobiles are allowed in from late June to mid-October.



Himekawa Onsen Hot Spring H

1,500 liters of hot therapeutic water gush from the earth at Himekawa Onsen, near the border with Nagano Prefecture. Located deep within the Himekawa Gorge, the view here is gorgeous all year round. The onsen is easily accessible from Hiraiwa Station on the Oito Line.

Hotel Kunitomi Suisenkaku
885-1 Otokoro, Itoigawa
949-0464
TEL.025-557-2000



Amakazari Onsen Hot Spring F

This hot spring is to be found 900 meters above sea level, at the foot of Mt. Amakazariyama, one of Japan's 100 Famous Mountains. It's a popular basecamp for climbers of all ages.

Amakazari Sanso Lodge
1870 Kajiyama, Itoigawa
949-0544
TEL.090-9016-3212
(satellite phone)
※From mid-May to early November

Therapeutic waters warm both body and soul



Yakeyama Onsen Hot Spring D

Yakeyama Onsen is located practically next door to Sasakura Onsen, but its mineral qualities are very different. The waters here are so mineral rich that white flecks can be seen dancing through the slightly cloudy spring water.

Seifukan Hotel
6429 Odaira, Itoigawa
949-1221
TEL.025-559-2011



Choja Onsen Hot Spring C

Choja Onsen is located in a traditional Japanese farmhouse, complete with thatched roof! The waters here are soothing and said to be curative.

Yutorikan Inn
18778 Konoura, Itoigawa
949-1342
TEL.025-566-3485



Maseguchi Onsen Hot Spring A

The village of Maseguchi is nestled at the foot of Mt. Gongendake and is home to multiple hot spring inns. They are great for relaxing after hiking in the summer or skiing in the winter. Make sure to try the seafood, caught fresh from nearby Nou Fishing Port!

Gongenso Hotel
26-1 Tamugidaira, Itoigawa 949-1323
TEL.025-568-2201

Taigakuso Hotel
1097-1 Maseguchi, Itoigawa 949-1324
TEL.025-568-2720

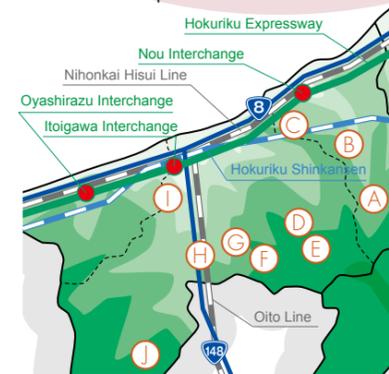
Yamashiroya Hotel
1057-2 Maseguchi, Itoigawa 949-1324
TEL.025-568-2121



Yunowaki Onsen Hot Spring B

This facility is a part of Green Messe Nou, a golf country club surrounded by beautiful forest of beech trees. It's a clubhouse offering not just a hot spring but also a restaurant. So, after playing golf, visitors can have a nice sweat in the hot spring and enjoy a hearty meal in the restaurant.

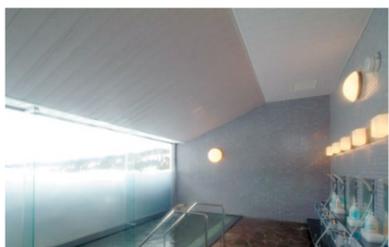
Odaira Yasuragikan Clubhouse
1302-2 Shimamichi, Itoigawa
949-1333
TEL.025-566-5512
※Mid-April to late November



Unwind in a Hot Spring Bath

Itoigawa is known for its abundance of hot spring baths, some famous, some off the beaten track. Unwind after a long day of exploring Itoigawa at one of the many baths here, each with a unique mineral composition.

From young to old, all ages can enjoy the relaxed, inviting atmosphere of Itoigawa's hot spring baths.



Shionomichi Onsen Hot Spring G

While it is located at the Seaside Valley Ski Resort, this hot spring bath stays open all year. It's also called 'bijin no yu' or 'bath of beauties' because it gives bathers silky smooth skin.

Hotel White Cliff
151-1 Yamaguchi, Itoigawa
949-0554
TEL.025-558-2316
(Within the Seaside Valley Ski Resort)



Sasakura Onsen Hot Spring E

This hot spring has a rich concentration of sodium bicarbonate and a unique mineral composition that is very gentle to the skin. The hot spring is famous for serving delicious Onsenohan rice and Onsenayu rice porridge, cooked by the water of this hot spring.

Ryuunso Hotel
5804 Odaira, Itoigawa
949-1221
TEL.025-559-2211



Itoigawa Onsen Hot Spring I

This salty spring originates from the Fossa Magna, 1,000 meters below the surface of the earth. The water is also boiled down and reduced to make a natural salt called umajio.

Hotel Kunitomi Annex
298-1 Ono, Itoigawa
941-0071
TEL.025-550-1000

Hisuinoyu Hot Spring
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Itoigawa Geopark Geosites of Hot Springs

Gongendake Geosite A

Landslides and avalanches are a constant issue in this area. However, this rugged region boasts an abundance of natural gas and hot springs.

Shindosan Geosite B C

This triangular mountain range is said to be the birthplace of the goddess Princess Nunagawa. Come visit and challenge Shindoyama Park, with its 1088 stone steps.

Yakeyama Geosite D E

A young, active volcano formed only 3000 years ago, steam still rises from this mountain. On top you can witness ongoing volcanic activity and a lava dome left behind by a previous eruption.

Amakazariyama Geosite F

This is one of the 100 famous Japanese mountains. From the summit you get striking panoramic view over mountains and the hot spring at the hillside too.

Other Geosites

Maikomidaira Geosite
Located on the southern side of Mt. Kurohime, this is the location of the deepest limestone cavern in Japan. You must obtain official permission before climbing this mountain.

Hashidate Gold Mine Geosite
The ruins of a former gold mine, this geosite is features an old mining shaft and the remains of a refining facility.

Salt Trail(South)Geosite G

An old Japanese cedar, ponds, and a museum are to be found at this site. At Bokka Tea House, you can try your hand at making soba noodles.

Himekawa Gorge Geosite H

In this ravine, carved over millennia by the Himekawa River, you can see not only nature's majesty, but also manmade erosion control facilities, showcasing man's ever-present struggle against natural disaster.

Himekawa Gorge(Oito Line) Geosite J

After visiting the Hisui Oukoku Center, take a trip through the ravine on one of the Oito Line's popular diesel carriages.

Renge Geosite

The nature walk footpath through this geosite gives you a perfect opportunity to observe alpine flora and fauna. Traditional woodworking crafts are exhibited at Kijiya Village.

Tsugami Shindo Geosite

This mountain trail, opened in 1971, connects the Sea of Japan with the Northern Japanese Alps. An abundance of beautiful alpine flora grows along this path.

Tsukimizu-no-ike Geosite

Located at the edge of an enormous landslide, this spring-fed pond's name means 'the pond which cannot see the moon.' In May, wisteria plants come alive with blossoms around this pond and along the roads.