

IBUSUKI GUIDE BOOK

I B U S U K I - C I T Y , K A G O S H I M A , K Y U S H U , J A P A N



Guide Book to Ibusuki City, Kagoshima Prefecture, in English version



Natural steam sand bath, called 'Sunamushi Onsen', which is unique and special hot spring in the world.

Natural steam sand bath at Saraku and Sayuri, contains sodium chloride, having positive effects in relieving neuralgia, rheumatism, lumbago, arthralgia, wiplash, atopy, skin burn, asthma, anemia, and oversensitive-to-cold constitution; it has also drawn attention in terms of the benefits of "detoxing" and "beauty skin", as a result of discharging waste matter, inflammatory substances, pain mediators out of the human body. Especially, high concentration of metasilicic acid in the spring water is remarkable in Sayuri, 189mg/kg, which is called "Hot Spring of Beauty".

How to take the steam sand bath, Sunamushi Onsen

① Reception counter

At the reception counter, you can hear the brief of bathing and borrow a yukata (cotton kimono).



② Changing room

Put your clothes off and place them in a locker. Put your yukata on your body naked. Put the beach sandals on. Go down to the steam sand bath area at the seashore with a face towel.



③ Bathing in steam sand

Lay on your back on the sand at the designated place. You will get covered with sand at 50 to 55°C. You can work up a comfortable sweat in the sand in ten minutes, although this varies from people. Then, get out of the sand bath. You will feel refreshed. You can regulate the temperature of the sand bath according to the sand's depth, as you like.



④ After getting out of the bath

Return to the bathroom. Take off your yukata and put it into the dedicated box. Pour warm water over you using a handy pail provided to wash away the sand completely before entering the bathroom.



⑤ Hot spring water bath, Onsen

Refresh and relax in the natural hot spring bath, rinsing off sweat. After refreshing in the hot spring bath, go to the changing room.



⑥ Changing room

Put your clothes on in the changing room (provided with hair-dryers and combs).



Onsen

(Hot springs)

Hot spring water is gushed out from more than 1000 sources everywhere in Ibusuki City. Especially, the popular steam sand bath called 'Sunamushi Onsen' is unique and special hot spring in the world. Enjoy the steam sand bath with the excellent benefit of detoxing and the Ibusuki's hot spring water bath with the benefit of relaxation.



The Very Best
hot spring in Japan on
popular review site!



Japanese-style open-air bath
"Tamatebako Onsen"

An open-air hot spring at the location with a marvelous panoramic view of the great nature where you can enjoy luxurious time in the hot spring. It is a strong salt spring and good for neuralgia, muscle pain, arthralgia, frozen shoulder, motor paralysis, recovery from fatigue, and health enhancement.



Tourism



Enjoy the great and dynamic nature in vivid colors and the abundant variety of beautiful view spots.

Mysteries of nature! Chiringashima Island tied with the sandbar

Beautiful uninhabited island with a circumference of about 3km, an area of about 60ha, and a highest point of about 90m. From March to October, a sandbar of about 800m long called "Chiririn Road" appears at low tide during spring tide and mid tide and allows you to walk across to the island enjoying the salt smell of the sea. A visit certificate will be issued at the island.

Popular
power
spot

Ryugu Shrine where you can
pray for matchmaking and good
fortune in love



霧島錦江湾
National Park



Lake Ikeda, the largest lake in Kyushu

A lake with a circumference of 15km and a maximum depth of 233m, which was created by volcanic activity long ago. Large eel with a length of 2m and circumference of 50cm inhabit the lake. It is also known as the lake of a legendary monster called "Issy" purported to live in the lake.

Cape Nagasakibana, the birthplace of The Legend of Ryugu

Cape Nagasakibana is the southernmost point of the Satsuma Peninsula, where a white lighthouse stands. You can enjoy the views of magnificent Mount Kaimondake and rocks with the sea spray breaking over them. The Cape Nagasakibana is said to be the birthplace of The Legend of Ryugu. Ryugu Shrine is nearby located.





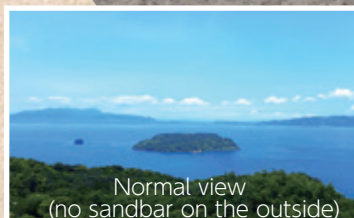
Chiririn Road

(View of sandbar appeared)

You can walk across to the island when the conditions are satisfied. You can refer to the sandbar calendar at the website Ibusuki Tourism Net for the details of the time during which the Chiririn Road appears.



Nishi-Oyama Station, which is the southern-most train station of Japan Railways.



Normal view
(no sandbar on the outside)

Somen noodles called 'Somen-nagashi', flowing in a circulating crystal clear water

Somen-noodles is one of the special features of summer in Japan.

Somen noodles are circulated in the spring water of Tosenkyo Valley is used, which has been selected as one of Japan's 100 best springs. This style of serving somen noodles originated from Ibusuki. How about to enjoy somen noodles flowing in a circulating crystal clear water? You can also enjoy it in winter.

Gourmet

Wonderful dishes are creatively cooked to serve a variety of tastes using an abundance of seasonal fresh local ingredients and utilizing the specific tastes of ingredients. How about to enjoy delicious foods of southern Japan?



Imo Shochu (local sweet-potato liquor) of Southern Satsuma

Distilling of Imo Shochu liquor from sweet-potato is flourishing in Minami-Satsuma region. There are six Imo Shochu distillers in Ibusuki. Each distiller continues to produce good Shochu using their own recipes and traditional skills.



Katsuo-no-tataki (seared bonito fillet)

Healthy food of bonito aromatically seared, with rich nutrients.



Dishes of Kurobuta (Berkshire Pork)

Culture

Why don't you have an experience of varieties of local history and culture including Satsuma's traditional art/crafts and Ibusuki's folklore traditions inherited for generations?



Exhibits of Satsuma Denshokan Museum

▲ Satsuma Denshokan Museum, "Visit to rediscover Satsuma"

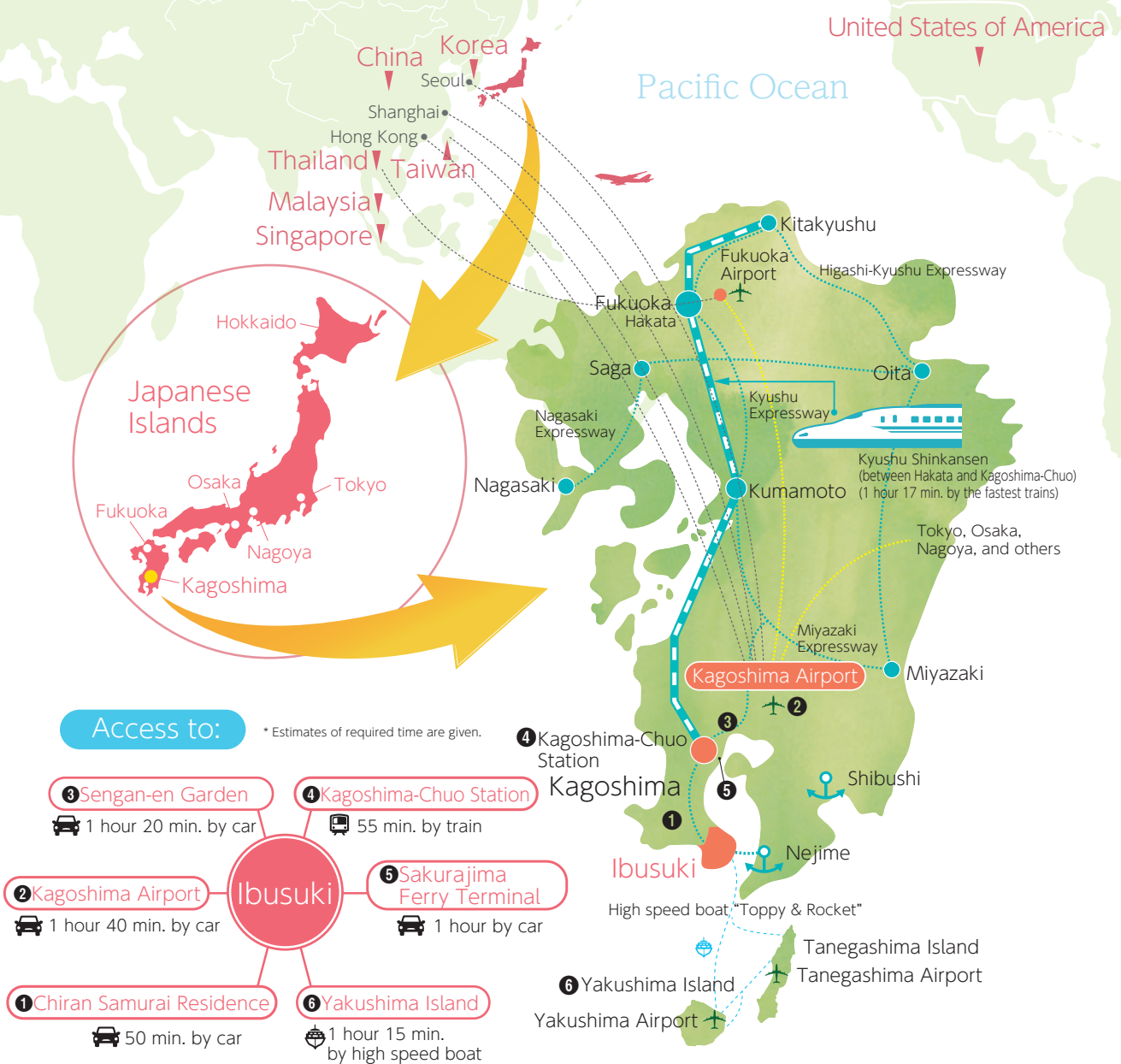
Satsuma Denshokan Museum is located in the premises of the Japanese inn, Ibusuki Hakusuikan, where about 380 pieces of Satsuma pottery and Chinese porcelain are exhibited from its collection about 3,000 pieces, in the concept "Visit the Satsuma Denshokan Museum to rediscover Satsuma".

▼ Fudosan Seiryuji Temple featured by its beautiful landscape of Japanese garden

The temple is located at an altitude of 300 meters in the mountain, with an area of approximately 21 thousand tsubo (about 69,300 sq. meters), with Japanese garden constructed by the monks of the temple. You can enjoy the garden with a variety of seasonal flowers in bloom.



Access Guide



Sakurajima Island



Kagoshima's symbolic island in the Kinkowan Bay. Local people have been blessed with varieties of fruits and vegetables produced from this island.

Sengan-en Garden



This garden was constructed in early Edo period (mid 17C) by the feudal lord, with a landscape featured by the superb use of borrowed scenery from the Sakurajima volcano and the Kinkowan Bay. It has been registered in the World Heritage List. You can enjoy the spectacular view from this garden.

Chiran Samurai Residence



Samurai Residence Garden in Chiran, with a scenic backdrop to the Mount Hahagatake with its graceful scenery, where you can enjoy beautiful townscape spread at the foot of the Mount. This district is also called "Little Kyoto of Satsuma".

Yakushima Island



About 21 percent of the whole area of the island, including the primeval forest of the Japanese cedar (Cryptomeria japonica), the vicinity of forestry road located in the western area of the island, and the Mount Miyayuradake located in the central area of the island, has been registered in the UNESCO World Heritage List.