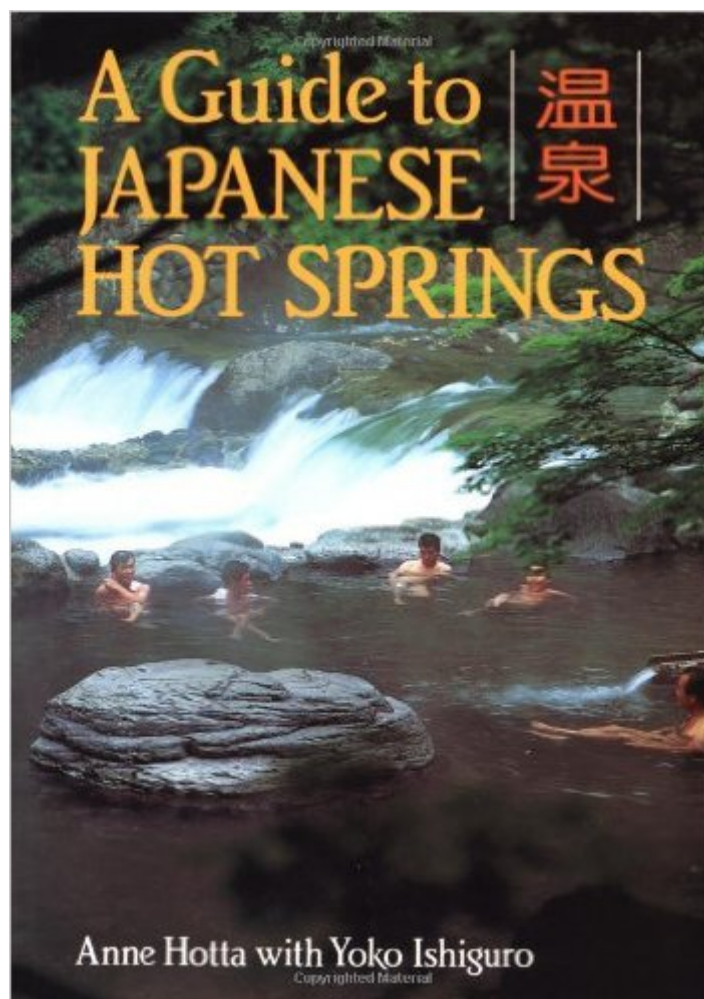


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# A Guide To Japanese Hot Springs



## Synopsis

This text is a guide to over 160 of the best hot springs in Japan, from rock-lined river pools to luxurious resorts.

## Book Information

Paperback: 284 pages

Publisher: Kodansha America; 1st edition (February 1986)

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Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #966,018 in Books (See Top 100 in Books) #78 in [Books > Travel > Specialty Travel > Spas](#) #426 in [Books > Travel > Asia > Japan > General](#) #1342 in [Books > Travel > Specialty Travel > Tourist Destinations & Museums](#)

## Customer Reviews

Despite it being written many years ago, the reviews and information on most of the springs are still true. I think I've visited about 11 of the springs mentioned in this book - and all were just as it said they would be. There are interesting stories about the springs, and what kind of waters they have (for example: water to make you youthful, water to promote pregnancy, or water to "invigorate"). The instructions on how to get there and where to stay are clear and easy to follow. I've never been lost on the way to any of these springs. I've read this book cover to cover several times, and then flicked back and forth as a reference. The hardest thing is deciding which of all the springs you want to visit - the authors make them all sound good by picking up points of interest about each one. If you like being lazy, soaking in hot water, having pummelling massages from heated waterfalls, eating and drinking until all you can do is drag yourself back into a hot tub...this book is essential for any trip to Japan. Enjoy reading it before you go - and then make a list of where to visit while you are there. The book itself is not too big, so it will fit in your bag to take along with you. I only gave 4 stars because I am waiting for a new edition to come out!

Hot springs, called Onsens in Japanese, are one of the greatest pleasures Japan has to offer. Due to its volcanic nature, the entire country is literally bubbling with thermal waters, and thousands of

years of careful refinement has created a paradise of hot water soaking. Anyone coming to Japan should have a few onsens on their travel agenda, and a copy of "A Guide to Japanese Hot Springs" in their luggage. Anyone living in Japan should definitely have a copy on their bookshelf. Authors Anne Hotta and Yoko Ishiguro have divided Japan into regions, then highlighted some of the best onsens in that area. Each onsen is sub-classified by location, properties of the water (the different types of mineral waters each boast a healing power,) around and about detailing special information about the onsen and its area, close accommodations and a few extras such as local foods and legends surrounding the onsen. Although it was written in 1986, I have found the information to still be current, with all of the directions and accommodations still accurate. Of course, the prices have altered since then, but that is to be expected with every guidebook. Perhaps a good rule of thumb is to double every price in the book, for a more modern assessment. The only flaw in the guidebook is a lack of ranking, or recommendations. Onsens are only classified by area, and there is no quick method for sorting which are the best. A "10 Onsens worth planning your trip around" section, a star-system, or something of the sort, would have been appreciated. Also, the background and history of onsens is slim, and could have been a more interesting section. Overall, however, "A Guide to Japanese Hot Springs" is an indispensable book, and one that has greatly added to my time in Japan.

If you're going to Japan for pleasure, you should definitely get this book. Japanese tourism revolves around visits to onsens and the charming ryokans associated with them. Each town in a hot springs area has its own tower to supply and distribute the hot water to the various ryokans. Meals can be served in your room (and usually are), so a wonderful, relaxing bath in the rotenburo before indulging in sashimi made from fish caught that day in the mountainous streams, sushi, pickled vegetables and bottles of sake...heaven! This book clearly defines the various onsens by their location in Japan, so you can plan your trip and then pick the ryokan to stay at in your area. Stays are usually for one night, and you will be alone during the day if you stay for longer. This can be an advantage, or if you're gregarious, you may want to plan for just one night, like the Japanese do.

great book to dream - with a good book to spend money with - and great ideas for things most people outside nippon will never ever ever do or consider - nine more words are not needed to expand on this review. i will never write another review 4 since they are so dictatorial about t&c's for reviews. who do they think they are anyway?

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