

hokkaido *Life*

ONSENS

The links in these documents contain information to make your life in Hokkaido easier and more enjoyable. Access each link and add it to your favourites list.

One of the best things about living in Hokkaido is that we have absolutely amazing hot springs, or *onsens*. Going to an onsen is a brilliant way to relax, feel super clean, and bond with friends.

Although it may be an initially shock that people bathe together naked, you'll soon realize that the atmosphere is so relaxed that it's not so strange after all. Besides, you can use a modesty towel to cover yourself up if you so desire.

So, Want to Visit Your First Onsen?

You may feel a bit anxious about taking the plunge, so I've composed a handy list of what to do and what not to do in an onsen:

To Do List

- Relax!!!
- Prepare an onsen bag. This should include:
 - Some money - most onsens cost 300円 and 1000円 for adults
 - A bath towel
 - An onsen or modesty towel
 - Your own cleaning products in case there aren't any provided or if you are picky
- Enter the onsen (usually a red curtain for women and a blue one for men)

- Take a basket and put your clothes and belongings in it. Lock anything important away if there are lockers
- Take your onsen towel and cleaning products and head into the bathing area
- Sit down at one of the shower areas and clean yourself thoroughly
- Relax in the different baths. Test the temperature before you get right in though, some are HOT!

The outside baths are called rotemburos and are particularly popular!

Make Sure You:

- Wash off any soap buds before entering the bath
- Tie your hair up
- Don't spray anyone with your shower head
- Don't let your modesty towel touch the bath water. Most people wear it on their head or leave it on the side as they enter.
- Cover up any tattoos. They are associated with the Yakuza and are not allowed in some onsens.

There are also lots of small natural onsens around Hokkaido that are mixed. You can normally wear swimwear in these. If in doubt, ask!

Hokkaido possesses three primary volcanic mountain groups. Consequently, more than two hundred hot springs can be found throughout the prefecture. The most famous onsen resorts in Hokkaido are Noboribetsu, Toya, Shikotsu, Jyozankei, Yunokawa, Kawayu, and Akan. The *Visit Hokkaido* website has an extensive listing of onsens in Hokkaido. click [\[here\]](#).

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As always, the official [hajat|forum](#) is where you will find all the answers to any questions you may have regarding life in Hokkaido.

HAJET kindly asks you to use paper wisely and only print this document if you really, really must. LOVE HOKKAIDO, LOVE THE ENVIRONMENT!

USEFUL RESOURCES

HAJET | Forum

www.hokkaidojets.org

Go Japan

www.gojapan.about.com

JNTO

www.jnto.go.jp

Outdoor Japan

www.outdoorjapan.com

Visit Hokkaido

www.visit-hokkaido.jp

Noboribetsu Tourist Association

www.noboribetsuspa.dip.jp

Jyozankei Tourist Association

www.jyozankei.com

Hokkaido Association of Japan Exchange and Teaching

www.hajet.org

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