



## - Explore the regions -

Presenting savory experiences of culture, cuisine, and more to enjoy in regions around Japan.

介绍日本各地文化、美食等方面方面的妙趣体验。

- 1 Blood Pond Hell, Oita Pref.  
大分县血池地狱
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鹿儿岛县指宿山川温泉



## 温泉极乐

# Relaxing Hot Springs

A landscape created from Kyushu's volcanic geography and fed by underground thermal springs has given rise to hot spring resorts where a variety of water qualities offers relaxing and healing immersion. There's no finer way to ease into or return from an activity on this island of craft and culture than getting into the hot water of a good outdoor bath (*rotenburo*).

九州的温泉度假区，火山地貌造就了它，地下温泉哺育了它。那里的泉种丰富，泡温泉让人放松身心，兼具疗愈效果。在进入这座手工艺和文化之岛游玩之前，或是在一天的旅程之后，没有什么是比泡一个露天温泉更让人身心舒畅的方法了。

Beppu Onsen, Oita Pref.

## Hot Gusher of a Resort

Perched between mountains and sea, Beppu is Japan's onsen central and second only to Yellowstone National Park for the world's largest discharge of hot springs. Located in central Oita, where thermal springs run deep, the city of Beppu has "gushers" with the highest discharge and most source springs of any hot spring (*onsen*) resort in Japan. Relief from skin disease, rheumatism, and more may be had among these healing waters.

This hot spring resort is renowned

for eight areas, including Hamawaki, Beppu, Kankaiji, Kannawa, and Myoban, the latter two designated as important cultural landscapes for fumaroles.

In Kannawa you'll find the hot spot Tour of Hell with highlights like Sea Hell, made of cobalt blue water; Blood Pond Hell and its red clay; and Tornado Hell, a geyser type. It also is known for tasty, healthy food cooked by direct "hell steaming" (*jigoku mushi*) in its waters.



Sea Hell, Beppu City  
別府市海地獄

Unzen Onsen, Nagasaki Pref.

## Milky-White Spring in the Highlands



Kojigoku Onsen, Unzen City  
云仙市小地獄温泉

A popular onsen resort in summer for its cool climate, Unzen Hot Springs offers refreshing relaxation at its 700-meter altitude, surrounded by 1,000-meter-high mountains including Mt. Unzen.

The spa, set in Japan's first-designated national park, has a history of some 350 years. It prospered as a resort for Westerners in the Shanghai International Settlement, from the late 19th to early 20th centuries, who read about it in books by German naturalist Engelbert Kaempfer and by physician

and botanist Franz von Siebold. The remarkable feature of this 37-source spring is its milky-white water, beneficial for the skin, fatigue, and other ailments. The volcanic geography includes steaming 1,483-meter-high Heisei Shinzan, Mt. Unzen's highest peak, a recent formation in the compelling shape of a dome.

Additional points of interest are Shimabara Castle, samurai houses, old temples and shrines, all amid a colorful change of seasons in this area highlighted by a famously hot spring.

Ibusuki Onsen, Kagoshima Pref.

## Bathe in the Sand

Treat yourself to bathing unlike any in the world: up to your neck in hot sand, rather than in hot water. Of course, there are many inviting hot springs in this renowned resort of Ibusuki Onsen on Satsuma Peninsula, an area also known for its hibiscus and mustard flowers.

But once you head southeast from Ibusuki Station, and find a sand beach about a kilometer long, you'll find an area especially heated by a hot spring—below the sand! Lie face

up and an attendant will appear to sling dirt at you but in fact give you a unique "bath" enveloped by sand between 50° and 55°C. This healing sand bath, the only natural one in Japan and known as *sunamushi*, has such marvelous effects as detoxing, improved circulation, and skin beautification.

Here is a form of relaxation enjoyed by young and old, whether luxuriating in hot water or the warm embrace of volcanic sand.



Steaming sand bath, Ibusuki City  
指宿市沙蒸

## 大分县别府温泉

### 温泉喷涌的度假胜地

别府位于海山之间，不仅是日本的温泉中心，也是全世界温泉喷涌量第二的地区，仅次于黄石国家公园。它地处大分县中央，地下深处有温泉流淌。这里是日本温泉度假区中温泉喷涌量最大的地区，几乎拥有所有的泉种。温泉被认为对治疗皮肤病、风湿及其他病痛都有功效。

这座温泉度假区分为八个区域，其中包括滨肋、别府、观海寺温泉和明礬等。铁轮和明礬还被列为火山喷气孔的“重要文化景观”。

在铁轮，您可以体验温泉“地狱巡”之旅，其中包括泉水呈钴蓝色的“海地狱”、“血池地狱”及其红色粘土和间歇性温泉“龙卷地狱”。此外，用温泉水打造的“地狱蒸”健康美食也是闻名遐迩。



White Pond Hell, Oita Pref.  
大分县白池地狱

## 长崎县云仙温泉

### 高原上的乳白泉



Unzen Hell, Nagasaki Pref.  
长崎县云仙地狱

在夏日，云仙温泉凉爽的气候吸引人们竞相到访，在海拔 700 米的高度放松身心。这里四周被高达千米的群山环抱，云仙岳就在其中。

这里的温泉位于日本第一座国家公园内，至今已有 350 年的历史。19 世纪末到 20 世纪初，很多居住在上海租界的西方人来此度假，让这里生意兴隆。他们是看了 19 世纪的德国医生和植物学家弗兰兹·冯·西博尔德以及 18 世纪的博物学家恩格尔伯特·坎普弗尔的书后慕名而来的。这座温泉有 37 个泉源，其重要特征就是它乳白色的泉水，可以呵护肌肤、缓解疲劳，对许多病痛均有疗效。云仙岳的最高峰、1483 米的平成新山热气升腾，这个巨大的圆顶状山峰形成的时间较晚，是这里火山地貌的一部分。

除此之外，岛原城、武士旧居、古寺神社也是饶有趣味的景点。以温泉为中心，周围的景观随着四季变化，散发缤纷的色彩。

## 鹿儿岛县指宿温泉

### 沙浴

欢迎您来享受全世界独一无二的洗浴方式：将颈部以下的身体埋入热沙，而不是热水。当然，在这片萨摩半岛的著名温泉度假区，也有魅力十足的温泉任您选择，美丽的木槿花和油菜花是这里的天然标识。

而当您来到指宿车站的东南方向，眼前是一片连绵一公里的沙滩。其中一块区域被沙滩下的温泉加热，仰躺在上面，身边的工作人员会将沙子洒在您的身上，让您全身包裹在 50-55 度的热沙中。这是具有疗愈效果的，日本全国唯一的天然“沙蒸”，有强大的排毒效果，可以加速体内循环，让皮肤焕发光彩。

男女老少，不管是享受温泉还是火山沙，每个人都能在这里享受放松一刻。



Attendants serve customers in steaming sand bath, Ibusuki City.  
指宿市，工作人员为客人进行沙蒸

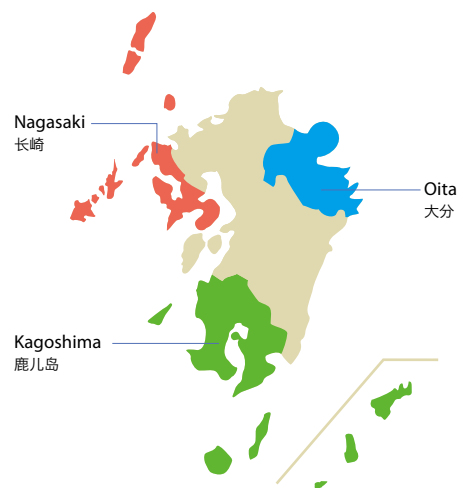
## Onsen & Gastronomy Tourism

Onsen & Gastronomy Tourism develops plans offering a comprehensive experience of an *onsen* (hot spring) resort. They provide the charm of local cuisine, sake, and confectionary through one-day gastronomy walks in Kyushu and elsewhere, as well as the experience of an area's natural beauty, culture, and history. For even more enjoyable trips, visitors can stay in a resort, take time to learn about the area's history, and enjoy the scenery. Through creation of various tourism plans, we aim to give visitors an enriching and relaxing time in Japan's breathtaking onsen resorts.

### 温泉与美食之旅

温泉与美食之旅尽显温泉度假区的全部魅力。您可以用一整天在九州或其他地方作美食漫游，体验当地食物、清酒、甜点的美味，或捕捉自然、文化和历史的魔力。为了更充分享受这些，游客们可以住在度假区，慢慢地了解这里的历史，欣赏美景。通过各种旅游套餐，我们的目标是让客人们充实而放松地游玩这令人惊喜不断的日本温泉度假胜地。

URL: [onsen-gastronomy.com/](http://onsen-gastronomy.com/)



### Getting There

ANA and its codeshare flights serve Oita daily from Tokyo (Haneda), Osaka (Itami), and Nagoya (Chubu). Travel time to Beppu from Oita Airport is about 40 minutes by bus.

ANA serves Nagasaki daily from Tokyo (Haneda), Osaka (Itami), Nagoya (Chubu), and Okinawa (Naha). Travel time to Unzen from Nagasaki Airport is about 2 hours by bus.

ANA and its codeshare flights serve Kagoshima daily from Tokyo (Haneda), Osaka (Itami), Nagoya (Chubu), and Okinawa (Naha). Travel time to Ibusuki from Kagoshima Airport is about 1.5 hours by bus.

### 交通

ANA 每日有航班(含代码共享)从东京(羽田机场)、大阪(伊丹机场)和名古屋(中部机场)飞往大分。从大分机场坐巴士到别府约需40分钟。

ANA 每日有航班从东京(羽田机场)、大阪(伊丹机场)、名古屋(中部机场)和冲绳(那霸机场)飞往长崎。从长崎机场坐巴士到云仙约需2小时。

ANA 每日有航班(含代码共享)从东京(羽田机场)、大阪(伊丹机场)、名古屋(中部机场)和冲绳(那霸机场)飞往鹿儿岛。从鹿儿岛机场坐巴士到指宿约需1.5小时。

Tastes of Japan by ANA



### Looking Ahead

Next month's theme of "History" is set for Jun. 2018. Among many pleasures is experiencing Saga Prefecture's Yoshinogari Ruins, Japan's largest ancient village encircled by a moat, set in a historical park recalling forestland from the days of the Yayoi period (300 BC-250 AD).

### 下期预告

2018年6月的主题是“历史”，我们将带您来到佐贺县吉野里遗址——日本最大的古代村落。这座由城壕围绕的遗址位于历史公园内，让人仿佛回到弥生时代(公元前300-公元250年)的林地生活。此外还有其他精彩内容与您分享。

# Travel More for Less in Japan

## 日本国内线特惠票价



### Routes & Fares (until October 27, 2018 boarding)

Sapporo to Wakkanai, Memanbetsu, Nemuro-Nakashibetsu, Kushiro, Hakodate, Aomori, Akita, Sendai, Niigata, and Fukushima	¥5,400 (US\$52 / CNY326)
Tokyo to Odate-Noshiro, Akita, and Shonai	
Osaka to Aomori, Akita, Sendai, Fukushima, and Niigata	
Tokyo to Osaka (Itami/Kobe/Kansai)	¥7,560 (US\$72 / CNY457)
Fare for other routes	¥10,800 (US\$103 / CNY652)

Note: Conversion rates are ¥104,680 per US\$1 and ¥16,554 per CNY1 as of March 23, 2018, but may be subject to change.

#### Eligibility

1. Maintaining residence outside Japan
2. Holding a passport from another country or holding a Japanese passport with permanent residency outside of Japan
3. Possessing international ticket to and from Japan

For more details, visit ANA Experience JAPAN Fare or ANA Worldwide sites!

### 航线及票价 (限2018年10月27日前搭乘)

札幌与稚内、女满别、根室中标津、钏路、函馆、青森、秋田、仙台、新泻、福岛之间的往返航班	5400日元 (52美元/326元人民币)
东京与大馆能代、秋田、庄内之间的往返航班	
大阪与青森、秋田、仙台、福岛、新泻之间的往返航班	
东京与大阪(伊丹、关西、神户)之间的往返航班	7560日元 (72美元/457元人民币)
其他日本国内航线	10800日元 (103美元/652元人民币)

注意事项: 参考汇率: 1美元=104.680日元; 1人民币=16.554日元。参考汇率截止于2018年3月23日。票价会随汇率变动。

#### 适用条件

1. 日本境外居民
2. 持外国护照或持日本护照但拥有其它国家永久居留权者
3. 持有前往日本或从日本出发的国际线机票

更多详情请访问ANA Experience JAPAN Fare或ANA Worldwide网站。