

Ureshino Onsen 嬉野溫泉

An ancient hot spring famed for its skin-beautifying waters 以美肌之泉聞名的古老療癒溫泉


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Nestled among the gentle hills of southern Saga Prefecture on the island of Kyushu, Ureshino Onsen is renowned as one of Japan's "Top Three Hot Springs for Beautiful Skin." It's said that its mineral-filled waters, naturally rich in sodium bicarbonate and sodium chloride, gently remove dead skin cells and leave the skin feeling soft and hydrated. The luxuriously smooth, almost velvety waters have captured hearts for centuries, earning mention in historical records as early as 713. To truly experience the history behind such an iconic onsen, it's well worth exploring the old streets and shrines that still remain in the hot spring town. Once a prosperous post town along the Nagasaki Kaido during the Edo period (1603–1868), echoes of its illustrious past still linger throughout the town, creating a distinctive atmosphere where rising steam and centuries of history quietly intertwine.

After strolling through the town and soaking in the hot springs, you're bound to work up an appetite. When it comes to local specialties in Ureshino, two standouts are Ureshino tea and onsen yudofu (tofu simmered in hot spring water). Sipping a cup of fragrant tea brewed from locally grown leaves brings a comforting calm that seems to flow from within. The tea leaves also make wonderful souvenirs. Equally delightful is the onsen yudofu, made using Ureshino's mineral-rich waters. Its silky, melt-in-your-mouth texture mirroring the luxurious feel of the hot spring waters is a treat in itself, with the added nutritional benefits making it all the more appealing. You can enjoy it at local restaurants and ryokan throughout the town.

With a relaxing soak in the springs and a leisurely stroll through the town's historic streets, you're sure to leave feeling refreshed in both body and mind.

位於九州佐賀縣南部的嬉野溫泉，是日本知名的溫泉勝地，也被譽為「日本三大美肌之泉」之一。泉質為富含鈉離子的碳酸氫鈉、氯化物泉，據說能去除老廢角質、使肌膚變得水潤。濃稠滑潤又溫和不刺激的溫泉自古以來深受歡迎，甚至早在西元713年的文獻中便已有記載。若想親身感受嬉野溫泉的歷史，可以走訪保留在溫泉街中的古道與神社。嬉野在江戶時代（1603～1868年）曾作為長崎街道上的驛站街區而繁榮發展，至今仍然可以在街上各處看到當年的痕跡，溫泉蒸氣的白煙與歷史交織出獨特的氛圍。

在溫泉街漫步和泡完溫泉後，肚子也餓起來了吧！說到嬉野溫泉的特產，就得提到「嬉野茶」與「溫泉湯豆腐」。使用產自嬉野的茶葉現泡而成的嬉野茶香氣濃郁，喝上一口就彷彿能從體內深處感受到一股平靜，而茶葉也非常適合作為伴手禮。以溫泉水製作而成的溫泉湯豆腐，口感如同嬉野的溫泉般滑順柔嫩，並有很高的營養價值，在周邊的餐廳與旅館都能品嚐到。

泡溫泉暖和身體，並悠閒地感受這座歷史悠久的溫泉街，彷彿能讓身心都變得更加健康呢！

1 You'll be amazed by just how silky and thick the hot spring water feels, a texture you would never expect from its clear and colorless appearance. 2 Ureshino is also one of Japan's leading soybean-producing regions, and the Onsen Yudofu here is made using locally grown soybeans simmered in the area's mineral-rich hot spring waters. 3 Rolling tea fields, gradually unfolding across the hills, are among the area's most iconic landscapes.

1 看起來無色透明的溫泉，令人完全想像不到其實是如此濃稠滑潤的泉質，親身體驗後一定會感到驚喜。 2 嬉野也是日本的重要大豆產地之一。溫泉湯豆腐正是使用產自當地的大豆製作，再以溫泉水慢慢熬煮而成。 3 層層延伸的茶園，是嬉野最具代表性的風景之一。


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Access 交通

Haneda Airport → 1 hr 50 min flight → Fukuoka Airport → 5 min by subway → JR Hakata Sta. → 60 min by limited express → JR Takeo-Onsen Sta. → 5 min by Shinkansen → JR Ureshino-Onsen Sta.
Haneda Airport → 1 hr 50 min flight → Fukuoka Airport → 1 hr 30 min by express bus → Ureshino Bus Center
羽田機場→搭飛機1小時50分鐘→福岡機場→搭地鐵5分鐘→JR博多站→搭特急列車60分鐘→JR武雄溫泉站→搭新幹線5分鐘→JR嬉野溫泉站
羽田機場→搭飛機1小時50分鐘→福岡機場→搭高速巴士1小時30分鐘→嬉野巴士中心

More Info 詳細資訊

Ureshino Onsen Tourism Association 一般社團法人 嬉野溫泉觀光協會
TEL: +81-954-43-0137

From the Editor 編者語

The lush natural surroundings that embrace the hot spring town are another part of its charm. If you visit during cherry blossom season (mid to late March), be sure to stop by the "Hundred-Year Cherry Tree of Nando-ryo." Standing gracefully amid the tea fields, this solitary cherry tree, over a century old, is a truly unforgettable sight.
環繞溫泉街的豐富自然景觀，也是嬉野的一大魅力。若在櫻花盛開的季節（3月中旬～下旬）造訪，推薦前往「納戶料的百年櫻」。樹齡超過百年的單棵櫻花樹佇立於茶園之中，景色十分壯觀。



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WATAYA BESSO 和多屋別荘 — SAGA 佐賀

A special retreat in a little universe of its own, spread across 66,000 sq. meters

At the heart of the estate runs the serene Ureshino River, surrounded by a historical Japanese garden where each season unfolds in its full beauty. This one-of-a-kind space brings together the essence of Japan's traditional aesthetics, culture, art, and performance. Here, you can experience it all—deeply, with both body and soul.




Ureshino-Onsen Sta. (Nishi Kyushu Shinkansen) → 15 min walk *Free shuttle service available (Hotel ⇔ Ureshino-Onsen Sta.). Reservation required. Check in 15:00– / Check out –10:00 ¥17,600– (two meals included, bathing tax excluded) 738 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-954-42-0210**

Oedo Onsen Monogatari Ureshinokan 大江戸温泉物語 嬉野館 — SAGA 佐賀

A hot spring inn featuring large baths and open-air baths fed by a private natural source

An inn offering hot springs from a private natural source, known as one of Japan's top three "beautifying" waters, a buffet with local Ureshino specialties, and a variety of on-site facilities and activities.




Ureshino-Onsen Sta. (Nishi Kyushu Shinkansen) → 10 min by shuttle ‹Shuttle Service› Hotel ⇔ Ureshino-Onsen Sta., Ureshino Bus Center, Ureshino IC (service fee: 30 yen per ride, reservation required) *Reservations must be made by 18:00 on the day before arrival. Check in 15:00– / Check out –11:00 ¥16,000– (dinner and breakfast included). 2091 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-50-3615-3456**

WARAKUEN 茶心の宿 和楽園 — SAGA 佐賀

A unique Ureshino inn where you can enjoy tea with all the senses

Centered on Ureshino tea, this inn offers a tea-focused experience through drinking, dining, and bathing. The world's first tea bath pairs one of Japan's top three beautifying hot springs with Ureshino tea extract for excellent skincare benefits. An Arita ware teacup-shaped bath also awaits. Enjoy seasonal scenery, tea-inspired kaiseki cuisine, and premium Saga beef.




Ureshino-Onsen Sta. (Nishi Kyushu Shinkansen) → 26 min walk / 5 min by shuttle car, Ureshino Bus Center → 10 min walk / 3 min by shuttle car *Free shuttle service available (Hotel ⇔ Ureshino-Onsen Sta., Ureshino Bus Center, Ureshino IC). Please contact the hotel upon arrival at each location. Check in 15:00– / Check out –10:00 ¥19,800– 33 Shimonoko, Ureshino-machi, Ureshino City, Saga **+81-954-43-3181**

Ureshino Motoyu うれしの元湯 — SAGA 佐賀

Awaken the senses. Unwind the soul. A Japanese retreat.

The concept is a "Japanese retreat"— a place designed to offer a moment of bliss through authentic beautifying hot springs, creative cuisine, and heartfelt hospitality. The word "retreat" embodies the desire to provide every guest with deep relaxation and renewal.

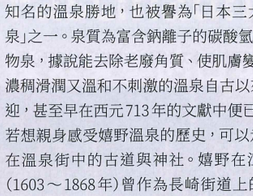



Ureshino-Onsen Sta. (Nishi Kyushu Shinkansen) → 30 min walk or 8 min by bus *Free shuttle service available (Hotel ⇔ Ureshino-Onsen Sta., Ureshino IC). Reservation required. Check in 15:00– / Check out –10:00 ¥21,500 (two meals included) 2202-8 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-570-026-112**

Taishoya 嬉野温泉 大正屋 — SAGA 佐賀

A Timeless Hot Spring Inn Embracing History and Tradition

Founded in 1925, this long-established ryokan in Ureshino was designed by the renowned Japanese architect Yoshimura Junzo. Each building, floor, and room offers a distinct aesthetic and atmosphere. Guests can enjoy the natural hot spring sourced from the inn's own spring. Dinner features a kaiseki course highlighting premium beef and fresh seafood from the Ariake Sea.

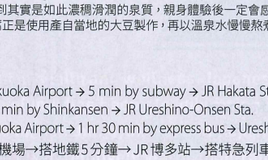



JR Takeo-Onsen Sta. → 30 min by bus → Ureshino Bus Center → 3 min walk *Free shuttle service available (Hotel ⇔ Ureshino-Onsen Sta. or Ureshino IC). Reservation required. Check in 15:00– / Check out –10:00 ¥18,700– (dinner and breakfast included) *Bathing tax of 150 yen per adult required separately. 2276-1 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-954-42-1170**

HOTEL SAKURA URESHINO ホテル桜 嬉野 — SAGA 佐賀

The tallest hotel in the Ureshino Onsen Area

Relax and unwind in the famous Ureshino Onsen—renowned as one of Japan's top three hot springs for beautiful skin. Soak in the open-air panoramic-view bath or in the indoor bath on the top floor, where you can enjoy fine views of the hot spring town below. After your bath, enjoy some quiet time in the lounge, which offers a full view of Ureshino Onsen.




Ureshino-Onsen Sta. (Nishi Kyushu Shinkansen) → 8 min by local bus or 28 min walk Check in 15:00– / Check out –11:00 ¥28,050 – 33,550 (10-tatami Japanese-Western style room, two meals included) 1021 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-954-42-3000**

YUUZEN NO YADO TOUKAI 悠然の宿 東海 — SAGA 佐賀

Blissful moments in Kyushu's first open-air Arita ware bath

This hot spring inn features five private open-air baths and the large baths, all with tubs custom-made by local Arita ware kilns. Soothe your skin in Ureshino's renowned waters, then savor a refined kaiseki dinner crafted with fresh local vegetables, seafood, and more. An ideal base for exploring Ureshino.




JR Takeo-Onsen Sta. → 36 min by bus → Ureshino Bus Center → 3 min walk
Check in 15:00– / Check out –10:00
¥6,500– 871-5 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-954-42-1216**

Onyado Takasago 御宿 高砂 — SAGA 佐賀

A cozy inn with just ten guest rooms

A riverside retreat with a touch of old Japan, complete with a traditional front desk. Enjoy the famed hot springs of Ureshino—known as one of Japan's top three beauty baths—along with delicious cuisine, for a relaxing stay at Takasago.




Ureshino-Onsen Sta. (Nishi Kyushu Shinkansen) → 30 min walk / 15 min by bus *Free shuttle service available (Hotel ⇔ Ureshino-Onsen Sta., Ureshino Bus Center, Ureshino IC). Reservation required. Check in 15:00– / Check out –10:00 ¥9,800 (without meals), 20,000 (two meals included) 730 Shimojukuotsu, Ureshino-machi, Ureshino City, Saga **+81-954-42-0035**

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A separate fee may be required, so please contact each accommodation for more information. The menu may vary depending on the season. att. JAPAN 9