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Let this itinerary guide you to some of the best spots in Japan for mindful reflection.



# Tenzan Onsen

1  
HAKONE

## PLAN YOUR VISIT

**Where:**

208 Yumotochaya,  
Ashigarashimo District

**When:**

9am – 10pm

**Cost:**

Adults minimum 1,300 yen;  
children 650 yen  
(bath tax and consumption tax included).

One night at the ryokan 9,000 yen  
(excluding tax).

**Notes:**

Tickets bought via vending machine  
outside main entrance.

Hakone is well known for its hot springs, pockets of hot water dotting the area like goldmines. There are 17 in all, each spring and each resort offering a different experience.

Water is drawn from a combination of springs at **Tenzan Onsen** in Yumoto, and bathers enjoy an elegant resort decorated in tatami and dark wood, a study in restrained simplicity. Its beauty is enhanced by its natural surroundings: maple leaves draped over stone baths in the open-air springs, small caves with piping hot water, snow meeting steam in winter air. Tattooed bathers are welcome here, and guests can come in on a day pass for a soak or stay the night in the sleek, refined ryokan.



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HIROSHIMA

# Itsukushima Shrine

## PLAN YOUR VISIT

**Where:**

A short walk from Miyajima Pier, reached via ferry from Miyajimaguchi Station.

**When:**

6:30am – 5 or 6pm, season depending.

**Cost:**

Adults 300 yen

**Notes:**

Admission to nearby treasure hall 200 yen.

Dedicated to three Shinto goddesses of the sea, **Itsukushima Shrine** is one of the most stunning in Japan. It's located on Itsukushima (also known as Miyajima), an island in Hiroshima Bay.

With a 1,400-year history, its most famous aspect is the torii, or shrine gate, which appears to float in the water just off the shore. At high tide, it's easy to imagine the deities of Miyajima drifting home to their shrine across Hiroshima Bay. Designated a UNESCO World Heritage Site, the shrine is home to many other buildings also deemed Japanese national treasures.





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## ISHIGAKI

# Sukuji Beach

**Sukuji Beach** stretches for half a mile on the west side of the island, just across the peninsula from Kabira Bay. The mellow, sandy beach is well suited to lazy sunbathing, its edge ridged with forest for when the sun grows too hot.

The shallow aquamarine waters – with a gradual, sandy floor – are good for swimming, and though there's a lack of coral, the clear water ensures you can glimpse a few fish with a snorkel set. The waters around the island are known for habu jellyfish, but a portion of this beach is netted off in the summer against the sneaky stingers, so families can enjoy peaceful water play.

### *PLAN YOUR VISIT*

**Where:**

Sukuji Beach is a 30-minute drive west of the airport.

**When:**

April – October

**Cost:**

Free (no parking fees!)

**Notes:**

Showers, restrooms, and rental shops are available.

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KANAZAWA

# Kenrokuen

An island of calm in the middle of a serene city, **Kenrokuen** is one of the “Three Great Gardens” of Japan. Built as an accompaniment to the neighboring **Kanazawa Castle** by the once-dominant Maeda clan, the garden was opened to the public in 1871. It features winding paths around the numerous ponds and teahouses, and each turn provides a new, picture-perfect glimpse of nature, as composed as a canvas.

Different seasons showcase cherry blossoms, brilliant Japanese maples, gnarled pines, and elegant stone lanterns. Though it’s easy to simply stroll here for a few hours, it’s highly recommended to stop at one of the teahouses for refreshment while admiring the view.

## PLAN YOUR VISIT

### Where:

Stop RL8 or LL9 on the Kanazawa Loop Bus route, or stop S8 on the Kenrokuen Shuttle Bus route.

### When:

7am – 6pm March to October;  
8am – 5pm October to February

### Cost:

310 yen admission

### Notes:

The Kenrokuen Shuttle Bus only runs on weekends and holidays.



# Miyako Botanic Garden Aoshima

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MIYAZAKI

## PLAN YOUR VISIT

### Where:

2-12-1 Aoshima, Miyazaki  
(south of the city, across the water  
from Aoshima Island and its shrine)

### When:

9am – 5pm every day

### Cost:

Free

### Notes:

This is a great detour on a walk to or  
from Aoshima Island.

On the southern coast of Miyazaki city, gazing out at the island of Aoshima, sits the **Miyako Botanic Garden Aoshima**. The garden spans 5.5 acres and seeks to preserve the biodiversity of Aoshima's subtropical flora.

There are hundreds of varieties of flowers here – jacaranda, hibiscus, jade quail – as well as fruit trees like starfruit, papaya, pineapple, and cacao. The majority of the gardens is open-air, but a large greenhouse and incubation room allow for controlled propagation. The onsite **Palo Borracho Cafe** serves up tropical fruit juices and desserts like mango shaved ice.



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NAGASAKI

# Glover Garden

## PLAN YOUR VISIT

**Where:**

8-1 Minamiyamatemachi, a 5-minute walk from Oura Tenshudo tram stop (along tram line #5)

**When:**

8am – 9:30pm in summer;  
8am – 6pm off-season

**Cost:**

610 yen admission

**Notes:**

You'll find the entrance next to Oura Catholic Church.

Nagasaki's position as a vibrant international trading port is illustrated by its foreign settlements like Chinatown, Dutch Hill, and Glover Garden. Once the home of a Scottish trader, **Glover Garden** today is an open-air museum – in the former foreign district – exhibiting European-style homes and mansions of the wealthy traders who immigrated here in the 1800s following the opening of Japan to international trade. Some of the residences are open to the public.

The grounds are thickly planted with trees and flowers, and the garden sits on a hill in the Minami Yamate area, with excellent views overlooking Nagasaki Harbor.



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OSAKA

# Mino Park

The low rumble of a waterfall punctuates the quiet in **Mino Park**, a quasi-national park on the northern outskirts of Osaka. Thick with foliage and home to some 1,300 plant species, the park spans more than 200 acres.

Notable are several varieties of Japanese maples that blaze bright in the fall. A hiking trail follows the Mino River to **Mino Falls**, which stands 108 feet tall and sends down a refreshing cascade framed by colorful leaves. The area is also home to **Mino Onsen**, a hot springs resort with mineral baths for relaxing after a hike. The best views are from the sky bath at **Mino Kanko Hotel**.

## PLAN YOUR VISIT

### Where:

A short walk north of Minoo Station on the Hankyu Minoo Line.

### When:

Open 24 hours, year-round; spring and fall are great times to visit.

### Cost:

Free

### Notes:

From central Osaka, take the Hankyu Takarazuka Line from Hankyu Umeda Station to Ishibashi Station. Transfer to the Hankyu Minoo Line to Minoo Station.

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## RISHIRI ISLAND

# Otatomari Pond

利尻礼文サロベツ国立公園

## PLAN YOUR VISIT

**Where:**

There's a short walking trail to the pond steps from the Otatomari bus stop, on the island's southern coast.

**When:**

April – October

**Cost:**

Free

**Notes:**

Any tour of the island should include a stop at Otatomari Pond—something to consider, given bus service only runs five times a day.

The largest lake on the island is **Otatomari Pond**, found in the south near the coast in the Oniwaki district. The pond, which reflects Mt. Rishiri on a clear day, lends itself to a meditative state. Sakhalin spruces line its waters, and a walking path runs for about half a mile around the circumference, making for an easy stroll. Wildflowers are also plentiful, and lotuses bloom on the lake.

Those wanting a longer hike can head to the adjacent **Minamihama Wetlands** and make a stop at the **Numaura Observatory**, which offers an expansive view of the pond and the surrounding terrain.



# Jozankei Onsen

**Jozankei Onsen** is a hot spring resort within the Sapporo city limits, though it's about an hour from the city center, inside **Shikotsu-Toya National Park**. Jozankei's scenery is dramatic, sandwiched between the cliffs that border the Toyohira River, and the foliage against the steep rock faces makes a pretty backdrop to view as you bathe in the open-air hot springs.

The minerals in the water, sodium chloride and a touch of sulfur, soothe and warm the body, balming aches and wounds. Legend has it that a water sprite, called kappa, lives in these springs.

## PLAN YOUR VISIT

**Where:**

Jozankei Onsen Higashi 3-chome,  
Minami-ku.

**When:**

Come in fall to be surrounded by warm, golden foliage or winter to relax in a hot bath while snow falls around you.

**Cost:**

2,000 yen admission  
(if you're not a hotel guest).

**Notes:**

Reservations are required for seats on the 75-minute Kappa Liner bus to the resort.





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TOKYO

# Hamarikyu

An island of green in a bustling cityscape, **Hamarikyu** is a centuries-old landscape garden covering 62 acres in central Tokyo. Originally the grounds of a lord's residence in the 1600s, it was later converted to a park and opened to the public.

Strolling paths thread through the grounds, with flowers such as peonies, cherry blossoms, cosmos, and plum blossoms taking turns through the seasons. Bordered by the Sumida River and Tokyo Bay, the park holds a large seawater pond spanned by a footbridge. At the pond's center is a small island with a working teahouse where parkgoers can stop for a cup of matcha and a tea-sweet.

## PLAN YOUR VISIT

**Where:**

1-1 Hamarikyuteien, Chuo City, Tokyo.

**When:**

9am – 5pm every day

(closed December 29 – January 1)

**Cost:**

300 yen

**Notes:**

Hamarikyu is a 5-10 minute walk from Shiodome Station on the Oedo Line subway.



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