

Boasting an outdoor facility with a *gensen kakenagashi*—a hot spring whose water flows endlessly from its original source—the spa complex of Sparena Nozawa Onsen is a place to unwind with your friends, family or partner in the town’s mineral-rich, hot spring water. The spa is equipped with indoor and outdoor pools, especially recommended for onsen first-timers, since the water temperatures are lower compared to Nozawa Onsen’s communal bath houses.

During peak season, from December to March, many visitors use Sparena as a base camp for a one-day visit to Nozawa Onsen. The spa opens at 6.30 am, so you can enjoy breakfast before starting your snowy adventure in the mountains. Stash your belongings in the lockers and head out to the ski resort, or unwind in the relaxation room equipped with reclining chairs, until the bathing area opens around 1 pm (you can rent swimwear and towels from the spa). Sparena’s restaurant serves local delicacies, some of them prepared with the area’s popular Nozawana leaf vegetable. And if you plan to drop by during summer, expect an outdoor pool adorned with a waterfall and fountain, especially popular with children, while the terrace turns into a fancy beer garden.