

## Sakyū Onsen Yumeron

Sakyū Onsen Yumeron is a large, municipal hot spring facility near Kamayahama Beach in Mitane. It includes exercise facilities, lodgings, a restaurant, and baths that offer views of the Oga Peninsula and sunsets over the Sea of Japan.

The waters at Yumeron are known for their high sodium chloride content, which makes them unusually salty. The facility has a variety of baths, including a cold plunge, an outdoor bath, a carbonated bath, one with a particularly high salt content, and a private bath that can be rented for ¥1,000 per 50 minutes. The various baths are said to help a number of ailments, such as stiff joints, muscle soreness, skin conditions, digestive problems, and many others. Yumeron also has a sauna.

In addition to being a resort facility, Sakyū Onsen Yumeron functions as a wellness center for the local population. As well as hot spring baths, the building has a pool (swimsuits required) that is dedicated to rehabilitative walking, a form of low-impact exercise for people working to regain endurance or mobility. There is also a training room with treadmills and space for stretching.

Yumeron's restaurant serves a range of dishes, including many that contain watershield, the local specialty. Called *junsai*, this plant grows in fresh, shallow water, and its cultivation is a major industry in Mitane. The restaurant specializes in *junsai nabe*, a summer hotpot dish featuring watershield and locally raised chicken.

The resort has 10 guest rooms in both Japanese and Western styles. Plans are available with or without meals. For day-use guests, entrance to the baths costs ¥500 for adults and ¥250 for school-age children. Towel sets can be rented for ¥300.

Sakyū Onsen Yumeron is open from 6 a.m. until 10 p.m. The restaurant opens at 11 a.m., with final orders taken at 8 p.m. The facility is a 15-minute drive from Moritake Station.