

Kaike Onsen

Kaike Onsen is a natural hot-spring resort that occupies a beautiful stretch of beach-lined seafront about 15 minutes by car from central Yonago. Though a fishing village had existed here for a long time, the hot spring was only discovered in 1900, when a local fisherman noticed bubbles emerging from the sandy beach. Today, there are about 20 inns and resort hotels in Kaike; they range from the affordable to the luxurious, offering both overnight and day-visit access to their baths and beaches. This is one of the few resorts in Japan where hot-spring baths and ocean swimming can be enjoyed in the same location.

Kaike is also known as the birthplace of the triathlon in Japan. Since 1981, sport facilities for triathlon open-water swimming, cycling, and running have been established and regularly improved, attracting Japanese Olympic triathletes to train here. The Yumigahama Cycling Course that runs along the beach connects Kaike with Sakaiminato City about 16 kilometers to the west. In addition, the clear water and the unusual scallop-shaped beaches attract snorkelers; marine activities like stand-up paddleboarding and sea kayaking are also popular.