Hidagawa Onsen Shimizunoyu

Hidagawa Onsen Shimizunoyu is a hot spring in the Hagiwara district of Gero. This local government-supported facility was established to promote the health benefits of hot springs and water-based exercise, especially for older people and those with limited mobility. Health-conscious meals and activities that foster well-being for the community are another core focus of its programs.

The *onsen* facilities
Some indoor baths are infused with medicinal herbs, while the outdoor baths have scenic views in garden settings. Private baths can be reserved for families and groups. There is a hot spring pool with massage jets intended to promote circulation and metabolism. Aquatic exercise classes for children and adults introduce other ways to benefit from activity in the water.

In addition to hot springs, the facility has a sauna, a foot bath, and a tatami-mat relaxation room where visitors can rest after enjoying the pool or baths.

Healthy body, healthy mind
The *onsen* is part of the Minami Hida Health Promotion Center, a collection of facilities where engaging with nature is promoted as a means to improve fitness and well-being. The center is located on 250 hectares of forested land. Apart from health awareness and education, there are gymnastics, aerobics, and yoga classes, as well as cooking and craft lessons at the center. Walking trails through the wooded landscape provide opportunities for birdwatching and "forest bathing," the Japanese practice of relaxation through immersion in nature. Cottages with modern amenities are available for overnight stays.

Dining and recreation at Shimizunoyu
Shimizunoyu serves light meals with local ingredients like Hida beef and tofu boiled in hot-spring water, and has received local and national recognition for its health-conscious cuisine. The holistic activities of the *onsen*, along with the experiences available across the Minami Hida Health Promotion Center, emphasize the positive influence of contact with nature on physical and mental health.