

# 汗を流し 温泉に憩う

## Enjoying Sports and Relaxing in Hot Springs

The riverbed of the Oi River is a sports mecca with a number of sports facilities ranging from a 17.9-kilometer (approx. 11 miles) marathon course to ground golf, softball and soccer fields. The sports grounds are particularly popular on weekends. Relax in a hot spring after a hard day of sport and lead a healthy pleasant life.

### Kawane Hot Spring Fureai-no-Izumi

MAP 5-1

This hot spring facility consists of indoor and outdoor baths, heated pools, saunas and Jacuzzis. The sodium chloride spring water is good for stiff shoulders and backs as well as skin problems. It is equipped with eating and rest areas as well as cottages with hot spring baths.

For inquiries, call 0547-53-4330.  
Open from 9 am to 5 pm, closed on the 1st Tuesday of each month.



### Tashiro-no-Sato Hot Spring Itawari-no-Yu

MAP 5-2

This spa offers two types of hot springs—the indoor Tashiro-no-Sato hot spring which is believed to make your skin beautiful and the outdoor Kawane hot spring, perfect for warming your body.

The spa is also equipped with a carbonated spring, sauna, two private baths (reservations required), a restaurant, and a spacious tatami-matted resting room.

For inquiries, call 0547-33-1148  
Open from 9 am to 9 pm  
Closed on New Year's Day and Mondays (or Tuesday if the Monday is a national holiday)



### Kawane Onsen Hotel

MAP 5-1

Opened in July 2014, the hotel accommodates up to 165 people with its eight Japanese-style guest rooms equipped with a free-flowing hot spring bath made of Japanese cypress and 38 western-style rooms. Soak into the hot spring waters directly drawn from the Kawane Onsen in the indoor public bath and enjoy the carbonated water in the open air bath. Buffet meals and Day use guests are also welcome. Enjoy the relaxing bath time and relieve your tiredness.

For inquiries (or reservations), call 0547-53-4320.



### Shimada as Sports Mecca

Equipped with the marathon course, soccer and baseball fields on the riverbed as well as Tashiro-no-Sato hot spring to relieve fatigue from practice, Shimada welcomes high school, college and corporate sports teams as the site for their training camps. A multipurpose sports center slated to open in March 2010 houses main and sub gyms as well as heated pools and martial arts and Japanese archery training halls.

For inquiries, call 0547-36-7219  
(Sports Section, Shimada City Government.)



### Rose Arena

MAP 5-3

Rose Arena, a multi-purpose sports facility, was created to help people lead a healthy and fulfilling life by doing sports at their own pace in accordance with their age, physical strength and goals as well as for athletes to improve their performance. Sunlight floods into the arena through a large glass wall, creating a bright atmosphere inside. The glass also allows outside spectators to enjoy watching the sports activities happening inside. The lounge inside is a perfect spot to communicate and exchange information with others.

For inquiries, call 0547-37-4539  
Rose Arena

### Oi River Marathon Course River-Tea

MAP 5-5

The nation's first marathon course created on a riverbed is a 17.9-kilometer-long one-way course. The 7-meter-wide (approx. 23 feet) course with views of the Oi River and Makinohara Heights attracts many citizens who enjoy jogging and walking in the natural surroundings without being bothered by traffic. Many citizens gather especially on holidays.

For inquiries, call 0547-36-7223  
(Sports Section, Shimada City Government.)



### Oigawa Ryokuchi Sports Facilities

MAP 5-4

The Oi riverbed is equipped with a variety of sports facilities, ranging from ground golf fields and full-scale clay athletic grounds for national competitions to soccer, softball and gate ball fields to accommodate people of all ages who enjoy sports.

For inquiries, call 0547-36-7223  
(Sports Section, Shimada City Government.)



### Shimada Kodomo-Kan

Located on the fourth floor of "Obiria", a three-minute walk from the North Exit of Shimada Station, the children's center offers a wide variety of fun play possibilities for toddlers and elementary school children. It is also equipped with a nursery for a short-time stay and a family support center to assist with child care. For a small admission fee, the play room, Borune, features large toys and toys that encourage children's imagination as well as a special area for infants and toddlers. There is no cost to use the center's activity room. A wide range of events including craft-making, cooking and seasonal events are held in the multipurpose room. The Shimada City Library is situated on the 2nd and 3rd floors.

Inquiries: 0547-34-3341 Business Hours: 10:00-19:00  
Closed on Mondays (or Tuesday if the Monday is a national holiday) and from December 29 to January 3.  
※The activity room is open until 17:00. Admission to Borune is valid for two hours, starting at 10:00, 12:30, 3:00 and 5:00.



Shimada Oigawa Marathon is held annually on the last Sunday in October on the River-Tea course.

