



Experience #11  
Culture



## Shizenjin-mura

Theme **Sauna craze**

The "TOTONOU—Feel a sense of well-being" concept has taken root, evolving the way we enjoy saunas. From natural to advanced, come and enjoy a sauna experience that will liberate all five of your senses.

## [ Shizenjin-mura Akiruno ]

Experience the ultimate sauna experience in a barrel sauna made of Tama wood. Loyley with local hydrangea tea. Dive into a waterfall basin for the finishing touch. Lying down on the river side, you will become one with nature.



☎070-3985-4878 🏠198 Fukasawa, Akiruno ⌚10:00-19:30 (90-minute charter) / by reservation only

## [ Shiromaru village Okutama ]

The only sauna in Kanto where you can dive into the lake. Warm up in the sauna and dive into the emerald green lake for an exhilarating experience! The 4-hour tour allows you to enjoy BBQ and SUP at your leisure.



☎080-6000-8851 (Dedicated on the day) 🏠27-18 Shiromaru, Okutama ⌚9:00-15:30 (Available 4 hours) / by reservation only

## [ Satologue Okutama ]

This is the main facility of a regional project that views the Okutama area as a hotel. Visitors can experience the forestry culture of Okutama and refresh themselves in an authentic sauna using locally produced firewood.



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☎0428-85-8190 🏠1 Tanazawa, Okutama ⌚By reservation only, for hotel guests only

Where do you want to  
"TOTONOU" today?

# SAUNA

TOKYO TAMA · 7 HOT SAUNAS

We've handpicked the best sauna spots for you, from outdoor to urban. Go on a "TOTONOU Trip" and be transported to somewhere different, all in the blink of an eye.

## [ Tanagokoro Sauna Oasis Hinohara ]

Bathing in nature's air, surrounded by Hinohara wood and the sounds of the valley. Cool down in the Minami Akigawa River for 150 minutes in a private sauna and reconnect with nature.



☎042-598-6307 🏠2100-1 Hinohara-mura ⌚Closed on Mondays and Tuesdays (closed on Tuesdays and Wednesdays when Monday is a national holiday), / By reservation only

## [ Savannah Akishima Akishima ]

Outdoor sauna offering Akishima's groundwater to drink, soak and taste. Private, reservation-only space with wood-burning stove. Both men and women can enjoy the rare experience of a drinkable water bath.



☎042-519-1234 🏠1-4-2 Mokusei-no-mori, Akishima ⌚10:00-22:00 / By reservation only

## [ MONSTER SAUNA Musashino ]

This men-only sauna is one of the world's largest. It has seating for 100, a giant stove (the Niagara Loyley), and a 50-seat rest area. Everything is out of the ordinary and the facilities are huge!



🏠BF1, 1-8-3 Kichijoji Honcho, Musashino ⌚8:00-24:00 / No holidays

## [ FLOBA Mitaka ]

Conveniently located outside Mitaka Station, the octagonal sauna provides even heat and highly concentrated carbonated spring water. It is a new place for relaxation and socialising.



🏠3-45-2 Shimorenjaku, Mitaka ⌚8:00-24:00 / No holidays