

How to Enjoy Hokkaido

How to enjoy Hokkaido on the cheap! Tips for visitors from abroad!



For a relaxing day-trip from Sapporo, why not head out to Hoheikyo Hot Springs for a bath and delicious meal? Hoheikyo is one of the largest open-air baths in Japan, with a maximum capacity of 200 people. Unlike most hot springs, it allows customers with tattoos, an important point for many visitors from abroad. The huge, unique open-air bath was created by gardening professionals. Around the perimeter, about 1,000 tons of rough rocks are used to create a striking scenery. The baths themselves are made from smooth river stone from Hidaka and Tokachi. The baths have a variety of depths, so you can lie down in the shallow areas or you can get deep into the hot water all the way up to your neck. Please enjoy the natural colors of the rocks and beneficial algae, and be careful not to slip! Another unique point is that Hoheikyo Onsen is the only hot springs in Sapporo where the hot water is not temporarily stored in a tank. Instead, *kiyorakana* (pristine) hot water constantly flows directly from underground into the baths, eliminating the need for *enso* (chlorine). Likewise, there is no adjustment of the temperature. The hot springs water is neither diluted with water nor reheated, thus preserving its superior quality. In my experience, it leaves the skin smooth and silky. Various types of massages, treatments, and masks are also available. (Daily 10:00-22:30; last entry 21:45. Children age 3 and over: ¥500; JHS-Adults: ¥1,000) While you are here, enjoy a snack or meal at the dining area on the first floor. In fact, some people come to Hoheikyo not for the bath, but just for the food! It is well-known for its delicious Indian food, with a large variety of curries and other dishes. (Daily 11:00-21:00) Be sure to try the freshly-baked *naan*, a soft, flat bread. Here, it is baked in a special ceramic oven. If you prefer Japanese food, enjoy *jingisukan*, a Hokkaido dish with lamb and vegetables, or 100% *soba* (buckwheat) noodles. (Daily 11:00-14:00, 17:00-20:00) The *soba* is sourced directly from farmers in Hokkaido and is freshly *ishi-usu de hiita* (stone-ground) every morning, resulting in noodles with a superb flavor and texture. With such delicious food on offer, expect a line, but the wait will be well worth it! (Note: Credit cards are not accepted.) **J**

自然、温泉、食が揃った癒しの日帰り旅

札幌市街から日帰りでゆっくりするなら、源泉かけ流しの温泉とこだわりの食が楽しめる「豊平峡温泉」がおすすめ。温泉はお肌がすべすべになる「美肌の湯」と呼ばれる泉質で、広大な景色を堪能できる日本最大級の露天風呂もあるなど魅力満載!また、行列ができるほど人気の名物のインドカレー。数十種類のスパイスを使用したルーはもちろん、特製セラミック釜を使用して焼き上げたナンはもっちりふわふわで必食の一品です。他にも道産のそばの実を使った十割そばや生でも食べられるほど新鮮なジンギスカンもあります。ぜひ心と体を満たしに行ってみてはいかがでしょうか。

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