

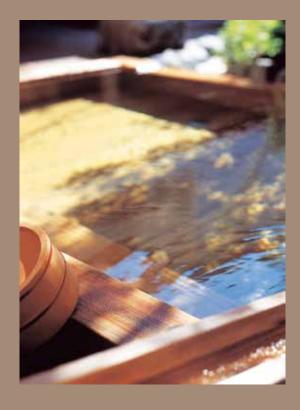


Manyo Club will put an unforgettable crowning touch on your tour of Japan.

Manyo-is committed to providing a unique and highly satisfying hotel-spa experience with rejuvenating natural hot springs water and a wide variety of quality spa services in a convenient metropolitan Tokyo location. Our mission is to provide guests with a completely satisfying and immersive Onsen experience. The Urban Onsen concept is created and developed by the Manyo Club Group. Now, guests are transported into a multi- sensory Onsen environment without leaving town. We bring the rejuvenating hot spring waters of Yugawagra Onsen to you. We offer therapeutic spa treatments designed to restore balance and energy flow, thereby releasing the natural healing powers of mind, body and spirit. We offer authentic Ryokan accommodations. Our restaurants feature local delicacies with our Chef's spin of regional, farm-to-table cuisine. More than just a hot spring resort, Manyo-no-Yu is part of Manyo Club Group-the premier purveyor of Onsen entertainment.

Onsen (hotsprings)

Enjoy a leisurely soak in a large tub filled with our hot water, which is colorless, odorless, transparent and smoothly textured, gentle on the skin while warming the body to the core and enriching the spirit. It has the unmistakable qualities of genuine natural hot spring water. At Manyo Club you can enjoy water from natural hot springs from around Japan, including famous sites known since ancient times such as Atami Onsen, Yugawara Onsen, Yufuin Onsen, and Takeo Onsen, which is transported to our locations daily by tanker truck. Enjoy these waters in a variety of styles: open-air bath, cypress wood bath, large indoor bath and more. Let them soak away your daily routine and soothe body and mind as you savor this delightful time to the fullest.



The history of okumi-yu

Okumi-yu literally means "scooping hot water." Tokugawa leyasu, the great shogun of the Edo Period (1603-1868), was a great lover of natural hot spring baths. His favorite was Atami Onsen in Shizuoka, still a popular destination today. However, for the shogun, travel was an enormously troublesome and costly endeavor, and leaving Edo Castle unattended was a source of anxiety, so he could not just run off for a soak in the healing waters whenever the mood struck. To solve this problem he came up with the idea of having people bring the hot spring water to him that was the start of the okumi-yu system. When it wells up from underground, the water of Atami is extremely hot - around 90°C - and it is said that when it was put into barrels and transported non-stop 15 hours to Edo Castle, it was just the right temperature when it arrived. Today, Manyo Club uses specialized tanker trucks to transport fresh hot spring water daily. In this modern era, you don't have to be a shogun to enjoy a genuine hot spring bath even in the middle of the city!



Benefits

Hot springs generally deliver a range of benefits, such as recovery from fatigue and promotion of health. It has been medically proven that minerals contained in hot spring water permeate the skin and have a positive effect on a range of bodily symptoms.



Physical benefits of hot springs

The physical benefits of hot springs can be divided into three categories: thermal, hydraulic pressure, and buoyancy.

Thermal benefits

The heat of hot springs opens up peripheral blood vessels and boosts metabolism, with effects including recovery from fatigue.

Hydraulic pressure benefits

Hydraulic pressure stimulates the internal organs for an effect like massage, also boosting the metabolism.

Buoyancy benefits

When you soak in a bath up to your neck, there is less strain than usual on legs, lower back, joints and so on. This makes your body feel light and promotes relaxation.

Characteristics and benefits of waterfrom different onsen (hot springs)



●Hakata

Yufuin Onsen in Oita Prefecture boasts the nation's third highest volume of hot water, following Beppu and Kusatsu. It is known for smooth, light-feeling water that is gentle on all skin types.





Asahikawa

Hokkaido's famous "hidden hot spring," about 18km into the mountains from Oshamanbe. Bathing here refreshes a tired body and mind.





Futomi

After taking a bath here, your skin will be radiantly cleansed and moisture restored. Believed to benefit not only the outside of the body but also gastrointestinal health.

Soothes nerve pain	Positive effect on skin conditions
Soothes sore muscles	Promotes recuperation after illness
Soothes joint pain	Lessens sensitivity to cold



The Empress Jingu is said to have bathed in this ancient hot spring in Saga Prefecture. Takeo Onsen has transparent water with a soft texture, and a history going back 1300 years.





Yugawara Onsen has been a famous hot spring since ancient times. It is the only hot spring described in the Manyoshu, an 8th-century poetry anthology!

Soothes nerve pain	Positive effect on chronic female disorders
Soothes sore muscles	Lessens sensitivity to cold
Soothes joint pain	Improves health generally



eminence

After taking a bath here, your skin will be radiantly cleansed and moisture restored. Believed to benefit not only the outside of the body but also gastrointestinal health.

Soothes nerve pain	Positive effect on skin conditions
Soothes sore muscles	Promotes recuperation after illness
Soothes joint pain	Lessens sensitivity to cold



Minatomirai

Atami Onsen is one of the three biggest hot-spring communities in Japan, along with Beppu Onsen and Ito Onsen. The water of Atami Onsen is outstandingly colorless, transparent, flavorless and odorless.





Kobe

This water is characterized by its pleasantly slippery feel and gentleness on the skin. It's an "urban hot-spring village" conveniently located in the major city of Kobe.



At Manyo Club, you can enjoy hot spring water from around Japan!



STYLE Enjoy your time at Manyo Club!

Once you' re all warmed up by the hot bath, it's time to lie down and relax! Manyo Club has enhanced our range of facilities for lounging. We' re proud of our relaxation rooms, where you can take breaks and naps. We also offer a private area for women only, and both Japanese-style and Western-style rooms where you can stay overnight. In our guest rooms, you can choose a futon or a bed, which you may be more accustomed to, depending on preference. We devote care and attention to the smallest details of the rooms so you can relax to the max!

POINT

Lowest price! ¥ 4,300~

Reclining seats



You can stay as long as you like in a reclining seat – even overnight!



Vestern

for only 4,300 yen



Beds are available as well



Enjoy a harmony of Japanese and Western styles Bed



Immerse yourself in the Japanese way of relaxation



Spend leisurely time in a private space

What is a Japanese-style room like?



Traditional Japanese houses have tatami flooring, and rooms with this type of flooring are known as Japanese-style rooms. Tatami are mats made of straw and rushes. A single Japanese-style room is often used for several purposes, including the family living room and also a bedroom for visitors. When you stay in a Japanese-style room, you sleep

on the floor. Bedding usually consists of two futons (one you lie on, and one that covers you like a quilt) and a pillow. There is often a closet in one of the walls of the Japanese-style room. Futons are folded and stored in the closet when not in use.



Dining

We offer delicious foods prepared with heartfelt dedication, ranging from authentic Japanese cuisine made with plenty of seasonal ingredients to light meals such as noodles and desserts. Enjoy your choice of dishes while relaxing at Manyo Club.



Enjoy authentic Japanese food!

Authentic Japanese food means using strictly selected ingredients, prioritizing health and nutritional balance, and serving dishes in a visually appealing way. Today Japanese cuisine is popular all over the world, but the very best is made by highly trained chefs right here in Japan. Savor our genuine Japanese cuisine to your heart's content.

At Manyo Club, you can choose where to eat according to your preferred dining style.



Shokujidokoro (open space) Semi-private room style



Manyo-an (private space)

Manyo Gozen

A special set that lets you enjoy a full range of classic Japanese dishes at once!



Manyo Club is popular for Manyo Gozen, a set meal that lets you enjoy tempura, sushi, and soba all at once. Each dish is chock full of the care and techniques of chefs dedicated to their craft. Once you've eaten this meal, it is no exaggeration to say that you could have "done" Japanese food! Recommended for those who want to sample a variety of delicious foods little by little.

Fun with sushi!

There are various ways to enjoy sushi, but here are a couple of pointers for bringing out the best flavors. If possible, begin with lightly flavored items and move on to more strongly flavored ones. If you go in reverse, the less strongly flavored items won't seem as tasty! Do not dip the rice part of the sushi in the soy sauce, but dip the fish on top of it, so that the rice does not collapse and you can eat it neatly. However, as a basic rule you're free to enjoy it however you choose! Eat the items you want, the way you want.



Sample scrumptious seafood dishes!



seasonal

sashimi

Kaisen-don Mackerel

Seafood is at the heart of Japanese cuisine. Even something as seemingly simple as sashimi (sliced raw fish) tastes different depending on how you cut the fish. You can enjoy a wide range of cooking styles that convey the chef's distinctive touch and the depth of the flavors: simmering, grilling, steaming, and more. During your stay in Japan, don't miss the delicious seafood!

One of the "three flavors of Edo" and a favorite all over Japan.

Tempura is a Japanese dish in which various items such as seafood and vegetables are dipped in an egg and flour based batter, and fried in oil. It is known as one of the "three flavors of Edo" (the former name of Tokyo), and originated as a local specialty there but has become popular all over Japan. Dip it in a sauce or salt and enjoy!



dishes

Ten-don

Tempura is served as a side dish accompanying other items. You can enjoy tempura in a variety of ways: for example ten-seiro udon or soba consists of tempura eaten alongside soba (buckwheat) or udon (thick, wheat) noodles. Ten-don is an assortment of tempura served atop a bowl of rice.

A favorite Japanese noodle dish known that goes down lightly and smoothly.

Soba are a type of Japanese noodles made from flour primarily consisting of buckwheat. It has a long history and is one of the best-loved Japanese foods alongside sushi and tempura. The sauces people dip soba noodles in vary in color, concentration, and flavor depending on the region. Soba is known as a healthy food that reflects local culinary culture.



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Recommended dishes



Soba and udon noodles can be dipped in a sauce called tsuyu, or served in a hot soup made with dashi flavoring. And Manyo Club serves Japan's most popular noodles - ramen! Bon appetit.

noodles

Ramen noodles

Try sake, which goes splendidly with Japanese cuisine.

Sake is an alcoholic beverage usually made mainly from rice, koji yeast and water. We offer some of Japan's best-known brands of sake as well as the original Manyo Club brand. Try sake, the perfect partner for Japanese cuisine.

Other drinks











Beer

Whisky and sour (shochu with flavored soda)

Try a tasty traditional Japanese dessert.

Manyo Club has an extensive selection of sweets. In addition to parfait and soft-serve ice cream, we offer traditional treats like anmitsu (sweet beans topped with bean jam) and kakigori (shaved ice with syrup) that go well with green tea. The hotel group offers distinctive Japanese-style confectionery that vary depending on the facility.

Anmitsu (sweet beans topped with bean jam)



Parfait



Soft-serve (shaved ice with syrup) ice cream





Ceramic plate-grilled sirloin steak



Spaghetti with meat sauce



Cantonese chow mein with assorted toppings



Beef motsu nabe (Beef innardshot pot)



Oyako-don (bowl of rice topped with seasoned chicken and egg)



Kids Plate



Manyo fried gyoza dumpling



Curry and rice with pork cutlets



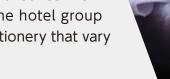
Chicken chanko nabe (sumo wrestler style hot pot)



Lightly grilled conger eel



Kakigori



G STAY

Manyo Club is here to help you improve your trip to Japan!

Visit one of the Manyo Club locations throughout Japan, and make your trip here more pleasant and comfortable.

Look for a Manyo Club near you!





Hokkaido Futomi Meisen Manyo-no-Yu



Manyo-no-Yu Asahikawa







Atami Yugawara Onsen Manyo-Club Yokohama MM21



Tokyo Yugawara Onsen Manyo-no-Yu Machida



Hadano Yugawara Onsen Manyo-no-Yu



Numazu Yugawara Onsen Manyo-no-Yu Numazu





Manyo-no-Yu Hakata



Manyo-no-Yu

Odawara

Kobe Harborland Onsen Manyo-Club



HOTEL AND SPA **KYOTO EMINENCE**





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