

a journey to  
sustainable development  
& regional revitalization

地可  
方持  
創續  
生發  
之展  
旅與



Toji in Beppu & Taketa

別府竹田湯治

Available all year round

全年開放

Basic Plan 基礎套餐 RM 4999 ~ RM 6299



## Itinerary

### 精简行程

- 1 Assemble at Fukuoka Airport / Highway Bus to Beppu  
福岡机场集合 / 乘坐长途巴士前往别府
- 2 Beppu Hells / Kannawa Steam Bath / Jigoku Onsen Museum / Hyotan Onsen  
别府地狱 / 铁轮蒸浴 / 地狱温泉博物馆 / 葫芦温泉
- 3 Myoban Hells / Beppu Onsen Mud Bath / Ritsumeikan Asia Pacific University / Yuyamanosato Onsen  
明矾地狱 / 别府温泉保养中心 / 立命馆亚洲太平洋大学 / 汤山之里温泉
- 4 Beppu Beach Sand Bath / Free Time  
别府海滨砂汤 / 自由活动
- 5 Lake Kinrin / Comico Art Museum  
金鳞湖 / COMICO美术馆
- 6 Train to Taketa / Taketa Castle Town / Taketa Municipal Library / Taketa Onsen Hanamizuki  
乘坐火车前往竹田 / 竹田城下町散步 / 竹田市立图书馆 / 竹田温泉花水月
- 7 Taketa History and Culture Museum / Taketa Castle Ruins / Taki Rentaro Memorial Hall  
竹田市历史文化馆 / 竹田城址 / 泷廉太郎纪念馆
- 8 Travel to Nagayu Onsen / Lamune Onsen  
前往长汤温泉 / 汽泡温泉
- 9 Private Onsen Experience  
私人温泉
- 10 Kur Park Nagayu (Optional Nagayu Style Neutral Bicarbonate Ion Water Bathing Therapy)  
Kur Park长汤 (可选长汤式重碳酸温浴疗法)
- 11 Highway Bus to Fukuoka / Dismiss at Fukuoka Airport  
乘坐长途巴士返回福岡 / 福岡机场解散

## Price

### 费用

**basic plan**  
(excluding flight tickets)  
RM 4999 ~ RM 6299  
or  
JPY 192000 ~ JPY 242600

**基础套餐 (不含机票)**  
RM 4999 ~ RM 6299  
或  
JPY 192000 ~ JPY 242600

## Terms

### 条件

**application closes**  
30 days before date of departure  
**price includes** transportation / accommodation / necessary entrance tickets / partial meals / lecture and study tour fee / guide and translations  
**price excludes** transportation before and after the tour / partial meals / personal consumptions (laundry, communications, beverage, room services or other purely personal natures and optional tours, etc.)  
price may fluctuate and are adjustable according to requests and preferences

**报名截止日期**  
行程首日30天前  
**费用包含** 全程交通与住宿 · 景点的首道门票 · 部分膳食 · 讲座与视察费 · 向导与翻译  
**费用不包含** 集合前与解散后的交通费用 · 部分膳食 · 个人消费(如洗衣、电话、行程外饮食, 行程外交通, 个人保险费用等)  
价格有可能根据季节等因素浮动并且可以根据要求而调整



# Accommodation

# 住宿

## Night 1~5

Guest House Sunline Beppu or equivalent



## 第一 ~ 五晚

别府Sunline旅舍或相同



## Night 6~7

Taketa Station Hostel Cue or equivalent



## 第六、七晚

竹田站Cue旅舍或相同



## Night 8~9

B.B.C. Nagayu or equivalent



## 第八、九晚

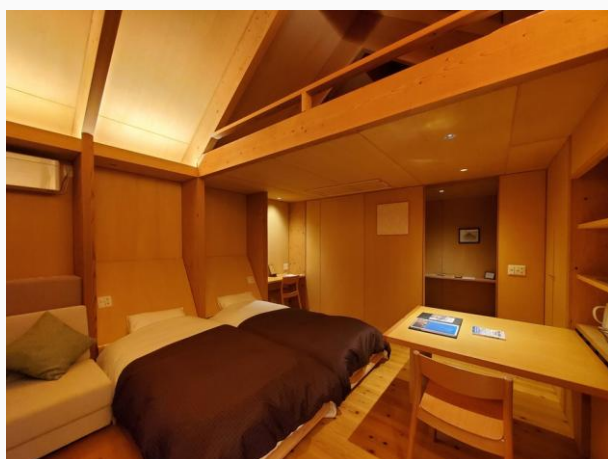
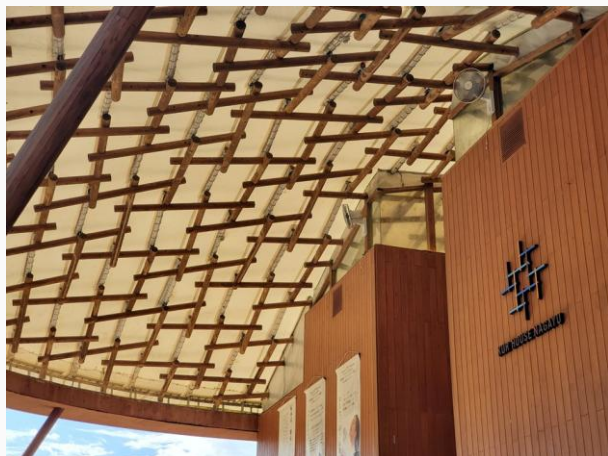
B.B.C. 长汤或相同



# Accommodation

## Night 10

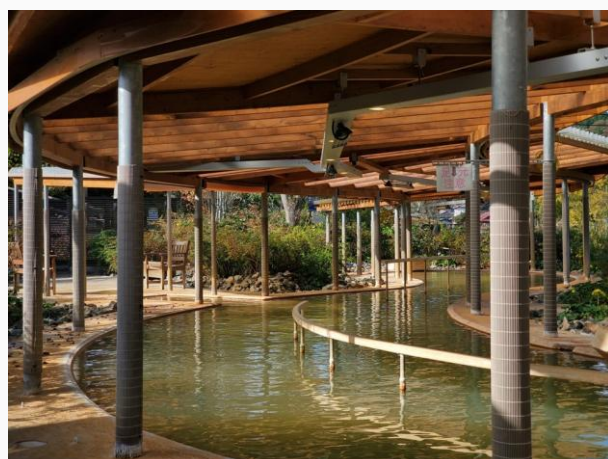
Kur Park Nagayu



# 住宿

## 第十晚

Kur Park长汤



# What is Toji?

Toji, or touji, is made up from two Kanji characters 湯 (tou/to, hot water) and 治 (ji, cure/heal), literally meaning **hot water cure**. The hot water here, however, refers to designated onsen (hot spring) facilities which are proved to bring therapeutic effects through their mineral-rich springs. The practice of toji was said to have begun during the Heian period (794 - 1185) where only members of the imperial family would travel to onsens for retreat and medical treatments. As time passed, the practice gradually spread to different classes of people where during the Edo period (1603 - 1868) even the public can now carry out toji. Although the traditional definition of toji often involves staying for at least a month, given the pace of modern times, a planned course of onsen balneotherapy for at least a week is said to bring some effects of fundamental healing as true healing takes time.

# 汤治是什么？

据文献记载，汤治起源于平安时代（794-1185年）时皇室成员们为治疗疾病专门前往温泉长住疗养。随着时间的推移，汤治逐渐普及到各个阶层，到了江户时代（1603-1868年），普通民众也可以进行汤治。虽然汤治的传统定义指的是在某个温泉长住一个月以上对某些疾病进行温泉疗养，但考虑到现代生活的节奏，据说至少一周的温泉疗程也能带来一些基本的疗愈效果，与一般两三天以休息或娱乐为目的的温泉旅行是不同的，因为只有长期的、持续性的汤治才能够从根本上改善体质。





别府地狱 Beppu Hells



葫芦温泉 Hyotan Onsen



明矾地狱 Myoban Hells









# Highlights

# 行程亮点



Kur Park 长汤



Kur Park Nagayu

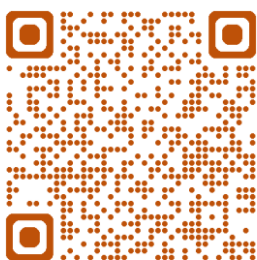


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