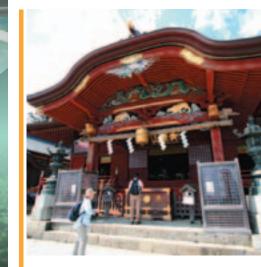
# Mt. Mitake

Park. The peak offers views of the high rise district of central Tokyo, Mount Tsukuba, Boso Peninsula, and the Yokohama Landmark Tower. Easy access to a treasure trove of wild birds, insects, and plant life makes it a popular destination for all ages.



Mαρ:A-3 ted at the peak of Mt. Mitake, this rine is dedicated to the temple built e mountain deity Zao Gongen in the ar 736. National treasures and othe jects of interest are on display at the ure hall within. Go to Mitake station on the JR Ome Line

ting Takimoto station, the cable car 407m of elevation over a distance of m, to arrive at Mitake-san station in six es. The average grade is 22 degrees a maximum grade of 25 degrees, and is eepest climb in the Kanto area. Average gradue is 67 lower than downtown

ture is 6℃ lower than downtown

acture is 6 to lower than downtown a refreshing summer respite.

itake station on the JR Ome Line, transfer to Nishitoward Cable-shita and disembark at the last stoward Cable-shita and disembark at the last Some City Mitake 2-483 Phone: 0428-78
s: 7:30-18:30 Fare: Adult one-way Y590, round-trip id one-way Y590, round-trip yid one-w



#### Mt. Mitake Shopping Street

Mαρ:A-3 cated at the entrance gate of Musashi-Mitake

Renge-shoma flowers are perennials of the

native to deciduous forests on the Pacific side of Japan. Delicate pearly flowers of 3-4 cm

length adorn the slender stems of 50,000 plants of Mt. Mitake. The Mitake-san Renge-shoma stival takes place between late-July and mideptember, and offers a large array of events.

ess: Mitake station, JR Ome Line, transfer to Nishi-Tokyo Bus ard Cable-shita and disembark at the last stop. Take the cable to the top, walk 2 min. Phone Number: 0428-78-9363 (Mitake

nunculaceae, or buttercup family, and are



municipal Visitor Center provides information

advice on how best to experience the local ing trails, and lush nature. Various exhibits are on play, giving children a fun chance to learn more out the environment. Drop by the center to find out experience programs and classes. : Mitake station on the JR Ome Line, change to Nishi-Toky oward Cable-shita and disembark at the last stop. Take the cable of the top, walk 15 minutes. Address: Ome City Mitake-san 38-5 Mumber: 0428-78-9363 (Mitake Visitor Center) Hours: 9:00-16:30 Monday (Tues, if Mon. national holiday). New Year holiday

The Rock Garden covers a 1.5km expanse between Nanayo-no-taki Falls and Ayahiro-no-

taki Falls. Small and large formations such as the Tengu (goblin) Rock scatter the area, and a crystal clear stream weaves between moss-covered stones leading into a magical world of

alleys. The close vicinity to the cable car station nd easy walk make this one of the most popular

ess: Mitake station on the JR Ome Line, change to Nishi-Toky

Bus toward Cable-shita and disembark at the last stop. Take the able car to the top, 3 hour round trip hike. Phone: 0428-78-9363

niking courses of Mt. Mitake.





 $The \ most \ magnificent \ valleys \ of \ the \ Chichibu-Tama-Kai \ National \ Park, \ the \ Mitake \ Gorge \ has \ been \ placed \ in$ the Top 100 Exquisite and Well Conserved Waters of Japan by the Ministry of the Environment. Well known as a kayaking mecca, youth flock from across Japan for it's watersports. The gorge is also dotted with art museums, cafes, and memorials easily explorable from the riverside walking path.

■ Μαρ:β-3



urs are available of the traditional Sawanoi ke brewery. Below the brewery is an outdoor side garden restaurant serving hand-made ofu and Japanese snacks. The perfect place to







■ Μορ:β-3

## Access by car

Train Access

●From Tokyo: Chuo Line Rapid to Ome, or transfer at Tachikawa⊸ From Omiya: Musashino Line to Nishi-Kokubunji, transfer to Chuo Line, transfer at Tachikawa— • From Machida: Yokohama Line, transfer at Hachioji

●From Tokyo: Chuo Expwy. to Hachioji JCT, Ken-O Expwy. exit Hinode I/C, Rt. 411 → ●From Omiya: Kan-etsu Expwy. to Tsurugashima JCT, Ken-O Expwy. exit Ome I/C ●From Machida: Rt. 16 to Rt. 411 To Chuo Expresswa To Kawagoe

■JR East Phone Center ☎050-2016-1603

☎0428-22-1111

Other Outdoor Experiences

1. Aizome Kobo Kosoen

2. Ruriiro Kobo

Barbequeing

5. Trekkling

Hot Springs only

Address: Ome City Nagabuchi8-200 Phone: 0428-24-8121

Address: Ome City Futamatao 2-738-5 Phone: 0428-78-9672

3. Renagado Akatombo

Address: Ome City Sawai 1-403 Phone: 0428-78-8352

4. Woodwork Atelier Nire

Address: Ome City Mitake-honcho 401-8 Phone: 090-4910-6289

Address: Nishitama-gun Okutamamachi Hikawa 197 Phone: 0428-

Facilities offering day hot springs

Address: Ome City Kabe-machi 10-8-1 Kabe Town Bl. 5th&6th fl.

Fishing (Created within the Tamagawa river)

6. Okutama Fishing Center

1. Kabe Onsen Ume-no-Yu

2. Iwakura Onsen Kawamura

3. Iwakura Onsen Mamadaya Address: Ome City Osoki 5-3140 Phone: 0428-74-4221

4. Iwakura Onsen Shisuikan

Address: Ome City Osoki 1-3466-2 Phone: 0428-74-6868

5. Ishigami Onsen Okutamaji

Address: Ome City Futamatao 2-371 Phone: 0428-78-9711

Address: Ome City Komaki-honcho 3-668-2 Phone: 0428-23-1171

16/03/29 15:08

6. Kanpo no Yado Ome

Rate per adult ¥860 Natural hot springs for the whole family to relax in, just by the station for convenience.

Day access 11:00 to 14:00

Offers day access

Address: Ome City Tomioka 3-1055-2 Phone: 0428-74-5305

Address: Ome City Mitake 2-333 Phone: 0428-78-8393

■Seibu Railway **☎**04-2996-2888

	To Shinjuku					
Tourism Information						
	Ome Tourism Information (Closed Monday and Nat. Holidays) \$\infty\$0428-20-0011 Ome Tourism Bureau \$\infty\$0428-24-2481					
	Tourism Phone Service (24 hr) · · · · · · · · · · · · · · · · · · ·					

Tourism Bureau http://www.omekanko.gr.jp/

Institute of Ome Municipal Tourism Bureau Higashi-Ome Center Bl. 3 Fl. Ome City, Ome 1-2-5, Tokyo 198-0042 **2**0428-24-2481

gend tells of a white wolf guiding a lost Tamato Takeru to sa after being misguided by a false god. Since then, the O-Inu-sa nas been held sacred by the Musashi-Mitake Shrine, and is c

a guardian against evil spirits and residential fires. Visit with your

offer prayers and receive ble

## Musashi Mitake Shrine



**2** 0428-78-8570 ☎ 0428-78-8570 Momijiya Takaratei Honten ☎ 0428-78-8478 ● Tenbo Shokudo ☎ 0428-78-8111 **2** 0428-78-8451 Chimotoya

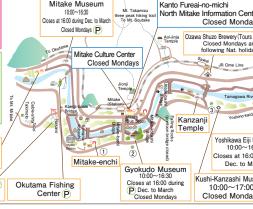


Kongoji Temple

Standing encircled by stone pillars in the courtyard is the ancient "Plum Tree of Masakado's Oath", it was this tree tha rought about the name of Ome city. The tree ill blossoms and grows fruit to this day.

s: 15 min walk from Ome station, IR Ome Line Addres

Collecting flora and fauna is prohibited in National Parks 10:00~17:00 Closed Mondays P Shizen-Yaso-en parking P



litake Gorge Walking Path

arting just below Sawai station, this 4 km

des to end above Mitake station. Simple

navigate, the path offers stunning river

iews in all seasons, and easy access to the

awa Sake Brewery, Mitake Art Museum,

yokudo Art Museum, and Kushi-Kanzashi

ss: 1 minute walk from Mitake station

h follows the river upstream on both

Address: Ome City Mitake 1-3-4
Rates: Free
Capacity: 3 buses, motorcycle available, no cars, no handicapped 3Kanzanji Shrine Parking Address: Ome City Yugimachi 3-794
Rates: Free
Capacity: 48 cars, 2 handicapped, no buse

amashin Mitake Art Museum

ss: 18 min walk from Mitake station. IR

xhibits by the prominent modern artist A

ziwara, Kotaro Takamura and Auguste Ro

Chū of the Meiji era, and other pieces from M

Closes at 16:00 during Dec. to March P

#### 4 Ome Yugi-enchi Parking Lot : Ome City Yugimachi 3-643 Free 07:00-19:00 (Mar-Nov) 07:00-18:00 (Dec-Feb) Car:9 Bus:5 Handicapped:1

Hotel Phone Capacity Average Rate Lunch Bath Credit Wi-Fi

1 Mitake-Enchi Parking

Address: Ome City Mitake 1-190-3 Rates: ¥100 per hour (maximum ¥800) Capacity: 50 cars, 2 handicapped, no buses #Free parking up to 30 min. #Hourly rates apply after 30 min #Fee collection during March 1st to Nov. 30th

②Mitake 1 chome Parking

Mitake-honmachi Parking

Address: Ome City Mitake 362-8
Day rate: \(^4\)500 (07:00-19:00) \(^8\)Closes at 18:00 during Dec-Jan Capacity: 12 cars, no handicapped, no buses
\(^8\)Fees collected on weekends Mar 1 to Nov 30, and all August

On the doortsep of the Chichibu-Tama-Kai National Park, this area is one of the easiest nature-rich spots t reach from downtown Tokyo. Due to an unfortunate outbreak of tree disease in 2009, many of the plums trees have been removed. The area is currently working hard to regain their heritage. Address: Ome City Baigo Phone: 0428-20-0011 (Ome Tourist Information)



## Ome Kimono Museum

■ Mαρ:C-3 e Kimono Museum preserves the eart and beauty representing it's ultural heritage. The collection holds onos worn by the imperial family ourt nobles, townspeople, bridal nos and more. s: 15 min walk from Hinatawada station, JR Om sss: 15 min walk from Hinatawada station, JR Ome , or take the city bus from Ome station toward inio and disembark at Yoshino Baigo, walk 3 min. sss: Ome City Baigo 4-629 Phone: 0428-76-2019 ss: 10:00-16:00 Holidays: Mon-Thurs (Gosed Dec-ty 10:00-16:00 Holidays: Mon-Thurs (Gosed Dec-ty 10:00-16:00 Holidays: Mon-Thurs (Gosed Dec-ty 10:00-16:00 Holidays: Mon-Thurs (Gosed Dec-II 03-3821-2341 for group reservation





# Shiofune-Kannon Temple Kasumi-Kyuryo Hill Wakura-Onsen Hot Springs



Shiofune-Kannon Temple Map:F-2 Dubbed the temple of "flowers and history" hiofune-Kannon is surrounded by a one ousand year-old cedar grove. Springtime veals a dazzling assortment of 20,000 azaleas bloom during April and May. Seasonal blooms also include hydrangeas and cosmos.

Leess: 40 min walk from Higashi-Ome station, IR Ome Line, or embark from Ome station on the city bus toward Shiofune-Kannon or Urajuku-cho (alternately, take the Nishi Tokyo bus toward Szaku-Higashi-guchi), disembark at Shiofune-Kannon Iriguchi, walk 10 min. Address: Ome City Shiofune 194 Phone: 0428-22-6677 Idmission-Free (Y300 during the Azalea Festival) Parking: Free Y200 during the Azalea Festival)

Fukiage-shobu (iris) Park = Map:F-3 100,000 Japanese irises of 216 varieties begin bloom in June to cover this 2.1 hectare park. Park paths are well-groomed providing easy wheelchai ICCESS: 15 min walk from Higashi-Ome station, IR Ome Line, or em from Kabe station on the city bus toward Shiofune-Kannon or Urajuku-machi and disembark at Fukiage-Shobu Iriguchi. Address: Ome City Fukiage 425 Phone: 0428-2-1111 il Bilday: Wednesday, and Dec. to Feb (open all days during Iris Festival) Hours: 9:00-17:00 Admission:Free (Adult: ¥200, elementary age free during the Iris Festival) Parking: Fi ¥400 during the Iris Festival) Capacity: Car:56, Handicapped:5, Bus:



|wakura-Onsen Hot Springs ■Map:F-2

historical site recognized by Ome city for

s place in the Yamato Takeru legend. The

ot spring water is reputed to leave your skin

Locess: Take the Seibu bus toward Hanno (alternately take the city bus toward Nariki-Kannon) from Higashi-Ome station on the JR Ome Line, and disembark at Wakura Onsen for a 2 minute walk. Liddress: Ome City Osoki 5-3158 Parking: 5 cars

nooth and beautiful.



Kasumi-Kyuryo Hills Hiking Course

ared to the novice hiker, this trail will take you for a stroll along the ridgeline leading from the Kasumi Kyuryo Nature Park (Shiofune-Kannon Temple) to Iwakura-Onsen Hot Springs. cess: Take the Seibu bus toward Hanno (alternately take the



howa Retro-Sankan Museums Three museum admission: Adult ¥800 Child: ¥450



morial Hall? ■Mαρ:€-3 ver everything about Akatsuka Fujio, creator the famous manga Tensai-Bakabon. Here will find extensive displays of sketches and ss: 5 min walk from Ome station, JR Ome Line Address: Ome on. national holiday) New Year holidays Hours: 10:00-17:00 more: Adult: ¥350, elementary/middle school: ¥200 Parkin

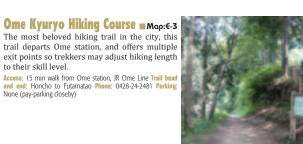


#### nowa Retro Packaging Museum and products from the Showa era provide

sight to Japan's bygone days of the 1950's and umie-cho 65 Phone: 0428-20-0355 Holiday: Monday (Tues. n. national holiday) New Year holidays Hours: 10:00-17:00 sibn: Adult: \$50, elementary/middle school: \$200 Groups of more: Adult: \$300, elementary/middle school: \$150 Parking:



howa Gento-kan Museum ■Map:6-3 splaying dioramas of Showa era life, and movie oards from the period. s: 5 min walk from Ome station, JR Ome Line Address: Ome humie-cho 9 Phone: 0428-20-0355 Holiday: Monday (Tues. n. national holiday) New Year holidays Hours: 10:00-17:00 sions: Adult: v250, elementary/middle school: v150 Groups of more: Adult: v200, elementary/middle school: v100 Parking: (pay-parking closeby)



Kamanofuchi Park

Mitake Culture Center

ay), Dec. 29th-Jan. 3rd

Trail

P Bus stop

♥ Police 
 ↑ Rest area

P Parking 🖶 Post office

Situated at the main point of access to the Mitake rea, the center offers tourist information, and

space available for cultural exchanges, or spor

nd recreation events. The center also prov

torage space for 100 kayaks, and is equipped ith showers for watersport enthusiasts.

ss: 1 minute walk from Mitake station Phone: 0428-79

#### ablished to consolidate and preserve valuable nicipal cultural assets. Adjacent is the Miyasaki mily traditional house. ess: 15 min walk from Ome station, JR Ome Line, or take the city us towards Komakicho Kannon and disembark at Kyodo-Hakubutsukan walk 5 min. **Address**: Ome City Komaki-cho 1-684 **Phone**: 0428-23-859 **Holiday**: Monday (Tues. if Mon. national holiday) New Year holidays s: 9:00-17:00, Mivasaki house 9:00-16:30 Admission: Free

ined with cherry trees, this lush green park is ocated on the bank of the Tamagawa river. us towards Komakicho Kannon and disembark at Kyodo-Hakubutsı walk 5 min. Address: Ome City Oyana-cho 1392 Phone Num

cess: 6 min walk from Ome station, JR Ome Line Address: Ome cess. o film was non-one database. Office Line Aduress. Onle-kinoue 1346 **Phone**: 0428-24-1195 **Holiday**: Monday (Tues. if M bional holiday) New Year holidays, and during exhibit changes **Ho** 00-17:00 **Admission**: Adult: ¥200, Middle/elementary school: ¥50 (spe



Ome Municipal Museum of Provincial

ocated within Kamanofuchi Park, the museum was



#### oramas and exhibits can be found inside the norial building. ess: 15 min walk from Ome station, JR Ome Line Address: Ome City sunuma 2-155 Phone: 0428-22-4678 Hours: Mar-Oct 10:00-17:00 -Feb 10:00-16:00 Holiday; Monday (Tues. if Mon. national holiday) w Year holidays Parking: 30 cars

Ome Station Reflecting the Showa-era town atmosphere, thi retro train station retains the spirit of Japan in the ess: Ome station, JR Ome Line Address: Ome City Hon one Number: 050-2016-1600 Admission: Train ticket p essary Parking: None (pay parking closeby)



## Accomodation

Hotel	Phone	Capacity	Average Rate	Lunch	only	card	Wi-Fi
Akiyama-so	0428-78-8463	20	From ¥8,640	By Reservation	×	×	0
lkoisan-so	0428-78-8566	60	From ¥8,840	By Reservation	By Reservation	0	0
Utsuboya-so	0428-78-8462	30	From ¥8,640	By Reservation	×	×	×
Katayanagi-so	0428-78-8461	40	From ¥8,640	×	×	×	×
Higashibaba	0428-78-8446	15	From ¥8,640	×	×	×	×
Komadori Sanso	0428-78-8472	60	From ¥8,640	×	×	0	0
Sanraku-so	0428-78-8439	45	From ¥9,180	By Reservation	By Reservation	×	0
Sanko-so	0428-78-8476	60	From ¥10,500	0	0	×	0
Seizan-so	0428-78-8445	40	From ¥8,640	×	×	×	0
Takana-so	0428-78-8596	50	From ¥8,800	×	×	×	×
Tonari-so	0428-78-8447	40	From ¥8,640	By Reservation	0	×	0
Nishisuzakibou Kuraya	0428-78-8473	30	From ¥9,720	Inquire	×	×	0
Nobori	0428-78-8443	30	From ¥8,640	By Reservation	By Reservation	0	0
Harashima-so	0428-78-8973	40	From ¥8,640	By Reservation	×	×	0
Fujimoto-so	0428-78-8464	40	From ¥8,800	By Reservation	By Reservation	×	0
Houjukaku	0428-78-8448	40	From ¥9,700	×	×	0	×
Machikubota	0428-78-9039	30	From ¥8,640	×	×	×	×
Machiya	0428-78-8426	25	From ¥8,640	×	×	×	×
Maruyama-so	0428-78-8441	60	From ¥8,640	By Reservation	×	×	×
Mitake Sanso	0428-78-8474	70	From ¥10,000	×	×	×	0
Nanzan-so	0428-78-8449	50	From ¥9,720	By Reservation	×	Some Accepted	0
Hananoyado Yamanaka	0428-74-8442	20	From ¥12,800	×	×	×	×
Reiun-so	0428-78-8501	35	From ¥8,640	×	×	0	0
Kajikaen	0428-78-8218	60	From ¥10,890	×	×	×	×
Ryokan Ginsuzu	0428-78-8336	30	From ¥15,000	0	×	×	×
Minshuku Okabe	0428-78-8553	15	From ¥6,930	×	×	×	×
Ekimae Yamagoya A-Yard	0428-74-9453	28	From ¥4,000	×	×	0	0
Seiryunoyado Okutamaji	0428-78-9711	90	From ¥13,000	Lunch from 11:30 to 14:00	Bath is open from 11:00 to 14:00	0	Wifi available in lobby
Kanpo No Yado Ome	0428-23-1171	200	From ¥10,800	0	0	0	0
Mamadaya	0428-74-4221	35	From ¥13,800	By Reservation	By Reservation	×	0
Kawamura	0428-74-5305	60	From ¥15,750	By Reservation	By Reservation	×	×
Shisuikan	0428-74-6868	45	From ¥10,800	By Reservation	0	×	0
Minshuku Yamajo	0428-74-6441	11	From ¥8,000	×	×	×	×
lhei	0428-74-4148	20	From ¥8,000	×	×	×	×

Attention: The above per-person rates are based upon off season weekday, 2 person/1room, including reakfast, dinner and tax. Rates may change without notice. Rates are subject to change during seasons, and depending upon party size. Please contact hotels for further

Comfesta Kabe

## **Activities**

#### River Tour Operators

1. Gravity Address: Ome City Yugimachi 3-787-9 Phone: 0428-76-0981

Ome Board of Commerce and Tourism  $\cdot\cdot$ 

# 2. Wiz Nature Canoe School

River SUP, kayaking

#### 3. River Base Halau Address: Ome City Mitake-Honcho 266 Phone: 0428-74-9266

4. Mitake Racerafting Club Address: Ome City Mitake-Honcho 359 Phone: 0428-74-9453

### Rafting, kayaking, canoeing 5. Mitake Rafting Tours and

**Canoe Lessons** Address: Ome City Mitake-Honcho 265 Phone: 0428-79-7227

#### Shower climbing, MTB, rafting 6. Tamagawa Rafting Winds Address: Ome City Yugimachi 2-411-1 Phone: 0428-85-9210

Hydro speed, rafting 7. Forest & Water

#### Address: Ome City Wadamachi 2-59 Phone: 0428-74-9470 Canyoning, rafting

8. Grandex Mitake Base Address: Nishitama-gun Okutamamachi Kawai 156-1 Phone: 0428-74-9062

#### Canyoning, rafting 9. Big Wave Ome Base Address: Ome City Tomioka 3-1676-2 Phone: 0428-74-9100

10. Okutama Rafting

#### Address: Ome City Osoki 3-1676-2 Phone: 0428-74-9007 Canyoning, rafting

11. Splash Tokyo Address: Nishitama-gun Okutamamachi Kotaba 803-3 Phone: 0278-21-1337

#### Kayaking, ducky **12. Class 5** Address: Ome City Yugimachi 3-536-9 Phone: 0428-74-9388

13. Okutama Crusoe rafting

# Address: Ome City Baigo 3-921-6 Phone: 0428-74-9386

7. Ryokan Ginsuzu Address: Ome City Mitake-honcho 177 Phone: 0428-78-8336

Pick-Your-Own Farms and	Farmers Markets	Ome is home to various farms where you caenjoy seasonal fruit and mushroom picking.
Berry Cottage	☎0428-31-3810	Ome Shinmachi 2-11-5
Uchinuma Mushrooms	<b>☎</b> 0428-74-4528	Ome Nariki 1-90
Kubota Noen (Blueberries)	<b>☎</b> 0428-74-6563	Ome Nariki 1-104
Yoshinoen Blueberry Picking		Ome Shinmachi 3-56-3
Yoshinaga Pears	☎0428-31-5087 (Reservation	only) Ome Imai 1-467
Nomura Persimmons	<b>☎</b> 0428-22-9665	Ome Nagabuchi 2-491
.IA Nishi Tokyo Green Center	<b>☎</b> 0428-76-1325	Ome Baigo 3-930-1

0428-22-5311 64 From ¥4,800 X X O ■JA Nishi Tokyo Kasumi Market ☎0428-31-1115 Ome-shi Shinmachi 2-28-19

01四季彩オモテ\_英\_cs4.indd 1-2

