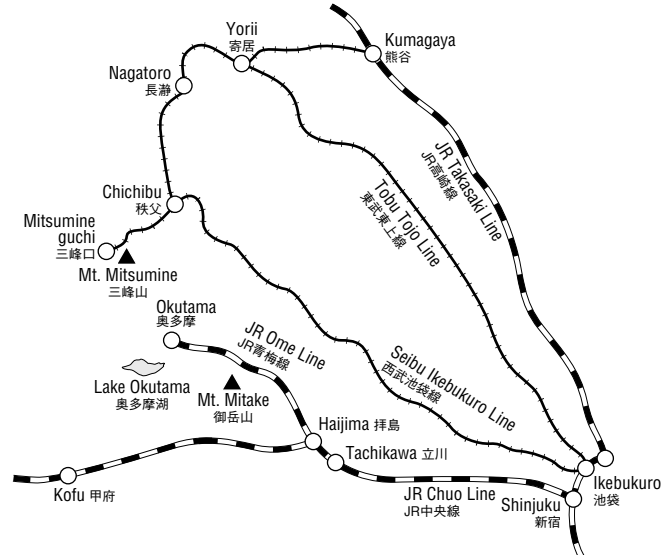


CHICHIBU and OKU-TAMA



The Chichibu-Tama-Kai National Park (秩父多摩甲斐国立公園), located near Tokyo, is an ideal spot for a day's outing and is very popular with residents of the Tokyo area for its beautiful scenery. The national park consisting of the Okutama district, Chichibu district and Kai district stretches over the Kanto Mountains on the borders of the Tokyo Metropolis as well as Saitama, Yamanashi and Nagano Prefectures. Formed by a number of non-volcanic mountains, averaging 1,000 meters in height, and blessed with rivers flowing in between which create lovely gorges, the park is visited all year round by hikers, climbers, anglers and other sports lovers.

Traffic Network



OKUTAMA

Access to the Okutama Area:

From Shinjuku Sta. to Tachikawa Sta. by JR Chuo Line and from Tachikawa Sta. to Okutama Sta. by JR Ome Line. (1 hr. 45 min. ¥1,050)

Ome and Vicinity:

Ome Railway Park (青梅鉄道公園) 15 min. on foot from Ome Sta. It was established by the Japanese National Railways (now Japan Railways) on its 90th anniversary in 1962. One can see model locomotives in the Memorial Hall and some of JR's representative steam locomotives now obsolete are on display in the field surrounding the hall. Open: 10:00–17:30 (Mar.–Oct. enter by 16:30), –16:30 (Nov.–Feb. enter by 16:00) Closed: Mon. (when Mon. falls on a national holiday, it is open and is closed the following day) & Dec. 29–Jan. 2 Admission: ¥100

Yoshino Plum Groves (吉野梅郷) 10-min. walk from Hinatawada Sta. Some 25,000 plum trees bloom from late Feb. to Mar. Omeshi-Umeno-Koen (青梅市梅の公園), Daisho-in Temple (大聖院) and Atago Shrine (愛宕神社) in the vicinity are also worth visiting.

Mt. Mitake and Vicinity:

Mt. Mitake (御岳山) 10-min. bus ride from Mitake Sta. to Cable-shita Stop, 6-min. cablecar ride, you can almost reach the top (alt. 930 m). At Fujimine, further uphill from the cablecar terminal, stands an observation platform. On May 8, the shrine festival, Hinode-matsuri, highlighted by parades of portable shrines and samurai warriors in full armor, takes place.

Musashi-mitake Shrine (武蔵御嶽神社) 25 min. on foot from the Mitake-san cablecar terminal. The shrine is said to have been

founded some 2,000 years ago and it prospered especially during the Edo Period under the protection of the Tokugawa Shogunate. The main shrine building was reconstructed in 1878 and its treasure house contains many ancient documents, mirrors, armor and swords of national treasure merit. Treasure house Admission ¥300 Open: 9:30–16:00 on Sat., Sun. & Public holidays

Gyokudo Art Museum (玉堂美術館) 3-min. walk from Mitake Sta. The museum, located at the center of the Mitake Gorge, contains the Japanese-style paintings of Gyokudo Kawai (1873–1957), noted master artist. Open: 10:00–17:00 (Mar.–Nov. enter by 16:30), –16:30 (Dec.–Feb. enter by 16:00) Closed: Mon. (when Mon. falls on a national holiday, it is open and is closed the following day) & Dec. 25–Jan. 4 Admission: ¥500

Okutama and Nippara:

Lake Okutama (奥多摩湖) 20 min. by bus from Okutama Sta. The lake was formed when the Ogochi Dam was constructed to provide water for Tokyo in 1957. With an ideal course on the northern shore, the lake forms one of the main tourist attractions of the Okutama district. Some 10,000 cherry trees bloom on the northern shore during mid-April.

Nippara Stalactite Cavern (日原鍾乳洞) 35 min. by bus from Okutama Sta. This cavern, the largest of its kind in the Kanto district, is more than 800 m in depth, about 280 m of which is illuminated and can be explored. In the neighborhood of the cavern are many high rocks of fantastic shapes. The fresh verdure and autumnal tints are beautiful. Open: 8:00–17:00 (Apr.–Nov.), 8:30–16:30 (Dec.–Mar.) Closed: Dec. 30–Jan. 3 Admission: ¥600

Information:

Mitake Information Center:
 Open: 8:00-16:00 Closed: Mon. (or Tue. when Mon. falls on a national holiday) & Dec. 29-Jan. 3

Mitake Visitor Center:
 Open: 9:00-16:30 Closed: Mon. (or Tue. when Mon. falls on a national holiday) & Dec. 29-Jan. 3 Tel. (0428)78-9363

Okutama Visitor Center:
 Open: 9:00-16:30 Closed: Mon. (or Tue. when Mon. falls on a national holiday) & Dec. 29-Jan. 3 Tel. (0428)83-2037

Ohtama Tourist Association:
 Open: 9:00-17:00 Closed: Sat., Sun., national holidays, year-end & New Year's holidays Tel. (0428)22-3525

Ome Information Center:
 Open: 7:30-17:30 Tel. (0428)20-0011

Okutama Information Center:
 Open: 8:30-17:00 Tel. (0428)83-2152

Accommodations:

Numbers 1 - 7 correspond to those on the map page 2/6

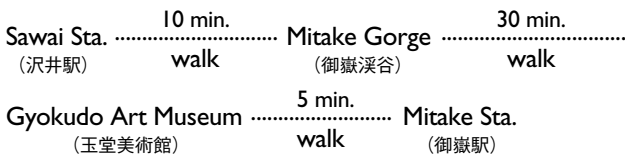
Name of facilities	Tel.	Room rate (¥)	Name of facilities	Tel.	Room rate (¥)
1 Mitake Youth Hostel (Y)	(0428)78-8774	¥	5 Sanjounoyu (MH)	(0428)88-0616	¥
2 Komadori Sanso (R)	(0428)78-8472	¥	6 Mikawayu (R)	(0428)83-2027	¥¥
3 Hatonosu-so (PL)	(0428)85-2340	¥	7 Arasawayu (R)	(0428)83-2365	¥¥
4 Kumotori Sanso (MH)	(0494)23-3338	¥			

Remarks: Y = Youth Hostel
 R = Ryokan
 PL = People's Lodge
 MH = Mountain Hut

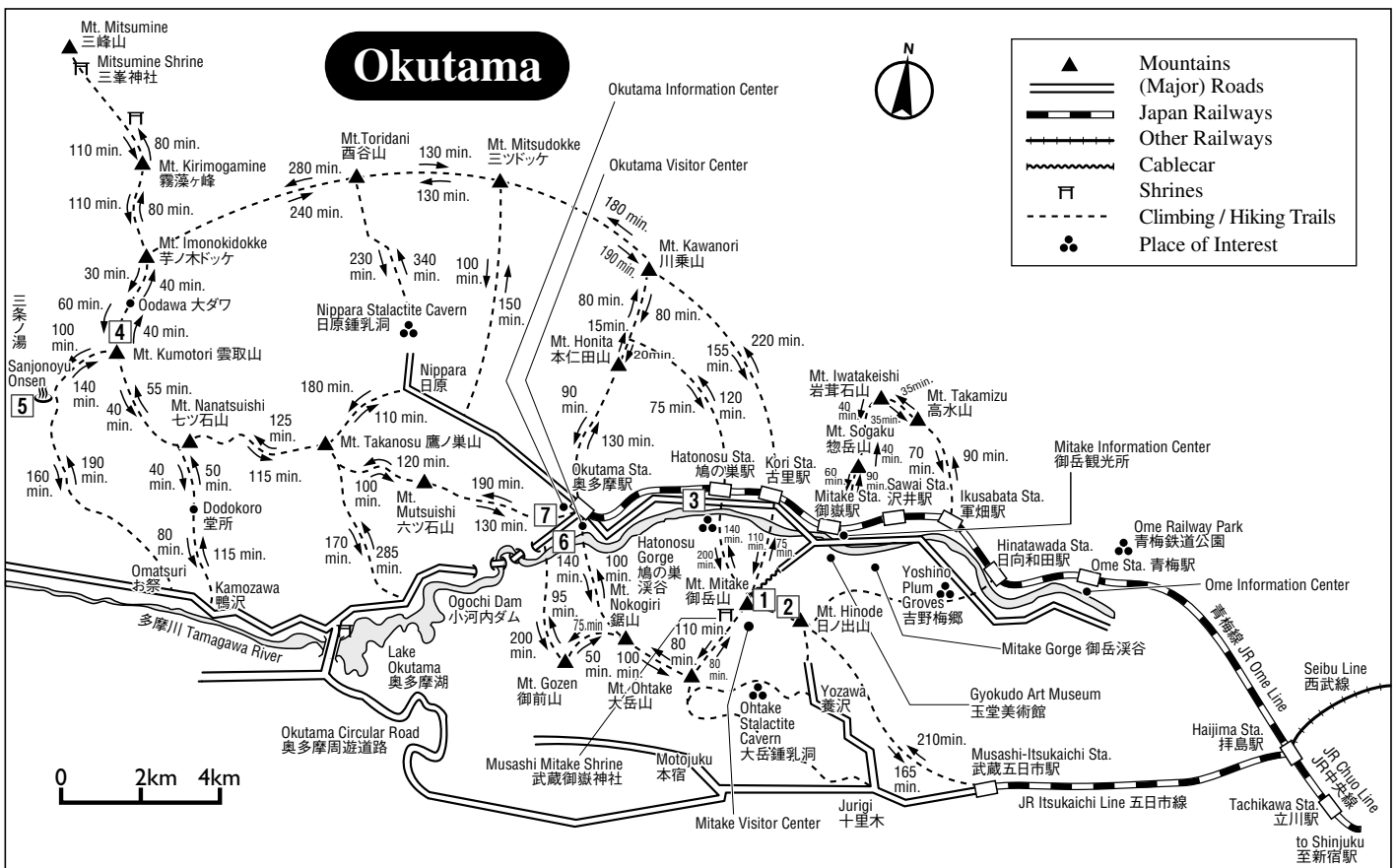
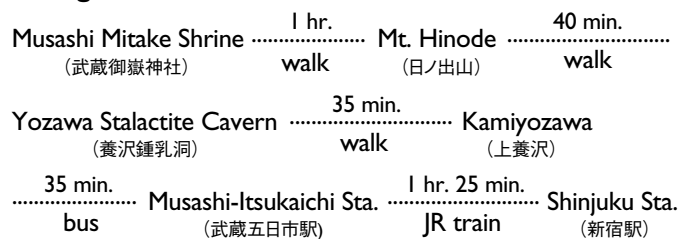
Rate per person
 ¥¥¥ = more than 15,000 yen
 ¥¥ = 8,001 yen - 15,000 yen
 ¥ = 8,000 yen or less

Mitake Gorge Hiking Route:

The scenic beauty of this gorge can be fully enjoyed by following the pathway on either side of the Tama River.



Hiking Route in Mt. Mitake Area:



Attention: If you decide to climb mountains in Okutama, you should prepare the proper clothes and equipment such as hiking shoes, a rain coat and a walking stick.
 Number 1 - 7 correspond to those in the "Accommodations" list above.

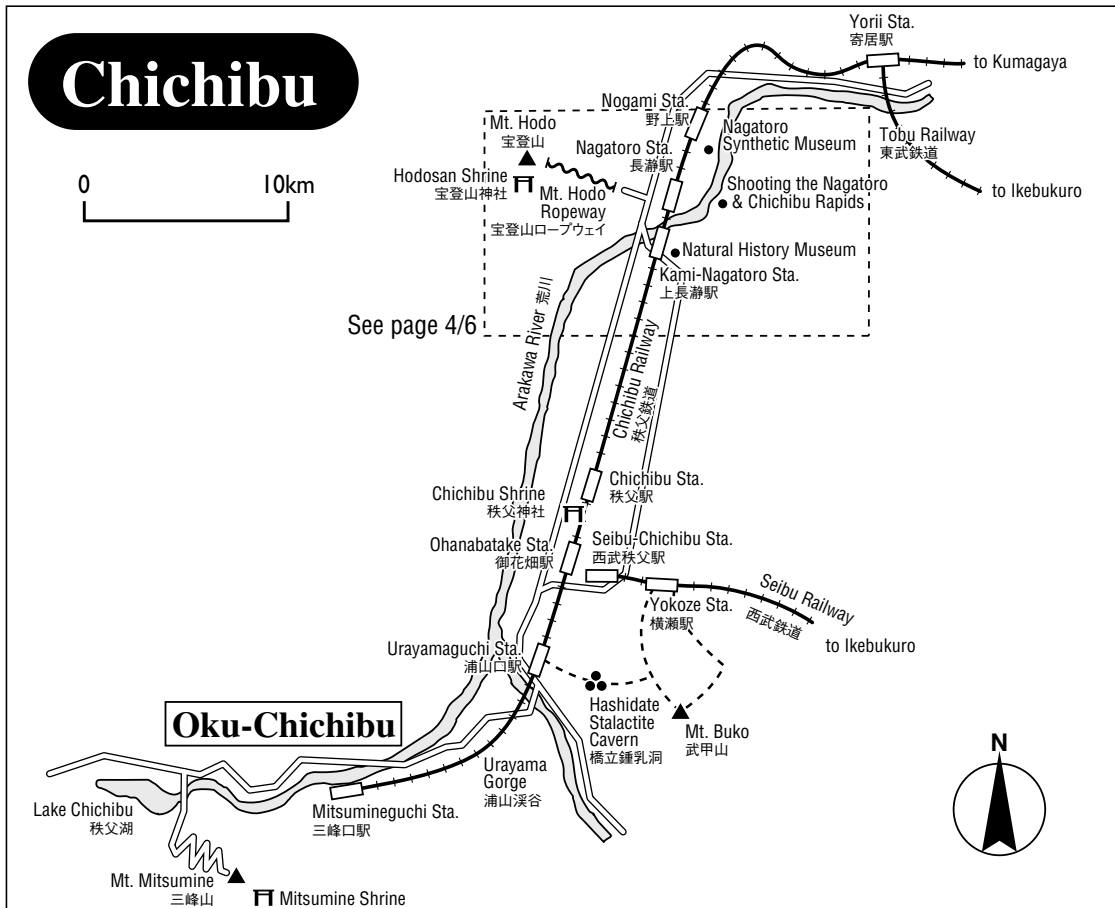
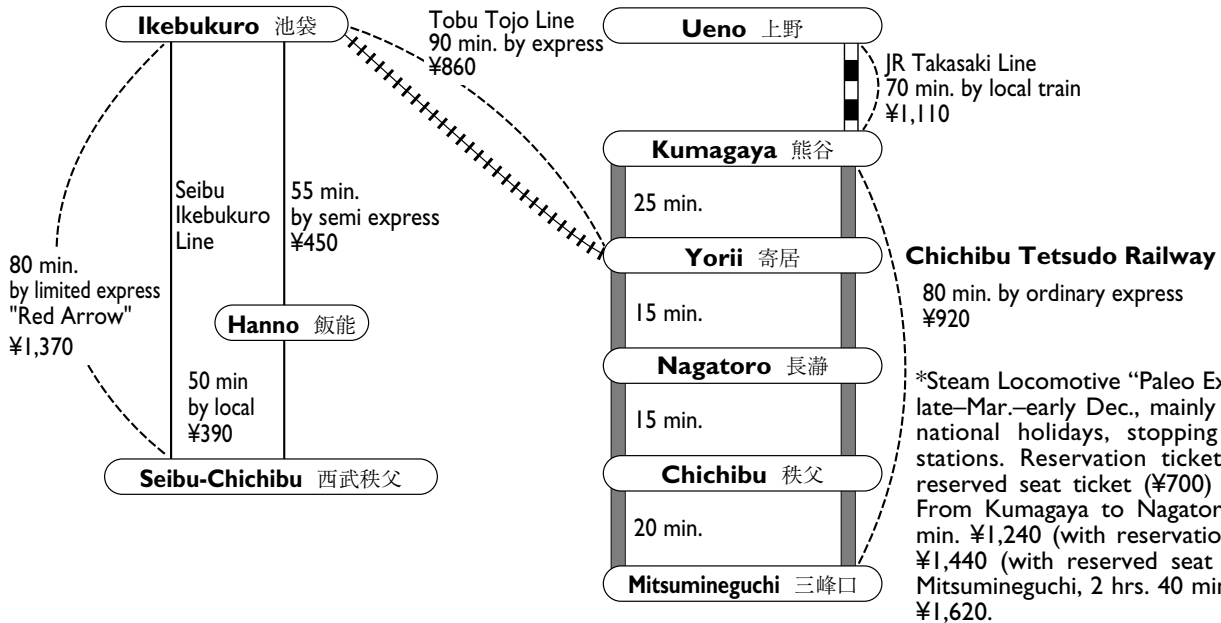
CHICHIBU & VICINITY

Chichibu Shrine (秩父神社) 200 m west of Chichibu Sta. It is one of the three noted shrines of Chichibu. The night festival of the shrine annually held on Dec. 3 is known for the large-scale parade of lantern-lit floats. The other two are the **Hodosan Shrine** (宝登山神社) at **Nagatoro** (長瀨) and the **Mitsumine Shrine** (三峯神社) 75 min. by bus from Seibu-Chichibu Sta. on the Seibu Railway. The shrine, founded about 2,000 years ago, served as the headquarters of mountain ascetics belonging to the Tendai sect of Buddhism during the Tokugawa days. Its wide

precincts contain halls for the priests and pilgrims. During the season, bungalows, tents and huts are made available for climbers, hikers and campers.

Lake Chichibu (秩父湖) 30 min. by bus from Mitsumine-guchi Sta. and 5-min. walk. A large man-made lake, lies at the north-western foot of Mt. Mitsumine. It is spanned by two suspension bridges, offering the visitor a thrilling sight and is encircled by a path for walking.

Access:



Nagatoro and Vicinity:

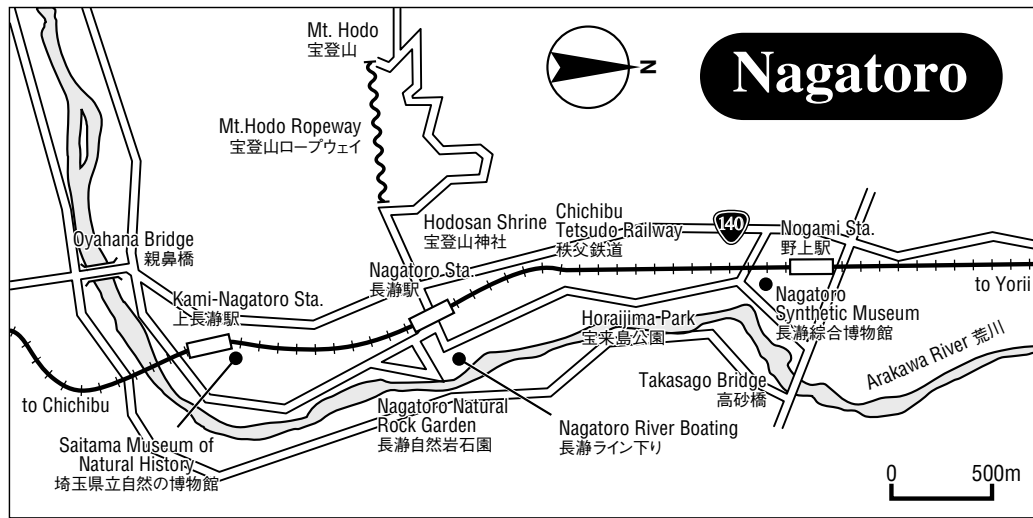
Nagatoro (長瀬) By taking the Chichibu Tetsudo Railway, it is 50 min. from Kumagaya Sta., or 20 min. from Chichibu Sta. on the Seibu Chichibu Line. This popular place for picnic is situated on the upper reaches of the Arakawa River. Visitors can enjoy an avenue of cherry trees in the spring, flowering azaleas in early summer and yellow maple leaves in autumn. Nagatoro is particularly noted for a series of fantastic rock formations, including high perpendicular rock walls.

Saitama Museum of Natural History (埼玉県立自然の博物館) 5 min. on foot from Kami-Nagatoro Sta. A large collection of rock, animal and plant specimens peculiar to the region is displayed. Open: 9:00–16:30 (enter by 16:00), –17:00 (Jul.–Aug. enter by 16:30) Closed: Mon. & Dec. 29–Jan. 3 Admission: ¥200

Nagatoro Natural Rock Garden (長瀬自然岩石園) 5 min. on foot from Nagatoro Sta. A rock formation near the river presents a unique sight.

Mt. Hodo (宝登山) 20 min. on foot from Nagatoro Sta. A ropeway (¥460) takes you to the top in 5 min. This popular mountain commands a panoramic view of the surrounding mountains, the Arakawa River and the Nagatoro Gorge. On the summit are an observation platform, a monkey area and a wild deer garden.

Nagatoro River Boating (長瀬ライン下り) The boats cruising down powerful rapids and jentle currents, start from Oyahama Bridge (free shuttle bus from Nagatoro Sta.) or Iwadatami (5-min. walk from Nagatoro Sta.) to Iwadatami or Takasago Bridge. Cost: 60-min. ride (6km) ¥2,900, 30-min. ride (2 courses, 3km each) ¥1,550



Suggested Sightseeing Route in Oku-Chichibu:

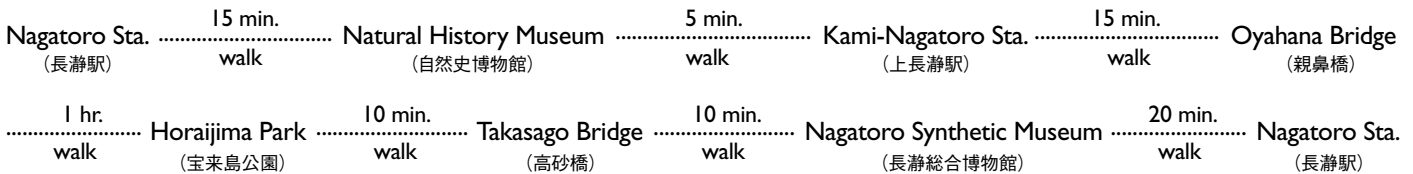
Mitsumine-guchi (三峰口)	15 min.	bus	Owa Bus Stop (大輪バス停)	3 hrs.	walk	Top of Mt. Mitsumine (三峰山頂)	15 min.	walk
Mitsumine Shrine (三峯神社)	1 hr. 30 min.	walk	Lake Chichibu (秩父湖)	30 min.	bus	Mitsumine-guchi (三峰口)		

Oku-Chichibu Hiking Route:

Hiking from Mt. Mitsumine to Oku-Chichibu by way of Mt. Kumotori, south of Mt. Mitsumine, is popular among mountaineers. The trail for climbing is easy to follow and is provided with lodges and huts on the way. An overnight stay at any of the

accommodations is advisable. The route, which extends for about 10 km, is unique in that the hiker can enjoy the ever-changing scenes of the surrounding mountains, stretches of primeval forests, fauna and flora of rare species.

Mitsumine Shrine (三峯神社)	40 min.	walk	Myohodake-iriguchi (妙穂岳入口)	1 hr. 10 min.	walk	Kirimo-ga-mine (霧凧ヶ峰)	1 hr. 45 min.	walk	Shiraiwagoya Hut (白岩小屋ハット)				
30 min.	walk	Top of Mt. Shiraiwa (白岩山頂)	40 min.	walk	Odawa (大ダワ)	30 min.	walk	Kumotori Lodge (雲取ロッジ)	30 min.	walk	Top of Mt. Kumotori (雲取山頂)		
15 min.	walk	Sho Kumotori (小雲取)	20 min.	walk	Okutama Lodge (奥多摩ロッジ)	20 min.	walk	Nanatsu-Ishiyama (七ツ石山)	40 min.	walk	Dodokoro (堂所)	1 hr. 10 min.	walk
Kamosawa (鴨沢)	40 min.	bus	Okutama Sta. (奥多摩駅)	1 hr. 15 min.	JR train	Tachikawa Sta. (立川駅)							

Nagatoro Hiking Route:**Chichibu Pilgrimage** (秩父札所34カ所巡り)

The Chichibu 34 Kannon Temples are organized into Japan 100 Kannon Holy Sites. The Saigoku 33 Temples sites are situated in and around Kyoto and Nara. The Bando 33 sites are scattered in the Kanto region. The original pilgrimage course in Chichibu was organized with 33 temples, like Saigoku and Bando, and 500 years ago one temple was added to total 100. In this pilgrimage tradition, 6 types of Kannon have been worshiped. Sho (the

original type), Juichimen (with 11 heads), Senju (with 1000 arms), and Nyoirin (with a magic ball) have been very popular. The Kannon itself is usually hidden in the inner hall of each temple and is open to the public every 12 years. You cannot understand Japanese culture well enough without knowing about the long tradition of Kannon worship. The whole course is 100 km (63 miles) long. Temples are open 8:00–17:00.

No	Temple's name	Kannon's type	Religious sect	Highlights
1	Shimabu-ji	Sho	Soto	Grand, beautiful Kannon hall
2	Shinpuku-ji	Sho	Soto	On the middle way to a mountain
3	Josen-ji	Sho	Soto	Elaborate dragon sculpture under the roof
4	Kinsho-ji	Juichimen	Soto	The Virgin Mary-like Mother Kannon and 1300 various stone statues
5	Goka-do	Juntei	Rinzai	Large wooden fireworks launchers
6	Bokuun-ji	Sho	Soto	Fine view of Mt. Buko
7	Hocho-ji	Juichimen	Soto	Largest Kannon hall and peace pagoda
8	Saizen-ji	Juichimen	Rinzai	Spectacular 600-year-old maple tree
9	Akechi-ji	Nyoirin	Rinzai	Newly designed cozy Kannon hall
10	Daiji-ji	Sho	Soto	Red Binzuru Statue to work out healing wherever you touch
11	Joraku-ji	Juichimen	Soto	Kannon to give you health
12	Nosaka-ji	Sho	Rinzai	Beautiful garden and statues of Hades in the old gate
13	Jigen-ji	Sho	Soto	Beautiful Kannon hall with elaborate carvings, rotating sutra shelf
14	Imamiya-bo	Sho	Rinzai	Plain old Kannon hall and old zelkova
15	Shorin-ji	Juichimen	Rinzai	Modern hall covered with white plaster, tombs of 2 policemen killed in the rebellion
16	Saiko-ji	Senju	Shingon	88 statues of various Buddhist Deities, lucky God in the large barrel hut
17	Jorin-ji	Juichimen	Soto	Bell with 100 Kannon images in relief
18	Godo-ji	Sho	Soto	Shop selling various kinds of Buddhist worship tools
19	Ryuseki-ji	Senju	Soto	Old hall with beautifully shaped roof
20	Iwanoue-do	Sho	Rinzai	Well-preserved oldest hall built on large rock
21	Kannon-ji	Sho	Shingon	Tomb of a local Kabuki star
22	Doji-do	Sho	Shingon	The only thatched gate with childlike guardian, the wind and thunder gods
23	Ongaku-ji	Sho	Rinzai	Excellent bird's eye view of the city, the bell associated with highlight of the Chichibu Rebellion in 1884
24	Hosen-ji	Sho	Rinzai	Unique Kannon hall combined with the gate behind 116 steep steps
25	Kyusho-ji	Sho	Soto	Quiet harmony of the hall, the pond and bamboos
26	Enyu-ji	Sho	Rinzai	Picture of an ancient brave warrior
27	Daien-ji	Sho	Soto	Newly built beautiful hall and 15 m Kannon statue on the hill above
28	Hashidate-do	Bato	Soto	The only Kannon with a horse head on, stalactite cave at the foot of a scary high cliff
29	Chosen-in	Sho	Soto	Cherry blossoms painted by famous Hokusai, thick bamboo grove
30	Houn-ji	Nyoirin	Rinzai	Kannon allegedly carved by an ancient Chinese emperor, pond with many carp
31	Kannon-in	Sho	Soto	Full of holy atmosphere with a cliff and cascade, going up 300 steps
32	Hosho-ji	Sho	Soto	Real holy site with big moss-covered rocks and panoramic view from the boat shaped rock
33	Kikusui-ji	Sho	Soto	Large picture warning against infanticide
34	Suisen-ji	Senju	Soto	Cave for rebirth and long life water

Anyone who wants a pilgrimage guide, please call Chichibu Tourist Association (0494)21-2277

Tourist Information Center (TIC)

TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1st Fl., Shin Tokyo Bldg., 3-3-1, Marunouchi, Chiyoda-ku, Tokyo
100-0005 Tel. 03-3201-3331
Open from 9 a.m. to 5 p.m. (Closed: Jan. 1st)
<http://www.jnto.go.jp/eng/arrange/travel/guide/tic.html>



TOURIST INFORMATION (Visit Japan Information Network)

Odakyu Sightseeing Service Center Shinjuku (Odakyu Shinjuku Sta.):

1-1-3 Nishi-Shinjuku, Shinjuku-ku, Tokyo

Open: 8:00-18:00

Tel. (03)5321-7887

Tokyo Metro Information Desks at Shinjuku Station:

Nisiguchi-chikagai 1, Nishi-Shinjuku, Shinjuku-ku, Tokyo

Open: 9:15-17:15 Closed: Dec.30-Jan.3

Saitama Shintoshin Tourist Information Center (JR Saitama Shintoshin Sta.):

2 Kamiochiai, Chuo-ku, Saitama City, Saitama

Open: 10:00-18:30

Tel. (048)600-0070

Closed: year-end & New Year's holidays

Kofu City Tourist Information Center (JR Kofu Sta.):

1-8-1 Marunouchi, Kofu City, Yamanashi

Tel. (055)226-6978

Open: 9:00-18:00, -19:00 (Sat., Sun. & national holidays) close at 18:00
on Sat., Sun. & national holidays from Dec. to Mar.

Closed: Dec.29-Jan.3



Goodwill Guide Groups offer tourists from overseas

local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

JNTO Website

www.jnto.go.jp/eng/arrange/travel/guide/guideservice.html

Note: Transportation expenses, admission fees and other charges may change due to the increase in the consumption tax rate to 8% from April 2014.

All information, including transportation schedules, fares, prices and accommodation charges, which is contained in this leaflet is based on data as of December 2013, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.