

## Access by Train

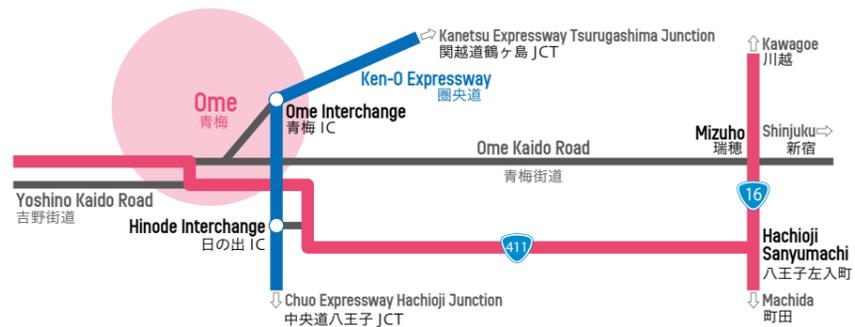
- About 1 hour from Shinjuku Station:  
[Chuo Line] Rapid Train bound for Ome, or [Chuo Line] with transfer at Tachikawa Station
- About 1 hour 20 min from Machida Station:  
[Yokohama Line] transfer at Hachioji Station → [Hachiko Line] transfer at Haijima Station
- About 1 hour 40 min from Omiya Station:  
[Musashino Line] transfer at Nishi-Kokubunji Station → [Chuo Line] transfer at Tachikawa Station



For Inquiries: JR East Infoline ☎050-2016-1603 Seibu Railway Customer Center ☎04-2996-2888

## Access by Car

- From Tokyo:  
[Chuo Expressway] Hachioji Junction → [Ken-O Expressway] Hinode Interchange → [National Route 411]
- From Machida:  
[National Route 16] → [National Route 411]
- From Omiya:  
[Kanetsu Expressway] Tsurugashima Junction → [Ken-O Expressway] Ome Interchange



## For Sightseeing Inquiries

Ome City Tourist Information ☎0428-20-0011  
(Closed on Mondays and for year-end and New Year holidays)

Association of Ome-City Sightseeing ☎0428-24-2481 [Website] <http://www.omekanko.gr.jp>

Sightseeing Telephone Service (24 hours) ☎0428-24-3400



Ome Blue project facebook >>>



Planning: Ome! Tourism Strategy Creation Project Committee  
Publishing: Ome City Commerce, Industry and Tourism Division  
1-11-1 Higashi-Ome, Ome-shi, Tokyo 198-8701 ☎0428-22-1111

\*Information in this pamphlet is current as of February 2017. Contents are subject to change, so please contact by phone or other means in advance to confirm.  
\*Travel time may vary depending on traffic conditions. \*Prices are tax inclusive unless otherwise specified.  
\*Maps in this pamphlet were created with the approval of the Director General of the Geospatial Information Authority of Japan (GSI), using the GSI's 1:25,000 scale topographical map.  
(Authorization No. 307-GISMAP36926, 2016 Data)



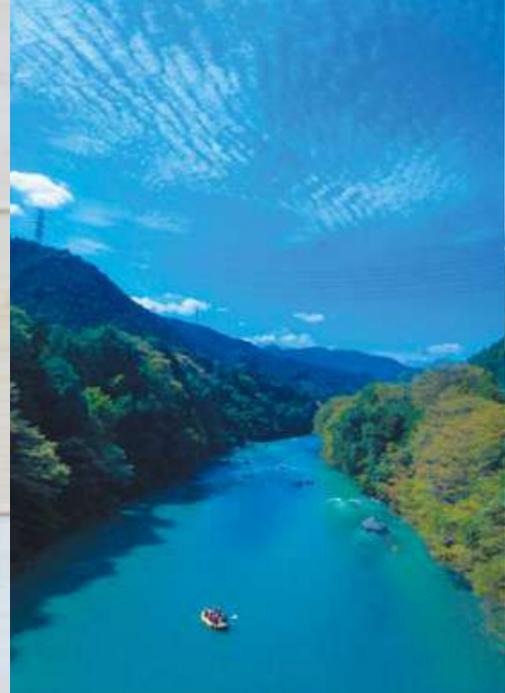
Tokyo Ome



Ome City  
Sightseeing Guide



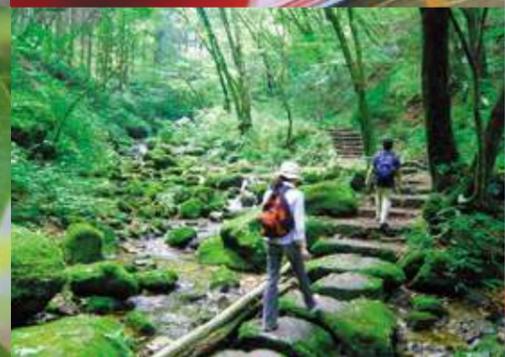
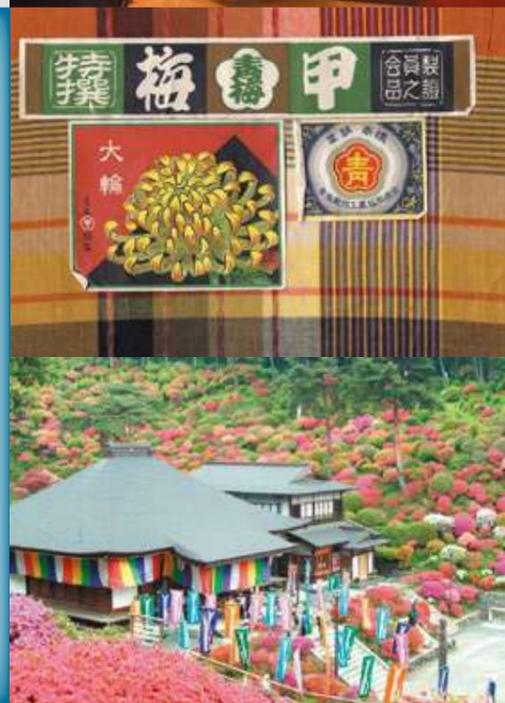
The background is the woven Ome-jima stripes, recreated with the same technique from Edo era



Ome Blue

### — History & Tradition of Ome —

Ome was formerly home to a bustling community of almost 800 weavers and fabric dyers. During the Edo period, the city actively turned out heaps of indigo dyed goods, the color of which was most-beloved by the Japanese and soon to become a symbol of Japanese tradition and spirit; the city is also home to Ome-jima stripes, a type of woven fabric which boomed in popularity among urbane Edoites. Ome, a town that developed fabrics, sake, temples, shrines, arts and food culture amidst plentiful nature. Just like the indigo fabrics which grow deeper and darker with each dyeing, a tale of "Ome Blue" is woven here from culture, history, and tradition.



### Revival of the Village of Plum Blossoms



Yoshino Baigo, selected as the No.1 place in Japan for plum blossom viewing. Plum blossoms are the symbol and pride of Ome. In 2009, plum pox virus was detected for the first time in Japan amongst Ome's plum trees, meaning that over 30,000 trees had to be cut down, but in autumn of 2016, thanks to the valiant efforts of a large number of people, the plum trees have been replanted and the area took the first step on the road to recovery. Transforming the former "village of plum blossoms" into a new plum blossom village filled with attraction and impression... The people of Ome-local citizens, groups, businesses-are working together to achieve such aim.

# Relaxed & Fun-filled Hiking Plan

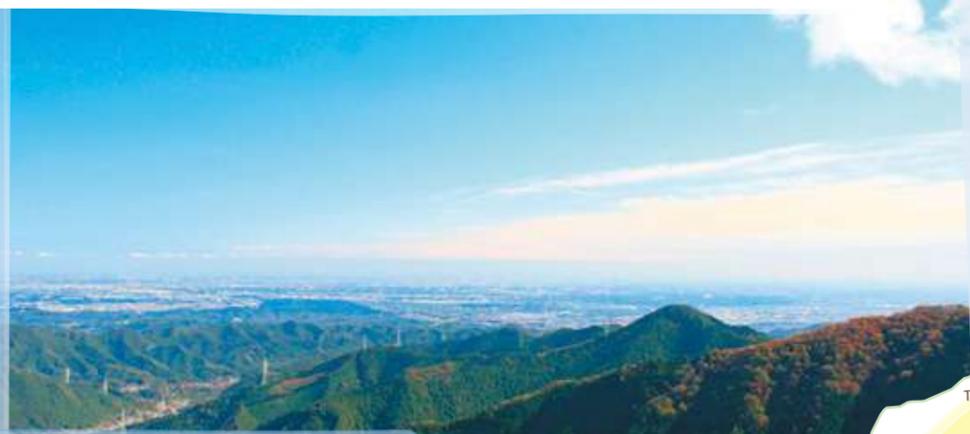
Duration: 2 Days 1 Night

Go for a leisurely hike on Mt. Mitake—minimal ups and downs make it great even for beginners. After exercising, soak in a hot spring bath and recharge.

## 1 Mt. Mitake Hiking

See and get in touch with a breath of wild birds and plant life

Details on P9,10 →



Musashi Mitake Shrine — where visitors can pray for their pets

No.1 sacred mountain in the Kanto region



The steepest cable car in the Kanto region

Peak of Mt. Mitake (Musashi Mitake Shrine)  
御岳山頂 (武蔵御嶽神社)



## 2 Lunch on Mt. Mitake

Take a break from hiking to enjoy lunch

Break for a picnic at "Nagaodaira Outlook," a rest spot which commands picturesque views of the Tama area. Or, take your rest at the mountaintop shopping arcade and savor a meal of soba noodles with stone-ground walnut dipping sauce.



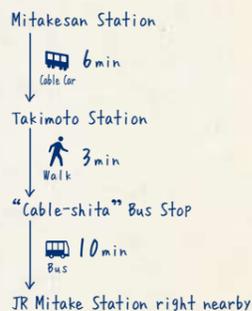
Break and picnic at Nagaodaira Outlook



"Momijiya" located in the Mitakesan shopping arcade on the approach to Musashi Mitake Shrine. Soba with Walnut Dipping Sauce ¥960



Buy souvenirs at the Cable Car Takimoto Station shop!



## 5 Yoshikawa Eiji House & Museum

MAP D-3

吉川英治記念館  
Residence of a Japanese Novelist



Literary master Eiji Yoshikawa was an honorary citizen of Ome City, and lived in this former village headman's house for about 10 years, taking shelter during the war. His literary work New Tale of the Heike was penned in this place, and the study in the house is preserved just as it was.

- 🏠 1-101-1 Yugimachi, Ome-shi ☎ 0428-76-1575
- 🚶 15-min walk from JR Futamatao Station / Toei Bus from JR Ome Station bound for "Yoshino" or "Gyokudo Art Museum Junkan" loop bus; get off at "Yugi" bus stop. 1-min walk from there.
- 🕒 10:00 to 17:00 (Enter by 16:30. Open between Mar.-May and Sept.-Nov. only) Closed Mondays (Closed Tuesday instead if Monday is a holiday)
- 👤 Adults ¥500 (¥400) / Students ¥400 (¥300) / Elementary students ¥300 (¥200)
- \* ( ) designates price for groups of 20 or more

Or try...

## Plum Tree Park 梅の公園

Details on P13 →



Walk 26 min OR Drive 10 min



## 4 Okutamaji

おくたま路 Details on P24 →

Unwind and spend a time at a Japanese-style inn enveloped by green foliage and a clear stream of the Tama River. Fully revive your tired body in the alkaline hot spring baths, which flow out from Okutama.



Guestroom windows give way to a magnificent scenery

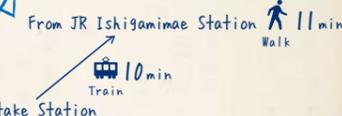
## 3 Stroll the Mitake Valley Promenade

Experience the beauty of the rushing river and trees with a leisurely stroll

Details on P11,12 →



Amble at your own pace down Mitake Valley's promenade. Please stop by the valley's sightseeing spot, Ozawa Sake Brewery, and a resting spot, Imoutoya Restaurant & Café.



## Ozawa Sake Brewery 小澤酒造

Details on P12 →



## Imoutoya いもうとや

MAP J

- 🏠 1-2-5 Mitake, Ome-shi ☎ 0428-78-7230
- 🚶 5-min walk from JR Mitake Station
- 🕒 [Café] 10:30 to 16:30 (Last Call 16:00) [Shop] 10:30 to 16:30 [Light Meals] 11:00 to 16:30 (Last Call 15:00)
- 📅 Closed Mondays (Closed Tuesday instead if Monday is a holiday) Also has other extra holidays



Matcha Green Tea (with confectionery) ¥520

Recommended Course 2

# Ome Full-Value Active Plan

Duration: 2 Days 1 Night

Start off by visiting the retro Showa-period area at Ome-juku (post town). River activities are also highly recommended in the summer season in Mitake Valley. Also, enjoy giving a prayer and trying waterfall meditation at a temple lodging on Mt. Mitake!

## 1 Stroll Around the Retro Area

Travel back in time to the good old days of the Showa Era

Details on P17 →

JR Ome Station  
Walk 5 min  
Retro Area



Ome Akatsuka Fujio Kaikan Memorial 青梅赤塚不二夫会館



Showa Retro Goods Museum 昭和レトロ商品博物館



Showa Gento-kan Museum 昭和幻燈館

## 2 Niku Udon/Niku Soba

(either type of noodle with pork)  
Try Tokyo X pork gourmet food when you come to Ome!

Details on P20 →



Pork Zaru Soba (cold soba noodles with pork) at Taisho-an ¥1,050

Walk 8 min

## 3 Stroll the Mitake Valley Promenade

Autumn foliage here is also superb!

Details on P11,12 →



Taisho-an  
Walk 5 min  
JR Ome Station  
Train 18 min  
Get off at JR Mitake Station

From JR Mitake Station  
Walk 3 min

## 4 Rest at a Café

Take a break while overlooking Mitake Valley



Matcha set ¥800

### Café Charaku Cafe 茶楽 MAP J

Take a break while viewing the seasonal beauty of the valley. Anmitsu (a Japanese dessert) and cakes are available at the café.

266 Mitake Honcho, Ome-shi  
0428-78-7254

3-min walk from Mitake Station

11:00 to 17:00 (Last Call 16:30)

Closed Mondays and Tuesdays (Closed Wednesday if Monday is a holiday) \*Some extra holidays

### Or try... River Activities

Details on P11 →



## 1 Stroll Around the Retro Area



## 2 Niku Udon



## 3 Stroll the Mitake Valley Promenade

## 4 Rest at a Café

Or... River Activity

## 5 Temple Lodging Stay

## 6 Mt. Mitake Hiking

### Gallery Café Hakoya MAP K



Sip an aromatic coffee in the warm, wooden interior of this café. The gallery displays historical "yaguji" style Ome textile works that were woven around 1945. Enjoy seeing their vivid and unexpected color arrangement and designs, including notebooks, bags, and pouches.

7 Sumie-cho, Ome-shi  
0428-22-0429  
5-min walk from JR Ome Station  
11:00 to 18:00 Closed Mondays and Tuesdays  
<http://www.xn--28jvct46m.com/>

## 6 Mt. Mitake Hiking

Enjoy at your own pace

Details on P9,10 →



A clear stream trickles between mossy rocks in the Rock Garden



Hot wine ¥600

Coffee ¥300

### Sommelier of the Sky Nagao Chaya MAP I

天空のソムリエ長尾茶屋  
The "sommelier of the sky" runs this café, which is only opened on weekends. Warm up with a glass of hot wine while enjoying the magnificent view. The coffee, made with water from Mitake, is also recommended.

Nagaodaira, Mitakesan, Ome-shi  
Café: 0428-74-9467 / Mobile: 080-1130-7180  
28-min walk from Mitakesan Cable Car Station  
11:00 to 16:00

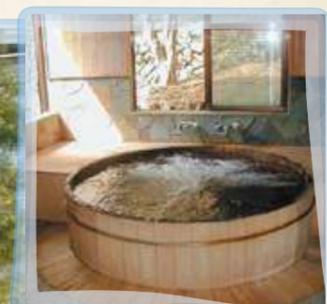
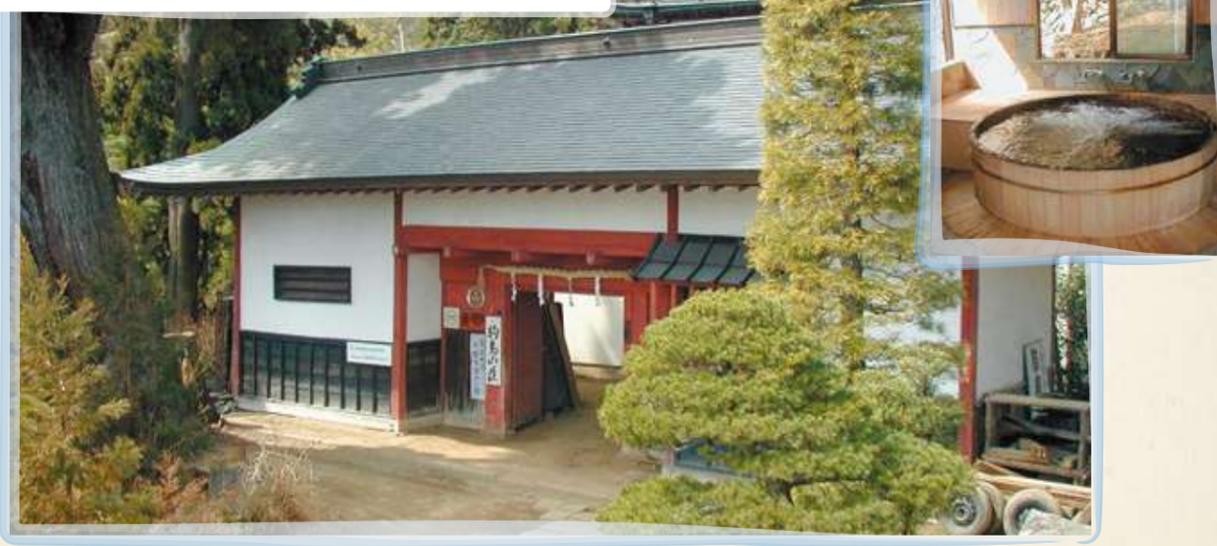


Cable Car Mitakesan Station

## 5 Temple Lodging Stay

Cleanse mind and body with a temple stay

Details on P10 →



JR Mitake Station  
Bus 10 min  
"Cable-shita" Bus Stop  
Walk 3 min  
Takimoto Station  
Cable Car 6 min  
Mitakesan Station  
Walk 15 min  
Temple Lodgings

Recommended Course 3

# Family Plan for All Ages

Duration: 2 Days 1 Night

In addition to colorful flowers and trees, enjoy exciting activities and experiences for everyone from kids to adults, such as mushroom picking, an adventure playground, and more! This course offers the best of Ome's nature.

## 1 Ome Railway Park

青梅鉄道公園

Adults and children alike will be thrilled by the outdoor train exhibits!



JR Ome Station  
Walk 12 min  
Railway Park

## 2 Showa Retro Goods Museum

昭和レトロ商品博物館  
Nostalgic for adults, brand new for children



Details on P17 →

Details on P17 →



## 3 Mushroom Picking & Mushroom Restaurant

## 5 Iwakura Onsen

岩蔵温泉郷

## 6 Kabokuen Park

花木園

## 4 Shiofune Kannonji Temple

塩船観音寺

## 4 Fukiage Iris Park

吹上しょうぶ公園

## 4 Fukiage Iris Park

吹上しょうぶ公園

## Glass Blowing Experience

## 6 Indigo Dyeing Experience

### Glass Blowing Experience glass studio Rainbow Leaf MAP G-3



Glass artisan Aiko Hiraiwa runs this studio. Here, discarded glass bottles are used to create everyday glassware. Lessons require a reservation.

2-34-10 Shinmachi, Ome-shi  
0428-31-0966 (Answering machine active when work is underway)  
11:00 to 17:00 Irregular Holidays  
From JR Ozaku Station, take the Nishi Tokyo Bus bound for "Kabe-eki Kitaguchi" and get off at "Miyanomae" bus stop. Immediate access from there.  
Glass experiences start from ¥3,000 (1 lesson, 1 piece)

## 3 Mushroom Picking & Mushroom Restaurant

Pick your own mushrooms for a fun and delicious experience

### Uchinuma Mushroom Garden 内沼きのこ園

Mushrooms are cultivated in the traditional and natural method—on logs. Shiitake mushrooms are grown year-round, and maitake, kuritake, hiratake (oyster), nameko mushrooms and more are in season in autumn. Delicious light meals are sure to delight mushroom fans at a mushroom specialty restaurant "Pirutsu" inside the garden, which offers dishes including pizza and pasta!

1-90 Nariki, Ome-shi 0428-74-4528 MAP F-1  
From JR Higashi-Ome Station, take the Toei "Nariki Junkan" loop bus and get off at "Nariki-Ichhome-Yotsukado" bus stop. About 5 min on foot from there. / From JR Hanno Station, 8 min via taxi, or take the Kokusai Kogyo Bus bound for "Mano-Kurozasu" and get off at "Nariki-Ichhome-Yotsukado" bus stop. About 5 min on foot from there.  
10:00 - 17:00 Closed Tuesdays (Closed Tuesdays and Wednesdays from June to August)  
[Admission Fee] Adult ¥200 / Child ¥100 (Pay additional ¥300+tax/100g of picked mushrooms) [Charcoal Grill] ¥200/person (A small charcoal grill with coals, gridiron, chopsticks, plate, and condiments are provided. Grilling of foods other than picked mushrooms not allowed.)



Mushrooms cultivated on logs



"Pirutsu" Café/Restaurant

Drive 19 min

## 6 Indigo Dyeing Experience

Make your original piece

Details on P15 →



Drive 20 min

## 5 Iwakura Onsen

岩蔵温泉郷

Hot spring source designated as Ome City historical site

Details on P16 →



Top: Autumn foliage from a guestroom at Mamadaya Inn  
Bottom: Japanese cypress jacuzzi bath at Kawamura Inn

Drive 11 min

### Nighttime Firefly Watching

(Late June to early July)



The fireflies' mysterious light is a seasonal reminder of early summer. Try watching the Japanese fireflies which appear along the Nariki River. Shuttle via microbus is available from ryokan (Japanese style inns) in the area.

Or try...

## Kabokuen Park 花木園



Drive 5 min

High quality towels for souvenirs!

## Hotman Towels

Details on P15 →



Vivid walking towels ¥1,404/ea.

Purchase at "Hotman Factory Shop Ome" next to indigo dyeing workshop "Kosoen," or at "Hotman Ome Shop."

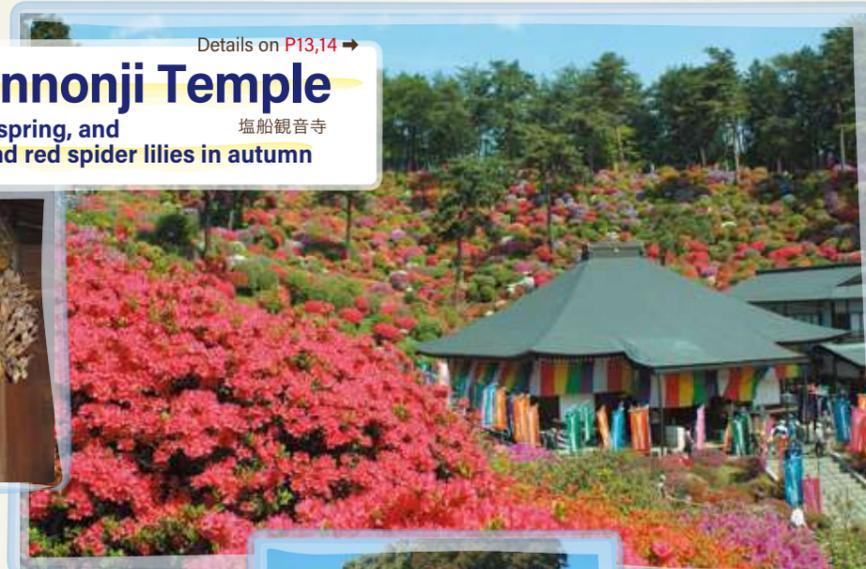
## 4 Shiofune Kannonji Temple

Be greeted by azaleas in spring, and Japanese bush clovers and red spider lilies in autumn

Details on P13,14 →



Drive 17 min



Or try...

## Fukiage Iris Park

吹上しょうぶ公園



Drive 19 min

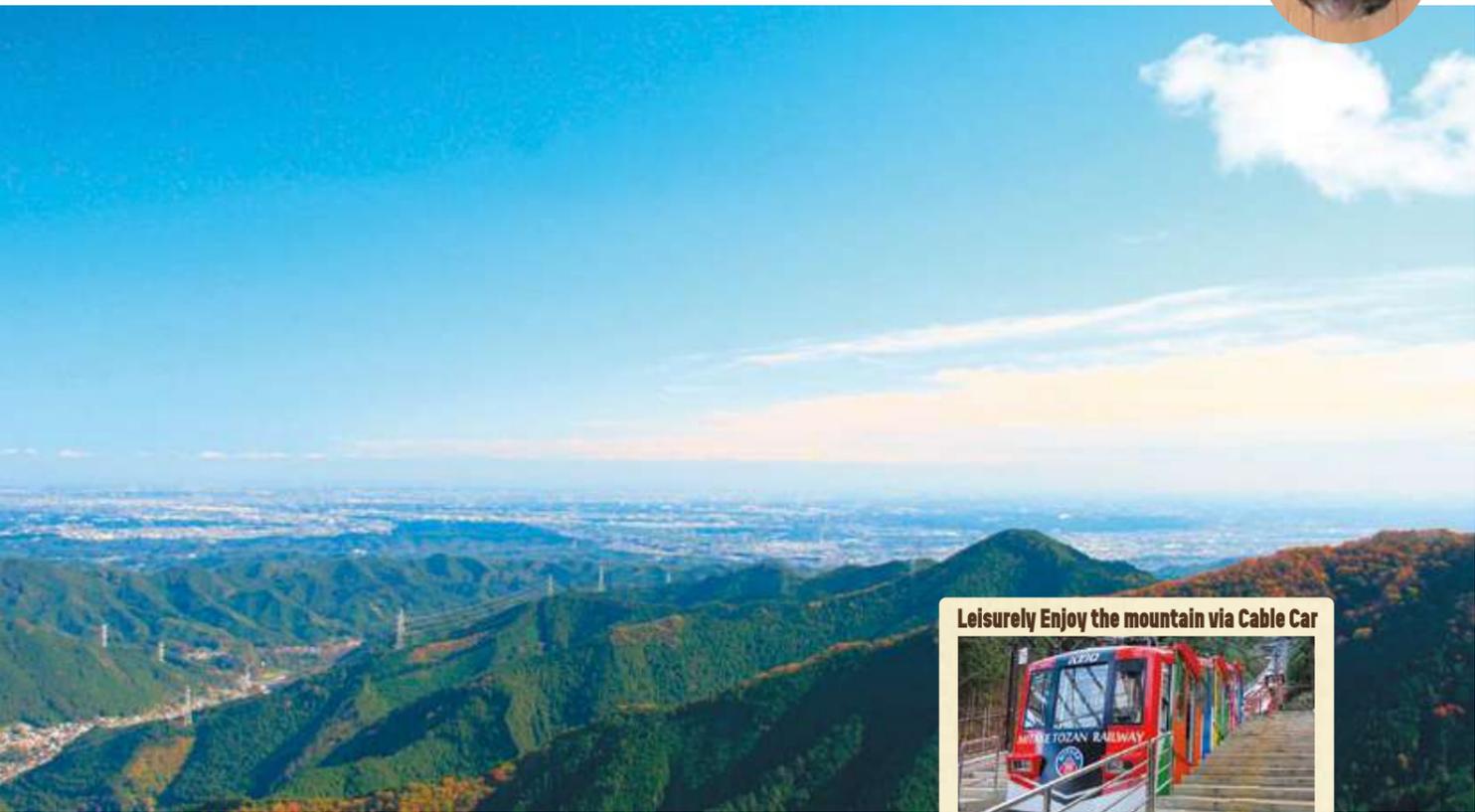


Top left: Senju Kannon (main deity)  
Top right: Shin-Gomado Koseikaku Hall  
Bottom: Temple Gate

# Leisurely Hiking on Mt. Mitake!

Mt. Mitake is popular even with beginner hikers. The cable car lets visitors enjoy hiking without getting exhausted. The summit of Musashi Mitake Shrine is the most sacred place in the Kanto region. The top also attracts an attention as a "power spot," thought to be flowing with mystical energy.

Full of nature where flying squirrels live

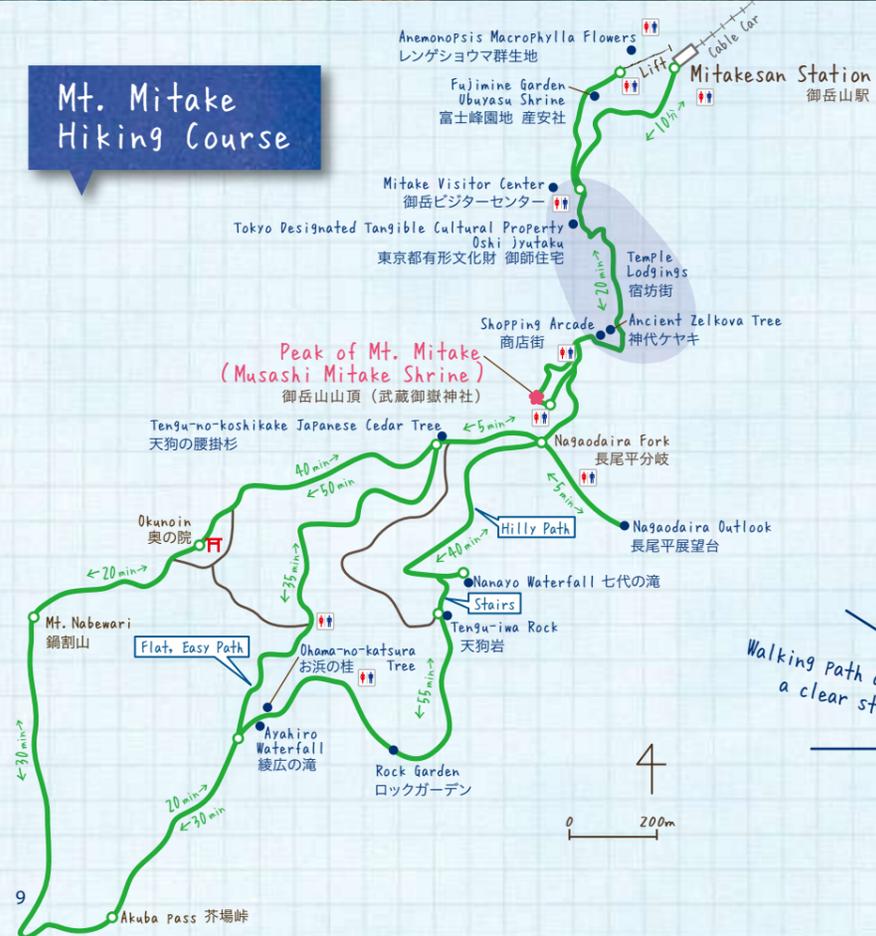


## Leisurely Enjoy the mountain via Cable Car



It takes about 6 min from Takimoto Station to Mitakesan Station, covering a distance of 1,107m and climbing up 424m in elevation. 7:30 to 18:30. One-way fare: Adult ¥590 / Child ¥300.

## Mt. Mitake Hiking Course



## Mini hike in Tokyo!

### Mt. Mitake

Mt. Mitake is 929m high and has been worshipped as a sacred mountain for ages. From Mitake-daira and the shrine, views as far as Tokyo's skyscrapers, Tokyo Skytree, Yokohama Landmark Tower, Mt. Tsukuba and the Boso Peninsula can be enjoyed. Everyone from children to the elderly can casually enjoy walking around the mountain. The 1.5km section from Tengu-iwa Rock to Ayahiro Waterfall is a popular hiking course known as the Rock Garden.

Rock Garden ロックガーデン



Walking path along a clear stream

## Four-legged friends are welcomed!

### Musashi Mitake Shrine

武蔵御嶽神社

Located on the peak of Mt. Mitake. It is told that Japanese monk Gyoki enshrined a statue of Zao Gongen, the main avatar of worship in the Shugendo religion, in this spot in the year 736, and the temple has flourished as a holy spot since ancient times. Influential figures and warriors alike worshipped reverently here from the Heian to Edo periods, and many number of suits of armor and swords have been presented as offerings. These precious cultural artifacts, including some national treasures, can be seen in the Treasure Hall. Since a god Ōguchi Magami (deified Japanese wolf) is called "Oinu-sama (sacred dog)," this place has long been associated with dogs, and people can be seen bringing their fuzzy friends along for a shrine visit.

- 176 Mitakesan, Ome-shi
- 0428-78-8500
- 30-min walk from Mitakesan Cable Car
- Reception hours for prayers are 9:00 to 16:00, No holidays (The Treasure Hall is open from 9:30 to 16:00. Closed on weekdays)
- Free (Treasure Hall admission is ¥500)



Dog good luck charm ¥800



Pet good luck charm ¥800



Dog emblem ¥300



Shrine scarlet seal ¥500 (Sticker-type seals printed on handmade Japanese paper are available in 2017 only)

## Daidai Kagura Shinto Theatrical Dance



A type of performance presented before Shinto gods, and passed down through the families of Shinto priests for generations since the Edo period. Dances accompanied by music from traditional Japanese instruments are carried out in dedication to the gods. This performing art is an Intangible Cultural Property of Tokyo.

[Public Viewing]  
 At the shrine's Kagura Hall  
 3rd Sunday in June from 11:00 / On Health and Sports Day in Oct. from 11:00 / 4th Sunday of the month from June to Nov. from 20:00

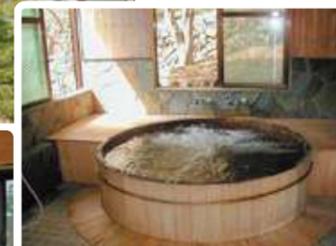
[Takigi Kagura]  
 Torii Gate Area  
 \*Please inquire for schedule

## Feel refreshed by purifying both body and soul!

### Temple Lodging

On Mt. Mitake, a mountain of worship, there are over 20 temple lodgings. Originally these were places for worshippers to stay, but in recent years more of them are accepting tourists as guests. Some temple lodgings offer experiences you won't find anywhere else, such as pre-breakfast purification rituals and

waterfall meditation. Most temple lodgings here have rooms and baths similar to a normal Japanese inn, and meals are not Buddhist vegetarian cuisine but rather local fare, making it easy for first timers to stay.



Pictured is Komadori Sanso. Guests can experience pre-breakfast purification rituals and waterfall meditation. Individual travelers, families, and even camps are welcome. Japanese cypress bath available.

## Temple Lodging List

A wide variety of lodgings are available; those with thatched roofs designated as Tangible Cultural Property of Tokyo, those fully equipped with Internet access, or those with private baths that command a view above the clouds. Breathe in the crisp mountain air and spend a relaxing time.

- |                         |                      |
|-------------------------|----------------------|
| 1 Akiyama-sou           | 13 Nobori            |
| 2 秋山荘                   | 14 能保利               |
| 3 Ikoisan-sou           | 15 Harashima-sou     |
| 4 越山荘                   | 16 原島荘               |
| 5 Utsuboya-sou          | 17 Fujimoto-sou      |
| 6 うつぼや荘                 | 18 藤本荘               |
| 7 Katayanagi-sou        | 19 Houjukaku         |
| 8 片柳荘                   | 20 宝寿閣               |
| 9 Higashibaba           | 21 Machikubota       |
| 10 東馬場                  | 22 町久保田              |
| 11 Komadori Sansou      | 23 Machiya           |
| 12 駒山荘                  | 24 麻知家               |
| 13 Sanraku-sou          | 25 Maruyama-sou      |
| 14 山楽荘                  | 26 丸山荘               |
| 15 Sanko-sou            | 27 Mitake Sansou     |
| 16 山香荘                  | 28 御岳山荘              |
| 17 Seizan-sou           | 29 Nanzan-sou        |
| 18 静山荘                  | 30 南山荘               |
| 19 Takana-sou           | 31 Hana-no-yado      |
| 20 高名荘                  | 32 Yamanaka (Closed) |
| 21 Tonari-sou           | 33 華の宿 やまなか          |
| 22 登奈利荘                 | 34 (休業中)             |
| 23 Nishisuzakibo Kuraya | 35 Reiun-sou         |
| 24 西須崎坊 蔵屋              | 36 嶺雲荘               |

Please see P.24 for details →

# Enjoy the River in Picturesque Mitake Valley!

Located in the upper reaches of the Tama River, Mitake Valley is a picturesque area selected as one of Japan's 100 Exquisite and Well Conserved Waters. Enjoy carefree river activities such as fishing, canoeing, and rafting. Nearby art museum or sake brewery are also recommended for strolling.



Have a blast in the midst of Mother Nature!

## River Activities

Mitake Valley is blessed with great water quality, perfect for enjoying river activities including fishing, canoeing, kayaking, and rafting. Lure fishing, fly fishing, and bait fishing can all be enjoyed, and fresh-caught rainbow trout, cherry salmon, or other catch can be barbecued. With homey canoe lessons that even children can enjoy, everyone from kids to adults and experienced outdoorsmen are sure to be satisfied!

### 1 Okutama Fishing Center

- MAP J  
 1 奥多摩フィッシングセンター (Fishing / Barbecue)  
 2-333 Mitake, Ome-shi ☎0428-78-8393  
 15-min walk from Mitake Station (JR Ome Line) / By car: Take the Ome Kaido Road (National Route 411). Yoshino Kaido Road (Route 54) is closed.  
 7:00 to 16:00 (7:30 to 16:00 from Dec. to Feb.)  
 Closed Thursdays from Dec. to Feb. and during year-end and New Year holiday period. Also has other extra holidays.  
 Bait fishing ¥3,300 (All-you-can-fish), Lure & fly fishing ¥3,700 (High school students and under and females ¥3,150)  
 100 spaces



### 2 Gravity 2 グラビティ (Kayaking)

3-787-9 Yugimachi, Ome-shi ☎0428-76-0981

### 3 Mitake Racerafting Club

3 みたけレースラフティングクラブ (Rafting / Ducky)  
 359 Mitake Honcho, Ome-shi ☎0428-74-9453

### 4 Tamagawa Rafting Winds

4 多摩川ラフティング winds (Rafting / Shower Climbing / Ducky)  
 2-411-1 Yugimachi, Ome-shi ☎0428-85-9210

### 5 Forest & Water Okutama

5 フォレスト&ウォーター奥多摩 (Rafting / Riverboarding)  
 2-597 Wadamachi, Ome-shi ☎0428-74-9470

### 6 Big Wave Ome 6 南ビッグウェーブ青梅店

(Rafting / Canyoning)  
 3-1161 Tomioka, Ome-shi ☎0428-74-9100



Please see P.24 for a list of companies →

Renowned sake from pristine Tama Water

## Ozawa Sake Brewery (Sawanoi)

小澤酒造 (澤乃井)  
 Ozawa Sake Brewery, well known for its "Sawanoi" brand brew. Tour the brewery where over 300 years of sake-making traditions are passed down through the generations. After touring the brewing process of this local Tokyo sake made with Okutama spring water, have a toast at the Sake Tasting Bar or at Seiryu Garden Sawanoi-en with a view of the valley!

### Ozawa Sake Brewery [Sake Brewery Tour]

- Free. Reservation Required 小澤酒造 (酒蔵見学)  
 2-770 Sawai, Ome-shi  
 [Reservation] General (1 to 10 people) 0428-78-8210  
 Group (11 people or more) 0428-78-8215  
 5-min walk from JR Sawai Station  
 4 times daily (11:00, 13:00, 14:00, 15:00)  
 Duration: 45 min, tasting sessions included  
 \*Groups (11 or more) are generally only admitted on weekdays  
 Duration: 30 min, no taste-testing  
 Closed Mondays (Closed Tuesday instead if Monday is a holiday)

### Sake Tasting Bar

Charges apply きき酒処  
 0428-78-8210  
 11:30 to 16:30 Closed Mondays (Closed Tuesday instead if Monday is a holiday)

### Sawanoi-en Garden [Shop & Snacks]

澤乃井園  
 0428-78-8210  
 10:00 to 17:00 (Snacks 11:00 to 16:00)  
 Closed Mondays (Closed Tuesday instead if Monday is a holiday)



90 ml sake tasting cup included at the Sake Tasting Bar



Sawanoi-en Garden with a view of Mitake Valley



Left: Daiginjo "Ko" [720 ml] ¥5,400  
 Right: Junmai Ginjo "Tokyo Kurabito" [720 ml] ¥1,800

### Sawanoi 'Kurabiraki'



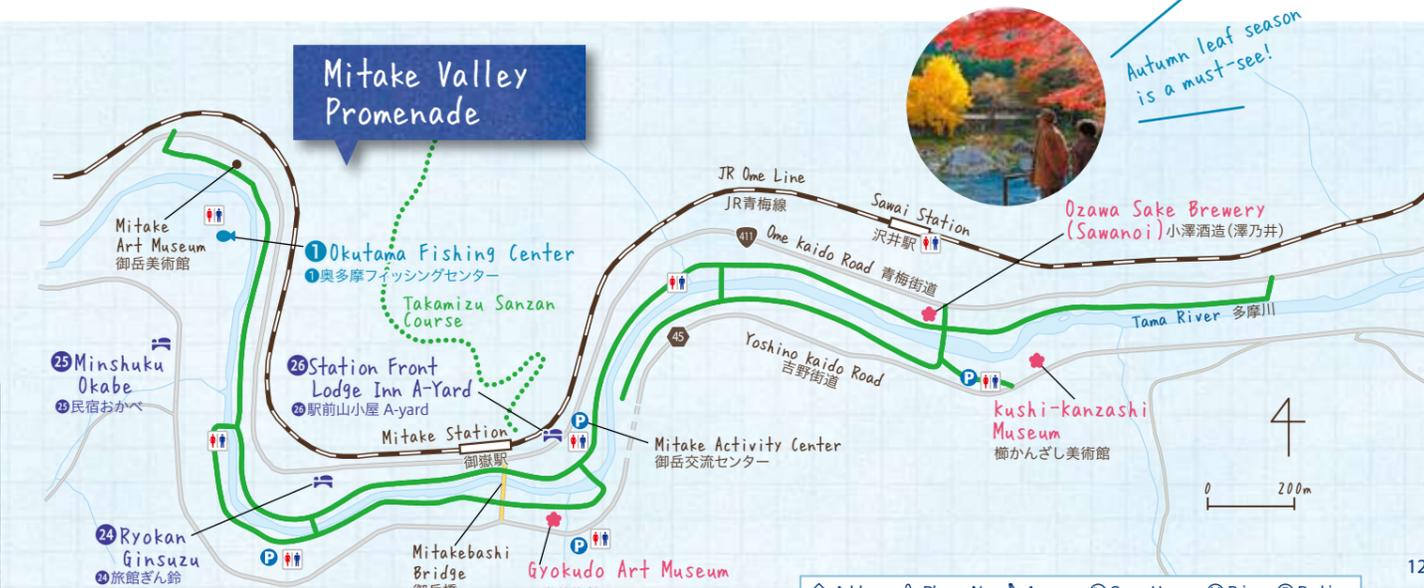
An event held every year when newly-made sake is released. The brewery and local community collaborate with the theme of people getting in touch with nature, culture, and one another. We hope we can provide everyone with a fun time while they enjoy new, freshly-made sake. Also, on the event day all our facilities will be connected via a loop bus with events held at each location.  
 [Events] Komomaki, Kagami-biraki, sake offering, special in-warehouse tasting session booth, food stall area, live stage, workshop, and more  
 • The event is scheduled for Saturday after shinshu (new brew of sake) is ready

History of the fashion and beauty of Japanese Women

## Kushi-Kanzashi Museum

MAP J  
 櫛かんざし美術館  
 Displays ornamental hair accessories used by Japanese women from the Edo, Meiji, Taisho, and Showa periods. About 4,000 items from the estate of a renowned collector, the late Chiyo Okazaki, are archived.

- 3-764-1 Yugimachi, Ome-shi ☎0428-77-7051  
 10-min walk from JR Sawai Station  
 10:00 to 17:00 (Last entry 16:30) Closed Mondays (Closed Tuesday instead if Monday is a holiday) and during year-end and New Year holiday period. Also has other extra holidays.  
 General ¥600 (¥500) / Student ¥500 (¥400) / Elementary student ¥300 (¥200)  
 \* ( ) designates price for groups of 20 or more  
 80 spaces



Autumn leaf season is a must-see!

# Admire Seasonal Blossoms!

Fulfill your urge for flower fields at Shiofune Kannonji, which boasts about 17,000 azaleas, and Fukiage Iris Park which has over 200 kinds of iris. Seasonal blossoms are waiting for you at Plum Tree Park and Kasumikyuryo Hiking Course.

To a new plum blossom village

## Plum Tree Park

梅の公園

MAP D-3

March



Gyokuei plum blossom

Yaekanko Plum Blossoms



A tree-planting ceremony in 2016

The official mascot of Ome city (a fairy of Ume)



The park had no choice but to fall all of its plum trees when a plum disease was detected, but plum trees were planted again starting from autumn of 2016. Though the trees are still quite young, the park aims to become the No.1 plum blossom sightseeing spot in Japan with the help of the local community.

- 📍 4-527 Baigo, Ome-shi
- ☎ 0428-22-1111
- 🚌 15-min walk from JR Hinatawada Station / Or take the Toei Bus bound for "Yoshino" from JR Ome Station and get off at "Yoshino Bairin" bus stop. 2 min on foot from there.
- 🆓 Open admission
- 🅇 None, the parking lot can only be used during the Ume(plum) festival



Shin-Gomado Koseikaku Hall

## Refreshing Nature Course

MAP F-3, F-2, G-2

## Kasumikyuryo Hiking Course

霞丘陵ハイキングコース

September to October



Lycoris Blossoms (Best viewed in October)

Hike from Kasumikyuryo Nature Park, which is behind Shiofune Kannonji Temple, to Iwakura Onsen. This is an easy walking course with gentle slopes

- 📍 Kasumikyuryo Nature Park to Iwakura Onsen
- 🚌 35-min walk from JR Kabe Station (Kasumikyuryo Nature Park side Starting Point)
- 🆓 None
- 🕒 Time Required: About 2 hours

MAP A-3 August to September

## Anemonopsis Macrophylla Flowers (Mt. Mitake) (御岳山)

About 50,000 of these flowers can be found growing on the slopes of Mt. Mitake. They bloom from early August to early September.



MAP K MAP E-3 April

## Weeping Cherry Trees (Baiganji Temple, Kongoji Temple) (梅岩寺、金剛寺)

The weeping cherry trees at Baiganji and Kongoji temples are said to be "sister trees," and are both 150 years old. Their blossoms are typically best seen in early April.



## A breeze of early summer invites you in

## Fukiage Iris Park

吹上しょうぶ公園

MAP F-3

May to June

Located in one corner of Kasumikyuryo, this park takes an advantage of a 'yato' (a valley-like formation created by erosion in the hill country) surrounded by the Katsunuma Jyoshi Historical Environmental Conservation Area. During the Fukiage Iris Festival from late May to late June, over 200 types of iris bloom rampantly throughout the park. A wide palette of purple, white, blue, pink, and yellow blossoms await.

- 📍 425 Fukiage, Ome-shi
- ☎ 0428-22-1111(Ome City Parks & Greenery Division)
- 🚌 15-min walk from JR Higashi-Ome Station / From JR Kabe Station, take the Toei "Shiofune Junkan" loop bus or bus bound for "Urajukucho" and get off at "Fukiage Shobu-Koen Iriguchi" bus stop / By car: 15 min from Ken-O Expressway Ome Interchange
- 🕒 9:00 to 17:00 Closed Wednesdays and Dec. to Feb. Open for the entire Fukiage Iris Festival period
- 🎫 Festival Period: Adult ¥200 / Elementary student and under: Free
- 🅇 Charges apply during festival period



Main Hall



Azalea park

Colorful picturesque scenery!

## Shiofune Kannonji Temple

塩船観音寺

MAP F-3

April to May

Step onto the grounds of an ancient temple, built in the Muromachi period and known now as a temple of flowers and history. Its Main Hall and Amida Hall are Important Cultural Properties. Approximately 17,000 azaleas bloom proudly from mid-April to early May during the Azalea Festival. Flowers are in bloom in other seasons as well, including hydrangeas, Japanese bush clovers and red spider lilies.

- 📍 194 Shiofune, Ome-shi ☎ 0428-22-6677
- 🚌 35-min walk from JR Kabe Station / By bus from JR Kabe Station, take the Toei "Shiofune Junkan" loop bus or bus bound for "Urajukucho," or Nishi Tokyo Bus bound for "Shiofune Kannonji keiyu Ozaku Higashi-guchi" and get off at "Shiofune Kannonji Iriguchi" bus stop. 10 min on foot from there / By car: 10 min from Ken-O Expressway Ome Interchange
- 🕒 8:00 to 17:00 No Holidays
- 🎫 Azalea Festival Period: Adult ¥300 / Child ¥100
- 🅇 200 spaces (charges apply during festival period and New Year's visit to a shrine period)



## Try Collecting Scarlet Seals!

Ome has many historical shrines and temples! Scarlet seals are available at many of them. A scarlet seal is a stamp given to commemorate a visit to the shrine or temple. Prepare your own scarlet seal book for stamping, then head out on a spiritual journey to collect scarlet seals at historical temples and shrines in Ome!

See P.23 for a list of shrines and temples →

## Shiofune Kannonji Temple Scarlet Seals



Main Hall (Main deity) Flower Temple (Peace Kannon) Yao Bikuni (Shiratama Tsubaki-hime) 88 Sacred Spots



Scarlet Seal Books Available in various designs

# Experience Plans & Ancient Hot Springs

Indigo dyeing experiences are available at "Kosoen," a workshop that revived the wildly popular Edo period trend of Ome-jima striped fabrics. After enjoying nature via rental bicycle, then relax and rejuvenate in a hot spring bath at Iwakura Onsen.

Get dyed Japan Blue!

## Indigo Dyeing Experience

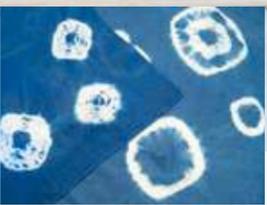
At indigo dyeing workshop "Kosoen," stoles, clothing, and other indigo-dyed items are produced using a dyeing method known as natural ash fermentation, a technique used in the Edo period when indigo dyeing was in vogue. The indigo color that is achieved with all natural ingredients and a painstaking dyeing process has warmth and depth that can't be mimicked with any other method. Why not try making your very own indigo dyed handkerchief, bandana, t-shirt, or stole on a dyeing experience?

### Indigo Dyeing Workshop Kosoen MAP E-4

藍染工房・壺草苑  
 8-200 Nagabuchi, Ome-shi  
 ☎ 0428-24-8121  
 20-min walk from JR Ome Station / By bus from JR Kabe Station, take the Nishi Tokyo Bus bound for "Meisei Daigaku / Shimin Saijo" and get off at "Nagabuchi 5(go)-chome." Immediate access from there. / By car: 15 minutes from Ken-O Expressway Ome Interchange  
 ⌚ 10:00 to 18:00  
 Closed Tuesdays and for year-end and New Year holidays

[Group Course] Limited to groups of 10 or more  
 Weekdays from 10:00 or 13:00  
 Handkerchief: ¥1,600/person, Bandana: ¥2,000/person  
 Discounts available for groups of 30 or more [Bring-your-own Course] 1 person or more  
 Inquire for time and price  
 [Simple Course] 1 person or more  
 Weekends & Holidays from 10:00 or 13:00  
 Handkerchief: ¥1,600, Bandana: ¥2,000  
 [In-depth Course] 1 person or more  
 Weekends & Holidays from 10:00 or 13:00  
 Cotton stole: ¥4,800, T-shirt (short sleeved): ¥5,200

Top: T-shirts  
 Right: Indigo Dyeing Experience  
 Item Sample (Handkerchief)



Celebrating 150 years of towel making



Hotman colored face towels, ¥1,080/ea.

## Hotman

Established in Ome in 1868. Hotman is the only Japanese towel brand that operates all of its own manufacturing processes and sales facilities. Its Ome shop, based next to company headquarters and a factory, is the largest and most comprehensive among all Hotman shops around the country. The company also runs "Hotman Factory Shop Ome" located along Akiyama Kaido Road, where visitors can shop for outlet items while getting a glimpse of chenille fabric being woven by hand. Take this chance to try Ome's super-absorbent "1 second towels."

### Hotman Ome Shop ホットマン 青梅店 MAP F-4

5-251 Nagabuchi, Ome-shi  
 ☎ 0428-24-9142  
 22-min walk from JR Ome Station / By bus from JR Kabe Station, take the Nishi Tokyo Bus bound for "Meisei Daigaku" and get off at "Nagabuchi 5(go)-chome." 2 min on foot from there / By car: 15 minutes from Ken-O Expressway Ome Interchange  
 ⌚ 10:00 to 17:00 Closed for Golden Week, summer holidays, and year-end and New Year holidays  
 📍 Available



### Hotman Factory Shop Ome ホットマン ファクトリーショップ青梅 MAP E-4

8-240-1 Nagabuchi, Ome-shi  
 ☎ 0428-22-0570  
 20-min walk from JR Ome Station / By bus from JR Kabe Station, take the Nishi Tokyo Bus bound for "Meisei Daigaku" and get off at "Nagabuchi 5(go)-chome." Immediate access from there. / By car: 15 minutes from Ken-O Expressway Ome Interchange  
 ⌚ 10:00 to 12:30, 13:30 to 16:00 Closed on Sundays, Holidays, Golden Week, summer holidays, and year-end and New Year holidays  
 📍 8 spaces



Chenille Weaving

1 Second Towel

A "1 second towel" will begin to sink in water in 1 second or less when a 1 centimeter square piece of it is placed on the water's surface. This is an indicator of remarkably high absorbency, and such towels will absorb water instantly by just being pressed against the body. Great for sensitive skin and hair after bathing, and soft for babies as well.

Explore Ome's towns and nature

## Bicycle Rental

Start from the rental shop close to JR Okutama Station, and enjoy basking in the forest from your bike as you cruise downhill for about 20km to Ome! Along the way, why not stop by Mitake Valley or Ome-juku (post town) for some relaxed sightseeing? Bicycles can be returned near JR Ome Station or JR Kabe Station.

### Bicycle Rental Trekking

レンタルサイクル トレッキング

197 Hikawa, Okutama-machi, Nishitama-gun  
 ☎ 0428-74-9091 / 080-1024-4617  
 1-min walk from JR Okutama Station  
 ⌚ 9:00 to 17:00 (Last rental at 15:00)  
 Open on weekends and holidays (Please inquire before going to the shop)

**Reservation** **Bicycle Rental Trekking** レンタルサイクル トレッキング \*Reserve via phone or online.  
 [TEL] 0428-74-9091 / 080-1024-4617 [Website] <http://trekking.jp>

**Bicycle Type** Mountain Bike (for Beginners) ¥2,500  
 Cross Bike (for Beginners) ¥2,500  
 Electric Assist ¥3,200 to ¥3,700  
 Mountain Bike (for Intermediate) ¥3,000 to ¥5,000  
 Cross Bike (for Intermediate) ¥3,000 to ¥3,500

### Return Location **Aoyagi Cycle Shop** MAP K

青柳自転車店  
 152 Honcho, Ome-shi  
 ☎ 0428-22-2610  
 3-min walk from JR Ome Station  
 ⌚ 10:00 to 19:00 (Return bikes by 17:00)  
 Closed Mondays

### **Bicycle Shop KO-KI YA** MAP F-3

自転車コーキヤ  
 10-11-4 Kabemachi, Ome-shi  
 ☎ 0428-78-3658  
 3-min walk from JR Kabe Station  
 ⌚ 10:00 to 20:00 (Return bikes by 17:00)  
 Closed Wednesdays

\*If rain is sure to be expected on the rental day, the rental shop will contact the customer by 17:00 the day before with notice of cancellation.  
 \*If cancelling a reservation, please contact the shop by 17:00 the day before. The full price will be charged if the customer cancels without contacting the shop. (No cancellation charge in case of rain on rental day)



An oasis close to Tokyo

## Iwakura Onsen

岩蔵温泉郷

A historical hot spring town nestled in the mountains. Legend says that the Yamato Takeru, the legendary son of the 12th Emperor of Japan, bathed here. The soft waters come from an alkaline simple spring and are said to be good for beauty purposes. From late June to early July, visitors can enjoy watching Japanese fireflies along the Nariki River in the area. Several golf courses are nearby, and some inns offer meals for non-staying guests as well.

MAP F-2

Upper Left: Guestroom at Shisuikan Inn  
 Upper Right: Stone Bath at Mamadaya Inn  
 Mid Left: Meal at Mamadaya Inn (Sample)  
 Bottom Left: Japanese cypress jacuzzi bath at Kawamura Inn  
 Bottom Right: Autumn foliage from a guestroom at Mamadaya Inn



This coffee is carefully hand dripped using roasted beans from a well-known local roaster. Satisfy your taste buds with coffee from Cafe Yuba, which is operated by Mamadaya Inn.

### Cafe Yuba CAFE YUBA MAP F-2

5-3142 Osoki, Ome-shi  
 ☎ 0428-74-4405  
 or 0428-74-4221 (Mamadaya Inn)  
<http://kissayuba.blog87.fc2.com>

### Ryokan List

Ryokan (Japanese style inns) can be enjoyed in various ways—from relaxing in a hideaway hot spring ryokan, to holding an event with a large group such as a celebration or a memorial service at an inn known for delicious food.

- 30 Mamadaya 30 備多屋(ままだや)
- 31 Kawamura 31 かむら
- 32 Shisuikan 32 司翠館

See P.24 for details



# Get Lost in Time in a Showa Era Town, Ome-juku (post town)!?

Don't miss the 3 main attractions: Showa Retro Goods Museum, Ome Akatsuka Fujio Kaikan Memorial, and Showa Gento-kan Museum. And, at Ome Railway Park, visitors can check out real railway cars.



Showa Retro Goods Museum



Ome Akatsuka Fujio Kaikan Memorial



Showa Gento-kan Museum



Retro Showa Era Shopping Street

## Ome-juku (Post Town)

Centered around three main attractions, Showa Retro Goods Museum, featuring Showa period packages from everyday items; Ome Akatsuka Fujio Kaikan Memorial, where visitors can see original art from classic manga and anime series Tensai Bakabon; and Showa Gento-kan Museum, featuring dioramas of Showa-era scenes; Ome-juku (post town) and the Ome Station building are decorated with old movie posters creating a nostalgic atmosphere.

MAP K

**Showa Retro Goods Museum**  
昭和レトロ商品博物館  
65 Sumiecho, Ome-shi  
0428-20-0355  
5-min walk from JR Ome Station  
10:00 to 17:00  
Closed Mondays (Closed next weekday instead if Monday is a holiday), and for the year-end and New Year holidays  
Adult ¥350 / Junior High and Elementary student ¥200

MAP K

**Ome Akatsuka Fujio Kaikan Memorial**  
青梅赤塚不二夫会館  
66 Sumiecho, Ome-shi  
0428-20-0355  
5-min walk from JR Ome Station  
10:00 to 17:00  
Closed Mondays (Closed next weekday instead if Monday is a holiday), and for the year-end and New Year holidays  
Adult ¥450 / Junior High and Elementary student ¥250

MAP K

**Showa Gento-kan Museum**  
昭和幻燈館  
9 Sumiecho, Ome-shi  
0428-20-0355  
5-min walk from JR Ome Station  
10:00 to 17:00  
Closed Mondays (Closed next weekday instead if Monday is a holiday), and for the year-end and New Year holidays  
Adult ¥250 / Junior High and Elementary student ¥150

Showa Three Attraction Ticket: Adult ¥800 / Junior High and Elementary student ¥450

Play and learn about the history of railroads

## Ome Railway Park

Opened by Japanese National Railways (JNR) in 1962 to celebrate the 90th anniversary of Japanese railways. Steam locomotives and other real train cars used in the Meiji and Taisho periods, plus commemorative railway objects, are on display in an outdoor area. Visitors can have fun learning about railways in the museum with descriptions and materials centering around train models. In addition to a Mini SL Benkei train, the park also features a play corner, making it fun even for small children.

2-155 Katsunuma, Ome-shi  
0428-22-4678  
15-min walk from JR Ome Station  
[Mar. to Oct.] 10:00 to 17:30 (Admission until 17:00)  
[Nov. to Feb.] 10:00 to 16:30 (Admission until 16:00)  
Closed Mondays (Closed Tuesday instead if Monday is a holiday), and for the year-end and New Year holidays (Dec. 29 to Jan. 2)  
[Special Opening] New Year's (Jan. 3 to 7), spring break period (Mar. 26 to Apr. 6), Golden Week (Apr. 29 to May 5), and Oct. 1 when Oct. 1 falls on a Monday  
¥100 (Elementary students and above) / Groups of 20 or more ¥50  
Free for the physically disabled and visitors aged 70 or older (ID required)



# Discover History & Art in Ome!

Ome is home to many historical cultural assets including National Treasures, and is an area where the culture of various eras can be felt. Visitors can also enjoy seeing Gyokudo Art Museum, which has its own Japanese rock garden, plus art museums and galleries of various genres.

Experience an atmosphere of the middle age Tama area



## Tenneiji Temple 天寧寺

MAP F-3

The preserved layout of this seven hall Zen Buddhist compound earned the temple a designation as a historic site by Tokyo. There's plenty to see, such as the main gate constructed in the Edo period, and the great temple bell, which is an art treasure of Japan.

1-454 Nekabu, Ome-shi  
0428-22-3566  
18-min walk from JR Higashi-Ome Station  
6:00 to 17:00 (Closes at 16:30 from Oct. to Mar.)  
Free  
Available

Japanese traditional beauty and spirit

## Ome Kimono Museum

MAP D-3



Over 500 precious garments, mainly modern kimono, are housed, including those once worn by feudal lords, court nobles, and former Imperial Family members.

4-629 Baigo, Ome-shi  
0428-76-2019  
15-min walk from JR Hinatawada Station  
Fri. Sat. Sun.: 10:00 to 16:00 (Group reservations also available on other days. Open Fri. Sat. Sun. from March (Closed from Dec. to Feb.)  
General ¥800 (Group discount: ¥600 for groups of 20 or more)  
Child ¥500 (Elementary/Junior high school)

## Ome Seven Lucky Gods Pilgrimage

Scarlet Seals Available

This pilgrimage began from New Year's Day in 1980 by selecting seven ancient temples in the area, which were not widely known at the time but boasted great scenery, and which also could be reached on foot in 1 day. The entire pilgrimage is about 20 km. Visiting time is from 8:00 to 17:00.



See P.23 for details on each temple →

Art Museum in Mitake Valley, in Gyokudo's footsteps

## Gyokudo Art Museum

玉堂美術館 MAP J



This art museum exhibits works of art and personal articles of Kawai Gyokudo, a modern master of traditional Japanese painting. Don't miss the traditional Japanese dry landscape garden.

1-75 Mitake, Ome-shi  
0428-78-8335  
3-min walk from JR Mitake Station  
[Mar. to Nov.] 10:00 to 17:00 (Last admission at 16:30)  
[Dec. to Feb.] 10:00 to 16:30 (Last admission at 16:00) Closed Mondays (Closed Tuesday instead if Monday is a holiday), and from Dec. 24 to Jan. 4  
Adult ¥500 (¥400) / University, High school, Junior High student ¥400 (¥300) / Elementary student ¥200 (¥150) \* ( ) designates price for groups of 20 or more  
60 spaces



# Appreciate Ome's Past and Present Gourmet Food!

Ome's specialty *senbei* rice crackers are popular as souvenirs. Tokyo X brand pork, also a product of Ome, can be enjoyed in *niku udon* (udon noodles with pork) and *soba* noodle dishes. Fresh eggs and fruit from this lush natural area are also exquisite!



Sato no Kahori (2 per packet) ¥55  
Machida まちだ **MAP K**



Niku Nanban ¥972 Soba-dokoro Tsukumo そば処津久茂 **MAP G-3**



Ome Senbei (Bag of 5)  
¥432 Arai **MAP E-3**  
あら井



Ome Senbei (1 cracker)  
¥65  
Hamano Confectionery  
は万の製菓 **MAP D-3**

Try the plum *shiso* flavor  
and sesame flavor!



Ome Senbei  
[Bag of 7 (Individually wrapped)]  
¥410 Ryumaru **MAP F-3**  
柳丸

Compare different tastes at each shop.

## Ome Senbei Rice Crackers

These tile-shaped *senbei* rice crackers are made in the shape of plum blossoms, the symbol of Ome. These historical snacks have been made for centuries, since the Edo period, and even now are made at several Japanese-style confectioneries in the city, with each shop offering its own distinct shape and flavor. Great to take home as a souvenir.

Savor a freshly-laid delicacy

## Kawanabe Egg Ranch

かわなべ鶏卵農場

Close by Iwakura Onsen is a poultry ranch located in a village-vicinity mountain. The healthy hens raised here on pristine natural water, carefully selected feed, and no antibiotics lay delicious eggs! Crack one raw egg hot rice and savor the taste.

- 2-271 Osoki, Ome-shi  
0428-74-5492
- By bus from JR Higashi-Ome Station, take the Seibu Bus bound for "Hanno-eki Minamiguchi" and get off at "Tokyo Tanko-mae" bus stop. 14 min on foot from there. / By car: 13 min from Ome Interchange
- 9:00 to 17:00  
Saturdays 13:00 to 17:00 (Closed Saturday mornings)
- [Tama no Kagayaki "Momiji Tamago"]
 

1kg (about 15 eggs).....	¥470
Pack of 10 Large eggs.....	¥334
Pack of 10 Medium eggs.....	¥303
Family Pack (20 eggs).....	¥700
Gift Box of 30 eggs.....	¥1,230

Gift boxes of 50 and 75 eggs are also available.  
Also, eggs with deep-colored yolks, and silky fowl eggs are available.



**MAP F-2**

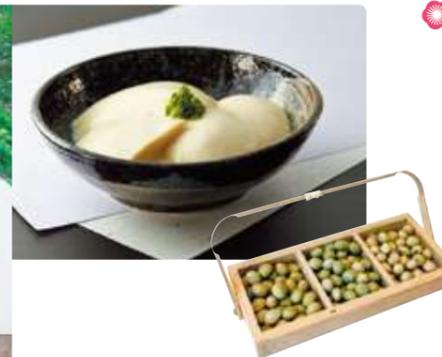
**MAP E-3**

## Tofu Kobo Yu

とうふ工房ゆう

"Tokusen Yose Tofu," which took gold prize in the Yose/Oboro-tofu division of the Japan Tofu Exhibition. The used native soybeans have strong aroma and sweetness.

- 570-7 Urajukucho, Ome-shi  
0428-84-2470
- 13-min walk from JR Ome Station
- 10:00 to 18:00 (Closed Sundays and on the 4th Monday of the month)



**MAP G-4**

## Sugaya Foods, Ltd.

南菅谷食品

"Domestic Large Tsurunoko Natto," made with traditional methods, is a delicious treat, taking the Minister of Agriculture, Forestry and Fisheries prize at the 20th National Natto Competition.

- 1-1010-1 Tomoda-machi, Ome-shi  
0428-24-7010
- 25-min walk from JR Ozaku Station
- Weekdays 9:00 to 16:00



Niku Zaru Soba  
(cold soba noodle with pork)  
¥1,050 Taisho-an **MAP K**  
大正庵

Niku Nanban Soba ¥1,080  
Tamagawaya Main Shop  
玉川屋総本店 **MAP J**

Curry Nanban Udon ¥1,000  
Negishiya 根岸屋 **MAP F-3**

Niku Seiro ¥1,400  
Soba Enokido **MAP E-3**  
蕎麦 榎戸

Ome's own Brand of Pork

## TOKYO X

TOKYO X is a pork brand developed at Tokyo Metropolitan Agriculture and Forestry Research Center, which is characterized by its tenderness and quality marbling. It contains about twice the vitamin B1 found in other pork and visitors can find it served in a wide variety of menu items throughout local Ome restaurants.

See P.23 for restaurant details →

Many kinds of blueberries

# Yoshino-en Blueberry-picking Orchard

MAP G-4

ブルーベリー摘み取り園吉野園  
Tifblue, Woodard, and Homebell are just some of the blueberry varieties grown at this 4,000sq.m. orchard which cultivates approximately 500 blueberry plants.

- 3-56 Shinmachi, Ome-shi
- 0428-31-1527
- 10-min walk from JR Ozaku Station East Exit
- 7:00 to 12:00 / 15:30-
- \*Reservation recommended due to irregular holidays
- Admission: Adult ¥500 (+¥300 for picking 2kg or more blueberries) / Elementary student ¥300 (Sold by weight: ¥1,000/1kg)



Harvest seasonal fruits

# Small Fruits Land "Berry Cottage"

MAP G-3



Here visitors can enjoy harvesting raspberries, blueberries, kiwis, and other seasonal fruits, all grown with non-chemical fertilizer without using any agricultural chemicals. The rest house in the style of a Canadian log house has a café area and a shop offering sweets, jams and more products made with fruits from the cottage.

- 2-11-5 Shinmachi, Ome-shi
- 0428-31-3810
- 12-min walk from JR Ozaku Station East Exit
- 10:00 to 17:00 Closed Mondays
- [Raspberries] June to July - Admission: Adult ¥500 / Child ¥300 (By weight: ¥300/100g)
- [Blueberries] July to August - Admission: Adult ¥500 / Child ¥300 (By weight: ¥200/100g)
- [Kiwifruit] October to November - Admission: Free (By weight: ¥600/1kg)

Fresh veggies at low prices!

# Farmer's Market

The city of Ome is blessed with a lush natural environment while maintaining convenient access from downtown Tokyo, and has many local farms that grow high quality products. Farmer's markets in the city offer fresh vegetables right from the farms for bargain prices.



## West Tokyo Farmers' Coop Kasumi Marketing Center

MAP G-3

- 2-28-19 Shinmachi, Ome-shi
- 0428-31-1115
- 25-min walk from JR Ozaku Station / By car: 5 min from Ome Interchange
- 8:30 to 16:30 (Closed Jan. 1 to 3)

## West Tokyo Farmers' Coop Green Center

MAP D-3

- 3-930-1 Baigo, Ome-shi
- 0428-76-1325
- 11-min walk from JR Hinatawada Station
- 8:30 to 16:30 (Closed Jan. 1 to 3)

## West Tokyo Farmers' Coop Osoki Economy Shop

MAP F-2

- 4-2244 Osoki, Ome-shi
- 0428-74-5381
- By car: 9 min from Ome Interchange
- 8:30 to 16:30 (Weekdays only)

Mushroom Harvesting & Barbeque

# Ome Mushroom Garden

MAP D-4



Shiitake, kikurage, maitake and other varieties of mushroom are cultivated here on wood logs and in mushroom beds. Visitors can enjoy harvesting seasonal mushrooms. Why not experience mushroom harvesting, then grill them up along with your own ingredients for a barbeque with friends or family?

- 1-1934 Baigo, Ome-shi
- 090-7012-6105 / 090-8564-6640 / TEL・FAX 0428-22-0501
- From JR Ome Station, take the Toei Bus bound for "Yoshino" and get off at "Inari-jinja-mae" bus stop. Then continue on foot toward Umegaya Toge for 20 min
- 11:00 to 16:00 (April 10 through November 30) \*Please inquire prior to visiting as mushroom harvesting may not be available depending on the season
- [Facility Use Fee] Adult (Junior High and older) ¥800 / Child (Elementary student) ¥300 / Preschool age: Free \*Facility use fee is ¥600 if bringing your own charcoal.
- [Barbeque Ingredient Set] ¥1,300/person (Meat, vegetables, mushrooms, etc.) \*Reservation required at least 3 days in advance

# Ome City Event Calendar

Month	Event	Location
1	1st New Year's Day <b>Festival &amp; Hatsumode</b> 元旦祭・初詣 Musashi Mitake Shrine and Shiofune Kannonji Temple 武蔵御嶽神社・塩船観音寺	
	12th <b>Ome Daruma-doll Market</b> 青梅だるま市 Kyu-Ome Kaido Road in front of JR Ome Station JR青梅駅前旧青梅街道	
2	3rd <b>Setsubun Festival</b> 節分祭 Musashi Mitake Shrine, Shiofune Kannonji Temple, Seihoin Temple, Yakuoji Temple, and others 武蔵御嶽神社・塩船観音寺・清宝院・薬王寺ほか	
	Mid-Feb. <b>Ome Marathon</b> 青梅マラソン大会 In front of the General Gymnasium to Kawai, Okutama-machi 総合体育館前～奥多摩町川井	
3	Early to Late Mar. <b>Yoshino Baigo Plum Festival</b> 吉野梅郷梅まつり Throughout Yoshino Baigo 吉野梅郷一帯	
	Mid-Mar. <b>Citizen's Plum Blossom Viewing Festival</b> 観梅市民まつり Jindaibashi-dori Avenue 神代橋通り	
4	Mid Apr. to Early May <b>Shiofune Kannonji Azalea Festival</b> 塩船観音つつじまつり Shiofune Kannonji Temple 塩船観音寺境内	
	2nd & 3rd <b>Ome Grand Festival</b> 青梅大祭 Kyu-Ome Kaido Road in front of JR Ome Station JR青梅駅前旧青梅街道	
5	8th <b>Musashi Mitake Shrine Hinode (Sunrise) Festival</b> 武蔵御嶽神社日の出祭 Mitake-daira to Musashi Mitake Shrine 御岳平～武蔵御嶽神社	
	Late May to Late June <b>Fukiage Iris Festival</b> 吹上花しょうぶまつり Fukiage Iris Park 吹上しょうぶ公園	
6	Mid to Late June <b>Firefly Viewing Night</b> 螢を見る夕べ Nariki River at Nariki 2-chome 成木2丁目の成木川	
	Early July <b>Ground Cherry Pot Fair</b> ほおずき市 Street in front of Ome Station 青梅駅前通り	
7	Mid-July <b>Takigi Kagura at Musashi Mitake Shrine</b> 武蔵御嶽神社新神楽 Large Torii Gate area on Mt. Mitake 御岳山大鳥居前広場	
	Mid to Late July <b>Ome Morning Glory Fair</b> 青梅朝顔市 Street in front of Ome Station 青梅駅前通り	
8	Late July to Early Sept. <b>Anemonopsis Macrophylla Flower Festival</b> レンゲショウマまつり Mt. Mitake Fujimine Garden and elsewhere 御岳山富士峰園地ほか	
	1st Saturday in Aug. <b>Ome City Nohryo Fireworks Festival</b> 青梅市納涼花火大会 Nagayama Park Ground 永山公園グラウンド	
9	Early Sept. <b>Tree Cricket Chirping Event</b> カンタンをきく会 Mt. Mitake 御岳山	
	7th <b>Yoshikawa Eiji Anniversary</b> 英治忌 Yoshikawa Eiji House & Museum 吉川英治記念館	
11	Mid-Sept. <b>Takigi Kagura at Musashi Mitake Shrine</b> 武蔵御嶽神社新神楽 Large Torii Gate area on Mt. Mitake 御岳山大鳥居前広場	
	Early Nov. <b>Ome Industrial Tourism Festival</b> 青梅産業観光まつり Nagayama Park Ground 永山公園グラウンド	
12	Early to Mid-Nov. <b>Ome-juku Art Festival</b> 青梅宿アートフェスティバル Kyu-Ome Kaido Road in front of JR Ome Station JR青梅駅前旧青梅街道	
	1st Sunday in Dec. <b>Okutama Valley Relay Road Race</b> 奥多摩溪谷駅伝大会 In front of the General Gymnasium to Okutama Station and back 総合体育館前～奥多摩駅前往復	
	2nd Sunday in Dec. <b>Mt. Mitake Trail Run</b> みたけ山トレイルラン Mt. Mitake 御岳山	

## Scarlet Seals

<p><b>[Mt. Mitake Area]</b></p> <p><b>Musashi Mitake Shrine</b> 武蔵御嶽神社 <a href="#">MAP I</a></p> <p>Address: 176 Mitakesan, Ome-shi Tel. 0428-78-8500</p>	<p><b>[Yoshino Baigo Area]</b></p> <p><b>Meibakuin Temple</b> 日向山明白院 <a href="#">MAP D-3</a> (Seven Lucky Gods, God of Wisdom)</p> <p>Address: 2-395 Hinatawada, Ome-shi Tel. 0428-22-1775</p>	<p><b>[Kabe Station Area]</b></p> <p><b>Gyokusenji Temple</b> 金剛山玉泉寺 <a href="#">MAP F-4</a> (Seven Lucky Gods, Goddess of Music and Water)</p> <p>Address: 3-299 Nagabuchi, Ome-shi Tel. 0428-22-5476</p>
<p><b>[Shiofune Kannonji Temple Area]</b></p> <p><b>Shiofune Kannonji Temple</b> 塩船観音寺 <a href="#">MAP F-3</a></p> <p>Address: 194 Shiofune, Ome-shi Tel. 0428-22-6677</p>	<p><b>Chigase Shrine</b> 千ヶ瀬神社 <a href="#">MAP F-3</a></p> <p>Address: 1-119 Chigasemachi, Ome-shi Tel. 0428-22-0316 *Not available when staff are not present.</p>	<p><b>Monshuin Temple</b> 黒澤山間修院 <a href="#">MAP E-3</a> (Seven Lucky Gods, God of Longevity)</p> <p>Address: 3-1578 Kurosawa, Ome-shi Tel. 0428-74-5411</p>
<p><b>[Ome-juku Area]</b></p> <p><b>Kongoji Temple</b> 青梅山金剛寺 <a href="#">MAP E-3</a></p> <p>Address: 1032 Amagasecho, Ome-shi</p>	<p><b>Baiganji Temple</b> 龍光山梅岩寺 <a href="#">MAP K</a></p> <p>Address: 235 Nakacho, Ome-shi</p>	<p><b>Sumiyoshi Shrine</b> 住吉神社 <a href="#">MAP K</a></p> <p>Address: 12 Sumiecho, Ome-shi 0428-22-2747 *Not available when staff are not present.</p>
<p><b>Jizoin Temple</b> 宝珠山地蔵院 <a href="#">MAP E-3</a> (Seven Lucky Gods, God of Fortune)</p> <p>Address: 2-583-1 Hatanaka, Ome-shi Tel. 0428-22-4497</p>	<p><b>Seihoin Temple</b> 成田山清宝院 <a href="#">MAP E-3</a> (Seven Lucky Gods, God of Prosperity)</p> <p>Address: 1203 Oyanacho, Ome-shi Tel. 0428-22-7317</p>	<p><b>Sokenji Temple</b> 仙桃山宗建寺 <a href="#">MAP K</a> (Seven Lucky Gods, Guardian God of Buddhism)</p> <p>Address: 6-734 Chigasemachi, Ome-shi Tel. 0428-22-3580</p>
<p><b>Enmeiji Temple</b> 住吉山延命寺 <a href="#">MAP K</a> (Seven Lucky Gods, God of Wealth)</p> <p>Address: 82 Sumiecho, Ome-shi Tel. 0428-22-3386</p>		

## Ome Senbei Rice Cracker Shops

Shop Name	Address	Phone No.	Business Hours	Access	Parking	
Hamano Confectionery は万の製菓	3-720 Hinatawada, Ome-shi	0428-22-5620	9:00 to 19:00 Closed Mondays (Closed Tuesday instead if Monday is a holiday)	4-min walk from JR Hinatawada Station	1 space	<a href="#">MAP D-3</a>
Ryumaru 柳丸 (Higashi-Ome Center Building)	1F High Home Higashi-Ome, 1-2-5 Higashi-Ome, Ome-shi	0428-22-5349	9:00 to 18:30 Open year-round *Some extra holidays	1-min walk from JR Higashi-Ome Station South Exit	None	Also has shops in Ome at Nogami, Shinmachi-dori Street in front of Ozaku Station, and Imai <a href="#">MAP F-3</a>
Machida まちだ (HQ Factory-direct Shop)	3-104 Nishiwakecho, Ome-shi	0428-22-2455	9:30 to 16:30 May be closed during year-end and New Year holidays	10-min walk from JR Ome Station or Higashi-Ome Station	4 spaces	Also has shops in Ome at Kabe, in front of Ome Station, and Higashi-Ome <a href="#">MAP K</a>
Arai あらい井	5-634 Chigasemachi, Ome-shi	0428-22-3855	8:00 to 18:30 Closed Tuesdays	15-min walk from JR Ome Station	3 spaces	<a href="#">MAP E-3</a>
Kojima Confectionery 小島製菓	2-168 Hinatawada, Ome-shi	0428-22-3282	9:00 to 19:00 Closed Mondays	1-min walk from JR Miyanojira Station	1 space	<a href="#">MAP E-3</a>

## Restaurants serving TOKYO X Pork

Restaurant Name	Address	Phone No.	Business Hours	Access	
Tamagaway Main Shop	玉川屋総本店	360 Mitake Honcho, Ome-shi	0428-78-8345	11:00 to 18:00 Closed Mondays	2-min walk from JR Mitake Station <a href="#">MAP J</a>
Soba Enokido	蕎麦 榎戸	629 Urjukucho, Ome-shi	0428-21-0822	11:30 to 15:00 Closed Wednesdays and Thursdays	9-min walk from JR Miyanojira Station <a href="#">MAP E-3</a>
Negishiya Handmade Udon	手打ちうどん 根岸屋	1-40-4 Katsunuma, Ome-shi	0428-22-3083	11:00 to 15:00 / 18:00 to 20:00 Closed all day on Wednesdays, closed 18:00 to 20:00 on Mondays and Tuesdays	3-min walk from JR Higashi-Ome Station <a href="#">MAP F-3</a>
Taisho-an	大正庵	329 Kamicho, Ome-shi	0428-22-2765	11:30 to 16:00 / 17:00 to 19:30 / 11:30 to 19:30 on Weekends and Holidays Closed Mondays	5-min walk from JR Ome Station <a href="#">MAP K</a>
Sobadokoro Tsukumo	そば処 津久茂	5-45-2 Shinmachi, Ome-shi	0428-32-1230	11:00 to 20:30 Closed on the 1st and 3rd Wednesdays of the month	6-min drive from Ome Interchange <a href="#">MAP G-3</a>
Inariya	いなりや	2-419-7 Wadamachi, Ome-shi	0428-76-0915	11:30 to 14:00 / 17:30 to 23:00 Closed Wednesdays	15-min walk from JR Miyanojira Station <a href="#">MAP D-4</a>
Moriman	森万	3-9-7 Higashi-Ome, Ome-shi	0428-22-1331	10:00 to 20:00 Irregular Holidays	5-min walk from JR Higashi-Ome Station <a href="#">MAP F-3</a>
Tamagaway	玉川屋	55 Sumiecho, Ome-shi	0428-22-2645	11:00 to 15:00 / 17:00 to 19:00 Closed Mondays	3-min walk from JR Ome Station <a href="#">MAP K</a>
Tsukumo	つくも	3-23 Nogamicho, Ome-shi	0428-24-5000	11:30 to 19:30 Closed Wednesdays	12-min walk from JR Kabe Station <a href="#">MAP F-3</a>
Kawashima	かわしま	3-841-3 Futamatao, Ome-shi	0428-78-9155	11:00 to 18:00 / 11:00 to 20:00 on Weekends and Holidays Closed Tuesdays	4-min walk from JR Futamatao Station <a href="#">MAP D-3</a>

## Sightseeing Farms

Name	Address	Phone No.	Offers	
Yoshino-en Blueberry-picking Orchard	ブルーベリー摘み取り園吉野園	3-56 Shinmachi, Ome-shi	0428-31-1527	Blueberries <a href="#">MAP G-4</a>
Small Fruits Land "Berry Cottage"	スモールフルーツランド『ベリーコテージ』	2-11-5 Shinmachi, Ome-shi	0428-31-3810	Raspberries, Blueberries, Kiwifruit <a href="#">MAP G-3</a>
Ome Mushroom Garden	青梅きのこガーデン	1-1934 Baigo, Ome-shi	090-7012-6105/090-8564-6640/ TEL・FAX0428-22-0501	Mushrooms <a href="#">MAP D-4</a>
Uchinuma Mushroom Garden	内沼きのこ園	1-90 Nariki, Ome-shi	0428-74-4528	Mushrooms <a href="#">MAP F-1</a>

## Accommodation

Name	Phone No.	Guest Capacity	Approx. Cost	Day Trip Bath	
<b>[Mt. Mitake Area]</b>					
1 Akiyama-sou 秋山荘	0428-78-8463	20	¥8,640-	Enjoy an atmosphere of bygone eras and relax in a bath with a fine view.	<a href="#">MAP I</a>
2 Ikoisan-sou 億山荘	0428-78-8566	60	¥8,840-	Ideal as a base for mountain climbing, with at-home hospitality including salt-grilled ayu sweetfish and handmade konnyaku	<a href="#">MAP I</a>
3 Utsuboya-sou うつぼや荘	0428-78-8462	30	¥8,640-	An inn with a nostalgic, at-home feel, offering food made with ingredients from its own vegetable patch	<a href="#">MAP I</a>
4 Katayanagi-sou 片柳荘	0428-78-8461	40	¥8,640-	Healthy meals made with veggies from its own vegetable patch are highly popular with female guests	<a href="#">MAP I</a>
5 Higashibaba 東馬場	0428-78-8446	15	¥8,640-	The thatched roof building retains an Edo-period atmosphere, and is a designated Tangible Cultural Property of Tokyo	<a href="#">MAP I</a>
6 Komadori Sansou 駒島山荘	0428-78-8472	60	¥8,640-	Great facilities with Japanese cypress bath, fully equipped Internet access, and more. Giant flying squirrel watching, waterfall meditation and other activities available.	<a href="#">MAP I</a>
7 Sanraku-sou 山楽荘	0428-78-8439	45	¥9,180-	A favorite of Yoshikawa Eiji, this inn features a distinctive building similar to an art museum, with medicinal cooking and a medicinal herb bath. <a href="#">Inquire</a>	<a href="#">MAP I</a>
8 Sanko-sou 山香荘	0428-78-8476	60	¥10,500-	With a great view, this inn boasts a Japanese cypress bath and marble bath for a reviving soak. <a href="#">Inquire</a>	<a href="#">MAP I</a>
9 Seizan-sou 静山荘	0428-78-8445	40	¥8,640-	A healing inn with crisp, clear air and a tranquil environment. Guests can enjoy waterfall meditation, meditation, and more.	<a href="#">MAP I</a>
10 Takana-sou 高名荘	0428-78-8596	50	¥8,800-	Look forward to the chirping of wild birds, plus a night view, mountain foliage, and other seasonal views.	<a href="#">MAP I</a>
11 Tonari-sou 登奈利荘	0428-78-8447	40	¥8,640-	Features a relaxing Japanese-style atmosphere, noted for its original cuisine made from the heart.	<a href="#">MAP I</a>
12 Nishisuzakibo Kuraya 西須崎坊 蔵屋	0428-78-8473	30	¥9,720-	Prides itself on its panoramic sky-viewing bath and seasonal food. Try Kuraya's specialty "oyaki" dumplings at the teahouse.	<a href="#">MAP I</a>
13 Nobori 能保利	0428-78-8443	30	¥8,640-	Meals made with fresh ingredients painstakingly cultivated by the owner can be enjoyed.	<a href="#">MAP I</a>
14 Harashima-sou 原島荘	0428-78-8973	40	¥8,640-	Prides itself on a more casual style of <i>kaiseki</i> cuisine with handmade <i>konnyaku</i> , fried chestnuts, and more.	<a href="#">MAP I</a>
15 Fujimoto-sou 藤本荘	0428-78-8464	40	¥8,800-	Seasonal local fare and genuine hospitality from the proprietress await. Also available to those who just stop by for lunch.	<a href="#">MAP I</a>
16 Houjukaku 宝寿閣	0428-78-8448	40	¥9,700-	A thatched roof inn in a relaxed atmosphere, with exquisite healthy delicacies.	<a href="#">MAP I</a>
17 Machikubota 町久保田	0428-78-9039	30	¥8,640-	An inn that boasts a view unfolding over the Kanto Plain. Day use of the view bath for non-staying guests OK. <a href="#">Available</a>	<a href="#">MAP I</a>
18 Machiya 麻知家	0428-78-8426	25	¥8,640-	Offers a variety of cuisine, from wild vegetable dishes to river-caught fish, plus seasonal fare such as freshwater crab, Japanese pepper, and mushroom dishes.	<a href="#">MAP I</a>
19 Maruyama-sou 丸山荘	0428-78-8441	60	¥8,640-	Listen to the twittering of wild birds in this inn which stands out due to its old longhouse-style construction.	<a href="#">MAP I</a>
20 Mitake Sansou 御岳山荘	0428-78-8474	70	¥10,000-	A highly aesthetic inn operating since the Edo period, priding itself on cuisine made with the bounty of nature.	<a href="#">MAP I</a>
21 Nanzan-sou 南山荘	0428-78-8449	50	¥9,720-	A wooden interior, genuine hospitality, and delicious food make this inn. Try the popular private fine-view bath that commands a view above the clouds!	<a href="#">MAP I</a>
22 Hana-no-yado Yamanaka 華の宿 やまなか (Closed)	0428-78-8442	20	¥12,800-	A tranquil inn with a long history, seasonal flowers, and beautiful natural views.	<a href="#">MAP I</a>
23 Reiun-sou 霊雲荘	0428-78-8501	35	¥8,640-	An inn with a traditional atmosphere, offering delicious food maximizing ingredients and an relaxing experience of Mitake's nature from above the clouds.	<a href="#">MAP I</a>
<b>[Mitake Valley Area]</b>					
24 Ryokan Ginsuzu 旅館ぎんすず	0428-78-8336	30	¥10,800-	Lunch of soba shipped direct from Otoineppu, Hokkaido is highly popular. Day trip bathing OK, Pets OK. <a href="#">Inquire</a>	<a href="#">MAP J</a>
25 Minshuku Okabe 民宿おかべ	0428-78-8553	15	¥6,930-	Located nearby Mitake Valley and Mt. Mitake, this old Japanese-style inn offers handmade food and a space to relax.	<a href="#">MAP J</a>
26 Station Front Lodge Inn A-Yard 駅前山小屋 A-yard	0428-74-9453	28	¥4,000-	Enveloped in the great Mother Nature of the Mitake Valley, this inn offers rooms only and no meals.	<a href="#">MAP J</a>
<b>[Yoshino Baigo Area]</b>					
27 Tokyo Ome Ishigami Onsen Seiryu no Yado "Okutamaji" おくたま路	0428-78-9711	90	¥13,000-	This hot spring inn is located along the pristine Tama River, and offers tennis courts, a restaurant, and meeting rooms. <a href="#">Inquire</a>	<a href="#">MAP D-3</a>
<b>[Ome-juku Area]</b>					
28 Kanpo no Yado Ome かんぽの宿 青梅	0428-23-1171	200	¥10,800-	Enjoy natural hot spring baths and relax at this inn located on a hill in Kamanofuchi Park with a view of the Tama River. <a href="#">Available</a>	<a href="#">MAP E-3</a>
<b>[Kabe Station Area]</b>					
29 Comfesta Inn Kabe コンフェスタイン河辺	0428-22-5311	64	¥4,800-	Highly convenient with a bank, supermarket, and convenience store nearby.	<a href="#">MAP F-3</a>
<b>[Iwakura Onsen Area]</b>					
30 Mamadaya 盛多屋 (ままだや)	0428-74-4221	35	¥13,650- (+¥150 bath tax)	Popular for its retro interior, healthy food made with local ingredients for local consumption as much as possible, and Cafe Yuba. <a href="#">Inquire</a>	<a href="#">MAP F-2</a>
31 Kawamura 川村	0428-74-5305	50	¥16,200- (+¥150 bath tax)	A long-established ryokan (Japanese style inns) with warehouse-style building in a quiet atmosphere. Food here is painstakingly prepared with seasonal ingredients. <a href="#">Inquire</a>	<a href="#">MAP F-2</a>
32 Shisuikan 司翠館	0428-74-6868	45	¥10,800- (+¥150 bath tax)	An inn priding itself on <i>kaiseki</i> cuisine prepared by its celebrated chef, as well as reasonable prices. <a href="#">Inquire</a>	<a href="#">MAP F-2</a>
33 Ihei 伊平	0428-74-4148	20	¥8,000-	At-home hospitality and fare. Business and long-term stays are also available, so please inquire.	<a href="#">MAP F-1</a>
<b>Hot Spring Day Spa</b>					
Kabe Onsen Ume no Yu 河辺温泉梅の湯	0428-20-1026		<b>Base Charge: Adult ¥860</b>	Natural hot spring baths for the whole family. Located close to the station and ideal for a hot spring dip after sightseeing.	<a href="#">MAP F-3</a>

## River Activities

Prior reservation is required for participation

Facility Name	Address	Phone No.	Offers	
1 Okutama Fishing Center 奥多摩フィッシングセンター	2-333 Mitake, Ome-shi	0428-78-8393	Fishing, Barbeque	<a href="#">MAP J</a>
2 Gravity グラビティ	3-787-9 Yugimachi, Ome-shi	0428-76-0981	Kayaking	<a href="#">MAP J</a>
3 Mitake Racerafting Club みたけレースラフティングクラブ	359 Mitake Honcho, Ome-shi	0428-74-9453	Rafting, Ducky	<a href="#">MAP J</a>
4 Tamagawa Rafting Winds 多摩川ラフティングウィンド	2-411-1 Yugimachi, Ome-shi	0428-85-9210	Rafting, Shower-climbing, Ducky	<a href="#">MAP D-3</a>
5 Forest & Water Okutama フォレスト&ウォーター奥多摩	2-597 Wadamachi, Ome-shi	0428-74-9470	Rafting, Riverboarding	<a href="#">MAP D-4</a>
6 Big Wave Ome (有)ビッグウェーブ青梅店	3-1161 Tomioka, Ome-shi	0428-74-9100	Rafting, Canyoning	<a href="#">MAP F-2</a>
7 Wiz Nature (有)ウィズネイチャー	5-984-31 Baigo, Ome-shi	0428-76-2603	Kayaking	<a href="#">MAP D-3</a>
8 River Base Halau リバーベース Halau	266 Mitake Honcho, Ome-shi	0428-74-9266	Kayaking, Standup paddleboarding	<a href="#">MAP J</a>
9 Concept (有)コンセプト	265 Mitake Honcho, Ome-shi	0428-79-7227	Rafting, Kayaking	<a href="#">MAP J</a>
10 Grandex Mitake Base グランデックス御岳ベース	156-1 Kawai, Okutama-machi, Nishitama-gun	0428-74-9061	Rafting, Canyoning, Standup paddleboarding	<a href="#">MAP B-2</a>
11 Crusoe Rafting クルーソーラフティング	3-921-6 Baigo, Ome-shi	0428-74-9386	Rafting, Kayaking	<a href="#">MAP D-3</a>
12 Splash Tokyo SPLASH東京	803 Kotaba, Okutama-machi, Nishitama-gun	0278-21-1337	Canyoning	<a href="#">MAP A-2</a>
13 Okutama Rafting 奥多摩ラフティング	3-1676-2 Osoki, Ome-shi / 1-256 Sawai, Ome-shi	0428-74-9007	Rafting	<a href="#">MAP F-2</a> <a href="#">MAP C-3</a>
14 Canyons Okutama キャニオンズ奥多摩	54-1 Kawai, Okutama-machi, Nishitama-gun	0278-72-2811	Canyoning, Back rafting	<a href="#">MAP J</a>
15 Big Smile ビックスマイル	1-178-1 Mitake, Ome-shi	0771-29-5370	Rafting	<a href="#">MAP J</a>
16 Ferry Glide フェリーグライド	Room 102, 266-1 Mitake Honcho, Ome-shi	090-4535-4448	Kayaking	<a href="#">MAP J</a>

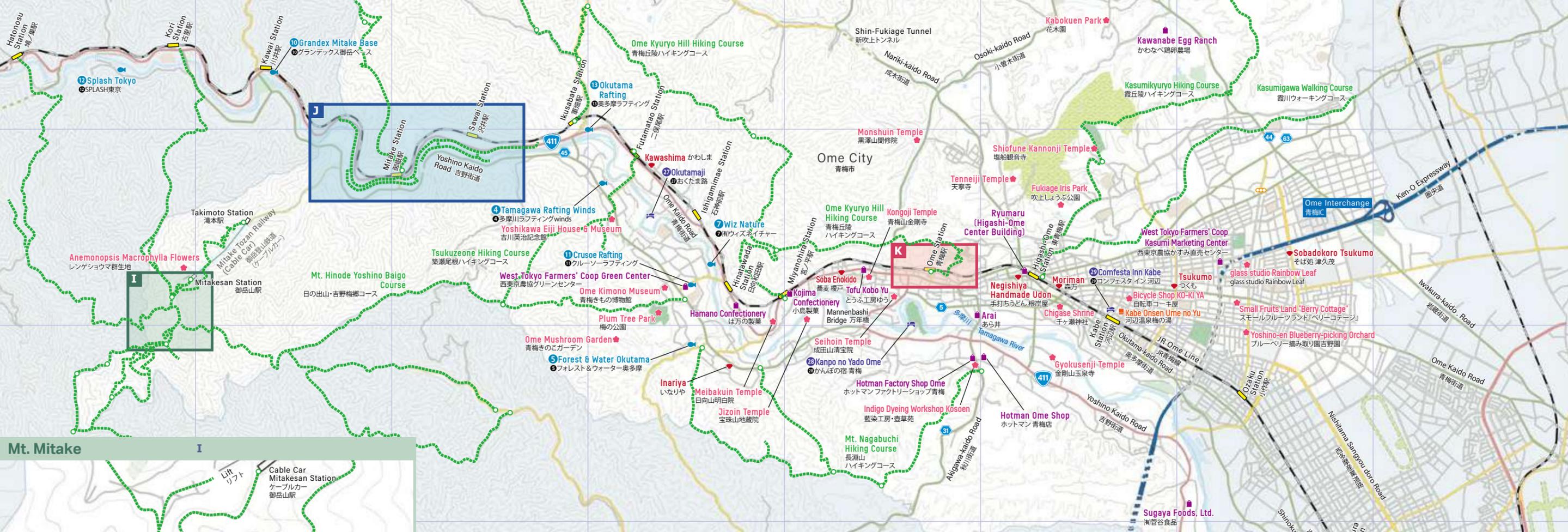
# OME MAP

N

0km 1 2

[Legend]

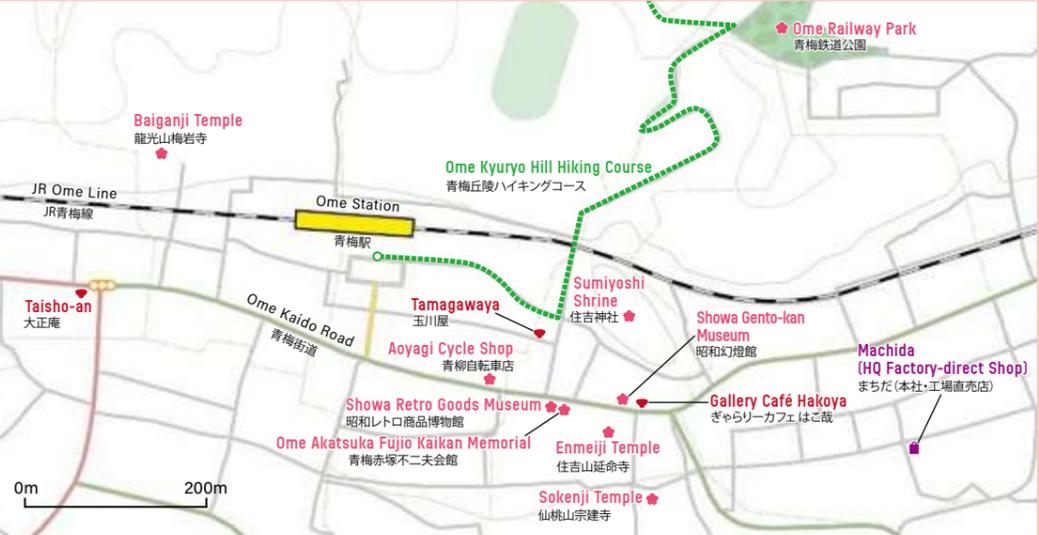
- Sightseeing Spot
- Restaurant / Café
- Souvenirs
- Accommodation
- River Activity
- Hot Spring Day Spa
- Hiking Course



## Mt. Mitake I



## Ome-juku K



## Mitake Valley J

