

March 14-15, 2024

## Fusion of Nature and Culture

# Hiking Mt. Ontake

Nature and Outdoor

Journey supervised by experts **Taro Ando** and **Masayuki Takahata**



Born in Ome city, Tokyo. He was attracted to canoeing in his hometown, Ome-si, and was selected as Japan's national team member for the Sydney Olympics. In 2013, he opened a canoeing and river SUP school (River Base HALAU) in Mitake Gorge, Ome-si, Tokyo, to encourage river sports and train the next generation of canoeists. Currently, he runs Expedition Hotel Zenagi (an old private house inn for the affluent population) in Nagiso Town in Nagano Prefecture and promotes the charm of nature and outdoor activities in Nagiso Town.



He is the leading expert on river SUP in Japan. Grew up in rich nature in Miyazaki and Seattle. He was the first Japanese to complete an adventure race in the world, and the 3rd and 2nd overall in the world in rafting. With the experience he gained around the world, he began to focus on SUP on rivers and is now active in a wide range of fields, including the ocean and lakes. In 2013, he opened a canoeing and river SUP school (River Base HALAU) in Mitake Gorge, Ome-si, Tokyo.

## Overview

Ontake has long been worshiped as a sacred mountain where the gods dwell. On the top of the mountain, there are many houses of Onshi (chief priest) that have been built since the Edo period and provide lodging for worshippers and tourists of Musashi Ontake Shrine as Shukubo (lodging house). Ontake has a unique tradition and culture not found in other mountains.

On this tour, you will not only enjoy hiking but also stay at an inn built in the Edo period (1866) and experience the lifestyle and food of Ontake and the local people.

The hiking tour will take about 3.5 hours to visit the rock garden and Okuno-in (inner sanctuary), and the level of difficulty of the course will be selected by experts according to the participants' needs.

We will provide you with a wonderful trip that you can only experience in Mt. Mitake. We hope you will join us.

March 14



9:30 Gather in front of the Yaesu Central Exit ticket gate of Tokyo Station (1.5 to 2 hours by car)

11:45 Takimoto Station - Mitakesan Station Transfer by cable car

## Walks (Guided by Mitake Visitor Center)

### Mt. Mitake stroll



The staff of the Mitake Visitor Center will guide you on a walk to learn about the culture and nature of Mt.Mitake, and enjoy the nature that changes with the seasons.

## Lodging experience at Shukubo "HIGASHIBABA"

### Arrival at HIGASHIBABA A



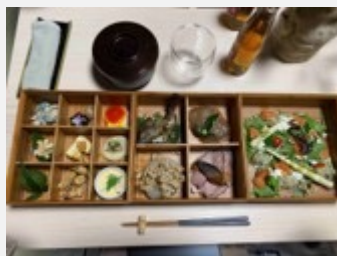
By staying at the "HIGASHIBABA," a lodge with a distinctive thatched roof, visitors will experience "Totonoinototo," a state of "just right" where there is no excess, deficiency, or bias, by purifying their bodies and minds by staying in the forest of Reizan, which is a little closer to God than this world.

### Forest bathing and tent sauna



After warming your body in the steam bath, soak your body in the freshwater of Mitake and lie down in the garden to feel the mountain air in peace. Birds' voices, the singing of insects, and trees swaying in the wind, You will hear beautiful echoes.\*When it rains, we will take a rain sound bath

### Exorcism and Dinner



The Shito priest performs a purification ceremony, and the meal dedicated to the gods during the ceremony is offered as a drop-off. Meat, fish, vegetables, and other local produce are also utilized in the dish. The nutritionally balanced and visually vibrant Ojyu is a great way to prepare both body and soul.

March 15

## Lodging experience at Shukubo "HIGASHIBABA"

morning  
worship



At Musashi Mitake Shrine, which is located at the top of the mountain, we will attend the morning prayer service for guests only.

It will be a mystical experience.

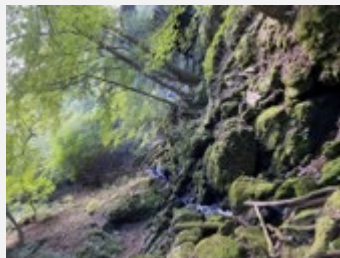
power of  
words



In Japan, it has been believed since ancient times that words have spiritual power and that they have the power to bring about the reality of the words they are uttered. Let's find the words that hold the key to your life and a Shinto priest will write them down for you !

## Hiking

Rock  
garden



The 1.5km rock garden, with its variously sized and oddly shaped rocks and clear streams weaving between moss-covered rocks, invites visitors into the world of the valley.

Okunoin



It is a beautiful conical peak that reminds us of the origin of the mountain worship.

The view from the top of the inner sanctuary is breathtaking.

Weather permitting, we can even see the beautiful view of Mt.Fuji.



17:00 Dismissal at Tokyo Station

## Points to note

Please inform us in advance if you have any food allergies or food restriction.

This is a monitoring tour sponsored by the Tokyo Convention & Visitors Bureau. We would like to hear your impressions of the tour after your participation, so please complete a questionnaire that contains only 10 questions after your participation.

The tour will be accompanied by the tour supervisor, Mr. Marc, and an English-speaking interpreter/guide. In addition, two staff members from the Tokyo Convention & Visitors Bureau and Oricom, the organizer of the tour, will accompany you.

If you are unable to participate in the tour due to unavoidable circumstances, please contact us as soon as possible.