

***Shukubo* temple lodgings on Mt. Mitake**

Consider staying at one of the *shukubo* (pilgrim lodgings) on Mt. Mitake to experience local hospitality and Shinto practices. Originally built for pilgrims visiting holy sites around Japan, many *shukubo* now welcome visitors.

Mt. Mitake has been a destination for pilgrims for over a thousand years. The *shukubo* lodgings close to the peak are managed by families who have served as priests at Musashi Mitake Shrine for generations.

A *shukubo* lodging is typically quite simple, with tatami flooring and futon beds. Most of the *shukubo* on Mt. Mitake serve meals with seasonal ingredients, including fish from the Tama River and vegetables and herbs grown in the mountains.

Some lodgings on Mt. Mitake offer the opportunity to experience *takigyo*, the ritual cleansing of the mind, body, and soul through meditation beneath a waterfall. After morning prayers at the *shukubo*, guests are guided through the forest to Ayahiro Falls to complete the ritual. On the fourth Sunday of each month from June to November, guests can watch evening performances of *kagura*, Shinto ritual dancing and music, performed at Musashi Mitake Shrine.