

## **Hiking on Mt. Mitake**

Mt. Mitake has numerous hiking routes, ranging from gentle rambles to more challenging treks that require planning and preparation. A number of these routes start at the base of the steps leading to Musashi Mitake Shrine.

One of the most popular hiking routes takes visitors through a valley where they can see the Rock Garden, a picturesque section of the stream with moss-covered rocks, before reaching the Ayahiro Falls. This circular route returns to the shrine and takes around two hours to complete.

More challenging routes include the hike to the peak of Mt. Odake (1,266 m) which takes around 60 minutes from the Rock Garden, or to Okunoin (1,077 m), a peak with a small shrine, which takes around 40 minutes from the trailhead at Musashi Mitake Shrine. Expect some steep sections on both routes. Mt. Hinode (902 m) is another popular hike, which takes less than an hour from the trailhead near Musashi Mitake Shrine. Many hikers finish with a visit to Tsuru-tsuru Onsen hot spring.

The majority of hiking routes are on rough trails, and appropriate footwear and clothing is strongly recommended. The Mitake Visitor Center provides hiking maps, as well as information about weather, trail conditions, and the local flora and fauna that hikers might encounter.