Mount Mitake (Mitakusen) is one of the many highlights of the Chichibu-Tama-Kai National Park. The park covers more than 1,250 square kilometers of forested mountains, hills, gorges and some rural towns in the prefectures of Yamanashi, Saitama, Nagano and Tokyo. Besides a popular shrine, Mount Mitake offers various walking and hiking opportunities in virtually unspoiled nature. Located in the Okutama region, the westernmost part of Tokyo, the mountain can be reached in less than two hours from central Tokyo, and is popular among people looking for a break from the city.

From the upper station of the Mitake Cablecar it is a 20-30 minute walk to the Musashi-Mitake Shrine on the mountain’s summit (929 meters). On your way, you will pass a small village with many Japanese style inns and souvenir shops, which have been catering to visitors and pilgrims to Mount Mitake for centuries. It is believed that Musashi-Mitake Shrine has been serving as a center of mountain worship for almost 2,000 years. From the shrine, you have various hiking options to neighboring peaks and valleys. Among the most beautiful destinations is the so called “Rock Garden”, which is a narrow, forested valley with a picturesque stream, lots of moss covered stones and two nearby waterfalls. It takes less than an hour to reach the valley from the shrine.