



ONISHI TO DO

SHIRO
ONI
STUDIO





古道具まるとし Antique shop

They sell just about everything from old books to kimonos, ceramics, furniture, etc. If you think something is too expensive, they will haggle over the price.

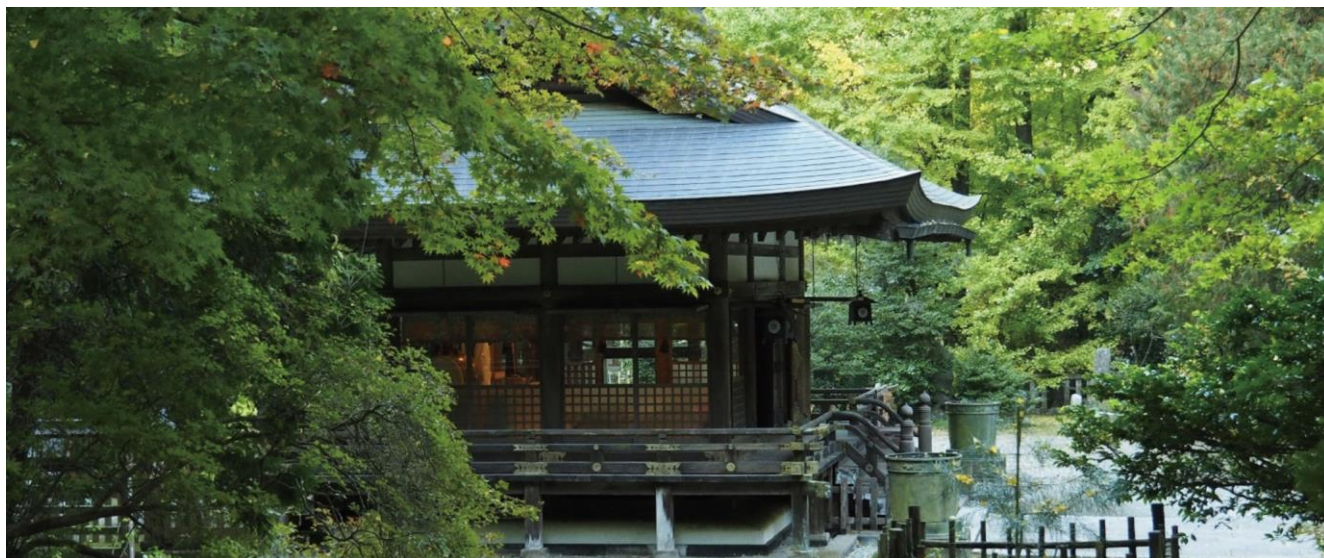
Note; Usually the Sunday Flea Market (in another location) has better selection and prices.

10minutes by bicycle

Open: Every day 1-5 pm

Contact: 090-4061-0135





Musashikuni Ninomiya Kinuta Shrine 武蔵国二宮金鑽神社

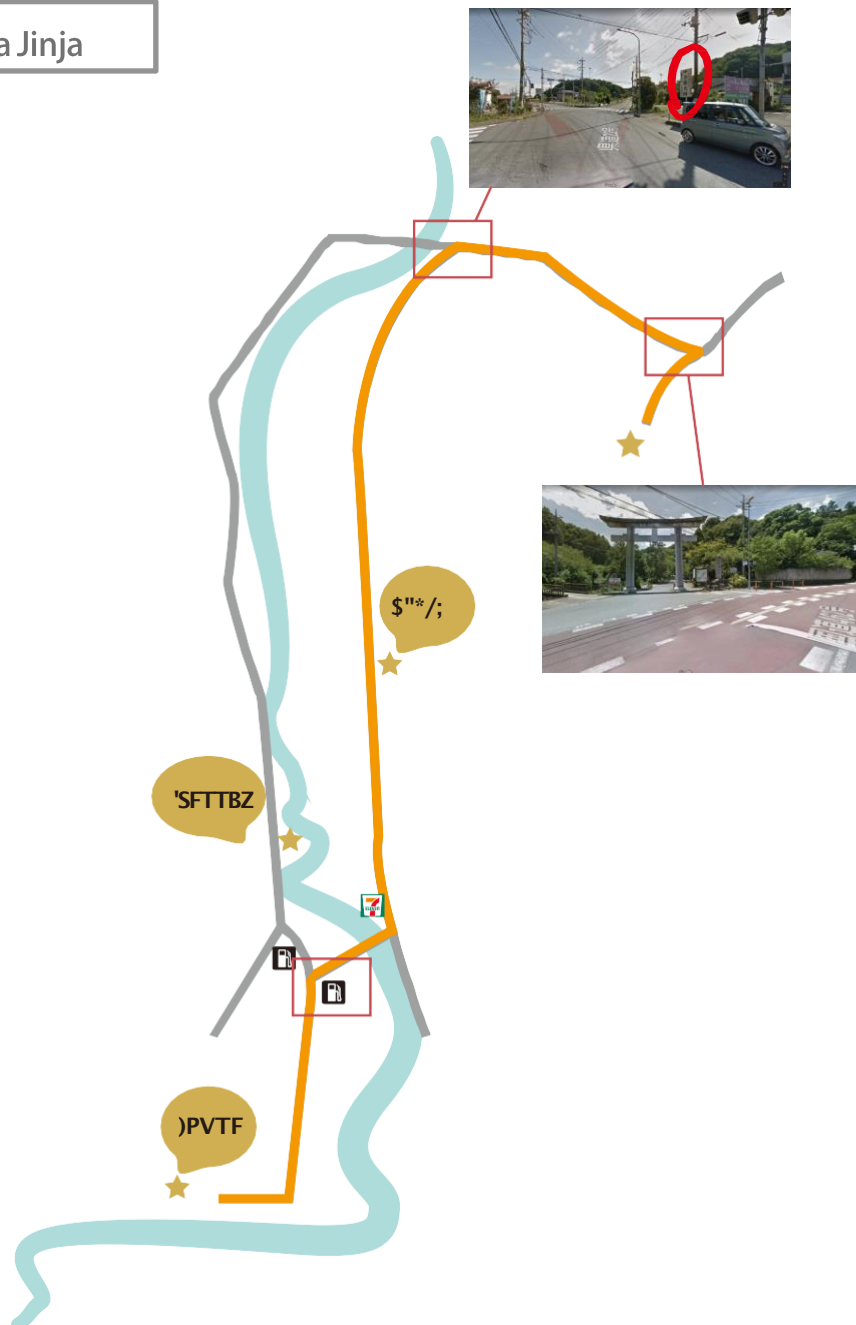
Sitting in Ninomiya, Kamikawa-cho, Kodama-gun, Saitama Prefecture.



Within the precinct, tahōtō (多宝塔) standing beside the approach is designated as an important cultural asset of the country. In addition, the "mirror rock" in the middle of the mountain is designated as a special natural monument of the country.



 Kanasana Jinja



BATH CAFÉ / WHITE HOT SPRING



おふろ cafe 白寿の湯
Onsen Hakuju



Scan for directions



Massage

10 am - LAST ORDER 10 pm
*reservation required at front desk

body care

20 min - 2100 yen	60 min - 5500 yen
30 min - 3100 yen	80 min - 7300 yen
40 min - 3800 yen	100 min - 9100 yen

foot care

20 min - 2300 yen
30 min - 3300 yen
40 min - 4100 yen



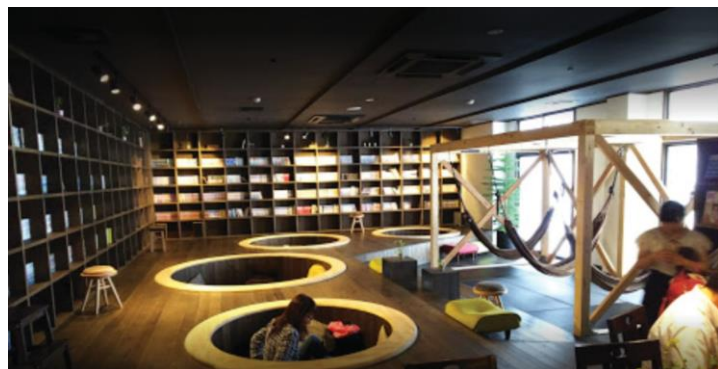
Estetic

face 40 min - 4000 yen

body aroma oil 40 min - 4500 yen
60 min - 6000 yen

foot 30 min - 3500 yen

eye care 20 min - 2100 yen



BATH CAFÉ / WHITE HOT SPRING

おふろ cafe 白寿の湯 Onsen Hakuju

 <https://ofurocafe-hakuju.com/>



Onsen hours

every day 10 am - 11 pm
FINAL ENTRY at 10:30 pm

Restaurant hours

drink

10:30 am - LAST ORDER 10 pm

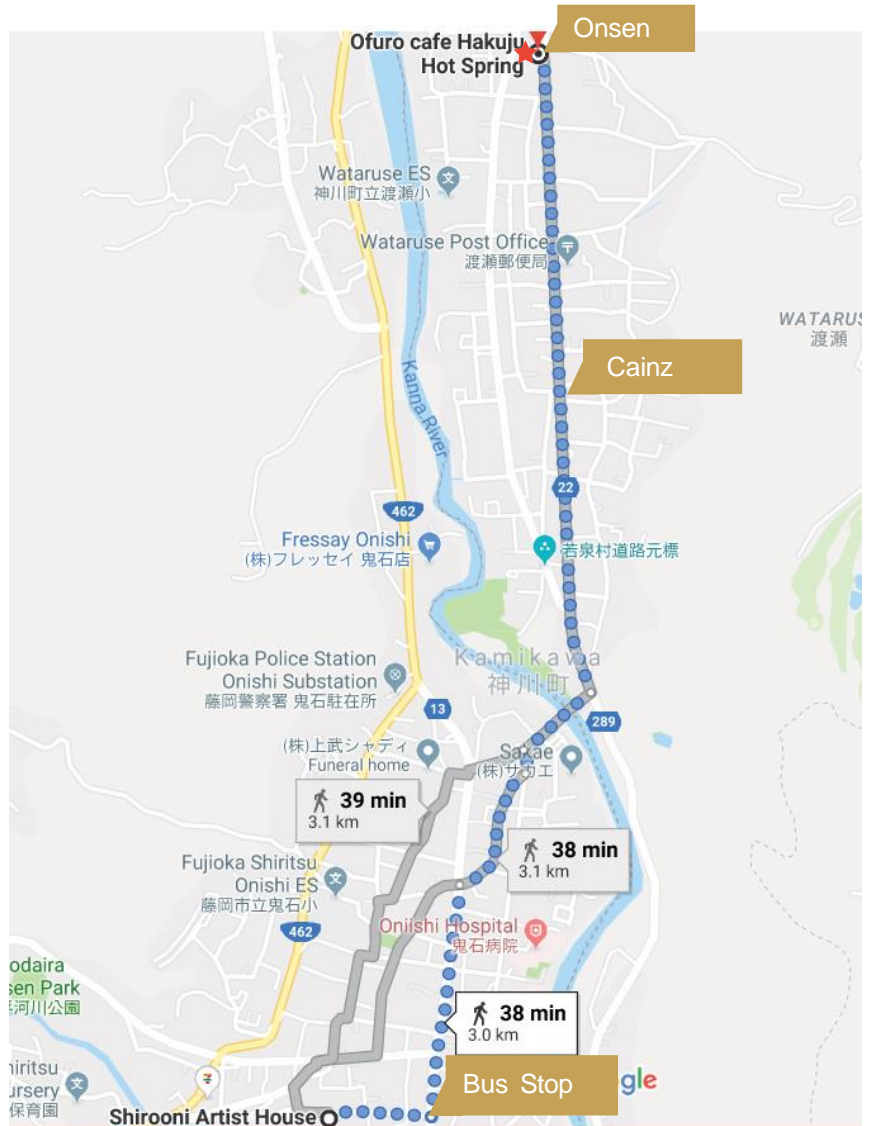
cuisine

11 am - LAST ORDER 9:30 pm

Phone number

0274 - 52 - 3771

***15 min bicycle ride**



Regular reception *10 am - 9 pm

adult	780 yen	*weekday
	880 yen	*weekend & holidays

child	400 yen	*weekday
	400 yen	*weekend & holidays

Night discount *9 pm - 11 pm

adult	450 yen	*weekday
	200 yen	*weekend & holidays

child	450 yen	*weekday
	200 yen	*weekend & holidays



FLEA MARKET



Every Sunday 6am-2pm (closed on rainy days)

By Bus: 28 min Get off at MOTOABO (元阿保) stop and 11 min walk.

By Bicycle: 40 min

Near Kamikawa Farmers' Market.

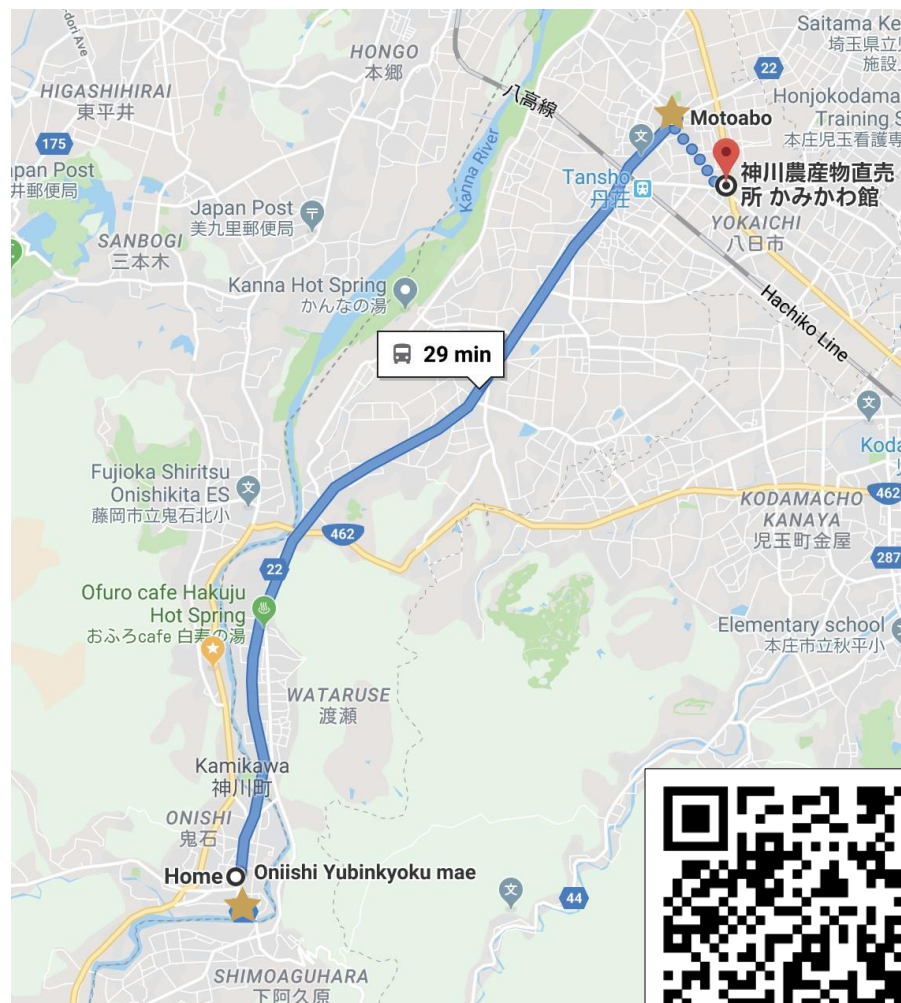
The flea market has over 100 shops selling everything from old tools (knives, scissors, power tools), kimonos, furniture, records, broken cameras and even old porography.

Busto Flea Market: KAMIMACHI / 上町 to MOTOABO / 元阿保

6:22
7:13
8:06
8:43
10:11
10:53
11:48

Busto Shiro Oni MOTOABO / 元阿保 to KAMIMACHI / 上町

09:10
10:21
11:17
12:06
13:13
14:12
15:08



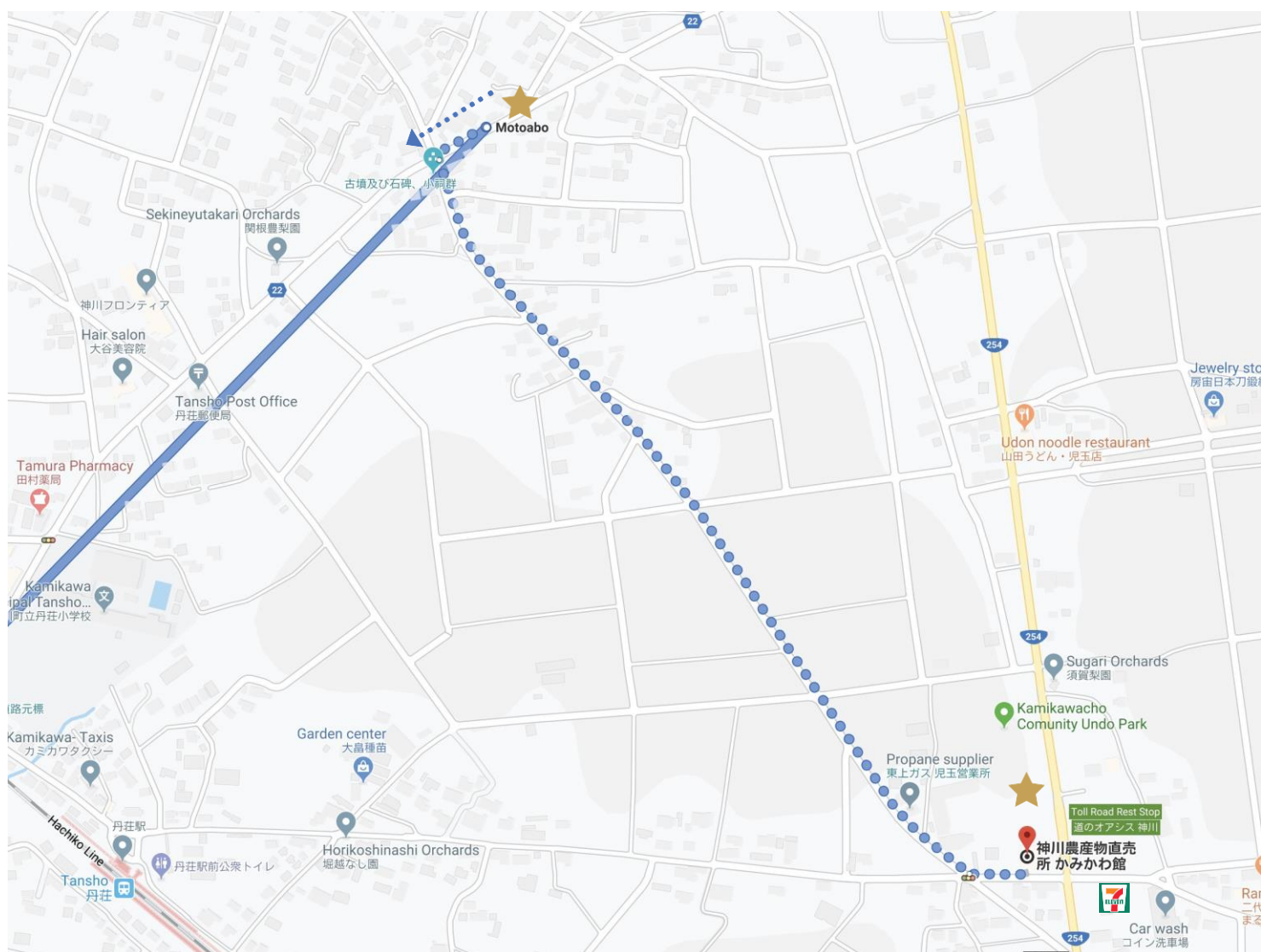
FLEA
MARKET

KAMIKAWA
KAN

🔍 Kamikawakan/かみかわ館

367-0244

10-1 Yōkaichi, Kamikawa, Kodama-gun, Saitama



かみかわ館 KAMIKAWA KAN

KAMIKAWA KAN

Farm products direct sale place

In this market, you can buy the FREASH farm product including vegetables, fruits, bread, and handmade farm product etc. KAMIKAWA Kan is near by the flea market, it will be a nice choice to visit here after flea market.



ja-hibikino.jp

0495-77-0355

〒367-0244

10-1 Yōkaichi, Kamikawa,
Kodama-gun, Saitama

Sunday 8:30AM–5PM

Monday 8:30AM–5PM

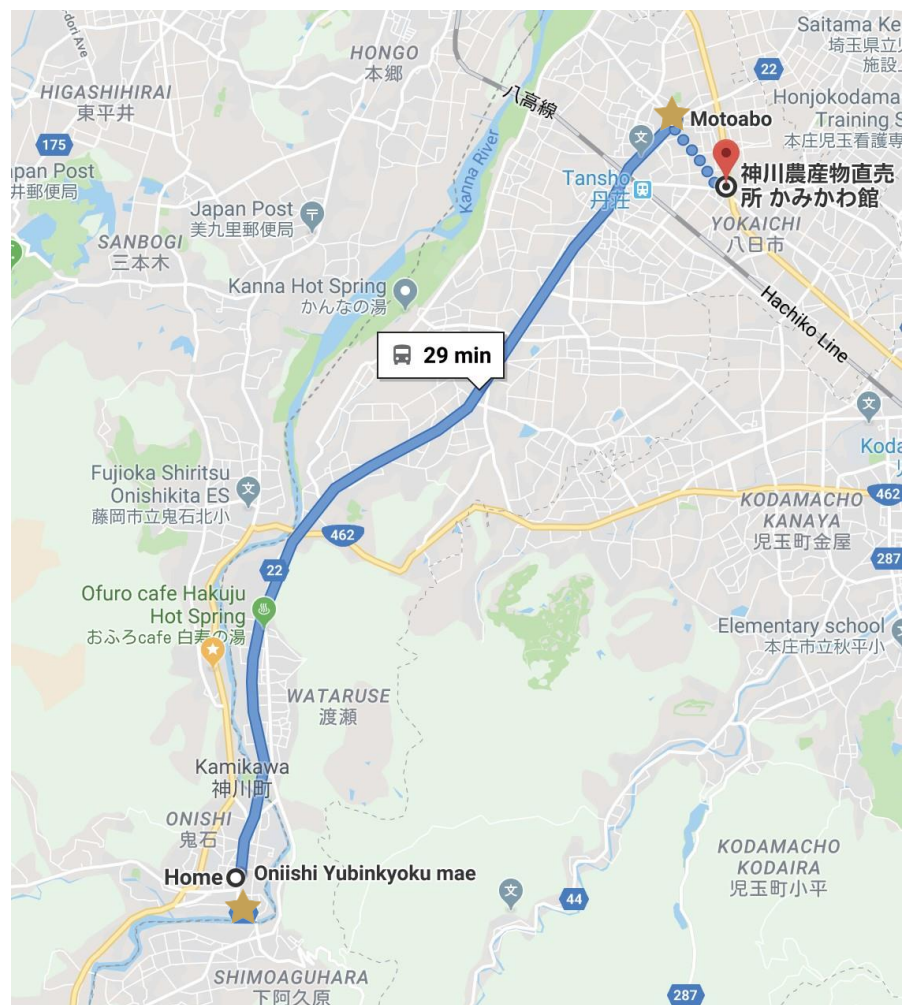
Tuesday 8:30AM–5PM

Wednesday Closed

Thursday 8:30AM–5PM

Friday 8:30AM–5PM

Saturday 8:30AM–5PM



ACUPRESSURE / MASSAGE

Ishii Barber Seitai

Massage

trial 15 min - 1000 yen
session i 30 min - 3000 yen
session ii 60 min - 5000 yen

SEITAI is a treatment that employs acupressure and massage to straighten your backbone and improve your physical condition.

Seitai staff will begin treatment by asking you a couple of question prior to the massage. You may direct any questions you have during this session.

*We advise that you DO NOT take a bath or eat 1 hour prior to the massage.



Ishii Baber Seitai

OPEN - 8 am - 6:30 pm
CLOSED - Monday, 1st Tuesday, 3rd Sunday

Phone number

090 - 4714 - 2804

*Call us to make an appointment or visit us to make a reservation. Walk-in appointments may have to wait for availability.

***5 min bicycle ride**



MUSEUM/ WORKSHOP(TAKASAKI)

染料植物園 Senryo Botanical Gardens



TEXTILE DYING ART MUSEUM

Entrance fee / 100yen

Note: There will be extra charges during the exhibition.



GREENHOUSE



RESTAURANT

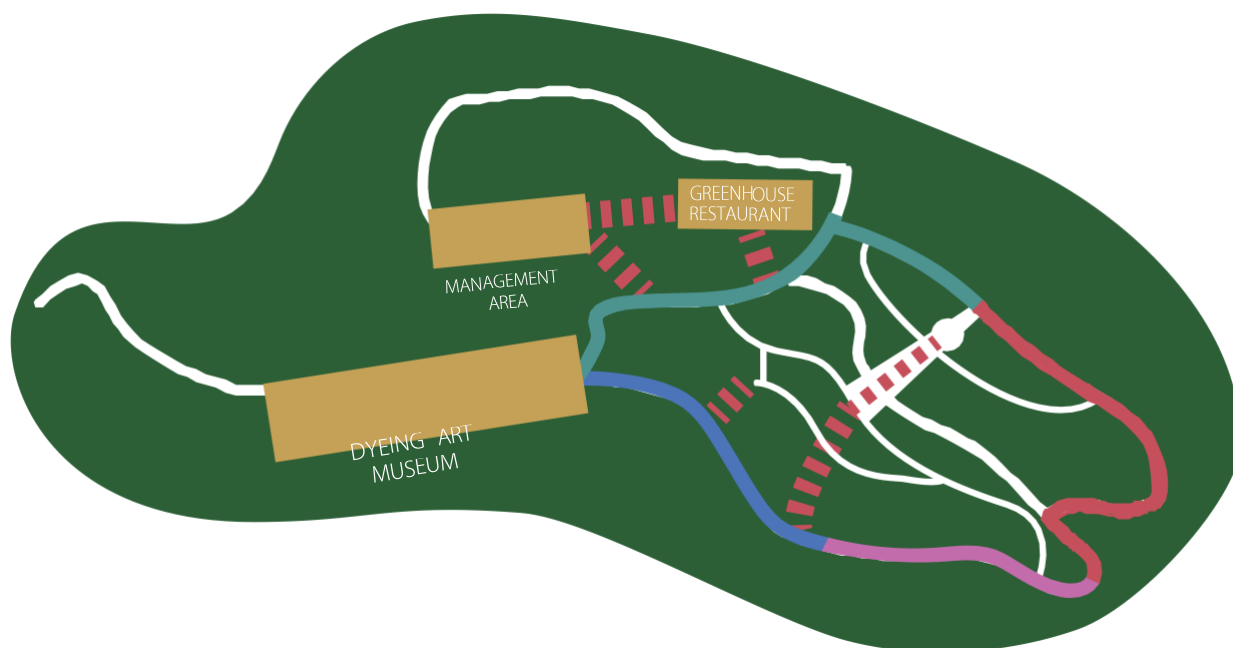
Open:
11 am - 3 pm
Saturdays, Sundays/
public holidays







MUSEUM/ WORKSHOP(TAKASAKI)

染料植物園 Senryo Botanical Gardens

 <https://www.city.takasaki.gunma.jp/docs/2017082200011/>



-  飛鳥・奈良の道 The Path Of Asuka-Nara Era
-  平安・鎌倉の道 The Path Of Heian-Kamakura Era
-  室町・江戸の道 The Path Of Muromachi-Edo Era
-  現代の道 The Path Of Modern Times



Opening hours

9:00 am-4:30 pm

(April-August Saturday, Sunday, public holidays 9 am to 6 pm)

* Admission until 30 minutes before closing

Closed

Monday / The next day of Holidays / New Year holidays

Entrance fee Free

Kannagawa River / Swimming Spot

Kannagawa River



Sanbaseki



1. From 7/11 make a left on to the main road **Route 462**
2. Keep biking along this main road 15 min. You should pass a temple on the right hand side of the road
3. Go, left at the natural fork in the road. There will be a blue sign pointing towards **331 Yanou** , if you start going up a big hill, you went to far

4. Follow the river for another 15 minutes, you will pass through a small town
5. Once you reach the red bridge, you are close. Stay to right. Don't go down or over the red bridge, continue up on road past it.
7. Continuedown the road. Stay to the right again.



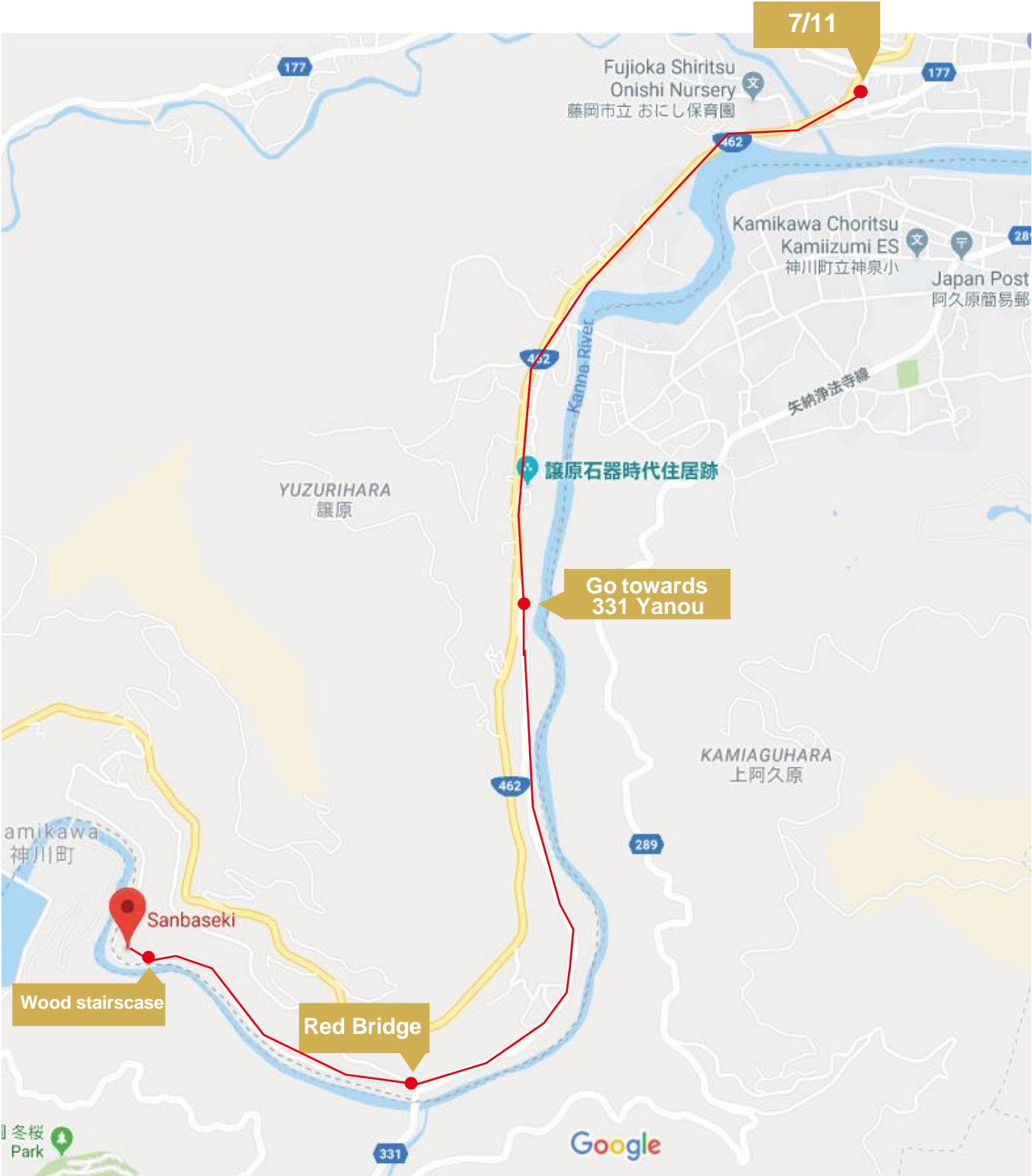
8. Before reaching a parking at the end of the road, there will be a set of wooden stairs to the left hand side of the road leading down to the river.



Kannagawa River / Swimming Spot

Kannagawa River

Sanbaseki





Yottenbe -Local farmer's Market



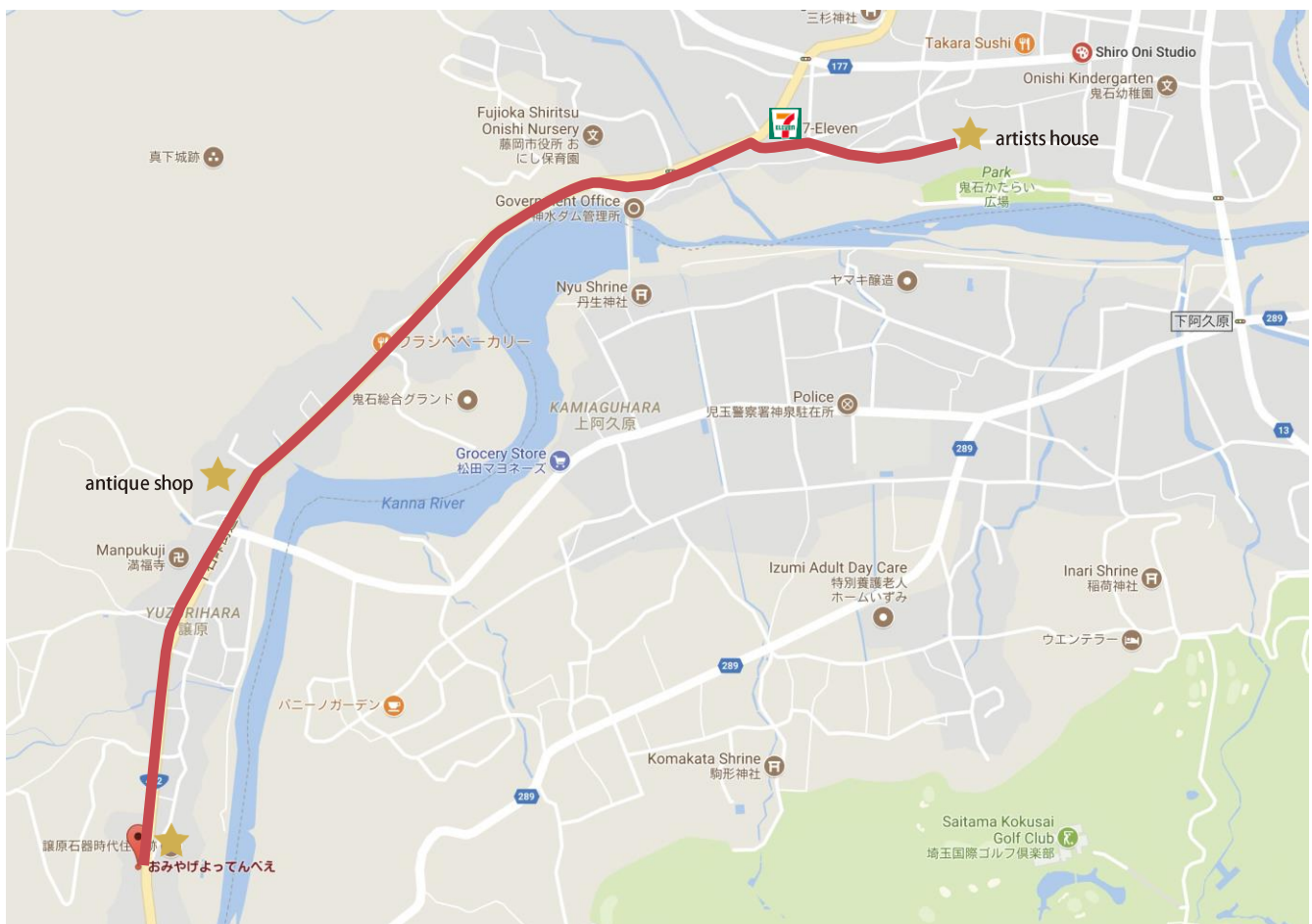
Located in the Tenjin Jaya parking lot, just a few
minutes past the antique shop.

Fresh vegetables, fruit, egg, sweets, pickles, rice, etc.

10minutes by bicycle

Open: Every day 1-5 pm

Contact: 090-4061-0135

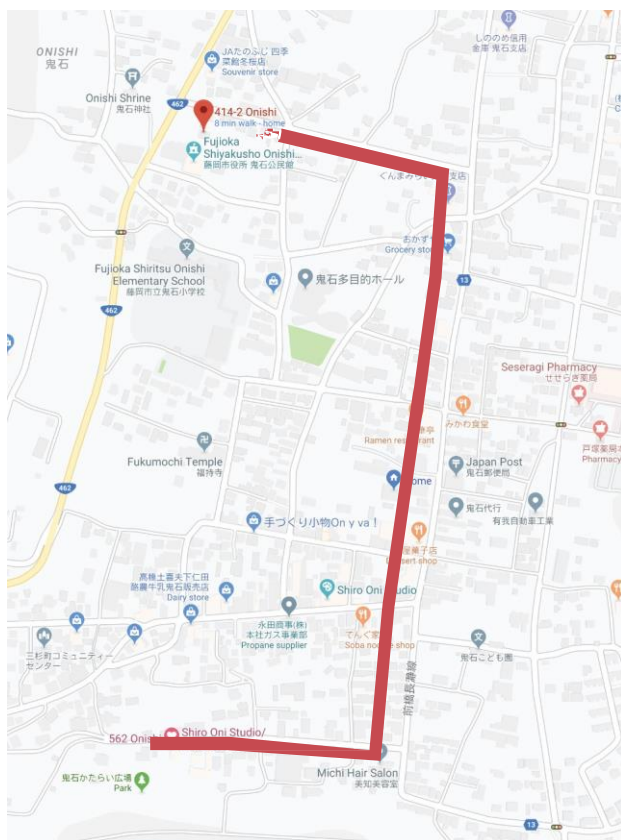


1095-2, Yuzuriha, Fujioka

ONISHI'S GUEST HOUSE



橙
Dai Dai



Contact Information:

Santos Iwamoto

FB: Santos Iwamoto

Abcdef.tetu@gmail.com

080-5040-3477

*Only on the weekend and weekdays after 18:00, the staff will stay in the guest house

Room info



SHARED

shower and toilet
common room
kitchen
Bicycles

★ Private Room (Room capacity: 1-4 people)

Traditional Japanese Room(Tatami Floor, Futon)

Price (headcount based):

Single – 4000 yen

Group of 2 and above – 3500 yen/per person

During your stay, this room is exclusive for yourself or your group. Recommend for the solo traveler, couple, and any group that require high quality of privacy

★ Male/Female Dormitory Room (Room capacity:1-4 people)

Traditional Japanese Room(Tatami Floor, Futon bed)
Separated by gender

Price:

Per bed – 3000 yen

During your stay, you will be expecting other guests to join your room. Recommend for the solo traveler and any group that would like to shared room with others.

Insiders Guide to



Mochi vs Rice

Beware of buying Mochi (left) instead of normal rice (right). Mochi = rabbit on label and comes in a smaller bag than regular rice.

01



Soy Sauce vs Mentsuyu

Look out for these similar items. Mentsuyu (left) is much more concentrated than the familiar soy sauce (right) and is used in soup/ soba bases.

02



Sweet vs Un-Sweet

Green Package "sweetened"
Brown Package "un-sweetened"
Look for the 無, Kanji, it means 'none.'

03



Tofu

Firm tofu (left) is the closest to feta consistency and has a low moisture content, while soft tofu (right) is silky in texture and watery.

04



Flour

All-purpose flour (left) for general use.
Flour used to make bread (right) can be identified by the 焼, which means 'bread.'

05



06

Yogurt

Make sure to translate if you're unsure of yogurt types. Greek yogurt (left), flavored, and fat free (right) are all popular options. Fat free has a "0" on the label.



07

Fish

Fish are sold in different grades (highest is suitable for raw consumption). Other grades are for cooking and frying.



08

Discounts

Starting at 6:30 pm sushi and other pre-cooked meals are marked down by the "sticker man" who puts the red discount stickers on the food. '50% off' (right).

Google translate is a great way to quickly see if you're buying the right item. Just use the camera option on the bag of food.

**09**

Produce Prices

Fresh produce is grown and sold locally so prices may be noticeably higher than back home.

**10**

Checking out

The cashier will scan your items and put them in another basket for you to bag yourself- at a station out of the way.

**11**

Eco Friendly

Japan has adapted a price charge on plastic bags, so it's best to bring an eco friendly bag of your own.

**12**

Asking for Bags

If you do not have your own bag you can ask for one by saying: Fukuro o onegaishimasu (Can I please have a bag?)



Fressay Supermarket accepts cash & card payments

Scan the QR code for directions!

