



# Shopping In Japan



## Try It On For Size

When shopping, you will find clothing and accessories in sizes with which you might not be familiar. Sizes are based on the metric system as well as the numerical system. The following information could be useful:

## Size Conversion Chart

### DRESSES

AMER.	6	8	10	12	14	16
JAPAN.	5	7	9	11	13	15
WAIST	57	60	63	66	69	72

### MEN'S SHIRTS

AMER.	14	14.5	15	15.5	16	16.5
JAPAN.	36	37	38	39	40	41

### MEN'S JACKETS

AMER.	36ES	37S	38S	39R	38ES	39S	40S
JAPAN.	A4	A5	A6	A7	AB4	AB5	AB6

### WOMEN'S SHOES

AMER.	4.5	5	5.5	6	6.5	7	7.5
JAPAN.	22	22.5	23	23.5	24	24.5	25

### MEN'S SHOES

AMER.	7	7.5	8	8.5	9	9.5	10
JAPAN.	24.5	25	25.5	26	26.5	27	27.5

### STOCKINGS

AMER.	8	8.5	9	9.5	10	10.5
JAPAN.	20.25	21.5	23	24.5	25.25	27

## Metric System Conversions

### Length:

- 1 inch = 2.54 cm
- 1 cm = 0.394 inches
- 1 mile = 1.61 km
- 1 km = 0.62 miles
- 1 yard = 0.914 m
- 1 foot = 30.480 cm

### Weight:

- 1 ounce = 28.3 grams
- 1 kg = 2.21 lbs
- 1 lb = 0.45 kg

### Volume:

- 1 Teaspoon = 5 ml
- 1 Tablespoon = 15 ml
- 1 cup = 237 ml
- 1 quart = 946 ml
- 1 gallon = 3.78 liters
- 1 liter = .264 gallons = 33.8 fluid ounces = 4.22 cups

### Temperature:

#### To convert Fahrenheit to Celsius:

$$\text{Fahrenheit Temperature} = (\text{Celsius Temperature}) \times (9/5) + 32$$

#### To convert Celsius to Fahrenheit:

$$\text{Celsius Temperature} = (\text{Fahrenheit Temperature} - 32) \times (5/9)$$

Interested in shopping online? Give this website a try:  
Shopping and living off-base for expatriate foreigners at

[www.jp.from-hanna.com](http://www.jp.from-hanna.com)



## Local Markets

Are you tired of shopping only on-base but find Japanese prices too high? There are several markets within minutes of Yokota's gates where you can find a wealth of fresh fruit, vegetables, fish, and more, all at reasonable prices.

### Fussa Thursday Market

The Fussa Thursday Market (Maza Ichiba or Mother Market in Japanese) is in the parking lot of the Fussa Ham Company. Open only on Thursdays, the best hours are between 9am and 2pm. This outdoor market offers mainly fresh fruit and vegetables (pay for these outside); but chicken, meat, and frozen foods are available inside the building, to the rear. (If you're desperate for meat, Fussa Ham is open other days, you just need to get someone from the office to open the store for you.)

**DIRECTIONS:** This is an easy walk from Yokota. Go out the Fussa Gate. Go straight until you come to the fork in the road. Bear left here. The market is just before the third signal light at the Fussa Honcho East intersection (gas station on the left).

### Inageya Market

Inageya is a chain of local supermarkets. Inageya is also known as the "Fir Tree Store," because of the signature yellow & green tree on its sign. It has a parking lot on the roof, a bakery, and assorted food items. You can park on the roof free for the first hour with a validation stamp from the supermarket cashier.

**DIRECTIONS, Fussa Store:** Further down the same street as the Fussa Thursday Market.

**DIRECTIONS, East Gate Store:** Turn right out the East Gate. Turn left at the first light, left again at the 5 way signal and then go straight for a few blocks. It will be on your left hand side, in a large pinkish building called Foodland. Tel. 0425-60-1131

### Shimoda's Mitsugi Market

On Tuesdays and Fridays, you can shop for fresh produce at Shimoda's Mitsugi Market, ten minutes from the East Gate. It is open from 10am to 5pm. Tel. 042-560-0487

**DIRECTIONS:** Go left out the East Gate. Proceed to the fork in the road where you bear left. Stay straight and make a left when you reach the "T". Make a right turn at the third signal light, onto Yakushi Dori. The first large intersection (Shiritsu Jusho Minami), will be at Shin Ome Kaido with McDonald's on the corner. Go straight through the intersection until you come to a "T". Turn right on Ome Kaido and proceed 0.3km until you see the market on the left. Parking is in the back; turn left just past the market building (down the alley between the two buildings).

### Shimoda Distribution Center

You can get to another fruit and vegetable market in Mizuho at the Shimoda Distribution Center. Shimoda used to be open only on Wednesday, Saturday, and Sunday, but now it's open every day from 10am - 5pm. Tel. 042-556-2413

**DIRECTIONS:** Turn right out the Terminal Gate. Continue straight and go through underpass. Turn left at the 4<sup>th</sup> light after the underpass onto Ome Kaido (2.8km from the Terminal Gate, McDonald's on left). Park in lot immediately to your left. There are two buildings. The first larger one near the street has vegetables and Japanese groceries. A smaller building in back sells fresh fruit.

### Happy Town Fresh Market



Open 10 am - 8pm this little market is right around the corner practically.

**DIRECTIONS:** This market is a half-block down on the right on the other side of the Fussa Station (walk through the station, turn right down the street perpendicular to the tracks). There is an 88 Yen sale on Tuesdays. Since parking on this other side of the station is scarce, I suggest parking in Seiji lots. Their telephone number is 042-553-6620.

### Marufuji

This modern supermarket near the Higashi Fussa Station is your closest choice for supplements if you live in the North or West sides. Marufuji has a large selection of fresh vegetables and parking. There is also a small McDonald's, dry cleaners, and a Cake Shop Fennel along the side of the supermarket facing the gym.

Marufuji is open 10am - 10pm, sometimes closed on the third Mondays; Tel. 042-530-1551

**DIRECTIONS:** Turn right out the Fussa Gate, then left at the second light (Higashi Fussa Nishi, by Tanaka's Lil Crock Shop). (If you exit the Terminal Gate, turn left, then turn right at the first light.) Cross the tracks and turn left at the first light (Higashi Fussa Station North), then into the parking lot.

M. Jeral, P Nolan, M. Lawrence, Mavis Hara, Charlene Elmore, Keiko Hansen, Delores Street  
11/96

### Value Food Power Centers

There are two of these grocery stores near Yokota. **DIRECTIONS, Ushihama Store:** The first store is next to Ushihama Station. Go straight out the supply gate, turning right before the second set of train tracks. If driving, note the



parking is around the block to the right and rear of the store. Tel. 0425-39-7511.

**DIRECTIONS, Ozaku Store:** The second Value further away is on Yanagi Dori past the Hamura City Hall, Do-It, and Bamiyan Restaurant. It's on the right-hand side. Its attraction lies partly in the Marushin vegetable stand across the street (lower prices for fruits and vegetables, closed Sunday).

Teresa Negley, Chieko Brumley 11/96



## Akigawa Farmers Center

The Akigawa Farmers Center is a cooperative where different people bring produce every morning. The entrance is in the middle, with the produce section on the left. You'll find several bins of whatever is in season along with locally produced pickles (mostly radish and scallions) and sweets. Behind the building is a nursery of plants and trees. There are also small barbecue huts behind the building, and rooms to the right, plus a sign advertising all you can eat barbecue pork and vegetables for ¥1800/person.

The produce section is open 9-5 everyday (042-559-1600).

**DIRECTIONS:** Left out the Fussa Gate and turn right at the next light. Cross two railroad tracks, pass a 7-11 store on the left, and cross two bridges. You'll be on the road to Itsukaichi. As you cross the river, there's a sign for Honda Akigawa on the right before the road curves to the left, then back to the right. Stay on the road, eventually passing Akigawa Farmers Center in a long building on the left amidst fields.

Teresa Negley 5/96 Directions verified 6/02

## Fresh House

Fresh House is a market for farmers in the town of Mizuho, at the north end of the runway. This market sells seasonal vegetables and fruits. There are also cut flowers, some plants and bonsai trees for sale. Go very early for the best selection.

It's open 9-5 seven days a week (January through March open until 4pm). For information call 0425-57-4564 – in Japanese only.

**DIRECTIONS:** Turn right out the Terminal Gate onto Rt. 16, moving into the left lane toward central Mizuho. Turn left onto Ome Kaido at the Hakonegasaki intersection (about 2.7km, Esso station on the left, and red Toshiba sign on far left corner). Cross the train tracks and take the next right angled

away, Iwakura Kaido. Fresh House is within three brown onion shaped "mini barns". Vertical banners on the road mark the parking area, just before the green house.

Chieko Brumley, Julie Irwin, Teresa Negley, Keiko Hansen 10/96

## Akishima City Market (Santama Ichiba)

If you're looking for fresh fish or produce, flowers or candy, paper products or even a dirty dish store, you'll enjoy a visit to Akishima City Market. This is an indoor market, very crowded with people and carts. It is not a good idea to bring small children as the aisles are very narrow with items stacked everywhere. The floors are wet so wear old comfortable shoes and carry a basket for your purchases. Very little English is spoken, but pointing works.

Open six days a week (closed Sundays and Japanese holidays), this market caters mostly to wholesalers and restaurateurs (from 5 am) but individuals are welcome between 9am and 11am.

**DIRECTIONS:** Turn right out the East Gate. Turn left at the first signal light. Take the first hard right at the next signal (a 5-way). Stay on this road over the railroad tracks and past Bamiyan Chinese restaurant on the left and the golf driving range on the right. Turn left at the light where you see Pachinko Plaza 5 on the far left corner (2.5km). Continue past the next light, then turn right into the parking lot. The market is located in a long warehouse with several awnings outside.

Sally Mayberry, Robin Neumann, Jill Wick

## Niki Snack Shop

The snack shop carries a huge variety of chips, rice crackers, candies, "Pocky's" and other food items of both Japanese and western styles at discount prices. The store also has boxes of Earl Grey teabags and other goodies, some of which can be used as gifts to send to adventurous eaters stateside and friends previously stationed in Japan.

**DIRECTIONS:** DIRECTIONS: As of July 13, 2002, it is located just on the other side of the Fussa Station. If you go through the Fussa Station, as you come down the steps and exit the station, turn right. It will be on the first floor of the building straight in front of you across the alley.

The hours are 10 am - 7:30 pm, every day. Tel.: 042-551-7730

Teresa Negley 3/2002

## Vegetable Markets plus more

There is a conglomeration of markets nearby in Murayama, about 15 minutes or 5km away. These markets are closed on Thursdays.

**DIRECTIONS TO MARKETS:** Turn left out the East Gate. Stay in the right lane at the second light, proceeding through the "Y" intersection to the "T" intersection. Turn right and continue to another "T" intersection (Jomo gas station on the right). Turn right at the "T", then left at the first



traffic signal (bookstore on the left corner). Go to the next “T” (overhead sign says Tokeidai Higashi) and turn right. Take the first left onto Gakuen Dori. Follow the road to the Inageya Supermarket sign and park in the supermarket lot on the left.

Stores are across the street, through the alley, and around on the next larger street. A bit of advice: do not buy at the first vegetable market on the corner – browse through several stores to make your selections.

**DIRECTIONS HOME:** Turn right out of the parking lot, proceed to the “T”, turn right. Take the first left and go to the next “T”. Turn right at the intersection and take the first left (gas station on the left). Stay on this road and you will pass the D-Store on your left. Just after the first light (Yamaha dealer on your right) turn left onto Heiwa Dori. Continue straight and look ahead for the East Gate on your right.

Geri Yasuhara, Delores Street, Teresa Negley 11/96

## Fresh Foods Kinokuniya

If you are looking for that rare ingredient or that essential but missing commissary item, try the branch of the gourmet supermarket, Kinokuniya (the Neiman Marcus of luxury grocery stores) a few train stations away in Higashi Nakagami. Kinokuniya has wonderful fruits and vegetables, but the produce is pricey. They do carry fresh herbs, however, so this is an option when the commissary is out.

**TRAIN DIRECTIONS:** From Fussa Station, take the Ome Line towards Tachikawa. Higashi Nakagami is about 12 minutes away, two stops before Tachikawa. The Kinokuniya shopping center is directly opposite the train station. The store is behind the apartments facing the train station.

**DRIVING DIRECTIONS: Warning: these Warning: These directions no longer work because they have closed the crossing across the second set of tracks. We will work on getting another set of directions posted. I left these up so that if you know the area you can figure out another way around the tracks.** Turn right out the South Gate and go straight through the light. Cross one set of train tracks; stay on this road as it curves to the right past a school on the left and a Lipton Tea sign on the right. Turn left just after the second set of tracks, pass the Pachinko Sun Plaza on the right. Immediately after the “bird store” sign (in red, white and blue), turn right. At the next light, turn left. (A couple of landmarks after the turn are Mos Burger on the left and Jeans on the right.) You’ll pass Toyota and Nissan dealers on the left, then a Denny’s on the left near the blue overpass. Later you’ll see a CoCo’s Restaurant on the right and another Toyota dealer on your left. Counting the light at this intersection, turn left after the third light, just before the Esso sign on your left. There will be a Fresh Foods Kinokuniya sign on the green fence around the parking lot. Turn into the parking lot on your left. The drive is 5 km, about 20-25 minutes.

Parking costs ¥300/hour unless you purchase over ¥1000 in Kinokuniya, a restaurant, or a shop in the Higashi Nakagami Shopping Center. When you pay for your merchandise or meal, have the cashier stamp the ticket. There are at least two



restaurants in the shopping center, a noodle shop and a western style place around the corner.

**DIRECTIONS HOME:** To return to Yokota, retrace your steps by turning right at the light outside the parking lot. Your landmark to turn right off this street will be to pass Denny’s on your right. Then turn right in front of the red, white and blue bird sign (Ito Yokado store), then left in front of the tracks, and right at the nest train crossing.

Gina Van Orsdol, Delores Street, Teresa Negley

### Some useful Japanese words at the fresh food market

clam	<i>hamaguri</i>
cod	<i>tara</i>
crab	<i>kani</i>
eel	<i>unagi</i>
octopus	<i>tako</i>
salmon	<i>sake</i>
trout	<i>masu</i>
shrimp	<i>ebi</i>
squid	<i>ika</i>
tuna	<i>maguro</i>
cucumber	<i>kyuuri</i>
cabbage	<i>kyabetsu</i>
bell pepper	<i>piiman</i>
carrot	<i>ninjin</i>
watermelon	<i>suika</i>
persimmon	<i>kaki</i>
apple	<i>ringo</i>



# Local Department and Specialty Stores Near Yokota

## Seiyu

Although Seiyu will be in a temporary building until October 2003 for renovations, it is the “department store” most Yokota residents are familiar with, and is located next to Fussa Station. Actually, many Japanese consider it a discount store.

Parking is available in three Seiyu lots, two next to the railroad tracks, and one across the street on Yanagi Dori. Parking is free if you buy over ¥1000 of merchandise that day, otherwise it costs ¥300 per hour.

6/02

## Daiei

Daiei is a wonderful Japanese department store...the closest thing we’ve found to a “Wal-mart.” On the first floor are the household goods (dishes, storage containers, linens), electronics, sports equipment, craft/fabric store, and a grocery store. There is also an area of several aisles that has items priced at 88 yen...a good place to cheaply try some Japanese snacks! The second floor has toys, office supplies, and clothes. There are also several stores around the perimeter of both floors that are not part of Daiei. It gives the store kind of a “bazaar” type atmosphere, but you need to be careful to pay for your purchases at these stores. One of the best things about Daiei is that it doesn’t cost anything to park there! To get there from Yokota, turn right out the the East gate. Go to the first stop light and turn left. At the next stop light, there will be a Jonathan’s restaurant on your left...go straight through this intersection. The sign for Daiei is white with a big orange ball (with a section cut off) on it and can be seen from this intersection just past the industrial area on the right side of the road. From this light, go approximately 0.1-0.2 km and Daiei will be on your right...it is set back from the road with the parking lot out front.

Deannie Caudle 2/2002

## Akiruno Rupia & Tokyu

The Akiruno Rupia is a small mall next to the Tokyu Department Store in Akigawa. It contains gift shops, boutiques, and restaurants, including Subway Sandwiches and Salads. On the second floor is a covered walkway to the 4-story Tokyu next door. Tokyu has a supermarket section with a bakery nearby on the ground floor. There are also cosmetics, accessories, handbags, and shoe sections surrounding an open area with benches. Men’s and Ladies’ wear are on the second floor with children’s clothing, housewares, furniture, and appliances on the third floor.

Akiruno Rupia and Tokyu are open 10-8, closed Wednesdays (0425-5-0811/Rupia, 0425-50-0109/Tokyu).

**DIRECTIONS:** Left out the Fussa Gate and turn right at the next light. Cross two railroad tracks, pass a 7-11 store on the left, and cross two bridges. You’ll be on the road to Itsukaichi. As you cross the river, there’s a sign for Honda

Akigawa on the right before the road curves to the left, then back to the right. Stay on the road, eventually passing Akigawa Farmers Center in a long building on the left amidst fields. For easier parking at the mall, turn right 1 block past Rt. 411 (marked by the blue highway sign). There’s a big blue sign on top of the Tokyu Department Store on the left-hand side. You’ll see several parking lots (1200 spaces of free parking). About a 20 minute drive from Yokota

## Mori Town and Espa

Espa is a department store chain. One of the Espa stores is at the Mori Town Mall in Akishima. This mall has several inexpensive restaurants, a bakery, flower shop and a KFC in the back area. The Espa Store also has a nice supermarket and bakery in the basement. This supermarket is divided into two separate sections. As you get off the escalator, the “everyday” section will be to the left and “Espa or Ito Yokado” to the right. The “everyday” section primarily sells fresh fruits, vegetables, seafood, beef, pork and chicken. The prices are often lower than the opposite section. I suggest you walk through both sections before making your purchases.

*Note:* Espa’s main store is affiliated with Ito Yokado (“Dove” or “Bird” store). Many of their packaged items carry the Ito Yokado label. So if you hear of a sale going on at Ito Yokado, there will definitely be one at Espa too.

Most stores open at 10am and close between 7pm and 9pm. Closed Thursdays.

**DIRECTIONS BY CAR:** Turn right out the East Gate and go straight. Cross the railroad tracks of the Seibu Tachikawa line. Keep on going until just before the road narrows greatly and make a sharp turn to the right at the next set of railroad tracks, then turn right into the parking lot of the Mori Town Mall. On the way, you’ll pass a hangar-like building on the right with an indoor tennis club and the Showa-No-Mori indoor ice skating rink. Remember to have your parking ticket validated by any store in the mall. There is a fee for parking if you don’t make any purchases.

**DIRECTIONS BY TRAIN:** If you are going by train, take the Ome Line from Fussa Station toward Tachikawa. Get off at the third stop, Akishima. Espa is located by the train station.

Becky Hodges, Anita Lyau, Jean Kuramoto 5/96

## “The Mall”

the base. There is a large food court on the first floor, as well as a rather large grocery store in the “Livin” part of the mall. There are specialty stores, with baby clothes, strollers, and massage chairs. There are various clothing stores, and a store that is kind of like Pier One Imports. This store also has “lucky bags” similar to Hoya Crystal. There is a fairly large selection in the “liquor store” and in the fresh coffee beans



store on the first floor, inside the grocery store. "The Mall" has a little bit of everything for everyone.

**DIRECTIONS:** Turn right out the terminal gate, and follow signs for Rt. 16. The Mall will be on the left at approximately 6.5km. There is a large green sign on top of the building that says "The Mall." Parking is free and is either on the street level, or up above the mall via ramps on either side of the mall.

Michelle Arostegui 3/2002

## P.D. Royal Tropical Fish Center

Color and variety abound at P.D. Royal Tropical Fish Center in nearby Musashi Murayama. Located 8km from Yokota, P. D.'s has marine, cold water and tropical fish as well as birds, hamsters, gerbils, guinea pigs and even singing crickets. P. D.'s sells all kinds of aquarium plant-life and carries an extensive supply of accessories/products to start and maintain your aquarium. One can also buy accessories and supplies for an outdoor pond, and for one's birds, or small, furry friends. Most tanks & cages have both Romaji and Kanji placards so you will be able to recognize the "contents".

The shop is a large, two-story building which houses a huge variety of fish in prices ranging from Y30 to Y100,000. Hours are 10am - 6pm. Tel. 63-1 943.

**DIRECTIONS:** Turn right out the Terminal Gate, and drive approximately 1.5 km to the Shin-Ome Kaido/Rt. 16 intersection and turn right onto Shin-Ome Kaido. Continue on this highway for another 6.5km (6 lights). The fish store is located on your right near a large post office. You can park behind P.D.'s, (parking in front is for *small* cars) or park behind the post office.

Marcia St. John

## Cupid's

For a vast selection of plants and flowers, try Cupids, the florist on Route 16 between the Fussa and Supply gates. Some of the employees speak English.

06/02

## Off House/Hard Off

They are a cross between a TJ Maxx and a Thrift Shop. Some items are new and drastically marked down. I bought a \$300 suit with the tags still on for 2,000 Yen. It was quite a bargain. They have around 1,000 different purses (generic and designer), sporting goods, furniture, women's and children's clothing, musical instruments, dishes, towels, etc. If you haven't been there it is wonderful, but you had better buy it when you see it or it will be GONE!

**Directions:** Turn right out the east gate. At the 4th light turn right. (Itsukaichi Kaido Ave.) At the next light, bear left at the Y. It will be about 100 yards down on the right. It is an easy bike ride.

Davina Lock. Directions updated 9/02



## Komeri Garden Store

Another Garden store close to base that has a fair number of plants, pots, and yard tools is Komeri.

**DIRECTIONS:** Turn left out the East Gate. At the second light (Y turn) bear left. When the road ends, turn left. Turn right at the 3rd light (Shiritsu Susho Minami Intersection - just past the baby clothing store with the bunny on the sign.) It will be a short way up on the left, the sign is only in Katakana, but you can recognize it by the big red rooster on the sign.

Brian Marriott 11/01

## Do-It Stores

Do It is a chain of hardware and home stores. There are paints, stains, carpentry supplies, tools and ready-to-finish furniture kits. Also, there are plumbing, kitchen, bathroom, lighting, and garden sections.

There are three "Do It" stores in this area. The first, in Hamura, is the smallest of the three. It is usually best to check here first, if you don't find what you want then you can range farther afield.

**DIRECTIONS, Hamura Store:** Go straight out the Fussa gate. Cross the Hachiko train tracks and at the "Y" stay to the right. Then turn right at the second traffic light onto Yanagi Dori. Just after the Alpen Sports Store on the right you will see the Do It store on the left. You should reach the store in approximately 4.5km. For a shortcut, see directions to Sports Alpen below.

**DIRECTIONS, Iruma Store:** Turn right out the Terminal Gate. You will follow Route 16 to the store. The store will be on the left at approximately 8.5km. This store is much larger and is just past the Hoya Crystal factory.

**DIRECTIONS, store near China Pete's:** Follow the directions to China Pete's (see article) and Do It is approximately 1.8km past the turn to China Pete's on the right. This store is by far the largest of the three. It is a huge two-story building; unfortunately the parking lot is not very big.

Viki Lynn Paulson-Cody, Julie Irwin 10/96

## Shimachu Store

Just 5 minutes away from the Terminal Gate is the Shimachu Store. It is quite similar to Do-It except this store sells furniture on the second floor. You can find an adequate



cross-section of goods from home-garden-auto at decent prices. There are some pet supplies available as well.

**DIRECTIONS:** Turn right out the Terminal Gate. At the first light past the tunnel, turn right; go to the light at the end of the road and turn left. About 100 yards up on your left is Shimachu.

Marcia St John  
Directions updated 11/01

## Hoya Crystal

Hoya Glass and Crystal House is within easy driving distance from Yokota, and the trip makes for an hour of shopping. The factory has showrooms where magnificent one-of-a-kind creations are on display in the "A" House. Other more affordable crystal pieces are also for sale in the "B" House. Items are rotated frequently, so return trips are advisable. Hoya has large sales twice a year, usually the last weekend in July and the first weekend in December (the July sale has more volume and variety). To clear the warehouse, the company offers products at drastically reduced prices. The entire area is turned into an outdoor show space. Sale hours are 9am-3pm. Arrive early for a chance at special items, but prices are reduced even more after 1pm on the second day. Be prepared for immense crowds who bear no resemblance to "polite Japanese".

Hoya is open 9:30AM – 5:00PM Tuesday – Friday, 9:30AM – 4:00PM Saturday, Sunday, and holidays. Closed Mondays.

**DIRECTIONS:** Turn right out of the Terminal Gate onto Route 16. When Rt. 16 splits at 7.1km, stay to the left. The factory is on the right just before the "Do It" Stores on the left. Turn into the compound and park along the left side of the road. Notice the information booth on the right, just inside the gate. Visitors must pick up a clip-on ID badge to visit the showrooms. The expensive first quality store is ahead on the right ("A" House). The more affordable items are in the "B" House off to the far right beyond the information booth. The factory is 8.2km from the Terminal Gate. Tel. 0429-34-6369

Joy Prather, Dorian Geller, Sue Neuhaus 1/97

## Baby Mam

If you are looking for baby items, don't go too far. Right in Fussa is a baby store called Baby Mam. They have clothing, strollers, car seats, toys and a variety of other baby and young child items. So if you are preparing for a new baby, or looking for a shower gift, drive straight out the Fussa Gate. Cross the train tracks by the Fussa station and follow the road around to the front side of the station. Go straight down the main road (the station will be directly behind you) towards the Tama River. Take a left at the light just before the bridge crossing the river. As soon as you turn you will be able to see the Baby Mam sign on the left side of the road. They have plenty of parking in front of the store.

Hailley Felter - Reprinted from the Yokosan. Directions verified 6/02



## "Bunny" Baby Store

Another baby clothes store very close to the base is almost just out the east gate. It has a larger selection than the BX at a reasonable price. To get there. Turn Left out the East Gate. At the second light (Y) stay left. When the road ends, turn left. You will see the large bunny on a sign in Japanese on the right, just before the third light.

Brian & Kristen Marriott 6/02

## Rain Chains

Have you been eyeing those decorative rain chainshanging off the corners of temples and other buildings and want one for your home? This is the place to find it. It is actually a hardware store.

**DIRECTIONS:** Exit out the Supply Gate. Go straight. Pass over the railroad tracks and the blue walkway overhead. After the blue walkway take your second right. It is Toshokan dori. (This street parallels one block over from the railroad tracks on your left. NOT the same tracks mentioned above.) Go past the second light (Fussasanchō W.) Take the second street after this intersection and turn to your left. (You will notice street mirrors on either side of the street.) The hardware store is on your left. It looks more like an open air market than a store front. No one speaks English, but when an American walks up they usually say "Rain Chain?" You nod and they should return with one for you to choose from. The prices range from 15,000 - 20,000 Yen.

Dawn Leach/Feb '02



## Outdoor World, By Johshuya

This store in Higashi Yamato is an excellent place to find gifts for the sports person in your family. The store has bicycles and accessories, t-shirts, Gore-Tex jackets and hats, tons of backpacks, and a wide variety of camping gear including tents, lanterns, stoves, gas, coolers, chairs, pots, dishes, and even egg holders (to make boiling easier.) They carry Coleman products as well as Sierra Trails and Camplus. The prices are a bit more than stateside, but not high enough not to buy something. The top floor is filled with everything that you can imagine that has to do with fishing: poles, bait, tackle, and even a limited amount of fishing boats and canoes.

Open 10am – 8pm weekdays, and 10am – 7pm Sundays and holidays. Tel. 0425-64-3910

**DIRECTIONS:** Turn left out of the East Gate. At the first stop light, turn right. Drive straight to the second stop light (“T” intersection). Turn left, drive straight through three stoplights until the road dead-ends at the fourth light, Shin Ome Kaido. Mos Burger will be on the left. Turn right onto Shin Ome Kaido, and drive straight for 3.4 km (through 11 stop lights) Before the 12<sup>th</sup> light, Outdoor World is on the left. It is a light brown two-story building, and the sign is in English. There is plenty of parking. If you are driving and think you may have gone too far, Outdoor World is past a McDonalds and a Shell station.

Karen Ozment 10/96 . Directions Updated 11/01.

## Outdoor Equipment

There are several other places close to base to obtain outdoors and camping equipment. Here are some of the closest:

- **Kojitu Outdoors:** On Ome Kaido Road, just north (of base. To get there, set your odometer to zero and turn right out the terminal gate. Go under the underpass and turn right at the fourth light after the underpass onto Ome Kaido Road. (2.8 km. Mc Donalds on left.) Kojitu will be on the right in about 0.3 km. (3.1 km from base.)

- **Sports Alpen - Yanagi Dori Store:** On Yanagi Dori across from Do-It. There are a few ways to get there, the easiest way to find it, although not the quickest, is to go straight out the Fussa gate, at the first light (Y) go right, turn right at the second light onto Yanagi Dori Ave. Go straight on this for about 4.5 kilometers. You will past the McDonalds, Denny’s, and a big toy store with white and pink lopsided pyramid on roof. Do-It and the Sports store are hard to miss, but if you get to the Sabaecho Intersection, you have gone too far. A shorter way of getting there is to set your odometer to zero and turn right out the Terminal gate. Turn left at the first light after the underpass (1.8 km). You will take this down several blocks and turn right onto Yanagi Dori Avenue when your odometer reads 2.8 km. This intersection is poorly marked, fairly non-descript, and difficult to describe. (It is the first one past a 7-11 next door to a Moss Burger on your right with a Family Mart across the street on the left, there is a non-descript brown building on the left side of the intersection.) Sports Alpen will be on your

right, across from Do-It when your odometer reads about 1.4 km.

- **SPORTS ALPEN - Shin Ome Kaido:** Located a little further away is another Sports Alpen. Follow the directions to Outdoor World, by Johshuya above and keep going straight past it on Shin Ome kaido. It will be about 1.7 km past Outdoor World on the Left. (About 5.8 km from the point where you entered Shin-OmeKaido.)

Brian Marriott 11/02

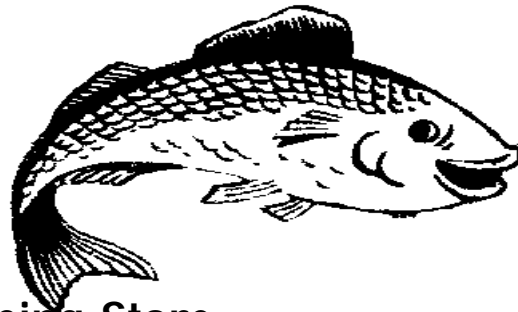


## Golf Stores

- **Niki Golf:** If you are looking for that special club or other golfing article and cannot find it at the pro-shop on base you can try Golf 5, a short drive out the East Gate. Turn left out the East Gate. At the second light (Y) stay left. When the road ends, turn left. Turn right at the third light. (Shiritsu Jusho Minami Intersection, just past the Bunny Baby Clothing store.) Turn left onto Shin-Ome Kaido (Musashimurayamako Kita intersection, McDonalds on left corner) Niki Golf will be on your right as short ways past Saizeriya and before Denny’s.

- **Golf 5:** Follow the directions for Niki golf above, Golf 5 will be on your left, past Niki golf, past the JSY Campbell fishing store, past the Denny’s (all on the right) and just before the 24 Hr Internet Café. (Well before Shin-Ome Kaido joins with Ome-Kaido).

Brian Marriott 11/01



## Fishing Store

- **JSY Campbell:** Turn left out the East Gate. At the second light (Y) stay left. When the road ends, turn left. Turn right at the third light. (Shiritsu Jusho Minami Intersection, just past the Bunny Baby Clothing store.) Turn left onto Shin-Ome Kaido (Musashimurayamako Kita intersection, McDonalds on left corner) JSY Campbell will be on your right after the Denny’s and before the Golf 5. (Well before it Shin-Ome Kaido joins with Ome-Kaido).

Brian Marriott 11/06





## Bicycle Shops

When you need to work on your bicycle and the pieces aren't available at the BX you may have to try off-base. There are a few bicycle shops within a short distance of base.

- **Makita Bicycle Shop:** The closest bicycle shop is the one on Route 16 between the Fussa and Terminal Gates.

- **Uchida Bicycle Shop:** Another larger bicycle shop is straight out the Fussa gate. When you get to the Y intersection at the first light, stay to the left, cross the next set of railroad tracks. The Uchida Bicycle Shop will be on your right on the corner just past the first lights after the tracks.

- **Sport Bicycle Shop:** A third bicycle shop can be reached by turning left out the Fussa gate and right at the first light. The Sport Bicycle Shop will be on your right between the next set of tracks and Shin Okutama Kaido.

- **Bridgestone Bicycle Shop:** If you live on the East side and want to try someplace quick, there is a very small bicycle shop out the East Gate. Turn left out the gate, at the second light the road Y's; stay to the left. Bridgestone Bicycle will be on your right a short ways up, before the next light.

*Note:* See Outdoor activity section later in book for some locations to bike.

Brian Marriott 11/06



## Kunitachi Music Company

Just minutes away from Yokota is a branch store of Kunitachi Music Company. There you can buy a selection of sheet music and music books for piano, and a limited supply of music for wind and brass instruments. Because it is a branch of a larger company, you can order any music you want and it will be available in a day. The shop in Hamura has some supplies/accessories available for instruments, as well as a repair service. Music books here are cheaper than books from Stateside. Except for Japanese composers, all other music will be in romaji

(English alphabet) with Japanese subtitles and instructions for "local use".

If you desire a LARGER selection, visit their main store in Kunitachi. There is also an annex in Kunitachi for wind/woodwind instruments. Kunitachi Music has a showroom of all instruments and pianos/keyboards, sheet music, books, practice books, CD, video/audio cassettes, lesson rooms for music and dance and a performance hall. Call the Kunitachi store at 73-1111.

**DIRECTIONS:** Drive straight out the Fussa Gate, keeping to the right at the 'Y'. Go on to the next large intersection (0.8km) and turn right onto Yanagi Dori, the street where Seiyu is located. Continue on this street (through 15 lights) past a Kentucky Fried Chicken and a McDonald's on your right. At 3.3km from the Fussa Gate, the music store will be on your right in a beige building with three bay windows (19-kanji-88 on the sign; across from a four-story light gray tile building on the left). It is before you reach Denny's.

Marcia St. John, Yoriko Fisher, Wendy Matheny 9/97



## English Bookstores

There are several book stores that stock English books, unfortunately most are a long ways away.

1. **Books Orion in Tachikawa** is the closest bookstore that regularly stocks English books, including all of the atlases mentioned in the next section. To get there: Take the train to Tachikawa Station. As you exit the gates, turn right (towards Lumine) and go out the North exit. Stay on the elevated walkway and bear left towards the monorail. Walk under the monorail to the right (keeping Isetan Dept store on your right.) As you walk, you will see HMV Music to the left. Enter HMV Music from the elevated walk way under the monorail and go straight up the escalator into Books Orion.

Brian Marriott 6/02

2. **Kinokuniya:** The biggest selection of English books in Tokyo is on the 6th floor of Kinokuniya in Shinjuku. Their selection is abundant including magazines, guidebooks, and books on Japanese culture and related topics. They stock textbooks, workbooks and tapes, as well as dictionaries and games. If you don't see what you want, ask at the desks opposite the sales counter next to the window. If they can't find it for you, they will order it. **DIRECTIONS:** To get there go to Shinjuku Station. Exit via the 'New South Exit' follow the boardwalk to your right to Takashimaya Times Square. Walk around the right side of Takashimaya Times Square and Kinokuniya Books will be behind it at the end of the building.



**3. Charles Tuttle Bookstore and Sanseido Bookstore:** Other bookstores offering a large selection of English publications are the Charles Tuttle Bookstore and the Sanseido Bookstore. They are both located in the area of Jimbocho Street in Kanda. **DIRECTIONS:** To get to the Kanda area, take the Ome/Chuo Line to Ochanomizu, about two stops past Shinjuku. Use the west exit. Turn left and walk about four blocks to a five-corner intersection. You'll pass two McDonald's. Then take a sharp right. You should see the Sanseido Bookstore on the left. It is a fairly tall building with English publications on the fifth floor. They also stock textbooks and teaching aids, and will accept special orders. Less than a minute's walk on the same street is the Charles Tuttle Bookstore, on the right side of the street.

**4. Used Bookstores:** This same area has an abundance of used books stores. Walk from the Sanseido Bookstore toward Jimbocho Station (Hanzomon Line) or walk toward Kanda Station (on the JR line) to Jimbocho Street. The stores are too numerous to list all the directions. The shops look mostly the same with sliding glass doors and flyspeck windows. There are hundreds of thousands of books in every language, on every subject.

**5. Aoyama Bookstore:** If you happen to be in Roppongi, check out the Aoyama Bookstore near Almond's and the main Roppongi intersection under the highway.

**6. Maruzen's:** Located in Nihombashi near Ginza, they also have a selection of foreign books.

Judy Brooks, Viki Paulson-Cody 97

7. The **Oriental Bazaar**, in Harajuku, (See Harajuku section later) has a nice collection of books about Japan and Japanese.

8. The basement of **Parko I**, in Shibuya has a fair number of English books.

9. The **National Azabu Supermarket** a short walk from the **New Sano**. (Turn left out of the New Sanno, take the first small street to the left. It will be on the left several blocks up, just before the very nice park.)

Brian Marriott 6/02

## Essential Books for Exploring Japan

### Atlases

If you want to make the most of your time in Japan, it is essential to have some good maps to find your way around, (or find your way back after you've been around - and around.) I recommend having all three of these, as they all have different





## PackMart

Disappointed by the slim pickings in the craft department at the BX? There is a wonderful paper bag store near Espa in Akishima that has great gift wrapping and lots of ribbon and gift bags in many sizes and colors. I went and found every color, size and style of ribbon you can imagine and paper gift bags with handles. The bags are sold in bulk, usually solid colors in packs of 25 and 50, and decorated bags of 12 per pack. The store also sells many different kinds of food service containers, chopsticks in bulk, stationary, and school and art supplies. So if you are looking for a great place that can supply all of your gift wrapping needs, just gather a few friends (so you can trade colors) and follow these simple directions.

**DIRECTIONS:** Turn right out of the East gate. Next you will turn left at the traffic light onto Itsukaichi-Kaido Ave. (If you were going to Espa you would continue going straight.) When you are turning left there will be a 7-Eleven on the left-hand side; you can see the sign just before making the left turn but can't see the building. Continue down this street. You will turn right at a traffic signal with a red-roofed ramen shop on the right hand side. After turning right on this street you will travel several miles and pass a Bamiyan restaurant, Denny's, Jonathan's, a large pachinko place, and a McDonald's. Next you will go straight through a tunnel, then up an incline to a busy intersection. At this light you will turn left and go under a pedestrian overpass. A Denny's is on the right before you make this turn. After traveling under the overpass you will pass two traffic lights and another blue pedestrian overpass. Continue on straight, passing through three lights and by a car dealership. Continue through three more lights. Right after the eighth light you will see a shop on the left side with a big red awning with the words, "PackMart" printed on it. This is the bag store. It is 7.5 km from the East Gate. You can park on the street but you must post a lookout to watch the car as it can be towed away. There is also a small alley on the other side of the shop for parking but it is almost always full. Tel.: 541-7788.

Shannon Edwards - edited from the Yokosan 1999  
Updated by Teresa Negley 8/01

## Natural Food Stores

The best options for "natural" foods for those of us stationed in Yokota is to order off the web; however sometimes you just can't get what you need, or you want to be able to actually see what it is that you are getting, or you may just want to round out your cultural experience here in Japan. The "health food" movement is relatively new and small here, being that *traditional* Japanese foods are essentially very healthy, so you may be able to actually introduce something in Japan that is new to your Japanese friends.

Your most valuable tool will be the **TWLP—Tokyo Whole Life Pages**. This is a paperback book put out yearly by the Book Club Kai—a Japanese/English new age bookstore, in English, chock full of "alternative" information. You can find anything from organic cafés to acupuncture clinics (that have English speakers) to the closest Yoga school to Aikido dojos. The cost is around 800 yen and can be ordered from the two mail order catalogues below.

The first is **Warabe Mura**. This is a mail order only company that specializes in organic and macrobiotic wholefoods. I have ordered from them for several years and they are an excellent and reliable resource for health foods in general and macrobiotic foods in particular. If you have dealt with macrobiotic foods in the States, you will be pleasantly surprised at the quality from this company—they use many "Mom and Pop" family companies/farmers that grow or prepare traditional Japanese foods. Their umeboshi (pickled salty plums) are all-natural (unlike the ones in grocery stores which are full of colorings, sugar and junk) and delicious and useful for upset stomachs. Warabe Mura is also a great resource for Japanese organic brown rice and sweet brown rice. For really great tasting Japanese brown rice: mix half brown rice and half sweet brown rice and cook it in your rice cooker twice (after the button pops up, push it down again) or you can cook it in a pressure cooker. Make sure you soak the rice in its cooking water for a few hours before you cook it, which will make it "softer". You will surprise your Japanese friends, as most of them have never eaten Japanese brown rice much less prepared it. If you want to know more about Macrobiotics, a good book is *The Macrobiotic Way* by Michio Kushi, or if you want to know more about traditional Japanese foods, a good book is *Culinary Treasures of Japan* by John and Jan Bellame, both available in this catalogue. You can e-mail or call them to get an English catalogue sent to you. If you call, ask to speak to "Martin-san", who speaks English. They also send out a newsletter and the last one had an excellent section on health food restaurants in Japan with many in the Tokyo area. They normally deliver using the Japanese "Takkyubin" (like the Black Cat delivery trucks you see around), but with heightened security at the gates it would probably be best to have them deliver to your PO box. Use your Fussa City address, not the APO address. The way you pay for your order is an invoice will come with your goods and you need to pay for it within 7 days at any Japanese post office. Just take your payment slip in and the



post office personnel can help you fill it out—filling it out in English is OK.

### **Warabe Mura**

CPO Box 3, Tomika,  
Kamo-gun, Gifu  
501-3300  
Fax:0120-54-1495  
Tel: 0574-54-1355  
Warabemura@aol.com

The other catalogue resource is **Tengu Natural Foods**. The exciting thing about them is that they have both a store and café about a 30 to 40 minute drive from the Terminal gate.

### **Tengu Natural Foods**

Tel: 0429-82-4811  
Fax: 0429-82-4831  
Tengu@gol.com  
www.tengufoods.com

You can call, fax, or email them to send you an English catalogue. You can also order from them off their web site, which is in English. Their store and café is in a big red building and called (different from their catalogue name) the Alishan Organic Center. They have a small store with all kinds of (mostly) Western style health foods, so you can see what you are getting. The only draw back is that the store is only open on the weekends but if you decide to go to the café during the week, call in your order the day before and they'll have it packed up for you to pick up at the café. The café also has a small section with some items for sale. The Alishan café is a real gem: their food is delicious, organic and vegetarian, priced very reasonably (500 to about 1000 yen for lunch) and in a beautiful setting. The café itself has large windows that overlook a deck and the Koma River. In warm weather, you can dine on the deck. It's a fun place for even just an organic cup of coffee and I guarantee none of your Japanese friends have eaten in a place like this. Directions and map follow this article.

**Alishan Organic Center** (same company as Tengu catalogue)

185-2 Komahongo, Hdaka-shi,  
Saitama-ken, 350-1251

Café open Thurs to Mon 11:30 to 18:00 Sat till 21:00  
Store open Sat and Sun only

A side benefit to going to the Alishan Café is that near it is the best tofu shop ever. Koma tofu shop makes all their tofu (including grinding up the beans etc.) on the premises. They specialize in "zaru-tofu" which means "colander-tofu" and if you don't like this tofu, forget it, you'll never like tofu. It's all fresh and must be refrigerated and eaten within three days. You just scoop it out on to a plate and top it with soy sauce and chopped onion or red pepper or tobasco sauce or lemon juice. Everytime I go to the Alishan, I take orders from many people who have absolutely no interest in health food, to get them tofu from this tiny shop. They are closed on Tuesdays and their hours are 12:00 to 17:00. Koma tofu is indicated on the directions to Alishan Café.

Lastly, there is **Natural House**, a "chain" store of health and diet foods. You will typically find that in Japan health food is sometimes synonymous with diet aids and funky cosmetics (as in containing all kinds of "miracle" ingredients) so beware. The largest Natural House is in Kita Aoyoma (3-6-18) in Tokyo—maybe a nice side trip if you are staying at the New Sanno. Get off on the Ometesando subway stop and head toward the Fuji Bank. It is next to it. The nice thing about this store is that it has a large selection of organic fresh fruit and vegetables. There is also a small Natural House shop on the top floor of the Grand Duo Department store in Tachikawa. They don't have any fresh things but they do have some interesting snacks and herb teas.

Even if you aren't interested in "health food" or "alternative health" you may want to check out some of these resources if only to see another "side" of Japan. I've met many wonderful and interesting people while trying to keep myself healthy here.

### **Directions to Alishan Organic Center and Tofu shop:**

Set Odometer to 0 @ Terminal gate and turn right on route 16

@ 3.2 km turn left at the stop light on (Iwakura Kaido), it is the second light after McDonalds and there is a Lawson convenience store on the right

@ 5.8 km turn left under the Ken-o expressway at the light, there is a Joyful restaurant on the left

@ 5.9 km turn immediate right at the next light

@ 10.3 km turn right at the T intersection (route 28)

@ 12.3 km turn right at the light (route 28) there is a cemetery with a big statue on the right

@ 14.9 km make a sharp left turn to cross a bridge (there is no light nor stop sign)

@ 15.0 km turn right after crossing the bridge

@ 15.3 km turn left at traffic light

@ 15.6 km turn right at T intersection (there is a temple right in front of you)

@ 16.1 km turn left at T intersection (this is route 299 though there is no sign) there is a school with a small play ground on your right

@ 19.0 km at the stop light that is named "Dai". It is written with one Kanji character but with the English word "Dai" underneath it. The sign is attached to the light itself. By the way, intersections are named more often than roads and it is a good way to navigate.

@ 19.1 km is the **Koma Tofu Shop** on the right. It has white cloth banners around it and two small parking spaces.

@ 19.4 km turn right at an angled T intersection

@ 19.5 km there is a big red barn looking building on your right—that's it.

Though these directions look complicated, it is actually a pleasant drive, mostly in the country, and once you get off route 16 the traffic dissipates. I've labeled each leg length on the map to assist you on the way back.

Alesa McNeill/Feb '02



