



INFORMATION

Welcome to our Ryokan - traditional Japanese style inn. We offer a wide range of information to make your stay enjoyable. Please contact the Front Desk (dial 8).



RYOKAN STYLE SERVICE

A maid assigned to each guest room serves the meals and cleans up afterwards. She offers everything needed from check-in onward to make each guest feel fully at home, being sensitive to his/her tastes and preferences.

For groups of 5 or less people, traditional Japanese kaiseki style dinner and breakfast (western style breakfast is also available upon request) will be served in your room. For groups of 6 or more people, all meals will be served in private dining rooms.



CHECK IN/CHECK OUT

Check in time is 2:00 p.m..
Check out time is 11:00 a.m..



ROOM KEY

The door lock is not automatic. Please leave the key at the front desk when you go out and return the key to the front desk when you check out.



ROOM AMENITIES

Yukata - Japanese light cotton kimono, jinbaori - outer vest, setta - Japanese slippers, tabi-socks, wash towel, bath towel, hair dryer, brush, comb, soap, shampoo, conditioner, razor, toothbrush set, hair lotion, face toner, face moisturizer, etc.



REFRIGERATOR

Our maid will check the refrigerator in your room before check out time.



PARKING

Parking is free for our guests. Also free valet parking service is available.



SHUTTLE BUS

Free shuttle bus service is available from ITO station. Our porter is at the station to wait for train arrival between 13:30 and 17:00.



FREE WI-FI

Free Wi-Fi is available in all areas of Seizan Yamato including guest rooms.

Conveniently located just 2 hours away by express train from Tokyo station!

Izu Peninsula is located southwest of Tokyo. The proximity to Tokyo makes this area very popular weekend getaway and Ito spa is well connected to Tokyo by train.

In addition, Mount Fuji lies only about 50 km to the north and can be viewed from the peninsula's western coast.



By Car

From Tokyo: 2 hours and 30 min.

By Train

From Tokyo, Shinagawa
JR Tokaido Shinkansen : 90 min.

Izu Kyuko Line
(Odoriko Express) : 105 min.

From Osaka, Kyoto
JR Tokaido Shinkansen :
3 hours and 30 min.

Seizan Yamato is about a 10 minutes drive from JR Ito station.



Welcome to Seizan Yamato



Seizan Yamato is set on top of a hill overlooking Ito City and the tranquil blue ocean.

As you walk through the gate, a green bamboo garden beckons you to begin your journey toward a relaxed state of mind.

Seizan Yamato has a natural backdrop with modern Japanese elegance.

Make yourself at home while enjoying fresh seasonal food and relaxing in the hot springs.

We hope your stay at Seizan Yamato will be one of the highlights of your trip to Japan.



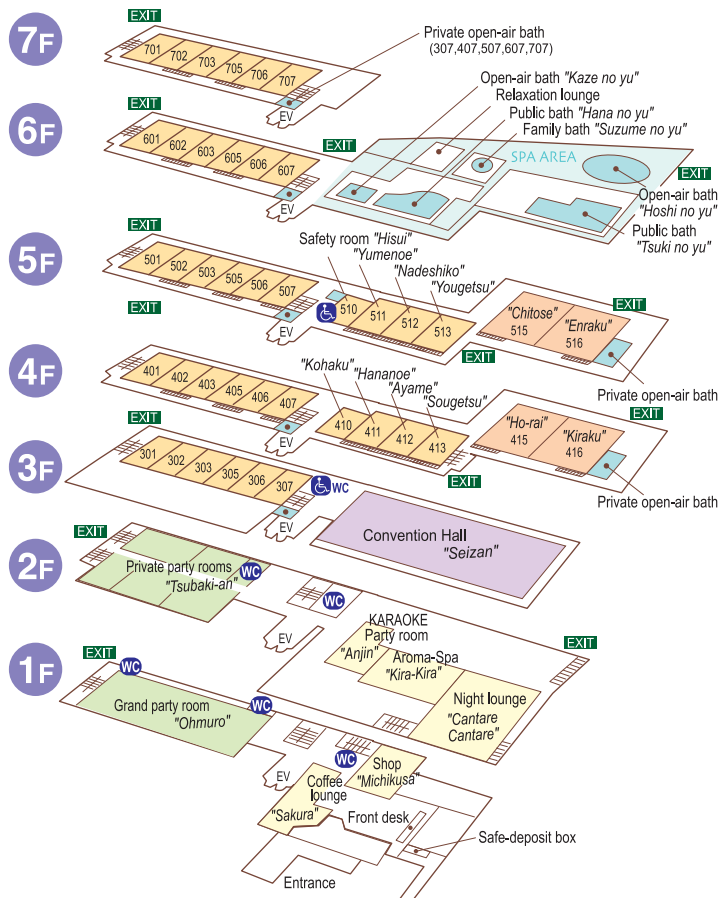
Izu Ito Spa

Seizan Yamato

203 Oka, Ito-shi, Shizuoka Pref.
414-0055 JAPAN
TEL:0557-37-3108 FAX:0557-32-0500
URL <http://www.seizanyamato.jp/>
e-mail seizan@yamatokan.co.jp

FLOOR GUIDE

Please check the location of your room and find two or more escape exits in different directions.



STANDARD ROOM

Traditional Japanese style room



SUPERIOR ROOM 307

Japanese style room with private open air bath



Open-air bath "Hoshi no yu"



Indoor bath "Tsuki no yu"

星の湯 & 月の湯

Bath of "Hoshi" (star) & Bath of "Tsuki" (moon)

for WOMEN	2:00 p.m.~3:00 a.m.
for MEN	4:00 a.m.~10:00 a.m.
Sauna	2:00 p.m.~9:00 p.m. 6:00 a.m.~10:00 a.m.

風の湯 & 花の湯

Bath of "Kaze" (wind) & Bath of "Hana" (flower)

for MEN	2:00 p.m.~3:00 a.m.
for WOMEN	4:00 a.m.~10:00 a.m.
Sauna	2:00 p.m.~9:00 p.m. 6:00 a.m.~10:00 a.m.

Private Family Bath "Suzume no yu"

Enjoy some exclusive time with your family! You can use this small cypress bath privately. Call the Front Desk (ext. 8) for reservations.

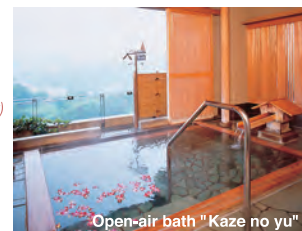


ONSEN experience

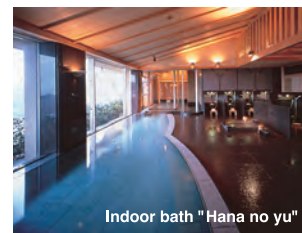
100% natural, fresh hot spring water is overflowing constantly!

Onsen -hot springs have a very long history in Japan and are an integral aspect of Japan culture and lifestyle. Onsen is not only for relaxation, but is also used for treatments for a wide range of disorders including neuralgia, arthritis, muscle pains, stiff shoulders, etc. We enjoy onsen as a total cleansing experience for both the body and mind. Just sit back and let the water soothe your body. It is a wonderful way to relax and to cast aside the stresses of the outside world.

We have four different communal hot tubs, Tsuki - moon, Hoshi - star, Hana - flower, and Kaze - wind, in the spa area which consists of two sections. Tsuki and Hoshi are located in one section and Hana and Kaze are located in the other. The use of the hot tubs is switched from men to women at around 3:00am everyday.



Open-air bath "Kaze no yu"



Indoor bath "Hana no yu"

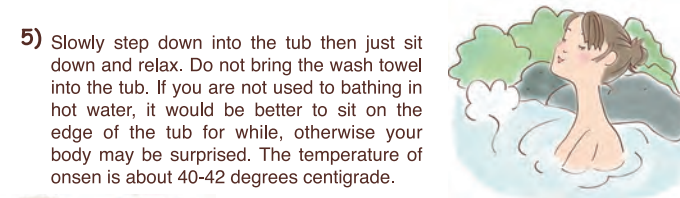
Step by Step Guide



How to enjoy ONSEN at Seizan Yamato

Etiquette of the Japanese style bathing.

- 1) Get a wash towel (medium size for washing) and a bath towel (large size for drying) at the spa counter.
*Towels are provided until 9:00pm. After 9:00pm please bring the towels from your room.
- 2) As you go inside the spa area, you will see two big *noren* - Japanese style sign screen made of cloth, in different colors. They are hanged at the entrance of each section, so please check the color of *noren* before you go inside. Blue screen is for men and pink screen is for women.
- 3) In the changing room, leave your belongings and clothes in one of the baskets. Please make sure not to wear bathing suits or wrap your body with a bath towel inside the hot tub areas. Toiletries - soap, shampoo and conditioner are provided in the hot tub areas.
- 4) Remove your make-up and wash your body before entering the tub. Make sure to thoroughly rinse off the soap before entering the tub. There are individual showers inside the hot tub areas.



- 5) Slowly step down into the tub then just sit down and relax. Do not bring the wash towel into the tub. If you are not used to bathing in hot water, it would be better to sit on the edge of the tub for while, otherwise your body may be surprised. The temperature of onsen is about 40-42 degrees centigrade.
- 6) Enjoy both the indoor and outdoor tubs. We recommend not to sit too long in the tub. The appropriate time for soaking is about 5-10minutes. It is good to go back and forth between the indoor and outdoor tubs. When you are ready to leave, do not shower in order to keep the minerals on your skin.

- 7) Change into a crisp *yukata* - Japanese light cotton kimono and take some rest in the spa lounge where you can enjoy the complimentary drinks and massage chairs.



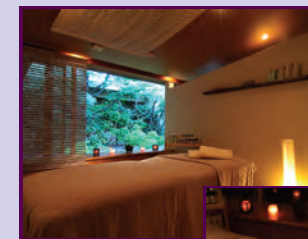
CONVENTION HALL Seizan

For business meetings etc. Reserved guests ONLY



CLUB Cantare Cantare

Open 8:00 p.m. - 12:00 a.m.



AROMA SPA Kira Kira

Open 10:00 a.m. - 19:00 p.m. Reservation is required. Call front desk ext. 8



COFFEE LOUNGE Sakura SHOP Michikusa

Open 7:00 a.m. - 9:00 p.m. Room Delivery: available Call front desk ext. 8 *Complimentary ice cream is served after dinner until 9:00pm.

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