

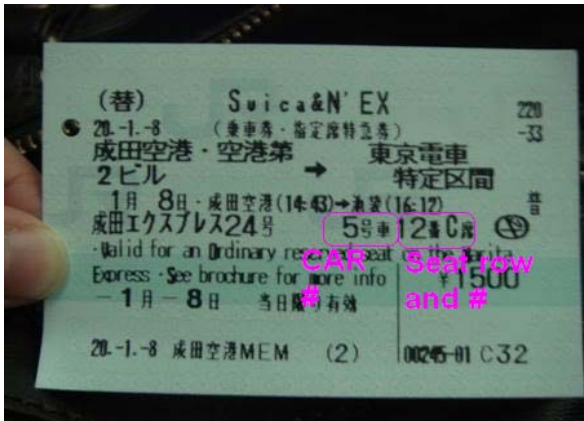
## How to ride N'EX/JR trains from Narita to Musashisakai

### JR/Narita Express trains

Taking the trains is the fastest way to get into Tokyo from Narita Airport. There are a few options, but the Narita Express (N'EX) is the fastest and most direct. To find the Narita Express platform, walk out the arrival section to the main part of the airport. You'll see signs directing you "to JR/Narita Express". Eventually you'll go down an escalator, and you can take the luggage cart with you- just don't have bags stacked on top of each other, as the angle is quite steep and your bags may slide off (the cart won't- it has a special brake). At the bottom of the escalator, go through the sliding glass doors and on the right you should see a ticket counter for JR/Narita Express. You have already changed money, so purchase your ticket. If you will be using the JR train after you get off the N'EX, you can buy your ticket all the way to your destination. The schedule on the wall in the ticket counter will show you the times of departures. If one is leaving right as you get there, it may be worth waiting for the next train, as the seats may be sold out.



Tell the clerk where you would like to go. You'll get your ticket and car/seat assignment. Continue to the right, and have your ticket punched. You will receive two tickets. Stack the two tickets on top of the other, and insert both simultaneously in to the turnstile. If you can't read Japanese, the ticket with more numbers will have a phrase with train car number followed by reserved seat row and a letter. You will need to know this in a few minutes. You can take the luggage cart a little further, but you must leave it at the top of the escalators- there is a spot against the right hand wall that says "carts".



Go down the escalators to the platform: CAUTION: be sure you are on the side of the track for the Narita Express (N'EX) as there are also regular trains that stop and you don't want to get on the wrong one. The N'EX will go in both directions on the same platform, so don't worry if one train seems to be facing the wrong way.

Check the overhead screens, they will show what time the train leaves and what car number is located near that screen- be sure you stand at the section for your car number so you don't have to walk within the train with all your luggage (it is easier on the platform). Inside the train, there are spots for your big luggage just inside the door (if you didn't check it through ABC) and for carry-ons (in overhead compartments above the seats). It is safe to leave your luggage in those places and important to do so since there is no space in the train for big bags. The conductor will be through to validate your ticket (don't lose it as you'll need to insert it in the turnstile to exit), and train ladies will sell drinks and food.



The ride to Tokyo Station is about 50 minutes. If you are heading toward Shinjuku Station, stay on the train. There will be another 15 minute train ride. At Tokyo Station you'll find your first flight of stairs, and more people than you imagine. Aren't you glad you checked your luggage?

At Tokyo Station, go upstairs and find platform 1 and 2 to transfer to the Chuo line. The Chuo line is the orange colored train line to take you to ICU. You don't have to buy a ticket now; you can adjust the fare when you get off. Tokyo Station is the first station on the Chuo line, so all of the trains will go in the right direction, but it is a \*special rapid train\*(特別快速) that does not stop at all stations. Make sure you get on a Rapid Train (快速) to get off at **Musashi-sakai** Station.



At Musashi-sakai station, go downstairs to the ground level and follow the sign for the SOUTH exit. Find the fare adjustor machine on the wall. Insert your ticket from Narita Express and the machine will tell you how much you owe (should be around 500 yen, but it won't cost you anything if you bought the ticket direct to Musashi-sakai already). Put the money in the machine and it will give you a new ticket. Exit the turnstiles by inserting your ticket- it won't give you anything back, but the gates will open. Outside the turnstiles, you'll see two large department store buildings both called Ito Yokado. The one on the left has a grocery store in the basement and the other just across the street from the bus circle has a food court in the basement and a Starbucks at the entrance.

The bus to ICU is right out front at the bus circle, and is number 93. The ride to ICU takes about 15 minutes and costs 210 yen. Deposit the right amount of change when you get on, and then get off at the end of the line. You'll be driven 1/2 way down the ICU main entrance driveway, to a bus circle. Don't get off the bus outside the main gate- it is a long walk. At the bus circle, you'll see people who will direct you to the right location for check-in.