

Tokyo's Forested West

TAMA

One city.
Two worlds.

Chiyoda
Tokyo

Hachioji
Tokyo

Welcome to Tokyo's Tama Region!



Head west from Tokyo, where plains give way to rolling hills and towering mountains.

Tama's rich nature offers a tranquil retreat for both mind and body.

Tokyo may be known as a sprawling metropolis, but it's also home to an impressive amount of green spaces. While the 23 central wards boast only about 25% greenery, the Tama region stands out, with a remarkable 70% of its land covered in nature. Here, greenery flourishes, flowers bloom, and in autumn, the landscape transforms into a stunning tapestry of red and yellow hues. Wild birds of various species make their way to these verdant spaces, adding to the area's natural charm.

Stretching about 90 kilometers (without Tokyo's Islands) from east to west, Tokyo offers incredible geographical diversity—from the shores of Tokyo Bay to mountains soaring 2,000 meters above sea level.

In the relatively flat eastern parts of Tama, you'll find thriving agricultural fields producing vegetables, fruits, and grains like buckwheat, alongside serene pastures. The area also features expansive parks and wooded areas where the changing seasons paint a beautiful scene.

As you move westward, the idyllic rural land-

scapes give way to dramatic mountainscapes around Ome and Mount Takao. From the open mountain vistas, you can even glimpse the skyscrapers of Shinjuku and the iconic Skytree shimmering in the distance like a mirage. Tama offers various accommodations, including hotels and inns, making it an ideal destination for a quick getaway.

Whether you're an experienced mountaineer or prefer a leisurely hike, Tama's mountains cater to all. Some peaks offer cable cars for easier access, while others reward your efforts with breathtaking views. Many trails lead to ancient ascetic training grounds, where you may feel a sense of renewal amidst the sacred atmosphere.

Water flows through Tama's undulating terrain, forming rivers, mountain streams, waterfalls, and serene lakes. Visitors flock here to enjoy activities like fishing, stand-up paddleboarding (SUP), and rafting, all made possible by the region's abundant waters.

Tama is a haven where the power of nature revitalizes the body and mind.



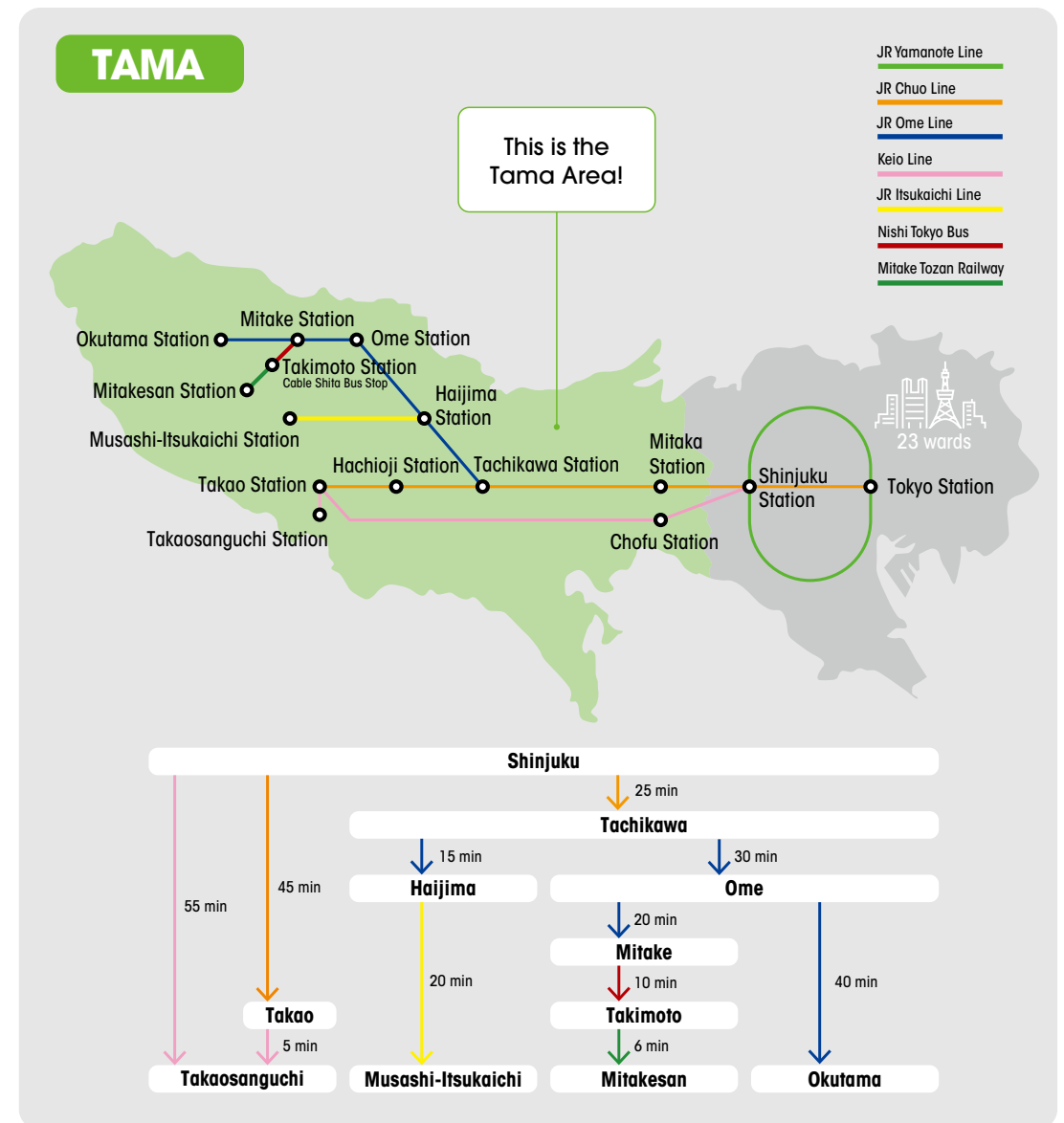
Stroll through a grove of 2,000 moso bamboo trees to discover a spring-fed pond at **Chikurin Park** (Higashikurume-shi), recognized as one of the 57 Best Springs in Tokyo.

Lake Tama, officially known as the Murayama Reservoir (Higashiyamato-shi), is an artificial lake that supplies Tokyo's water. It's also a well-loved spot for cherry blossoms in spring and vibrant foliage in autumn.



1. An inn in Tama (Hinode-mura) built using the traditional *kabuto-zukuri* structure, with a history spanning over 200 years. 2. Savor meals featuring wild vegetables prepared at the hearth. 3. Immerse yourself in Okutama's natural beauty while enjoying a bath. 4. Some rooms even feature cozy hearths.

How To Get To TAMA



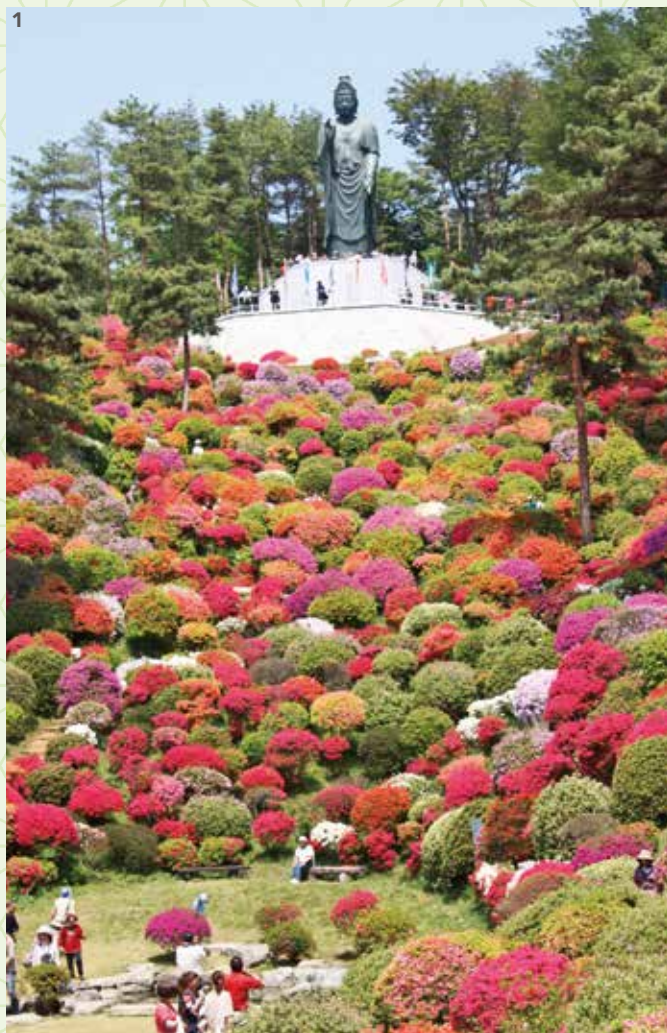
Tamagawa Aqueduct: A landmark in Tokyo's development

Nearly 400 years ago, the **Tamagawa Aqueduct** was built to span 42.74 kilometers, connecting Hamura to Yotsuya. Drawing water from the Tama River, this artificial channel is so naturally integrated into its surroundings that it's easy to forget it was man-made. (Hamura-shi, Fussa-shi, Akishima-shi, Tachikawa-shi, Kodaira-shi, Koganei-shi, Musashino-shi, Nishitokyo-shi, Mitaka-shi, Suganami-ku, Setagaya-ku, Shibuya-ku, Shinjuku-ku)

Highlights

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Spring



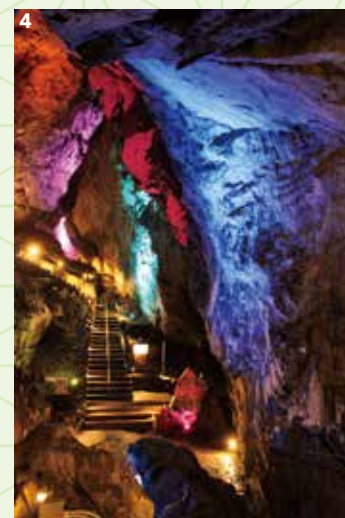
1. Azaleas bloom in vibrant succession on the mountain behind **Shiofune Kannonji Temple** from mid-April to early May. (Ome-shi)
2. From mid-March to early April, over 200,000 dogtooth violets blanket the slopes of **Sayama Katakuri-no-Sato**. (Mizuho-machi)
3. A stunning row of 159 cherry trees lines both sides of **Daigaku-dori**, which stretches straight from Kunitachi Station. The blossoms reach full bloom from late March to later April. (Kunitachi-shi)
4. In April, approximately 350,000 tulips bloom in the rice fields of **Negaramimae Paddy**. (Hamura-shi)
5. Celebrate the Nagafusa Fureai Tango Festival on May 4th and 5th, where carp streamers flutter over the Minamiasakawa River. (Hachioji-shi)



Summer



1. At **Mount Minamisawa Ajsai**, a privately owned mountain, around 15,000 hydrangeas planted over 50 years burst into bloom from June to early July. (Akiruno-shi)
2. Japanese irises bloom in June at **Katakura Ruins Park**, where visitors can stroll along the scenic boardwalk. (Hachioji-shi)
3. Explore the **Akigawa Ravine**, carved by the Akigawa River, a Tama River tributary. Enjoy fishing, playing in the water, and basking in the fresh greenery or autumn colors. (Hinohara-mura, Akiruno-shi)



4. Discover the **Nippara Cave**, featuring an 800-meter walkway. With a constant temperature of 11°C, it's an ideal summer retreat. (Okutama-machi)
5. The **Hachioji Fireworks Festival** at **Fujimori Park** lights up the sky with approximately 4,000 fireworks. (Hachioji-shi)
6. During the **Kiyose Himawari Festival**, about 100,000 sunflowers create a breathtaking display. (Kiyose-shi)

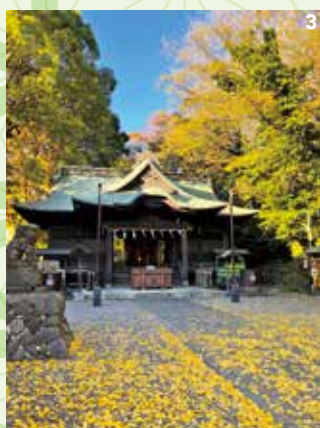




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Autumn

1. A breathtaking view of Lake Okutama surrounded by vibrant red autumn leaves, as seen from above. (Okutama-machi)
2. Tonogayato Garden, a strolling garden that embraces natural terrain, is renowned for its stunning maples and autumn foliage. (Kokubunji-shi)
3. Yobo Tenmangu, the oldest Tenmangu shrine in eastern Japan, is celebrated for its golden ginkgo leaves and delicate plum blossoms. (Kunitachi-shi)
4. In November, candles are lined up and lit by hundreds of volunteers during the Okuriga-wa Candle River event. (Hachioji-shi)



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Winter

1. In winter, enjoy views of snow-capped Mount Fuji from Mount Takao on clear days. (Hachioji-shi)
2. A kabuto-zukuri structure in gassho-zukuri style, built in Okutama since ancient times, features thick thatched roofs designed to withstand heavy rain and snow. (Hinohara-mura)
3. On the grounds of the Fuchu Municipal Museum Kyodanomor, the Wintersweet Path fills the air with the fragrance of about 100 wintersweet trees in January and February. (Fuchu-shi)

Showa Kinen Park: A year-round haven of beauty

Showa Kinen Park is a vast 180-hectare retreat stretching across Tachikawa-shi and Akishima-shi. The park features tranquil ponds, open plazas, a vibrant flower and tree garden, and a serene Japanese garden. Visitors flock here to admire the seasonal blooms, starting as early as spring. For a more enjoyable visit, renting a bicycle is highly recommended to explore the park's expansive grounds.



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4. Tulips: Late March to mid-April
5. Nemophila: Late April to mid-May
6. Red spider lilies: Mid to late September
7. Yellow ginkgo leaves: Late October to late November
8. In November, the Ginkgo Tree Avenue and Japanese garden are illuminated for the autumn night walk.

Experience



Discover the pure, abundant water that shapes this landscape!
Harvest fresh *wasabi* and immerse yourself in Okutama's nature.

Immerse yourself in the *wasabi* experience

Okutama's water *wasabi* cultivation boasts a 200-year tradition. This heritage has been carefully preserved, making Okutama the third-largest producer of *wasabi* in Japan, after Nagano and Shizuoka. Nestled deep in the mountains, the *wasabi* fields are part of a unique tour. You'll be guided along a mountain path for about 20 minutes, where you can grate and taste freshly harvested *wasabi*—an unforgettable experience exclusive to Okutama.

Wasabi

Wasabi is a plant native to Japan, best known for its grated roots, which are used as a spicy condiment for *sashimi* and *sushi*. Its sharp flavor comes from a spicy compound called allyl isothiocyanate. This not only masks fishy odors and enhances the taste of dishes but also has antibacterial and antioxidant properties that may benefit health.

1. Harvesting fine *wasabi*. This part is grated for use.
2. Crossing the river to reach the *wasabi* fields in the mountains.
3. The *wasabi* fields, built by our ancestors with stacked stone walls, are carefully maintained.



4. Okutama is also known for its pickled *wasabi*.
5. *Wasabi* ice cream offers a mildly spicy and refreshing flavor.



6. Grating *wasabi* in a circular motion enhances its aroma.
7. Enjoy *wasabi* rice topped with grated *wasabi* and bonito flakes, drizzled with soy sauce.

8



Enjoy water sports in Tama

The rivers of Okutama, including the upper reaches of the Tama River, offer a range of flows with rapids and quiet pools. Strolling along the riverside is delightful, but for a more adventurous experience, try water sports. From thrilling activities like waterfall jumps and navigating rapids to more serene pursuits such as stand-up paddleboarding (SUP) and canoeing on the calm lake, there's something for everyone to enjoy.



1. **Lake Shiomaru**, a reservoir on the Tama River. (Okutama-machi) Glide through the greenery on a SUP, enjoying the peaceful waters. Once you're comfortable, take your time and relax.
2. Rafting on the Tama River, where teamwork is key as you navigate the rapids. The excitement builds with each paddle stroke. (Ome-shi)
3. Canyoning is an adventure sport where you use various techniques to descend mountain streams, relying solely on your body. In Okutama, you can experience nature up close at several exciting spots. (Okutama-machi)

Experience the local culture

Tama is home to several cultural attractions. The **Edo-Tokyo Open Air Architectural Museum** showcases historically significant buildings relocated from Tokyo's Edo period to the mid-Showa period. These structures include everything from the mansions of politicians and the head family of the wealthy Mitsui merchant family, to farmhouses and merchant houses. The furniture and artifacts inside provide a glimpse into daily life during the Edo period. The **Tokyo Racecourse**, a venue for horse racing for over 90 years, also features the **JRA Racing Museum**, where you can explore the long history of the relationship between humans and horses.

Tokyo Racecourse showcases the thrilling beauty of racehorses at full speed. There are also playgrounds where children can play. (Fuchu-shi)



The streets inside the **Edo-Tokyo Open Air Architectural Museum** transport you to another time, like stepping into a period drama or an old film. There's even a merchant's house where you might imagine a person in an apron stepping out. (Koganei-shi)

9

Traditions



Mount Mitake: A Sacred Mountain at 929 meters
Stay at a temple or experience ascetic training.

Mount Mitake, a sacred site of worship since ancient times

The journey to Mount Mitake begins with a 6-minute **Mitake-san Cable Car** ride from Takimoto Station to Mitakesan Station. As you walk up the approach, you'll pass through a village of onshi (priests) who spread the faith before ascending the stone steps leading to the **Musashi Mitake-jinja Shrine** (Ome-shi). Believed to have been founded before the birth of Christ, the shrine is a revered destination for mountain worship. Some shrines and temple lodgings even offer the chance for visitors to experience waterfall asceticism. Afterward, you can relax in the hot springs at the **temple lodgings**. Japanese wolves, affectionately called **Oinu-sama**, play a key role in local legend and can be seen on talismans and lion-dog statues throughout the area. Many visitors bring their dogs to the shrine, and it's one of the few places where you can ride the cable car with your dog without a cage.



1. Musashi Mitake-jinja Shrine enshrines *Oinu-sama*.
2. The Mitake-san Cable Car ascends at an average gradient of 22° and a vertical distance of 424 meters in 6 minutes.
3. On the way to the shrine, you can gaze up at a 1,000-year-old Ancient Zelkova Tree.
4. *Oinu-sama* is also featured on the ema votive plaques.



5. The approach to Musashi Mitake-jinja Shrine is lined with temple lodgings and souvenir shops.
6. Experience prayers and meditation at the temple lodgings.
7. Guest rooms offer views of the mountain's natural scenery.
8. In addition to Musashi Mitake-jinja Shrine, you can also participate in waterfall asceticism at the temple lodgings.



Flavors of the mountains, such as river fish and wild vegetables, are served.

The serene air of historic temples and shrines

Tokyo gained prominence during the Edo period with the establishment of the shogunate, but its history stretches back to the 7th century, when Musashi Province was founded with its capital in present-day Fuchu-shi. As a result, Tama is home to many ancient shrines and temples that continue to draw worshippers. Surrounded by lush greenery, these sacred grounds offer a tranquil and relaxing atmosphere.



1. Okunitama-jinja Shrine, home to the guardian deity of Musashi Province, attracts many visitors seeking protection from misfortune. (Fuchu-shi)
2. Takahata-Fudosen Kongoji Temple, one of the three major Fudo temples in the Kanto region, is also the family temple of Shinsengumi Vice-Commander Hijikata Toshizo. (Hino-shi)
3. Jindaiji Temple, established in 733, houses a sacred Buddha statue from an earlier period. The Yakuyoke (Ward Off Misfortune) Ganzan Daishi Festival on March 3 and 4 is one of Japan's Three Great Daruma Doll Fairs. (Chofu-shi)
4. Jindaiji Soba originated in the Edo period when farmers donated buckwheat flour to Jindaiji Temple, inspiring the creation of these soba.
5. The approach to Jindaiji Temple is a bustling area with about 20 soba shops, tea houses, and souvenir shops.

Food & Cuisine

Even Tokyo's rivers become clear and pure as they near their source.
Fish, grill, and barbecue amidst lush greenery.

Savor your catch, grilled to perfection

The Tama River, which winds through the mountains, along with its tributaries, the Nippara and Otanba Rivers, offers several managed fishing areas where you can enjoy fishing, some within walking distance of train stations. Equipment including rods and bait is available on-site, making it easy for anyone to enjoy fishing. You can even grill and savor your catch. Many areas also offer barbecue and camping facilities, letting you fully immerse yourself in the natural beauty of Tokyo's rivers.



1. Relax as you cast your line into the flowing current.
2. A managed fishing area in **Hikawa Ravine**, perfectly nestled along the pristine river.



3. Caught a rainbow trout in just 15 minutes!
4. Enjoy a barbecue by the river, soaking in the sounds and refreshing breeze.



12



Freshly caught fish, grilled to perfection with salt.

Tama's culinary heritage

As you venture further into the mountains of the Tama area, the rich culture of consuming locally sourced ingredients, such as wild vegetables and game, comes into focus. In the foothill areas just before the mountains, grains, vegetables, and fruits are cultivated, providing food to urban centers. Although residential expansion has reduced farmland, agriculture remains active, and many direct-sales stores offer fresh, locally grown products. The region also boasts bustling restaurants showcasing the talents of chefs who use local ingredients like home-grown vegetables and regional flour.



Kafe Udon

Thick *udon* noodles served with vegetables (*kafe*), dipped in a savory soy sauce-based broth (Musashimurayama-shi, Kodaira-shi, etc.).



Soba

Buckwheat has been grown in the Tama area since the Edo period, with **Jindaiji Temple** being one of the earliest centers. Today, it is still widely cultivated in areas like Machida-shi.



Game

Wild animals such as deer and wild boar have been hunted and consumed in the mountains of Tokyo for centuries. Recently, these meats are being rediscovered as game meat.



Tea

Musashimurayama-shi, Mizuho-machi, and Higashiyamato-shi have cultivated tea since the Edo period. Recently, black tea production has also gained popularity.



Tofu

The Tama area is renowned for its soybean cultivation, and its high-quality water makes it ideal for *tofu* production. *Tofu* has also been a staple in the vegetarian cuisine of historic temples.



Konnyaku

Made with clean water from places like Akigawa Ravine, *konnyaku* is a low-calorie, high-fiber food with deep roots in the area's culinary tradition.



Sake brewed with pure water and traditional methods

Sake in the Tama region is brewed using rice and water sourced from the long-term filtering process of rain and snowmelt seeping into the soil. There are still nine *sake* breweries in the area. In addition to *sake*, wine and craft beer are also produced, making Tokyo's alcoholic beverages increasingly sought-after.

1. Sawanoi brand *sake* from **Ozawa Sake Brewery**. (Ome-shi) 2. Brewing water sourced from deep within a cave. 3. Take a brewery tour, and enjoy dining at the on-site restaurant. 4. **Ishikawa Brewery**, featuring souvenir shops and restaurants housed in six cultural heritage buildings. (Fussa-shi) 5. In addition to *sake*, they craft their own beer.



Retreat



Take a leisurely walk through the forests of Okutama,
and with each deep breath,
feel your rhythm align with the trees, creating a peaceful moment of relaxation.

Surrender to the life of the forest as its essence flows over you

Have you heard of forest therapy? It's an activity that helps reduce stress, promotes relaxation, and boosts immunity by walking and resting in forests with scientifically proven healing benefits. Okutama boasts five certified "forest therapy roads," including the 1.3-kilometer **Fragrance Road "Toke-Trail"** just a short walk from Okutama Station. As you walk, the scent of cypress wood chips fills the air. Breathe deeply from the terrace that immerses you in the forest. Relax on the benches and chairs scattered along the trail, releasing all your tension. After enjoying *shinrin-yoku*, the perfect way to unwind is with a soak in a hot spring before heading home.



1. The **Fragrance Road "Toke-Trail"** winds through a cedar forest. (Okutama-machi) Enjoy small group and private tours, as well as programs combining yoga, zazen, and guided walks.
2. Another trail lets you walk while listening to the soothing sounds of the river.



Shinrin-yoku

Shinrin-yoku (forest bathing) is a way to refresh your mind and body by immersing yourself in nature. Trees release a substance called phytoncides, which are known to lower heart rate and blood pressure, reduce stress hormones, and potentially boost immunity. Experiencing the wind, natural scents, and soothing sounds of the forest adds to its restorative effects.

Join a tour to learn about nature while taking breaks at various points along the way.



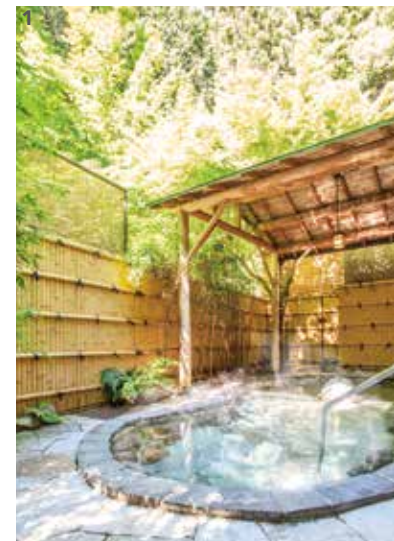
3. After your **Fragrance Road "Toke-Trail"** walk, stop by **Moegino-Yu Onsen** (Okutama-machi) for a meal with local ingredients and a specialty product section.
4. The open-air bath is filled with 100% natural hot spring water from the Okutama Onsen source, rich in metaboric acid and fluorine. Relax as you take in seasonal views of the mountains and the Tama River.



Soothe your body in a hot spring and melt away fatigue

After exploring Tama or braving the chill of autumn and winter, unwind in one of the areas' hot springs. These soothing waters not only warm and relax you from the inside out but may also leave your skin feeling beautifully refreshed. With on-site restaurants, you can enjoy a leisurely visit at your own pace.

Seoto-no-Yu Onsen in Akigawa Ravine—perfect for unwinding after a busy day of camping or barbecuing. (Akiruno-shi)



1. **Shogai Seishun-no-Yu Tsuru-tsuru Onsen** is known for its highly alkaline waters that leave your skin silky smooth. (Hinode-machi) Its gourd-shaped open-air bath is a haven for relaxation.
2. **Kazuma-no-yu Onsen** offers a unique experience with raw cypress slices floating in the water. (Hinohara-mura) Exclusive areas for river play and barbecuing let you enjoy a full day of fun.

From Nanai Bridge, enjoy views of swan boats gliding across the pond at **Inokashira Park**. (Musashino-shi, Mitaka-shi)

A park filled with water and greenery, just steps from the station

Inokashira Park, conveniently located near JR Kichijoji Station and Keio Inokashira Line's Inokashira-koen Station, has been a beloved retreat for over 100 years, dating back to the early Taisho period. Stroll around the expansive Inokashira Pond, explore the historic woods once visited by the shogun during falconry, or visit the source of the Kanda River to immerse yourself in history and nature.



Education



Tama, with its mountains, forests, and rivers, is rich in nature and home to numerous natural science research facilities.

Why not explore the discoveries and enjoy learning, no matter your age?

Discover the natural lives of adorable animals

Tama offers facilities that showcase its rich natural environment while providing interactive science experiences. At [Tama Zoological Park](#), you can observe animals in habitats designed to mimic their natural ecosystems. Meanwhile, [Machida Squirrel Garden](#) lets you get up close and learn about the fascinating lives of squirrels through hands-on interactions.



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5. At [Machida Squirrel Garden](#), interact with around 200 free-roaming Formosan squirrels, along with rabbits, guinea pigs, and turtles. (Machida-shi)
6. In the free-roaming squirrel area, visitors can wear gloves to feed and interact with the playful Formosan squirrels.



1

Discover the wonders of the sky, mountains, flowers, and wildlife

With expert guidance and insights, turn vague ideas into a deeper understanding. Tama offers unique opportunities to explore and engage, inviting you to take a step toward a richer appreciation of nature and culture.

4. [Furusato Mountain Village](#) offers immersive nature experiences, including guided walks with interpreters. (Okutama-machi) 5. At the [Fuchu Municipal Museum Kyodonomori](#), explore a forested museum and try hands-on activities like flower pressing and crafting straw sandals.



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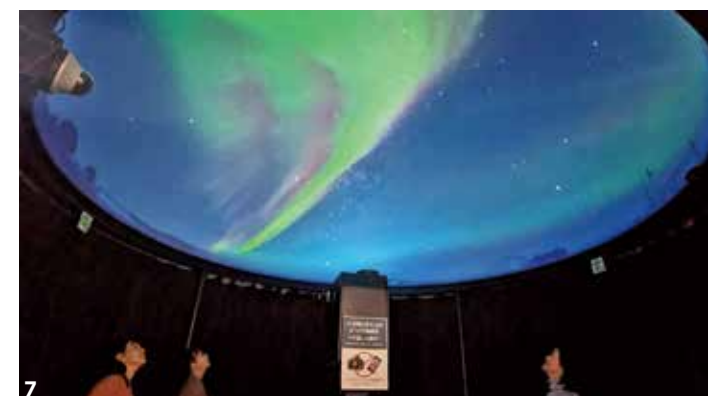
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1. Explore space at the [Tamarokuto Science Center](#), featuring a planetarium with a 27.5-meter dome. (Nishitokyo-shi) 2. Dive into the wonders of space and science in the interactive Meet the Science room. 3. Visit the [National Astronomical Observatory of Japan](#), a hub of global astronomy research. (Mitaka-shi) Explore its facilities and learn about cutting-edge astronomical discoveries.



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6. The [Polar Science Museum](#), operated by the [National Institute of Polar Research](#), is an exhibition facility dedicated to integrated research based on polar region observations. (Tachikawa-shi) 7. It features a dome screen displaying footage of the aurora, live footage from Syowa Station in Antarctica, and meteorites collected from the Antarctic.



7

A Day Trip to Fully Experience Nature

A short, one-hour train ride west from the city center will immerse you in lush forests, clear rivers, and seasonal wildlife. Tokyo's natural beauty is just a train ride away.

Itinerary 1

Immerse yourself in nature from Mount Takao to tranquil temples and parks.

Hachioji-shi/Chofu-shi/Musashino-shi

- Shinjuku Station
- ↓ 1 hour
- Takaosanguchi Station
- ↓ 7 minutes
- Kiyotaki Station
- ↓ 6 minutes
- Takaosan Station

Mount Takao, a mountain close to the city center

At 599 meters, Mount Takao has been an object of worship since ancient times. While the mountain trail can be challenging, it offers an easy hiking option with the cable car. It can get crowded during the autumn foliage season and on holidays, so weekdays are the best time to visit. Don't forget to stop by the Takao Visitor Center and the TAKAO 599 MUSEUM for a deeper experience.



- Takaosan Station
- ↓ 6 minutes
- Kiyotaki Station
- ↓ 7 minutes
- Takaosanguchi Station
- ↓ 35 minutes
- Chofu Station

15 minutes
Rent a shared bike near the station!



*Public transportation options are limited. Please confirm schedules with each provider in advance.



Jindaiji Temple, home to soba and a botanical garden

Page 11

Jindaiji Temple, a prominent head temple of the Tendai sect, boasts a history dating back to the 8th century. The area is lined with popular soba restaurants, and the Jindai Botanical Garden is just nearby.



30 minutes

Inokashira Park, a water-filled oasis

Page 15

A forest surrounds Inokashira Pond, which is fed by spring water, making it a popular spot for plum blossoms, cherry blossoms, and autumn foliage. It's also a great place for birdwatching, with wild birds frequently visiting the pond.



10 minutes

Return your bike.

A quick drink at Harmonica Yokocho

Located just outside the north exit of Kichijoji Station, Harmonica Yokocho is a narrow alley lined with around 100 establishments, giving it the shape of a harmonica. While it's a popular spot for shoppers during the day, the area comes alive at night with izakayas and other establishments. Why not stop for a drink before heading home?

3 minutes

Kichijoji Station

17 minutes

Shinjuku Station

Itinerary 2

The crystal-clear waters of Akigawa Ravine refresh your eyes, ears, and mind.

Akiruno-shi

Musashi-Itsukaichi Station

22 minutes
15 minutes

The Refreshing Mist of Hossawa Falls

Located near the source of Akigawa Ravine, Hossawa Falls cascades in four tiers, dropping about 60 meters. A promenade leads you to the basin, where you can gaze up at the lowest tier. It is the only waterfall in Tokyo to be named one of the One Hundred Waterfalls of Japan.



15 minutes

11 minutes

View of Akigawa Ravine from Ishibune Bridge

Page 5

Ishibune Bridge, 96 meters long, spans the Akigawa River, a tributary of the Tamagawa River. The surrounding deep ravine and trees clinging to the cliffs carved by the river offer a stunning display of the changing seasons. The view is especially magical in winter when the area is illuminated.



5 minutes

Relaxing at Seoto-no-Yu Onsen

Page 15

Just across Ishibune Bridge, Seoto-no-Yu Onsen in Akigawa Ravine offers alkaline water that leaves your skin feeling smooth. Popular with locals, the hot spring also features a souvenir shop, making it a perfect stop on your way home.



16 minutes

Musashi-Itsukaichi Station

*Travel times are provided as a general guide.

*The information contained in this publication is accurate as of the end of August 2024. Since this information may change, we recommend confirming the details by phone or other means before setting out on your trip. Please be aware that we will assume no responsibility for any damages arising from the information contained in this publication.

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Itinerary 3

Okutama-machi, located at the western edge of Tokyo, boasts a forest coverage of 94%. Spend a day exploring and discovering the natural treasures of the mountains.

Okutama-machi

Okutama Station

30 minutes
5-25 minutes

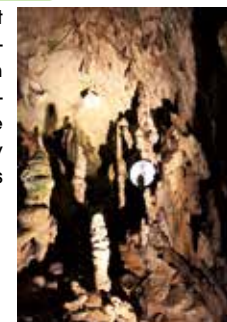
*The nearest bus stop differs depending on whether it is a weekday or a holiday.



Art of the Earth, Nippara Cave

Page 5

Stretching 1,270 meters with a height difference of 134 meters, this limestone cave is one of the largest in the Kanto region. It features a mysterious landscape with icicle-like stalactites, stalagmites formed by dripping lime-rich water, and rocks shaped like Kannon and frogs.



5-25 minutes
*The nearest bus stop differs depending on whether it is a weekday or a holiday.

30 minutes

Okutama Station

15 minutes

Lake Okutama, a peaceful mountain reservoir

Page 6

Surrounded by seasonal beauty—cherry blossoms, fresh greenery, autumn leaves, and snow—Lake Okutama is a reservoir formed in the shadow of the Ogouchi Dam and serves as a vital water source for Tokyo. The pedestrian-only floating bridges that cross the lake offer a thrilling experience as they gently sway.



20 minutes

10 minutes

Moegi-no-Yu Onsen, a hot spring reflecting Earth's history

Page 14

At Moegi-no-Yu, you can relax in hot springs sourced from Japan's oldest stratum, the Paleozoic layer. The open-air bath offers views of the Tama River flowing nearby, surrounded by lush greenery. There is also a restaurant and souvenir shop on-site.



10 minutes

Okutama Station



All About Tama:
The Official Website for Tokyo's Tama Area

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