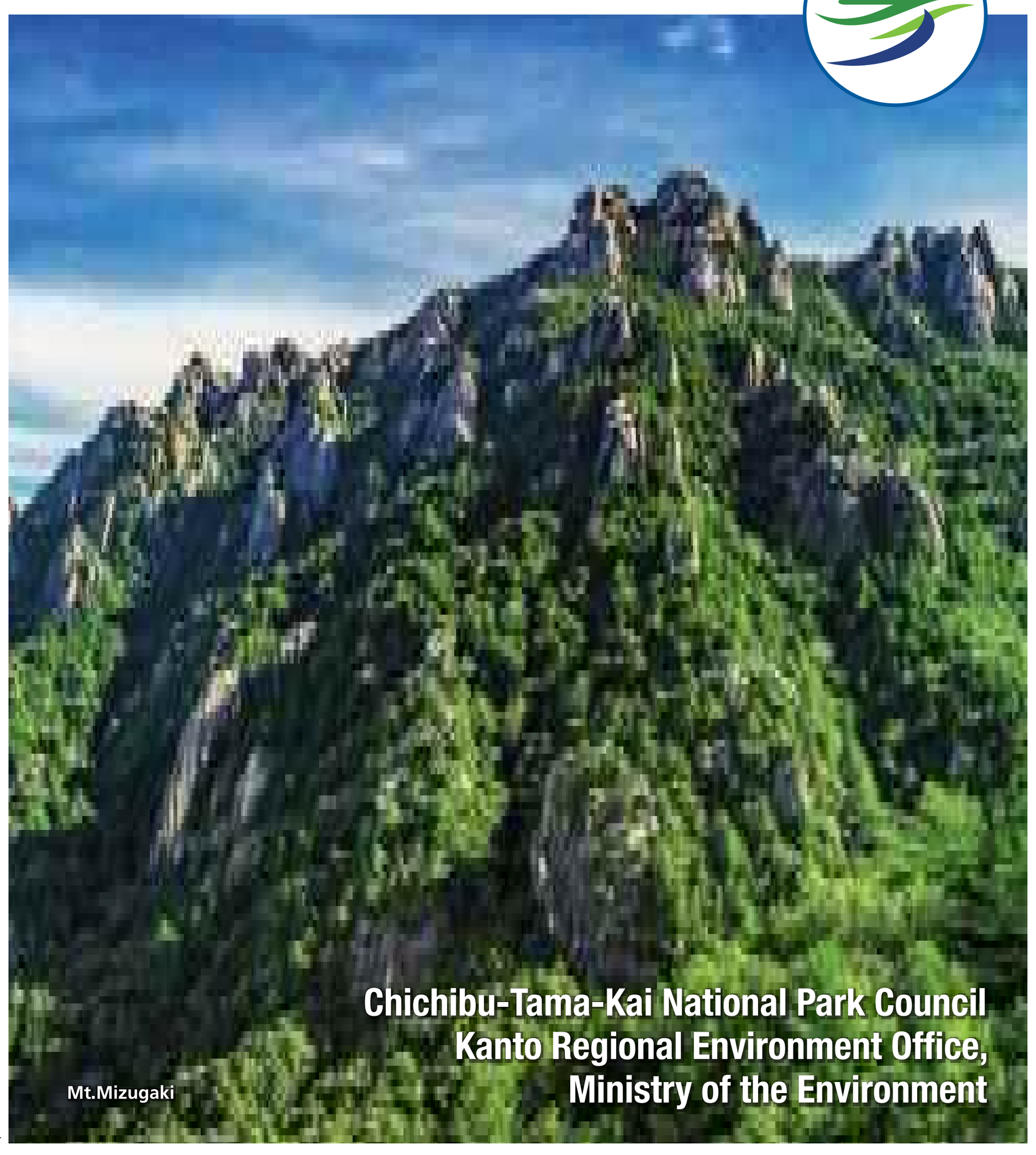
The closest mountain park to the Greater Tokyo Area, featuring scenic forests and gorges

Chichibu-Tama-Kai National Park



Mt.Mizugaki

Chichibu-Tama-Kai National Park Country Code

* "Country code" is a set of rules intended to improve etiquette among users of the park.

— To preserve the nature of the national park —

"Relax and enjoy the nature quietly"
The natural setting and landscape are magnificent. Do not simply hurry to your destination. Do not crowd your itinerary; take time to enjoy nature.

"Plan and prepare carefully."
The park has snow and frozen areas until early spring. The sun sets early in winter. To stay safe, ask for advice from experienced mountain climbers and check your destination and route.

"Thank landowners and managers for their goodwill."
The national park comprises national and public lands as well as a large amount of private land. Some trails and public facilities are leased thanks to landowners' goodwill. Avoid acts which inconvenience landowners and managers.

"Do not idle your vehicle in the parking lot."
Emissions generated by idling your car pollute the clean air. Avoid wasteful idling in the parking lot.

"Never throw away trash and garbage. Take it all home."
Even a little trash and garbage on the ground is very noticeable and affects wild animals. Take it all home. Avoid bringing items which will generate trash and garbage.

"Stay on trails and walkways."
If you deviate from trails and walkways to take photos or for other purposes, you may fall, lose your way, and damage the vegetation. Make sure to stay on trails and walkways.

"Keep wildlife intact."
Various species of wildlife which inhabit the natural environment are an important part of the ecosystem. Preserve the wildlife to maintain the ecosystem.

"Do not start forest fires."
Once a forest fire starts, it is difficult to extinguish and vast forests may be lost. Never make a bonfire or throw away cigarette butts.

"Enjoy camping at campgrounds."
Enjoy camping at campgrounds to stay safe and preserve the ecosystem.

"Use public facilities, including rest rooms, neatly."
Fouling public facilities, including rest rooms and refuge huts, is unpleasant for other users. Use public facilities carefully to avoid fouling or damage.

Contact information about the Chichibu-Tama-Kai National Park

Greenery Environment Section, Nature Environment Division, Bureau of Environment, Tokyo Metropolitan Government, 2-8-1 Nishishinjuku, Shinjuku-ku, Tokyo 163-8001 +81-3-5388-3508

Nature Conservation and Greenery Division, Department of Environment, Saitama Prefectural Government, 3-15-1 Takasago, Urawa-ku, Saitama City, Saitama Prefecture 330-9301 +81-48-830-3156

Coexistence with Nature Promotion Division, Energy and Environment Department, Yamanashi Prefectural Government, 1-6-1 Marunouchi, Kofu City, Yamanashi Prefecture 400-8501 +81-55-223-1522

Nature Conservation Division, Environment Department, Nagano Prefectural Government, 692-2 Habashita, Minaminagano, Nagano City, Nagano Prefecture 380-8570 +81-26-235-7178

Okutama Ranger Office, Ministry of the Environment, 171-1 Hikawa, Okutama-machi, Nishitama-gun, Tokyo 198-0212 +81-428-83-2157

4th edition, 1st impression Issued Oct 2024

◆Natural Parks Act (Act No. 161 of June 1, 1957)

(Purpose)
Article 1 The purpose of this Act is to contribute to the health, recreation and increase awareness of citizens and to contribute to the conservation of biological diversity by protecting excellent natural scenic areas and promoting the utilization of those areas.

(Special Areas)
Article 20
(3)The acts listed in the following items must not be carried out within a special area(with the exception of a special protection zone; hereinafter the same applies in this Article) without the permission of the Minister of the Environment in the case of a national park or the permission of a prefectural governor in the case of a quasi-national park; provided, however, that this does not apply to acts to be carried out as emergency measures necessitated by an extraordinary disaster and acts set out in item (iii) to be implemented for the preservation and conservation of forests;
(i)constructing, reconstructing, or extending structures:
(ii)felling trees or bamboo:
(iii)damaging trees or bamboo within a zone designated by the Minister of the Environment:
(iv)mining minerals or quarrying soil and stones:
(v)raising or lowering the water level or water volume of a river, lake, pond, etc.:
(vi)discharging sewage or waste water into a lake, pond, or wetlands designated by the Minister of the Environment or a water area or waterway that flows into such a lake, pond, or wetland and that is within one kilometer of such a designated lake, pond, or wetland by installing a drainage facility:
(vii)installing or setting up advertisements or other similar items, or displaying advertisements or other similar items on structures, etc.:
(viii)piling or storing soil and stones or other materials designated by the Minister of the Environment outdoors:
(ix)reclaiming land from a water area by landfill or drainage:
(x)cultivating land or otherwise changing the shape of land:
(xi)collecting or damaging alpine plants or other plants designated by the Minister of the Environment:
(xii)planting or the sowing of seeds within a zone designated by the Minister of the Environment of plants that are not indigenous to that zone or plants designated by the Minister of the Environment as those with a potential risk to the conservation of the scenic beauty of that zone:
(xiii)capturing, killing, or wounding an animal that lives in the mountains or any other animal designated by the Minister of the Environment, or collecting or damaging the eggs of the animal:
(xiv)within a zone designated by the Minister of the Environment, releasing an animal that is not indigenous to that zone or an animal designated by the Minister of the Environment which poses a potential risk to the conservation of the scenic beauty of that zone (including if that designated animal is livestock, including the grazing of that livestock):
(xv)altering the color of a roof, wall surface, fence or wall, bridge, steel tower, water-pipe, or similar item:
(xvi)entering into wetlands or similar zones designated by the Minister of the Environment during the period designated for each such zones:
(xvii)using a horse, vehicle or motorboat, or landing an aircraft in a zone other than a zone designated by the Minister of the Environment other than on a road, open space for public use, rice field, field, pasture, or residential land:
(xviii)any act other than those listed in the preceding items that might affect the preservation of the scenic beauty of a special area and is specified by Cabinet Order.

(Special Protection Zones)
Article 21
(3)The acts listed in the following items must not be carried out within a special protection zone without the permission of the Minister of the Environment in the case of a national park or the permission of a prefectural governor in the case of a quasi-national park; provided, however, that this does not apply to acts carried out as emergency measures necessitated by an extraordinary disaster:
(i)acts listed in item (i), item (ii), items (iv) through (vii), item (ix), item (x), item (xv) and item (xvi) of paragraph (3) of the preceding Article;
(ii)damaging trees or bamboo;
(iii)planting trees or bamboo;
(iv)releasing animals (including grazing livestock);
(v)accumulating or storing items outdoors;
(vi)engaging in controlled burning or making a bonfire;
(vii)collecting or damaging plants other than trees and bamboo, or collecting fallen leaves or fallen branches;
(viii)planting or sowing seeds of plants other than trees or bamboo;
(ix)capturing, killing, or wounding animals, or collecting or damaging their eggs;
(x)using horses, vehicles or motorboats, or landing aircraft in areas other than roads or open spaces for public use;
(xi)any act other than those listed in the preceding items that might affect the preservation of the landscape of a special protection zone specified by Cabinet Order.

(Ordinary Areas)
Article 33
A person who intends to undertake the following acts in an area within a national park or a quasi-national park that is not a special area or a marine special zone(hereinafter referred to as "ordinary area"), as provided by Order of the Ministry of the Environment, must notify the Minister of the Environment in the case of a national park or the relevant prefectural governor in the case of a quasi-national park of the matters specified by Order of the Ministry of the Environment such as the type of acts, place, implementation method and scheduled date of commencement; provided, however, that this does not apply to a person who intends to conduct the acts listed in items (i), (iii), (v) and (vii) that are necessary for engaging in fishery such as setting up fishing gear in a marine area:
(i)constructing, reconstructing or extending a structure for which the size exceeds the standards specified by Order of the Ministry of the Environment (including reconstructing or extending of a structure if the size of the relevant structure will exceed the standards specified by Order of the Ministry of the Environment after that reconstruction or extension);
(ii)causing the water level or water volume of a river, lake, pond, etc. in a special area to increase or decrease;
(iii)installing or setting up advertisements or other similar items, or displaying advertisements or other similar items on structures, etc.;
(iv)land reclamation of a water area by landfill or drainage;
(v)mining minerals or gathering soil and stones (in marine areas, limited to marine areas connected to a marine special zone within one kilometer of the relevant marine special zone);
(vi)changing the shape of land; or
(vii)changing the shape of the seabed (limited to marine areas connected to a marine special zone within one kilometer of that marine special zone);

National Parks of Japan

Chichibu-Tama-Kai National Park

Designation: July 10, 1950
Reexamination: August 10, 2000
Check: February 18, 2008
2nd check: March 2023

Area by land classification (by prefecture)

	Special protection zone	Special area			Ordinary area	Total
		Class I	Class II	Class III		
Tokyo Metropolis	148	2,539	4,934	7,343	20,334	35,298ha
Saitama Prefecture	1,698	2,797	3,564	4, 652	21,700	34,411ha
Yamanashi Prefecture	1,666	3,557	9,371	9,858	22,382	46,834ha
Nagano Prefecture	279	273	61	3,747	5,356	9,716ha
total	3,791	9,166	17,930	25,600	69,772	126,259ha

1. Introduction

The Chichibu-Tama-Kai National Park straddles the borders of four prefectures: Tokyo, Saitama, Yamanashi, and Nagano. This vast mountain park is centered on the Okuchichibu main ridge in the west of the Kanto Plain. The park spans about 70 km from Mt.Mitake in the east to Mt.Mizugaki in the west, and about 40 km from Mt.Ryokami in the north to Mt.Daibosatsurei in the south.

While most national parks in Japan are located in volcanic areas, this park is situated in a non-volcanic area though it has 2,000 m-class mountains. The main ridge of the Okuchichibu mountain range in the center serves as the watershed. Rivers formed by rainwater include the Arakawa, Tama, Fuefuki (Fuji), and Chikuma (Shinano) Rivers, which flow into Tokyo Bay, Suruga Bay, and the Sea of Japan.

The topography of the park is characterized by mountains and gorges. The entire mountaintops are covered with dense primeval coniferous forests, with scattered cool and clear waterfalls and waterfall pools. The interconnecting trails are covered with thick moss and traverse various passes. The peaks command magnificent views of Mt.Fuji, Mt.Yatsugatake, and the Southern Alps, making this park special.

Located adjacent to the Greater Tokyo Area, this park is readily accessible for families to enjoy trekking, hiking, camping, and fishing. With 2,000-m mountains, visitors can enjoy a different style of mountain climbing from that in the Japanese Alps, such as traversing unexplored areas of primeval forests for several days.

Respective regions are characterized by high cultural diversity due to their long history. In the villages and at the foot of the mountainous areas, folk performing arts, which have entertained people since ancient times, have been well preserved over the generations. Cultural diversity, particularly the worship of mountains and shrines, such as Mt.Kinpu(Mt.Kinpo), Mt.Ryokami, Mitsumine-jinja Shrine, and Musashimitake-jinja Shrine, is still alive.

The rich natural environment of the park and initiatives for its sustainable use have been highly evaluated globally. In June 2019, most of the park was registered as the Kobushi Biosphere Reserve.


Okuchichibu main ridge (from Mt.Sanpo)

2. Topography, geological features, and plants

The park is located in the southern part of the Kanto Mountains. It is home to more than twenty 2,000 m-class mountains and more than eighty 1,500 m-class mountains, including Mt.Kitaokusenjodake, the highest in the park located near the border between Yamanashi and Nagano Prefectures (2,601 m). It is one of Japan's alpine areas, following the Japanese Alps (Southern, Northern, and Central Alps) and Mt.Yatsugatake.

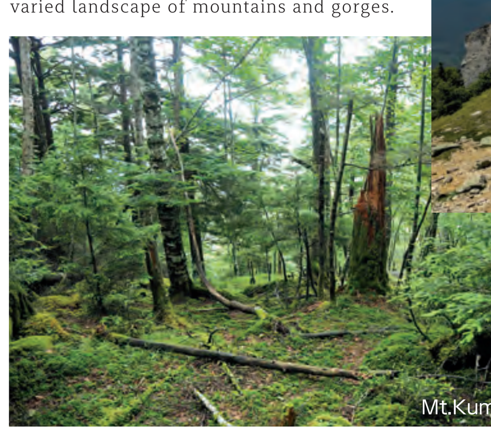
The mountain ridges in the park are of roughly the same height, so the skyline looks smooth when seen from a distance. However, the topography is steep with deep ravines created by the Arakawa, Tama, Fuefuki (Fuji), and Chikuma (Shinano) Rivers as well as their tributaries. Geological features consist mainly of sedimentary rocks and plutonic rocks (granitoids). These characteristics form the fundamental landscape of the park. Sedimentary rocks of the Chichibu zone (formed in the Paleozoic era to the Mesozoic era) are distributed in the north and northeast areas of the park. Much chert and limestone are intercalated. Mountains which consist of chert typically have rocky ridges. Areas with limestone have unique characteristics, such as limestone caverns and plants peculiar to the limestone ground. Sedimentary rocks of the Shimanto zone (formed in the Mesozoic era), which consists mainly of sandstone and mudstone, are distributed in the central to southeast parts of the park. Meanwhile, intrusion of granitoids, which were formed in the Cenozoic era, is widely found in the southwest to west of the park. In areas with granitoids, the rocky peaks of Mt.Mizugaki and other mountains can be found. Nevertheless, the overall appearance of the mountains is relatively smooth.

In the park, the vegetation transitions from the warm-temperate zone at the foot of the mountains to the cool-temperature zone and subalpine zone toward the peaks. The vertical distribution of vegetation typical on the Pacific side in the central part of mainland Japan can be clearly seen. Notably, in the special protection zones and special areas, which are the core of the park, the natural grade of vegetation is generally high. These zones and areas also contain many scientifically valuable species. From the west of the park, which is relatively high above sea level, to the main ridge line, subalpine coniferous forests are widely distributed, including northern Japanese hemlock, spruce, and Abies mariesii Mast. Together with mosses and ferns on the forest floor, the mountains convey a sense of deep grandeur. There are secondary forests and woods in the east. The extensive deciduous broad-leaved forests of Japanese beech, Quercus crispula var. crispula, birch, and maple look magnificent in different ways through the four seasons. Southern Japanese hemlock, which grows on steep terrain, provides a decorative accent. Azalea and alpine roses add color to these forests. The beautiful forest floor is covered with moss and streams flowing through the deep valley forests, creating a profound and peaceful scenery characteristic of the park.

The park area lies almost entirely below the tree line, but alpine scrub, including wind-exposed grassland and Siberian dwarf pines, can be seen on the ridges.

The topography, geological features, and plants in the park create a distinctively varied landscape of mountains and gorges.


Mt.Kinpu(Mt.Kinpo) (Gojyoiwa Rock)


Mt.Kumotori

3. Designated plants

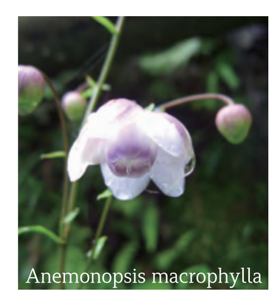
Designated plants refer to plants that are important components of the landscape and rare plants, and that are designated by the Minister of the Environment. Collecting or damaging such plants is prohibited by the Natural Parks Act. Let' s protect nature in the Chichibu-Tama-Kai National Park.

●Lycopodiaceae
Huperzia miyoshiana
Lycopodiella inundata
Lycopodium complanatum
Lycopodium nikoense
Lycopodium obscurum
Phlegmariurus cryptomerinus
●Selaginellaceae
Selaginella shakotanensis
Selaginella tamamontana
Selaginella tamariscina
●Equisetaceae
Equisetum hyemale subsp. hyemale
●Ophioglossaceae
Botrychium lunaria
Botrychium multifidum var. multifidum
●Osmundaceae
Osmunda claytoniana
Osmunda lancea
Osmunda x intermedia
●Hymenophyllaceae
Crepidomanes schmidtianum var. schmidtianum
Hymenophyllum oligosorum
●Salviniaceae
Salvinia natans
●Pteridaceae
Cheilanthes argentea
Cheilanthes brandtii
Haplopteris flexuosa
Haplopteris fudzinoi
●Dennstaedtiaceae
Dennstaedtia wilfordii
Monachosorum maximowiczii
●Cystopteridaceae
Acystopteris japonica
Cystopteris fragilis
Cystopteris sudetica var. sudetica
Gymnocarpium dryopteris
Gymnocarpium robertianum
Gymnocarpium oyamense
●Aspleniaceae
Asplenium capillipes
Asplenium pseudowilfordii
Asplenium ruprechtii
Asplenium ruta-muraria
Asplenium viride
Asplenium x kitazawae
●Woodsiaceae
Woodsia glabella
Woodsia macrochlaena
●Blechnaceae
Woodwardia orientalis
●Athyriaceae
Athyrium atkinsonii
Athyrium imbricatum
Athyrium melanolepis
Athyrium nikkoense
Athyrium spinulosum
Athyrium crenulatoserrulatum
Deparia viridifrons
Diplazium sibiricum var. sibiricum
●Thelypteridaceae
Phegopteris bukoensis
Thelypteris nipponica var. borealis
Thelypteris quelpaertensis
●Hypodematiaceae
Hypodematium crenatum subsp. fauriei
●Dryopteridaceae
Cyrtomium caryotideum
Dryopteris amurensis
Dryopteris fuscipes
Dryopteris maximowiczii
Polystichum igaense
Polystichum capillipes
Polystichum makinoi
Polystichum ohmurae
Polystichum mayebarae
Polystichum tsus-simense var. tsus-simense
Polystichum x izuense
Polystichum x kurokawae
Polystichum x mashikoi
Polystichum x namegatae
Polystichum x ongataense
Polystichum x titibuense
●Polypodiaceae
Goniophlebium someyae
Lepisorus annuifrons
Loxogramme duclouxii
Loxogramme grammitoides
Micropolypodium okuboi
Neolepisorus ensatus
Pleurosoriopsis makinoi
Polypodium fauriei
Pyrrosia hastata
Pyrrosia linearifolia
Pyrrosia lingua
Selliguea veitchii
●Pinaceae
Picea maximowiczii
Picea maximowiczii var. senanensis
Pinus pumila
●Cupressaceae
Juniperus communis var. hondoensis
Juniperus chinensis var. sargentii
●Schisandraceae
Schisandra chinensis
●Aristolochiaceae
Asarum caulescens
Asarum nipponicum var. nipponicum


Lilium medeoloides var. medeoloides

Asarum sieboldii
●Magnoliaceae
Magnolia sieboldii subsp. japonica
●Lauraceae
Lindera sericea var. glabrata
Lindera triloba
●Araceae
Arisaema limbatum
Arisaema solenochlamys
Symplocarpus renifolius
●Tofieldiaceae
Tofieldia coccinea var. coccinea
Tofieldia coccinea var. gracilis
Tofieldia coccinea var. kondoi
●Melanthiaceae
Helonias orientalis
Paris verticillata
Trillium apetalon
Veratrum stamineum var. stamineum
●Liliaceae
Amana edulis
Amana erythronioides
Erythronium japonicum
Gagea lutea
Lilium callosum var. callosum
Lilium leichtlinii f. pseudotigrinum
Lilium maculatum var. bukosanense
Lilium medeoloides var. medeoloides
Streptopus amplexifolius var. papillatus
Tricyrtis hirta var. hirta
Tricyrtis latifolia var. latifolia
●Orchidaceae
Androcorys pusillus
Bulbophyllum drymoglossum
Bulbophyllum inconspicuum
Calanthe alpina var. schlechteri
Calanthe discolor var. discolor
Calanthe nipponica
Calypso bulbosa var. speciosa
Cephalanthera erecta var. erecta
Cephalanthera erecta var. subaphylla
Cephalanthera falcata
Cephalanthera longibracteata
Cremastra aphylla
Cremastra appendiculata var. variabilis
Cymbidium goeringii var. goeringii
Cypripedium debile
Cypripedium japonicum var. japonicum
Cypripedium yatabeanum
Cyrtosia septentrionalis
Dactylorhiza aristata
Dactylorhiza viridis
Dactylostalix ringens
Dendrobium moniliforme
Ephippianthus sawadanus
Ephippianthus schmidtii
Epipactis papillosa var. papillosa
Epipactis thunbergii
Epipogium aphyllum
Galearis cyclochila
Gastrochilus matsuran
Gastrochilus toramanus
Gastrodia elata f. viridis
Gastrodia elata var. elata
Goodyera pendula
Goodyera repens
Goodyera schlechtendaliana
Gymnadenia conopsea
Herminium lanceum
Lecanorchis japonica
Liparis japonica
Liparis krameri var. krameri
Liparis kumokiri
Liparis makinoana
Malaxis monophyllos
Myrmechis japonica
Neolindleya camtschatica
Neottia acuminata
Neottia cordata
Neottia makinoana
Neottia nipponica
Neottia papilligera
Neottia puberula
Neottianthe cucullata
Oberonia japonica
Oreorchis patens
Platanthera chorisiana var. chorisiana
Platanthera florentii
Platanthera hologlottis
Platanthera hondoensis
Platanthera iinumae
Platanthera japonica
Platanthera mandarinorum subsp. mandarinorum var. oreades
Platanthera mandarinorum subsp. maximowicziana
Platanthera minor var. minor
Platanthera ophrydioides f. australis
Platanthera sachalinensis
Platanthera takedae subsp. takedae
Platanthera tipuloides subsp. tipuloides var. sororia
Platanthera ussuriensis
Pogonia japonica
Pogonia minor
Ponerorchis graminifolia var. graminifolia
Ponerorchis joo-iokiana
Taeniophyllum glandulosum
Thrixspermum japonicum
Tipularia japonica
Yoania amagiensis
Yoania japonica
●Iridaceae
Iris domestica
Iris ensata var. spontanea
Iris gracilipes
●Asphodelaceae
Hemerocallis citrina var. vespertina
Hemerocallis dumortieri var. esculenta
●Amaryllidaceae
Allium inutile
Allium schoenoprasum var. orientale
Allium splendens
Allium thunbergii
Allium victorialis subsp. platyphyllum
Lycoris sanguinea var. kiushiana
Lycoris sanguinea var. sanguinea
●Asparagaceae
Convallaria majalis var. manshurica
Maianthemum robustum
Polygonatum involucratum
Polygonatum macranthum
Polygonatum x desoulavyi
●Eriocaulaceae
Eriocaulon cinereum
Eriocaulon decemflorum
●Juncaceae
Juncus maximowiczii
Juncus triglumis
●Cyperaceae
Carex augustinowiczii var. augustinowiczii
Carex blepharicarpa var. blepharicarpa
Carex clivorum
Carex curvicollis
Carex grallatoria var. grallatoria
Carex grallatoria var. heteroclita
Carex latisquamea
Carex longerostrata var. longerostrata
Carex otaruensis
Carex planiculmis var. urasawae
Carex stenantha var. stenantha
Kobresia myosuroides
●Poaceae
Agrostis flaccida
Agrostis mertensii
Anthoxanthum horsfieldii var. japonicum
Anthoxanthum monticola subsp. alpinum
Brachyelytrum japonicum
Calamagrostis nana subsp. nana
Deschampsia flexuosa
Elymus nipponicus
Miscanthus oligostachyus
Poa malacantha var. shinanoana
Poa nemoralis
Schizachne purpurascens subsp. callosa
Sporobolus fertilis var. fertilis
Stipa coreana var. japonica
●Papaveraceae
Corydalis fumariifolia subsp. azurea
Corydalis ochotensis
Corydalis raddeana
Hylomecon japonica
Pteridophyllum racemosum
●Menispermaceae
Menispermum dauricum f. pilosum
●Berberidaceae
Berberis amurensis
●Ranunculaceae
Aconitum iinumae
Aconitum loczyanum
Aconitum nipponicum subsp. micranthum
Aconitum pterocaule var. pterocaule
Aconitum senanense subsp. senanense var. senanense
Actaea asiatica


Viola biflora var. biflora


Anemonopsis macrophylla

Adonis ramosa
Anemone narcissiflora subsp. nipponica
Anemone nikoensis
Anemone pseudoaltaica var. pseudoaltaica
Anemone raddeana
Anemone stolonifera
Anemonopsis macrophylla
Aquilegia buergeriana var. buergeriana
Cimicifuga japonica var. peltata
Clematis alpina subsp. ochotensis var. fusijamana
Clematis chinensis var. fujisanensis
Clematis tosaensis
Coptis lutescens
Coptis quinquefolia var. quinquefolia
Coptis trifolia
Dichocarpum trachyspermum
Enemion raddeanum
Eranthis pinnatifida
Pulsatilla cernua
Ranunculus acris var. nipponicus
Ranunculus japonicus var. akagiensis
Thalictrum actaeifolium
Thalictrum aquilegiifolium var. sibiricum
Thalictrum baicalense
Thalictrum minus var. chionophyllum
Thalictrum minus var. kemense
Thalictrum simplex var. brevipes
Thalictrum tuberiferum var. tuberiferum
Trautvetteria caroliniensis var. japonica
Trollius hondoensis Nakai
Trollius japonicus
●Buxaceae
Buxus microphylla var. japonica
●Paeoniaceae
Paeonia japonica
Paeonia obovata
●Hamamelidaceae
Hamamelis japonica var. megalophylla
●Grossulariaceae
Ribes ambiguum var. ambiguum
Ribes fasciculatum var. fasciculatum
Ribes japonicum
Ribes maximowiczianum
Ribes sinanense
●Saxifragaceae
Astilbe formosa
Astilbe japonica
Chrysosplenium album var. stamineum
Chrysosplenium flagelliferum
Chrysosplenium kamtschaticum
Chrysosplenium kiotense
Chrysosplenium macrostemon var. macrostemon
Mitella pauciflora
Peltoboykinia tellimoides
Saxifraga cortusifolia var. cortusifolia
Saxifraga fortunei var. alpina f. rubrifolia
Saxifraga fortunei var. mutabilis
Saxifraga fortunei var. obtusocuneata
Saxifraga fusca subsp. kikubuki
Tanakaea radicans
●Crassulaceae
Sedum shimizuanum
Hylotelephium verticillatum var. verticillatum
Hylotelephium viride
Orostachys japonica
Rhodiola rosea
Sedum hakonense
Sedum subtile
●Fabaceae
Crotalaria sessiliflora
Hedysarum vicioides subsp. japonicum var. japonicum
Lathyrus quinquenervius
Lespedeza buergeri f. angustifolia
Lespedeza tomentosa
Vicia amurensis
●Polygalaceae
Polygala tatarinowii
●Rosaceae
Agrimonia coreana
Filipendula multijuga var. ciliata
Filipendula multijuga var. multijuga
Geum calthifolium var. nipponicum
Geum ternatum
Potentilla ancistrifolia var. dickinsii
Potentilla fruticosa f. mandshurica
Potentilla matsumurae var. matsumurae
Prunus incisa var. bukosanensis
Prunus spinulosa
Pyrus ussuriensis var. hondoensis
Rosa fujisanensis
Rosa nipponensis
Rubus pseudoacer
Rubus pungens var. oldhamii
Sanguisorba officinalis
Spiraea chamaedryfolia var. pilosa
Spiraea nipponica f. rotundifolia
Spiraea nipponica var. nipponica
●Elaeagnaceae
Elaeagnus matsunoana
●Rhamnaceae
Berchemia pauciflora
Berchemiella berchemiifolia
Rhamnus costata
Rhamnus davurica var. nipponica
Rhamnus japonica var. microphylla
●Urticaceae
Parietaria micrantha var. coreana
Parietaria micrantha var. micrantha
●Betulaceae
Betula chichibuensis
Betula davurica var. davurica
Betula ermanii var. subcordata
●Celastraceae
Parnassia alpicola
Parnassia foliosa var. foliosa
Parnassia palustris var. palustris
●Oxalidaceae
Oxalis obtriangulata
●Euphorbiaceae
Euphorbia adenochlora
Euphorbia ebracteolata
Euphorbia sinanensis
●Salicaceae
Salix rupifraga
Salix shiraii var. kenoensis
Salix shiraii var. shiraii
●Violaceae
Viola biflora var. biflora
Viola blandiformis
Viola boissieuana var. boissieuana
Viola chaerophylloides var. sieboldiana
Viola collina
Viola hirtipes
Viola maximowicziana
Viola selkirkii
Viola shikokiana
Viola variegata var. nipponica
Viola yazawana
●Hypericaceae
Hypericum erectum var. caespitosum
Hypericum hakonense
Hypericum hakonense f. imperforatum
Hypericum japonicum
Hypericum kinashianum
Hypericum oliganthum
Hypericum senanense subsp. mutiloides
Hypericum senanense subsp. senanense
●Geraniaceae
Geranium onoei var. onoei
Geranium onoei var. onoei f. alpinum
Geranium shikokianum var. kaimontanum
Geranium shikokianum var. shikokianum
Geranium tripartitum var. tripartitum
Geranium yesoense var. nipponicum
●Onagraceae
Chamerion angustifolium
Epilobium amurense subsp. cephalostigma
Epilobium fauriei
Epilobium hornemannii
Epilobium platystigmatosum
●Sapindaceae
Acer miyabei
●Rutaceae
Zanthoxylum armatum var. subtrifoliatum
●Thymelaeaceae
Daphne koreana
Daphne pseudomezereum
●Brassicaceae
Arabis serrata var. sikokiana
Barbarea orthoceras
Cardamine anemonoides
Cardamine torrentis
Catolobus ligulifolius
Dontostemon dentatus var. dentatus
Draba kitadakensis
Draba oiana
Sisymbrium luteum
●Balanophoraceae
Balanophora nipponica
●Santalaceae
Viscum album subsp. coloratum
Viscum album subsp. coloratum f. rubroaurantiacum
●Loranthaceae
Taxillus kaempferi var. kaempferi
●Polygonaceae
Aconogonon weyrichii var. alpinum
Bistorta officinalis subsp. japonica
Bistorta vivipara
Persicaria hastatosagittata
Persicaria taquetii
●Droseraceae
Drosera rotundifolia
●Caryophyllaceae
Cerastium pauciflorum var. amurense


Schizocodon ilicifolius var. australis


Vaccinium vitis-idaea

Pseudostellaria heterantha var. heterantha
Pseudostellaria palibiniana
Silene gracillima
Silene keiskei var. keiskei
Silene keiskei var. minor
Silene wilfordii
●Amaranthaceae
Chenopodium acuminatum var. vachelii
Chenopodium bryoniifolium
Chenopodium gracilispicum
●Phytolaccaceae
Phytolacca japonica
●Hydrangeaceae
Deutzia uniflora
Hydrangea scandens
●Primulaceae
Lysimachia barystachys
Lysimachia vulgaris var. davurica
Primula japonica
Primula reinii var. kitadakensis
Primula reinii var. reinii
Primula reinii var. rhodotricha
●Diapensiaceae
Diapensia lapponica subsp. obovata
Schizocodon ilicifolius var. australis
Schizocodon ilicifolius var. ilicifolius
Schizocodon soldanelloides var. soldanelloides
Schizocodon soldanelloides var. soldanelloides f. alpinus
●Actinidiaceae
Actinidia arguta var. hypoleuca
●Ericaceae
Chimaphila japonica
Monotropa hypopithys
Monotropa uniflora
Monotropastrum humile
Orthilia secunda
Pyrola asarifolia subsp. incarnata
Pyrola renifolia
Arcterica nana
Arctous alpinus var. japonicus
Cassiope lycopodioides
Elliottia paniculata
Enkianthus campanulatus var. campanulatus
Enkianthus campanulatus var. palibinii
Enkianthus cernuus f. rubens
Eubotryoides grayana var. hypoleuca
Gaultheria adenothrix
Gaultheria pyroloides
Leucothoe keiskei
Loiseleuria procumbens
Phyllodoce nipponica subsp. nipponica
Rhododendron aureum
Rhododendron brachycarpum var. brachycarpum
Rhododendron degronianum var. degronianum
Rhododendron dilatatum var. dilatatum
Rhododendron keiskei var. keiskei
Rhododendron lagopus var. lagopus
Rhododendron molle subsp. Japonicum
Rhododendron molle subsp. japonicum f. flavum
Rhododendron multiflorum var. multiflorum
Rhododendron pentaphyllum var. nikoense
Rhododendron quinquefolium
Rhododendron tschonoskii subsp. tschonoskii
Rhododendron tschonoskii var. tetramerum
Rhododendron tsusiophyllum
Rhododendron wadanum
Vaccinium praestans
Vaccinium uliginosum var. japonicum
Vaccinium vitis-idaea
Empetrum nigrum var. japonicum
●Rubiaceae
Galium kamtschaticum var. kamtschaticum
Galium tokyoense
Galium verum subsp. asiaticum
Galium verum subsp. asiaticum var. asiaticum f. lacteum
Pseudopyxis depressa
Rubia hexaphylla
●Gentianaceae
Gentiana algida
Gentiana makinoi
Gentiana scabra var. buergeri
Gentiana squarrosa
Gentiana thunbergii var. thunbergii
Gentiana triflora var. japonica
Gentianopsis contorta
Halenia corniculata
Swertia bimaculata
Swertia pseudochinensis
●Apocynaceae
Vincetoxicum acuminatum
Vincetoxicum atratum
Vincetoxicum macrophyllum var. nikoense
Vincetoxicum magnificum
Vincetoxicum pycnostelma
●Boraginaceae
Ancistrocarya japonica
Lithospermum erythrorhizon
Lithospermum zollingeri
Trigonotis iinumae
●Convolvulaceae
Cuscuta australis
●Solanaceae
Physaliastrum japonicum
Solanum japonense var. takaoyamense
●Oleaceae
Syringa reticulata var. reticulata
●Gesneriaceae
Conandron ramondioides var. ramondioides
●Plantaginaceae
Veronica polita subsp. lilacina
Veronica rotunda var. petiolata
Veronica undulata
Veronicastrum japonicum var. japonicum
●Scrophulariaceae
Scrophularia musashiensis var. musashiensis
●Lamiaceae
Ajuga ciliata var. villosior
Ajuga incisa
Ajuga makinoi
Ajuga yesoensis var. tsukubana
Chelonopsis longipes
Chelonopsis yagiharana
Clinopodium macranthum
Collinsonia japonica
Comanthosphace japonica
Dracocephalum argunense
Leonurus macranthus
Loxocalyx ambiguus
Mosla japonica var .japonica
Salvia lutescens var. intermedia
Salvia plebeia
Thymus quinquecostatus var. quinquecostatus
●Phrymaceae
Mimulus sessilifolius
●Orobanchaceae
Euphrasia matsumurae
Euphrasia maximowiczii var. calcarea
Euphrasia maximowiczii var. maximowiczii
Lathraea japonica var. japonica
Lathraea japonica var. miqueliana
Melampyrum laxum var. arcuatum
Melampyrum laxum var. nikkoense
Pedicularis gloriosa
Pedicularis japonica
Pedicularis resupinata subsp. oppositifolia
Pedicularis resupinata subsp. teucriifolia var. caespitosa
Siphonostegia chinensis
Siphonostegia laeta
Aeginetia indica var. indica
Aeginetia sinensis
Phacellanthus tubiflorus
●Lentibulariaceae
Pinguicula vulgaris var. macroceras
●Campanulaceae
Adenophora divaricata
Adenophora nikoensis var. nikoensis
Adenophora nikoensis var. nipponica
Adenophora nikoensis var. petrophila
Adenophora takedae var. takedae
Campanula chamissonis
Campanula lasiocarpa
Codonopsis javanica subsp. japonica
Codonopsis ussuriensis
Peracarpa carnosa var. carnosa
Platycodon grandiflorus
●Asteraceae
Anaphalis sinica subsp. sinica
Anaphalis sinica var. pernivea
Anaphalis sinica var. viscosissima
Arnica unalaschcensis var. tschonoskyi
Aster ageratoides var. ageratoides f. purpurascens
Aster dimorphophyllus
Aster semiamplexicaulis
Aster viscidulus var. viscidulus
Chrysanthemum pallasianum
Chrysanthemum rupestre
Chrysanthemum lavandulifolium
Cirsium dipsacolepis var. dipsacolepis
Cirsium purpuratum
Crepidiastrum chelidoniifolium
Erigeron thunbergii subsp. thunbergii
Eupatorium japonicum
Hieracium japonicum
Hieracium umbellatum
Inula ciliaris var. ciliaris
Ixeridium alpicola
Ixeris chinensis subsp. strigosa
Ixeris tamagawaensis
Leontopodium japonicum var. japonicum
Ligularia fischeri
Ligularia kaialpina
Ligularia stenocephala
Miricacalia makinoana
Parasenecio hastatus subsp. orientalis var. orientalis
Parasenecio kamtschaticus
Parasenecio maximowiczianus var. alatus
Picris hieracioides subsp. japonica var. akaishiensis
Pseudognaphalium hypoleucum
Saussurea amabilis
Saussurea hisauchii
Saussurea maximowiczii var. maximowiczii
Saussurea nipponica subsp. savatieri var. savatieri
Saussurea pulchella
Saussurea sinuatoides
Saussurea tanakae
Saussurea triptera var. minor
Saussurea triptera var. triptera
Saussurea ussuriensis var. ussuriensis
Solidago virgaurea subsp. leiocarpa var. leiocarpa


Erythronium japonicum

Tephroseris flammea subsp. glabrifolia
Tephroseris furusei
Tephroseris integrifolia subsp. kirilowii
Tephroseris pierotii
Xanthium strumarium subsp. sibiricum
●Caprifoliaceae
Abelia serrata var. serrata
Abelia spathulata var. sanguinea
Linnaea borealis
Lonicera demissa var. demissa
Lonicera mochidzukiana var. mochidzukiana
Lonicera praeflorens var. japonica
Lonicera ramosissima var. ramosissima f. glabrata
Lonicera strophiophora var. glabra
Lonicera strophiophora var. strophiophora
Lonicera vidalii
Weigela maximowiczii
Zabelia integrifolia
Patrinia scabiosifolia
Patrinia triloba var. palmata
Patrinia triloba var. triloba
Valeriana flaccidissima
Scabiosa japonica var. alpina
Scabiosa japonica var. japonica
●Araliaceae
Aralia glabra
Eleutherococcus hypoleucus
Eleutherococcus trichodon
●Apiaceae
Angelica hakonensis
Angelica inaequalis
Bupleurum longiradiatum var. elatius
Chamaele decumbens var. japonica
Coelopleurum multisectum
Libanotis ugoensis var. japonica
Pleurospermum uralense
Sanicula kaiensis
Sanicula rubriflora
Sium ninsi
Tilingia tachiroei

636 species in total (revised in FY2020)


Rhododendron dilatatum var. dilatatum

4. Animals, etc.

The park is covered with deep forests from the warm-temperate zone at the foot of the mountains to the subalpine zone along the main ridges and peaks. The area features large populations of various types of animals that live in mountains and forests.

The park is inhabited by five species of large mammals: Asian black bears, Japanese serows, sika deer, wild boars, and Japanese macaques, as well as almost all typical species of mainland Japan, including Japanese dormice, ermines, and bats.

Asian black bears and sika deer inhabit the entire mountainous area. Japanese serows inhabit mainly the forests of the main ridge from Mt.Karamatsuo to Mt.Hafu to Mt.Kobushigatake to Mt.Kinpu (Mt.Kinpo). Macaques can be found in various areas, with known habitats including the Nakatsu.River, Mt.Ryokami, Obora Gorge, the northern foot of Mt.Daibosatsu, Yaendani.Gorge, the southern gorge of Mt.Obora, and Nippara.

There are many species of mountainous birds which breed in the special protection zones and special areas. In early summer, visitors can enjoy the chirping of various wild birds. Lesser cuckoos and common cuckoos, which inhabit Mt.Azusa and the Kawahake area, are well-known. Subalpine birds, such as nutcrackers and alpine accentors, can be seen in the high mountains, including Mt.Kobushigatake and Mt.Kinpu (Mt.Kinpo).

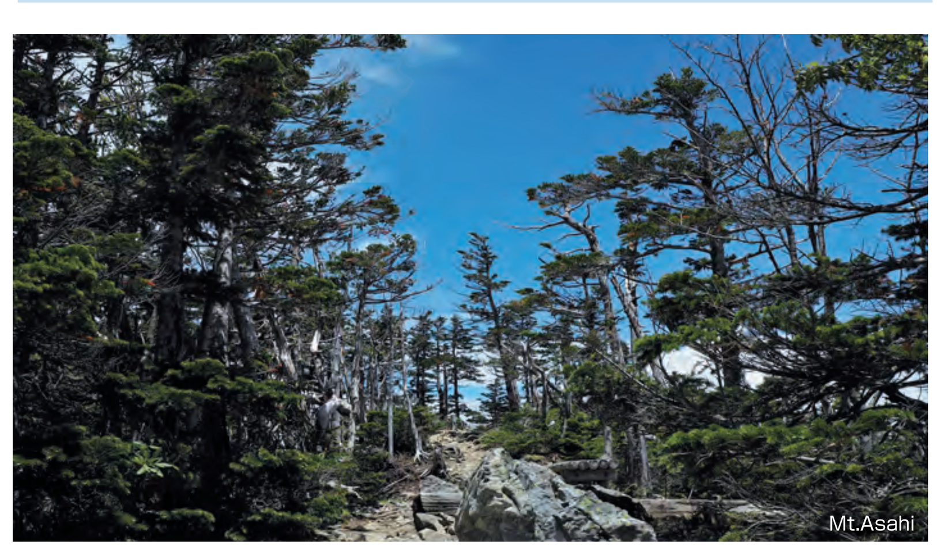
Regarding insects, various forest insects and aquatic insects, such as long-horned beetles and dragonflies, can be seen. The park is also inhabited by many moths and cicadas. In terms of butterflies, families of papilionidae, pieridae, nymphalidae (including former danainae and satyrinae), lycaenidae, and hesperiidae are found in large numbers.

The mountain streams are home to many fish, including char and cherry trout. Ayu and rainbow trout are released at the foot of the mountains. There are many clear streams inhabited by amphibians, including Japanese rift salamander, Japanese clawed salamander, and rana sakuraii. Around June and July, the beautiful croaking of kajika frogs can be heard.


Japanese serow
Japanese macaque
Blue-and-white flycatcher
Ermine

Main mountains

Mt.Asahi	6D	Mt.Shiraishi	5H
Mt.Ishihodo	7G	Mt.Shiraiwa	6 I
Mt.Utounokashira	6 J	Mt.Sottagashira	8C
Mt.O-karasu	7D	Mt.Daibosatsurei	9G
Mt.Otake	8L	Mt.Takanosu	7 J
Mt.Oyama	4E	Mt.Takamizu	7M
Mt.Ogawa	5C	Mt.Tachioka	8B
Mt.Okusenjo	6D	Mt.Tsukiyomi	8K
Mt.Osutaka	2E	Mt.Tenso	6 J
Mt.Ontake	4 I	Mt.Tokusa	5E
Mt.Kasatori	6G	Mt.Tosaka	5E
Mt.Karamatsuo	6G	Mt.Toritani	5 J
Mt.Karisakarei	5F	Mt.Nanatsuishi	7 I
Mt.Kawanori	6L	Mt.Hakutai	4G
Mt.Kita-Okusenjo	6D	Mt.Hachiman	6C
Mt.Kirimogamine	5 I	Mt.Hafusan	5F
Mt.Kinpu(Mt.Kinpo)	6C	Mt.Higashiazusa	5E
Mt.Kumotori	6 I	Mt.Higashi-Senba	6H
Mt.Kurakake	7F	Mt.Hinode	8M
Mt.Kurogane	6E	Mt.Hiryu	7H
Mt.Kurokawa	8G	Mt.Fujio	7G
Mt.Kurofuji	7B	Mt.Bonomine	6M
Mt.Keikan	8G	Mt.Mikuni	3E
Mt.Kengamine	7D	Mt.Mizugaki	5C
Mt.Kentoku	7E	Mt.Mizugamori	8C
Mt.Kokushigatake	6D	Mt.Mitake	8M
Mt.Gozen	8K	Mt.Mito	9 J
Mt.Kobushigatake	5E	Mt.Ryubami	6H
Mt.Korei	6F	Mt.Ryokami	2G
Mt.Goro	4E		
Mt.Sanpo	5E		

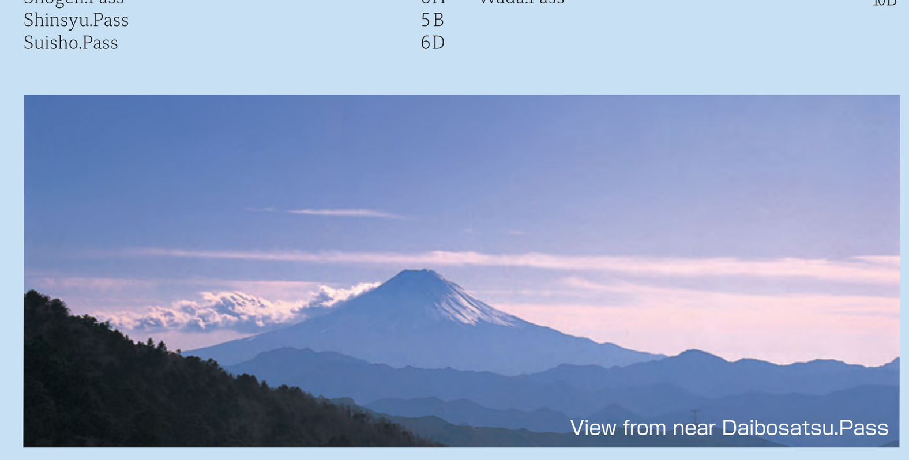

Mt.Asahi

Mountain huts

Ippaimizuhinangoya(Refuge Hut)	042-521-2947	6K	Jumonjigoya (Hut)	090-1031-5352	4E
Odarumikoya (Hut)	0553-33-9852	6D	Shogenkoya (Hut)	0553-32-1044	6H
Kaizansou (Hut)	090-3147-5424	9G	Dainichikoya (Hut)	0551-45-0521	6C
Kasatorikoya (Hut)	0553-33-9888	6G	Takanosuyamahinankoya(Refuge Hut)	042-521-2947	7 J
Kanayamasansou (Hut)	0551-45-0435	6C	Nanatsuishikoya (Hut)	090-8815-1597	7 I
kabahinangoya(Refuge Hut)	0494-23-1511	5F	Hakutaisanhinangoya(Refuge Hut)	0494-23-1511	4F
Karisakagoya (Hut)	0494-55-0456	5F	Hafusanhinangoya(Refuge Hut)	0494-23-1511	5F
kiyotakigoya(Refuge Hut)	0494-79-1100	2G	Fukuchansou (Hut)	090-3147-9215	9G
kirimogaminekyukeisha(Refuge Hut)	090-7415-2016	5 I	Fujimidairakoya (Hut)	090-7254-5698	5C
Kinposangoya (Hut)	0267-99-2030	6C	Marukawasou (Hut)	090-3243-8240	8G
Kinposanso (Hut)	0267-99-2428	5D	Mizugakisansou (Hut)	0551-45-0521	6C
Kumotorisanso (Hut)	0494-23-3338	6 I	Mizugakiyamariizenhyutte(Lodge)	0551-45-0911	6B
Kumotoriyamahinangoya(Refuge Hut)	042-521-2947	6 I	Mitousanhinankoya(Refuge Hut)	042-521-2947	9 J
kogenhyutte(Refuge Hut)	0553-20-1400	7E	Yanagihinangoya(Refuge Hut)	0494-23-1511	4F
Gozenyamahinankoya(Refuge Hut)	042-521-2947	8K	Lodgetyoubei (Lodge)	090-3149-0964	9G
Kobushigoya (Hut)	090-3337-8947	5E	Toritaniyamahinankoya(Refuge Hut)	042-521-2947	5 J
Sanjyonoyu(Hut)	0428-88-0616	7 I	Kamosawayamanoie (Hut)	0428-86-2182	8 J
Shinonomesanso (Hut)	042-597-0501	8M			

Passes

Asahi.Pass	6D	Sengen.Pass	6K
Ishimaru.Pass	9H	Daibosatsu.Pass	9G
Inukiri.Pass	7G	Tsundashi.Pass	5G
Odarumi.Pass	6D	Tokusa.Pass	7B
Ogochi.Pass	8K	Saihara.Pass	9K
Kazahari.Pass	9K	Nekosaka.Pass	8B
Karisaka.Pass	5F	Uzushiki.Pass	10K
Gan.Pass	6G	Budou.Pass	8G
Saora.Pass	7H	Magoshiro.Pass	5F
Sakawaki.Pass	8F	Marukawa.Pass	8G
Saiguchi.Pass	9 J	Mikuni.Pass	3E
Jizo.Pass	5 I	Yanagisawa.Pass	8F
Jumonji.Pass	4E	Yumihari.Pass	8C
Shogen.Pass	6H	Wada.Pass	10B
Shinsyu.Pass	5B		
Suisho.Pass	6D		


View from near Daibosatsu.Pass

Rivers and swamps

Aoiwadani.River	6 I	Sensuidani.River	8G
Aozasa.River	7E	Sogoyadani.River	6H
Akazawadani.River	4F	Takigawa.River	5G
Azusa.River	4D	Taba.River	8 I
Arakawa.River	7C	Chikuma.River	3C
Ichinose.River	7H	Lake.Chichibu	4H
Idozawa.River	6H	Lake.Chiyoda	10B
Ushiroyama.River	7 I	Tokusazawa.River	5F
Edasawa.River	6G	Tokuwa.River	7E
Okumotoridani.River	6 I	Tosakadani.River	6E
Otaba.River	6M	Nakase.River	6G
Ochi.River	4 I	Nakatsu.River	3E
Obora.River	5 I	Nishizawa.River	4E･6E
Lake.Okutama	8K	Nishimatazawa.River	5D
Kanayamazawa.River	6E	Nippara.River	6 J
Kamanosawa.River	5E	Lake.Nosen	8C
Karamatsudani.River	6 I	Happyakudani.River	5H
Kanna.River	3G	Higashizawa.River	6E
Kyounosawa.River	6E	Higashimatazawa.River	5D
Matanosawa.River	4F	Hirokawa.River	6F
Kinpusan.River	4D	Hirogawarazawa.River	3F
Kudosawa.River	6F	Lake.Hirose	6F
Kosuge.River	8 I	Fuefuki.River	6F
Kosode.River	7 I	Hontani.River	6B
Sawaradani.River	6H	Lake.Mizugaki	6A
Shiokawa.River	6A	Minetani.River	7 J
Shinsyudani.River	5E	Yaendani.Gorge	8C
		Yanagisawa.River	7G

Scenic spots

Aoiwa Limestone Cave	7 I
Inamuraiwa Rock	6K
Otake Limestone Cave	8M
Kinpo Gorge	5C
Gojyoiwa Rock	6C
Takamiiwa Rock	6C
Headwater of the Chikuma River	5E
Tsusenkyo Gorge	6A
Tsuzuraiwa Rock	8M
Tsubakuroiwaganmyaku	8B
Nakatsukyo Gorge	3G
Nishizawa Gorge	6E
Nippara Limestone Cave	6K
Nozokiiwa Rock	4F
Mitake Valley	7M
Mitakesyosenkyo Gorge	9B
Mitsuiwa Rock	6H

Waterfalls

Uodomenotaki.Falls	6E
Otaki.Falls	8C･8L
Kamanotaki.Falls	6 J
Karasawanotaki.Falls	5D
Kiyotaki.Falls	2G
Shoryunotaki.Falls	3G
Shiraitonotaki.Falls	8H
Seijyonotaki.Falls	4 I
Sengataki.Falls	9B
Tengudaki.Falls	9M
Nanatsugamagodannotaki.Falls	6E
Nejirenotaki.Falls	8L
Hyakuhironotaki.Falls	6L
Fudoutaki.Falls	4H
Hossawanotaki.Falls	9L
Mienotaki.Falls	6E
Mitsukamanotaki.Falls	8L

Tokyo Metropolis

In Tokyo Metropolis, the Chichibu-Tama-Kai National Park is popularly known as Okutama. The park attracts many visitors seeking to casually enjoy the great natural setting in just two hours from downtown Tokyo. Most visitors come to the park mainly for hiking and mountain climbing, as well as various other activities such as camping and canoeing.

— Okutama and Mt.Kumotori —

The park features mountains and gorges. One particularly famous mountain in Tokyo Metropolis is Mt.Kumotori, which is one of the One Hundred Mountains of Japan. Mt.Kumotori is the highest mountain in Tokyo, rising to over 2,000 m. It attracts many mountain climbers for authentic mountain climbing. Subalpine vegetation is observed on the north side of the peak, which also offers 360° panoramic views.

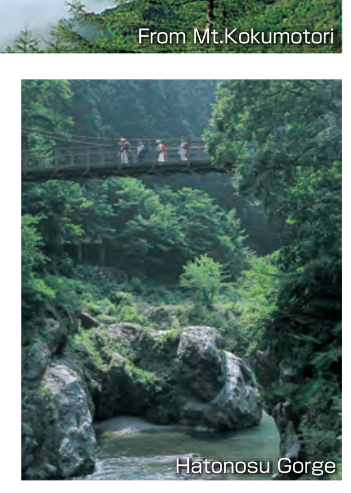

From Mt.Kokumotori

— Lake.Okutama and gorges —

The area around Akigawa Gorge and Lake.Okutama is a sightseeing spot in Tokyo Metropolis, and is widely used for camping and hiking. The Akigawa.River features a beautiful gorge with gentle landscape in contrast to the steep gorges found along the main branch of the Tama.River, such as Nippara and Hatonosu. Lake.Okutama is a man-made lake behind the Ogochi Dam, which was built across the Tama.River. The structure is in harmony with the natural scenery.

— Visitor centers —

The Tokyo Metropolitan Government operates visitor centers in Okutama, Mitake, and Yama no Furusato Mura to assist visitors. The respective visitor centers regularly organize outdoor school and nature observation programs, which attract many visitors.


Hatonosu Gorge

Saitama Prefecture

In Saitama Prefecture, the Chichibu-Tama-Kai National Park is located about 100 km up the Arakawa.River from Tokyo, and is known as Okuchichibu. Most of its mountains are covered with deep primeval forests from the foot to the ridge, with the mountains and gorges characterized by a particular beauty. Visitors can enjoy authentic mountain climbing on Mt.Kobushigatake and Mt.Ryokami, which are on the list of the One Hundred Mountains of Japan, close to the Greater Tokyo Area.


Mt.Ryokami

— Tochimoto —

Tochimoto is located at the junction of the Chichibu Main Road, which connects to Koshu in Yamanashi Prefecture over the Karisaka.Pass, and the Shinshu Main Road, which leads to Shinshu in Nagano Prefecture over the Jumonji.Pass. Previously, Tochimoto was a traffic nexus; the Tochimoto Barrier was established about 400 years ago. Today, it is a national historic site.

National Road 140 passing in front of the former barrier (Chichibu Main Road) was chosen as one of the 100 best roads of Japan.

— Nakatsukyo Gorge —

The Nakatsukyo Gorge is a scenic spot designated by the prefectural government, running about 10 km from the Shiozawa district to the Nakatsugawa district (part of the Nakatsu.River, one of the upstream tributaries of the Arakawa.River), and is characterized by beautiful nature.

Its colors change throughout the four seasons: the azaleas in spring, fresh green leaves in summer, and autumn foliage are particularly impressive.


Tochimoto Barrier


Nakatsukyo Gorge

Yamanashi Prefecture

Located in the north of Yamanashi Prefecture, the park is home to Mt.Mizugaki, Mt.Kinpu, Mt.Kobushigatake, Mt.Kumotori, and Mt.Daibosatsurei, which are popular mountains listed in the One Hundred Mountains of Japan. Because visitors can enjoy hiking and authentic mountain climbing, the park attracts many mountain climbers each year. It features natural sights, such as the Mitakesyosenkyo Gorge and Nishizawa Gorge, historic sites related to the Takeda family including Kanazakura-jinja Shrine and Unpoji Temple, and the Masutomi Radium Hot Spring Village, a hot spring health resort. Visitors can enjoy beautiful scenery throughout the four seasons and various activities.

— Mitakeshosenkyo Gorge —

In June 2020, the Mitakeshosenkyo Gorge was recognized as part of the Japan Heritage "Origin of Craftsmanship in Koshu: Mitakeshosenkyo Gorge," with beautiful gorges and shrines as its cultural properties, because crystals produced in the area around Shosenkyo Gorge and the processing technologies provided the foundation of the jewelry industry and led to modern science and technology. It was also designated as a special place of scenic beauty by the Japanese government. It is well-known as the most beautiful gorge in Japan.

The gorge is located midstream of the Arakawa.River, which originates on Mt.Kinpu and Mt.Kokushigatake. It features impressive granite cliffs which were carved over many years, as well as strangely shaped rocks, such as Tengu-iwa (named after a Japanese goblin) and Rakuda-ishi (camel stone). Visitors can enjoy the beautiful scenery of the gorge as it changes through the four seasons, from the walkway built along the side.


Shosenkyo Gorge (Kakuenpo Peak)

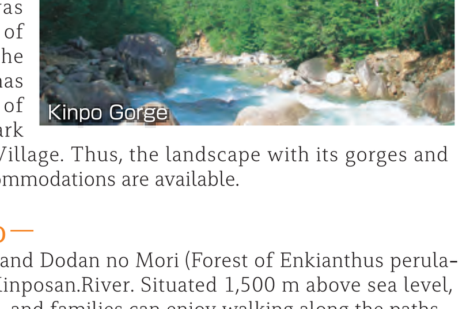
— Nishizawa Gorge —

The Nishizawa Gorge features many waterfalls as well as majestic and beautiful forms which were created when huge granite rocks were eroded by the clear waters. Mountain streams that flow through primeval forests have mysterious powers. The gorge features a succession of waterfalls including Mie, Uodome, Ryujin, and Koito; the Nanatsugamagodannotaki.Falls are especially spectacular, and there is a hiking course along the gorge. The beautiful scenery, which changes with the seasons, attracts visitors throughout the year. The number of visitors surges in mid-May, when large areas of pink alpine roses bloom, and in around late October, when the autumn foliage is at its peak.


Nishizawa Gorge (Nanatsugamagodannotaki.Falls)

Nagano Prefecture

Kawakami Village, which is located in the northwest of the park, lies at the source of the Chikuma (Shinano) River, which is the longest river in Japan. It is famed as one of the largest production areas of highland vegetables in Japan. The Forest at the Source of the Chikuma.River, which yields abundant water, was selected as one of the One Hundred Forests of Water Sources and supports agriculture in the area. Access from the Greater Tokyo Area has been greatly improved by the development of high-speed transportation networks. The park accounts for 46% of the area of Kawakami Village. Thus, the landscape with its gorges and mountains is distinctively varied. Various accommodations are available.


Kinpo Gorge

—Kinpo Gorge and Mt.Kinpo—

Kinpo Fureai no Mori (Kinpo Nature Forest) and Dodan no Mori (Forest of Enkianthus perulatus) are located in the upper reaches of the Kinposan.River. Situated 1,500 m above sea level, this forest park has cabins and barbeque areas, and families can enjoy walking along the paths.

Mawarimedaira, which is the trailhead of Mt.Kinpo, features a campground and Kinposansou (Hut); this hut accommodation facility was built using natural larch, and guests can feel the warmth of the timbers. Mawarimedaira is surrounded by rock peaks, including Yaneiwa Rock. It is also famed as the mecca of free climbing.

Mt.Kinpo is an open mountain well-lit by the sun, and its peak features huge granite rocks. The northern slope is entirely covered with Siberian dwarf pines. It is one of the highest mountains in the Okuchichibu mountains where coniferous forests grow, allowing visitors to enjoy the atmosphere of the Japanese Alps.

—Source of the Chikuma.River and Mt.Kobushigatake—

Mokidaira, which is the trailhead to Mt.Kobushigatake and Jumonji.Pass, is located in the upper reaches of the Chikuma.River. The pass is a peaceful spot located in a primeval forest, whose floor is blanketed with moss. It has swathes of Rhododendron degronianum and comes alive with vivid colors when the flowers bloom. When you enter Nishizawa and walk along the rumbling headwaters of the Chikuma.River, you will reach a small stream of spring water where a signpost indicates that this is the source of the Chikuma/Shinano River. Mt.Kobushigatake is a major mountain of Okuchichibu, so named because it spans the three districts of Kai, Musashi, and Shinano. Its peak is covered with deep subalpine coniferous forests that represent this majestic mountain.


Mt.Kobushigatake