



# Chichibu Tama Kai National Park

Japan's  
National Parks  
— Contents —  
Compilation  
2023

## Activity Guidebook

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



- This compilation of contents contains information as of March 2023 and is subject to change due to new coronaviruses (COVID-19) and other factors.
- All photos shown are for illustrative purposes only and may differ from actual conditions. ● Prices and contents are subject to change.
- Please contact the provider in advance as the listed tour periods and travel times may change depending on weather and other conditions.
- Maps, scales, and travel times listed in the model course are for reference only.

# Chichibu Tama Kai National Park



View from Mt. Kitaoku Senjo



Nishizawa Gorge



Gojojiwa Rock at Mt. Kinpu



Mitake Valley



Evening view of Karisaka Pass



Mt. Kobushigatake



Mikuni Ridge



Frost of Mt. Kumotori

## The mountain park with forest and gorges beauty closest to the Greater Tokyo Area

This is the mountain park of forests and gorges closest to the Greater Tokyo Area.

The Okuchichibu mountain area, which spans Tokyo, Saitama, Yamanashi, and Nagano prefectures, is a vast area with 2,000-meter-high mountains such as Mt. Kita Okusenjo(2,601m), Mt. Kinpu Mt. Kobushigatake, Mt. Kumotori, etc. Furthermore, Mt. Daibosatsurei is located to the south and Mt. Ryokami to the north. This is a mountain area without volcanoes, which is rare in Japan, a country of volcanoes.

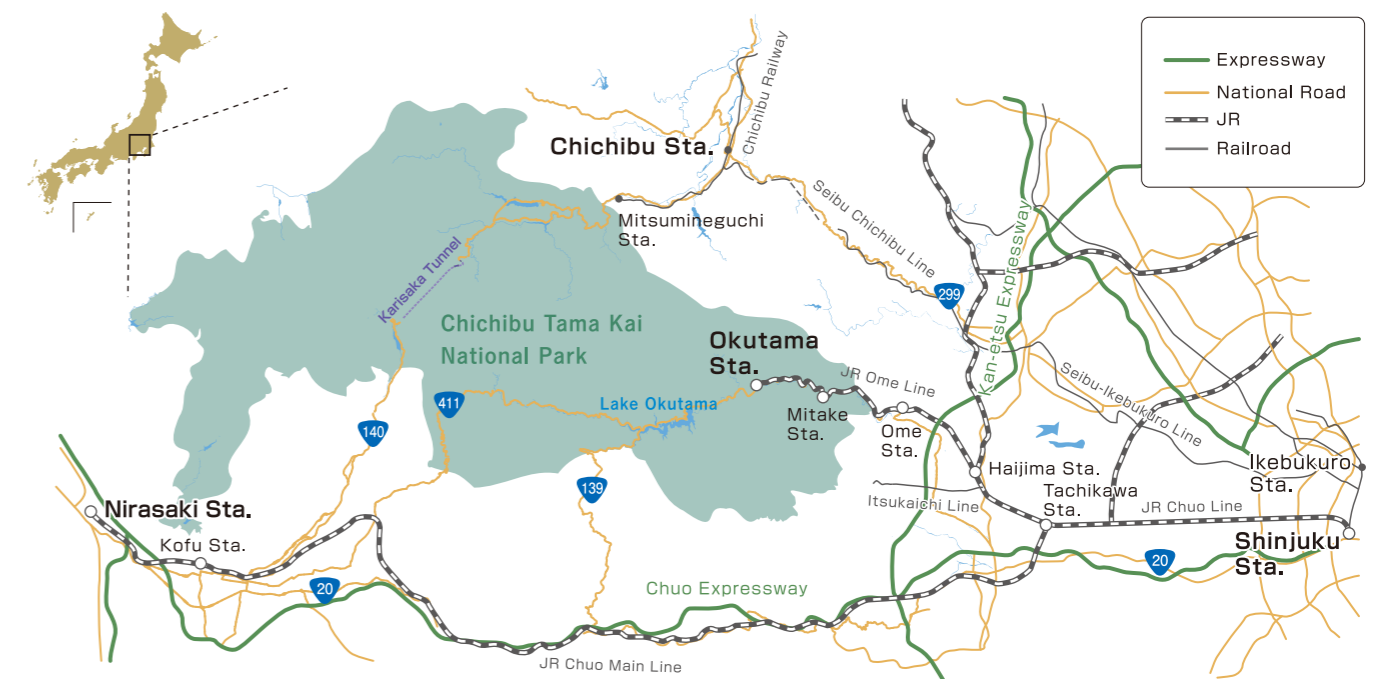
The area is lined with neat man-made forests of Cedars, Cypresses, and Larches, as well as virgin forests of subalpine conifers such as Japanese hemlock and Veitch's fir, in a land covered with dark but vivid green mosses and ferns. These mountainous areas are the source of water for the Arakawa River, Tama River, Fuefuki River (Fuji River), Chikuma River (Shinano River), and other rivers that support the Greater Tokyo Area and one of the

largest breadbasket regions in Japan.

The abundant water flows down through different hardness sedimentary rocks and granite, creating waterfalls and waterfall basin, and carving beautiful and diverse gorges such as Mitake Valley, Akigawa Valley, Nakatsukyo Gorge, Nishizawa Gorge, Mitakeshosenkyo Gorge, and others.

In this national park, with its deep natural environment and close proximity to human life, the diverse cultures related to mountain and shrine worship, including Musashi Mitake-jinja Shrine and Mitsumine-jinja Shrine, are still alive and well, attracting many visitors.

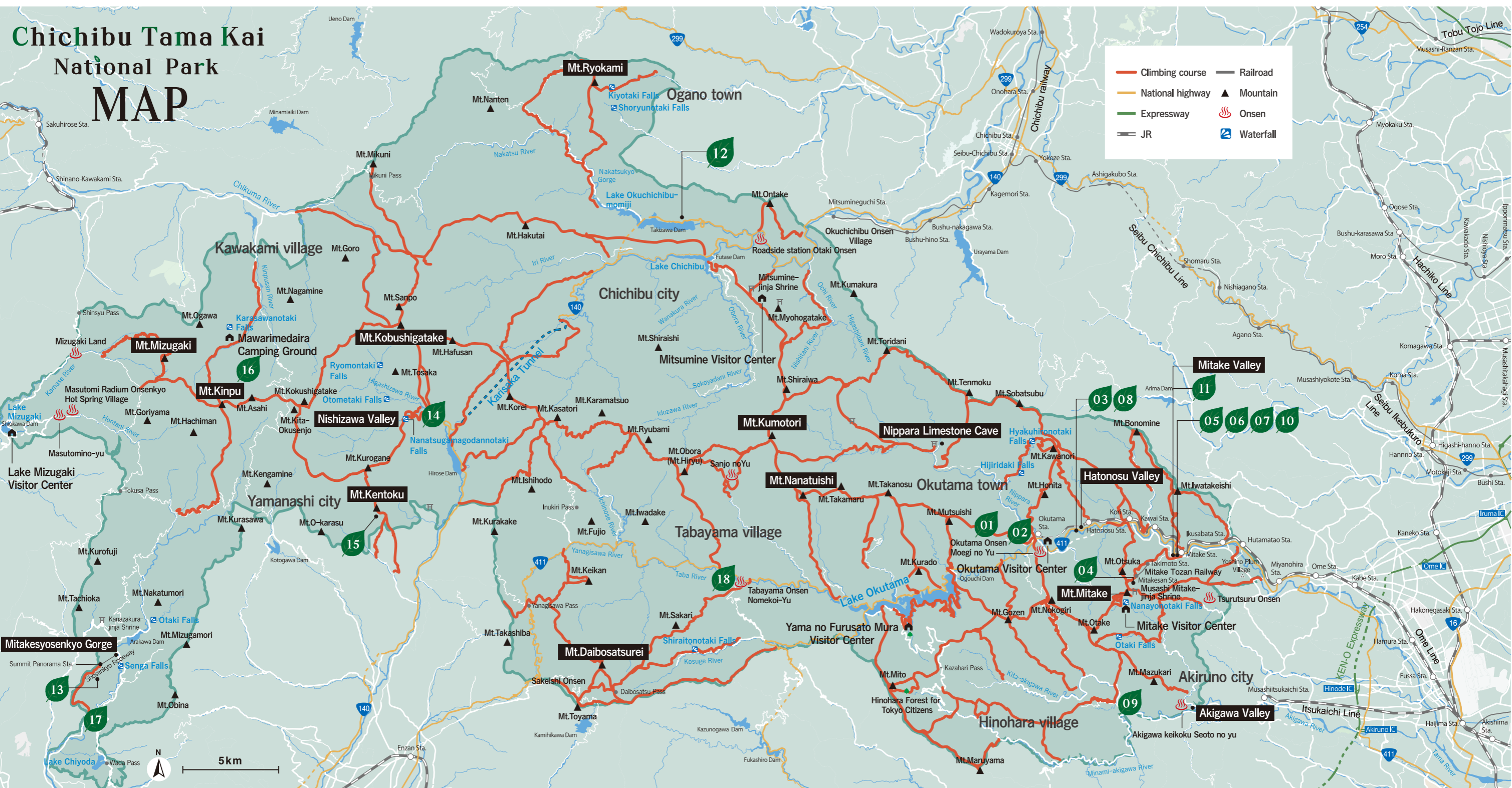
The rich natural environment and efforts to utilize it sustainably have been internationally renowned. In June 2019, a large part of the park was registered as "Kobushi Biosphere Reserve".



### Traffic access

Shinjuku Station	JR Chuo/Ome Line rapid train	Ome Station	JR Ome Line	Okutama station
	Approx. 75 min.		Approx. 35 min.	
	JR Azusa Limited Express	Kofu station	JR Chuo Main Line	Nirasaki station
	Approx. 90 min.		Approx. 15 min.	
	JR Yamanote Line etc.	Ikebukuro station	Seibu Limited Express Chichibu	Chichibu station
	Approx. 10 min.		Approx. 85 min.	

\*Access route is for reference. The time required for each route is a rough estimate. For details, please confirm at the counter or website of each transportation agency.



※The location of each experience content is shown approximately.

*pick up*

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# Chichibu Tama Kai National Park

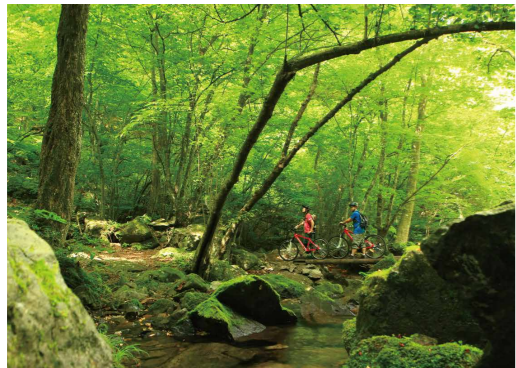
— recommendation Experience content —



01 Tokyo

We will take you on a bicycle tour of David's wasabi fields, where he grows wasabi, a specialty of Okutama. The tour includes a visit to the wasabi fields and a tasting of freshly picked wasabi.

## Okutama specialty! Wasabi Field Experience Cycling Tour

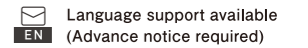
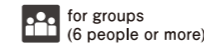


David grows wasabi in Okutama. You will hear interesting stories about wasabi, such as why he started the wasabi fields and how wasabi grows. You can also taste freshly picked wasabi. A guide familiar with Okutama will take you to the wasabi fields.

- Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)
- Duration** Approx. 4 hours
- Fees** Adults 12,300 yen (11,300 yen on weekdays)  
\*Includes bike rental fee and insurance.  
\*Junior high school students receive a 1,000 yen discount.
- Inquiries** Cycling Tours & Rentals Trekking
- TEL** +81-80-1024-4617
- E-mail** info@trekking.jp
- URL** <https://trekking.jp/tours/oku-tama-meisei-wasabita-experience-tour/>



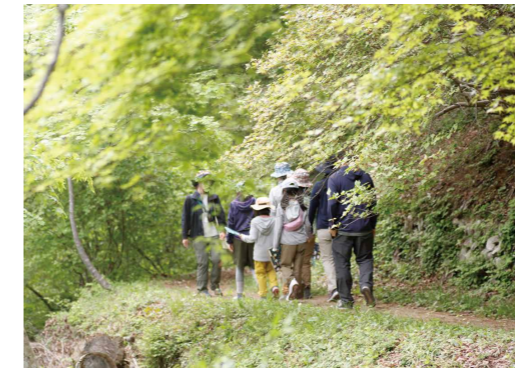
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04 Tokyo

Get a sheet, hike the mountain, and bingo! You can experience this without a guide, so safe in Corona disaster.

## Self Program (distribution of program sheets)



Like a bingo sheet, you will find the items marked in the frame while walking around Mt. Mitake. There are two types of activities: "spot" and "five senses" activities. In the five senses version, you will use all of your senses to find things by touching and smelling them. Please enjoy an unusual discovery.

- Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)
- Duration** 1 to 2.5 hours
- Where to obtain** Available on site or downloadable from the website.
- Inquiries** Mitake Visitor Center
- TEL** +81-428-78-9363 **E-mail** mitakevc@ces-net.jp
- URL** <https://www.ces-net.jp/mitakevc/index.html>



02 Tokyo

This is the most popular Okutama Old Road & Okutama Lake Cycling Tour led by a local guide. This tour will show you the charms of Okutama, where you can enjoy the great outdoors in a day trip from the center of Tokyo.

## Okutama Old Road & Okutama Lake Cycling Tour



Okutama Old Road refers to an ancient road that was used as a trade route in the Edo period. You can enjoy the fresh greenery in spring, a beautiful stream where you can swim in summer, and the autumn leaves in fall, the full sense of the seasons. In addition to stopping at suspension bridges and huge fault lines, it is a great place for cycling along the valley.

- Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)
- Duration** Approx. 3.5 hours
- Fees** 9,300 yen (8,300 yen on weekdays)  
\*Includes bike rental and insurance.  
\*Junior high school students receive a 1,000 yen discount.
- Inquiries** Cycling Tours & Rentals Trekking
- TEL** +81-80-1024-4617 **E-mail** info@trekking.jp
- URL** <https://trekking.jp/tours/okutama-mugakudo-tour/>



05 Tokyo

Rafting at Tama River in Ome, Tokyo. The nature is so vast that it is hard to believe you are in Tokyo. You can enjoy the unexplored nature in Tokyo. It can be enjoyed by men and women of all ages.

## Tama River Rafting



This is a rafting tour for children and even those who feel it is too hard, can experience it safely because of the small number of participants. Why not try experiencing the growth and challenge of both parents and children through nature?

- Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)
- Duration** Approx. 2.75 hours
- Start time** 8:45 a.m., 11:45 a.m., and 3:45 p.m. (might be 3:15 p.m.)
- Fees** Normal fee adult 7,000 yen child 6,000 yen preschool 7,000 yen parents and child (2 adults and 1 child) 16,000 yen August fee...Adult 8,000 yen, child 6,000 yen, pre-school 7,000 yen, parents and child 18,000 yen \*Children up to elementary school age Student discount...Junior high school, high school, and university students: 6,000 yen (advance consultation required for group use)
- Inquiries** River joy **TEL** +81-90-8486-3870
- E-mail** riverjoy.raft@gmail.com
- URL** <https://www.rafting-joy.com/>



03 Tokyo

It is only a 3-minute walk from JR Mitake Station, and all rental goods and photos taken during the tour are free. In addition, refreshments are included. Experienced instructors will guide you carefully from the beginning, from getting in and out of the boat to operating the paddle and what to do in case of overturning.

## Shiromaru Lake Canoe/Kayak Experience Tour



You can spend a relaxing day at Shiromaru Lake, an oasis in Tokyo, while learning the basic operation of a one-person river kayak (or two-person Canadian canoe). Enjoy the nature of Okutama as you bob on the surface of the water.

- Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)
- Duration** Approx. 5.5 hours
- Fees** 11,000 yen  
Discount for advance payment: 9,900 yen  
Advance payment + student discount: 8,800 yen  
\*Groups (12 or more people) can charter the entire tour, and arrangements can be made for content, time, and other details.
- Inquiries** Okutama Canoe Center **TEL** +81-80-5516-1104
- E-mail** taiken@okutamacanoe.jp
- URL** <http://www.okutamacanoe.jp/>



06 Tokyo

If rafting is not enough for you and you want more adventure and enjoy nature, this is the activity for you. This activity is designed for adults.

## Okutama Ducky and Packraft



This is a two-person ducky (kayak or canoe-like ride) trip down the Tama River. It is more adventurous than rafting. But, beginners will be given a lecture and support, so you can participate with peace of mind.

- Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)
- Duration** Approx. 3.5 hours
- Fees** 10,000 yen/person  
\*Junior high school students and older
- Inquiries** River joy
- TEL** +81-90-8486-3870
- E-mail** riverjoy.raft@gmail.com
- URL** <https://www.rafting-joy.com/>



# Chichibu Tama Kai National Park

— recommendation Experience content —



07  
Tokyo

Refreshing! Rafting tour down the rapids of Tama River by a large 6-seater boat.

## Tama River Rafting Tour

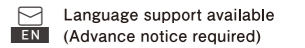
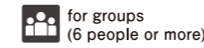


Long-established company founded in 1994. 3 minute walk from JR Mitake Station, 1 minute walk to Tama River. All you need to bring is a swimsuit and towel. All equipment is available for free rental. Photo download is also free. After the tour, you can enjoy lunch and BBQ on the wooden terrace overlooking the Tama River. We have a lot of experience in school excursions and corporate training.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)  
**Duration** Half-day course: Approx. 2 hours  
**Fees** Adults 7,700 yen, Students 6,600 yen  
**Inquiries** Concept TEL +81-428-79-7227  
**E-mail** info@canoobar.jp  
**URL** https://www.canoobar.jp/



Icon description



10  
Tokyo

This is a sustainable activity in which participants enjoy rafting in the Mitake Valley, the upper reaches of the Tama River, the source of Tokyo's water supply, while picking up trash left behind from BBQs and disasters caused by extreme weather.

## Enjoy learning about river garbage issues Tama River Clean Rafting



One of the local issues in the Mitake Valley is garbage left behind by people who have BBQ'd or played in the river, and disaster garbage caused by extreme weather. "Tama River Clean Rafting" was conceived as a fun way to solve this problem. This activity involves rafting down the river to pick up trash. Through this experience, why don't we think about a better environment and lifestyle together?

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)  
**Duration** Half-day course: Approx. 4 hours.  
**Fees** Adults (junior high school students and older) 8,000 yen  
**Inquiries** Good Life Tama Co., Ltd. TEL +81-42-519-3977  
**E-mail** tokyomountain.kanri@gmail.com  
**URL** https://tokyomountain-tours.jp/tours/riverclean-rafting/



08  
Tokyo

A walk on the water at Okutama Shiromaru Lake, an oasis in Tokyo.

## Okutama SUP Tour



SUP (Stand Up Paddle) is a new water activity born in Hawaii. You can enjoy a free and elegant walk on the water on a large, stable surfboard.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)  
**Duration** Approx. 2 hours  
**Fees** Adults 7,700 yen, Students 6,600 yen  
**Inquiries** Concept TEL +81-428-79-7227  
**E-mail** info@canoobar.jp  
**URL** https://www.canoobar.jp/okutama\_sup



11  
Tokyo

Let's think about the future of the earth by touching the nature around you walking in the forest with Mr. Kazuaki Tsuchiya, a forest director! This is a nature environment class that won the Good Life Award from the Ministry of the Environment.

## Enjoy learning about the natural environment with a forest director ~ Let's create the future earth with nature's blessings ~



Guided by Kazuaki Tsuchiya, a forest director who guides visitors through the charms of nature around us and provides awareness of the inner richness" and "power to live" that modern people are losing. This program is an opportunity to think about the connection between nature and daily life and the impact of people on the environment. For lunch, participants will make their own fire and enjoy seasonal country cooking prepared by Mr. Tsuchiya.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)  
**Duration** Approx. 5 hours  
**Fees** Adults: 8,900 yen, Children (elementary school age and older): 7,900 yen  
 \*Please note that the price may vary depending on the lunch menu.  
**Inquiries** Good Life Tama Co., Ltd. TEL +81-42-519-3977  
**E-mail** tokyomountain.kanri@gmail.com  
**URL** https://tokyomountain-tours.jp/



09  
Tokyo

This is carefully designed by outdoor play professionals. Supporting children's awareness and enthusiasm! This program allows children to discover the sparkling "art of nature" while exploring a natural environment that is unlike anything in Tokyo.

## Hinohara Village - Back Mountain Art Expedition Mikkerun



Children are the stars of the "Mikkerun" nature experience and exploration program. Using a variety of tools and all five senses, children can have an "original experience" of encountering nature. The children's eyes are brightened by a selection of exploration tools such as cameras, loupes, and telescopes. We bring out their heartfelt "I want to do it!" and "I want to do it!"

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)  
**Duration** Forest and View Course: 2 to 3 hours, River and Satoyama Course: 1.5 to 2.5 hours, Moss and Valley Course: 3 to 4 hours  
**Fees** 6,500 yen per family (for one participating child)  
 \*Includes 1 admission ticket to the Toy Museum  
 \*After the second child: +5,500 yen/person can be added.  
 \*All courses are the same price. Adults are free to accompany and can experience the program on a family basis.  
**Inquiries** Tokyo Urayama Wonderland Co., Ltd. TEL +81-90-6115-6524  
**E-mail** info@ura-yama.com URL https://mikkerun.com/



12  
Saitama

Why not enjoy "BMX" and "mountain biking", off-road bicycles attracting a lot of attention in recent years? This is also attracting attention as an Olympic sport, and more and more families are taking part.

## Off-road riding experience on BMX or mountain bike



It has the best BMX course in Japan built to meet international standards and the only public mountain bike field in Saitama prefecture. This is the only public mountain bike field in Saitama prefecture. BMX and mountain bike rentals are available for children and adults. There are always staff on hand to give beginners a lecture.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)  
**Duration** 1 to 2 hours  
**Fees** Adults: 1,650 yen for 1 day, 1,100 yen for 2 hours  
 Junior high school students and younger: 1,320 yen for 1 day, 880 yen for 2 hours  
 Junior high school student and under (citizen of Chichibu city): 820 yen for 1 day, 550 yen for 2 hours  
**Rental** 1,100 yen per hour **Inquiries** Chichibu Takizawa Cycle Park  
**TEL** +81-494-53-2121 **E-mail** reikubmx@gmail.com  
**URL** https://chichibu-cyclepark.localinfo.jp/



# Chichibu Tama Kai National Park

— recommendation Experience content —



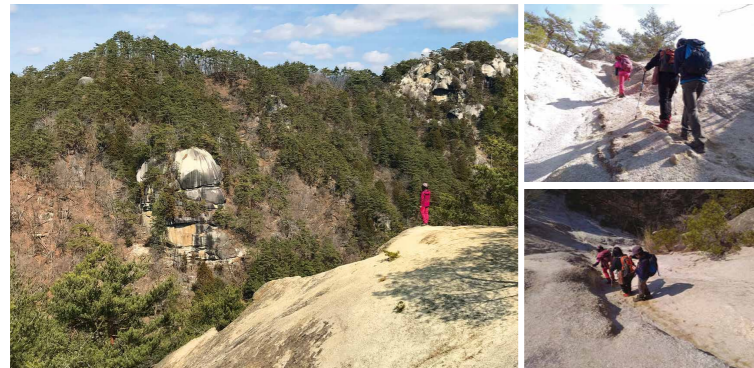
13  
Yamanashi

Mountain DELUXE - Hiking with a mountain guide in Yamanashi - Aiming for the stone peaks decorating Shosenkyo Gorge, a famous scenic spot in Yamanashi.

## Mountain DELUXE Mt. Rakanji Level★ Day Trip

Commentary on ★

★ ..... beginner level  
★★ ..... intermediate level  
★★★ ... advanced level



Shosenkyo, a famous sightseeing spot in Yamanashi, was recognized as a Japan Heritage Site in 2020 as "Mitakeshosenkyo, the Origin of Koshu's Artisans: Faith, Techniques, and Advanced Technologies Guided by the Heartbeat of the Crystal." Now, it is once again drawing attention. In this tour, you will walk Mt. Rakanji and Mt. Yasaburo with a guide certified by the Japan Mountain Guides Association to enjoy the beauty of the valley.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)

**Duration** 1 day course: Approx. 6 hours  
7,800 yen per person

**Fees** <You can change to a private tour>  
Private tour for 1 person: additional 12,000 yen per person  
Private tour for 2 persons: additional 6,000 yen per person  
Private tour for 3 persons: additional 2,000 yen per person

**Inquiries** Phonet Fuji Tours Co., Ltd. **TEL** +81-555-28-5191

**E-mail** info@fujisan-pref.jp **URL** https://fujisan-pref.jp

14  
Yamanashi

Mountain DELUXE -Hiking with a mountain guide in Yamanashi- Nishizawa Valley, the best season to enjoy the beauty of the Gorge woven by water and rocks.

## Mountain DELUXE Nishizawa Gorge Level★ Day Trip

Commentary on ★

★ ..... beginner level  
★★ ..... intermediate level  
★★★ ... advanced level



Nishizawa Gorge is also known as a forest therapy base. Visitors can stroll through the beautiful Gorge while enjoying forest bathing. However, there are places where the footing is slippery, such as near waterfalls. You might be caught up in the walking. If you are accompanied by a guide certified by the Japan Mountain Guides Association (Public Interest Incorporated Association), you can enjoy walking with peace of mind while appreciating the surrounding scenery.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)

**Duration** 1 day course: Approx. 6 hours  
7,800 yen per person

**Fees** <You can change to a private tour>  
Private tour for 1 person: additional 12,000 yen per person  
Private tour for 2 persons: additional 6,000 yen per person  
Private tour for 3 persons: additional 2,000 yen per person

**Inquiries** Phonet Fuji Tours Co., Ltd. **TEL** +81-555-28-5191

**E-mail** info@fujisan-pref.jp **URL** https://fujisan-pref.jp

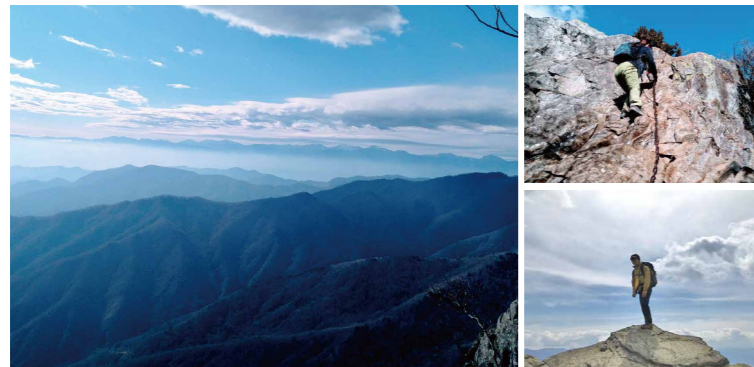
15  
Yamanashi

Mountain DELUXE - Climbing with a mountain guide in Yamanashi - Climbing in varied mountain terrain including rocky areas, flower fields, kayato fields, and scenic vistas.

## Mountain DELUXE Mt. Kentoku Level★★ Day trip

Commentary on ★

★ ..... beginner level  
★★ ..... intermediate level  
★★★ ... advanced level



Mt. Kentoku may remind many people of chain-link climbing. Many people want to step up to the next level, but are a little nervous about trying chain-link climbing alone or with a group of friends. If so, please join a "Mountain DELUXE" tour supported by a guide certified by the Japan Mountain Guides Association.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)

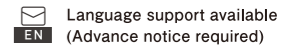
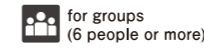
**Duration** 1 day course: Approx. 7 hours  
7,800 yen per person

**Fees** <You can change to a private tour>  
Private tour for 1 person: additional 12,000 yen per person  
Private tour for 2 persons: additional 6,000 yen per person  
Private tour for 3 persons: additional 2,000 yen per person

**Inquiries** Phonet Fuji Tours Co., Ltd. **TEL** +81-555-28-5191

**E-mail** info@fujisan-pref.jp **URL** https://fujisan-pref.jp

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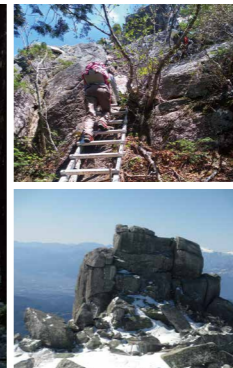
16  
Yamanashi

Yama DELUXE ~ Climbing with a mountain guide in Yamanashi ~ The main peak of the Chichibu mountain range in the Hundred Famous Mountains. Walking along the hidden course, Kinpu Old Road.

## Mountain DELUXE Mt. Kinpu Level★★★ Day Trip

Commentary on ★

★ ..... beginner level  
★★ ..... intermediate level  
★★★ ... advanced level



There are several routes to enjoy Mt. Kinpu, but the "Mountain Deluxe" tour will take you to the Kinpu Old Road from the Yamanashi Prefecture side. The route is an advanced level route, but guides certified by the Japan Mountain Guides Association will be on hand to assist you. Please enjoy the historic old road.

**Period** Summer (Jun. to Aug.), Autumn (Sep. to Nov.)

**Duration** 1 day course: Approx. 8 hours  
7,800 yen per person

**Fees** <You can change to a private tour>  
Private tour for 1 person: additional 12,000 yen per person  
Private tour for 2 persons: additional 6,000 yen per person  
Private tour for 3 persons: additional 2,000 yen per person

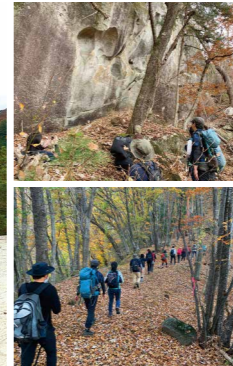
**Inquiries** Phonet Fuji Tours Co., Ltd. **TEL** +81-555-28-5191

**E-mail** info@fujisan-pref.jp **URL** https://fujisan-pref.jp

17  
Yamanashi

This 3-hour trekking course follows the route taken by Ukiyoe woodblock artist Hiroshige Utagawa. This trekking course also includes a ropeway ride. Why don't you join us for a guided walk along an old road that is not on the map?

## Mitake Old Road Trekking



The Mitake Old Road is a mountain worship route to Mt. Kinpu, which was opened as a mountain of faith during the Heian period. It is said that there were nine different routes during the Edo period. This course is recommended for history lovers who want to walk along the route visited by Hiroshige Utagawa, an ukiyoe woodblock print artist of the Edo period.

**Period** Autumn (Sep. to Nov.)

**Duration** Approx. 3 hours

**Fees** To be determined (1,500 yen in 2021)

**Inquiries** GATES Co., Ltd.

**TEL** +81-55-269-5155

**E-mail** info@gatesinc.com.co

**URL** https://www.gatesinc.org/

18  
Yamanashi

In the "dismantling course," participants learn how to dismantle and cook deer, as well as hygiene management. In the "gibier cooking course," participants learn the key points of gibier cooking and the characteristics of each part of the deer. The "HUNT CAMP" also includes practical dismantling skills in two days and one night, and is recommended for those who want to become hunters or those who want to learn more.

## Hunting School



At Home Supporters has a Tabayamamura gibier processing facility that is certified by the Ministry of Agriculture, Forestry and Fisheries (MAFF) as a domestic gibier. Our staff members have hunting licenses and bird and animal control certifications. We provide various knowledge necessary for hunting, including dismantling knowledge, environment, vegetation, and topography, mainly for gun hunting and trapping.

**Period** Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)

**Duration** 5 to 16 hours

**Fees** From 15,000 yen

**Inquiries** At Home Supporters Co., Ltd.

**TEL** +81-428-88-0789

**E-mail** tabagibier@gmail.com

**URL** hs-tabayama.com

Area  
Nirasaki City,  
Hokuto City, Kofu City,  
Yamanashi City,  
Fuefuki City

Enjoy walking and riding!



Spring - Autumn

2 nights,  
3 days

# Active plan to fully enjoy the spectacular scenery and nature!

This course takes you to Mt. Mizugaki, Mitakeshosenkyo Gorge, Nishizawa Gorge, and other spots offering spectacular views that are representative of Yamanashi Prefecture. In the daytime, visitors can enjoy the spectacular view from the ropeway, while at night they can admire a starry sky from Mizugaki Lake. This is a model course to enjoy the scenery of the four seasons by touring the mountains and valleys by ropeway, trekking, and other various ways.



Day 1 route Day 2 route Day 3 route

Day 1	9:18	Nirasaki Station	By train	10:20	Mt. Mizugaki prefectural free parking lot	By car	5 hours	10:20~15:30	Point 1	<p><b>Mt. Mizugaki climbing</b> Mt. Mizugaki hut (Fujimidaira trailhead) ⇄ Fujimidaira ⇄ Summit of Mt. Mizugaki</p> <p>Mt. Mizugaki is one of 100 Famous Japanese Mountains in the Okuchichibu mountain range, characterized by its huge rock ridges. It is a popular mountain that attracts many climbers because of the spectacular 360-degree view of the Japanese Alps from its summit.</p>	15:30	Mt. Mizugaki prefectural free parking lot	By walk
	16:00~17:00	Masutomi no Yu	By car	17:00~19:00	Masutomi Radium Onsenkyo Hot Spring Village	By car	1 hr. 30 min.	19:00~20:30	Point 2	<p><b>Mizugaki Lake Visitor Center Astronomical Observation Experience</b></p> <p>There is a giant astronomical telescope on the second floor of the Visitor Center. Visitors can use this telescope to observe the star-filled sky during stargazing classes held occasionally.</p>	20:30	Masutomi Radium Onsenkyo Hot Spring Village	By car
Day 2	8:30	Masutomi Radium Onsenkyo Hot Spring Village	By car	9:30	Shosenkyo Tenjin no Mori Parking Lot	By walk	3 hours	9:30~12:30	Point 3	<p><b>Mitake Old Road trekking experience</b> Shosenkyo Tenjin no Mori parking lot → Kurakakeiwa → Panoramadai → Mt. Yasaburo → Panoramadai Station → Ropeway → Shimo Station</p> <p>This 3-hour trek follows the route visited by Ukiyoe artist Hiroshige Utagawa. Through the assistance of a guide, beginners can enjoy this tour without anxiety.</p>	12:30~13:30	Shimo Station → Shosenkyo Tenjin no Mori Parking Lot	By car
	13:30~14:30	Lunch (Mingel Chaya Daikokuya, etc.)	By car	14:30~17:00	Mitake Shosenkyo Gorge	By car	2 hr. 30 min.	14:30~17:00	Point 4	<p><b>Mitake Shosenkyo Gorge</b> [Sengataki Fall, Otaki Fall, Crystal, Itajiki Gorge, Kanazakura-jinja Shrine, etc.]</p> <p>It is designated as a special national scenic beauty spot and is said to have the "best gorge beauty in Japan" and is a popular tourist attraction.</p>	17:00	Mitake Shosenkyo Gorge (Mount Pia Kurobera)	By car
Day 3	8:30	Mitakeshosenkyo Gorge	By car	10:00	Nishizawa Gorge Municipal Parking Lot	By walk	4 hr. 30 min.	10:10~14:40	Point 5	<p><b>Nishizawa Gorge Trekking</b> Departure near the entrance of the valley → Nishizawa Gorge → Near the entrance of the valley</p> <p>The Gorge, formed by clear streams eroding huge granite rocks, has a mystical charm, with streams flowing through virgin forests to create numerous waterfalls.</p>	14:50	Nishizawa Gorge Municipal Parking Lot	By walk
	15:10~16:30	Fruit Line	By car	1 hr. 20 min.	15:10~16:30	Point 6	<p><b>Experience and shop at Fruit Line</b></p> <p>Visitors can enjoy experiencing and shopping at sightseeing farms and direct sales shops.</p>	16:30	Isawaonsen Station	By car			



# Wolf worship lives on 6-day/5-night experiential plan to become familiar with the nature and culture of Japan



Visitors can learn about history and culture by touring Musashi Mitake-jinja Shrine, Nanatsuishi-jinja Shrine, Mitsumine-jinja Shrine, and other shrines that are centers of wolf worship. In addition, visitors can enjoy various activities such as fishing along the Nakatsugawa River, canoeing on Shiromaru Lake, and cycling. In addition, the course also offers lodging in lodgings and old private homes, rental tent saunas, and other traditional and trendy activities all in one place.



Day 1 route Day 2 route Day 3 route Day 4 route Day 5 route Day 6 route

<b>Day 1</b>	10:00 By Train near Akigawa Station	10:30~11:30 By car Car Rental Walking around Hossawanotaki Falls	11:30~12:30 By car Lunch (Tokura-Shiroyama Terrace (use of closed school), etc.)	14:00~14:45 By car Walking in Otake limestone cave	15:45~18:30 By car River Joy	<b>Point 1</b> Tama River Rafting You will be amazed at the natural beauty of this area, which is hard to believe that it is in Tokyo. You can enjoy the last unexplored region in Tokyo. Enjoyable for men and women of all ages.	19:30 By car Stay Kosuge Village (NIPPONIA Kosuge Headwaters, etc.)	
<b>Day 2</b>	9:30 By car Kosuge Village	10:00 By Walk Tabayama Village Parking Lot	10:00~16:00 By Walk Mt. Nanatsuishi	<b>Point 2</b> Mt. Nanatsuishi climbing Experience Tabayama Village Management Parking Lot ↔ Doudokoro ↔ Bunazaka ↔ Nanatsuishi-jinja Shrine ↔ Mt. Nanatsuishi Summit Mt. Nanatsuishi is 1,757 meters above sea level. The name of the mountain comes from the seven large rocks on which seven followers of the Kanto region hero "Taira no Masakado" were incarnated.	16:00 By car Tabayama Village Parking Lot	16:30~17:30 By car One-day hot spring bathing Tent sauna rental is available from 10:00 to 15:30.	18:00 By car Stay Tabayama Village (Kadoya Ryokan, etc.)	
<b>Day 3</b>	9:00 By car Tabayama Village	9:30~12:30 By car Tabayama Tourism Promotion Organization	<b>Point 3</b> Bicycle rental, lunch (Akari (boxed lunch), etc.) All bicycles available for rent are e-bikes, which are perfect for the hilly terrain of Mt. You can fully enjoy Tabayama Village at your own pace, encountering beautiful scenery and delicious food.	12:30~17:30 By car At Home Supporters	<b>Point 4</b> Hunting school You will gain a variety of knowledge necessary for hunting, including dismantling knowledge, environment, vegetation, and topography, with a focus on gun hunting and trapping.	18:10 By car Stay Okutama Town (Hatonosuso Hotel, etc.)		
<b>Day 4</b>	9:30 By car Okutama Town	10:00~15:30 By car Okutama Canoe Center	<b>Point 5</b> Shiromaru Lake Canoe/ Kayak Experience Spend a relaxing day at "Shiromaru Lake", an oasis in Tokyo, while learning the basic operation of a one-person river kayak (or two-person Canadian canoe).	16:00 By Walk Takimoto Station Parking Lot	16:30~16:36 By Walk Mt. Mitake (Shukubo)	17:00 By car Stay Mt. Mitake (Shukubo)		
<b>Day 5</b>	9:00 By Walk Mt. Mitake	9:00~12:30 By Walk Mt. Mitake	<b>Point 6</b> Walk around Mt. Mitake [Mt. Mitake Visitor Center Self Program Craft Experience, Musashi Mitake-jinja Shrine] The Mitake Visitor Center offers a full range of programs for visitors to experience the joy of self-discovery by making the most of nature, such as flowers and nuts.	12:45~12:51 By Walk Mitake Cable Car Ride [Mt. Mitake Station → Takimoto Station]	12:55 By car Takimoto Station parking lot, lunch (Kamameshi Nakai, etc.)	14:55 By car Chichibu City Mitsumine Parking Lot	15:00~16:30 By car Strolling Mitsumine-jinja Shrine & Mitsumine Visitor Center [The shrine office is open from 9:00 to 16:00.]	17:30 By car Stay Chichibu City (Ryokan/Hotel)
<b>Day 6</b>	9:00 By car Chichibu City	10:00~13:30 By car Nakatsu River Stream Fishing Area	<b>Point 7</b> Fishing experience and BBQ Outstanding location with beautiful nature in all four seasons. The site is 500 meters long! You can enjoy mountain stream fishing, playing in the river, and even open fire BBQ where you can enjoy the fish you caught on the spot!	14:00~16:00 By car Chichibu Takizawa Cycle Park	<b>Point 8</b> Private Lesson The course's wide site area and course width allow beginners to enjoy the course with ease. The starting hill is 8 meters high, in accordance with international regulations. It is the only one in Japan.	By car Rental Car Return	By car Stay Seibu-Chichibu Station	

\*The road is closed as of March 2023. Please check the traffic information.





## Chichibu Tama Kai National Park

Japanese serow



Benibanachiyakuso (a kind of azalea)



False anemone



Akabana-himeiwakagami (a kind of Diapensia japonica)



Dogtooth violet



Blue-and-white flycatcher



When hiking or climbing in the forest, you can see small flowers that vary with the seasons. You can also hear the calls of various birds, such as the robin and the red-flanked bluetail. The forest is also rich enough to allow the habitation of Japan's representative large mammals, such as the black bear and the Japanese serow. Many living creatures are quietly watching us there.

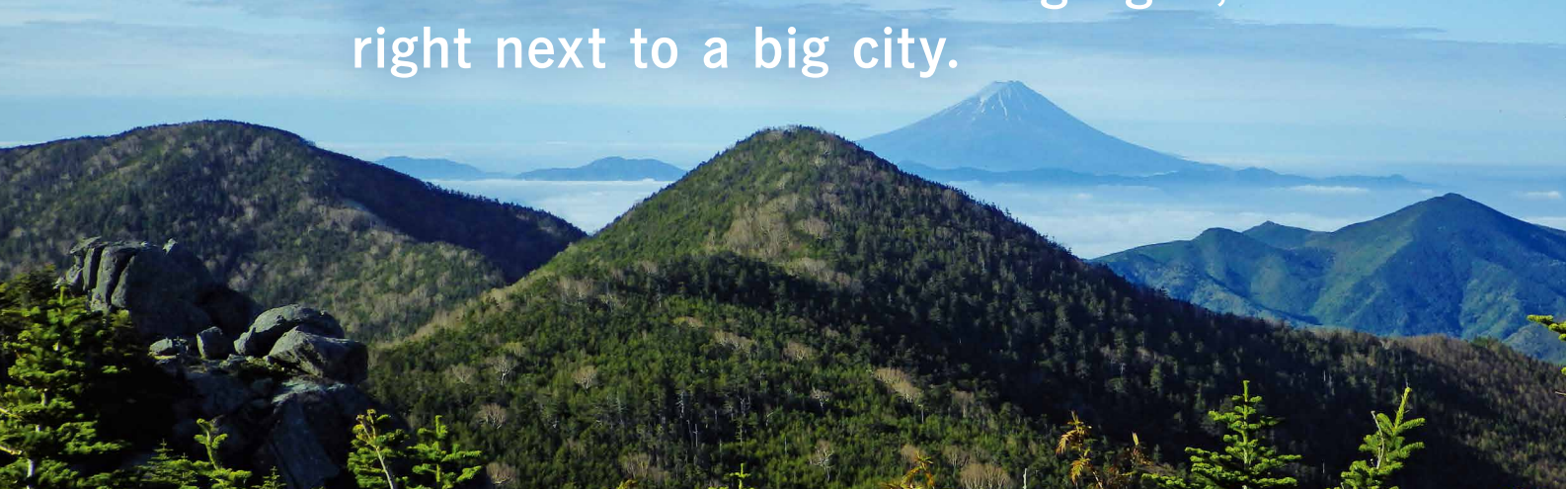
The steep gorges created by water and rocks over a long time, as well as the diverse and powerful rock peaks, provide us with inspiring views, and are a place to enjoy river climbing and mountaineering.

The cool, clear mountain streams are home to the Hynobius fossigenus, the Rana sakuraii, and the landlocked salmon and mountain trout that many anglers are crazy about.

Downstream, where there is abundant water, rafting, and canoeing offer an exciting experience of the sometimes violent, sometimes gentle currents.

Spending time camping in the quiet forest, listening to the sound of the river and gazing at the stars will surely soothe you.

# Visit a national park of deep and beautiful forests and gorges, right next to a big city.



■ Publication/Inquiries

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\*For more information on content, please contact each content provider directly.