



Chichibu Tama Kai National Park

Japan's
National Parks
— Contents —
Compilation
2025

Activity Guidebook

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



●This compilation of contents contains information as of January 2025. ●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



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.

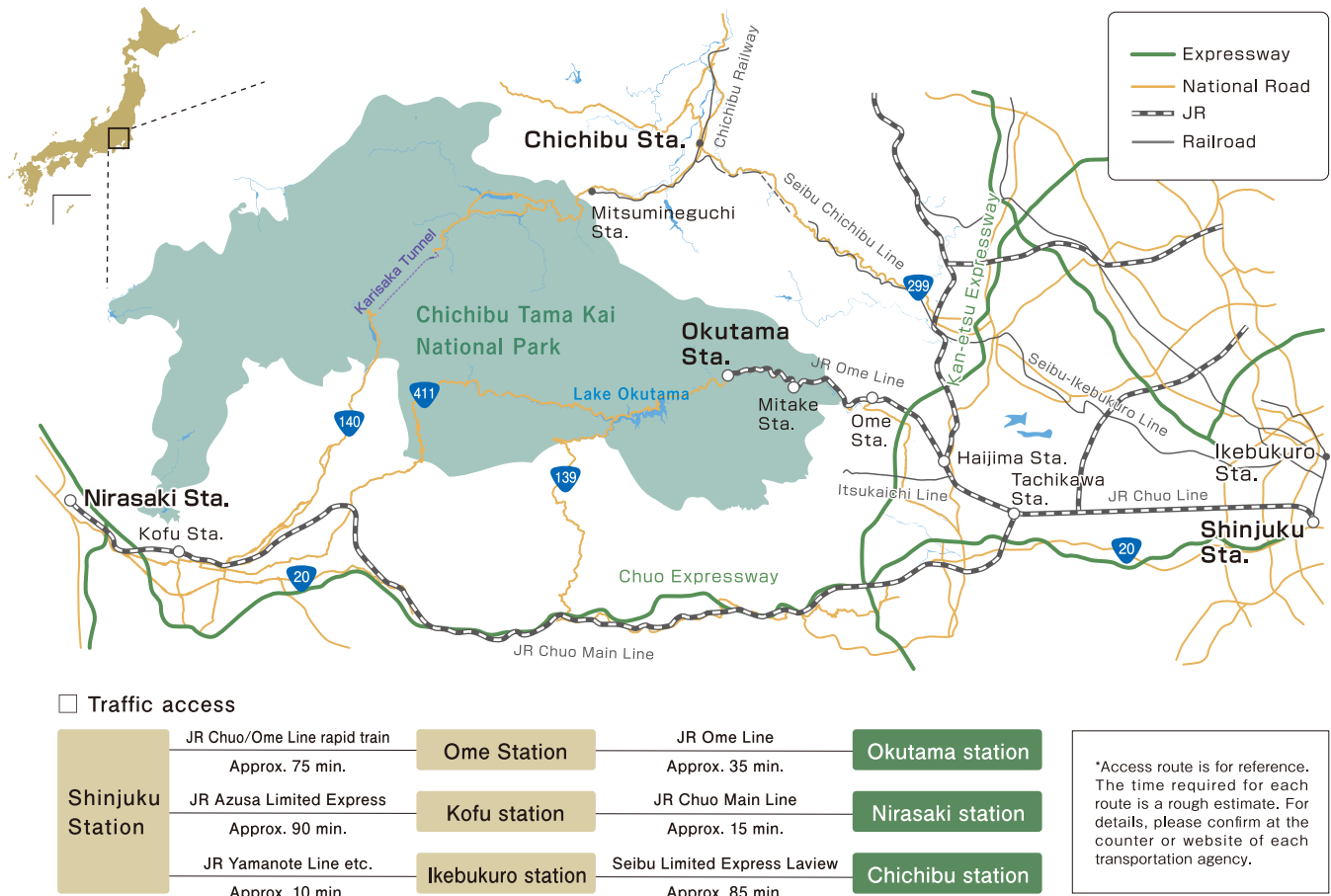
The area is lined with neat man-made forests of Cedars, Cypresses, and Larches, as well as virgin forests of subalpine conifers such as Japanese hemlock and Veitch's fir, in a land covered with dark but vivid green mosses and ferns. These mountainous areas are the source of water for the Arakawa River,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

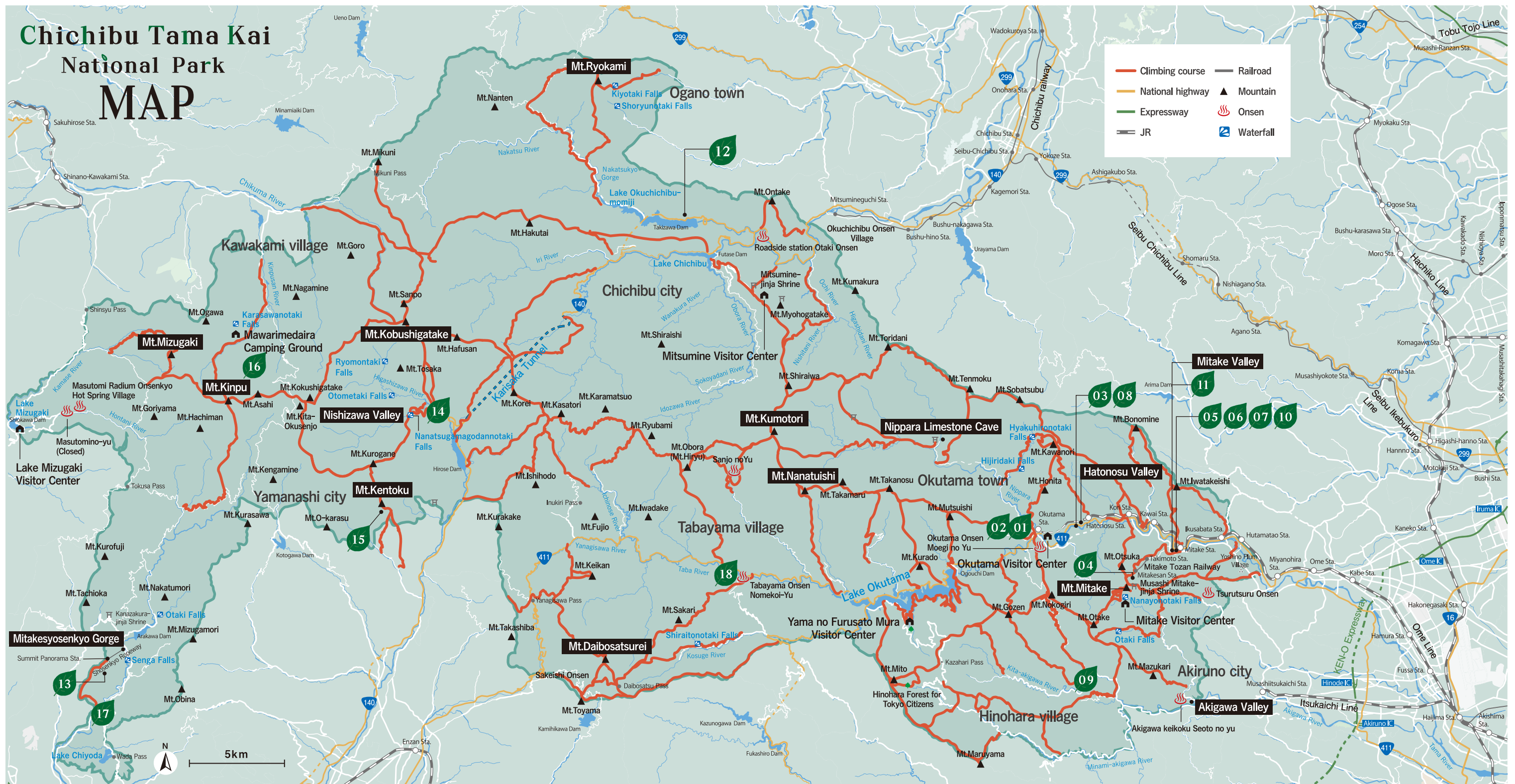
largest breadbasket regions in Japan.

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".





※The location of each experience content is shown approximately.



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01
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. Helmets equipped with intercoms are used during the tour.

Period	Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)		
Duration	Approx. 3.5 hours		
Fees (tax included)	9,300 yen *Includes bicycle rental, helmet equipped with intercom, and insurance. *500 yen discount applicable for junior high school, senior high school, university, and vocational school students (under 25 years old)		
Inquiries	Cycling Tours & Rentals Trekking		
TEL	+81-80-1024-4617	E-mail	info@trekking.jp
URL	https://trekking.jp/cycle-tours/		

02
Tokyo

An English conversation cycling tour led by a British instructor (guide)! This route of this cycling tour spans the most popular Okutama Mukashi Road & Okutama Lake. You can enjoy both a cycling tour surrounded by nature and English conversation at the same time!

Cycling x English Conversation = Cycle English Tour



In addition to providing a simulated experience of overseas travel, this tour is also recommended for those whose goal is to become English-speaking tour guides. Beginners at English conversation are also welcome (the guide speaks Japanese!), so everyone is welcome to participate. Helmets equipped with intercoms are used during the tour to help you enjoy smooth conversations while cycling. You can hear even whispered conversations clearly, so you can have a fun time without worrying about droplets.

Period	Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)		
Duration	Approx. 3.5 hours		
Fees (tax included)	9,300 yen *Includes bicycle rental, helmet equipped with intercom, and insurance. *500 yen discount applicable for junior high school, senior high school, university, and vocational school students (under 25 years old)		
Inquiries	Cycling Tours & Rentals Trekking		
TEL	+81-80-1024-4617	E-mail	info@trekking.jp
URL	https://trekking.jp/cycle-tours/		

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.

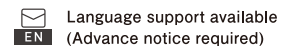
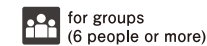
Shiromaru Lake Canoe/Kayak Experience Tour



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. 3.5 hours		
Fees (tax included)	9,000 yen Discounted fee for advance payment: 8,500 yen Advance payment + student discount: 8,000 yen *Groups (12 or more persons) can charter the entire tour, and special arrangements with regards to content and time can be made.		
Inquiries	Okutama Canoe Center	TEL	+81-80-5516-1104
E-mail	taiken@okutamacanoe.jp		
URL	http://www.okutamacanoe.jp/		

Icon description

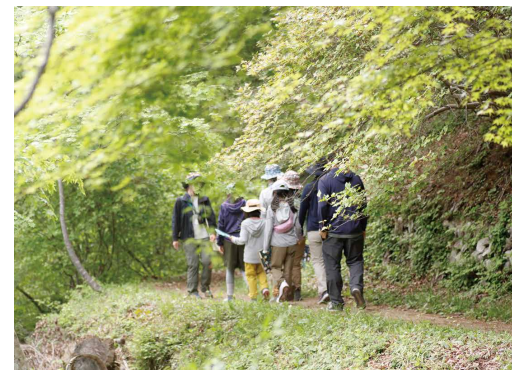


04
Tokyo

Get a sheet and enjoy bingo on a mountain hike!

As you can try out this experience without a guide, please feel free to give it a go.

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	20~40 minutes (Please enjoy this experience while hiking.)		
Where to obtain	Bingo instruction sheets are available for loan at the Visitor Center Bingo sheets can be downloaded from our website.		
Inquiries	Mitake Visitor Center		
TEL	+81-428-78-9363	E-mail	mitakevc@ces-net.jp
URL	https://www.ces-net.jp/mitakevc/		

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.) 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)		
Fees (tax included)			
Inquiries	River joy	TEL	+81-90-8486-3870
E-mail	riverjoy.raft@gmail.com		
URL	https://www.rafting-joy.com/		

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 Packraft



Travel down the Tama River in Ome City, Tokyo, by packraft (a kayak or canoe-like boat). Although packrafting is more adventurous than rafting, beginners will be given a proper lecture and support, so they 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 (tax included)	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

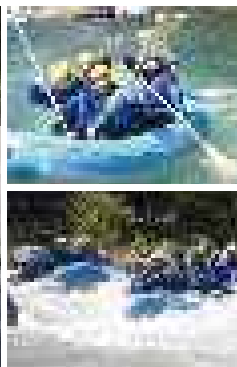
— recommendation Experience content —



07
Tokyo

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

Tama River Rafting Tour

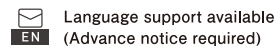
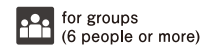


Long-established company founded in 1994. 3 minute walk from JR Mitake Station, 1 minute walk to Tama River. All you need to bring is a swimsuit and towel. All equipment is available for free rental. Photo download is also free. After the tour, you can enjoy lunch and BBQ on the wooden terrace overlooking 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	1.5 hours
Fees (tax included)	Adults 6,000 yen, Students 5,500 yen
Inquiries	Concept TEL +81-428-79-7227
E-mail	info@canoobar.jp
URL	https://www.canoobar.jp/



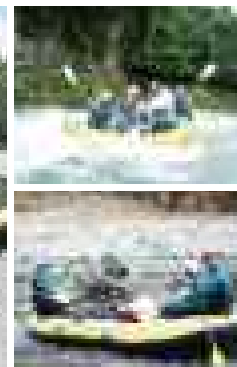
Icon description



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?

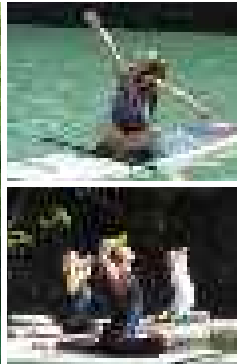
Period	Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)
Duration	Half-day course: Approx. 4 hours.
Fees (tax included)	Adults (junior high school students and above) 8,800 yen Children (elementary school 4th year and above): 7,700 yen
Inquiries	Good Life Tama 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 experience 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	1.5 hours
Fees (tax included)	Adults 6,000 yen, Students 5,500 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 ~



This is a program led by Mr. Tsuchiya, a forest director who guides participants to the charms of nature around us and helps them be aware of the "inner richness" and "zest for life" that people in the modern era are losing. Children will experience the power of life of the plants and small insects in the forest, and express their own ideas of "Earth in the future" on a wooden board by making use of fallen leaves, nuts, moss, and other materials. This program provides an opportunity for participants to think about the connection between nature and daily life, as well as the impact human beings have on the environment. For lunch, participants will start their own fire and enjoy seasonal country cuisine prepared by Mr. Tsuchiya.

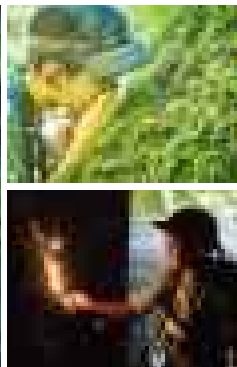
Period	Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)
Duration	Approx. 5 hours
Fees (tax included)	Adults: 8,900 yen, Children (elementary school age and older): 7,900 yen *Please note that the price may vary depending on the lunch menu.
Inquiries	Good Life Tama Co., Ltd. TEL +81-42-519-3977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



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 6,500 yen per family (for one participating child)
Fees (tax included)	*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/

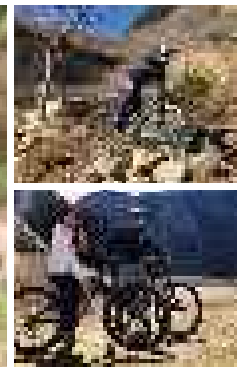


12
Saitama

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 (tax included)	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

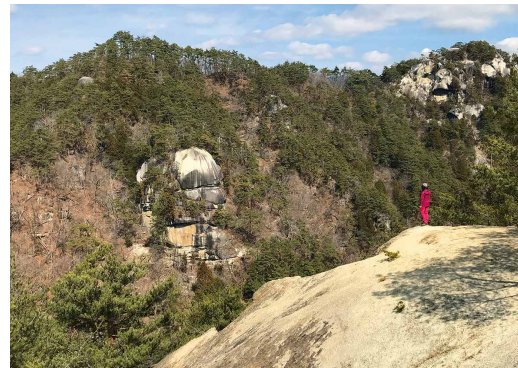
— recommendation Experience content —



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



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
Fees (tax included)	1 person: 19,800 yen/person 2 persons: 13,800 yen/person 3 persons: 9,800 yen/person 4 or more persons: 7,800 yen/person
Inquiries	Phonet Fuji Tours Co., Ltd. TEL +81-555-28-5191
E-mail	info@fujisan-pref.jp
URL	https://fujisan-pref.jp/tour/deluxe/

Commentary on ★

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



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



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 (May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.)
Duration	1 day course: Approx. 6 hours
Fees (tax included)	1 person: 19,800 yen/person 2 persons: 13,800 yen/person 3 persons: 9,800 yen/person 4 or more persons: 7,800 yen/person
Inquiries	Phonet Fuji Tours Co., Ltd. TEL +81-555-28-5191
E-mail	info@fujisan-pref.jp
URL	https://fujisan-pref.jp/tour/deluxe/

Commentary on ★

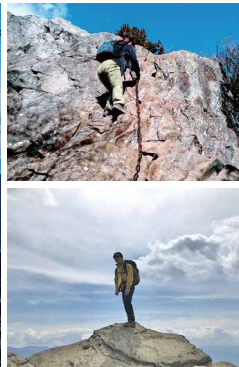
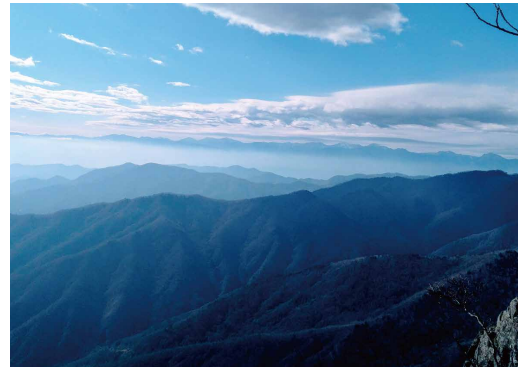
★ beginner level
★★ intermediate level
★★★ ... advanced level



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



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.

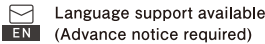
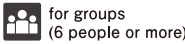
Period	Spring (Mar. to May), Summer (Jun. to Aug.), Autumn (Sep. to Nov.), Winter (Dec. to Feb.)
Duration	1 day course: Approx. 7 hours
Fees (tax included)	1 person: 21,800 yen/person 2 persons: 15,800 yen/person 3 persons: 11,800 yen/person 4 or more persons: 9,800 yen/person
Inquiries	Phonet Fuji Tours Co., Ltd. TEL +81-555-28-5191
E-mail	info@fujisan-pref.jp
URL	https://fujisan-pref.jp/tour/deluxe/

Commentary on ★

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



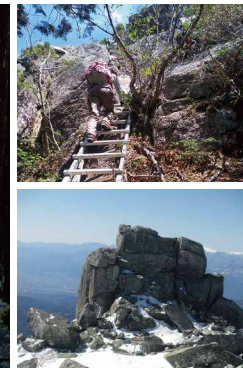
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16
Yamanashi

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



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 Oct.)
Duration	1 day course: Approx. 8 hours
Fees (tax included)	1 person: 24,800 yen/person 2 persons: 18,800 yen/person 3 persons: 14,800 yen/person 4 or more persons: 12,800 yen/person
Inquiries	Phonet Fuji Tours Co., Ltd. TEL +81-555-28-5191
E-mail	info@fujisan-pref.jp
URL	https://fujisan-pref.jp/tour/deluxe/

Commentary on ★

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



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 that leads to Mt. Kinpu, which was established as a sacred mountain 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 can experience walking along the route travelled by Hiroshige Utagawa, an ukiyo-e artist who lived during the Edo period.

Period	Autumn (Sep. to Nov.)
Duration	Approx. 3 hours
Fees (tax included)	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/



*This content is not published on our website, but we are able to respond to inquiries via email.

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	More than 4 hours
Fees (tax included)	From 15,000 yen
Inquiries	At Home Supporters Co., Ltd.
TEL	+81-428-88-0789
E-mail	tabagibier@gmail.com
URL	hs-tabayama.com



Spring – Autumn

2 nights,
3 days

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

Route map



Day 1 route Day 2 route Day 3 route

Chichibu Tama Kai National Park

\\ *Point 1* //

Mt. Mizugaki climbing

Mt. Mizugaki hut (Fujimidaira trailhead)
⇔ Fujimidaira ⇔ Summit of Mt. Mizugaki

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.

\ Point /

**Masutomi Radium
Onsenkyo
Hot Spring Village**

Masutomi natural radium hot spring is a therapeutic bath known as "Lord Shingen's hidden hot spring".

\\ *Point 2* //

Mizugaki Lake Visitor Center Astronomical Observation Experience

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.

\\ *Point 3* //

Mitake Old Road trekking experience

Shosenkyo Tenjin no Mori parking lot ⇒
Kurakakeiwa ⇒ Panoramadai ⇒
Mt. Yasaburo ⇒ Panoramadai Station ⇒
Ropeway ⇒ Shimo Station

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.

Point 4

Mitake Shosenkyo Gorge

[Sengataki Fall, Otaki Fall,
Crystal, Itajiki Gorge,
Kanazakura-jinja Shrine, etc.]

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.

\\ *Point 5* //

Nishizawa Gorge Trekking

Departure near the entrance of the valley

⇒ Nishizawa Gorge ⇒
Near the entrance of the valley

The Gorge, formed by clear streams eroding huge granite rocks, has a mystical charm, with streams flowing through virgin forests to create numerous waterfalls.

\\ *Point 6* //

Experience and
shop at Fruit Line

Visitors can enjoy experiencing and shopping at sightseeing farms and direct sales shops.

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 Nakatsu River, canoeing on Shiromaru Lake, and cycling. In addition, the course also offers lodging in lodgings and old private homes, and other traditional and trendy activities all in one place.



Day 1

10:00

By Train

near Akiyawa Station

10:30~11:30

1 hours

By car

Walking around Hossawanotaki Falls

11:30~12:30

1 hours

By car

Lunch (Tokura-Shiroyama Terrace (use of closed school, etc.))

14:00~14:45

45 min.

By car

Walking in Otake limestone cave

15:45~18:30

2 hr. 45 min.

By car

River Joy

Stay

19:30

Kosuge Village (NIPPONIA Kosuge Headwaters, etc.)

Point 1

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.

Day 2

9:30

departure

By car

Kosuge Village

10:00

By car

Tabayama Village Parking Lot

10:00~16:00

6 hours

By Walk

Mt. Nanatsuishi

16:00

By Walk

Tabayama Village Parking Lot

16:30~17:30

1 hours

By car

One-day hot spring bathing

18:00

Stay

Tabayama Village (Kadoya Ryokan, etc.)

Point 2

Mt. Nanatsuishi climbing Experience

Tabayama Village Village Management Parking Lot ⇄ Doudokoro ⇄ Bunazaka ⇄ Mt. Nanatsuishi Summit⇄Nanatsuishi-jinja Shrine

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.

Day 3

9:00

departure

By car

Tabayama Village

9:30~12:30

3 hours

By car

Tabayama Tourism Promotion Organization

12:30~17:30

5 hours

By car

At Home Supporters

18:10

Stay

Okutama Town (Hatonosuso Hotel, etc.)

Point 3

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.

Point 4

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.

Day 4

9:30

departure

By car

Okutama Town

10:00~15:30

5 hr. 30 min.

By car

Okutama Canoe Center

16:00

By car

Takimoto Station Parking Lot

16:30~16:36

6 min.

By Walk

Mt. Mitake (Shukubo)

17:00

Stay

Mt. Mitake (Shukubo)

Point 5

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).

Day 5

9:00

departure

By Walk

Mt. Mitake

9:00~12:30

3 hr. 30 min.

By Walk

Strolling Musashi Mitake-jinja Shrine & Mitake Visitor Center

12:45~12:51

6 min.

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

15:00~16:30

1 hr. 30 min.

By car

Strolling Mitsumine-jinja Shrine & Mitsumine Visitor Center [The shrine office is open from 9:00 to 17:00.]

17:30

Stay

Chichibu City (Ryokan/Hotel)

Point 6

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.

Day 6

9:00

departure

By car

Chichibu City

10:00~13:30

3 hr. 30 min.

By car

Nakatsu River Mountain Stream Fishing Area

14:00~16:00

3 hours

By car

Chichibu Takizawa Cycle Park

16:00

By car

Rental Car Return

17:30

Stay

Seibu-Chichibu Station

Point 7

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!

Point 8

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.



Chichibu Tama Kai National Park

Japanese serow



Benibanachiyakuso (a kind of azalea)



False anemone



Akabanahimeiwakagami (a kind of Diapensia lapponica)



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

Okutama Ranger Office, Kanto Regional Environment Office, Ministry of the Environment

〒198-0212 171-1 Hikawa, Okutama-machi, Nishitama-gun, Tokyo

☎+81-428-83-2157

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