

# Four stories to discover in Tokyo's Tama region

Step outside the metropolis and explore Tokyo's Tama area, an oasis of natural beauty.

From colorful flowers and beautiful autumn leaves to the sweet smell of trees, the chirping of songbirds, and the babbling of brooks, all the sights, sounds, and scents of the changing seasons can be found within a day's reach of central Tokyo.

Surrender to the untouched wilderness and listen to your heart. Discover four stories to purify your body and soul in Tokyo's Tama region.

Spring

**Blossom**

**Savor the sights of spring on a bicycle ride that will have your spirits in full bloom as well!**  
Fussa-shi / Hamura-shi / Mizuho-machi

A variety of seasonal flowers bloom in this precious area known as "Tokyo's garden." When spring is in the air, set out on a leisurely journey to take it all in!

## Fussa Station

Rent a bicycle near the station.

### Enjoy cherry blossoms while bicycling along the Tama River

[Along the way, check out the Hamura Intake Weir, Sakurazutsumi Park, Negaramimae Paddy, and other spots.]

#### Relax amid rows of cherry trees

Take a leisurely bike ride along the Tama River on a quiet path lined with cherry trees. As blossoms fall all around you, the peaceful surroundings may even invite you to release your inner child and stop for a nap!



About 800 Yoshino cherry trees

#### Take stunning snapshots of a tulip field

At Negaramimae Paddy, the Kanto region's largest tulip field, a brilliant carpet of primary colors will lift your spirits, and makes for great pictures, too!



A field of 400,000 tulips from twenty species

#### Hunt for rare white dogtooth violets

A colony of about 200,000 dogtooth violets

Approx. 10 min.

Approx. 8 min.

#### A taste of spring at Ishikawa Brewery

Learn about the history of sake brewing at the museum, go on a brewery tour, or try seasonal dishes and local sake at the restaurants of this veritable amusement park for sake. It's the quintessential taste of spring in Japan.



The tour requires prior reservations

At Sayama Katakuri-no-Sato, try searching for mysterious white dogtooth violets. Only one in tens of thousands of flowers is white instead of the standard purple, so finding one is sure to bring you good luck!

Summer

**Cleanse**

**Rivers, waterfalls, and hot springs! A journey that explores the healing power of water!**  
Akiruno-shi / Hinohara-mura

This beautiful, refreshing gorge was formed where mountains meet a clear, rushing stream. Let the life-giving waters bless you and emerge reborn!

## Musashi-Itsukaichi Station

Approx. 27 min.

### Explore waterfalls to cleanse your soul

There's something about gazing at a pure, rushing waterfall that soothes a troubled mind. The splash of the crystal-clear waters will purify your body and spirit.

[Get off at the "Senzoku" bus stop and hike to Tengu Falls and Hossawa Falls.]



Hossawa Falls was selected as one of Japan's best 100 waterfalls.

### Savor local vegetables

Have lunch near Hossawa Falls. Vegetables here are grown using water from the freshest, purest streams, and you can really taste the difference!



Approx. 12 min.

Approx. 10 min.

### Clean off at Seoto-no-Yu Spa

Get fresh and clean after a hard trek in the outdoor bath, which offers spectacular views of Akiyama Gorge. Feel at one with nature and relax in the healing waters of the hot spring.



Bubbling up from 1,500 meters underground

Summer

**Recharge**

**Reenergize yourself at a 900-meter mountaintop and other mystical spots filled with the power of nature.**  
Ome-shi / Hinode-machi

A center of worship since ancient times, this mountain range is filled with sacred energy. Recharge your spirits as you take in mystical vistas sculpted by humans and nature.

## Mitake Station

Approx. 10 min. Approx. 6 min.

### Hike Mount Mitake

[Start your hike from Mitakesan Station. Along the way, check out the Tengu Rock, named for the long-nosed goblins of Japanese legend, and the Tengu's Seat, an unusually shaped cedar tree.]

#### Power up at Musashi-Mitake Shrine

A center for Japan's ancient tradition of mountain worship, Musashi-Mitake Shrine is one of the most mystical spots in the Kanto region. The feeling of accomplishment from climbing Mount Mitake will energize you even further!



Founded in 91 BC

#### Cleanse your spirit at Rock Garden

This purifying spot is formed from moss-covered rocks and a waterfall ravine. Your spirits will surge as you fill your lungs with fresh air.



Total distance: about 1.5 km

#### Take in spectacular views from the summit of Mount Hinode

All the fatigue of hiking will dissipate when you reach the summit and its amazing views. Time stands still as you gaze out at the vast panorama of the Kanto Plain spread out before you. Taste the delicious mountain air!

[From the Mount Hinode summit, descend via Agokake Rock and Mitsuzawa.]

### Relax at Tsuru-Tsuru Onsen



Natural hot-spring baths that are good for your skin

This hot-spring spa surrounded by nature has a pleasantly rustic ambience. A strenuous hike beforehand will make the soothing waters feel even better!

Take a break for lunch.

Autumn

**Inspire**

**A vibrant journey to stir the soul, without leaving the confines of Tokyo!**  
Okutama-machi

This entire lush forest on the northwest edge of Tokyo is a national park. Add a dash of color to your life with the brilliant hues of nature and the manmade illuminations of a limestone cave.

## Okutama Station

Approx. 35 min. Approx. 30 min.

### Explore Nippara Limestone Cave

The inside of the cave is 11 degrees Celsius year-round, making it cool in summer and balmy in winter. Colored lights create a fantastical, eerie atmosphere, while thrills abound as you proceed through narrow rock passages!



Designated as one of the Kanto region's largest natural monuments

Approx. 45 min.

### Stroll along Lake Okutama

Take a pleasant walk around a lake surrounded by wilderness. The contrast between the blue-green surface of the lake, reflecting nearby mountain ridges, and the crimson autumn foliage of the lake's shore is truly breathtaking.

[Start from the "Okutamako" bus stop and take the "Okutamako (Iko-no-Michi)" path.]

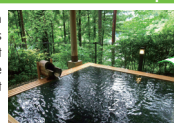
Approx. 20 min. Approx. 10 min.



An artificial lake built as a reservoir for tap water

### Enjoy the autumn colors at Okutama hot spring Moegi no yu

Take a dip in an outdoor bath offering views of Okutama's rushing streams and brilliant autumn colors. The fatigue of your walk will quickly melt away.



A natural hot spring with its source in Japan's oldest rock layer