

# TOKYO's

*New*

# LUXURY

Inspiration is only a short trip away.  
There's more to Tokyo than  
you'd ever expect!



Illustrated by Dehogallery (Yohei Takamatsu)



*Tokyo*  
**Tokyo**

# Tokyo's Tama Area WONDERS

The Tama area is a hidden wonderland of beautiful greens and water. The landscape here is full of surprises and deep impressions.

Come spend an unforgettable moment in the embrace of nature in Tama.

Exceptional feeling of  
exhilaration!

An impressive view  
beneath the bridge



1

## A place where anyone can easily interact with nature

With numerous mountain trails and trekking courses, the Tama area is a great place to have contact with spectacular nature. The Mount Mitake Rock Garden in Ome-shi is a recommended spot that even novice mountain climbers can go without reserve. Even in summer it is refreshingly cool.

**1.** Shidakura Hanging Bridge on the Okutama Mukashi-Michi Trail (Okutama-machi); **2.** Ayahiro-no-Taki Waterfall (Ome-shi); **3.** The Mount Mitake Rock Garden with beautiful moss-covered rocks and stream (Ome-shi)



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## Discover a rural wonderland with majestic mountains and traditional culture, a mere two hours from central Tokyo.

Do you think that Tokyo is overflowing with skyscrapers and the latest electronics? As it turns out, that is not the case. Tranquil scenery and a rich natural environment that will make you wonder if you are really in Tokyo are still to be found in the Tama area of western Tokyo. Grand mountains where huge trees have taken root, powerfully flowing rivers, beautiful ravines, and a bucolic landscape that feels somehow nostalgic... This natural paradise can be reached in two hours by train or car from the city center.

The Tama area is also a place where you can glimpse the history that the Japanese have lived together with nature. With nearly two-thirds of its land area covered by forests, Japan is one of the world's few countries so richly forested. That is why nature has been something very close to the Japanese since long ago. Appreciating the benefits brought by nature and sometimes fighting with its threats, the Japanese have always lived together with nature. The wisdom and ingenuity for living in harmony with nature that our ancestors came up with can still be seen alive at every turn in the landscape of the Tama area.



\* The following terms are used in the geographical names in this publication: -shi "city," -machi "town," and -mura "village."



You can see a celebrated waterfall right from the edge of the plunge basin.



## Wild scenery that takes the breath away

There are many places where you can directly feel the power of nature in the Tama area. Walking paths among rocks and along clear streams, huge reservoirs, noted waterfalls where the spray flies up, and mysterious limestone caves... Their beauty has the power to overwhelm those who see them.



**4** Lake Okutama-ko surrounded by fresh green leaves (Okutama-machi); **5**. Hossawa Waterfall (Hinohara-mura); **6**. Nippara Cave (Okutama-machi), the largest limestone cave in the Kanto region

## Tama's seasonal beauty

Surrounded as it is by mountains, the seasons in Tama are very distinct. Fresh greens of spring, autumn colors, snowy landscapes in winter, and brightly colored flowers tell of the passing of the seasons... Shifting scenery that changes with the seasons is one of Tama's attractions.



Gorgeous flowers



**7**. Mountain cherry trees in Rokudoyama Park (Mizuho-machi); **8**. Akigawa Ravine (Akiruno-shi) decked out in fall colors; **9**. Negaramimae Paddy (Hamura-shi), where nearly 400,000 tulips bloom in full glory; **10**. Shiofunekannonji Temple (Ome-shi), where 17,000 azaleas bloom; **11**. Weeping cherry at Baiganji Temple (Ome-shi); **12**, **13**. *Clematis japonica* (**12**) and day lilies (**13**) in Hinohara Tokyo Citizens' Forest (Hinohara-mura)





# Tokyo's Tama Area ACTIVITY

Nature is everywhere you look in the Tama area.

Here, there is a long list of activities to enjoy using your whole body and many enjoyments that are unavailable in the city.

Waterfalls



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## Enjoy a wild time in Tama's mountain streams.

You can try canyoning (April-October) in the Tama area, where there are many canyons with an abundance of water. It is an activity in which you descend a mountain stream without using special tools or equipment. Enjoy a sense of oneness with dynamic nature in Tama.

1. Feel like Tarzan as you speed down a zip line!  
2. Pressing ahead undaunted by the swift flow of the water; 3. Waterfalls in Tama can be a natural waterslide.



Rivers



4

So Wild!

Rocks



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Forests



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## Forests, rock faces, waterfalls, rivers... They are all places to play.

The natural world in Tama has the power to give visitors a feeling of liberation. Here, you may find yourself wanting to try things that you would normally avoid because you don't want to get your clothes dirty or because of a risk of getting hurt. Well, don't worry. Numerous activities for interacting with nature have been prepared in Tama for people just like you.

There are many ways to have fun in Tama. Go hiking or trekking through forests whose beauty soothes the mind. Or, enjoy Tama's abundant water with mountain stream fishing, canoeing, kayaking, or exhilarating rafting and canyoning. Nature in Tama accommodates all levels of fun, from activities that beginners and children can enjoy without worry to difficult activities for the experienced adventurer. We recommend having a BBQ by a river after playing hard.

4. There are lots of fishing spots where you can catch rainbow trout and landlocked salmon; 5. Mitake Ravine in Ome-shi, a popular spot for bouldering; 6. Mitake Ravine is also known as a holy site for canoeing; 7. Many trails have been developed for trekking and running; 8. Try exhilarating rafting. Early spring, when snowmelt flows into the rivers, increasing the amount of water, is the perfect time; 9. A refreshing bike ride in Tama's nature; 10. Akiuno-shi even has a horseback riding club where you can try riding a horse.

## Tama's abundant nature offers infinite ways to have fun.

Activities such as hiking and fishing are recommended for people who want to interact casually with nature. If you want to feel nature's power, try something like bouldering or rafting. How you enjoy nature in Tama is up to you.



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# Tokyo's Tama Area RETRO CULTURE

The Tama area is a place where old traditions live on. Here you can encounter the archetypal image of Japan that is being lost in the city, such as festivals and lifestyles, including those related to mountain faith on Mount Mitake, and casual scenery along the roadside.

Filled with mystical energy



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1. Sunrise seen from Mount Mitake, an exceptionally beautiful sight; 2. Mount Mitake Cable Car; 3. Musashi Mitake-jinja Shrine, the current front worship hall of which was built in 1700; 4. Okuchimagamisha Shrine, the inner most shrine building at Musashi Mitake-jinja Shrine (The guardian lion-dog statues at the shrine are wolves, as the wolf is deified here.); 5. Votive tablets for Musashi Mitake-jinja Shrine also feature a picture of a wolf.



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## Feel the mysterious power of Tama's mountains.

Surrounded as they were by mountains, the Japanese have felt the benefits and threats of mountains closely and so looked upon mountains as objects of worship and awe. That is why mountain faith, which sees mountains as sacred, has been rooted in Japan since antiquity. Mount Mitake, which rises above Ome-shi, is one such mountain. It has long attracted worshipers as one of the Kanto region's most sacred places.

Musashi Mitake-jinja Shrine, a shrine located on the summit, is a symbol of the mountain's sacred standing. The shrine was founded in 91 BC, and it is said that in 736 the monk Gyoki enshrined a statue of Zao Gongen there as a prayer for peace and tranquility in the eastern provinces. It is a place where you can perceive the Japanese people's history of reverence

for mountains. Since the Kamakura period (1185–1333), when mountain faith had become widespread, Mount Mitake attracted wide devotion and came to be visited by numerous *shugenja*, mountain ascetics who seclude themselves in the mountains to perform ascetic rites, such as devotions under a waterfall to ritually cleanse the mind and body. During the Edo period (1603–1868), increasing numbers of commoners started to visit the shrine. The approach became lined with lodgings for pilgrims, and is said to have been bustling with people.

Even now, when it has become a popular spot for mountain climbing, Mount Mitake still retains an aura of the sacred. Come pay a visit here as you turn your thoughts to the faith of the people of long ago.





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Refresh your mind  
and body!

## Stay at a pilgrim's lodge in a village in the sky and cleanse yourself in a waterfall.

The mountain ascetic culture, including ritual cleansing in waterfalls, is still handed down on Mount Mitake. The inns lining the approach to the shrine used to be lodgings for mountain ascetics, but today they are open to general tourists as well. The proprietors of the inns are also Shinto priests for Musashi Mitake-jinja Shrine, and so if you stay at one of the inns, you can receive purification and prayer and have experiences such as ritual cleansing in waterfalls.

6. Prayer at a pilgrim's lodge, where the solemn atmosphere creates a tense feeling that focuses the mind and body; 7. Guest room at a pilgrim's lodge, with a beautiful view of Mount Mitake from the window; 8. Ritual cleansing in the sacred Ayahiro-no-Taki Waterfall (Ome-shi). You can have ritual cleansing in waterfalls at pilgrim's lodges and at Musashi Mitake-jinja Shrine.



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14



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## Walk through old Japan.

In the Tama area you can come across idyllic rural scenery and buildings redolent of history. Fields growing rice and vegetables, statues of travelers' guardian deities standing by the side of the road, impressive temple gates, cultural facilities in renovated old folk houses...There are many lovely sights that warm the hearts of visitors.



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Temple gate with a  
thatched roof



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9. Koshinkan (Mizuho-machi), a community center in the renovated residence of a wealthy farmer built in the late Edo Period; 10. The temple gate of Kotoku-ji Temple (Akiruno-shi), which was built in the mid-Edo Period; 11. Owadabashi Bridge over the Akigawa River, which retains its rural charm (Akiruno-shi); 12. Travelers' guardian deities silently watching passersby.

## Tama festivals, brimming with excitement

We also recommend enjoying the atmosphere of one of the festivals that have been handed down since ancient times in the Tama area. Gorgeous portable shrines and floats are paraded through the streets amidst enthusiastic shouts from the lively crowds. The power of tradition here is overwhelming.

13. A performance of the Phoenix Dance, a traditional art, at the Hirai Festival in Hinode-machi; 14, 15, 16. The big three festivals held in September in Akiruno-shi; 14. Annual festival at Ninomiya-jinja Shrine; 15. Annual festival at Shoichii Iwabashi-jinja Shrine; 16. Annual festival at Akiru-jinja Shrine

# Tokyo's Tama Area FOOD & CULTURE

The Tama area is a treasure house of delicious food, including wasabi, wild vegetables, konnyaku, and soba noodles.

Come enjoy unique food bounty of the Tama area produced by clear mountain streams and fertile mountain soil.



## The taste of Japan, the taste of Tama, grown by limpid streams

Wasabi, that essential ingredient of Japanese foods such as sushi and soba noodles, is a noted local product in the Tama area. It is a plant that only grows in places with pristine water. Wasabi is a blessing of Tama's limpid streams. Fresh wasabi is fragrant with a mild spiciness. It has a flavor you should definitely experience.

### Many kinds of wasabi products



Wasabi pickles



Wasabi-flavored oil



Wasabi Genovese sauce

**1.** Tama is snowy in winter. In spring, the snows melt and flow into the rivers, bringing pure water; **2.** You can see river fish such as char, trout, and landlocked salmon in Tama's clear rivers; **3.** Hatonosu Gorge (Okutama-machi), where you can see the beautiful Tama River; **4.** A lush green wasabi field



## Wild vegetables

### Mizu

Characterized by a long harvest season, from spring to autumn. It is juicy with a crisp texture.



### Fukinoto

Characterized by a faint bitterness. It is often eaten as tempura or stewed dishes.



### Zuiki

The stalk of taro, it has a vibrant red color when raw. It has a crisp texture.



### Udo

Has a pleasant texture and fragrant aroma. It is delicious both raw and boiled.



### Kogomi

Has a cute shape with its curled top. It has a slightly slimy texture.



### Yurine

Lily root. It is highly nutritious and has long been valued as a medicinal plant.



### Taranome

Called the king of wild vegetables. It is the shoots of *taranoki*, a plant belonging to the family Araliaceae.



## Wide variety of wild vegetables cuisine

Wild vegetables, which herald springtime in Tama's mountains, have long been a familiar food to the local inhabitants. At Mitosanso in Hinohara-mura and other places in the Tama area you can enjoy wild vegetables cuisine prepared with time and effort.

## Enjoy the bounty of beautiful streams and mountains.

You can't discuss Tama's food culture without mentioning "water."

The Tama area is home to many rivers, the chief ones being the Tama River and its major tributary, the Akigawa River. Their waters pass through the natural filtration system of the mountains. That is why the water in Tama's rivers is extremely transparent and is guaranteed to be of good quality. The people who live in Tama have since ancient times been grateful for the benefits brought by its water and have cultivated a food culture that takes advantage of water. That is why many of Tama's

specialty foods and noted local products such as *sake*, konnyaku, and tofu are associated with good water.

The other key word that explains Tama's food culture is "mountains." Tama's mountains, where plants thrive, are a treasure trove of food ingredients. When the snows melt in spring, buds start sprouting all at once, and the season of ripening comes in the autumn. Wild vegetables and mushrooms—seasonal fruits of the earth—are foods not to miss in Tama.

## Things that taste great because the water is pure

Tama's specialty foods include soba noodles, konnyaku, tofu, and *sake*. As these are all made with simple ingredients, water quality has a big influence on their flavors. Food tastes great when the water is pure. When you taste food in Tama, you'll find out for yourself just how true that simple fact is.

### Konnyaku

Popular as a health food, it is eaten in various dishes including thin slices called *sashimi konnyaku* and skewered, grilled chunks topped with a miso sauce, called *dengaku* or *miso dengaku*.



### Coffee

You can really taste the difference good water makes in coffee drunk in Tama's coffee shops.



### Sake

In sake, which is made of just rice, water, *koji* mold, and yeast, good tasting water makes a remarkable difference.



### Soba

The Tama area has many famous soba noodle shops. In addition to good water, the noodles reflect the different things that the owners of each shop insist on.



### Fish

Fish in Tama is done simply grilled with salt, as it is recommended that you enjoy its great flavor directly.



### Tofu

There are many tofu shops offering handmade tofu produced with traditional techniques. It has a rich flavor with a pronounced taste of soybeans.



### Tea

Tokyo Sayama Tea is cultivated in places such as Mizuho-machi. It has a good balance between sweetness and astringency.

# Tokyo's Tama Area RELAX

When you are embraced in the fold of Tama's abundant nature, everyday worries seem to melt away.  
Below we introduce soothing ways of healing in Tama, including connecting with the forest and soaking in an onsen.

## Calm your mind, surrounded by giant trees.

A feature of forests in Tama is the large number of giant trees. Okutama-machi located in the westernmost part of the Tama area in particular is known as the home of Japan's biggest trees. This distinction comes from a big tree survey conducted in 2001 by the Ministry of the Environment, which found 891 giant trees in Okutama-machi, the largest number in the country. Of course, there are many giant trees throughout the Tama area, not just in Okutama-machi.

The attraction of giant trees is undeniably the astounding life force that pours out of them. Burly bark that speaks of eternal history, the shape of many branches reaching out in every direction, and verdant leaves growing thickly... If you look carefully, you can also see wild birds resting their wings on the branches and insects that have come in search of sap. Standing in the presence of the vital force of giant trees and the creatures of the forest, you may start to feel how small you really are.

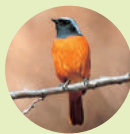
Being home to such giant trees, Tama's forests are popular spots for forest therapy. Walking trails known as "therapy roads" have been built and there is a plethora of plans offering therapy programs. Come experience the healing power of Tama's forests.

1,000-year-old tree



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### Birds encountered in Tama



Daurian redstart



Willow tit



Kingfisher



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**1.** Kurasawa-no-Hinoki (Okutama-machi), the largest cypress in Tokyo, with a chest-height diameter of 6.3 meters and a height of 34 meters; **2.** Hyakuhiro Falls (Okutama-machi), the spray of which feels good; **3.** Therapy Road (Okutama-machi), a walking trail established for forest therapy; **4.** A forest yoga class, one of the therapy options held on the Therapy Road



## Heal yourself in a rural hot spring.

Let the sweat flow at an onsen after you have enjoyed an activity such as trekking. Tama has many onsen facilities open to day visitors where you can soak in a hot spring while gazing out at the beautiful scenery of nature. Yielding your body to the noted hot springs that well up from the earth in Tama is sure to fill you with a comfortable feeling of satisfaction.



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5. Open air bath for women at Akigawa Keikoku Seoto-no-Yu (Akiruno-shi); 6. Indoor bath at Tsuru-tsuru Onsen (Hinode-machi); 7. Open air bath at Okutama Onsen Moegi-no-Yu (Okutama-machi), where you can enjoy the view of each season; 8. Open air bath at Hinohara Onsen Center Kazuma-no-Yu (Hinohara-mura)

## Relax at a historical old *kabuto zukuri* style house.

*Kabuto zukuri* is a traditional style of architecture for private houses in the Tama area. The style gets its name from the fact that the shape of the thatched roof resembles a warrior's helmet (*kabuto*). The Tama area has many old houses in various architectural styles, including the *kabuto zukuri* style. Enjoy some time for rest and relaxation in a traditional Japanese building.



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12, 13. Kabutoya Ryokan in Hinohara-mura is a distinctive example of the *kabuto-zukuri* architectural style, which combines the steeped, thatched roof of the *gassho-zukuri* style with the hipped and gabled roof of the *irimoya-zukuri* style. A building where silkworms used to be raised is now used as an inn; 14. The Kobayashi family house in the mountains of Hinohara-mura is a thatched folk house built in the first half of the 18th century; 15. The double *kabuto* roof of Ja-no-Yu Onsen Takaraso in Kazuma Hamlet (Hinohara-mura) is well worth seeing.



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## Surrender yourself to the flow of time in Tama.

Steady your breath and just surrender yourself to the slow flow of time. Having that kind of moment of extravagance is one of the popular forms of relaxation in Tama. Enjoy the healing flow of time in Tama with meditation, star gazing, or other leisurely activity. We also recommend enjoying the fireflies in summer.



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9. At Seizanso (Ome-shi), a pilgrim's lodge on Mount Mitake, you can try meditation. The owner gives lectures on breathing technique; 10. Activities in Tama include overnight tours to enjoy star gazing; 11. Genji botaru fireflies live in Hotaru Park (Fussa-shi). Here you can enjoy a beautiful light show on clear summer nights.



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# Tokyo's Tama Area URBAN NATURE

Walk down the roads to historic shrines and temples, or explore lushly green parks and riverbanks teeming with life.

Tokyo's Tama area contains places that have bustled with human activity since long ago.

Filled with mystical  
energy



1. The richly colored Izuna Gongendo Hall at Takaosan Yakuoin Temple (Hachioji-shi) is decorated with gorgeous carvings; 2. Those who would rather avoid the climb can take a cable car or lift from the base of the mountain; 3. See adorable baby monkeys at the monkey park; 4. *Tenguyaki* waffles stuffed with sweet black soybean paste, a Mount Takao specialty, are a popular treat to buy on the way to the temple.



## Get in touch with vibrant nature and an amazing history without leaving the metropolis.

The Tama area contains many beautiful green spaces that are easily accessible from central Tokyo.

Mount Takao Nature Study Route 1, one of the routes up to the mountain's 599-meter summit, is the main approach to Takaosan Yakuoin Temple located about halfway up the mountainside. The worshipper-thronged path is one of the Tama area's most popular tourist destinations.

With a history dating back about 1,300 years, Jindaiji Temple enshrines a seated bronze Buddha statue that is the oldest National Treasure Buddha statue in eastern Japan, and comes second only to Sensoji Temple in Asakusa as Tokyo's oldest temple. The city of Chofu where Jindaiji is located is also known as the longtime home of the artist Shigeru Mizuki, famous for his manga comics depicting *yokai* (demonic creatures from Japanese folklore). You can definitely see how the mysterious beauty of the forests of Musashino might have sparked his creativity, as you half expect a *yokai* to pop out from behind a tree. Many restaurants serving Jindaiji soba noodles, a local specialty, are clustered in front of the gates of Jindaiji Temple.

Okunitama-jinja Shrine, said to have been founded 2,000 years ago, is Tokyo's oldest shrine. The avenue from the shrine to Fuchu Station is lined with zelkova trees that have become a symbol of the city. The ancient trees, thought to be over 600 years old, continue to stand silent guard over the city to this day.

5. The main hall of Jindaiji Temple (Chofu-shi) enshrines the Buddha statue that is the temple's principal object of worship; 6. *Akagoma* horse-shaped good-luck charms woven from straw are a traditional craft of Chofu, handmade by the owner of the café and gift shop Ameya; 7. Jindaiji soba noodles are a specialty of the temple town; 8, 9. If you visit Jindaiji, you won't want to miss Kitano Chaya. This café sells food and drinks inspired by *yokai* creatures. It also contains a gallery with exhibits related to the artist Shigeru Mizuki.



© Mizuki Productions



10. The approximately 500-meter-long Babadaimon Zelkova Avenue; 11. Okunitama-jinja Shrine (Fuchu-shi) draws worshippers as the home of the guardian deity of Musashi Province; 12. A statue of the samurai commander Minamoto-no Yoshiie, who donated the zelkova trees together with his father Yoritoshi

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**13.** A cycling course in Koganei Park (Koganei-shi / Kodaira-shi / Nishitokyo-shi / Musashino-shi); **14.** The Edo-Tokyo Open Air Architectural Museum exhibits reconstructions of historic buildings.



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**15.** Segway tours are a popular attraction at Showa Memorial Park (Tachikawa-shi / Akishima-shi). Many different flowering trees and plants bloom on its sprawling grounds throughout the year.



16

**16.** Approximately 200 cherry trees are planted around the pond in Inokashira Park (Musashino-shi/Mitaka-shi).

## Experience the healing power of the forest in Tokyo's sprawling oases.

The parks of the Tama area are distinguished by their incorporation of natural topography. You'll definitely feel closer to nature when you spend time in these parks, whether it's by admiring the beauty of seasonally flowering trees and plants, listening to the laughter of children enjoying the playground equipment and splashing around in the water, or observing the wild birds and insects that live in the forests and fields.



17



**17.** Enjoy the presence of water near Josui Kobashi (Tachikawa-shi / Kodaira-shi), a small bridge over the Tamagawa Aqueduct; **18.** Komorebi Footbath is a great place to take a break on your walk.

18



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**19.** At Osawa no Sato (Mitaka-shi) on the bank of the Nogawa River, you can see a restored version of a farmhouse built in 1902. It was originally the main building of a farm that grew wasabi and raised silkworms; **20.** The Nogawa River offers opportunities to observe various plants and animals.

20



## Find peace alongside Tama's clear waters.

The Tamagawa Aqueduct, constructed during the Edo period (1603-1868) to draw water from the Tama River, the Nogawa River, one of the Tama River's tributaries, and the Masugata Pond Springs, selected as among the best 57 springs in the Tokyo Metropolis, are all popular places to walk along the water. The riverside paths are perfect for a leisurely stroll or a bike ride. Let the pristine waters soothe your soul.



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**21.** Kokubunji Yakushido Temple houses a seated wooden Buddha statue that has been designated an Important Cultural Property by the Japanese government; **22.** Otaka-no-michi (Kokubunji-shi), a path that follows a stream from the Masugata Pond Springs, is a source of mystical energy.



22

# Tokyo's Tama Area EXPERIENCE

From workshops where you can make your own one-of-a-kind handicrafts, to facilities where you can deepen your knowledge and have fun at the same time, and places where you can see animals up close, try these amazing experiences unique to the Tama area.

Get in touch with tradition.



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1. At the Furusato Experience Hall (Fuchu-shi), try making your own straw zori sandals; 2. Paint your own design on unglazed pottery in the quick-firing pottery workshop at Musashino Jindaiji Kiln (Chofu-shi); 3, 4. Bring home a rustic bowl or a ceramic bell with a dharma doll design, inspired by Jindaiji Temple's famous annual dharma doll market; 5, 6. Shiraku (Machida-shi) offers workshops where you can make your own accessories out of pure silver clay. Make a one-of-a-kind piece to take home.

## Fall in love with Tama through a variety of hands-on experiences.

Try making your own pottery, silver accessories, or rustic crafts at facilities in locations surrounded by rich natural beauty. Expert staff members will provide careful instruction so that even beginners and kids can take on the challenge with ease. Besides the original piece born from your own creativity, the experience itself is sure to remain in your heart as a precious memory.

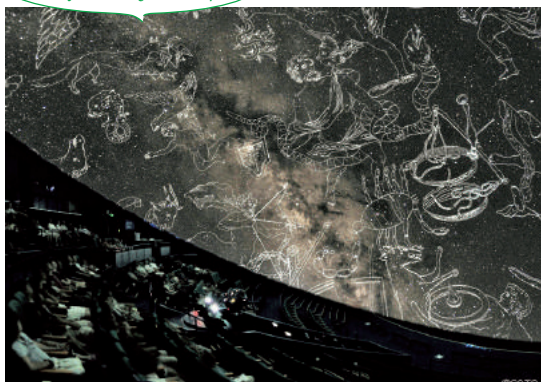
The Tama area also attracts visitors with its leading scientific institutions featuring extensive facilities, including a center for polar

study and research, an astronomical observatory with state-of-the-art equipment, and a world-class planetarium. Each facility goes to great lengths to ensure that visitors can increase their knowledge and interest by looking, touching, and exploring. Valuable and authentic experiences await you here.

With its rich natural environment, the Tama area is home to many animals. Enjoy watching animals up close in conditions very similar to their natural states, or interacting with them through feeding.



## The mysteries of outer space



©GOTO 7

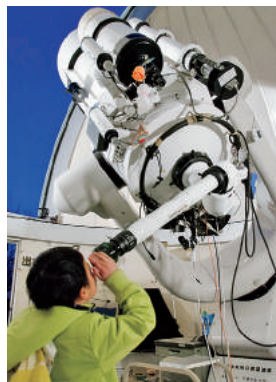
### Science facilities inspiring dreams and adventure

How about a visit to space- and science-related facilities? In addition to viewing valuable materials obtained through many years of research and observation, touching and getting hands on with genuine items is sure to make your areas of interest even more exciting. Even if science wasn't your favorite subject, you'll be able to enjoy learning something new here.

7. The planetarium at the Tamarokuto Science Center (Nishitokyo-shi) can project over 140 million individual stars; 8. The full-scale exhibit of the front part of a space shuttle is impressive.



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9. The National Astronomical Observatory of Japan (Mitaka-shi) hosts stargazing parties every month. Even the craters of the moon are clearly visible through the large-aperture telescope; 10. The 65-cm Telescope Dome (Observatory History Museum) was constructed over 90 years ago.

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11. View an aurora at the National Institute of Polar Research Polar Science Museum (Tachikawa-shi); 12. A snow car that reached the South Pole and instruments actually used for polar research are on display.



13



Koalas



Red pandas



Cheetahs



Tree nymph butterflies

13. Orangutans who use ropes to traverse their habitat are among the most popular animals at Tama Zoological Park (Hino-shi).



14



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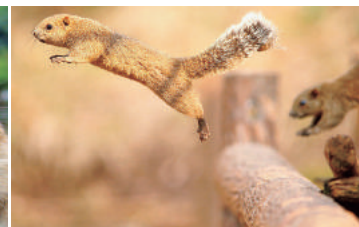
14. Try a pony ride at Yuyake Koyake Fureai Village (Hachioji-shi); 15. The best time to see rhododendron flowers is usually in early April.

### Delightful moments interacting with animals

Seeing animals living freely amid Tama's natural splendor will surely bring a smile to your face, whether it's at Tama Zoological Park, distinguished by its open exhibits without cages, Machida Squirrel Garden, where over 200 squirrels and chipmunks scurry about energetically, or Fureai Village, where you can play with ponies and rabbits.



16



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16, 17. Get up close with adorable squirrels and chipmunks at Machida Squirrel Garden (Machida-shi).

# Four stories to discover in Tokyo's Tama area

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.

## **Blossom** Spring 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!



\*Return your bicycle at Fussa Station.



Approx. 25 min.



A field of about 400,000 tulips

#### Hunt for rare white dogtooth violets



Approx. 10 min.

A colony of about 200,000 dogtooth violets



Approx. 8 min.

#### A taste of spring at Ishikawa Brewery

Learn about the history of sake brewing at the museum, tour the brewery, or enjoy local sake and craft beer along with seasonal dishes at the restaurants of this veritable amusement park for sake.



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!

Brewery tours must be reserved at least one day in advance (fee required).

## **Cleanse** Summer Rivers, waterfalls, and hot springs! Explore 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. Purify your body and spirit with the splash of the crystal-clear waters.

[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.



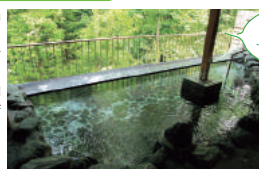
Approx. 10 min.



Ishibune Bridge, a hanging rope bridge, is suspended across Akigawa Gorge near Seoto-no-Yu Spa. Take a deep breath and gaze in awe at the beauty of the gorge.

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

Get fresh and clean after a hard trek in the outdoor bath, which offers spectacular views of Akigawa 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

Refresh 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. 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

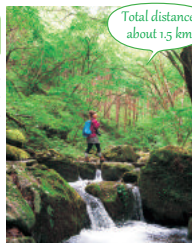
A center for Japan's ancient tradition of mountain worship, Musashi-Mitake Shrine is one of the most mystical spots in the Kanto region. The feeling of accomplishment from climbing Mount Mitake will energize you even further!



Founded in 91 BC

### Cleanse your spirit at Rock Garden

This purifying waterside 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. The soothing waters feel even better after a hike!

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 northwestern 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.

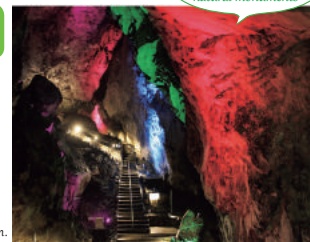


Approx. 30 min.

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

### Explore Nippara Limestone Cave

The average temperature inside the cave is 11 degrees Celsius, 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!



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.]

An artificial lake built as a reservoir for tap water



Approx. 20 min.

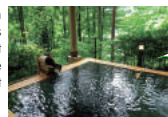


Approx. 10 min.



### 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



Train



Bus



Cable car



Walking



Bicycle

# Tama



## Guide for Access from Shizuoka prefecture (a prefecture near Tokyo):

High-speed passenger ship from Atami in Shizuoka Prefecture to Oshima and Kozushima

Car ferry from Shimoda in Shizuoka Prefecture to Toshima, Niijima, Shikinejima, and Kozushima

● **TAMASHIMA.tokyo**

<https://tamashima.tokyo/>



TOKYO  
METROPOLITAN  
GOVERNMENT

**TCVB**

Tokyo Convention & Visitors Bureau

Registration number (31) 108

- \* Estimated rail travel times are standardized, and will vary by train.
- \* The information contained in this publication is accurate as of the end of June 2019. Since this information may change after the date of publication, we recommend confirming the details by phone or other means before setting out on your trip. Please be aware that we will assume no responsibility for any damages arising from the information contained in this publication.
- \* The following terms are used in the geographical names in this publication: -shi'city', -machi'town', -mura'village', and -shima/-jima'island'.

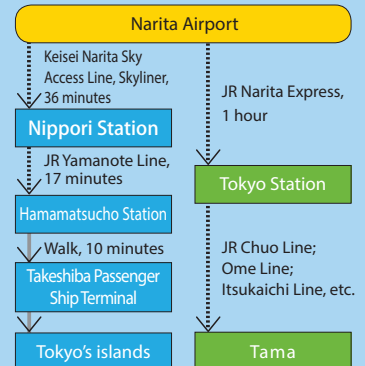
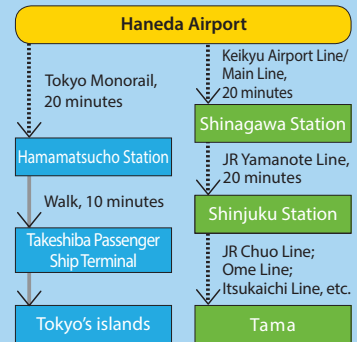
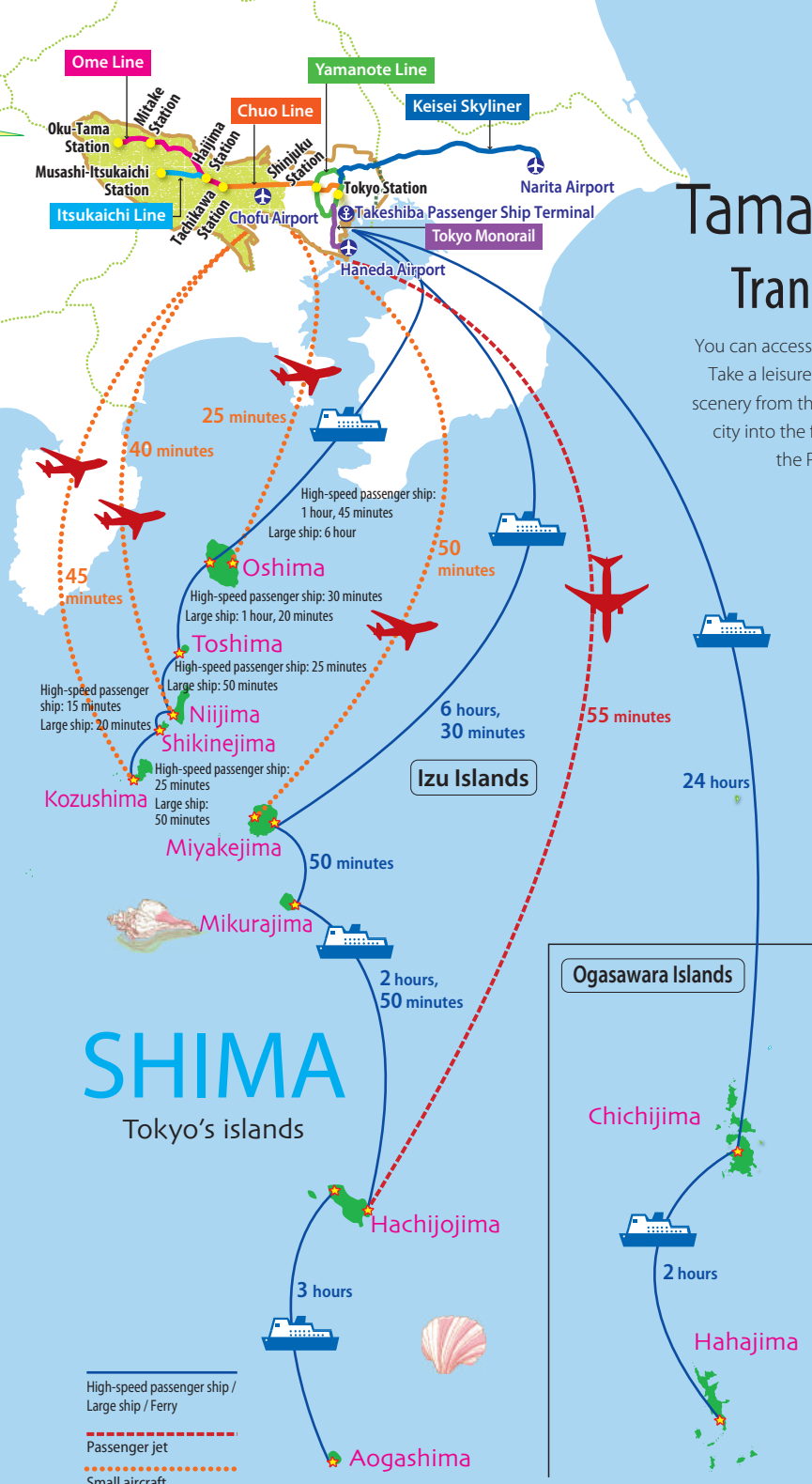
Photography Credits:

Okutama Town Tourism Industry Section, Hinohara Tokyo Citizens' Forest, Tokyo Metropolitan Park Association, National Astronomical Observatory of Japan, National Institute of Polar Research, Ogasawara Village Tourism Bureau, Aogashima Village Office, Shikinejima Tourist Office



# Tokyo's Tama Area & Islands Transportation Guide!

You can access these areas from central Tokyo by train or ship!  
Take a leisurely ride into natural wonderlands, enjoying the scenery from the window of a train as it makes its way from the city into the forest or looking out over the vast expanse of the Pacific Ocean from the deck of a ship.



\* You can also travel among the outer islands by helicopter.



Autumn

Vitalize

**A tropical paradise even in autumn!**  
**Let the ocean, mountains, and sunsets energize you.**  
 Hachijojima

Subtropical flowers like hibiscus bloom in this island paradise with a warm, humid climate. Play in the perfectly clear waters of the ocean, nicknamed the "Hachijo Blue," and let autumn give way to everlasting spring.

Day 1

Leave Takeshiba  
at 10:30 PM



10 hours 20 min.

Day 2

Arrive in Hachijojima  
at 8:50 AM



Try island-style  
sushi (shimazushi)  
for lunch!

**Enjoy the waters of the "Hachijo Blue"**

Try aquatic sports in the perfectly blue, crystal-clear ocean. Swim with tropical and large migratory varieties of fish. You might even meet a sea turtle!

Marine life abounds  
with over 700 different  
species



**Explore Hachijojima by bicycle**

[Check out Hachijo Botanical Park and the Ozato round-stone walls before heading for Nanbara Senjojiki Beach.]



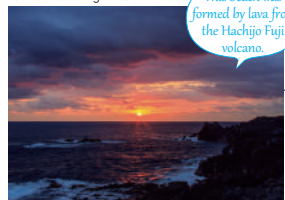
Rent a bicycle.

An electric  
bicycle will make  
pedaling easier.



**Watch the sun set from Nanbara Senjojiki Beach**

Relax and watch the sun sink below the horizon from a beach spotted with craters like the surface of the moon, all while listening to the peaceful sound of crashing waves.



This beach was  
formed by lava from  
the Hachijo Fuji  
volcano.

Day 3

Check out of your hotel



**Soak in the amazing views at Miharashi-no-Yu Spa**



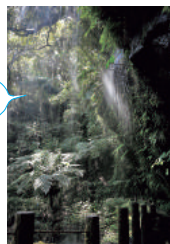
Treat yourself after a long bike ride with a luxurious soak in the open-air outdoor bath. The exercise beforehand will make the water feel even better!

Gaze out at the vast Pacific!

**Explore Uramigataki**

Visit a secret spot.

Walk behind the waterfall and experience the thrill of entering a hidden territory!



**Explore the Okago area**

The central part of the island is packed with restaurants, cafes, and gift shops.  
 \*Return your bicycle.

Leave Hachijojima  
Airport at 5:20 PM



Go min.

Arrive at Haneda  
Airport at 6:20 PM

Autumn

Winter

Freedom

**Find your favorite**  
**Hop on a bicycle**  
 Niijima /  
 Shikinejima

The island of Niijima is a famous hub for surfers, while Shikinejima is filled with jagged coastal inlets, beautiful coves, and hot springs. On this luxurious two-day trip, ride your bicycle wherever the mood takes you and discover spectacular vistas made just for you.



**Take a break at Habushiura Coast**

Lose track of time on this gorgeous beach. Why not read a book with the gentle sound of the waves as a backdrop?

The white-sand beach  
stretches on for about six  
kilometers.



A spa in the style  
of an ancient Greek  
temple!  
Try taking a dip at  
dusk when the sky  
changes color.

**Watch the sun set from  
Yunohama Hot Spring**

Day 3

Leave Niijima at  
8:45 AM



20 min.

Arrive at  
Shikinejima at 9:05 AM

**Explore Shikinejima by bicycle**

[Besides exploring the beaches and hot-spring spas, check out views of the island from Gunjiyama Observatory.]



Rent a bicycle.

**Relax at Tomari Beach**



Almost completely surrounded by rocks, this beautiful fan-shaped cove is practically a private beach. Listen to the sound of the waves amid the calm.



Large passenger ferry



High-speed jet ferry



Airplane



Bus



Walking



Bicycle



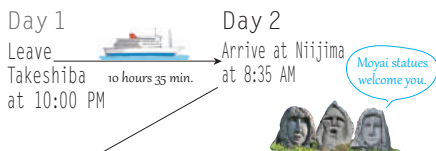
# Three stories to discover on Tokyo's islands

In the Pacific Ocean south of Tokyo lie islands with distinctive climates and cultures.

Check out unique islands with sparkling waters, pure white-sand beaches, natural hot-spring spas, and beautiful sunsets over the ocean.

Surrender to the leisurely pace of "island time" and escape from the everyday in these three stories.

**beach!**  
and go wherever your mood takes you.



## Take a bicycle ride to find your favorite beach

Breathe in the ocean air and set out to find a special beach just for you! White-sand beaches and the deep blue sea sparkle in the warm sunlight. Stop wherever you want and let pleasant hours slip away.

[Explore Honson Maejima Beach and stop for lunch nearby. Then, check out the view from Ishiyama Observatory and head for Habushiura Coast.]

The island is mostly flat, making it a paradise for bicyclists.



## Enjoy the secluded Matsugashita Miyabi-yu Spa

This outdoor bath feels like your own secret hot spring. The reddish-brown waters will warm you to the core.



The bathing areas are mixed-gender, so bring a swimsuit!

©Shikinejima Tourist Office

Leave Shikinejima at 1:15 PM

3 hours  
5 min.

Arrive at Takeshiba at 4:20 PM



Winter

**This must be another planet!**  
Enjoy otherworldly landscapes.



Oshima

Oshima is the largest of the Izu Islands and the closest to Tokyo. Although reachable on a day trip from central Tokyo, it feels like another world. Escape from everyday life and free your mind as you gaze at unearthly landscapes.



Stop for a break.  
\* Take a dip in the spa if you have time.

Oshima Onsen Hotel

Approx. 20 min.  
Approx. 10 min.

Check out exhibits on volcanoes and explore the depths of the earth with a simulator.

Tour the Izu Oshima Volcano Museum

Approx. 20 min.

Watch the sun set from Hama-no-yu Open Air Hot Spring

Both the sky and the ocean are tinged red in a gorgeous sunset that makes soaking in this spa an even more enjoyable experience.



## Experience "another planet" with a geological tour of Mount Mihara

Behind Mount Mihara lies the Urabaku Lava Field, which was formed by flows from the active volcano. This desolate black land could have been lifted right from the surface of Mars. Surrender to the unbridled power of nature.

[Get off at the "Mihara-sanchoguchi" bus stop and trek to the Urabaku Lava Field.]



Japan's only desert

## Take advantage of incredible opportunities for stargazing

With few streetlamps and other lights, the island's nighttime sky is completely filled with stars. Here, you can gaze in awe at the vastness of outer space.



Possible from anywhere on the island!

Day 2  
Check out of your hotel

## Explore the Izu Oshima Camellia Festival

Marvel at camellias blossoming gorgeously in the depths of winter! Held when the flowers bloom, the Camellia Festival is a major event for the island that heralds the coming of spring.



Workshops on dyeing with camellia flowers are also held.

Camellia oil makes a great gift!

\* The main venue is Oshima Park, but various events are held throughout the island.

Leave Oshima at 2:35 PM

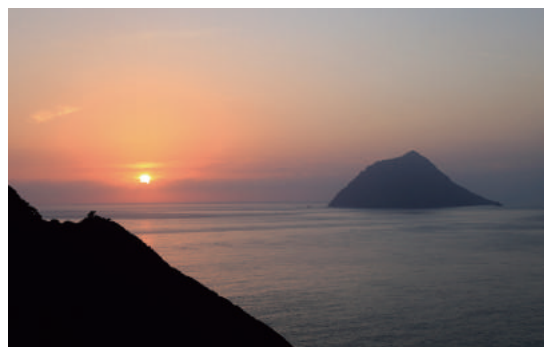
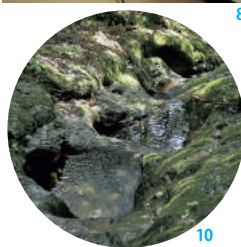
1 hour 45 min.

Arrive at Takeshiba at 4:20 PM

## Health resorts surrounded by oceans of subtropical trees

Luxuriant green stretches of subtropical forest have natural healing properties for the mind and body. Walking through a forest on trails amidst waterfalls and pure streams of cool water and the songs of birds, you suddenly realize that your stress has vanished. You feel the life forces of all the plants and animals that inhabit the island and breathe deeply in the pure air.

**6.** The Uramigataki Trail on Hachijojima. A mysterious waterfall in the middle of a vast forest. You can see through to the other side; **7.** Uramigataki Onsen, near the Uramigataki Trail on Hachijojima; **8.** Akakokko Station on Miyakejima provides information about the natural environment and sponsors bird watching activities; **9.** The Hego Trail on Hachijojima takes you through a landscape where hego (tree ferns) flourish; **10.** A pothole on Hachijojima. These holes in the rocks are formed by centuries of circular currents carrying pebbles and other small rock fragments.

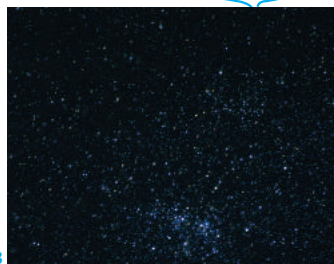


## Sunset and a good night's sleep in a traditional island house

The islands offer a multitude of options for relaxation, whether you want to be outdoors at a scenic area, quietly watching the sun set over the ocean, or indoors at a unique hotel or inn, where the staff will pamper you. The options for lodging range from simple minshuku (family-run inns in private homes), to luxurious resort hotels and remodeled traditional houses. There are types of lodging to serve the needs and wants of every visitor.

**14.** Sunset viewed from the Osaka Tunnel Observation Site: One of the Eight Great Views of Hachijojima; **15, 16.** Tokyo Vone Ten Guest House (Oshima) is a lodging facility in a remodeled traditional house. The interior is decorated in Japanese Contemporary style.

A sky full of brilliant stars



## You can't see these myriads of stars in the city.

Look upwards after dark, and you will see a dazzling array of stars filling the whole sky. The view of the night sky is very different on an island that has no neon lights, skyscrapers, or air pollution. The sight is amazing enough with the naked eye, but we recommend participating in viewing sessions sponsored by astronomy clubs.

**11, 12, 13.** The sight of the night sky brimming with brilliant stars is breathtaking. Stargazing tours let you observe the sky through a telescope, and lie down to enjoy the starry view as you listen to music.



# Tokyo's Islands RELAX

Set in a vast expanse of sea, these islands offer a peaceful lifestyle, a warm and mild climate, and untouched natural environments.

Use your time on the islands to refresh yourself and leave the stresses of everyday life behind.

Super wild!



1



2



4



3



5

## The luxurious feeling of bathing at a hot spring resort with blue seas and rugged rock faces.

As a volcanic archipelago, Japan has more thermal springs (*onsen*) than anywhere else in the world, and the Tokyo islands are no exception. Seven of the Izu Islands (Oshima, Nijijima, Shikinejima, Kozushima, Miyakejima, Hachijojima, and Aogashima) have their own unique *onsen* facilities.

The islands' *onsen* are attractive for their unique locations as well as for the quality of their water. You can pass some time luxuriously soothing your mind and body in magnificent landscapes, such as amid rugged rocks or overlooking the boundless ocean. Jinata Onsen on Shikinejima is an outdoor thermal spring in a rocky landscape right next to the sea. Since the water bubbles up out of the ground at 80°C (176°F), bathers seek out the areas where the hot water mixes with sea water to find a temperature that suits them. This is the kind of *onsen* experience you can find only on an island. Aogashima is home to Fureai Sauna, a sauna that is heated by geothermic energy. People bathe in steam instead of in water, and this facility is a favorite with tourists and locals alike.

A major selling point of the islands' *onsen* is that many facilities allow you to bathe at any time, 24 hours a day. During the day, you can soak in an outdoor *onsen* while viewing the vast ocean, or you can bask in the golden rays of the setting sun. And what could be better than bathing at night with an incredible array of stars overhead in the clear, dark sky?

1. Jinata Onsen on Shikinejima. A natural open-air onsen surrounded by cliffs; 2. Since Fureai Sauna at Aogashima uses natural steam, the temperature and humidity vary from day to day; 3. Yu-no-Hama Outdoor Spa on Nijijima, modeled after an ancient Greek temple; 4. Mamashita Onsen on Nijijima offers hot sand baths; 5. Motomachi Hama-no-Yu on Oshima. Early evening, when the rays of the setting sun impart a golden glow to the water, is a popular time for bathing.

## A culinary culture you won't find anywhere else in Japan

Located far from Honshu and with a different climate, each island has its own unique food culture. There are many foods worth trying, including fish caught in nearby waters, and fruits and vegetables grown on the islands.

The most well-known dish is island-style sushi. The use of *shari*-style rice adds a touch of sweetness to *nigiri-sushi* made with fresh local fish. This kind of sushi is thought to have originated on Hachijojima and the Ogasawara Islands, and gradually spread to the rest of the islands.

We suggest buying some of the distilled liquor "island *shochu*" as a souvenir of your visit. It is a great favorite among the islanders, who refer to it as "Shimachu" or "Shimazake" (island liquors). Merchants who

had been exiled to Hachijojima first taught the local people to brew it, and it spread throughout the Izu Islands to become a longstanding local specialty.

And don't forget to try *kusaya*, a famous food developed on the islands. *Kusaya* is a traditional method for long-term preservation of fish. Mackerel scad, flying fish, or other varieties of fish are preserved in a brine called *kusaya-eki* and then dried. The unusual flavor of *kusaya* may surprise you at first, but once you acquire a taste for its rich and complex flavor, it can become a habit.

Every kind of island food has a story behind it. Think about the history of each dish as you savor it.

Have fun!



14



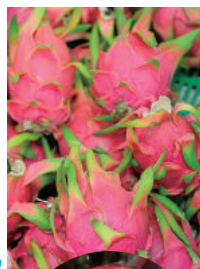
13

### Products of the islands' mild climate: coffee and ashitaba

You need to check out other island products. While visiting the Izu Islands, you can try *ashitaba*, which grows wild on the islands and has long been a feature of island cuisine. It is very nutritious and a popular ingredient in healthful cuisine. Coffee is grown on the Ogasawara Islands, but only on a small-scale basis. Very little is produced, so you can take advantage of a rare opportunity to enjoy local coffee when you visit those islands.



15



9



10



11



12



8

### Falling in love at first sight with island fruit

Islanders take advantage of the warm climate to cultivate several varieties of tropical fruits, such as lemons, passion fruit, and dragon fruit. Many kinds of sweets and other products are made from these fruits.

### Unique island liquors make great souvenirs.

Many alcoholic beverages are produced on the Tokyo islands. Oshima, Nijijima, Kozushima, Miyakejima, Hachijojima, and Aogashima produce island *shochu*. Rum and liqueurs are produced on the Ogasawara Islands. Drinking them in local lodgings and restaurants is a fine idea, but taking some home as souvenirs is an even better idea.



16

8. The Hachijo fruit lemon from Hachijojima is unusual in that its rind is edible and not bitter; 9. Refreshingly sweet and nutritious dragon fruit; 10. Deeply fragrant passion fruit are also grown on the islands; 11, 12. Passion fruit gum candy and lemon jam are two of the products made from fruit grown on the islands; 13, 14. On the Ogasawara Islands there are coffee shops that serve coffee grown by the owner; 15. Characterized by a unique bitterness, ashitaba is usually eaten in the form of tempura; 16. The flavor and aroma can differ, depending on where it was made. It's fun to try different kinds and compare them.





# Tokyo's Islands FOOD & CULTURE

When you visit an island, you naturally want to taste its traditional island food.

You can explore the region's wealth of seafood and tropical fruits and vegetables to your heart's content.



4



1



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6



7



5

1. Bekko-don is made by soaking fish in peppery *bekko* soy sauce and placing it on top of a bowl of rice; 2. Teriyaki mackerel sandwich, made with mackerel caught off Miyakejima; 3. One of the dishes typical of fine island cuisine, island-style sushi; 4. Lovely pink alfonso sashimi; 5. *Kusaya* is a preserved food that you can enjoy in the Izu Islands; 6. *Pokedon*, made with locally caught fish; 7. Some restaurants in the Ogasawara Islands serve sea turtle.

Freshly caught local fish

## Miyakejima is a superb spot for fishing

Surrounded by the ocean, it's a sport fishing paradise that attracts countless fishing enthusiasts year-round. On the island are all the businesses that will help you enjoy your fishing trip: guides for rock fishing excursions, bait and tackle shops, and boatyards that rent craft for rock fishing or other fishing. Depending on the season, you can catch all sorts of fish, including subsurface fish such as girella or yellowtail; rock fish, such as parrot bass; migrant fish, such as horse mackerel, mackerel or great amberjack; or bottom fish.

Some of the island lodgings will even take the fish that you catch and make a meal out of them for you, giving you a chance to enjoy fresh seafood that you have caught yourself.



\*Rock fishing can be dangerous, so please exercise caution.

Column

## Eating fresh seafood caught in the beautiful sea

The first type of food that you have to try on the islands is fresh seafood. You can sample an abundant variety of seafood dishes made from sea turtle, alfonso, blackthroat seaperch, or other local marine life. Many restaurants use traditional cooking methods brought up to date for easy eating. Go ahead and give these delicacies a try.



Feel the pulse of the Earth!



**1, 2.** The sand fields (Urasabaku) behind Mount Mihara on Oshima. A unique landscape buried in tiny black granules known as "scoria"; **3.** The red-tinged gully of Akadare is a sight to rival the Urasabaku Lava Field. The dramatic landscape is also known as "Mihara Canyon"; **4.** The Volcano Experience Trail on Miyakejima. You can see the remains of an elementary and junior high school that were destroyed by lava flows during the 1983 eruption; **5.** Nippana-Shinzan on Miyakejima was formed overnight by an undersea explosion due to an eruption in 1983; **6.** The Izu Oshima Volcano Museum on Oshima displays information about the world's volcanoes, especially Mount Mihara.



## Feeling the energy of the land: the appeal of volcanoes and volcanic traces on the islands

Beginning with the island of Aogashima formed by one of the world's few double volcanoes, the Tokyo islands feature many volcanoes, such as Mount Mihara on Oshima and Mount Oyama on Miyakejima. From walking trails that let you see the remains of lava flows up close, to museums where you can learn about volcanoes, there are many spots where you can observe the inseparable connection between volcanoes and these islands.



## The Arima Lookout/ Julia's Cross

At the Arima Lookout on Kozushima is the gigantic white "Julia's Cross." It was erected in memory of Otta Julia, a Christian of the Edo period (1603-1868), who was exiled to Kozushima during the era when Christianity was banned.



Column

## Impressive, delicate handwork kihachijo, a traditional craft of Hachijojima

*Kihachijo* is a silken fabric, a tradition handed down through the generations on Hachijojima since the Heian period (794-1185). It is admired for its unique, warm color scheme, which is the result of a dye made from plants that grow wild on the island, and for the painstaking and professional quality of its workmanship. In addition to getting your hands on small items made with *kihachijo*, you can also observe the fabric being made at the island's workshops.

**7.** Sun-dried silk thread; **8.** In the process known as *shinshi-bari*, the thread is starched before weaving. The starch in the newly woven cloth is rinsed out with hot water. The cloth is then stretched with a bamboo rod called a *shinshi* and laid out to dry in the sun; **9.** At Hattori Yashiki, you can see traditional Hachijo Taiko Drumming, performed by people wearing *kihachijo* kimono; **10.** Items made of *kihachijo* are popular souvenirs; **11.** At the *kihachijo* workshop Kihachijo Meyu Kobo, you can watch skilled artisans at work.





# Tokyo's Islands RETRO CULTURE

When you encounter the traditional cultures that the inhabitants have developed, you will gain a more vivid sense of these islands.

Experiencing the unique adventures and sensations that the islands offer will give you  
a visceral sense of why they are such popular getaway spots.



Camellia shrubs growing on Oshima

## The deep connection between the islands and camellias

The large, red blossoms of the camellia are the symbol of Oshima and Toshima. On Oshima, about 3 million camellia shrubs grow wild, and about 80% of Toshima is covered with them. Camellias are an integral part of life for the islanders, who have many ways of using them. They gather the fruit to make camellia oil and the petals to make dyes.

### Processed Goods



Camellia oil, haircare products and soaps containing camellia oil, handkerchiefs dyed with camellia petals, and other such products make perfect souvenirs.

## The natural forces that shaped the islands The cultures that arose on the islands

Located in the ocean far off the coast of Honshu, each island has its own distinctive culture. For centuries, the islanders have been building up their cultures in the face of often overwhelming natural forces.

Two major examples are the camellias of Oshima and Toshima and the *kihachijo* textiles of Hachijojima. The people of Oshima and Toshima have used the fruit and petals of the camellia bush to make a variety of products. *Kihachijo* textiles are a traditional craft that uses a plant that grows wild on Hachijojima. These are just two of the ways in which the lives of the islanders are closely linked with Nature.

Of course, living close to Nature has its disadvantages, since natural forces sometimes pose a threat. On Oshima, Miyakejima, and Aogashima, there are traces of volcanic eruptions, and on Miyakejima, you can even see the ruins of communities that were buried in eruptions, giving you an idea of how powerful Nature can be. These forces, too, have affected the development of the islands' cultures.

Come to these islands to see, walk through, and experience the cultures that have developed through harmony between humans and nature, and get in touch with their traditions.

### Factory



### Enjoying camellias in different ways



A camellia oil refinery on Oshima and drying camellia fruit to express the oil

### Flower



A large number of garden varieties of camellias are also cultivated here.

### Festival



The Camellia Festival is an annual event on Oshima. This photograph shows the dance known as the *Anko-no-Teodori*, one of the many Japanese dances in which the dancers perform the same hand gestures and steps in unison.



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## Varied terrain and landscapes. The islands are perfect for land-based activities.

The islands offer more than just marine activities. There's also a full range of land-based activities, such as hiking, road biking, and bouldering or rock climbing. Go in search of scenery that you won't find anywhere else, such as mountains and forests where unique plants and animals flourish or landscapes created by accumulations of volcanic ash.

**6.** Tenjosan on Kozushima is a popular spot for trekking; **7, 8, 9.** On the Ogasawara Islands you can take hiking tours with a guide who will tell you all about the local plant life; **10.** In recent years, road biking has become a popular activity on Oshima; **11.** You can enjoy bouldering on Miyakejima.



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Out on the ocean and  
feeling the breeze



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**12.** Niijima is one of Japan's many surfing areas; **13.** The Akasaki Promenade is a hiking trail that has been carved into the rocky shores of Kozushima. The diving platform, where you can dive right into the sea, is a popular attraction; **14.** Sea kayaking is a popular activity that you can experience in the Ogasawara Islands and off Shikinejima.



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## Enjoy the exceptionally clear ocean waters to your heart's content.

In addition to swimming with dolphins and whale watching, the seas around the islands offer many other pleasures, including body boarding, sea kayaking, and ocean swimming in beautiful inlets. You can challenge yourself to try new activities with confidence, because the islands have schools where pros will teach you the ropes.



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# Tokyo's Islands ACTIVITY

Since you've come all this way, there's no excuse not to throw yourself into the kinds of activities unique to this region.

Whether you favor diving or snorkeling in the immense and clear blue sea or hiking on wooded mountains where unique plant species flourish, the sea, mountains, and islands offer a wealth of recreational opportunities.



1. Try swimming with dolphins off Mikurajima or Ogasawara Islands, well-known habitats for these sea mammals; 2, 3, 4. The ocean around the Ogasawara Islands is Japan's finest area for whale watching; 5. The waters around Hachijojima are a habitat for sea turtles



Whales in Tokyo?

## Do you know that you can see whales and dolphins...in Tokyo?

As you head toward the islands after boarding a ship in the city, you notice that the color of the ocean gradually changes. By the time you reach the islands, water has changed to a shimmering, translucent blue. These uncannily beautiful colors have earned nicknames, so that the sea around the Ogasawara Islands is referred to as "Bonin Blue," while the sea around Hachijojima is referred to as "Hachijo Blue."

The sea here is different from urban waters in more ways than just its color. For one thing, it's a treasure trove of living things, giving you

the opportunity to see many creatures that you would never find in the city: sea turtles, colorful tropical fish, and even whales and dolphins live here. The islands offer a full menu of activities that bring you close to these ecosystems. Swimming with dolphins and whale watching from the deck of a ship are especially popular activities. Tokyo's islands are jam-packed with exciting adventures, and offer more fun than you could have imagined. Enjoy their surprises and emotional highs to the fullest extent.



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5. The maruhachi (*Cyathea mertensiana*), a unique species of tree in the Ogasawara Islands; 6. The freesia fields of Hachijojima, resplendent with a magnificent variety of colored blossoms; 7. Japan's largest chinquapin tree, found on Mikurajima, is an overwhelming sight; 8. Aogashima, the southernmost of the Izu Islands, has one of the world's few double volcanoes, a small volcano inside the crater of a larger one; 9. Oshima and Toshima are known as "the camellia islands." You will find camellia bushes growing all over these islands; 10. Hibiscus, a typical island flower.



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## A World Natural Heritage Site: the Ogasawara Islands

The Ogasawara Islands have never been connected to the Asian continent or the main Japanese islands, so they are home to countless indigenous animals and plants that evolved in isolation. That is why UNESCO added them to the list of World Natural Heritage Sites in 2011, in recognition of their global value as unique natural environments.

Chibusayama, a mountain on Hahajima, is a treasure trove of plants and animals unique to the Ogasawara Islands.



Expanses of clear blue sea

## Encounter rare plants in the island forests.

The islands' forests are jungles where subtropical plants flourish. These jungles are lush with incredibly odd plants, such as tree ferns like *Cyathea spinulosa* and *Cyathea mertensiana*, and pandanus trees with sprawling octopus-like, above-ground roots. These island forests are entirely different from the ones on the Japanese mainland, and walking through them feels like a great adventure!



Brown booby

Mandarin luhua

A mushroom that glows?

*Mycena chlorophos*  
(Green pepe)



Green sea turtle

WELCOME!



You will encounter the unique faces of the moai statues everywhere on Niijima.

3





# Tokyo's Islands WONDERS

A blue sea that gives off a mysterious light, volcanoes where you sense the pulse of the Earth, plants and animals that have evolved in unique ways... The sights on Tokyo's islands are fresh and new.  
Venture out to the islands, where you see things found nowhere else.

It's almost like an alternative universe!



## Tokyo's beautiful islands

The Ogasawara Islands lie about 1,000 kilometers south of Tokyo and include the inhabited islands of Chichijima and Hahajima, as well some thirty other large and small islands. The Izu Islands are a cluster of nine inhabited islands, each one with a unique environment and culture: Oshima, Toshima, Nijima, Shikinejima, Kozushima, Miyakejima, Mikurajima, Hachijojima, and Aogashima.

**1.** The crater of the active volcano Mount Mihara, located at nearly the exact center of Oshima; **2.** Nanbara Senjojiki Beach on Hachijojima is a rocky coastline formed from solidified lava; **3.** Minamijima, offshore of Chichijima: Ogi Pond and a beautiful beach of sand made from minute grains of broken coral; **4.** Izu-Misaki ("Izu Point") Lighthouse on Miyakejima is a popular spot for enjoying the sunset and stargazing.

The star-filled sky is breathtaking!



## Superb island experiences in paradise-like settings surrounded by the sea

If you head south from Tokyo by sea or air, you'll find an assortment of large and small islands. This is the area known as "Tokyo's islands," made up of the Ogasawara Islands and the Izu Islands. Although the islands are part of Tokyo, you won't find any of the noise and confusion of the big city. Instead, you will encounter beautiful natural scenery and a leisurely island lifestyle.

Separated from the mainland of Honshu by the ocean, these islands have evolved their own unique cultures and ecosystems. You will find expanses of pristine blue ocean, virgin forests where unique species of plants and animals dwell, and the cuisines and traditional arts and crafts of the type

that develop on islands. These islands, with their unique and various kinds of scenery, are not only different from urban Tokyo but also from anywhere else in the world.

The islands offer many ways to enjoy yourself: activities that bring you in touch with Nature, activities that let you experience the islands' traditional crafts, and hot springs where you can warm your body to the core. You may encounter the unexpected even if you just walk around on one of these islands. It's completely up to you how to spend your time. You will treasure your visit to Tokyo's islands in your memory forever.

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*New*

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