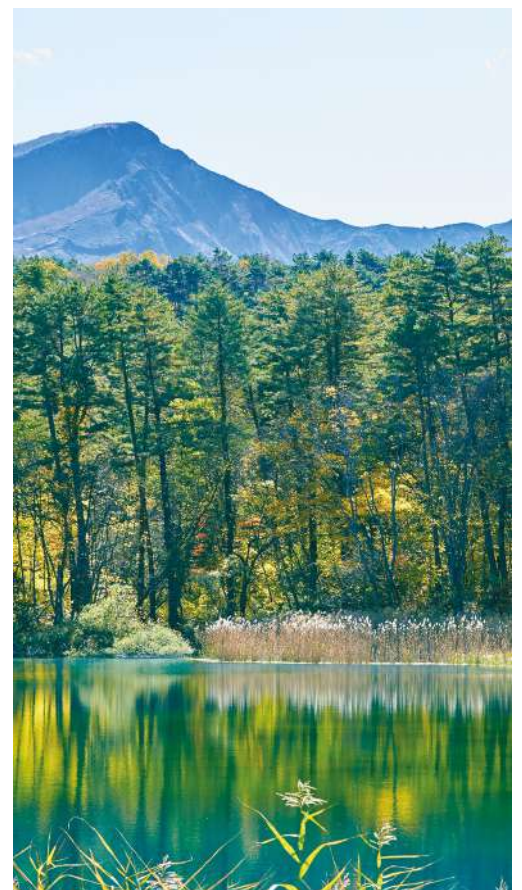


DISCOVER ADVENTURE Tokyo

in
&
around

Travel tips for
**Tokyo, Kanagawa,
Chiba, Saitama,
Fukushima**

This booklet will make your journey
more and more exciting

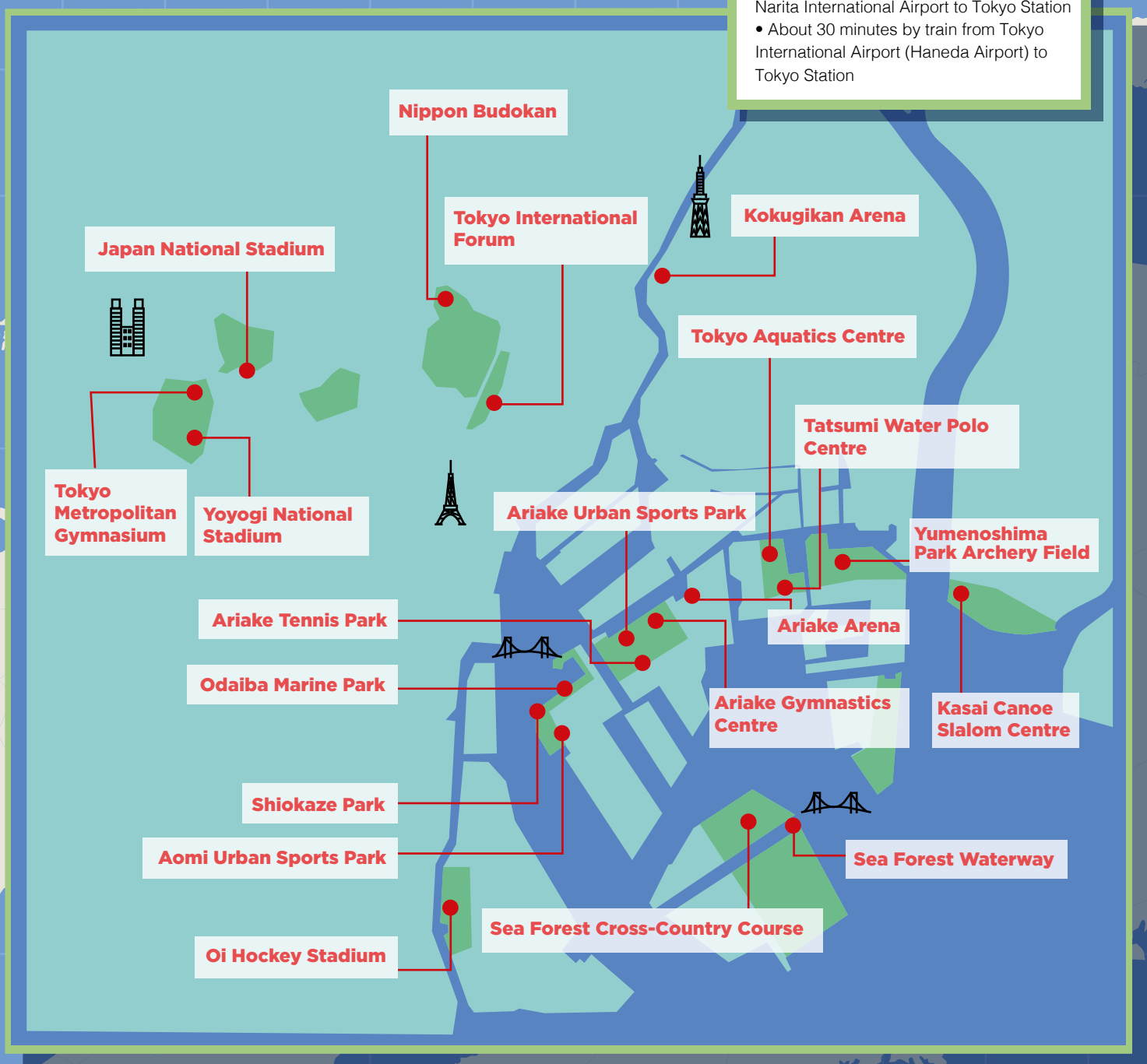


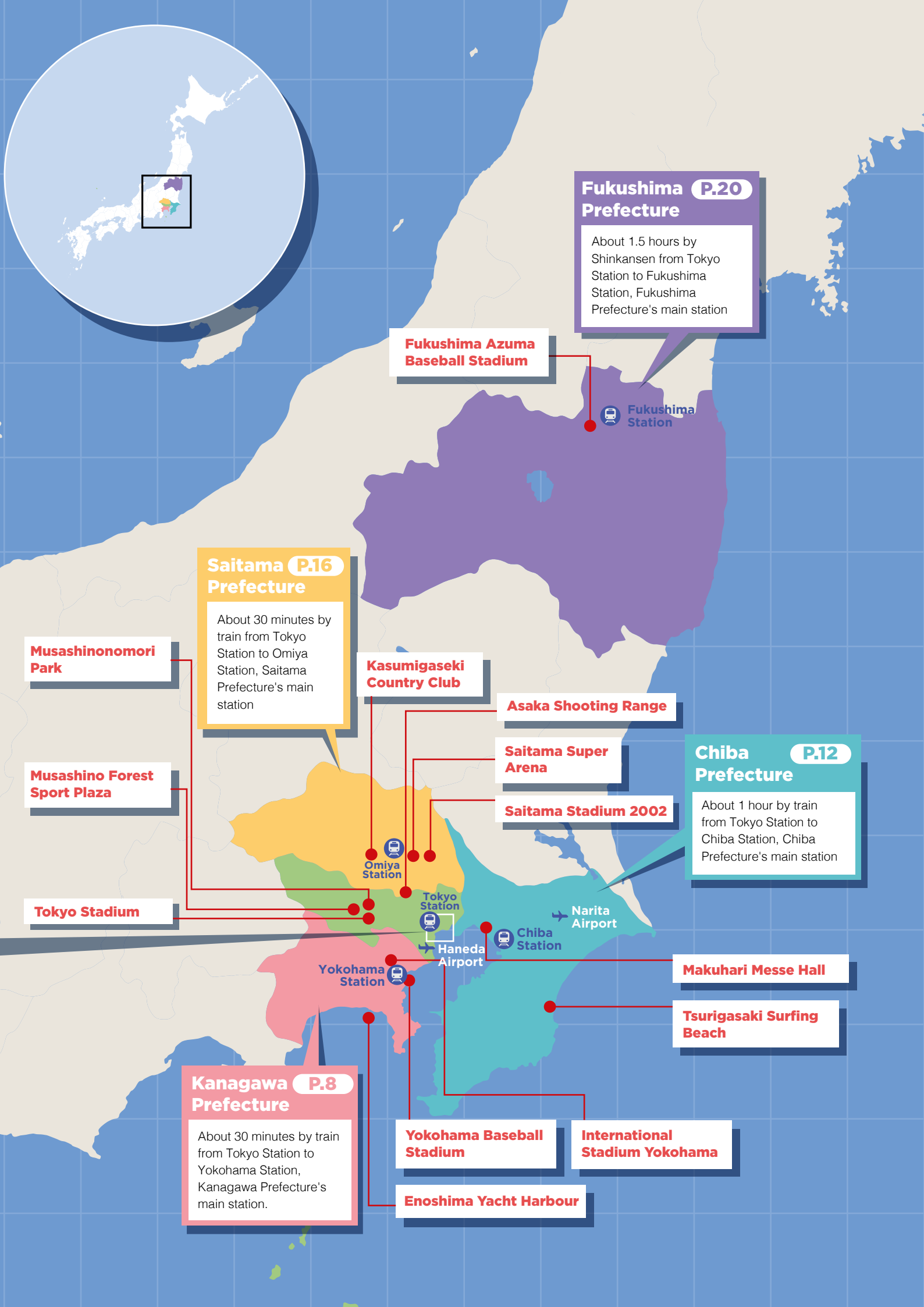
Exciting Area MAP

Tokyo

P.4

- About 1 hour by train from Narita International Airport to Tokyo Station
- About 30 minutes by train from Tokyo International Airport (Haneda Airport) to Tokyo Station





Fukushima P.20
Prefecture

About 1.5 hours by Shinkansen from Tokyo Station to Fukushima Station, Fukushima Prefecture's main station

Fukushima Azuma Baseball Stadium

Fukushima Station

Saitama P.16
Prefecture

About 30 minutes by train from Tokyo Station to Omiya Station, Saitama Prefecture's main station

Musashinonomori Park

Musashino Forest Sport Plaza

Tokyo Stadium

Kasumigaseki Country Club

Asaka Shooting Range

Saitama Super Arena

Saitama Stadium 2002

Chiba P.12
Prefecture

About 1 hour by train from Tokyo Station to Chiba Station, Chiba Prefecture's main station

Makuhari Messe Hall

Tsurigasaki Surfing Beach

Kanagawa P.8
Prefecture

About 30 minutes by train from Tokyo Station to Yokohama Station, Kanagawa Prefecture's main station.

Yokohama Baseball Stadium

International Stadium Yokohama

Enoshima Yacht Harbour

TOKYO

Tokyo, the capital of Japan, is the center of politics, economy, and culture. It is an ideal area to enjoy sightseeing and shopping, but there are also many activities unique to the urban city!

Akigawa Valley

About 2 hours by train and bus from Tokyo Station

Ninja Trick House

About 25 minutes by train from Tokyo Station

Asakusa

About 20 minutes by train from Tokyo Station to Asakusa Station

The Imperial Palace

About 12 minutes by train from Tokyo Station

Kyunaka River

About 30 minutes by train from Tokyo Station to Oshima Komatsugawa Park

Kayak at the Foot of Tokyo Skytree

Discover a different side of Tokyo on a 90-minute journey downriver.



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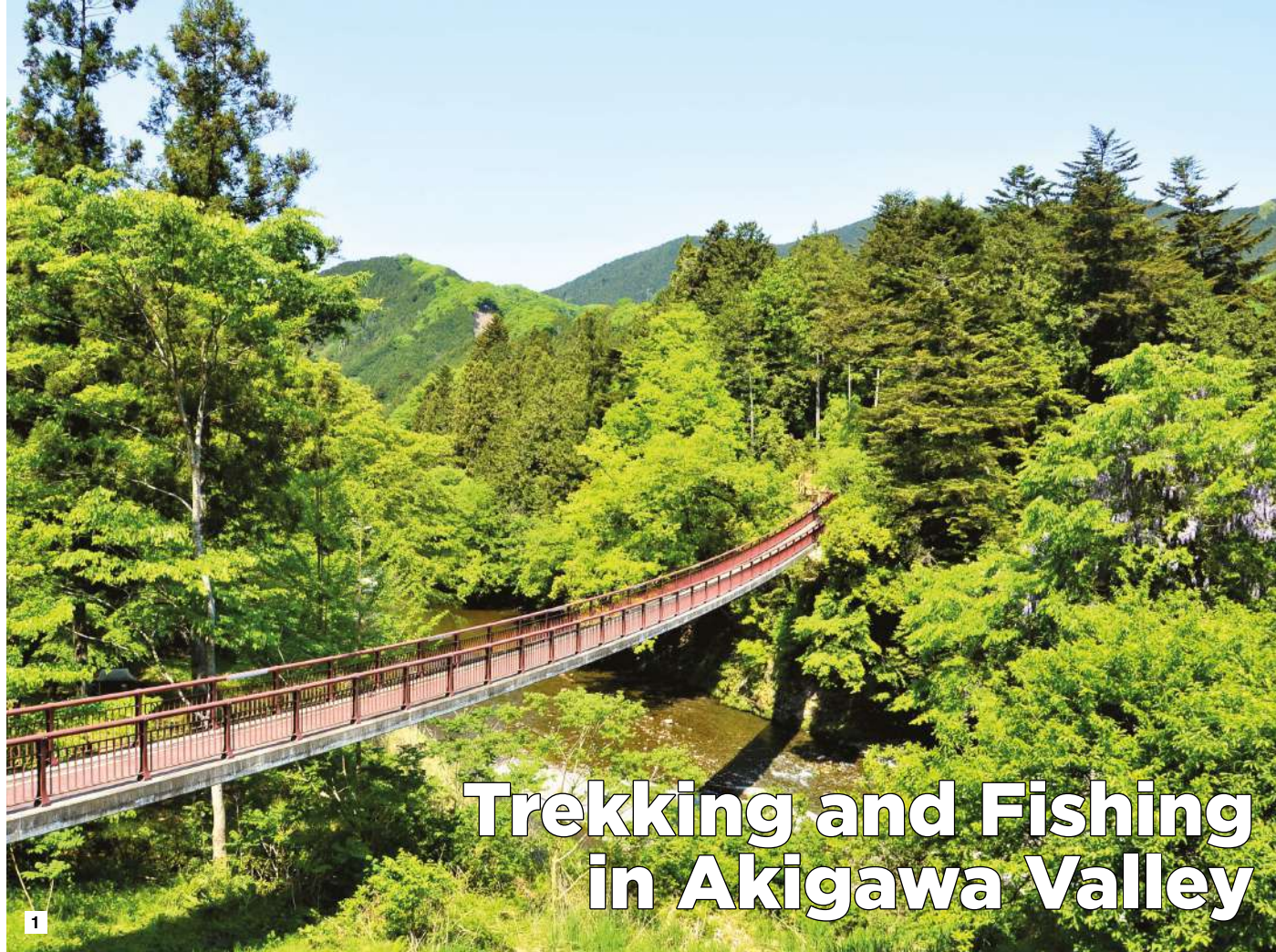
The Kyunaka River flows through Tokyo's shitamachi area—the low-lying area of eastern Tokyo—at a leisurely pace, thanks to the system of sluice gates. The cleanliness of the water is one of best among Tokyo's rivers. This 90-minute kayaking course starts and ends around Ojima Komatsugawa Park, and is great for both beginners and sports enthusiasts alike. The course takes you upriver, under various bridges, until you see Skytree rising majestically in the distance. Once the sun goes down, the night views of the city are truly spectacular. Please note that jeans, chinos and skirts are not allowed, and water suitable sportswear is highly encouraged.

- 1 Tokyo looks especially gorgeous while cruising on a kayak.
- 2 Two-person kayaks require both participants to be in sync.
- 3 Travel beneath many uniquely shaped bridges.



Reference Website:

The Official Tokyo Travel Guide



Trekking and Fishing in Akigawa Valley



Enjoy trekking and fishing just a stone's throw from the big city.

Located in West Tokyo only 60 minutes from the heart of the city, the Akigawa Valley is abundant in nature. Visitors can enjoy fishing for Ayu, trout and rainbow trout in the crystal clear Akigawa River, which also has ample space for cookouts! There are also extensive strolling courses in the mountains around Akigawa valley, and many hikers visit all year round. One local favorite is Konpirayama, which is about a 60-minute hike if you start from Musashi-Itsukaichi Station. The highlight of the area is Ishibune Bridge, a suspension bridge that offers such beautiful views visitors can't help but take pictures! Relax at the hot spring facility at the end of the bridge, and soak your feet in the free footbath while listening to the gentle murmur of the Akigawa River. Be sure to stop by the tourist information center at Musashi-Itsukaichi Station at the start of your journey—it's full of useful materials about the area.



- 1 A pedestrian-only suspension bridge, the Ishibune Bridge is a symbol of Akigawa Valley.
- 2 Many people gather for the opening day of Ayu fishing season, an event that signals the start of summer.
- 3 The riverside is great for cookouts and fun with friends and family.



Reference Website:
The Official Tokyo
Travel Guide

Discover the Mysterious Way of the Shinobi at the Ninja Trick House

Become the ninja you were meant to be with this unforgettable experience that's fun for the whole family!

You know them from popular Japanese movies and anime, and the legends that surround them: ninjas! If you've dreamed of entering the shadowy realm of the shinobi, the Ninja Trick House in Shinjuku is your dream come true! Go back through time in Tokyo and step into the shoes of the ninja—accept your mission as told through charming anime movies, then learn about the mysterious duties of the ninja, and the tools of the trade they used to carry out their master's will. Actualize your true potential as a ninja master, and try your hand at throwing shuriken ninja stars, and swiftly drawing your sword. With information in 17 different languages—including English, Chinese, Korean, German, French and more—the only thing you'll have to worry about is hitting your target!



- 1 Rubber ninja stars are safe, and kid-friendly!
- 2 Can you draw your sword as swiftly as a ninja master?
- 3 Discover the hidden mysterious of the Ninja Trick House!



Reference Website:
The Official Tokyo Travel Guide

Knock One Out of the Park in Tokyo!

Feel Japan's undying love for baseball at the batting cage!

Baseball is one of Japan's most beloved sports—born from the obsession of baseball lovers, batting cages have also become a cultural fixture. Sure it looks easy—but looks can be deceiving! No matter how many times you might strike out, there's nothing better than finally knocking one out of the park. Many people visit for exercise (as well as stress relief), and with locations in tourist hot spots like Asakusa, they're the perfect place to stop when you need a break from sightseeing!



- 1 This massive baseball glove makes the Asakusa Batting Stadium easy to recognize.
- 2 There's nothing like finally knocking one out of the park!
- 3 Some batting cages feature virtual images reminiscent of Japan's professional baseball league games.



Reference Website:
JAPAN SPORTS JOURNEY



The Imperial Palace Running Route—A Mecca for Runners

Soak up the sights and history of the Imperial Palace along this charming running route.

With easy access and many nearby offices, it's easy to see why some 10,000 runners jog around the Imperial Palace on busy days. The route takes joggers past many popular Tokyo sights; the inner moat of the Imperial Palace grounds, the Sakuradamon Gate, the National Diet Building, and a constant view of Tokyo Tower in the background. Another benefit? There are no traffic lights, so the 5 km route isn't full of starts and stops. While there's no starting point, the unwritten rule is to run counter-clockwise in order to prioritize pedestrians. Didn't bring your running shoes? There are rental services for shoes and sportswear, and also running stations that are equipped with showers and lockers!



- 1 Many runners work up a sweat after clocking out of the office.
- 2 Enjoy a pleasant run in the heart of Tokyo.
- 3 The wide lanes near the moat around the Imperial Palace are filled with lush greenery.



Reference Website:
The Official Tokyo Travel Guide

Local Delicacies in Tokyo



Sushi

Some of the freshest fish from across Japan is sold at Tokyo's old Tsukiji Market, and the new Toyosu Market. There are many restaurants that serve authentic sushi made by master sushi chefs, so be sure to try some!



Tempura

Tempura—battered and deep-fried seafood and vegetables—is one of Japan's most popular dishes. One bite of crunchy, juicy tempura is all it takes to fall in love!



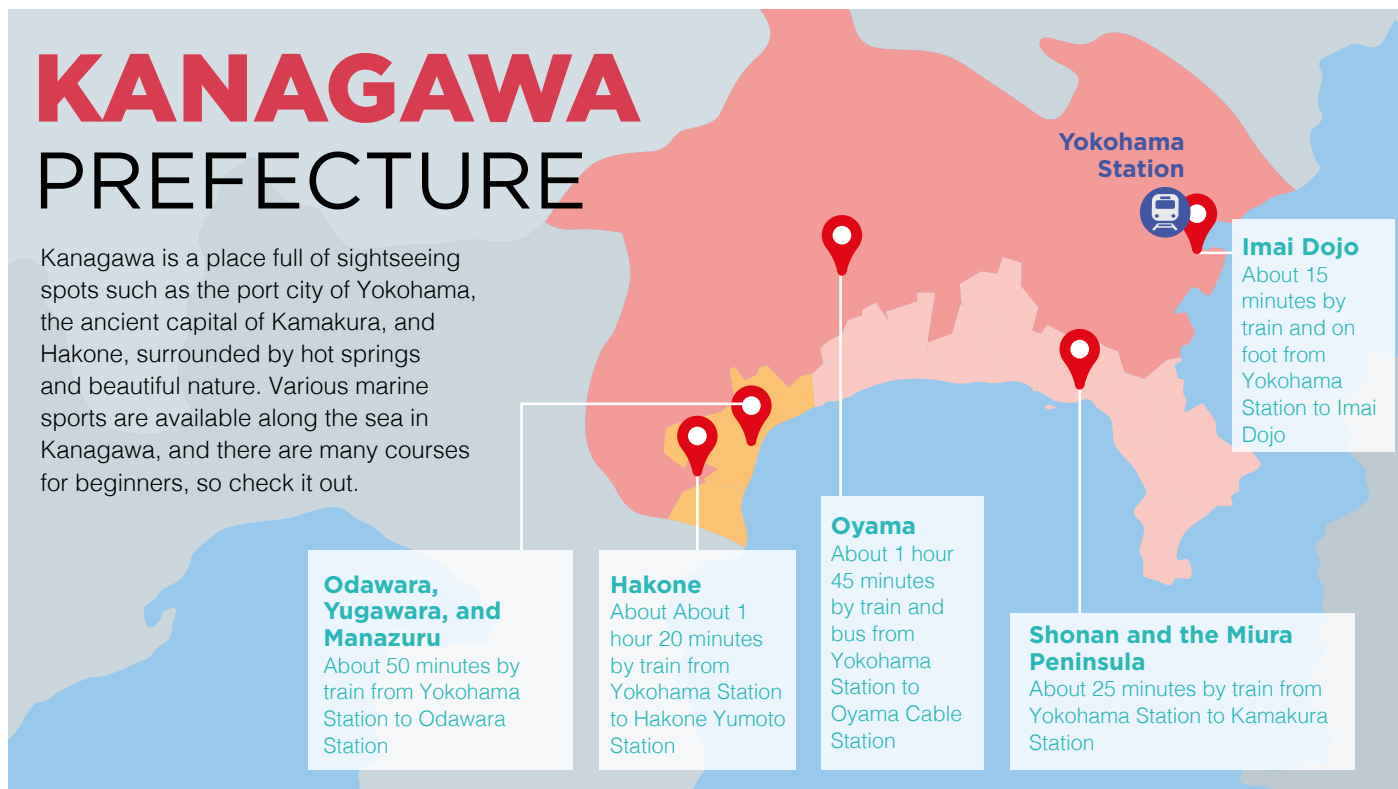
Ramen

Popular around the world, ramen is one of Japan's most beloved soul foods. There are more than 10,000 ramen restaurants in Tokyo alone, so you can spend your whole life dining on different takes of this delicious dish!



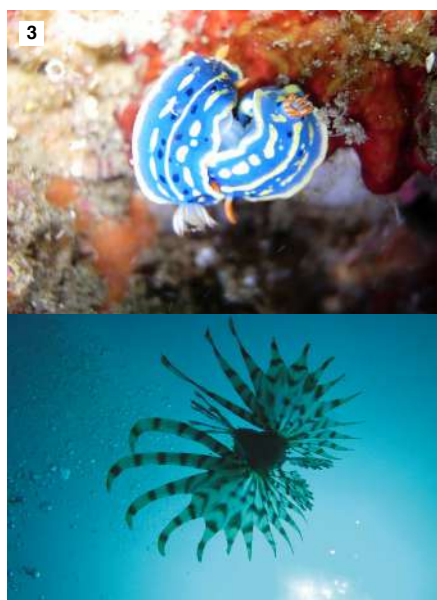
KANAGAWA PREFECTURE

Kanagawa is a place full of sightseeing spots such as the port city of Yokohama, the ancient capital of Kamakura, and Hakone, surrounded by hot springs and beautiful nature. Various marine sports are available along the sea in Kanagawa, and there are many courses for beginners, so check it out.



Dive Deep into Odawara, Yugawara, and Manazuru!

Whether a total novice or an old pro, these diving spots offer views on an incredible variety of marine life!



In addition to a thriving fishing industry, Manazuru is also known as a diving hot spot, thanks to its rich variety of beautiful fish. Kotogahama, on the other hand, is known as the birthplace of scuba diving in Japan, full of colorful tropical fish. Meanwhile, the Ishibashi diving spot in Odawara is home to boulders that were used to make the stone walls of Edo Castle—you can actually see the ruins below the water's surface! Additionally, there are multiple diving spots in the area, as well as diving schools and shops. Once you've had your fill of the water, you can visit the iconic Odawara Castle, soak it up in one of the many local hot springs, and enjoy some local sightseeing.

- 1 Just one hour from the city, this diving spot is easily accessible. The unique geographical features and variety of fish make it a must-visit!
- 2 There are also many diving shops and schools in the area, so even if you're unexperienced or unequipped you can have an underwater adventure!
- 3 The seascape you discover depends on where you dive! People often find some of the rarest fish species in these areas.



**Reference
Website:**
Feel SHONAN

Marine Sports in Shonan and the Miura Peninsula



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Test your mettle with a variety of water activities in Japan's marine sports mecca!

Kanagawa Prefecture's coastal areas are dotted with places where visitors can enjoy marine sports, like the surfing mecca Kugenmakaigan, as well as Zushi and Hayama. Just a short train ride from Tokyo, many water sports enthusiasts actually move from the city to make the most of these areas. In addition to the classics like surfing, wind surfing, diving, yachting, kayaking and fishing, enjoy modern activities like standup paddle boarding and flyboarding (which is basically an aquatic jet pack!). There are schools for beginners and wetsuit rentals, so even the inexperienced can give it a try! With summer festivals and fireworks shows, a large, kid-friendly swimming pool and an aquarium, it's easy to spend an entire day having fun in the sun.

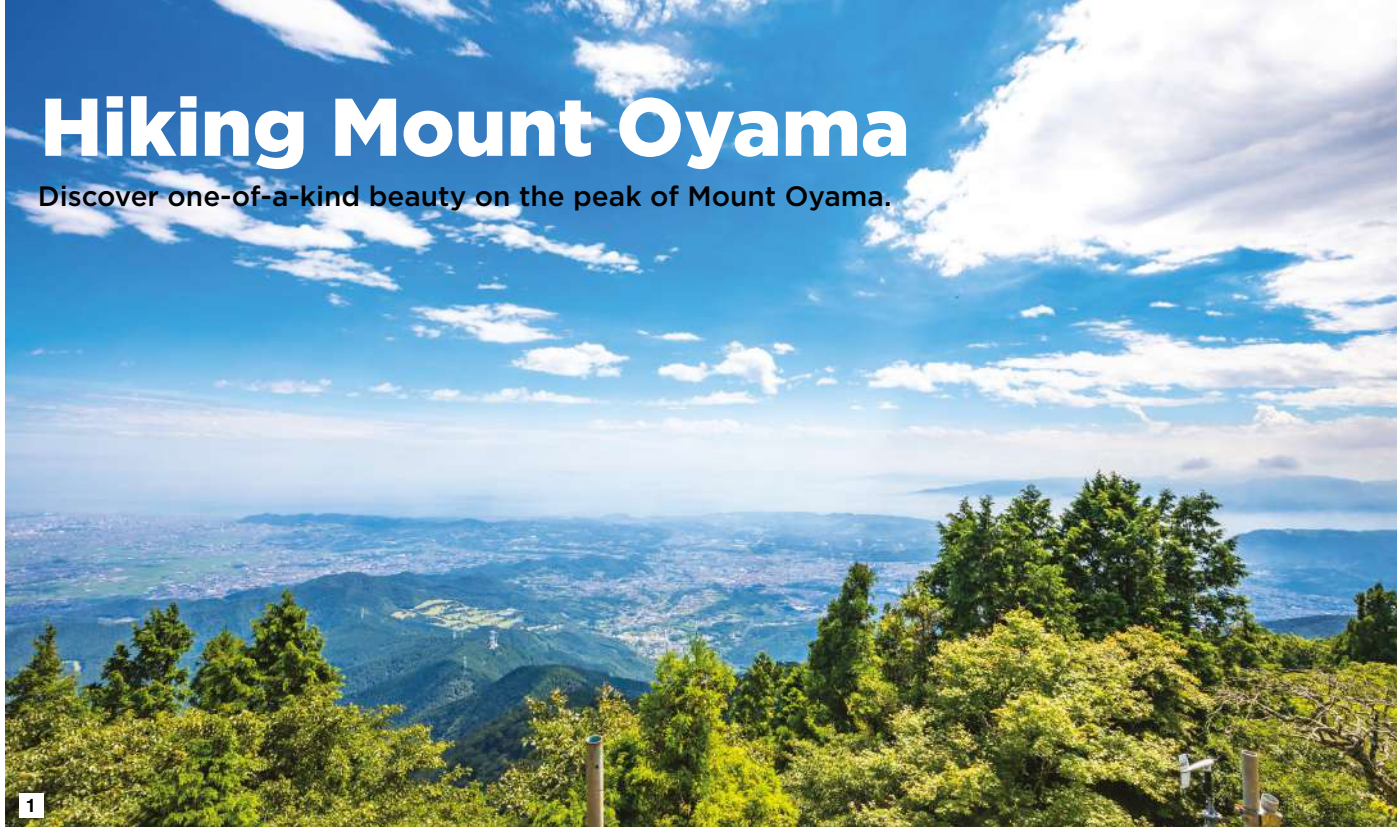
- 1 Mount Fuji and Enoshima can be seen in the distance from the marina in Sagami Bay.
- 2 There are plenty of schools where you can experience various marine sports
- 3 You can't beat the beauty of the beach at sunset!



Reference Website:
Feel SHONAN

Hiking Mount Oyama

Discover one-of-a-kind beauty on the peak of Mount Oyama.



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When the population of Japan's old capital, Edo, was one million people, some two hundred thousand would hike Mount Oyama—a trip called the Oyama Pilgrimage—every year. Towering 1,252 meters, the mountain has been featured in many *ukiyo-e* paintings, and is steeped in culture and history, and incredible natural beauty. With easy access from the city and a cable car that brings you deep in the mountains with ease, it is a popular spot for locals and tourists alike. After taking the cable car, it's about a 90 minute hike to the peak. The incredible panoramic view from the top offers views of not only Mount Fuji, but Tokyo's sprawling skyscrapers and even Chiba's Boso Peninsula. There are hiking maps written in English, Chinese, Korean, French, and more, as well as other guides written in English available.



Reference Website:
Isehara City Tourism Association

- 1 The incredible view from Oyama's Afuri Temple earned it two stars from the Michelin Green Guide.
- 2 Oyama was registered as a Japan Heritage site in April, 2016.
- 3 Enjoy hiking in the fresh green of spring or the vibrant colors of autumn.

Imai Dojo

Train both your body and mind, and master both the spirit and fundamentals of the Japanese martial art, Karate.

Karate has gained increasing attention abroad, and as a result, a growing number of visitors to Japan want to see and experience traditional martial arts. More than simply improving skills, karate provides the means to strengthen both mind and body, and fosters a spirit of discipline and consideration for others. It is that uniquely Japanese spirit that attracts martial arts fans from around the globe. Located right next to Yokohama Stadium, Imai Dojo is the perfect place for tourists to get hands-on with this enduring martial art. A two hour trial self-defense course is only ¥ 2,000 and includes English language explanation materials.

- 1 Many group tours visit Imai Dojo for hands-on training as well.
- 2 Instructor Imai is a tough fighter who hasn't received a point deduction in 10 years!
- 3 One advantage of martial arts is that Japanese language isn't a requirement; simply watch and learn!



Reference Website:
Imai Dojo



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An Unforgettable Hakone Journey

Hakone is easy to access from Tokyo, and offers incredible outdoor activities.

A town greatly cherished for its exquisite hot spring resorts, Kanagawa Prefecture's Hakone is a treasured tourist site, partly because of its easy access from Tokyo—only an hour and a half from Tokyo and Shinjuku by train. Surrounded by gorgeous mountains, lakes and wetlands, Hakone offers numerous exhilarating outdoor activities, such as climbing, hiking, cycling, and kayaking. Some perennial favorites include climbing Mount Kintoki, which offers a breathtaking view of Mount Fuji from the summit, and hiking on the Old Hakone Road, which feels like going back in time. Other notable highlights include gourmet eateries and long-established restaurants where you can enjoy delicate traditional Japanese cuisine. When you visit Hakone, be sure to stay at traditional Japanese inn and soak in a hot spring for unmatched relaxation.

- 1 Featuring an almost unending stone trail, the Old Hakone Road is a popular hiking route steeped in rich Japanese history.
- 2 Board a pirate ship searching for treasure on Lake Ashi!
- 3 Enjoy Owakudani on the Hakone Ropeway, where you can see the dynamic volcanic smoke rising.



Reference Website:
Hakone Tourist Information Portal Website

Local Delicacies in Kanagawa



Shirasu

Kanagawa Prefecture looks out over two seas, so it's no surprise that regional cuisine features a lot of seafood. **Shirasu**—or whitebait—is especially popular in the Shonan area, and is typically served over rice.



Misaki Maguro

Misaki Harbor is one of the leading harbors that lands the most tuna nationwide, so many dishes utilize this freshly-caught delicacy. Whether served as sashimi, sushi, simmered or more, there's no wrong way to eat it!



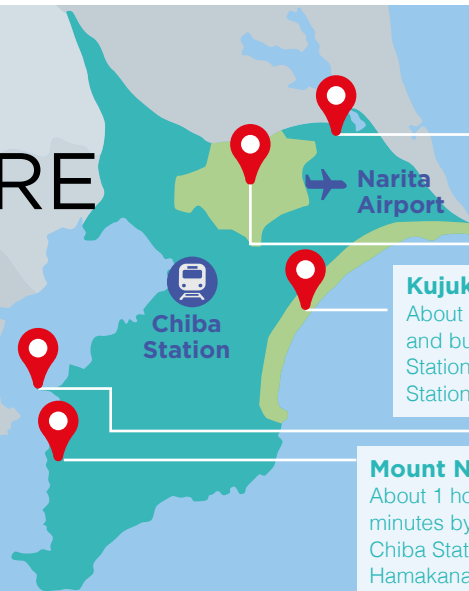
Yokosuka Navy Burger

Yokosuka is home to an American military base, and the U.S. Navy's traditional hamburger recipe was shared as a symbol of friendship in 2008. The result is the wonderfully juicy Yokosuka Navy Burger!



CHIBA PREFECTURE

Chiba has Narita International Airport, so it is easy to stop by before or after your trip. As the three sides of the prefecture are surrounded by the sea, there are many marine activities. Also, you can enjoy peaceful natural scenery and historical and cultural heritage.



Sawara

- About 1 hour 20 minutes by train from Chiba Station to Sawara Station
- About 30 minutes by train from Narita Airport to Sawara Station

Sakura and Narita

About 15 minutes to Sakura Station, about 30 minutes to Narita Station by train from Chiba Station

Kujukuri Coast

About 1 hour by train and bus from Chiba Station to Katagai Station

Mount Nokogiri

About 1 hour 15 minutes by train from Chiba Station to Hamakanaya Station

Futtsu

About 1 hour 30 minutes by train and bus from Chiba Station to Futtsu Port



Hiking Mount Nokogiri



Mount Nokogiri is a place where nature and culture live in harmony to create truly beautiful scenery.

From the 1800s until the 1980s, Mount Nokogiri was known as a prosperous quarry that produced Boshuishi, a high quality stone used to build moats for castles, among other things. It was named Mount Nokogiri—literally “Saw Mountain” in English—for the bare, rigid rock that was exposed from quarrying the mountain, said to resemble the teeth of a saw. The ropeway takes you from the base of the mountain to the peak, which stands at 329 meters tall, in four minutes. The peak hosts an observatory, and on clear days visitors can see both Mount Fuji and Tokyo Skytree. The southern slope of Mount Nokogiri is part of a 1,300 year old temple, Nihon-ji, and can be accessed from the ropeway station at the top. The Jigoku Nozoki, or “Gaze into Hell” from one of the peak’s rocky cliff edges is thrilling, and quite popular among locals and tourists alike!



- 1 The ropeway station at the peak is complete with free Wi-Fi.
- 2 Anyone with a fear of heights should beware the “Gaze into Hell!”
- 3 One highlight is the 31-meter-tall Buddha statue carved from the mountain.



Reference Website:

Chiba Prefectural
Tourism & Local Products
Association



Cycling in Sakura and Narita



Cycle around the old castle town of Sakura and the temple town of Narita.

Chiba Prefecture is one of the best places for cycling—especially around Lake Inbanuma, which has a well-maintained cycling road, and in Sakura, which has four convenient bike rental locations around town. Sakura also has an old-style castle town, with a retro atmosphere straight out of the Edo Period. There are plenty of must-see historical stops along the way, such as the former residence of Masatomo Hotta—the last lord of the Sakura Domain in the Edo Period—as well as the street of old samurai residences and Hiyodorizaka, a gorgeous bamboo grove. For art lovers, there's the Kawamura Memorial DIC Museum of Art, which houses many collections centering on art from the 20th century. The nearby town of Narita is the perfect place to bike to next. It's home to the famous Naritsan Shinshoji Temple, and since it's so close to Narita International Airport, it's a great place to visit at the beginning or end of your trip!



- 1 You can enjoy different flowers every season at Sakura Furusato Square.
- 2 The cycling road is full of die-hard cyclists and bike renters alike.
- 3 More than 10 million visitors come from across the country to visit Naritasan Shinshoji Temple.



Reference Website:

Chiba Prefectural Tourism & Local Products Association

Fishing at Futtsu Fishing Port

Great for beginners and families, try sea fishing on a real fishing boat!

Thanks to its location close to the Kisarazu Kaneda IC on the Tokyo Bay Aqua-Line, Futtsu Fishing Port is easy to get to from both Tokyo and Kanagawa Prefecture. Because of the relatively calm waters of this deep inner bay, high-quality fishing can be enjoyed year-round! Small octopi inhabit shallow waters and can be caught without bait, which makes it an ideal experience for beginners and children! At the end of the summer, the Iidako Octopus Fishing Tournament is held, bringing with it many tourists. Please note that you cannot fish at the quay wall of the Futtsu Fishing Port. Please make sure to use fishing boats provided by the Fishing Boat Association in conjunction with the Futtsu City Tourism Association.



- 1 Futtsu Fishing Port is the gateway to Minamiboso.
- 2 The area is known for its abundant fishing waters, with all sorts of fish to catch!
- 3 Bass, octopus and hairtail are common catches during the summer fishing season.



Reference Website:
Futtsu tourism organizations

Explore Japan's "Little Edo" on the Ono River Sightseeing Cruise

Ride the river and soak in the atmosphere of a traditional Japanese townscape.



Due to its location along the Tone River Basin, the town of Sawara flourished as a shipping center for goods sent to Edo (present day Tokyo). The Ono River runs through Sawara, and the mortar-walled merchant warehouses and traditional Japanese residences that line the canal create a nostalgic atmosphere that hearkens back to that time. Board the **sappa bune**—small wooden boats—and float gently beneath weeping willows. Be sure to stop by the Katori Shrine; this local power spot is a great place to recharge your spiritual battery. This idyllic blast from the past is only 30 minutes from Narita Airport, so what are you waiting for?

- 1 Soak in the historic scenery with a 30 minute sightseeing cruise.
- 2 Step back in time and get lost in the enduring Edo era atmosphere.
- 3 The guardian deity of Katori Shrine is said to bring great fortune to visitors.



Reference Website:
Suigo-Sawara Tourist Association



Have Fun in the Sun on the Kujukuri Coast

Enjoy beautiful sandy beaches along Kujukuri's expansive 66-kilometer-long coastline.

Located in eastern Chiba along the Pacific coast, Kujukuri is Japan's longest coastal beach, stretching about 66 kilometers from Cape Gyobu to Cape Taito. With its pristine white sand, deep blue waters and gorgeous pine trees, it's easy to see why Kujukuri has been selected as one of Japan's 100 Most Beautiful Beaches. In addition to popular swim spots like Katakai Beach and surfing hotspots like Sakuta Beach, there are plenty of restaurants and shops to enjoy. The expansive beauty of the Kujukuri Coast provides an all-day sightseeing opportunity you won't want to miss!

- 1 The entire coastline is part of the Kujukuri Prefectural Natural Park.
- 2 Every year the beach fills up with crowds of swimmers and surfers.
- 3 Create unforgettable memories horseriding on the beach.



Reference Website:
Chiba Prefectural
Tourism & Local
Products Association

Local Delicacies in Chiba



Katsuura *Tantanmen*

Katsuura's *tantanmen* noodles have become the standard way to warm up after a cold day on the ocean. Each restaurant offers their own unique spin on the dish, so it's fun to go from shop to shop to compare!



Eel from Narita

Several eel restaurants line the road leading to Naritasan Shinshoji Temple, some of which have been in business for 300 years! There are quite a few long-standing restaurants that have passed down their secret sauce for generations, so be sure to try as many as you can.

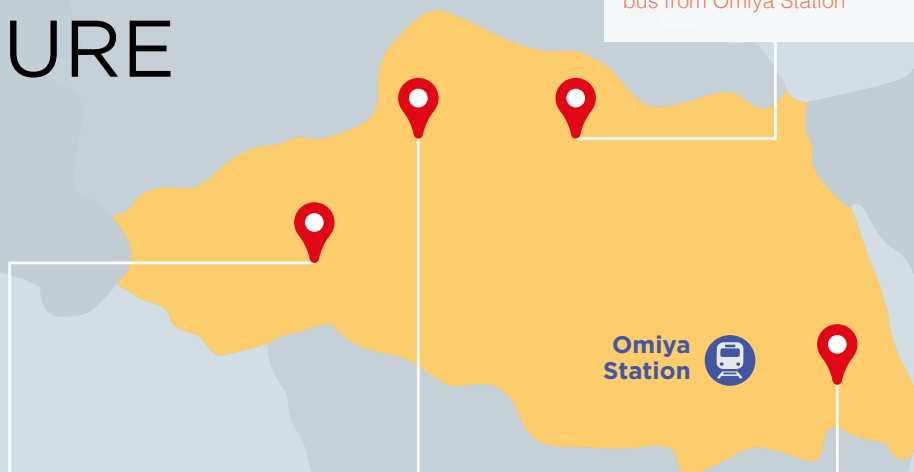


Seafood from Minamiboso

Minamiboso has a lot of fishing harbors, and is a great place to enjoy fresh-caught seafood. Recommended must-tries include rice bowls of fresh sashimi, tender spiny lobster, grilled shellfish!

SAITAMA PREFECTURE

Saitama has many mountains in the west where you can enjoy many activities in the mountains and rivers. Festivals are often held as well, so check it out when you visit.



Chichibu Geo Gravity Park

About 2 hours 15 minutes by train from Omiya Station

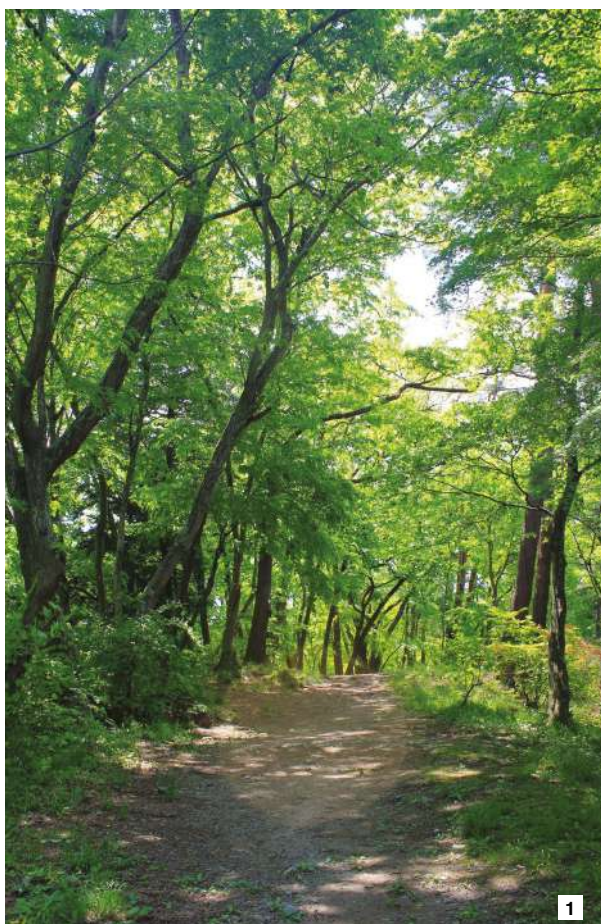
Nagatoro

About 1 hour 30 minutes by train from Omiya Station to Nagatoro Station

Minami Koshigaya

About 30 minutes by train from Omiya Station to Minamikoshigaya Station

Omiya Station



Camping & Trekking in Nagatoro

Nagatoro is an all-inclusive glamping experience just a stone's throw from the big city.



Make the most of Nagatoro's natural beauty with a wide variety of exciting outdoor activities; rafting, hiking, foraging and more! Glamping in Nagatoro is as easy as it is fun—easily accessible by train from Kami-Nagatoro Station, Nogami Station and Higuchi Station, getting to one of the many campgrounds in the area is a cinch! Cottage rentals can include bedding, furniture, and cooking equipment and ingredients, which means you can have an immersive camping experience without preparing anything ahead of time. Free Wi-Fi? Check! Free air conditioning? Check! And there's even nearby hot springs, which are the perfect way to relax after enjoying the great outdoors! English pamphlets are available at the Tourist Information Center at Nagatoro Station.

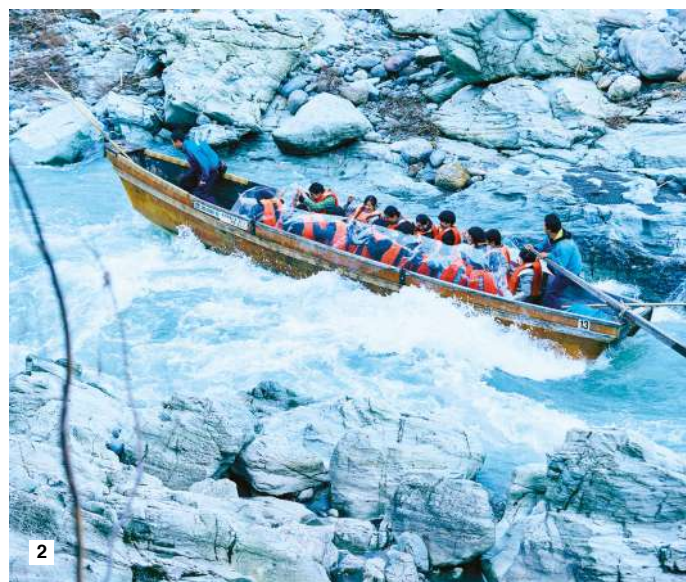
- 1 Bask in the beauty of the heart of nature.
- 2 Enjoy glamping in cottages or cabins.
- 3 Dive into fun aquatic activities, like kayaking and canoeing!



Reference Website:
Nagatoro Tourism
Association Official
Website



River activities in Nagatoro



A dynamic view woven into nature—enjoy summer in Nagatoro!

Just a short stroll from Nagatoro Station rests the layered rocks of Japan's special National Treasure, Nagatoro Gorge. The giant, layered rocks spread out over 600 meters along the river, resembling Japanese tatami mats, with a 50-meter-high cliff on the opposite side. The sky and trees reflect upon the river like a pristine mirror, combining with everything else to give a dynamic view that is sure to be the highlight of your trip. There's plenty to do on the river, and guided canoe rides are popular among people of all ages. In the summer you can enjoy rafting, kayaking, and even give standup paddle boarding a try. The Arakawa River has a strong current, so you can enjoy the spray of white water and the thrill of rapids. The beautiful view tops it all off to create an unforgettable experience. Be sure to try some local specialties near the station as well!

- 1 There are 3 km and 6 km routes down the river.
- 2 Enjoy the thrill of the rapids as you head downstream.
- 3 We recommend making a reservation to plan your summer rafting adventure.



Reference Website:
Nagatoro Tourism
Association Official Website



Defy gravity in a variety of thrilling activities surrounded by the beauty of nature!

The Chichibu Geo Gravity Park is a place in Japan where you can enjoy a variety of gravity-defying activities! Whether it's the Canyon Walk—where you walk across the planks of a 100 meter suspension bridge across a river, strapped into a safety harness—the Canyon Fly—where you dangle from a wire and zoom through the canyon—or the Canyon Swing—a huge swing between two platforms in the canyon—you're sure to experience serious thrills! Want more? A 400-meter zip line is scheduled to open in spring 2020! Please make reservations in advance.

- 1 Dive into nature! Tandem with friends is also available.
- 2 Even if you aren't afraid of heights, the suspension bridge is a daunting experience!
- 3 There's nothing like the thrill of the wind on your face during the Canyon Fly.

Reference Website:



Geo
Gravity
Park



Chichibu
Area Tourism
Organization



Minamikoshigaya Awa-Odori

The Awa-Odori is fun to watch, but even more fun to dance, and anyone can join in!

The Awa-Odori is one of Japan's most enduring summer traditions, and the festivities in Minamikoshigaya are one of the country's greatest, alongside the events in Tokushima, and Koenji in Tokyo. Drawn by the unforgettable rhythm of the dance and the vibrant calls of the performers, over 700,000 people attend Minamikoshigaya Awa-Odori every year. While the performance has deep historical roots, the basic movements and two-beat rhythm means *anyone* can join in—after all, locals say “if you raise your hands and move your feet, you're dancing the Awa-Odori!” Lessons are held for beginners throughout the festival, and the general public can join the **Niwaka Ren** dance troupe to have an official part in the festivities! Minamikoshigaya Awa-Odori is fun to watch, and even more fun to join in!



Reference
Website:
Minamikoshigaya
Awa-Odori



- 1 Minamikoshigaya Awa-Odori is held every year in late August, and is one of Japan's three great Awa-Odori festivals.
- 2 Beginners can learn the steps to the dance, and then join in on the fun with the Niwaka Ren dance troupe!
- 3 Dancers perform up and down the streets, up close and personal with the audience.

Activities at Musashi Kyuryo National Government Park

Enjoy a variety of outdoor activities surrounded by greenery.



Encompassing some 304 hectares, Musashi-Kyuryo National Government Park is vast, hilly area full of wooded areas and swamps, and an ideal environment for precious animals and plants to thrive. Visitors can enjoy a leisurely hike through the seasonal trees and flowers, but for those looking to work up a sweat there's a 17 km cycling course, as well as an obstacle course and the biggest air trampoline in Japan! With four cycle rental stations, a bicycle is the perfect way to see the entire park. There's also restaurants, a botanical garden, a barbecue area, Segway tours and more!

- 1 Enjoy the fresh air and hilly forests of Musashi Kyuryo National Government Park.
- 2 There's a giant splash pond for watery summer fun!
- 3 *Ponpoko* Mountain is the biggest air trampoline in Japan!



Reference Website:

Official Website of
Musashi-Kyuryo National
Government Park

Local Delicacies in Saitama



Eel from Urawa

Urawa, in Saitama Prefecture, is synonymous with delicious eel. It has a long history of eel fishing, and many of the restaurants in the area have a proud heritage of serving this delicacy to guests and visitors.



Kawahaba Udon

A local specialty, the unique thickness of this udon is part of what makes it so photogenic! It hails from the city of Konosu in Saitama Prefecture, and derives its name from the nearby Konosu River. It also differs from standard udon in terms of texture, which is smooth and delicious—a must-try when visiting!



Negi Niboto

Negi niboto is a local gourmet dish made from *negi*—or green onions—grown in Fukaya, Saitama which is Japan's largest producer of *negi*. The green onions are added to a rich soup of soy and vegetables, and flat, toothsome noodles.

FUKUSHIMA PREFECTURE

Fukushima has different climates and characteristics in each area, and its attractions are diverse. Activities take full advantage of Fukushima's natural beauty, and the warm hearts of locals will create lasting memories.

Aizu Clan School Nisshinkan

About 2 hours and 10 minutes by train and bus from Fukushima Station to Aizu Clan School Nisshinkan

Lake Hibara

About 2 hours 30 minutes by train and bus from Fukushima Station to Sugawara Bandai Kogen Sales Office

Urabandai

About 2 hours by train from Fukushima Station to Onogawa Lake entrance



**Fukushima
Station**

Goshikinuma Ponds

About 2 hours by train and bus from Fukushima Station to Goshikinuma entrance

Abukuma Cave

About 1 hour 20 minutes by train and taxi from Fukushima Station to Abukuma Cave



Canoe & Kayak in Urabandai



The perfect way to explore lakes, canoeing and kayaking are staples of summer.

Summer in Urabandai goes hand in hand with canoeing or kayaking its many lakes, like Lake Hibara, Sohara Lake, and more! These refreshing summer activities perfectly complement the scenery of summer, with beautiful blue lakes and verdant mountains. With canoes and kayaks there's always the possibility of falling in the water, but under the watchful eye of an experience instructor, it's all part of the fun! There's even a tour that takes you to untraveled areas that you can only access by boat! With beginner programs that are suitable for children and seniors, you can enjoy summer fun for the whole family.

- 1 Travel deep into nature, and rest surrounded by greenery.
- 2 The lake surface becomes mirror-like on calm, clear days.
- 3 Canoeing is a popular tourist activity!



Reference Website:
Urabandai Tourism
Official Website



1



2



3

Trekking at Goshikinuma Ponds

Stroll through a forested area filled with a multitude of mysterious, blue-hued lakes.

“Goshikinuma Ponds” is a generic term for numerous lakes and ponds which were formed by Mount Bandai’s volcanic eruption in 1888. Each body of water has a slightly different quality, and the surface reflects a multitude of colors, such as emerald green, cobalt, turquoise or pastel blue. Goshikinuma Trail is a 3.6 km trekking course that runs east and west, and takes about 90 mins one-way. The hike is quite gentle and flat, and even in summer the weather is quite cool and mild. If you’ve had your fill of hiking, a bus runs along Route 459. Whatever you do, be sure to stop by Yaginuma to enjoy the views from the highest point along the trail.

- 1 Enjoy beautiful scenery of Mount Bandai from Rurinuma Observatory.
- 2 Go row boating on Bishamonnuma, the biggest of Goshikinuma’s ponds.
- 3 The hike is gentle, but the path is unpaved, so please dress accordingly.



Reference Website:
Urabandai
Tourism Official
Site



1



2



3

Cruise on Lake Hibara

Experience the true majesty of Mother Nature with a cruise on the beautiful, island-filled Lake Hibara.

Many lakes and ponds were formed by the eruption of Mount Bandai. Lake Hibara is the largest of those lakes, with a shore length of approximately 31 km (19.6 mi) and a max depth of approximately 30 m (100 ft) in Urabandai, along the mountain's north side. Large excursion boats operate on Lake Hibara from the end of April through the beginning of November, and these magnificent cruises offer views of Mount Bandai's rough crater, and float between the islands that dot the lake. There are also motor boat cruises for anyone looking for a little speed and excitement. Urabandai is also recognized by BirdLife International as an Important Bird & Biodiversity Area, and visitors can expect to see a wide variety of wild mountainous birds and waterfowl.

- 1 Experience an elegant, 35-minute cruise for only ¥1,300.
- 2 Feast your eyes on scenery only available here!
- 3 Enjoy incredible views of Mount Bandai's volcanic crater.



Reference Website:
Urabandai
Tourism Official
Website

Explore Abukuma Cave

Enter another world—the world of mysteriously beautiful limestone caves!



1



2



3

Abukuma Cave is a natural work of art which was created over some 80 million years. Said to be one of the best in Asia, the tour through the cave traverses a 600-meter-long path and takes about 40 mins, during which you can see an incredible number and variety of stalactites. There are various highlights during the course, especially *Tsuki no Sekai* ("The Moon World"), the first show in Japan to utilize theatrical lights in limestone caves—it's so beautiful it'll take your breath away! Adventurous travelers should try the exploration course, where you squeeze through narrow spaces and traverse a log ladder and stepping stones. Dress warmly—even in summer, the inside of the cave is around 15°C.

- 1 Various stalactites can be observed in the 29-meter-high hall *Takine Goten*.
- 2 The strangely shaped *Kinoko-Iwa* ("Mushroom Rock") on the slope of *Ryugu Den*.
- 3 The grand finale of the course is *Tsuki no Sekai* ("The Moon World".)



Reference Website:
Abukuma Cave Official
Website



Try Japanese Archery at the Aizu Clan School Nisshinkan

Experience Japanese culture and spirit at the school where samurai children once learned.

The Aizu Clan School Nisshinkan was built in 1803, and was used to educate the children of samurai in the area. More than 1,000 samurai children studied academics and martial arts here, and the school produced many noteworthy graduates. Unfortunately, the school building was burned down during the Boshin War in 1868—however it was rebuilt at its current location to oversee the education of young people once more. In addition to a martial arts area, there is also an astronomical observatory on the vast property, and visitors can get hands-on with culture by making traditional crafts. Visitors can also try *Kyudo*, or Japanese archery, which is quite popular. Even the inexperienced and children can try, since the bows visitors use are smaller than the bow used by practitioners. Although difficult, there's nothing more exhilarating than finally hitting the target!

- 1 Even beginners can enjoy *Kyudo*, thanks to the instruction of the staff.
- 2 The buildings look magnificent, and harken back to old Japan.
- 3 The red color of the roofing tiles comes from iron mixed in to prevent from breaking in winter.



Reference Website:
Aizu Clan School
Nisshinkan Official
Website

Local Delicacies in Fukushima



Peaches

Fukushima is a prefecture with orchards as far as the eye can see, and summer is peach season. Many orchards offer visitors the chance to pick ripe, juicy peaches right from the tree!



Japanese Sake

There are more than 50 sake breweries in Fukushima Prefecture, many of which produce multiple award-winning sake varieties! No two breweries are alike, so we recommend sampling as many as you can.



Kitakata Ramen

Kitakata Ramen originated in the city of Kitakata. One of Japan's "Three Great Ramen", its soy sauce soup is surprisingly light. There are about 120 ramen restaurants and shops in the area, so you should definitely do a taste test!





FUN AND SAFE SUMMER CHECKLIST



Swimsuit/ Change of Clothes

Bring a swimsuit for water activities, and a change of clothes for afterward.



Sunscreen

UV rays are particularly strong in August. You can buy sunscreen at convenience stores and drug stores in Japan.



Sun Protective Clothing

Extended exposure to direct sunlight increases the risk of heatstroke. Don't forget to bring sun protective clothing like brimmed hats and light long-sleeve shirts.



Rain Gear

Be prepared for sudden heavy rain. A poncho is useful for activities where you want to keep your hands free.



Beverages

In order to prevent heatstroke, be sure to rehydrate, even if you don't feel thirsty!



MEASURES TO PREVENT HEATSTROKE



Beware Heatstroke

Japanese summers are hot and humid, so please beware the risk of heatstroke. You are more likely to develop heatstroke in hot and humid weather, after intense exercise, or other situations in which the body's temperature regulating system is impaired, so exercise caution.



Dizziness & Hot Flashes

Dizziness, vertigo and muscle cramps are all early symptoms of heatstroke. You may also feel languid, or nauseous. As the condition progresses you may also experience altered awareness, so recognizing these early symptoms is important.



If You Think You Have Heatstroke

If you notice symptoms of heatstroke, immediately consult a doctor or call an ambulance. Move to a cooler environment, loosen your clothes and apply an ice pack to your neck, armpit, or base of your foot. Drink fluids and replenish your electrolytes. If someone is vomiting or unconscious, do not make them drink anything!

Reference: Japan Weather Association, general incorporated foundation

For more
information
please visit:



Japan.
Endless
Discovery.