



Hidden Wonders Beyond TOKYO

Discover a calmer, culturally rich region within a short distance from Tokyo.

Tokyo's Rural Landscape



Spring

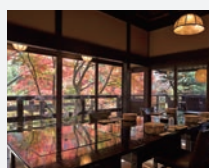


Just an hour from central Tokyo, this area bursts into life with cherry blossoms and fresh greenery. Visit Otsu Hana no Sato, often praised as an earthly

paradise, or head to Showa Kinen Park to enjoy the striking contrast of cherry blossoms and golden rapeseed flowers, a favorite spot for photographers. Wander along tranquil forest paths, then finish the day savoring seasonal mountain vegetables at local restaurants.



Autumn



In autumn, western Tokyo comes alive with vibrant colors and seasonal flavors. The changing leaves create a dynamic natural display and crisp air makes it perfect for hiking and cycling. Freshly harvested rice, mushrooms, and local ingredients showcase the region's satoyama bounty in restaurants.





Summer



With crystal-clear rivers and cool mountain air, Okutama and Mitake Gorge offer rafting, paddleboarding, and riverside walks in the forest. In the evening, local fireworks and summer events light up the towns, where lanterns and taiko drums bring traditional culture to life.



Winter



Winter brings brisk mountain air and a serene stillness to western Tokyo. Streets and townscapes glow with festive illuminations, in contrast to the



tranquility of the surrounding forests. After a day of sightseeing, soak in a soothing hot spring and savor seasonal hot pot dishes, paired with local sake.





Accommodations

Recommended
★★★★★



A Well-Being Resort with Views of Mt. Fuji

📍 SORANO HOTEL

A serene urban retreat featuring a rooftop infinity pool with views of Mt. Fuji. Tatami-style rooms and elegant accommodations are designed with a focus on wellness. Direct bus access is available from Haneda Airport.



more info

Fine Dining and Tranquility at an Auberge

📍 Auberge TOKITO

Housed in a beautifully renovated historic space, this Michelin key awarded retreat offers contemporary dining, Japanese tea ceremony, and guest rooms for overnight stays in elegant surroundings infused with authentic Japanese character.



more info



Recommended
★★★★★



Temple Lodgings on Mt. Mitake

📍 Mitake Shukubo

Near the summit of sacred Mt. Mitake, traditional lodgings have welcomed pilgrims for centuries. Breathe in the crisp mountain air and experience the mountain's enduring spiritual atmosphere.



more info

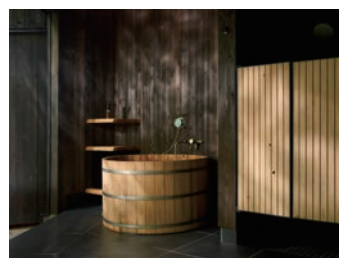
A Traditional Inn by a River

📍 Kabutoya Ryokan Hotel

Nestled in the Hinohara Village, this inn offers riverside rooms and seasonal local cuisine, making it an ideal escape from the city.



more info



Forest Hideaways with Private Saunas

📍 Shizenjin-mura

Scattered throughout the forests of the Akigawa Valley, the lodges provide private saunas, offering complete relaxation and respite from the city.



more info



Activities

Adventure on Crystal-Clear Waters

River Activities | Okutama / Tama River

📍 ① Mitake Race Rafting Club

📍 ② Bochibochi Adventure Susono

Experience rafting and paddleboarding on the magnificent Tama River, where scenic landscapes and rushing water add to the thrill.

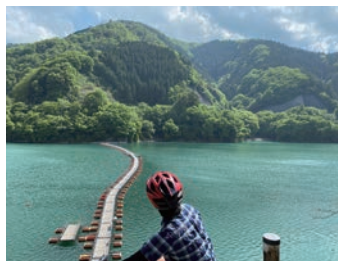


A Breezy Ride Through the Countryside

Trekking by E-Bike (Okutama Rent-a-Cycle)

📍 Trekking

Rent an electric bike to explore the countryside and enjoy scenic views while breezing through satoyama, Japan's traditional rural landscapes shaped by village life and nature.



Healing in the Forest

Shinrin-yoku (forest bathing) | Okutama

📍 Okutama Forest Therapy Center

Wander through the forests of the national park. Walk slowly, breathe deeply, and listen to the gentle sound of flowing water under sunlight filtering through the trees.



Quiet Moments by the Mountain Stream

Fishing Experience | Okutama

📍 Hikawa International Trout Fishing Area

Cast your line in a clear mountain stream surrounded by forest. Enjoy a peaceful moment immersed in nature.



A Hot Spring with Skin-Softening Waters

Seoto no Yu | Akiruno

📍 Akigawa Valley Seoto no Yu

Surrounded by lush greenery, this hot spring is known for waters that leave skin feeling smooth. An ideal place to unwind after a day of travel.



Glide Amid Seasonal Blooms

Segway Tour at Showa Kinen Park

📍 Showa Kinen Park Segway Tour

Glide through the expansive park on a Segway, enjoying seasonal flowers and wide-open landscapes. A fun and effortless way to enjoy nature.





Traditions and Culture

A Sacred Shinto Dance

Mitake Shrine Kagura & Prayer Ritual

[Musashi Mitake Shrine on Mt. Mitak](#)

Daidai-kagura is a solemn Shinto dance performed at the summit shrine on Mt. Mitake. Watch the ritual movements and join a prayer ceremony.



[more info](#)



A Vibrant Celebration of Summer

[Tachikawa Yoito Festival](#)

Portable shrines and decorative floats parade through the streets, where tradition and energy come together in celebration.



[more info](#)

Discover the Art of Washi

Papermaking experience | Hinode

[Hinode-Washi](#)

Discover the craft of Japan's handmade paper in the peaceful satoyama countryside. Create your own handcrafted piece.



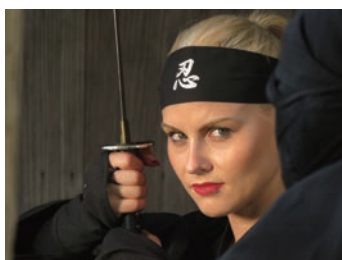
[more info](#)



Into the World of Ninja

[Tokyo Hinode Samurai Residence](#)

In a historic samurai house, learn and practice ninja techniques. A fun, immersive way for all ages to experience Japan's traditional culture.



[more info](#)

Tea in Harmony with Nature

[Tea Picking Experience | Hinohara](#)

Tea picking in the clear air of Hinohara Village, often called Tokyo's hidden retreat, offers a quiet way to connect with nature and feel the changing seasons.



[more info](#)





Food and Drinks



A Memorable Sake Brewery Visit

Ozawa Brewery

On Tokyo's west side, generations of sake brewers have relied on clear spring water from the upper reaches of the river that runs through the city. Visitors can join a brewery tour (reservation required; limited capacity), enjoy tastings, and purchase sake on site.



more info

Savor the Craft in Every Glass

Tachihi Brewery

Tour the brewery floor, then settle into the taproom to watch the brewers at work up close, while enjoying a freshly poured glass.

Recommended
★★★★★



more info



Indulge in the rustic yet elegant traditions of the mountain village

Kurochaya | Akairuno

Set in a 300-year-old traditional residence, formerly occupied by a village chief, Kurochaya serves traditional mountain cuisine that reflects the seasons made with locally sourced ingredients.



more info

A Food Hall Featuring Local Favorites

GREEN SPRINGS&TACHIHI PLACE

TACHIHI PLACE, located within a shopping complex, is a food hall showcasing Western Tokyo's beloved neighborhood restaurants. It's the perfect place to relax on the terrace during the day, then experience the lively energy of Japanese izakaya culture at night.

Recommended
★★★★★



more info

Suggested Itineraries

1 Walk through traditional landscapes and enjoy local culture and cuisine



8:30
JR Musashi-itsukaichi Sta.

9:00
Ishibune Bridge & Ryushuin Temple (Otsu Hana no Sato)

10:00~
Akigawa Valley Seoto no Yu (foot bath)

11:30~
Lunch at Kurochaya

14:00~
Mitsubachi Satoyama Farm Cafe Honey Gelato

17:00
Dinner at SORANO HOTEL

2 Enjoy nature and art in a wellness-focused environment



11:30
Lunch at GREEN SPRINGS

13:00~
Autumn Segway Tour at Showa Kinen Park

16:00~
Faret Tachikawa Art Tour

17:30
Dinner at GREEN SPRINGS

3 Walk the sacred mountain and taste local sake at a brewery along the gorge



9:00
JR Mitake Sta.

9:45~
Mount Mitake Hiking & Temple Lodging Lunch

15:00~
Ozawa Brewery Tour

18:00
Dinner at Auberge TOKITO

Discover tours and experiences here.



more info

Photo Spots!



Tachikawa
Tachikawa Illumination
A magical winter nightscape created by light and sound.



Ome
Mt. Mitake Rock Garden
A scenic landscape of pristine streams and rock formations, at its best during the autumn foliage.



Okutama
Shiromaru Lake
A hidden gem surrounded by forest, known for its emerald-green waters.



Tachikawa
Showa Kinen Park
A popular photo spot featuring cherry blossoms and tulips in spring, and golden ginkgo trees in autumn.

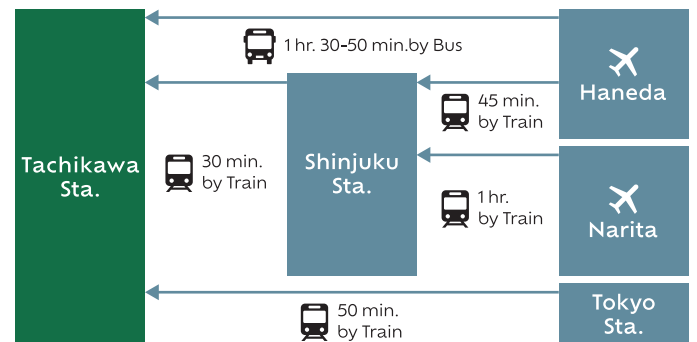


Akiruno
Minamisawa Hydrangea Mountain
A picturesque mountainside blanketed in vibrant hydrangeas in early summer.

Where is Western Tokyo?



Access to Tachikawa



About Tokyo Tama Western Wide-Area Economic Partnership Council (TTW)

TTW collaborates with tourism and business groups across western Tokyo to promote diverse and in-depth travel experiences unique to the regio

<https://tokyo-west.jp/>



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Areas in Western Tokyo

