# Western Tama of Tokyo

Town of Mizuho tourist information
**Ittenbe Mizuho Official Town of Mizuho website**

Town of Hinode tourist information
**Hinode Machi Tourism Association**
(official website)

Hamura City tourist information
**Hamura Sightseeing Association**
(official website)

Ome City tourist information
**Ome City Sightseeing Guide**
Ome City Tourist Association
(official website)

The Okutama area is home to the national park closest to the Tokyo metro area, making it the most naturally scenic part of the city. Explore the pristine waters of the Tama River and vast, unspoiled nature in an area known for its abundant harvests and delicious specialty products.

Fussa City tourist information
**Fussa City Tourism Association website**
Fussa City Tourism Association (official website)

Akiruno City tourist information
**Akigawa Valley**
Akiruno Tourism Association (official website)

Village of Hinohara tourist information
**Hinohara Mura Tourism Association**
(official website)

Town of Okutama tourist information
**Okutama Tourism Association**
(official website)

Western Tama of Tokyo

# Hamura and Fussa

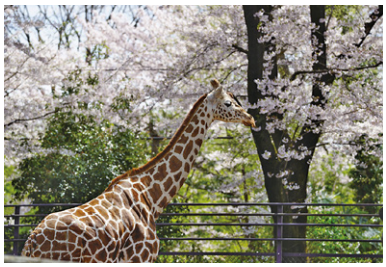
## Enjoy the rich natural surroundings of Nishi Tama combined with an exotic urban feel

Get lost in the natural beauty of Nishi Tama, or enjoy the rich international flavor of the shopping districts adjacent to the US Air Base at Yokota.

### ❶Negarami-mae Suiden

Negarami-mae Suiden are the only rice paddies in Hamura, and are planted with tulips during the off-season. These are some of the largest tulip fields in the Kanto area, drawing crowds of visitors to see them at their peak in April.

4 Hanenaka and 4 Hanekami, Hamura-shi 《P.76 MAP-3G》
About 20 minutes' walk from Hamura Station, JR Ome Line
042-555-9667
¥ Admission is free



### ❷Hamura Zoo

When Hamura Zoo opened in 1978, it was the first zoo to be run by a town rather than a city. It has a cozy atmosphere and about 80 different animal species on display.

4122 Hane, Hamura-shi 《P.76 MAP-3H》
Dobutsu Koen-mae stop on the Community Bus Hamuran Hamura Higashi Course from Hamura Station, JR Ome Line
042-579-4041
¥ Admission fee

### ❸Fussa American House

The American military home constructed in a residential area on the west side of Route 16 still looks as it did when it was built in 1958. Visitors are also free to walk around a gallery area with exhibits chronicling the history of Fussa.

G-14 2476-1 Fussa, Fussa-shi 《P.76 MAP-4H》
Ushihama Station, JR Ome Line
042-513-0432
¥ Admission is free

### ❹Fussa Base Side Street

Running along Route 16, which flanks the US Air Base at Yokota, the Yokota Base Side Street is lined with abundant international shopping and dining options and is said to be more American than any other shopping district in Japan.

2485 Fussaninomiya, Fussa-shi (and elsewhere) 《P.76 MAP-4H》
Ushihama Station (and others), JR Ome Line
042-513-0432

## Tour the sake breweries of Tama

### ❺Tamura Shuzojo

Founded in 1822, the grounds of this sake brewery are dotted with cultural heritage sites built between the Edo and Meiji periods, and also offers tours of the brewery if you make reservations in advance. Their Kasen sake is regarded as a top Tokyo bottling.

626 Fussa, Fussa-shi 《P.76 MAP-4G》
Fussa Station, JR Ome Line
042-551-0003
¥ Admission is free

### ❻Ishikawa Shuzo

Founded in 1863, Ishikawa Shuzo brews both sake and beer, and also has a museum, restaurant, and direct outlet on site. Visitors are free to walk the grounds, which are lined with buildings constructed between the Edo and Meiji periods. You can even get a tour of the brewing facilities if you make reservations in advance (for a fee).

1 Kumagawa, Fussa-shi 《P.76 MAP-4H》
About 20 minutes' walk from Haijima Station, JR Ome Line (and others)
042-553-0100
¥ Admission is free

## Souvenirs and specialties

### Fussa Dogs

Fussa is home to two huge ham producers, Otama Ham and Fussa Ham, and Fussa dogs are made using their sausages. You can get them at nine different eateries around the city, several of which are in the area around Yokota Air Base.

### Tokyo Blues (Fussa craft beer)

Tokyo Blues is a craft beer painstakingly brewed by Ishikawa Shuzo. You can enjoy it at Fussa no Beer Koya, a historical building constructed on the brewery grounds.

# Mizuho and Ome

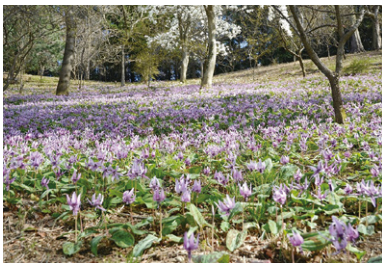
## Experience the natural beauty, hot springs of Japan's rural *satoyama* areas as well as some great sake breweries

*Satoyama* areas are where Japan's rural villages meet its mountains and forests, and have long been treasured for their sacred mountains and healing hot springs. You can also have fun touring the many breweries in this area.

### ❼Rokudoyama Park

Rokudoyama Park has a 13-meter-high observation tower built at an elevation of 192 meters, offering spectacular views of Mt. Fuji, the Chichibu Mountains, the skyscrapers of Shinjuku, and more. Below you can enjoy the seasonal changes as they sweep over the Sayama Hills.

- 2355 Ishihata, Mizuho-machi, Nishitama-gun《P.76 MAP-3H》
- About 15 minutes' walk from Mine stop on the Tachikawa Bus from Hakonegasaki Station, JR Hachiko Line
- 042-557-7659
- ¥ Admission is free



### ❽Sayama Katakuri no Sato

The Sayama Katakuri no Sato facility is a hub for the "Sparkling Mizuho Corridor" which links the town's four major assets: history, natural beauty, scenic townscapes, and tourism. It's known as a place where clusters of trout lilies (*katakuri*) grow, covering the area's vast slopes in blossoms in the spring.

- 243-1 Komagata-fujiyama, Mizuho-machi, Nishitama-gun《P.76 MAP-3H》
- Hakonegasaki Station, JR Hachiko Line
- 042-557-7659
- ¥ Admission is free

### ❾Mt. Mitake

Mt. Mitake stands 929 meters high and has long been revered as a sacred mountain. Many worshippers visit Musashi Mitake Shrine at its peak, and it is considered one of the best places to hike in Tokyo.

- Mitakesan, Ome-shi (and elsewhere) 《P.75 MAP-3D》
- Cable-shita stop on the Nishi Tokyo Bus from Mitake Station, JR Ome Line
- 0428-24-2481
- ¥ Admission is free

### ❿Mt. Mitake Cable Car

It's about 1.1 kilometers from Takimoto Station partway up Mt. Mitake to Mitakesan Station near the peak. It's a steep slope of up to 25°, and takes about six minutes. The cable car is primarily used by hikers and those headed up the mountain to worship at Musashi Mitake Shrine.

- 2-483 Mitake, Ome-shi《P.75 MAP-3D》
- Cable-shita stop on the Nishi Tokyo Bus from Mitake Station, JR Ome Line
- 0428-78-8121
- ¥ Admission fee

### ⓫Tour the Sawanoi brewery (Ozawa Shuzo)

Ozawa Shuzo is a Tokyo sake brewery committed to preserving traditional methods. You can take a tour and learn about the entire process that goes into making sake.

- 2-770 Sawai, Ome-shi《P.76 MAP-3E》
- Sawai Station, JR Ome Line
- 0428-78-8210
- ¥ Admission is free

### ⓬Iwakura Onsen Village

Iwakura Onsen is considered to be Tokyo's only hot spring village. It is said that the springs that feed it were tapped 1,200 years ago, and they have been designated as one of the city's historical landmarks. The waters here are known to smooth and beautify the skin.

- 5-3140 Osoki, Ome-shi《P.76 MAP-2G》
- Iwakura Onsen stop on the Toei Bus from Ome Station, JR Ome Line
- 0428-24-2481/0428-20-0011
- ¥ Admission fee

### Souvenirs and specialties

#### Mizuho-sodachi Cyclamen

More Mizuho-sodachi Cyclamen are grown here than anywhere else in Tokyo, with the main production area being the greenhouses along the Iwakura Kaido road.

#### Processed plum products from Ome

Ome City is home to Ume no Koen (Plum Park), the most famous spot for plums in Japan. All kinds of processed plum products are sold here, including plum jam, plum juice, and plum liquor.

Western Tama of Tokyo

# Akiruno and Hinode

## Explore the stunning natural beauty of the Akigawa Valley

Enjoy the scenic Akigawa Valley, tucked away in a vast forest, as you explore its many attractions, from hot springs to entertainment facilities.

### ⓭Tokyo Summerland

Tokyo Summerland is a world of water fun, with a variety of attractions that include one of Japan's largest lazy rivers and a dome-covered pool that can be used in any kind of weather. There's even a dog run, a driving range, and a day camping area.

600 Kamiyotsugi, Akiruno-shi《P.76 MAP-4G》
Summerland stop on the Nishi Tokyo Bus from Akigawa Station, JR Itsukaichi Line
042-558-6511
¥Admission fee

### ⓮Akigawa Valley

The Akigawa Valley runs a total of 20 kilometers between Akiruno City and the village of Hinohara. It offers pastoral scenes of rural Japan that change in every season, from the fresh greenery of spring to brilliant fall colors. There are also many sightseeing spots nearby, like limestone caves and waterfalls.

1421 Tokura, Akiruno-shi (and elsewhere)《P.76 MAP-4E》
Jurigi stop on the Nishi Tokyo Bus from Musashi Itsukaichi Station, JR Itsukaichi Line
042-596-0514

### ⓯Seotonoyu Spa, Akigawa Valley

This hot spring facility features an open-air bath built along the Akigawa River as well as cottages where you can stay overnight. The water here is known for being some of the most alkaline in Japan, and therefore known for promoting beautiful skin.

565 Otsu, Akiruno-shi《P.76 MAP-4E》
Jurigi stop on the Nishi Tokyo Bus from Musashi Itsukaichi Station, JR Itsukaichi Line
042-595-2614
¥Admission fee

### ⓰Akiruno Furusato Kobo

This facility dedicated to traditional Akiruno crafts offers papermaking workshops where you can create *gundoshi* paper, designated as an Intangible Cultural Property by the City of Tokyo. You can also dye Japanese paper and make Japanese fans.

671 Otsu, Akiruno-shi《P.76 MAP-4E》
Nitago stop on the Nishi Tokyo Bus from Musashi Itsukaichi Station, JR Itsukaichi Line
042-596-6000
¥Admission fee

### ⓱Hinode Sanso (US-Japan Leadership Summit Memorial Hall)

This mountain hideaway once belonged to former Prime Minister Yasuhiro Nakasone, and was the site of his meeting with President Reagan in 1983. Everything at the sprawling site is open to the public, including its Seiundo hall, Tenshintei teahouse, and study, is now open to the public.

5270 Oguno, Hinode-machi, Nishitama-gun《P.76 MAP-3F》
About 15 minutes' by taxi from Musashi-Masuko Station, JR Itsukaichi Line
042-597-7323 ¥Admission fee

### ⓲Shogai Seishun no Yu Tsuru-tsuru Onsen

This secluded hot spring wells up from 1,500 meters below ground. It is known for its gentle alkaline water, which is said to beautify the skin. The inside of the building uses locally-sourced Japanese cedar and cypress.

4718 Oguno, Hinode-machi, Nishitama-gun《P.76 MAP-3E》
Tsuru-tsuru Onsen stop on the Nishi Tokyo Bus from Musashi-Itsukaichi Station, JR Itsukaichi Line
042-597-1126
¥Admission fee

### Souvenirs and specialties

#### Akigawa Beef

Akigawa Beef is a premium brand of Japanese Black wagyu raised at the Takeuchi Pastures in nature-rich rural areas fed by the clear waters of the Akigawa River.

#### Akigawa Corn

Akigawa Corn is known for its intense sweetness and large kernels. There are many different types of Akigawa Corn, with many of the cornfields lining the Itsukaichi Kaido through Akiruno City.

#### Kondo Brewed Soy Sauce

This soy sauce uses the underground waters of the pure waters of the Akigawa river that flows through Akiruno City. It is noted for its umami and sharpness with it's savory fragrance.

# Hinohara and Okutama

## Encounter a treasure trove of natural beauty in Tokyo

Experience the vastness of nature that seems impossible in Tokyo. Take a walk through mountains and forests as you surround yourself with unspoiled natural beauty on a grand scale.

### 19 Hinohara Tokyo Citizens' Forest

Six hiking trails wind through this massive forest, which also has a full range of forest-related facilities like the Shinrinkan forest hall, a woodworking centers, charcoal-making huts, birdwatching huts, and more.

7146 Hinohara-mura, Nishitama-gun《P.75 MAP-4B》
Tomin-no-Mori stop on the Nishi Tokyo Bus from Musashi-Itsukaichi Station, JR Itsukaichi Line
042-598-6006

### 20 Hossawa Falls

This waterfall cascades down 62 meters and is the only waterfall in Tokyo to be selected among Japan's hundred most beautiful. It's located behind the marshlands that serve as the headwaters of the Akigawa River, but you can get there using a pedestrian path.

Motoshuku, Hinohara-mura, Nishitama-gun《P.75 MAP-4D》
Hossawa-no-Taki Iriguchi stop on the Nishi Tokyo Bus from Musashi-Itsukaichi Station, JR Itsukaichi Line

### 21 Lake Okutama

This manmade lake formed by Ogouchi Dam is one of Japan's largest reservoirs used as a municipal water source. There are several sightseeing spots and tourist facilities located along its shores.

Hara, Okutama-machi, Nishitama-gun (and elsewhere)《P.75 MAP-3B》
Okutama-ko stop on the Nishi Tokyo bus from Oku-Tama Station, JR Ome Line

### 22 Former Residence of the Kobayashi Family

Located along a 750-meter-high ridge that looks out over the mountains, this residence is thought to be the oldest in Hinohara. You can use a monorail to visit the steep slopes.

4994 Hinohara-mura, Nishi Tama-gun《P.75 MAP-4C》
090-5543-0750
About 60 minutes' walk from Fujikura stop on the Nishi Tokyo Bus from Musashi Itsukaichi Station, JR Itsukaichi Line
¥ Admission is free

### 23 Hinohara Onsen Center Kazuma-no-yu

This day-use hot spring is located close to Ryujin Falls. Visitors to the facility can even play in the Akigawa River before getting in the hot baths.

2430 Hinohara-mura, Nishitama-gun《P.75 MAP-4B》
Onsen Center stop on the Nishi Tokyo Bus from Musashi-Itsukaichi Station, JR Itsukaichi Line
042-598-6789
¥ Admission fee

### 24 Nippara Limestone Caves

These are among the largest caves in the Kanto region, and have been designated a natural monument by the Tokyo Metropolitan Government. With a total length of 1,270 meters and a height difference of 134 meters, the inside of the cave is crowded with stalactites and stalagmites that create an otherworldly atmosphere.

1052 Nippara, Okutama-machi, Nishitama-gun《P.75 MAP-2B》
About 25 minutes' walk from Higashi-Nippara stop on the Nishi Tokyo Bus from Oku-Tama Station, JR Ome Line
0428-83-8491
¥ Admission fee

### 25 Hatonosu Gorge

This clear river tumbles among boulders and interestingly shaped rocks as if filling the spaces between them. A suspension bridge known as Hatonosu Kobashi (pigeon's nest bridge) is the perfect place to take in the area's gorgeous views.

Tanazawa, Okutama-machi, Nishitama-gun《P.75 MAP-2D》
Hatonosu Station, JR Ome Line

### Souvenirs and specialties

#### Yuzu Wine

This fruit liquor adds the fragrance of Hinohara yuzu to Koshu grape wine. With an alcohol content of 4% and a fresh flavor, this can be enjoyed by those that do not prefer stronger drinks.

#### Okutama Wasabi

Wasabi grows everywhere in the town of Okutama, which is located near the headwaters of the Tama River. You can buy it as a souvenir in this area.