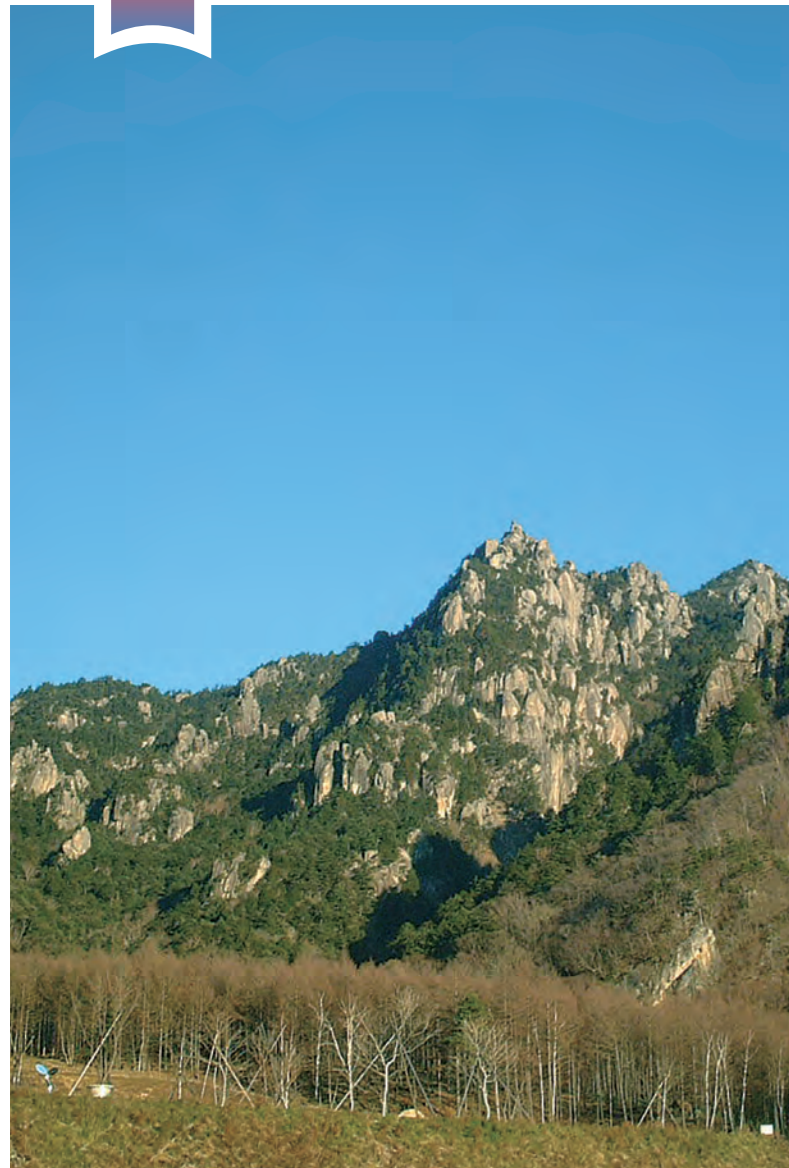


# Chichibu-Tama-Kai National Park



A national park is designated by the Japanese government as a natural landscape that represents Japan based on the Natural Parks Act. Thirty-four national parks are designated from Hokkaido in the north down to Okinawa and the Ogasawara Islands in the south, and more than 300 million people visit them every year. These national parks are full of precious treasures such as wild animals and plants, history and culture in addition to the scenic beauty. Japan's national parks are characterized by various environments such as forests, farmlands, villages, etc. While some are untouched, the local history and culture derived from nature and people's lives can be appreciated. Come visit our national parks to fully enjoy the beautiful nature of Japan that shows off various sceneries in each season.



## The Mountain Park Blessed with the Beauty of Forests and Valleys but Situated Closest to a Metropolis

Chichibu-Tama-Kai National Park is a park with characteristic mountains and streams and boasting the vast area of approximately 70 km in crosswise and approximately 40 km in lengthwise. It is comprised of Mt. Kita-Okusenjo (altitude of 2,601 m) as its highest peak, Okuchichibu Mountains including a series of peaks with altitudes of 2,000-meter range such as Mt. Kinpu, Mt. Kobushigatake, and Mt. Kumotori, surrounding mountains such as Mt. Daibosatsu, Mt. Ryokami, Mitake Shosenkyo, and Oku-Tama. Okuchichibu Mountains are the headwater and watershed areas of several representative rivers of Kanto and Chubu regions, such as Chikuma River (Shinano River), Fuefuki River (Fuji River), Tama River, and Arakawa River. The diverse landscape of mountains and valleys including steep V-shaped valleys created by erosion of such rivers can be appreciated. Since this national park is located nearest to the Tokyo metropolitan area with a good transportation system, many visitors come to the park to experience and appreciate nature through a variety of activities such as hiking, mountaineering, camping, fishing, and river trekking.

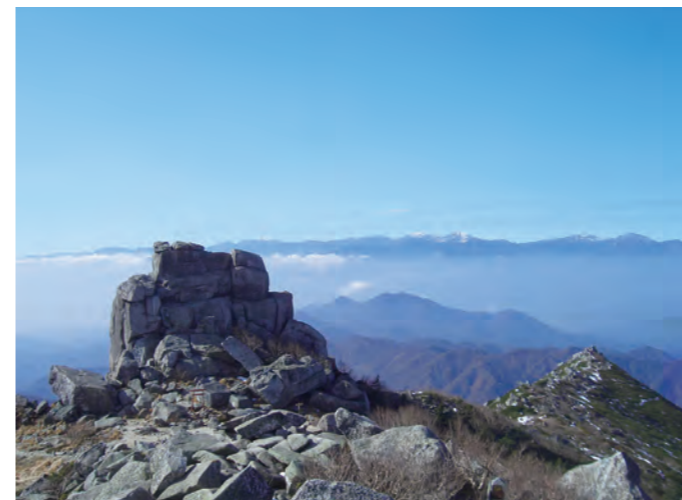
[Date of Designation] July 10, 1950  
 [Relevant Prefectures] Saitama Pref., Tokyo Met., Yamanashi Pref., Nagano Pref.  
 [Area] 126,259 ha



Okuchichibu Main Ridge



While this park is a mountainous area with a series of mountains with altitudes of around 2,000 m, it has a very unique feature in that it contains no volcanoes despite being situated in the country of volcanoes. It is also a headwater area of Chikuma River, Fuefuki River, Tama River, Arakawa River, etc. Deep and beautiful valleys can be seen everywhere in the mountains that eroded by rivers. Geologically, this park can be roughly divided into two areas in the east and the west. Most of the basin of Arakawa River and Tama River on the east side is comprised of sedimentary rocks while granite is widely distributed centered around Mt. Kinpu on the west side. Limestone caves such as Nippara and Yozawa are interspersed throughout since the sedimentary rock zone contains the limestone layer.



Climbing on Mt. Kinpu Bristled with Massive Granite Rocks

Meanwhile, a diverse landscape where a series of waterfalls, potholes, and stream pools surrounded by cliffs, such as Nishizawa Gorge and Mitake-Shosenkyo Gorge where eroded by rivers can be found in the granite zone. In addition, a magnificent mountainous landscape with massive, lofty granite rocks created by erosion and weathering can be appreciated in Mt. Mizugaki, Mt. Kinpu, Mawarimedaira, etc.



Granite Rock Formations Surrounding Mawarimedaira



Nishizawa Gorge (Nenatsugawa Surrounded by Lush Green Trees)

Nakatsugawa River



**- Maintenance and Management of Trails -**  
 Since a large number of climbers visit this park, their impact on surrounding vegetation has recently been of concern because mountain paths and trails can be widened, eroded, or split into multiple paths by climbers passing each other, etc. Therefore, administrative and regional officials, climbers and others have been collaborating to conserve and restore vegetation and landscape by repairing trails, clearly indicating where people can walk, etc.

**- Cleanups -**  
 There are places where discarded empty cans, bottles, plastic wraps, and bags can be seen around trails and mountain huts that have been used by many visitors. Thus, cleanups have been conducted by local stakeholders, administrative agencies, and volunteers so that visitors can have a pleasant visit.



Repairing a Trail

Cleanup of the Park

## Contact List

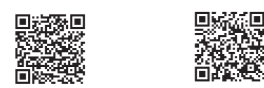
**Kanto Regional Environment Office**  
 18F, Meiji Yasuda Seimei Saitama Shintoshin Building,  
 Shintoshin 11-2, Chuo Ward, Saitama City, Saitama Prefecture  
 330-6018  
 TEL: 048-600-0516 FAX: 048-600-0517  
 URL: <http://kanto.env.go.jp/>

**Okutama Ranger Office**  
 Hikawa 171-1, Okutama Town, Nishitama County, Tokyo Metropolis  
 198-0212  
 TEL: 0428-83-2157 FAX: 0428-83-2162

Chichibu-Tama-Kai National Park Website  
<https://www.env.go.jp/en/nature/nps/park/chichibu/index.html>



**For Safe Travel**  
 Please download below application in order to get information about warning for earthquake, volcanoes, tsunami and so on.  
 \*Android: <https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>  
 \*iPhone: <https://itunes.apple.com/jp/app/safety-tips/id858337174?mt=8>



Supported by Japan Tourism Agency (<https://www.jnto.go.jp/safety-tips/eng/app.html>)

**Ministry of the Environment**  
 Publisher: Ministry of the Environment  
 Year published: 2018

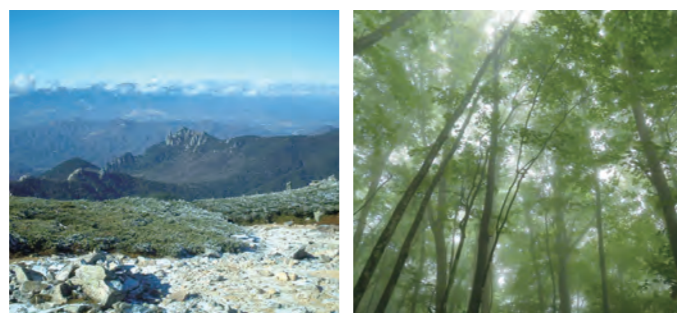
\* Please note that the highlights & guide map's purpose is to show an overview of the designated area; therefore, a margin of error shall be allowed.



## Vegetation Animals

### - Vegetation -

The park ranges in altitude from 200 m to 2,600 m and contains a variety of vegetation zones adapting to its altitude. Vertical distribution of the vegetation such as the following can be observed. Broadleaf forests of the Japanese beech, the Katsura-tree (round-oval leaves resembling those of a small redbud), and the maple spread at the bottom of mountains creating breathtaking scenery with lush green leaves or autumn leaves. Primeval, mixed coniferous and broadleaf forests consisting of the Northern Japanese hemlock, *Picea jezoensis* (a kind of spruce, a.k.a. Yezo spruce), birch species, and the Katsura-tree are distributed on the mountainside of the main ridges with altitudes ranging from 1,500 m to 2,000 m. Above that is the main ridgeline of Okuchichibu, and sub-alpine coniferous forests of Northern Japanese Hemlock, *Abies veitchii* (a kind of fir, endemic to Japan) and others cover even near the summit. Forests covering from the mountainside up to the top have mosses and ferns growing over fallen trees and rocks on the forest floor, creating a strong impression of deep mountains. A different landscape from that of the Alpine mountains can be appreciated.



Siberian Dwarf Pine Trees Near the Summit of Mt. Kinpu

Broadleaf Forest of Ichiri Kannon

Further, vegetation of the alpine zone is distributed along the main ridge over an altitude of 2,500 m although only slightly. In the vicinity of the summit of Mt. Kinpu, colonies of the Siberian dwarf pine and the Rosebay (yellow rhododendron) grow, presenting open and clear scenery completely different from the landscape of dense coniferous forests spreading below. A variety of plants unique to mountains and highlands can be found in this park. It is also characterized by the habitat of plants peculiar to a limestone area, including some valuable endangered species since there are many mountains comprised of limestone. Many people also visit the park to appreciate seasonal flowers.



A colony of Rosebay (Mt. Kinpu)

Lingonberry (Mt. Kurogane)



Daphne pseudo-mezereum var. koronae

Anemonopsis macrophylla (Mt. Mitake)

Asian fawnlily (Mt. Gozen)

### - Animals -

Dense forests covering from the bottom of the mountains to near the summit provide an ideal habitat for various animals. Wild boars, monkeys, Japanese weasels, Japanese giant flying squirrels, rabbits, and others inhabit the park, in addition to large mammals such as Asian black bears, Sika deer, and Japanese serows. As for birds, the Japanese robin lives throughout the park, and subalpine birds such as the Spotted Nutcracker and the house martin have been confirmed in Mt. Kobushigatake, Mt. Kinpu, etc. In addition, many cicadas, dragonflies, and butterflies can also be found. A number of fishes including char and Yamame trout inhabit streams as well as salamanders since there are a lot of very clear streams. Beautiful singing of Kajika frogs (*Buergeria buergeri*) can be heard around June and July.



Serow

Spotted Nutcracker



Siberian Salamander

Indian Red Admiral Butterfly

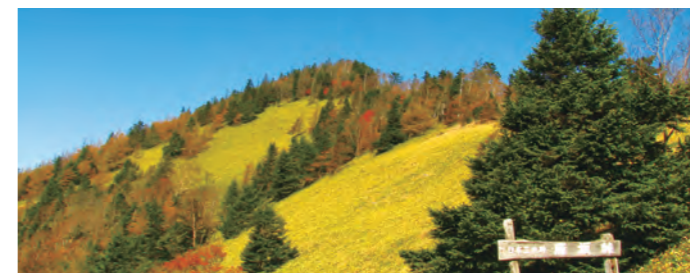


## Culture

Villages have developed on the steep slopes of the deep mountainous valleys, and characteristic village landscapes, together with terrace fields with stone steps, can be seen in this park. In addition, mountain passes connecting villages had been used since ancient times. These include the Karisaka Pass, which had been used for traffic to and from Chichibu, and the Daibosatsu Pass, which became the title of Kaizan Nakazato's novel. These historical mountain passes are still used today as hiking trails. They provide clues on how people lived in this deep mountain environment. Mt. Mitake and Mt. Mitsumine have been objects of mountain worship since ancient times, and they once flourished as a place to practice the faith. Vicinities of the Musashi-Mitake-jinja Shrine and Mitsumine-jinja Shrine give off a solemn ambiance as a place of mountain worship, together with Shinto shrines and buildings, pathways leading to the shrines, sacred trees, and Shukubo (accommodation for monks, Shinto priests, and visitors to temples and shrines).



Mitsumine-jinja Shrine



Karisaka Pass

## National Parks Etiquette

Please keep in mind the importance of nature and observe the following while staying in the national park so that everyone can enjoy.

- Do not litter.
- Do not pick plants.
- Do not feed any wildlife.
- Do not catch/capture any wildlife.
- No smoking is permitted while walking.
- Bonfires shall be built within the designated area only.
- Take care not to cause a forest fire.
- Do not idle your car in the park.
- Stay on the mountain path or trail at all times.
- Use public facilities such as lavatories with care and keep them clean.

Be well prepared and have sufficient room in your climbing plan or itinerary in order to have a safe and pleasant visit and to enjoy magnificent nature the park offers.

## Mountains along the Okuchichibu Main Ridgeline

The main ridgeline of Okuchichibu runs from Mt. Mizugaki and Mt. Kinpu to Mt. Kumotori through Mt. Kobushigatake, and these mountains lay in the core of the park and show varied landscapes. They can be appreciated in various ways according to individual physical strength and climbing skills, including climbing each mountain and traversing them. Visitors can also relax their body and mind after a day of climbing at Masutomi Onsenkyo (hot springs district) at the foot of Mt. Mizugaki and the piedmont area of Mt. Kumotori.

### 01 Mt. Kinpu



Located at the prefectural border between Yamanashi and Nagano, Mt. Kinpu is the most prominent mountain of the Okuchichibu Mountain mass. The landscape of colonies of Siberian dwarf pine trees spreading around a mountaintop has rather unique ambience comparing to others in the Okuchichibu area where many are covered with coniferous forests.

### 02 Mt. Kita-Okusenjodake / The Dream Garden



Mt. Kita-Okusenjodake is the highest peak of the Okuchichibu Mountains, and it has an excellent view from the summit. In addition, the place called "Yume-no-Teien" (meaning "Dream Garden") near Odarumi Pass displays the beautiful garden-like scenery created by huge stones, shrubs, and alpine plants.

### 04 Mitake-Shosenkyo Gorge



Mitake-Shosenkyo Gorge is widely known as one of the most beautiful valleys in Japan. The green of lush pine trees in summer and the vibrant shades of red and yellow of the autumn leaves complement the white of rocks, which enchant many people.

### 05 Mt. Kobushigatake



This is the headwater area of Chikuma River, Fuefuki River, and Arakawa River, and its name is said to be derived from adjoining Kai, Musashi, and Shinano (old provinces). This is a mountain wrapped in dense primeval forests, and rhododendrons bloom profusely in June.

### 06 Nishizawa Gorge



Nishizawa Gorge is a dynamic gorge created by a clear stream flowing through the primeval forests. The surface of the water reflecting its surroundings displays different appearance each season.

### 07 Mt. Kasatori / Mizuhi (Tama River Headwater)



"Mizuhi" literally means "dried water," and this is a starting point of the stream and the headwaters of Tama River. You can actually touch the very first drop of the Tama River. Many mountaineers visit here since climbing can be done in a relatively short period of time, and it has excellent views.

### 09 Mt. Ryokami



Located at the northern end of the park, this mountain is selected as one of Japan's 100 most famous mountains. It has been an object of mountain worship since ancient times, and there are still many stone Buddha statues left along the trail. Some of the cliffs at the summit as large as 50 m, which provide a breathtaking view.

### 10 Tochimoto Checkpoint Ruins



Tochimoto is a village located at a junction of Chichibu Road going through the Karisaka Pass and Shinshu Road going through the Jumonji Pass. Tochimoto Checkpoint Ruins give you a sense of what was like in older times when there was much traffic of people.

### 11 Daibosatsu Pass



This pass is famous for the unfinished novel of Kaizan Nakazato, called "Daibosatsu Pass." Grass fields cover the ridgeline, displaying breathtaking views. It has a good access by car, and a number of people visit for hiking.

### 12 Mt. Kumotori

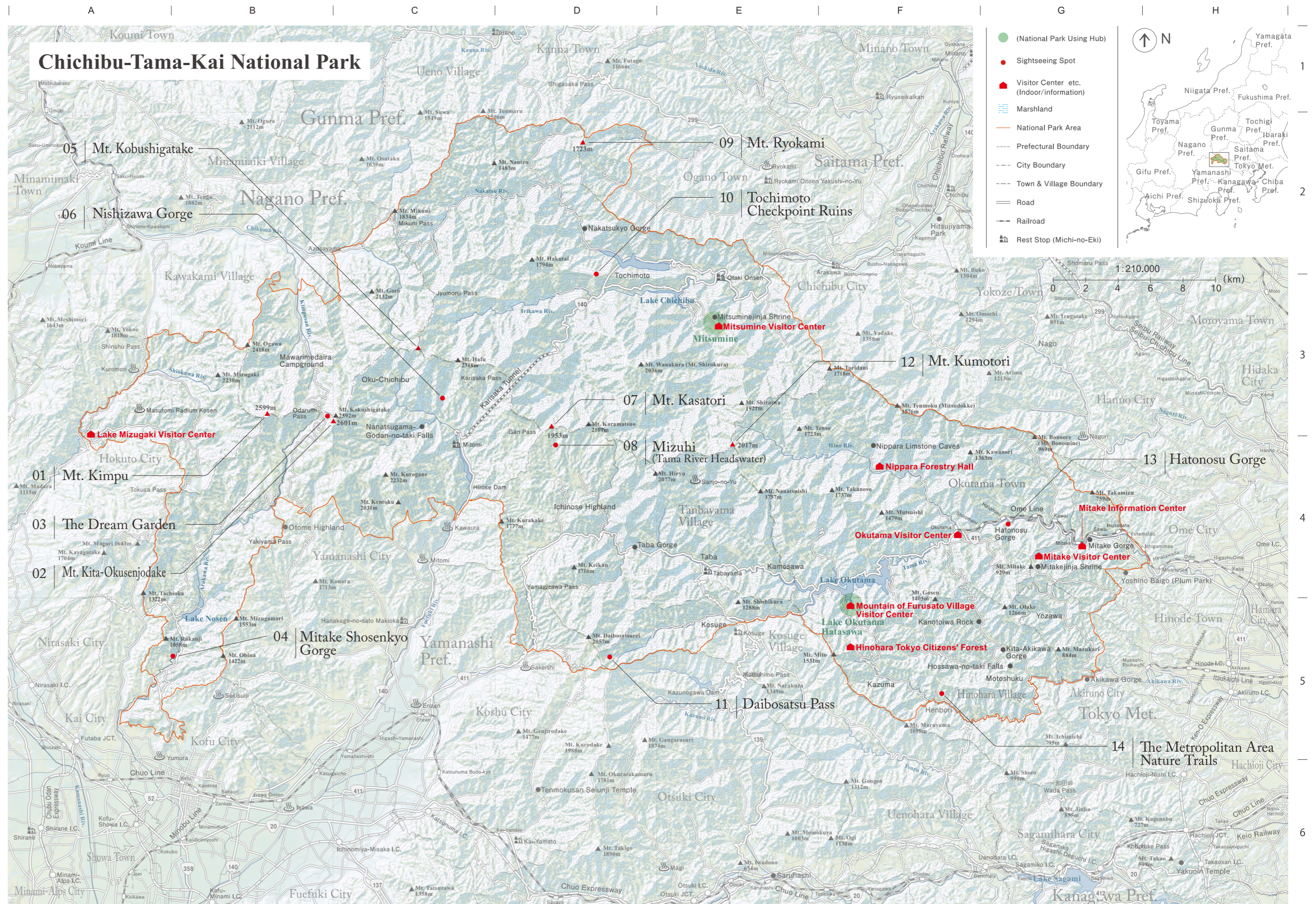


This is the highest peak in Tokyo, and totally different landscape of open fields of Sasa (also known as broad-leaf bamboo) and primeval forests can be appreciated.

### 13 Hatonosu Gorge



This gorge is located in the upper stream of Tama River, with a series of gigantic rocks and unusual looking rocks formed by water erosion. It is also a famous scenic spot for autumn leaves, attracting many tourists in fall.



Please contact each responsible ranger office or regional environment office of the Ministry of the Environment for area details.

### 14 The Metropolitan Area Nature Trails



Kanto Furcui-no Michi (Tokyo Metropolitan Area Nature Trails) is long-distance nature trails that go around seven prefectures of the Kanto region, including Tokyo, Saitama, Gunma, Tochigi, Ibaraki, Chiba, and Kanagawa. There are four different routes available in this park, with approximately 41.6 km in total length. These are very attractive trails where not only magnificent nature, but also local histories and cultures can be experienced.

### Information Facilities



**Mitake Visitor Center** | G4  
Mitakesan 38-5, Ome City,  
Tokyo Metropolitan  
198-0175  
[TEL.] 0428-78-9363



**Okutama Visitor Center** | F4  
Hikawa 171-1, Okutama Town,  
Nishi-Tama County, Tokyo Metropolitan  
198-0212  
[TEL.] 0428-83-2037



**Yama no Furusato-Mura Visitor Center** | F5  
Kawano 1740, Okutama Town,  
Nishi-Tama County, Tokyo Metropolitan  
198-0225  
[TEL.] 0428-86-2551



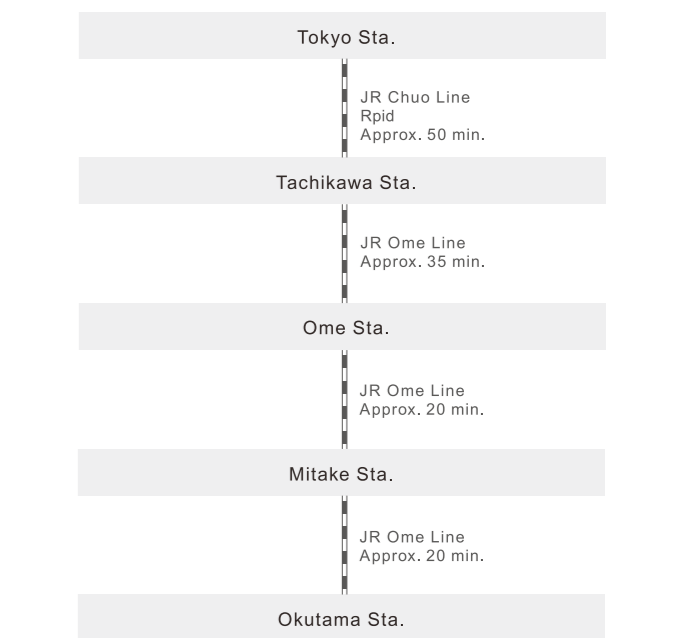
**Mitsumine Visitor Center** | E3  
Mitsumine 8-1, Chichibu City,  
Saitama Prefecture, 369-1902  
[TEL.] 0494-23-1511



**Hinohara Tomin no Mori** | F5  
(Forest of Tokyo Citizen  
in Hinohara)  
7146, Hinohara Village,  
Nishi-Tama County, Tokyo Metropolitan  
190-0221  
[TEL.] 042-598-6006

\* Please directly contact each facility for details such as the hours of operation, etc.

### Access Transportation



\* The access route above is an example. The time required for each section is an estimate only. Please contact each transportation company or check their websites for more information.