



The more you know,  
(the more your interest will grow)

# Tour Okutama





# So many reasons to visit! Tokyo's largest nature paradise

Located at the furthest northwestern point from Tokyo, Okutama Town boasts the largest area in the city, spanning 225.53 sq. km. The entire area includes Chichibu-Tama-Kai National Park. Okutama Town is home to Mt. Kumotori, one of Japan's 100 famous mountains, and an abundance of nature in the upper reaches of the Tama River. Travel approximately 1 hr. and 30 min. from the city center to enjoy outdoor sports, including hiking, canoeing, and fishing in forests and on the water. Another great reason to visit is to experience the local culture that has been handed down since long ago. Visitors are warmly embraced by rich and soothing nature that makes you forget the commotion of the city.

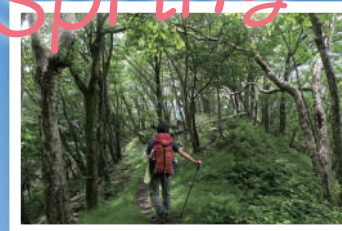
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Wasapi, the Okutama Town mascot

## Spring



The hiking and mountain climbing season is here. There are various courses available that you can enjoy according to ability.

## Summer



There are plenty of river activities that chase away the summer heat and give you an extraordinary view of the world.

## Autumn



The contrast between the green of the lake's surface and brightly colored autumn leaves that envelop the valleys, lakes, and mountains creates a wondrous sight.

## Winter



The crisp winter air is great for gazing at the starry sky! Survey the twinkling stars while gathered around a campfire.



Photo: Lake Okutama seen from Mt. Sasuzawa



# Okutama Town Spring, Summer, Autumn, and Winter Events

We recommend creating a trip timed to coincide with folk entertainment, nature experiences, events, and flowers in bloom.

春

SPRING



"Okutama Old Road" therapy walk

- March** Kawano Puppets
- April** Ceremony to mark the start of hiking season  
Therapy walks in Okutama  
Yama no Furusato Mura Spring Festival  
Kotaba Ohayashi (music)
- May** Yakumo-jinja Shrine Lion Dance

夏

SUMMER



Sasara lion dance

- June** Sports Festival • walking tournaments (every other year)
- August** Okutama Noryo Fireworks Festival  
Unazawa (Kaniwa) Kagura (Shinto music and dancing)  
Unazawa Lion Dance  
Okuhikawa-jinja Shrine Lion Dance  
Minami-Hikawa Ohayashi (music)  
Shirahige-jinja Shrine Lion Dance  
Motosu-jinja Shrine Lion Dance  
Tanazawa Lion Dance  
Nemoto-jinja Shrine Lion Dance  
Yamazumi-jinja Shrine Lion Dance  
Aoki-jinja Shrine Lion Dance

秋

AUTUMN



Autumn foliage in Hatonosu Valley

- September** Issekizan-jinja Shrine Lion Dance  
Ogouchi-jinja Shrine Festival  
Kashima Dance  
Hara/Kawano Lion Dance
- October** Okutama Fureai Festival
- November** Autumn Walk  
Yama no Furusato Mura Autumn Festival

Hyakuhironotaki Falls

- December** Kato Ekiden Relay Race
- January** Yama no Furusato Mura Spring Festival  
Kawano Dondoyaki Fire Festival
- Late January-early February** Yama no Furusato Mura Winter Festival



Check here for the folk entertainment schedule

## Calendar of Flower Seasons

Dogtooth violets •  
Rhododendron dilatatum  
Late March-early May



Dogtooth violets

Cherry blossoms  
April

Yamazakura (cherry blossoms) • Anemone flaccida •  
Prunus sargentii Rehder  
Early April-early May



Rhododendron dilatatum

Rhododendron pentaphyllum var. nikoense  
Late April-early May

Rhododendron quinquefolium  
May



Anemone flaccida

Leopard plants  
Late July-late August

Autumn foliage  
November

Ohtama Tourism  
Association Website



## River Activities

Managed fishing spots  
March-April  
Canoeing/kayaking  
April-October



SUP  
March-November

Canyoning  
May-October



Have a blast in Okutama!

Highly recommended

# A Two-Day, One-Night High-Octane Plan



**Day 1**  
Go cycling to feel the wind on your face and get the most out of the Nippara area!  
Time Required: Approx. 4.5 hr.

Cycling tours packed with Okutama attractions are also held.

PLAN A

## 2 Scout out Nippara Limestone Cave, the largest cave in the Kanto region!

The limestone cave stays at 11°C year-round. It has a mystical air and was an object of faith in the past. Take your time and appreciate the natural artwork created over millennia.



1052 Nippara, Okutama-machi  
0428-83-8491  
MAP C-2

Wear shoes easy to walk in since some places are slippery.



Lunch

## 3 Eat lunch at the Nippara Limestone Cave shop

Enjoy a lunch of ramen and miso dengaku (konnyaku). Those in the know enjoy the delicious ramen generously topped with sliced roasted pork.

1052 Nippara, Okutama-machi  
0428-83-8493  
MAP C-2



25 min. by bicycle



## 4 A tree estimated to be 1,000 years old! See the awe-inspiring Kurasawa Japanese cypress tree

Leave your bicycle and hike a mountain trail to see the 1,000-year-old cypress, the largest naturally growing tree in Tokyo.



Nippara, Okutama-machi  
MAP D-3

Designated a natural monument by the Tokyo Metropolitan Government

Image provided by: Trekking



\*It's 4 min. by bicycle between Nippara Limestone Cave and Nippara Mountain Stream Fishing Spot.



Image provided by: Trekking

You can enjoy the authentic character of mountain stream fishing at fishing spots that make the most of the varied river flow. Available from March to the end of November.

1052 Nippara, Okutama-machi  
0428-83-2794

\*Only when open for business

MAP C-2



The fish you catch can be salted and grilled right on site.



55 min. by bicycle

60 min. by bicycle



START

## 1 Rent a bicycle from Trekking

There is a bicycle rental shop just a minute's walk from Okutama Station. Everything from e-bikes (power-assisted bicycles) to authentic road bikes is available. Choose your road partner for the day.



197 Hikawa, Okutama-machi  
080-1024-4617  
MAP J-2

Plan created by: Trekking



which will you choose, exploring a limestone cave or fishing?  
**Which one?**

PLAN B

## 2 Try mountain stream fishing at the Nippara Mountain Stream Fishing Spot

## 8 An impressive sight! Viewing Shiromaru Regulating Reservoir and Dam



Image provided by: Trekking

The hydroelectric dam managed by Tokyo Metropolitan Bureau of Transportation is popular with dam enthusiasts for being compact, yet beautiful. You should also stop by the adjoining facility, Ecotto Shiromaru.



1-7 Shiromaru, Okutama-machi (Ecotto Shiromaru)  
0428-85-1721  
(only available when facility is open; check in advance)  
MAP O-3



Ecotto Shiromaru has a theater showing impressive video on a 1/5750-scale diorama.



You can also go down the huge winding staircase to view the fish ladder.

5 min. by bicycle

## 9 Savor Okutama landlocked salmon at Hatonosu Kamameshi



The restaurant is right beside Hatonosu Valley where nature can be fully enjoyed throughout the four seasons. Don't miss the photos of Okutama wild birds taken by the owner.

375 Tanazawa, Okutama-machi  
0428-85-1970  
MAP O-2



If you have time, take a walk in the valley!



A short bicycle ride away

## 10 Savor your travel experiences at Zekkei Café Poppo

It serves dishes made with additive-free ingredients. Kick back, relax, and enjoy the sweeping view of Hatonosu Valley from the window.

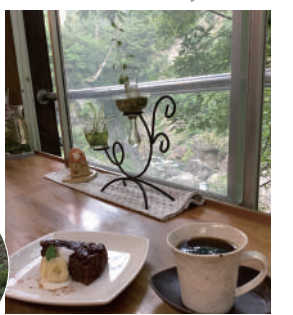


662 Tanazawa, Okutama-machi  
0428-85-1164  
MAP O-3



A cute sign points the way to the café.

20 min. by bicycle



Return the bicycle to Trekking.

GOAL

23 min. by bicycle



## 5 Buy wasabi as a souvenir at Okutama Wasabi Honpo Yamashiroya

When it comes to well-known Okutama products, wasabi grown in clear stream waters immediately comes to mind. Be sure to pick up fresh, flavorful pickled wasabi meticulously made using traditional methods at this long-established shop opened in 1921!



DATA P.18



You can also buy fresh wasabi.

15 min. by bicycle



## 6 Soothe your fatigue in a hot spring bath at Okutama no Kaze Hatonosuso

Enjoy two types of hot springs, the soothing Tsuru no Yu Onsen and Hatonosu Onsen that flows from a private hot spring source. Dinners are prepared using seasonal ingredients from Okutama.



662 Tanazawa, Okutama-machi  
0428-84-7123  
MAP O-3



A highlight of travel is relaxing in a stylish guestroom.

Multi-course Italian meals are served.

5 min. by bicycle





## Nature experiences

The most fun you can have in Okutama, a treasure trove of nature, is through outdoor activities! There is lots to discover when hiking, camping, or simply walking in the landscape.



A

### Walking

When accompanied by a nature guide, you'll see things you wouldn't on your own.



B

### Hiking

The mountain scenery drastically changes with the season and weather. Make sure you're well prepared.



A

### Camping

Experience living in nature firsthand in a tent or hut. Day camping is also available!



## History and culture

Okutama Town is Tokyo's water source and still retains the culture of rural living. You should get to know the history and culture created by the town, the importance of water, and the dam structure.



D

### History

There is a wealth of folk entertainment. Some have been designated as an important intangible folk-cultural property by the national government.

Check here for the folk entertainment schedule



D

### Dams and nature

Have fun experiencing firsthand the secrets of the important headwater forests.

## Okutama is also Experience-Based



Adventures and Extraordinary hands-on a lot. They understand to nature, learning and making things with introduce sites for

## great for learning! Sites for Family Fun

challenges..... experiences teach children the joy of getting close about history and culture, their own hands. We'll learning!

## Craftsmanship

In mountain villages, people often have had to make many things themselves. Hands-on experiences just might kindle your child's creativity!



A

### Pottery

Knead clay to create pottery with your own hands. Learn the spirit of craftsmanship.



B

### Passing on culture

Experience the gentle life of mountain villages by making New Year's decorations and other crafts by hand.

\*Available to jr. high school students and older in Okutama Citizens' Forest

## Food education

Okutama foods are gifts from abundant nature. Parents and kids can cook, eat, and learn together about the future of farming and importance of foods.



A

### Make soba noodles

Soba (buckwheat) is a traditional, natural food. You can have fun making and eating soba noodles.



C

### Make pizza

Harvest farm-grown vegetables to make pizza from scratch, starting with the crust!

### Grow vegetables and experience country living with Tokyo's first allotment gardens!

C



If you want even more experience with growing vegetables and country living, try an allotment garden that comes with a small cabin. Enjoy Mother Nature in all four seasons throughout the year. Start living a "double life" in Okutama Town!

## Go here for hands-on experiences!

### A Yama no Furusato Mura, Tokyo Metropolitan Okutama Lakeside Park

Offers hands-on nature programs and fully equipped campsites.



1740 Kawano, Okutama-machi MAP I-6  
Visitor Center : 0428-86-2551  
Craft Center : 0428-86-2556  
Campsite Service Center : 0428-86-2324

### B Okutama Citizens' Forest

Mt. Gozen is your playing field for nature experiences.



654 Sakai, Okutama-machi  
0428-83-3631 MAP L-4

### C Okutama Unazawa Fureai Farm

A farm offering overnight accommodations. Harvesting and other experiences are available as day trips.



497-21 Unazawa, Okutama-machi  
0428-85-8685 MAP N-4

### D Okutama Mizuto Midorino Fureaikan

Learn about the importance of water and nature, and Okutama's history and culture.



5 Hara, Okutama-machi  
0428-86-2731 MAP K-4





Take in the magnificent scenery of Okutama

# The Okutama Hiking Challenge



Okutama has well-developed hiking routes, including trails offering mountain ridge views, dense virgin forests, and rocky stretches. Make sure to experience the beauty of the mountains fully prepared for sudden changes in the weather.



A two-day, one-night stay is recommended

You can see Mt. Fuji on clear days

## Mt. Kumotori Course

Mt. Kumotori is one of Japan's 100 famous mountains and has the highest peak in Tokyo. From its summit, you can view Mt. Fuji and the city center. It takes over 6 hr. one way, so we recommend a two-day, overnight visit.



MAP A-2



- Elevation: 2,017.1 m. (Mt. Kumotori)
- Distance: Approx. 11.3 km. (one way)
- Time Required: Approx. 6 hrs. 20 min. (one way)
- Route: Kamosawa bus stop → Bunasaka → Mt. Kumotori

## Kumotori Sanso



MAP A-2

## Gojunindaira Campground



MAP A-3

## Nanatsuishigoya Lodging



MAP A-3

The nearly a 360-degree field of vision at the summit also affords a view of Mt. Yatsugatake and the Southern Alps. The great views from the mountain trail make for an enjoyable hike.

Must-see spot

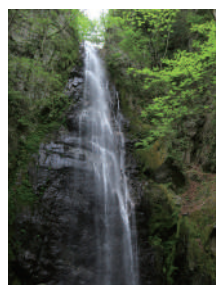
## Hyakuhironotaki Falls

The water at this well-known Okutama waterfall drops around 40m., making an impressive sight as it splashes down. Its name is derived from the waterfall's great breadth (approx. 150 m.).



Kawanori Valley, Nippara River tributary, Okutama-machi

MAP E-2



A summit with an expansive panoramic view

## Mt. Kawanori Course

We recommend the summit vista that looks out over the mountains of Okutama. This popular course includes Hyakuhironotaki Falls where you can relish the amazing landscape of new greenery and autumn foliage around the waterfall.



MAP E-2

- Elevation: 1,363.2 m. (Mt. Kawanori)
- Distance: Approx. 12.9 km.
- Time Required: Approx. 7 hr. 30 min.
- Route: Kawanoribashi bus stop → Mt. Kawanori → Hatonosu Sta.



\*Distance and time required refer from trailhead to descent. Please use the time required as a rough estimate since it differs by person.

One of the 100 flower mountains in Japan

## Mt. Gozen Course

This is a popular course where a variety of flowers bloom from spring to autumn. The flowers of the dogtooth violet that can be seen in spring along the course from Mt. Sasuzawa are particularly well known.



MAP D-5

- Elevation: 1,405 m. (Mt. Gozen)
- Distance: Approx. 9.2 km.
- Time Required: Approx. 7 hr.
- Route: Okutamako bus stop → Mt. Gozen → Sakaibashi bus stop



Hike to Mt. Gozen from Lake Okutama. Together with Mt. Odake and Mt. Mito, the mountain is called one of the three mountains of Okutama.

## Dogtooth violet habitats

The habitat on Mt. Gozen is the most popular of the many colonies found in Okutama. The pretty pink flowers bloom from mid to late April.



Must-see spot

Admire the magnificent view from the summit

## Mt. Odake Course

This is the only mountain in Tokyo counted among Japan's 200 famous mountains. Here you can enjoy viewing flowers in each season, such as rhododendron dilatatum, and the autumn foliage. Choose from various routes to descend, including the Mt. Mitake Cable Car.



MAP F-5

- Elevation: 1,266.4 m. (Mt. Odake)
- Distance: Approx. 10.6 km.
- Time Required: Approx. 7 hr. 30 min.
- Route: Okutama Sta. → Mt. Odake → Musashi Mitake-jinja Shrine



Reach the summit from Okutama Station by following a gentle mountain ridge over Mt. Nokogiri. Right before your eyes, you'll see mountains in the direction of Tanzawa and all the way to Mt. Fuji.

## How to enjoy mountain climbing

There are mountains where you can start with hiking, so gradually try more difficult climbs as you experience nature. You can also have fun with mountain climbing clothing and meals at the summit.



## Notes of caution on mountain climbing



### ● Download an app to your smartphone

An app that displays accurate mountain trail maps is a must. It will also show your current location and the latest information. Don't forget to bring an extra battery.

### ● Clothing and items to carry

Bring rainwear, a water bottle, emergency rations, a headlight, and a radio and bells to

keep bears away. Wear a hat, climbing boots, and comfortable clothing that dries quickly.

### ● If you get lost or have an accident

If lost, return by the original route. If it gets dark, do not move from where you are without reason. If you have an accident, wait for rescue.

Go here for more information



Note that there are rocky stretches and other hazardous spots along the way to Hyakuhironotaki Falls. Make sure to use the restroom facilities before hiking as there are none along the course.





Indulge yourself and enjoy  
clear water streams

## Okutama Water Activities

Activities that take place on rivers flowing between steep mountains are popular. Instructors provide careful instruction, so even beginners can feel at ease!



Check here for water activities information



### Mountain stream fishing

Drop your fishing line in the great outdoors!

Beginners can catch fish released in a managed fishing spot, while advanced fishers can buy a recreational fishing ticket and enjoy fishing in a mountain stream. Fishing is available from early spring to autumn.

Check here for managed fishing spots information

At nearly all managed fishing spots, the fish you catch can be salted and grilled for a fee.



Image provided by: Trekking



If you're new to SUP, you'll feel at ease on a calm lake. You should jump in to get a sense of the lake's chilly water.



### SUP

Try SUP, which is quickly growing popular

Lake Shiromaru is large with calm, deep water. Since very little wind blows, you can have fun striking various poses, either standing, sitting, or lying down.



### Canoeing & kayaking

Drink in Okutama scenery from the water

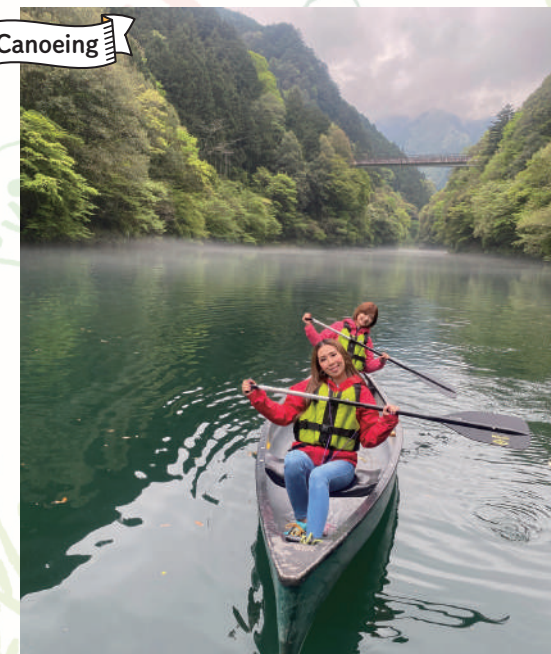
A canoe or kayak lets you freely move over the water with a strong sense of stability, and the closeness of the water's surface is appealing. Fully enjoy the nature of Okutama in every season from various viewpoints.

Experience the fun of maneuvering a kayak, which lets you get close to shore and freely move between trees.

### Kayaking



### Canoeing



Tandem kayaks are used, so you can share the experience with family or friends. You won't easily get wet, so there's no need to change clothes which means you can readily participate.

### Canyoning

Experience the river flow with your whole body!

The refreshing, cool waters make this the ultimate summer adventure. You can jump in and slide without any equipment, so you'll feel at one with nature.



Follow your instructor's directions to stay safe. Get drenched and have fun!





# Get fully energized by the forest Bolster Mind and Body with the Power of the Forest

What is forest therapy?

It's an endeavor to utilize the effects of forest bathing for a healthy mind and body. Placing yourself in a favorable environment is said to relax brain and heart activity.

Okutama forest therapy

Okutama Town encompasses vast forests and valleys, including Chichibu-Tama-Kai National Park. It has numerous programs available, such as therapy roads and guided walks.

Forest therapy tours  
215-6 Hikawa, Okutama-machi  
Basement level 2, Okutama Town Hall

Okutama Regional Development Foundation

Check here for forest therapy information

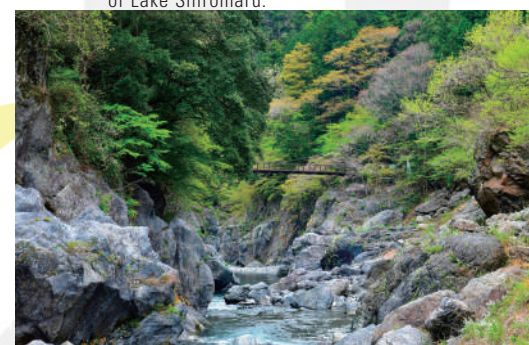
The greenery of the trees and aroma of soil have the amazing power to soothe our stress. Forest therapy lets you directly feel the positive effects gained from nature.

2

Walk in a valley of strangely shaped rocks

## Okutama Walking Trail

The Hatonosu Valley Hiking Road within the course is also designated as one of the five forest therapy roads in the town. It is a very popular trail for walking along the Tama River, together with the walking path beside the shore of Lake Shiromaru.



Encounter lovely landscapes in the valley, lake, and shore, including the Hatonosu Valley where you can see strangely shaped rocks and the fascinating Shiromaru Dam.

3

Get to know Okutama's history

## Okutama Old Road

It runs from JR Okutama Station along the Old Ome Road to the vicinity of Lake Okutama. In addition to giant trees and valleys, it's perfect for viewing Okutama's history, such as shrines and old homes.



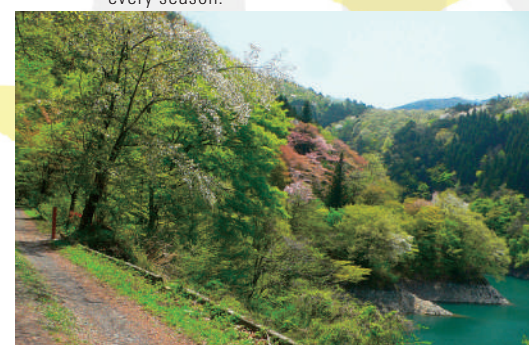
The approximately 10 km. trail is an old road, so there are also numerous historical picturesque spots. Take in the beautiful scenery in every season, including new greenery and autumn foliage.

4

A walking path extending halfway around Lake Okutama

## Lake Okutama Relaxing Road

This long trail of around 12 km. stretches from Ogouchi Dam to Yama no Furusato Mura. There are various animals and plants in the natural forest, and you can appreciate the scenery in every season.



The benches and toilets placed along the path allow you to leisurely stroll halfway around Lake Okutama. It's closed in winter for reasons such as icy roads.

5

An impressive waterfall emblematic of Okutama

## Kawanori Valley/Hyakuhirotaki Falls Sightseeing Trail

This trail follows along the valley to Hyakuhirotaki Falls where you can enjoy the scenery in all four seasons, including the new greenery of spring and cool breezes of summer. It is also a mountain trail that leads to the summit of Mt. Kawanori.



The route is a popular hiking course in Okutama. Get off the bus going to Nippara Limestone Cave at KAWANORI gate and walk for about an hour on a woodland path to reach the mountain trail.

## 5 Forest Therapy Roads

1

Designed specifically for forest therapy

## Fragrance Road "Toke-Trail"

This was the first dedicated forest therapy road (approx. 1.3 km.) created in Japan. Along the road, there are facilities for enjoying activities such as yoga and seated Zen meditation.

Wood chips cover the entire road, which takes around 20 min. to walk. There are also special benches here and there where you can sit and gaze at the starry sky.



There's more!

An array of walking paths to enjoy in a short amount of time

## Okutama Town hiking/walking courses

The courses, which take 15 min. to 4 hr. to complete, let you enjoy a walk while getting in touch with Okutama's nature. These very popular courses also allow you to stroll around the streets of Okutama, unlike the forest therapy trails.



A convenient app for hiking courses

## Okutama Town Sightseeing App (Okutama Map)



Go here for the iOS version



Go here for the Android version



Go all in

# Special hands-on experiences available Dive Deep to Learn More About Okutama

Here we introduce places offering experiences that let you explore the workings of Mother Nature. Why not try a special hands-on experience to learn more about Okutama attractions?

## Experience the charms of mountain villages with all five senses Satologue

Immerse yourself in the Okutama climate through meals and saunas, and spend time connecting with nature. Leisurely explore the tapestry spun by mountain villages.



1 Tanazawa,  
Okutama-machi  
0428-85-9310  
(9:00 ~ 17:00)  
MAP P-2

There is a biotope that leverages Okutama's ecosystem and wasabi fields.

We strive to give our customers a "hometown" feel.



©Daisuke Takashige



©Daisuke Takashige



©Kazuhiro Hakamada



©Daisuke Takashige

The regional climate, history, and culture are expressed in foods. Both the presentation and flavors are great. A wood-fired sauna uses timber from Okutama. There is also a forest air bath.



A full-size model of a Mongolian oak tree on Mt. Kintai



You can view the Nippara landscape in every season from the observation deck.

## Explore the secrets of the home to giant trees

### Nippara Shinrinkan

This forest museum uses panels and video to introduce the relationship between forests and people in connection with Okutama, home to some of the largest trees in Japan. Visitors can search for information on giant trees throughout Japan and learn all about them.



819 Nippara, Okutama-machi  
0428-83-3300  
MAP C-3

## An in-depth, hands-on wasabi experience

### WASABI EXPERIENCE

Make your way into the great nature of Okutama for an adventure to learn about wasabi, Japan's traditional spice. You can tour wasabi fields and sample fresh wasabi.



1-192-4 Mitake, Ome-shi  
MAP G-4

Learn about wasabi and taste it at the end of the program. It's truly an in-depth, hands-on wasabi experience!



Wasabi can only be grown with clean water. You can fully experience beautiful nature.



Tours of the Brewery & Bottle Shop plant are available on weekends by reservation only.



In the Taproom, there are always 10 different freshly brewed beers on tap. You can also enjoy meals.



Buy beer at the Bottle Shop. There is also a shop in front of the station you can stop by on your way home.

## Gain insight into what makes beer great

### VERTERE

The craft beer brewery aims to create "beer that changes the perceptions of the people who drink it." The staff-guided brewery tour and Taproom are popular.

Brewery & Bottle Shop 1099 Hikawa, Okutama-machi  
MAP M-4

Taproom 212 Hikawa, Okutama-machi MAP I-2

Bottle Shop(in front of the station) 211 Hikawa, Okutama-machi MAP I-2



We have various styles of beer available.



Take full advantage of the open-air bath nestled in nature that offers a superb view. There's also a footbath.



Renovated and reopened in April 2025

## A day-trip hot spring near Okutama Station Okutama Onsen Moegi no Yu

This day-trip hot spring only uses hot spring waters sourced from Okutama onsen that flows from the Paleozoic strata, said to be the oldest geological layers in Japan. Together with the hot spring, you can also enjoy meals and pick up souvenirs.



119-1 Hikawa, Okutama-machi  
0428-82-7770  
MAP J-2

Check here for lodging information



Check here for hot spring information





Take home bounty from the earth

# The Ultimate Okutama Souvenirs

Here is a selection of local specialties grown in the Okutama region and original products that utilize local materials. Buy them to take home to remember your travels or as gifts.

## Okutama wasabi

Sharkskin graters enhance flavor



### History of wasabi

Wasabi has been used since the Asuka period. It is one of the few species native to Japan. In Okutama Town, you can view records on producing wasabi in documents from the latter half of the Edo period. Wasabi was even presented to shogun families. In recent years, the number of producers has been dwindling, and it is increasingly becoming scarce.

### Characteristics of wasabi

Wasabi, characterized by a bright green color, is called "honwasabi" (real wasabi) to distinguish it from Western wasabi such as horseradish. Grating it releases the pungent components. In fact, if you lick it as is, it's actually not spicy. Its antibacterial properties are well known, but it has also been discovered to have components in the stem that boost brain function in senior citizens.



Okutama wasabi is grown using mountain streams and spring water.

## Souvenir shops that sell wasabi

### Chishima Wasabi Farm

It has its own wasabi fields. The farm's specialty is soft-serve ice cream topped with grated, fresh wasabi. The homemade konnyaku in winter is also delicious.

8-2 Tanzaburo, Okutama-machi  
0428-85-1872 MAP G-4



### Okutama Wasabi Honpo Yamashiroya

Established in 1921, this Okutama wasabi specialty shop sells straight from the plant next door. It has an array of over 20 different freshly pickled wasabi and newly harvested raw wasabi.

717-3 Hikawa, Okutama-machi,  
0428-83-2368 MAP J-2



### Shishiguchiya Baigo Shop

This shop has been producing pickled wasabi, butterbur stalks boiled in soy sauce, and Japanese pepper boiled in soy sauce for over 100 years since the Taisho period. Look for unusual wasabi products in each season.

6-1330-1 Baigo, Ome-shi  
0428-76-0747



## Okutama yamame (landlocked salmon)

"Sashimi is precious. If you find it, try it."



Image provided by: Hatonosu Kamameshi



### Okutama yamame

This freshwater fish has a beautiful shape and has been dubbed the "queen of mountain streams." It belongs to the Salmonidae family and has black, oval specks called parr marks. Okutama yamame were developed to grow large to be used as food.

### Okutama yamame characteristics

It is different from ordinary yamame for its large size. The flesh is pink and has a sweetness. It can be eaten raw as sashimi, but prepared simply, grilled with salt, is also very popular since it has a nice aroma and flavor.



### Yamaboko

The flesh of yamame is made into a paste and fried for a chewy texture. The food was created to effectively utilize yamame.

## Jisuke-imo



### Okutama jisuke-imo

This potato variety has been continuously cultivated in Okutama since an elderly man named Jisuke brought home seed potatoes. Only potatoes grown from the town's seed potatoes can be called jisuke-imo.

### Characteristics of jisuke-imo

This potato is closely related to the original strain of potato brought to Japan in the Edo period. It's harvested around early July, later than the Irish cobbler potato. It has a rich flavor, glutinous texture and won't easily fall apart when simmered.

## Even more Okutama souvenirs

### VERTERE Brewery & Bottle Shop

The Okutama brewery is great for developing a variety of unique products. Savor your travel experiences with a special craft beer in hand.



1099 Hikawa, Okutama-machi  
MAP M-4



### Tezukuri Kobo Shiki no Ie

This shop runs on the concept of responsibly selling items made in Okutama directly to consumers. Its very first product is additive-free miso prepared with spring water from Okutama.



313 Shiromaru, Okutama-machi  
0428-83-3365 MAP N-3



Check here for Okutama Souvenirs





# Achieving the lifestyle you envision Living in Okutama

"Various support and assistance are provided so you can enjoy a peaceful life in the countryside surrounded by a rich, natural environment."

Supporting  
permanent  
residency

## Municipally managed housing for the young

As the first step for younger generations to permanently settle in the town, Okutama mediates low-cost rental housing managed by the municipality.

### Rental fee rates

20,000–33,000 yen/month \*Differs depending on site conditions

### Floor space

Approx. 54 sq. m. – 76 sq. m.\*The floor space of previously constructed residences

### Requirements

- Married couples age 40 or younger
- Families that are age 50 or younger with a child of jr. high school age or younger



Go here for more  
information



## Lots for sale/municipally owned land

Residential land developed by the town can be purchased at a low cost.  
Prices of lots for sale/municipally owned land are from approx. 1.53 million yen.

### Requirements

- Married couples age 45 or younger
- Families with a child of high school age or younger



Go here for more  
information



## Vacant house bank

### Okutama Town will act as an intermediary!

The town's official website lists information on buildings registered with the municipality. When a purchase or rental application is received, the town acts as an intermediary from the negotiation stage\* to contract conclusion. \*Negotiations are conducted by a dedicated mediator designated by the town, Okutama Sogo Kaihatsu Co., Ltd.



Properties for young people and town residents are also handled.



Go here for more  
information





## Subsidies to support relocation/ permanent residency



### The town subsidizes interest payments!

The town subsidizes interest payments (max. 990,000 yen) on borrowed funds for persons who purchased or renovated a home for the purpose of taking up permanent residency. Furthermore, support is also provided through collaboration between Okutama Town and the Japan Housing Finance Agency that reduces the financing rate on "Flat 35" loans for a specific period.

#### Requirements

- Married couples age 45 or younger
- Families with a child of high school age or younger
- Single persons aged 35 or younger



## Financial support for assistance programs encouraging permanent residency

Financial support is provided to persons who move to Okutama Town from Tokyo (excluding disadvantaged areas) for employment or to start a business. The subsidy is 300,000–600,000 yen for employment, and up to 1 million yen for starting a business.

\*Differs depending on application terms



Go here for more  
information



### Here are answers to questions about the concerns of people who relocate!

**Q1.** Is it inconvenient  
without a car?

**A** Having a car makes shopping easy, but not having one isn't a problem since the JR Ome Line services. Having a car is also convenient for commuting the area.

**Q2.** What about shopping and  
hospital visits?

**A** Some residents make small shopping trips in town and go shopping out of town about once a week while they're already out and about. As for hospital visits, some residents primarily go to Okutama Hospital and clinics in town, but you can also go to the various hospitals in nearby Ome City that is about 40 min. from Okutama Town.

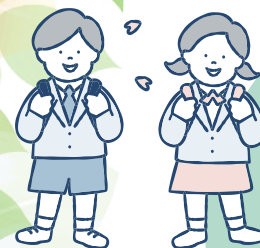
**Q3.** What about lessons  
for my children?

**A** There are sports organizations in town that readily welcome children. When it comes to studying, some children go to cram schools in town and afterschool children's lessons (afterschool English classes) held by Okutama Town.

# There are so many! Okutama Town Support System

With the aim of being a community full of smiling children who learn to be resilient, the town provides support for your dream of living in an environment of abundant nature.

### Elementary/ jr. high school students



- Sending students overseas to Australia to develop leaders with an international perspective
- To Kozushima for hands-on learning
- Fully subsidized school commuting fees
- Fully subsidized medical fees
- Subsidies for school uniform fees for jr. high school students (For students living in the town)
- Free school lunches (Students attending public elementary and junior high schools in the town are eligible.)

\*We strive for local production and consumption of ingredients.



### Infants and preschoolers

- Fully subsidized nursery school fees
- Fully subsidized medical fees
- A diaper gift card will be given in honor of the birth



### High school students

- Fully subsidized school commuting fees (commuter pass fare for trains)
- Partially subsidized gas or taxi fees to support commuting to school



### Families

- Perks at Okutama Onsen Moegi no Yu
- Partially subsidized water rates (families with multiple children)
- Subsidy for purchasing trash bags (single parents, families with multiple children)



We provide full-fledged  
parenting support!

## Okutama Town Children & Family Support Center

### Kikorin

Kikorin develops a variety of endeavors, including a Parent-Child Center, so that children can be looked after by the entire community and all parents can raise their children stress-free. Anyone can readily make use of it.

#### ● Consultation regarding children

Counseling staff provide consultations and clinical psychologists provide psychological/developmental consultations.

#### ● Parent-Child Center

Classes are held to provide knowledge helpful to parenting, such as wara rhythm and eurhythmics.

#### ● Picture book story time

Picture books are introduced and read aloud at story time.

#### ● Family Support Center

This center helps with parenting through community cooperation.



108 Kotaba, Okutama-machi  
0428-85-2611  
Open Every day, excluding the office and year-end/New Year's  
\*The café consultation room is open until 19:00.  
MAP P-2

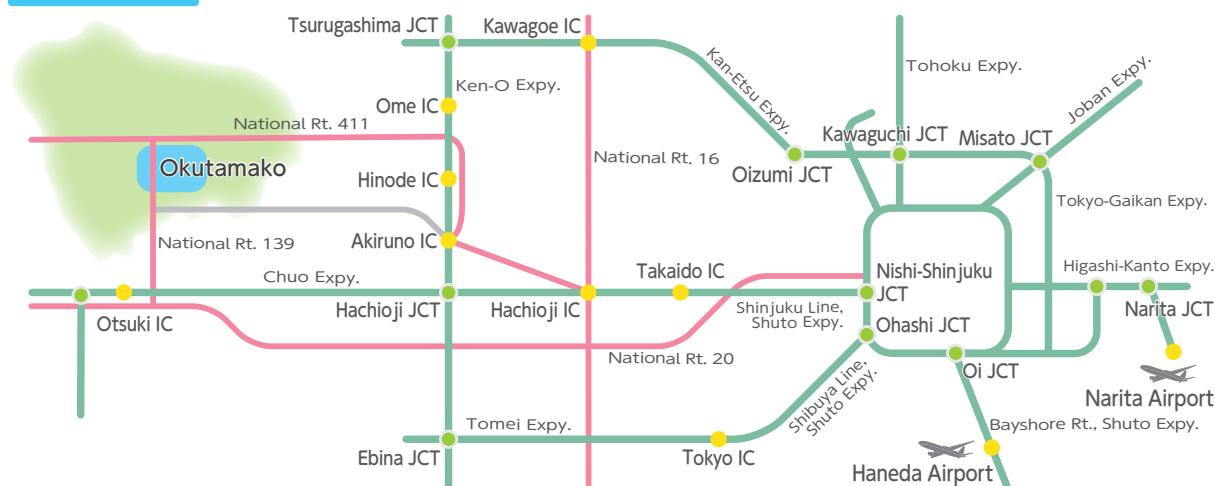


# Getting to Okutama Town

## Train



## Car



### Contact information

#### Tourism Industry Division, Okutama Town

〒198-0212 215-6 Hikawa, Okutama-machi, Nishitama-gun, Tokyo  
tel 0428-83-2295  
<https://www.town.okutama.tokyo.jp/>

#### Tourist Information Center, Okutama Town

〒198-0212 210 Hikawa, Okutama-machi, Nishitama-gun, Tokyo  
tel 0428-83-2152  
<https://www.okutama.gr.jp/site/>

Tourist Information Center website, Okutama Tourism Association



Multilingual Tourist Information Site [Guidoor]

