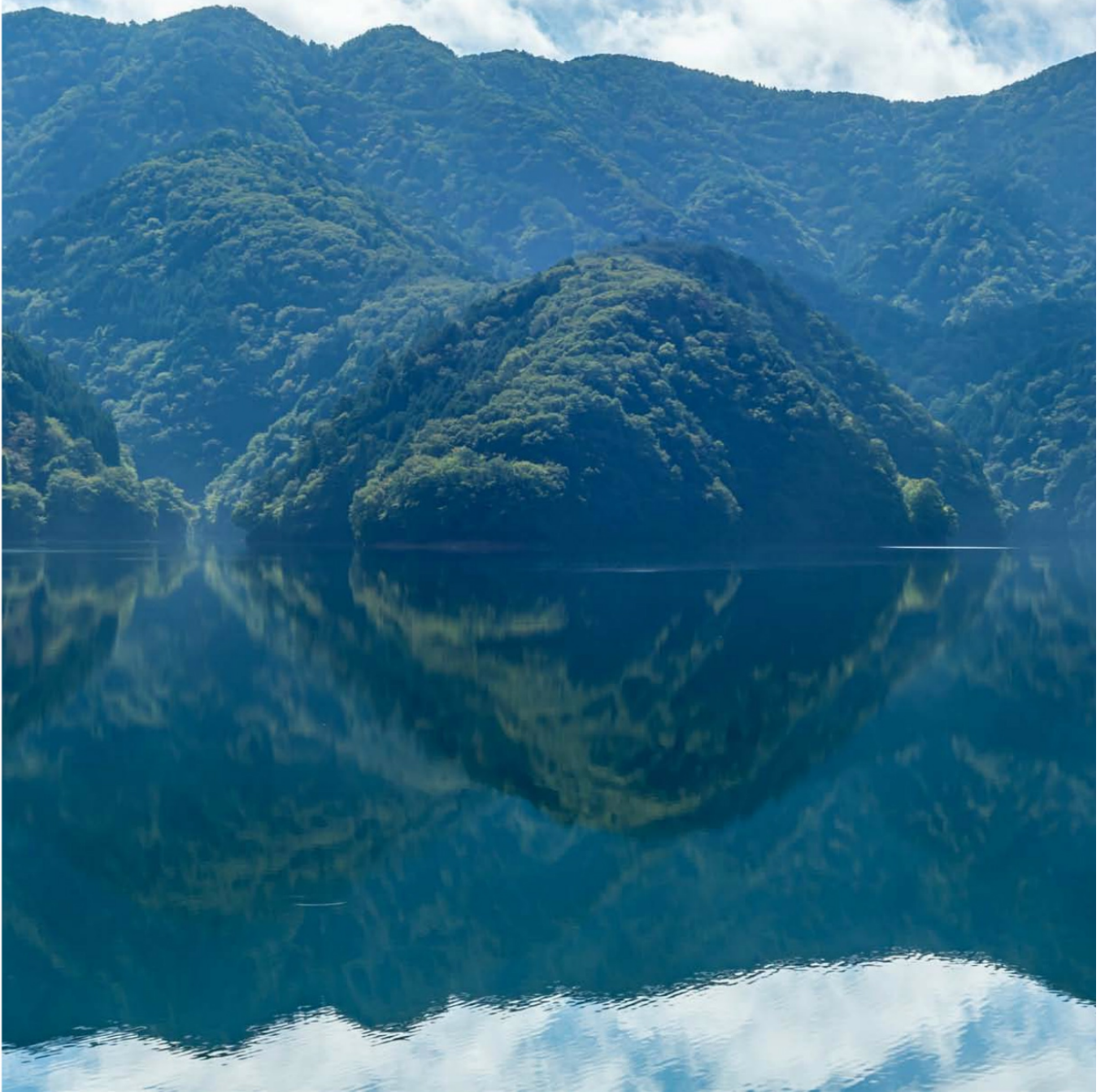


# Discover Okutama

Explore Tokyo's natural haven.





Lake Okutama is a place of natural beauty and serenity  
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Tranquil forests, sacred mountains, deep gorges with rushing rivers and waterfalls are not usually associated with Japan's neon capital Tokyo, but the vast Tama region covering Tokyo's Western side offers just that and much more. Okutama, Tokyo's oasis of green is just 90 minutes from the centre of the bustling city and still part of the Tokyo Prefecture.

Visitors can escape the hustle and bustle to pristine natural landscapes of forested mountains and quaint traditional towns. Okutama invites visitors to explore the outdoors as well as the distinct local culture and heritage with deep-rooted spirituality giving a sense of olden day Japan.

Here are our picks of the best experiences to be had in and around Okutama:

## Forest bathing

With its giant trees and lush greenery, Okutama was the first area in Tokyo to be approved as a site for forest bathing, the practice of immersing oneself in an environment full of trees. It is scientifically proven to reduce stress, lower blood pressure and improve one's overall well-being.

## Hiking in the mountains

Mt Mitake (929 metres above sea level) is up the top of the list of unspoilt hiking spots in the area. Atop Mt Mitake, visit Musashi-Mitake Shrine, Japan's centre for the ancient tradition of mountain worship, the perfect balance of nature, history and culture.

## Experience an Onsen

Whether you are overnighting in a traditional onsen ryokan or making a day trip Okutama has plenty of onsen you can visit. Hot springs are said to have special relaxing and healing properties. What better way to indulge yourself after a day hiking and take in the natural surrounds than to enjoy an outdoor hot spring bath?

## Visit a sake brewery

In the nearby quaint town of Ome, you can visit a 300-year-old brewery to learn about the brewing process and how to enjoy sake.