

OKUTAMA

Delight in the calm and the scents of each season.
People welcome you with warm smiles.
Okutama will be an immediate favorite.
Please make a memorable day in beautiful nature with amazing views.



2 hours from central Tokyo!

Tokyo OKUTAMA

奥多摩

都心から
2時間

Enjoy nature,
activities and food!



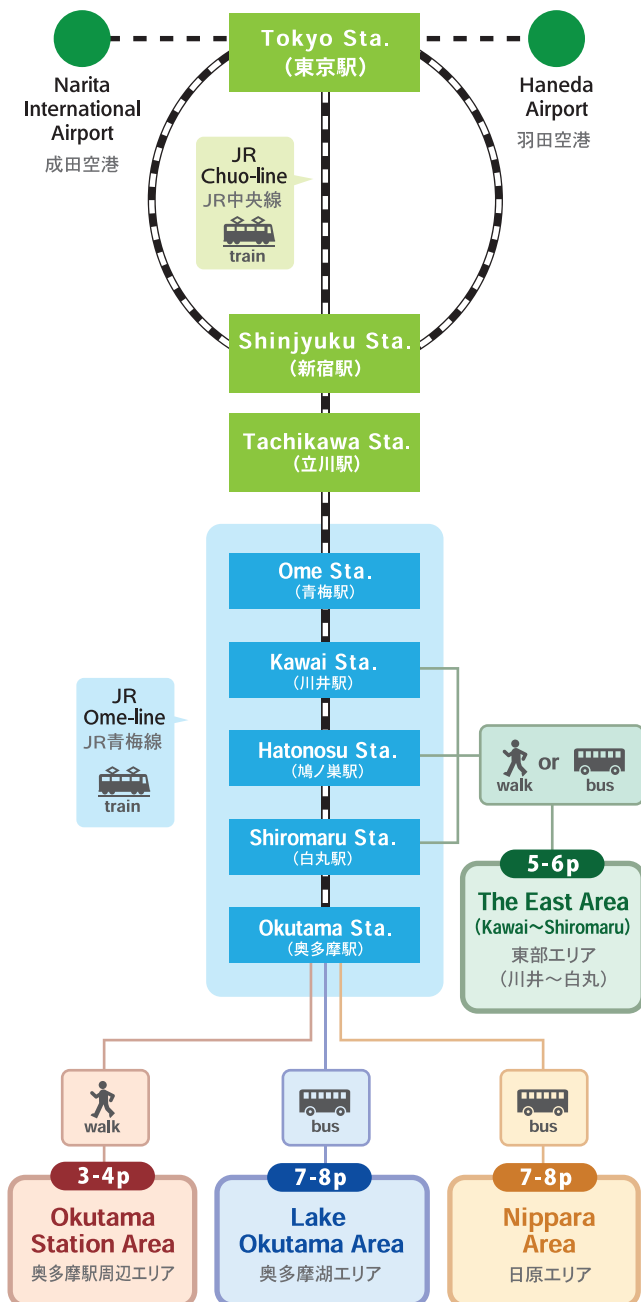
Canyoning



Stand Up
Paddleboard

Access • 交通のご案内

Okutama is just 2 hours from central Tokyo.
都心から2時間で奥多摩に着きます。



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東京都青梅市上町373-1 TEL.0428-23-0111

協力 ■ 奥多摩町、(一社)奥多摩観光協会

2019.2

For Sightseeing spots not listed here...

Please visit

www.ome-okutama.com/okutama/en

紹介しきれなかった見どころスポットなど詳しい情報は…
ホームページをご覧ください！



Experience majestic nature within easy reach!

手軽に行ける自然を体験

Close to the city center and with convenient transportation, Okutama is perfect for an outdoor excursion with friends on your day off!



2 Arasawaya
民話の宿 荒澤屋

This Ryokan was very nice & cozy! I can feel the warmth of the staff's services. It felt just like I was staying at my family's house. The food was the best! I like that it was homemade and there were many things in small portion to try. Also, I like that the staff explained so much about the food.



Thailand

4 Mikawayaya Ryokan
三河屋旅館

Very nice and clean Japanese style hotel. Japanese dinner was delicious and plenty. Gathering for drinks after dinner was fun. The fact that they have a small Onsen was great.



America

7 Sobataro Cafe
蕎麦太郎カフェ

Good points: The food was delicious. The ambience of restaurant was cool and nice. We were able to choose between sitting inside or outside with feeling nature,



Indonesia

6 Hikawa international Trout Fishing Spot
氷川国際ます釣場



It was so fun. When you caught the fish, we became so happy. I was also happy that I could remove the hook from the fish by myself. You must be careful to touch the sea fish because the fin is sharp. However, the fin of river fish is not so sharp, so the beginner can touch it easily.



Indonesia

9 Jigenji Zen meditation
慈眼寺 座禅体験



Great explanation. Love the building. Nice view from the temple. Very memorable.

For the location of the Jigengi, see page 11.



Thailand



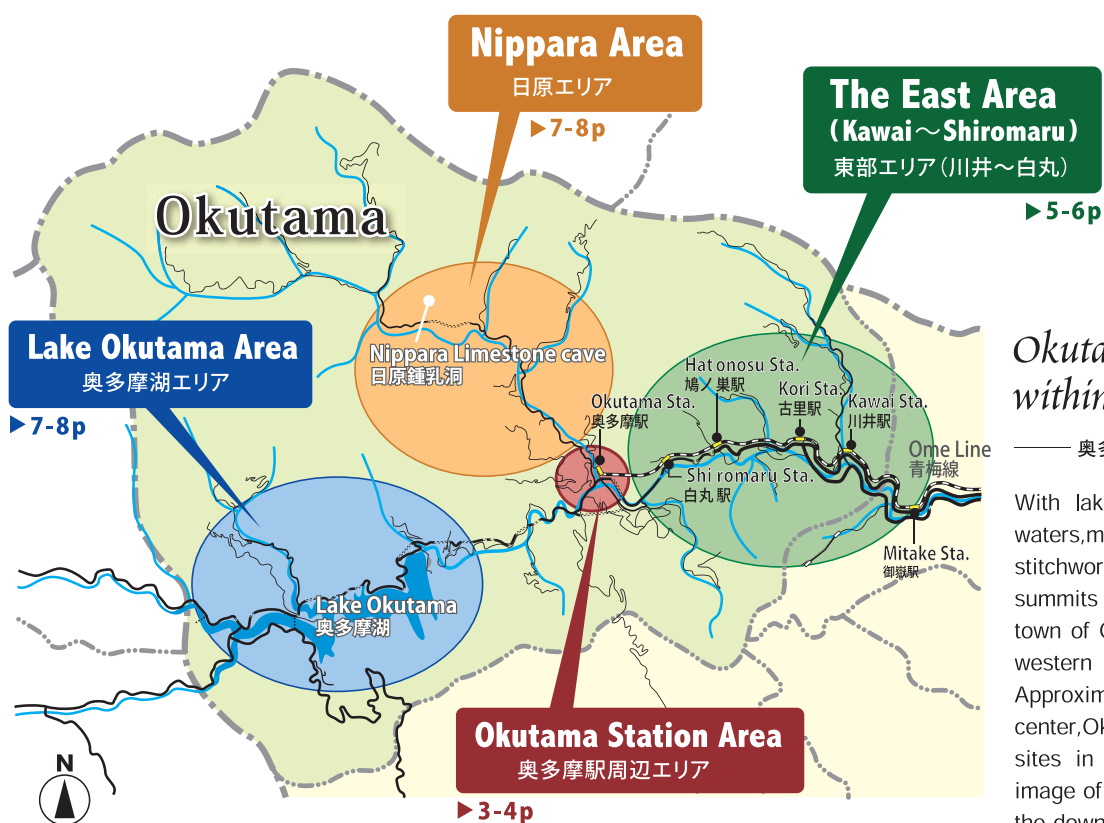
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Okutama Guide Map

The Okutama guidebook introduces four areas.



Okutama: Majestic nature within Tokyo bounds

—— 奥多摩 東京の中の雄大な自然 ——

With lakes praised for their pristine waters, mountain streams weaving like stitchwork through mountain crags, and summits teeming with avid climbers, the town of Okutama sits invitingly on the western edge of metropolitan Tokyo. Approximately 2 hours from the city center, Okutama offers majestic natural sites in contrast to the stereotypical image of Tokyo. Take a step away from the downtown bustle, and visit Tokyo's most peaceful oasis.



*Come explore
an underground world
of fantastic mystery!*

素晴らしい隠れた神秘の探索へ。



One of Japan's rare large-scale limestone caverns. Formed over countless eons, this vast underground space is an example of the inconceivable beauty of nature. Many of the fascinating stalactites bear their own name...Come and explore this illusionary world for yourself!

Please see page 14 for more Shop information.

20 Nippara Shounyudou (Nippara Limestone cave)

日原鍾乳洞

It was an absolutely beautiful cave. Very picturesque area with the bridge and water at the entrance. An unforgettable event.

Attention!
Bus schedule. Use "Shounyudou" stop on Weekdays, "HigashiNippara" stop on Sat. & Sun.

America



Access

Okutama Sta. (奥多摩駅)



7-8p

Nippara Area
日原エリア



Public Toilet Parking Area Police Box Hospital Post Office School Temple Shrine Bus Stop
Japanese food Western food Activity Cafe Stay

Beautiful scenery year-round, Tokyo's Oasis

1年を通して美しい景観 東京のオアシス

Lake Okutama, the symbol of the Okutama area, is a man-made lake created from Tama River via Ogouchi Dam. Surrounded by verdant nature, beautiful scenery can be enjoyed year-round, with cherry blossoms in spring, greenery in summer, and the changing leaves of autumn.



19 Café Indigo Blue

カフェインディゴブルー

The food was delicious and the view was wonderful. We ate and enjoyed the view. It was so relaxing.

Vietnam



Access

Okutama Sta. (奥多摩駅)



7-8p

Lake Okutama Area
奥多摩湖エリア



Public Toilet Parking Area Police Box Hospital Post Office School Temple Shrine Bus Stop
Japanese food Western food Activity Cafe Stay

The East Area (Kawai~Shiromaru)

東部エリア (川井~白丸)



Access

Kawai Sta. (川井駅)

Hatonosu Sta. (鳩ノ巣駅)

Shiromaru Sta. (白丸駅)



5-6p

The East Area
(Kawai~Shiromaru)
東部エリア
(川井~白丸)



*Okutama's most gorgeous ravine.
Soothe your soul amidst the greenery
and clear streams!*

奥多摩のとても美しい渓谷
自然と清流の中で癒やされる

Enjoy beautiful canyons, charming mountain
village, and various activities, such as SUP
& Canoeing



16 Grandex Okutama Base グランデックス奥多摩ベース

What fun is that we were asked to make a circle and we ran on boards. I think it is a good activity for everyone. I don't think that we can do it in the center of Tokyo because there are no big lakes. I really appreciate instructors for teaching us very patiently. It was easy to understand.



Indonesia



7 Sobataro Cafe

蕎麦太郎カフェ

西多摩郡奥多摩町氷川 397-1 氷川国際ます釣場 2F

Location 397-1 Hikawa, Okutama-machi
Hikawa international Trout Fishing Spot 2F
Phone 0428-83-8160
Open March - November 11:00~18:00
December - February 11:00~17:00
Price 800yen~



3-4p

8 Beer Cafe VERTERE

西多摩郡奥多摩町氷川 212

Location 212 Hikawa, Okutama-machi
Phone 0428-85-8590
Open For Hours, visit
<https://www.facebook.com/verterebrewery/>
Price 1,500 yen~



3-4p

9 Jigenji Zen meditation

慈眼寺 座禅体験

西多摩郡奥多摩町氷川 1236

Location 1236 Hikawa, Okutama-machi
Phone (周慶院 Shukeiin) 0428-83-3913
Activity 6:30~8:00
Zen meditation → vegetarian meal
→ Participation in the morning service
Price 500yen
Offers good only for Hotel* guests *(Arasaway, Mikaway, etc.)



3-4p

10 Unsenya

民宿 雲仙屋

西多摩郡奥多摩町棚沢 369-1

Location 369-1 Tanazawa, Okutama-machi
Phone 0428-85-2223
Price Room rate 4,320yen~



5-6p

11 Earth Garden

森の中のお肉レストラン アースガーデン

西多摩郡奥多摩町白丸 361-1

Location 361-1 Siromaru, Okutama-machi
Phone 0428-85-5101
Open 11:00~16:00
Price 2,000yen~



5-6p

12 Yamabato

山鳩

西多摩郡奥多摩町棚沢 380

Location 380 Tanazawa, Okutama-machi
Phone 0428-85-2158
Open 10:00~17:00
Price lunch 1,000yen



5-6p

13 Yamabato Sanso

山鳩山荘

西多摩郡奥多摩町棚沢 776

Location 776 Tanazawa, Okutama-machi
Phone 0428-85-2158
Open One night stay with Dinner & Breakfast
8,790yen~



5-6p



Japanese food



Western food



Activity



Cafe



Stay



1



2



3



4



5



6



information

Okutama Tourism Association

(一社) 奥多摩観光協会
西多摩郡奥多摩町氷川 210

3-4p

Location 210Hikawa, Okutama Town
Phone 0428-83-2152
Open 8:30~17:00



1

Okutama Regional Promotion Foundation

Okutama Forest Therapy Base

おくたま地域振興財団 奥多摩森林セラピー基地
西多摩郡奥多摩町氷川 215-6

Location 215-6Hikawa, Okutama-machi
Phone 0428-83-8855
Open 9:00~17:00
Price 1-Day Forest Therapy 10,000yen~
minimum number of participant is 2 people



therapy

4

Mikawaya Ryokan

三河屋旅館
西多摩郡奥多摩町氷川 1414

3-4p



Location 1414Hikawa, Okutama-machi
Phone 0428-83-2027
Price One night stay with Dinner & Breakfast
13,000yen~



2

Arasawaya

民話の宿 荒澤屋
西多摩郡奥多摩町氷川 1446

Location 1446Hikawa, Okutama-machi
Phone 0428-83-2365
Price Room rate 7,000yen~ /
One night stay with Dinner & Breakfast
13,000yen~



stay

5

TREKKLING

西多摩郡奥多摩町氷川 197

3-4p



Location 197Hikawa, Okutama-machi
Phone 0428-74-9091
Open 9:00~17:00 Must rent by 15:00
Price 2,500yen~5,000yen



3

Akabeko

炉ばた あかべこ
西多摩郡奥多摩町氷川 1446

Location 1446Hikawa, Okutama-machi
Phone 0428-83-2365
Open 17:30~22:00
Price 4,000yen~



Japanese food

6

Hikawa international Trout Fishing Spot

氷川国際ます釣場
西多摩郡奥多摩町氷川 397-1

3-4p



Location 397-1Hikawa, Okutama-machi
Phone 0428-83-2147
Open March - November 8:00~21:00
December - February 9:30~15:00
Price 2,000yen~





Japanese food



Western food



Activity



Cafe



Stay



14



15



16



17



18



19



20

14 Yottegeyo Nikouya

よってげよ二幸屋

西多摩郡奥多摩町海沢 735-5

Location 735-5Unazawa, Okutama-machi
Phone 090-2166-6065
Open 10:00~17:00
Open Friday, Saturday, & Sunday
Price 500yen~



5-6p

18 Yorimichi chaya Toomawari

よりみち茶屋とおまわり

西多摩郡奥多摩町留浦 324-2

Location 324-2Tozura, Okutama-machi
Phone 090-6658-1200
Open 11:00~20:00
Open Saturday, Sunday, & Holidays
Price 1,000yen~



7-8p

15 Chiwaki

食事処 ちわき

西多摩郡奥多摩町大丹波 618-1

Location 618-1 Otaba, Okutama-machi
Phone 0428-85-1735
Open 11:00~17:00
Price Lunch 1,350yen~



5-6p

16 Grandex Okutama Base

グランデックス奥多摩ベース

西多摩郡奥多摩町川井 156-1

Location 156-1Kawai, Okutama-machi
Phone 0428-74-9061
Open 9:00~18:00
Price 5,000yen~



5-6p

20 Nippara Shounyudou (Nippara Limestone cave)

日原鍾乳洞

西多摩郡奥多摩町日原 1052

Location 1052Nippara, Okutama-machi
Phone 0428-83-8491
Open April - November 8:00~17:00
December - March 8:30~16:30
Price 700yen~



7-8p