

Islands area

Visit the islands of Tokyo, offering a full-body experience of a vast natural world
The islands of Tokyo lie in the Pacific Ocean. Natural experiences that you can find nowhere else await you on their soil, rich with greenery, far from the heart of the city.



Oshima Furusato Taikenkan



Photos provided by: Oshima Navi

Learn about nature and culture through experiences

Visitors to this facility can join in nature and culture experiences on Oshima, including "camellia oil squeezing," through which you can make Oshima's representative specialty camellia oil, and "plant-based dyeing," with which you can color your preferred cloth using a liquid made by boiling camellia flowers. Spend a leisurely time enjoying experiences you can only find here.
From Motomachi Port, take an Oshima bus to Furusato Taikenkan Iriguchi stop and walk for one minute

Trekking on Mt. Mihara

Be awed by the powerful crater and indomitable forest



Photo provided by: Izu Oshima Geopark Promotion Committee

All of Izu Oshima island is an active volcano. Mt. Mihara, at its heart, is the central volcanic cone that formed in the caldera of the summit area of the Izu Oshima Volcano. When trekking, you can see how the forest will form as destroyed vegetation is replaced.

From Motomachi Port, take an Oshima Bus to Miharasanchoguchi stop

Oshima Park Zoo



A zoo that makes the most of a rich natural world

This free-to-enter zoo cares for 400 animals of around 60 species. It lies in an environment surrounded by an abundance of nature, including Sarushima Island, which makes use of the unaltered topography created by lava from eruptions, and you can see the animals living leisurely in a magnificent landscape facing the sea.

From Motomachi Port, take an Oshima Bus to Oshima Koen stop and walk for 2 minutes



Tree fern forest path

Stroll through a forest where tree ferns, a vivid reminder of the age of the dinosaurs, flourish



Hachiojima Island's warm and humid oceanic climate has created a tree fern forest where ancient plants flourish. Take the tree fern forest path, created as a place to experience nature, and enjoy encounters with masses of tree ferns, seasonal plants, and birds as you walk around the forest under the care of a guide.

15 minutes by car from Hachiojima Airport (to the start of the path)

Sharing the delights of Hachiojima Island, the home of unique animals and plants



Approx. 20 mins walk from Hachiojima Airport

Hachijo Botanical Garden, steeped in an exotic atmosphere, is mainly home to tropical and sub-tropical plants, including flowers such as hibiscus and bougainvillea, and many wild birds. Inside the botanical garden, you'll find Hachijo Visitor Center, which introduces the island's natural world and its highlights to visitors to Hachiojima Island.



Walk around the potholes



Photos provided by: Hachiojima Tourism Association

What is a pothole?
Large, deep, circular holes in hard rock surfaces are called "potholes."

Green urban development
TOKYO GREEN BIZ

Tokyo Green Biz is a greenery project that aims to realize a sustainable city that is in harmony with nature. We promote initiatives to "protect," "nurture," and "utilize" Tokyo's greenery in cooperation with Tokyo citizens and businesses, with our eyes set on the next 100 years.

Green urban development
TOKYO GREEN BIZ GUIDE MAP
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TOKYO GREEN BIZ

GUIDE MAP

The Imperial Palace – Yurakucho

Hibiya – Takeshiba

Musashino, Tama

Islands

**A guide to being out and about:
A collection of spots where you can
experience nature**

**Now let's head out
to find Tokyo's greenery.**



"Tokyo Green Biz Map", a digital map displaying information about greenery-filled spots in Tokyo and greenery-related events, is available here



Download this GUIDE MAP and head on out!
Electronic version available here

... If you stretch your legs a little...

(6) "Ichigaya no Mori" (Ichigaya forest)

Creating a forest with the goal of proximity to nature

The Ichigaya no Mori stretches out to encircle its building. The forest consists of native species local to the Kanto Prefectures, mainly deciduous broad-leaved trees with a mix of evergreens, with the aim of creating a natural forest overflowing with diversity, inspired by the mixed groves of Musashino that once grew in this area.

10 minutes' walk from Tokyo Metro Namboku Line/Yurakucho Line Ichigaya Station or Toei Oedo Line Ushigome-kagurazaka Station



Imperial Palace – Yurakucho area

Green spots spreading out from the gateway to Tokyo

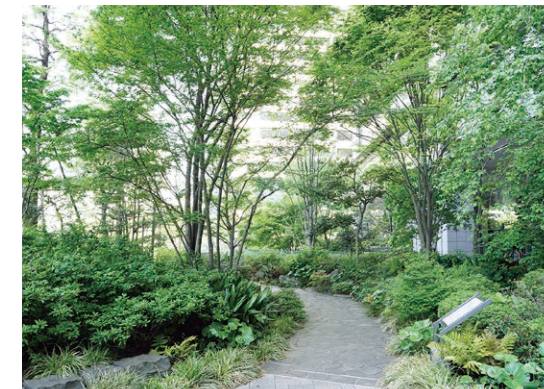
This area is lined with office buildings, and prospers as a hub for business. While it does have a sophisticated image, you'll also find green spots where you can take a breather everywhere you look.

(3) HOTORIA Square

An open green space that creates a "forest of exchange"

This approximately 3,000 m² green space lies next to Kokyo Gaien Moat. It is mainly made up of native species, with an awareness of the Imperial Palace's Ninomaru Grove; the gentle slope and waterscape facilities that traverse the plaza create a space that connects people, the environment, and living things. The Ministry of the Environment has also acknowledged this as a "natural symbiosis site."

2 minutes' walk from Tokyo Metro Tozai Line/Chiyoda Line/Hanzomon Line/Marunouchi Line and Toei Mita Line Otemachi Station



(4) Otemachi Forest

Contributing to the urban ecosystem

This green space is approximately 3,600 m² and lies in the grounds of the Otemachi Tower. It was made with the goal of creating a genuine forest of the natural world that would have originally existed in this area. Thanks to its location close to the Imperial Palace, it has become a hub for the movement of various living creatures coming and going, enriching the urban ecosystem.

Directly connected to Tokyo Metro Tozai Line/Chiyoda Line/Hanzomon Line/Marunouchi Line and Toei Mita Line Otemachi Station



(5) Gyoko-dori Avenue

A tree-lined road connecting Tokyo Station and the Imperial Palace

The ginkgo trees on Gyoko-dori Avenue turn yellow in the fall. The avenue has undergone maintenance work, including restoring the lines of ginkgo trees and adding water-retaining pavement and irrigation facilities, and in 2018 the whole landscape of Gyoko-dori Avenue won the GOOD DESIGN AWARD Gold Prize in the Landscape, civil engineering structures category.

5 minutes' walk from JR Tokyo Station



Photo provided by: Chiyoda City Tourism Association

(1) Kokyo Gaien National Garden

The coexistence of seasonal scenery and historical culture

Kokyo Gaien National Garden contains both a large lawn area and historic buildings. As you stroll through its seasonal natural world, you can enjoy traveling around history, including the Nijubashi double bridge, the symbol of the plaza in front of the Imperial Palace, and the Sakurada-mon gate, registered as a nationally designated Important Cultural Property.

2 minutes' walk from Tokyo Metro Chiyoda Line Nijubashimae Station or Toei Mita Line Hibiya Station



Photos provided by: Chiyoda City Tourism Association

(2) TOKYO GARDEN TERRACE KIOICHO

A wide space with harmony between art and nature

In this multi-use city development, a park with a rich natural world that changes with the four seasons and spaces that exist in harmony with art stretch between groups of facilities built along Benkei Moat. The site boasts a greenery coverage of over 45%, and the presence of a variety of wild creatures has been confirmed in the surrounding natural environment, including wild birds.

Directly connected to Tokyo Metro Hanzomon Line/Yurakucho Line/Namboku Line Nagatacho Station



Recommended walking route



(1) Hibiya Park

Japan's first Western-style park

Hibiya Park was created as Japan's first modern Western-style park, boldly incorporating Western culture but also skillfully interwoven with Japanese elements. When it was created, its first flowerbed was made in the form of a Western flowerbed and grew many Western flowers such as tulips and pansies, which Japanese people had never seen before, making it popular.

2 minutes' walk from Tokyo Metro Hibiya Line/Chiyoda Line and Toei Mita Line Hibiya Station



(2) AZABUDAI HILLS

A new facility complex surrounded by greenery

This facility complex combines housing, offices, a hotel, commercial facilities, a museum, an international school, and more. Its theme is "Green & Wellness," and the facility's central square boasts around 6,000 m² of green area.

Directly connected to Tokyo Metro Hibiya Line Kamiyacho Station



(3) Sumitomo Fudosan Onarimon Tower

A green space that extends a park

This office building has attractive views of Tokyo Tower and Shiba Park. The whole area maintains a greenery coverage of around 35%, creating a unified green space with Shiba Park. Its environmentally and socially considerate design has received DBJ Green Building Certification.

Directly connected to Toei Mita Line Onarimon Station



Hibiya – Takeshiba area

Spend with a soothing moment filled greenery in the heart of the city
This area and art waterfront parks and is made up of Hibiya, a beacon of culture surrounded by greenery, and Takeshiba, where the rich creates stunning scenery. It is home to many historic facilities conscious of greening.

(4) Tokyo Midtown Hibiya

A fusion of an affluent surrounding environment and urban functionality

This huge mix-use development is made up of offices, commercial spaces, and more. It has a total of 2,000 m² of green space (greenery coverage: 40%), and is greening its Park View Garden, which offers a bird's eye view of the Imperial Palace moats.

Directly connected to Tokyo Metro Chiyoda Line/Hibiya Line and Toei Mita Line Hibiya Station



(5) Hama-rikyu Gardens

A garden where beautiful seasonal flowers bloom

This is a quintessential feudal lord's garden (daimyo's garden) from the Edo period (1603–1868), which was owned by the ruling Tokugawa family. It has tidal ponds into which seawater flows, and which change appearance with the ebb and flow of the tides, as well as two duck-hunting areas. Spring sees field mustard bloom in its flower garden, while sulfur cosmos and cosmos flower beautifully from summer to fall.

7 minutes' walk from Toei Oedo Line Tsukijishijo Station/Shiodome Station or Yurikamome Shiodome Station



(6) TOKYO PORTCITY TAKESHIBA

Satoyama-style scenery created by a building

The city is developing the "Takeshiba New Eight Views," consisting of the eight views of "rain, water, islands, rice paddies, incense, vegetable gardens, bees, and sky." This facility is engaged in environmental education and reducing the environmental burden by carrying out natural glutinous rice cultivation and beekeeping, and offering experiences to interact with living creatures and try farming.

2 minutes' walk from Yurikamome Takeshiba Station
4 minutes' walk from JR Yamanote Line/Keihin-Tohoku Line Hamamatsucho Station



Recommended route



Musashino/Tama area

Refresh yourself by interacting with nature

The Musashino/Tama area is located in the western part of Tokyo, and is enriched by a natural environment full of greenery. With hiking and experiences for people to get close to nature, it is perfect as a place to refresh yourself.

GREEN SPRINGS

A facility that resembles a town, connecting nature and people



This facility complex is based on the theme of "wellbeing." Centered around an approximately 10,000 m² central square with an abundance of water and greenery, it consists of a hotel with an infinity pool on the top floor, the Tama area's largest multi-purpose hall, shops, restaurants, offices, and more.
8 minutes' walk from JR Chuo Line Tachikawa Station

Tamagawa-josui Scenic Road



Stroll down a scenic road to enjoy mixed trees

This scenic road was created along the Tamagawa-josui aqueduct. At present, around 24 km of this route is open, from Heiwabashi bridge in Fussa City to Sengenbashi bridge in Suginami-ku. Upstream, you'll find sawtooth oaks, konara oaks, and pine trees, while downstream, woodlands with hornbeams and snowbells stretch onward. Plus, in the Koganei City and Mitaka City areas en-route, you can see large numbers of cherry trees and Japanese zelkovas.



Noyamakita-Rokudoyama Park

Experience precious Satoyama culture



This is one of the city's largest parks, where a rich natural world still remains. It is home to an expanse of precious Satoyama landscape, including a Satoyama folk-house and Kishi rice paddy. There are many ways to enjoy this park, including experiencing Satoyama life and culture, hiking, wild birdwatching, and forest play.
Take a Tachikawa Bus from JR Chuo Line Tachikawa Station to Mine stop and walk for 15 minutes

Okutama Tokyo Citizens' Forest

Get physically active to enjoy nature



Visitors can engage in creation activities that help them get close to nature and deepen their understanding of forests and the forestry industry; the facility also offers accommodation. Have fun as you learn about the importance of nurturing forests through a variety of seasonally based experiences.
Take a Nishi Tokyo Bus from JR Oume Line Okutama Station to Sakaibashi stop and walk for 45 minutes

Jindai Botanical Gardens

Find solace in flowers in full bloom

This botanical garden cultivates 100,000 plants of around 4,800 species. It is divided into 30 blocks based on plant species, including a rose garden, azalea garden, and a plum garden; visitors can learn about these plants as they admire the scenery. It also hosts plant and horticultural-related events and exhibitions.

Take an Odakyu Bus from Keio Line Chofu Station to Jindai Shokubutsu Koen-mae stop



Inokashira Park

Encounter scenery from each of the four seasons

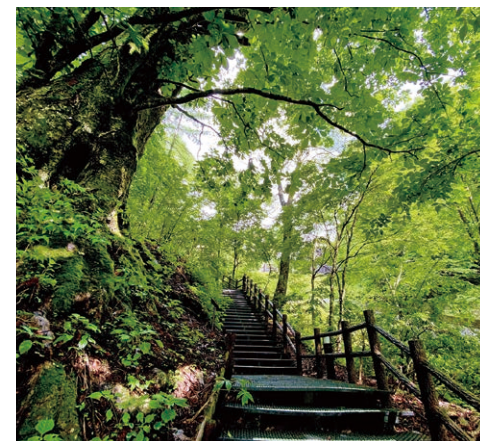
Inokashira Park was opened as Japan's first suburban park, and its precious water and greenery next to residential areas are well loved by its users in the midst of progressing urbanization. Visitors can admire scenery from each of the four seasons, including around 200 cherry trees on the banks of Inokashira Pond and the mixed tree groves of Gotenyama, which retains traces of Musashino.
1 minute's walk from Keio Inokashira Line Inokashira-koen Station



Hinohara Tokyo Citizens' Forest

Interact with nature and learn about the natural world

You can enjoy nature experiences unique to a forest as well as hiking in this mountain park located at the base of Mt. Mito, one of Okutama's three mountains. The on-site facility, the Shinrinkan, uses image and photo panels to introduce the various plants and animals you may encounter in a citizens' forest.
75 minutes by bus from JR Itsukaichi Line Musashi-Itsukaichi Station



Waku Waku Citizen's Farm Koganei

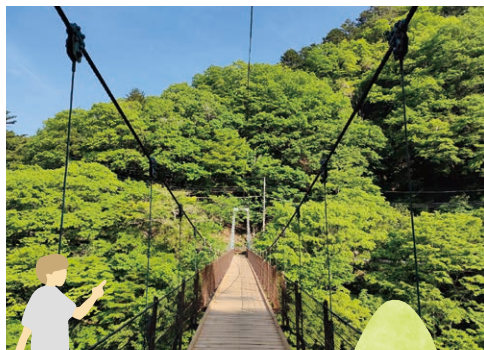
Savor local vegetables



5 minutes' walk from JR Chuo Line Musashi-Koganei Station

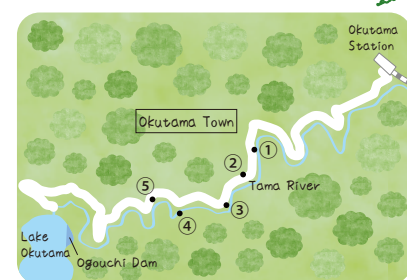
This farm was established as a model to enable the Tokyo Metropolitan Government to promote the conservation of urban agricultural land and stimulate interactions between people of different generations and localities through farming. In addition to developing five farms, including a children's farm and a senior citizens' farm, this facility also provides lunches for affiliated facilities made with vegetables and other produce harvested from the farm, and has established a corner to sell local vegetables and more.
(*There are certain conditions to use the farm. For more details, see the farm's website. Anyone can make use of its affiliated facilities.)

Okutama Mukashi Michi trail



Hiking with a sense of history

The Okutama Mukashi Michi trail is an approximately 10 km hiking route (one way) from Okutama Station to Ogouchi Dam. It runs on a road known as the old Omekaido, and this route is full of must-see spots where you can experience Okutama's history and culture.
Alight at JR Okutama Station



- (1) Sakai no seisen**
This spring was used as water at a resting space for people traveling the old Omekaido long ago. It's a point you'll want to reach to rehydrate while you're hiking.
- (2) Shirahige Shrine**
This shrine's main building stands to the side of the Shirahige Great Rock, acknowledged as a Natural Monument designated by Tokyo Metropolitan Government. The deity enshrined here is called Shiotsuchi no Oji no Kami.
- (3) Giant Japanese maple tree**
A Japanese maple tree stands on a cliff along the trail. It is said to be around 200 years old, and draws a lot of attention when its leaves turn red in the fall.
- (4) Shidakura Bridge**
This suspension bridge crosses Sogaku Gorge. It is called "Sogaku no ara," and numerous great rocks create the beauty of the gorge.
- (5) Water spot for horses**
This was a place where horse drivers would rest their horses and take a break in a tea house known as the "Tateba." It no longer exists, but apparently in the past there was a three-building tea house here.

Special Green Conservation Area in Shimohoya 4-Chome (Trees surrounding the former Takahashi Family Residence)

These trees surround a residence in the Shimohoya 4-Chome Special Green Conservation Area, where there are still vestiges of the trees of scattered-dwelling residences (trees around residences dotted throughout open fields) typically seen in the Musashino area. The roles of bamboo-leaf oaks and cedar trees planted to surround the main building included blocking cold winds and dust and supplying materials. Now, to widen the appeal of trees around a residence, the area holds events using play and learning as approaches.

5 minutes' walk from Seibu Ikebukuro Line Hoya Station



SATOYAMA

Tokyo runs experience programs in which even beginners can easily participate, including forest maintenance in conservation areas and rice paddy activities such as rice planting and harvesting. These enable people to deepen their understanding of the Satoyama environment. Why not start by getting close to and enjoying nature, so you can help preserve the precious natural world that remains in Tokyo. See the SATOYAMA website for more details.

