

自然

Nature #04
Forest

Hinohara Citizens' Forest

Theme **Forest Therapy**

Morning forest outings can cure your daily routine blues. Enjoy the fragrance of trees, the whisper of wind, and the songs of birds. Refine your five senses and immerse yourself in nature to return to your true self.

Hinohara Citizens' Forest

Forest Therapy Road:

★ Otaki Waterfall Path ★



Yasuyo Kobayashi,
Hinohara Citizens'
Forest Manager

Forest therapy refers to the studied effects of forest immersion on one's mental and physical wellbeing, notably stress relief. The Otaki Waterfall Path is paved with wood chips and is an exciting and easy hike. Experience the forest's life and power while enjoying a leisure walk.

6 Wood Craft Center

A workshop where woodworking classes are held. Register to make a keychain on the same day.



INFORMATION

☞ About 1 hr 0.9 km Mt. Ozawa
 ☞ 60 min. from JR Musashi-Itsukaichi Station (Itsukaichi Line) on the Nishi-Tokyo Bus. Change to the free-connection bus at Kazuma Bus Stop and get off at the Citizens' Forest (Tomin no Mori) Bus Stop.
 *Connection buses operate daily from April through November (excluding days when park is closed). Operation in March is limited to Saturdays, Sundays, and holidays.

① Management Office, Hinohara Citizens' Forest

☎ 042-498-6006 📍 7146 Nishitama-gun, Hinohara-mura, 🕒 9:30-18:30 (subject to weather) Closed Sundays

1 Shinrinkan

This facility is a good starting point. Learn about forest creatures here.



2 Otaki Waterfall Path

The gentlest walking path within the Citizens' Forest.

Shops
 Citizens' Forest Bus Stop
 P
 Okutama Shuyou Road

3 Observation Point

Sweeping views that include even central Tokyo skyscrapers on clear days.

4 Takimi Bridge

This thrilling suspension bridge provides an up-close look at the falls.



5 Mito Falls

A famous 30m waterfall at the end of the Otaki path.

