



Tokyo Region 東京

HIGHLIGHTS

- Enjoying a 'nature break' in the **Takao** mountains, only an hour west of Shinjuku (p84)
- Sitting atop the water divide at **Tanigawa-dake** on the Gunma–Niigata border (p72)
- Climbing a peak in front of **Fuji-san** for the classic view and then finding yourself inspired to go and climb it (p92)
- Navigating your way over the peaks and ridges of the **Tanzawa** mountains' network of trails (p87)
- Joining the crowds of World Heritage site tourists but then leaving them all behind on the trails near **Nikkō** (p64)
- After a night at one of Japan's best mountain huts try summiting **Kumotori-san**, the highest peak within the metropolitan area (p79)

When you want to stretch your legs somewhere other than in an underground passage, a walk in the hills surrounding Tokyo could be what you need. It might be the ultimate urban jungle but the efficient transport system, that gets everyone to their offices each day, can also get you out of the city in no time, opening up a ring of national and prefectural parks.

The nearby mountains are only rarely covered in snow and in summer can provide a refreshing escape from the oppressive heat and humidity of the plain. Go a bit further to Nikkō, Oze, Karuizawa or the Tanigawa mountains, however, and there are some interesting, sizeable peaks – snow-covered until at least late April – to test your mettle.

Being so close to nearly 30 million people it would be naive to expect wilderness and unspoilt nature so near the big city. But, once again, the further you get from Tokyo, the better your chances of really getting away from it all. So many foreigners do their stint in Tokyo without exploring the natural world in its backyard.

All the hikes described here have good access from Tokyo and provide varying levels of 'wilderness experience'. Some of them are day hikes that lend themselves to a quick dip or a night in a nearby *onsen* (hot spring) resort. If you're after a longer hike, keep in mind that from Tokyo, the North or South Alps are really not all that far away (see the Chūbu chapter).



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