

# Aokigahara-jukai Forest's truth

A Cradle of Life at the Base of Mt. Fuji

Things to do at the foot of Mt. Fuji

**Aokigahara-jukai Forest's truth** A forest where life begins at the foot of Mt. Fuji  
Things to do at the foot of Mt. Fuji

Planning & Production: FY2025 Secretariat of Aokigahara-jukai Forest Revitalization Project  
(Operated by Tobu Top Tours Co., Ltd. Kofu Branch)

Contact:  
**Destination Management Support Group, Culture, Tourism and Sports Department,  
Yamanashi Prefectural Government**

1-6-1 Marunouchi, Kofu, Yamanashi 400-8501, Japan **+81-55-223-1620**



Scan here to see the Forest's truth



## About Jukai Mirai Kaigi

In September 2025, a diverse group of visionaries including expert nature guides from Aokigahara-jukai Forest launched Jukai Mirai Kaigi (Aokigahara-jukai Forest Future Council).

Our mission is to move beyond simply "viewing" Mt. Fuji. By weaving together the forest's mystical atmosphere, its rich biodiversity, and the unique food and culture rooted in this land, we are redefining the travel experience. We invite you to shift from being a spectator to a co-creator, engaging deeply with the region through our "Nature + Culture + Food" concept.

Discover our four unique experiential contents and two curated tours designed to update your perspective on the foot of Mt. Fuji.

## About Aokigahara-jukai Forest

This forest is a primeval forest that spreads over the lava flow expelled by a Mt. Fuji eruption approximately 1,200 years ago.

Starting from an environment poor in nutrients and water, moss and ferns established themselves.

Eventually, seeds carried by insects, birds, and the wind took root, allowing trees to grow.

We invite you to discover the mystical allure of this woodland, where the pulse of new life meets the radiance of ancient light.

### FY2025 Jukai Mirai Kaigi Members

FUJI HAT

ON THE TRAIL

MT.FUJI SATOYAMA VACATION

Fujimusubi Cafe Sazanami

Avec le Mont

Yamanashi Outdoor Project

Yamanashi Nature Experience Support Center

thousandth

Kiwa Taxi Co., Ltd.

AIM Co., Ltd.

Demand and Care Association

THE HIGHEST PEAK

Ministry of the Environment, Fuji-Goko Management Office

nôtori

# Exploring Aokigahara-Jukai Forest



**Seiko Suzuki**  
FUJI HAT



I love this land because it allows me to witness an overwhelming vitality, where moss covering the lava becomes the foundation for new life. Trees rooted in soilless ground and an ecosystem braving harsh winters teach us the greatness of nature. I aim to share this awe not just as a tour, but as a story that resonates with the heart. My goal is for you to feel a surge of energy for tomorrow as we share the profound realization that we are sustained by nature. Join me to experience the pulse of the Jukai Forest in a fun and deeply moving way.



## Hiroki Hattori

FUJI HAT

Into the "Sanctuary of Life" Born of Mt. Fuji Step inside and you will find a mystical world beyond imagination. Trees strike their roots firmly into lava flows, and green moss carpets the earth. Here, you feel the powerful pulse of life breathing within the silence. At FUJI HAT, we believe that personal experience is the only truth. Beyond what you find online, when you capture the forest's breath with your five senses, you will realize this place is a source of life. I invite you to share in the vitality of the forest as I guide you, heart and soul, through the true jukai Forest.



# Partners in Sharing the Wonders of the Forest

## Junichi Nishimura

AIM Co., Ltd.(AIM Brew LAB.)



AIM Brew LAB. Is a craft brewery nestled along the shore of Lake Saiko, bordering Aokigahara-jukai Forest at the northern foot of Mt. Fuji. Surrounded by lush woodlands and the serene lake, we utilize the pure waters filtered through ancient lava beds to meticulously brew small-batch ales. At our onsite taproom and café, you can savor a fresh pour and a moment of tranquility while soaking in the natural beauty of the Fuji highlands.



## Akari Amano

Kiwa Taxi Co.,Ltd.

I am drawn to Aokigahara-jukai Forest because it is a mystical sanctuary where the traces of human history linger within the profound silence of the deep woods. It is more than just a primordial forest; it is a place where the presence of those who once lived, prayed, and walked here still quietly breathes. As I pass through the resilient trees rooted in lava and follow moss-covered paths, I feel the immense weight of a long coexistence between humanity and nature. Surrendering to a silence so deep it seems to absorb all sound, I am detached from the everyday and find the space to face my true self. It is this profound, intimate time that fascinates me so deeply.



## Mamoru Watanabe

Avec le Mont



Discover the Sanctuary of Life Born from Mt. Fuji Aokigahara-jukai Forest is a globally significant ecosystem of unparalleled beauty. Avec le Mont, a team of expert guides born and raised in this region, provides exclusive access to mystical volcanic caverns and vibrant moss-covered landscapes. We offer sensory-rich nature experiences tailored for all ages, from families to seniors. Discover the true essence of the forest with a local touch that turns a simple walk into an unforgettable story.



## Hiroshi Takayama

Yamanashi Natural Experience Support Center



Among the natural forests surrounding Mt. Fuji, Aokigahara-jukai Forest is uniquely abundant. Built upon a rugged lava landscape rich with caves, this evergreen forest thrives against the odds. Here, a carpet of moss supports a vast diversity of plants, primarily conifers, creating the iconic jukai Forest. From large mammals like deer to the tiniest microorganisms, the forest is a sanctuary for a complex and invaluable ecosystem that we are dedicated to preserving.



## Satoshi Chishiro

thousandth



What fascinates me most about Aokigahara-jukai Forest is the Ryugu-Doketsu(Dragon Cave), standing in silent serenity within the forest. Its greatest charm lies in an unparalleled sense of mystery. Standing inside this rugged lava formation amidst the hushed woods, you can feel the raw power of the earth and the vitality of the forest coexisting as one. As you touch upon its history as the Senomi Shrine—a place where prayers have been offered for generations—your awe for nature becomes a physical sensation. For me, both as a guide and an individual, this is a sacred space to reset and find my true self.



## Shiho Kato

Fujimusbis Cafe Sazanami



Aokigahara-jukai Forest breathes atop lava flows of Mt. Fuji. From its depths flows pristine spring water, nurturing our rare brand rice, "Fujisanroku-no-Maboroshi." This mountain treasure meets "Ita Salt" from Okuda-so, sea water drawn on the night of a full moon and crystallized over a wood fire. From the mountain to the ocean, from stillness to motion, we weave this natural cycle into our Omusubi (rice balls). Savor each grain as it resonates with the rhythm of the forest, bringing a moment of peace to your soul.



# Explore Aokigahara-jukai Forest: Key spots



## Mt.Sankodai

Experience the sheer scale of Mt. Fuji and the surrounding forest from this spectacular spot. From here, you can enjoy panoramic view of the three beautiful lakes: Saiko, Shojiko, and Motosuko.

## Ryugu-Doketsu (Dragon Cave) & Senoumi-jinja Shrine

Nestled within the Aokigahara-jukai Forest, Ryugu-Doketsu is a government-designated natural monument and home to Senoumi-jinja Shrine. This sacred site is dedicated to Toyotama-hime, the Goddess of Water. The shrine derives its name from Senoumi, a vast, ancient lake that existed before the great eruption of Mt. Fuji in 864. Shrouded in legends of rainmaking and good fortune, this mystical "power spot" continues to draw visitors seeking spiritual energy and blessings.



## Nenba Beach

Gazing at Mt. Fuji from Nenba Beach, located on the northwestern shore of Lake Saiko, offers a magnificent vista where the Aokigahara-jukai Forest born from the great eruption stretches out powerfully before your eyes. Before that cataclysmic eruption, Lake Saiko and Lake Shojiko were a single, vast body of water. Witnessing how the fury of the lava severed the lake into two leaves a profound impression, serving as a silent testament to the raw, awe-inspiring power of nature. Canoeing is also available for those looking to explore the nature firsthand.



## Stone wall Fence

Stone wall Fence are most widely believed to have been constructed by the legendary warlord Takeda Shingen. They surround the Nakamichi O-kan a vital highway connecting Kai (Yamanashi) and Suruga (Shizuoka) provinces. It is thought that these structures served as crucial military checkpoint, bolstering the defenses of Motosu Castle.



## Venison Curry

A signature dish of the Lake Motosuko area, This savory curry was born as a sustainable way to enjoy local resources by utilizing the region's venison. Known as a "superfood" from the forest, venison is high in protein yet low in fat and calories. Experience the remarkable flavor and tenderness of fresh, healthy meat that is capturing the attention of food lovers everywhere.

## Onigiri (rice balls)

Onigiri are a beloved staple of Japanese picnics. Their iconic triangular shape is said to be modeled after mountains-the dwelling places of the gods. None is more sacred than Mt. Fuji, which has inspired the form of this humble meal for centuries. Enjoying an onigiri shaped like the majestic peak under the open sky is more than just a lunch; it is a way to take the energy of nature into your own body. By savoring this symbolic meal while gazing at the mountain itself, you can partake in a Japanese tradition of prayer-a joyful ritual of wishing for health and harmony with nature.



## Kamabatake

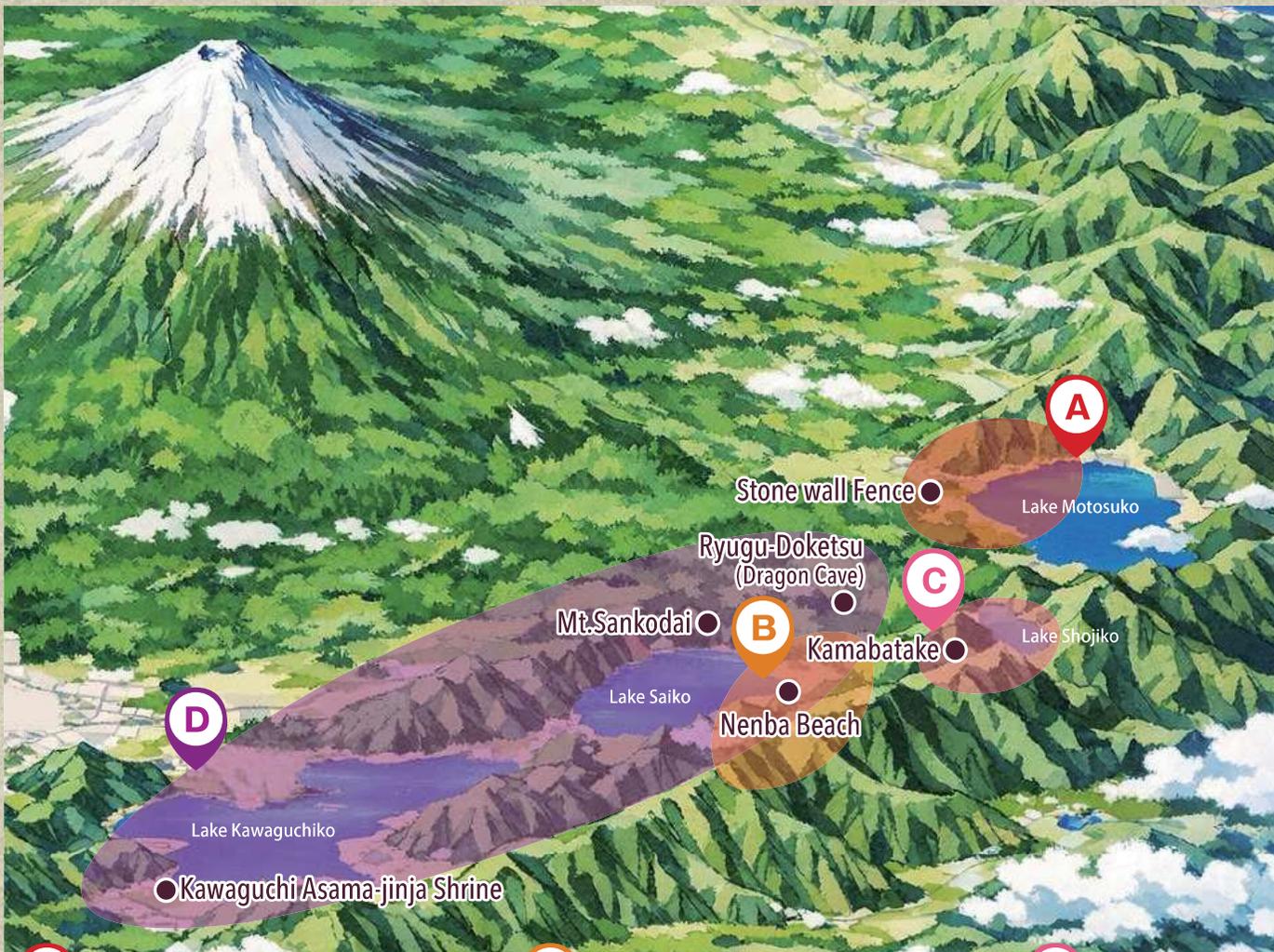
The unique terrain of Kamabatake was formed by phreatic explosions (steam explosions) triggered when lava flows from the 864 eruption of Mt. Fuji came into contact with lake water. The impact of these explosions transformed the lava into a rugged, undulating topography reminiscent of "kama" (traditional iron cauldrons), creating the raw and magnificent landscape that remains to this day.



## Kawaguchi Asama-jinja Shrine

This historic shrine is part of the Mt. Fuji World Heritage ensemble. Founded in 865, it was built specifically to soothe the fury of Mt. Fuji after the great eruption of 864. Dedicated to the deity Asama no Okami, the shrine stands as a powerful testament to the long-standing spiritual bond between the local people and the sacred mountain.





Experience the profound allure of Aokigahara-jukai Forest with our expert nature guides who know every hidden corner of the forest.

Scan for more



## Tour I

### Uncover the Mystical Charms of Mt. Fuji & Aokigahara-jukai Forest



Discover a world of exquisite harmony at the edge of forest and lake. Immerse yourself in a transformative blend of thrilling adventure and gastronomy, crafted within the ancient silence of the woods and the brilliance of the lake. Here, the history of Mt. Fuji becomes your ultimate escape.

A + B or B + C Duration: Approx. 8 hours

## Tour II

Private Tour

### A Journey Through the Two "Seas" of a Landlocked Prefecture



Journey through the sacred Kawaguchi Asama-jinja Shrine, a symbol of Mt. Fuji worship, and the mystical Ryugu-Doketsu (Dragon Cave), which preserves the memory of the ancient great lake Senoumi and the vast Aokigahara-jukai Forest that stretches above it. As you visit these sites, you will touch upon the ancient Japanese story of symbiosis, a timeless philosophy of living in harmony with the natural world.

D Duration: Approx. 8 hours

A

### Unveiling the mysteries of Mt. Fuji's primeval Aokigahara-jukai Forest

Traverse the stone wall Fence hidden deep within the silence of Aokigahara-jukai Forest. This journey invites you to explore the true essence of this forest—a place where history sleeps and the raw, vibrant energy of life thrives.



Duration: Approx. 3 hours

B

### Exploring the Edge: A Journey Through Forest, Lava, and Lake

Experience a guided walk through Aokigahara-jukai Forest and a canoeing excursion from Nenba Beach to witness the final destination of the ancient lava flow. This journey allows you to gain a holistic understanding of the dynamic relationship between the lush forest, the serene lake, and the volcanic terrain that shaped them.



Duration: Approx. 3 hours

C

### A Caldera on Mt. Fuji? Exploring Volcanic Wonders at Lake Shojiko

Walk through Aokigahara-jukai Forest while discovering the dramatic traces of Mt. Fuji's past eruptions along the shores of Lake Shojiko. After your hike, savor a delicious venison curry—a dish thoughtfully created to promote a sustainable coexistence between the forest and the local community.



Duration: Approx. 3 hours

D

### The Three Vantages of Aokigahara-jukai Forest: Above, Within, and Beyond

Start your journey at Kawaguchi Asama-jinja Shrine, where you will connect with ancient spiritual beliefs and the long history that nurtured Aokigahara-jukai Forest. Experience the "edge" of the forest at Nenba Beach, take in the breathtaking panoramic views from Mt. Sankodai, and feel the vibrant breath of life within the mystical Ryugu-Doketsu (Dragon Cave). This curated route allows you to gain a holistic understanding of how the sacred peaks, the deep forest, and the volcanic earth are all profoundly interconnected.



Duration: Approx. 4 hours

# Safety Guidelines for Aokigahara-jukai Forest

## Attire

OK



NG



Clothing: Wear comfortable layers, a hat, and broken-in trekking shoes.  
Hands-Free: Use a backpack for your belongings. Keeping your hands free is essential to prevent injury if you trip on the uneven lava terrain.

NG



Weather changes quickly in the mountains. Always carry rain gear. Please avoid using umbrellas as they restrict your movement and vision; a raincoat is much safer for trekking.

For your safety, we recommend wearing light-colored clothing and avoiding dark tones while in the forest. Please also refrain from using strong fragrances, such as perfumes or scented hair styling products, as these are known to attract hornets.

Aokigahara-jukai Forest is part of a national park. Please observe the following rules and etiquette to protect this precious environment.



### Use guides and route maps

For a safe and enjoyable experience, use local guides and route maps to choose a trekking path that matches your physical fitness level.



### Wear a helmet inside caves

Exercise caution regarding low ceilings inside the caves. Wearing a helmet is strongly encouraged. Additionally, as many areas are slippery underfoot, please take care to maintain your balance and avoid falls.



### Greetings and trail etiquette

When you meet others in the forest, exchange a friendly "konnichiwa" (hello) and share the path with one another. A simple greeting makes the journey more pleasant for everyone!



### Stay on the designated trails

Entering areas off the nature trails is strictly prohibited. For your safety, please be aware that deep lava fissures and holes can be hidden under fallen leaves, posing a high risk of serious injury or falls. Additionally, staying on the trail is essential for protecting the forest's delicate ecosystem.



### No Littering

Please take all your trash home. Small items like plastic fragments or leftover food can be fatal to the forest's wildlife and birds if swallowed. Your cooperation is vital to saving the lives of the animals that inhabit this forest.



### Protect the Forest's Life

Do not remove any plants, moss, or rocks from the forest. As a developing ecosystem, every element of this young woodland is a precious source of life. Graffiti and any other forms of vandalism are strictly forbidden. Please help us preserve this natural heritage for generations to come.



### Embrace the silence

To preserve the tranquil atmosphere, please keep voices low and avoid loud sounds. This is a place to fully experience the whispers of the trees and the sounds of the wild.



### The use of open flames is strictly prohibited.

Any activities involving fire or environmental destruction are forbidden to prevent wildfires and protect the ecosystem.



春



夏



秋



冬