

# *Explore* Shizuoka

Explore the spectacular natural environment, authentic Japanese culture, unique history and renowned cuisine of the majestic home of Mount Fuji.

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[Exploreshizuoka.com](https://exploreshizuoka.com)



# NATURAL BEAUTY, ON LAND AND SEA

From the iconic Mount Fuji in the north to 500km of spectacular Pacific coastline in the south, Shizuoka is a region of outstanding natural beauty, with highlands, rivers and lakes giving way to the white sand beaches and volcanic landscapes of the Izu Peninsula. And all this just one hour from Tokyo by shinkansen (bullet train).

Okuoioko Station

## MOUNTAINS, FORESTS AND FALLS

At 3,776m high, the majestic “Fuji-san” is Japan’s best-known symbol with shrines paying homage to the mountain and paintings illustrating its beauty. Designated a UNESCO World Cultural Heritage Site in 2013, the climbing season runs from July to early September.

Shizuoka’s central area is dominated by deeply forested mountains that stand over 800 m in height, tea plantations and beautiful waterfalls, such as the Shiraito Falls which, along with the 25m Joren Falls on the Izu Peninsula, is ranked among the 100 most beautiful waterfalls in Japan. The Seven Waterfalls of Kawazu are surrounded by a thick forest of pines, cedars and bamboo with a walking path taking you to all seven in roughly one hour.

For a unique and unforgettable experience, visitors can take the historic Oigawa steam railway to visit the beautiful “Dream Suspension Bridge” across the Sumatakyo Gorge.





Mount Fuji view from Ita, Numazu



Shuzenji



Paragliding

## THE IZU PENINSULA

Surrounded by ocean on three sides, the Izu Peninsula was designated a UNESCO Global Geopark in 2018. Twenty million years of shifting undersea volcanoes created its dramatic landscapes and natural hot springs. You can take a cablecar up to the 580m Mount Omuro and walk around the rim for panoramic coastal views.

Often called Japan's "Riviera", Izu is also characterised by seaside resorts such as Ito and Atami on the eastern side and Shimoda, with glorious beaches interspersed with pine forests, at the southern tip. The rugged Jōgasaki coastline features 9km of coastal walking trails with spectacular ocean views as well as a 43m suspension bridge, while the dramatic west coast scenery around the Dogashima Coast features the Tensodo sea cave with a spectacular natural skylight.

With its mild climate, the Izu peninsula sees some of the earliest cherry blossoms in Japan. The deep pink Kawazu cherry blossoms bloom from early February to early March and the Kawazu Cherry Blossom Festival is visited by a million people each year.

## GETTING ACTIVE

If you're looking for adventure in an idyllic setting then Shizuoka has everything and more.

On land, adrenaline junkies can get their fix through a variety of sports, from hiking and biking, to paragliding and golf. The deeply forested mountains offer challenging and relaxing hikes that end up in astounding views, while the 9km Jogasaki coast trail on the Izu Peninsula offers beautiful views of the jagged cliffs and stone formations that hug the coast.

Meanwhile, the abundant quiet roads, where cars are seldom seen make Shizuoka a paradise for cyclists.

Watersports enthusiasts will also find themselves spoiled for choice in Shizuoka. From snorkelling, diving and scuba to canoeing, kayaking and, surfing, it's the perfect coastal playground, both in and on the water.

All in all, the number of ways to experience the natural beauty of Shizuoka are too many to count.





Sakura shrimp

# GOURMET PARADISE

**With its warm climate and bountiful natural resources, Shizuoka is home some of the finest food Japan has to offer. From fields of green tea and wasabi in the mountainous interior to fresh seafood from the Pacific coastline of the Izu peninsula, Shizuoka is a gourmet paradise.**

## GREEN TEA

Green tea plantations adorn the region, so it is no surprise that Shizuoka is the biggest producer of green tea in Japan, with tea cultivation estimated to have begun as early as the 1200s. With centuries of experience, it is no wonder that Shizuoka's tea is regarded as some of the world's finest.

## WASABI

Meanwhile, the temperate climate, awe-inspiring mountainous terrain and infinite supply of fresh, flowing water are the reason Shizuoka also produces the highest wasabi output in Japan, with the Izu peninsula and the Utogi mountains being the largest areas of wasabi production.

## SEAFOOD

With its long Pacific coastline, seafood is another regional speciality. The distinctive Sakura shrimp can only be caught in Suruga Bay, which is also home to the world's largest crab, the Japanese Spider Crab. Shimizu port sees the biggest catches of bigeye and yellowfin tuna in Japan while Lake Hamana was the birthplace of eel farming 100 years ago, and it remains its most famous delicacy.

## SAKE, BEER AND WHISKEY

Shizuoka's award-winning sake, some of the purest and cleanest one can find, is also testament to the fresh, flowing mountain water and is lauded both in Japan and around the world. And the region also has a blooming local industry of craft beers and whiskeys to enjoy.

## EXPERIENCES

Visitors to Shizuoka can not only enjoy tasting its local specialities, but can take part in a host of fascinating hands-on activities. These range from a "farm to table" experience staying with a local family, fishing for sea bream with a local fisherman, craft beer brewery and whiskey distillery visits, green tea cultivation and tasting, food tours and sushi making classes.



Tea plantation



Dried horse mackerel



# HISTORY AND CULTURE

**Shizuoka is alive with history, from places of great historical importance to World Heritage sites, national treasures and unforgettable cultural experiences.**

Climbing Mount Fuji

## HISTORY

The ancient Tokaido route, linking Tokyo with Kyoto, winds through Shizuoka's mountains and along its shores. For a traditional Tokaido experience, visitors can walk the route staying at local inns en route, or take the high-speed bullet train. Either way, the route is alive with activities and attractions to explore as it follows Shizuoka's winding Pacific coastline.

Historical sites and ruins tell of Shizuoka's part in Japan's ancient past. Kakegawa Castle was built to protect the Enshu area, and has been designated an important cultural asset of Japan while the Shuzenji Temple, said to



Tokaido Ukiyo-e Print by Hiroshige

have been founded by Kobo Daishi in the 9th century, gave its name to the famous onsen town. At Shimoda on the Izu Peninsula, Commodore Perry landed in 1853 and Japan ended its isolation policy to the outside world.

## CULTURE

Instantly recognisable, Mount Fuji has been an important influence on Japanese culture for centuries, a place of pilgrimage and an inspiration for artists and poets.

On the south western slopes of the mountain, the city of Fujinomiya grew up around the most prominent and important shrine in the region, the Sengen Shrine, also the traditional starting point for climbing the mountain. The nearby Mount Fuji World Heritage Centre, designed by world renowned architect Shigeru Ban, features a reflecting pool that mimics the shape of the mountain, while inside a 192m spiral slope gives visitors the experience of climbing the mountain themselves.

Another important element in Japanese culture is onsen (hot spring) bathing, and Shizuoka boasts the highest number of onsen accommodations in Japan, from coastal onsen from where you can gaze out to sea to mountain onsen surrounded by nature.

Shizuoka offers a host of activities and experiences giving visitors the chance to discover the rich local culture. These include a geisha experience, learning matcha calligraphy and taking part in the 88 temple pilgrimage around the Izu Peninsula.

Meanwhile, a host of distinctive museums and galleries includes the MOA Museum of Art with its impressive collection of East Asian art and national treasures.



Fujisan Hongu Sengen Taisha Shrine

# TOKYO 2020 OLYMPIC GAMES PARALYMPIC GAMES

## Held in Shizuoka

### Cycling Events



#### Road Venue



#### Fuji International Speedway

Japan's leading international circuit



#### Olympic Games

Road Fuji International Speedway

Track Izu Velodrome

Mountain bike Izu Mountain Bike Course

#### Paralympic Games

Track Izu Velodrome

Road Fuji International Speedway

Competition dates

#### Track Venue

#### IZU VELODROME

Japan's first indoor cycling dome with a 250m wooden track

Japan's first indoor 250m wooden-track cycling venue (Union Cycliste Internationale (UCI) standard)



#### Mountain Bike Venue

#### IZU Mountain Bike course

Off-road course with views of Mount Fuji





# CYCLING in Shizuoka

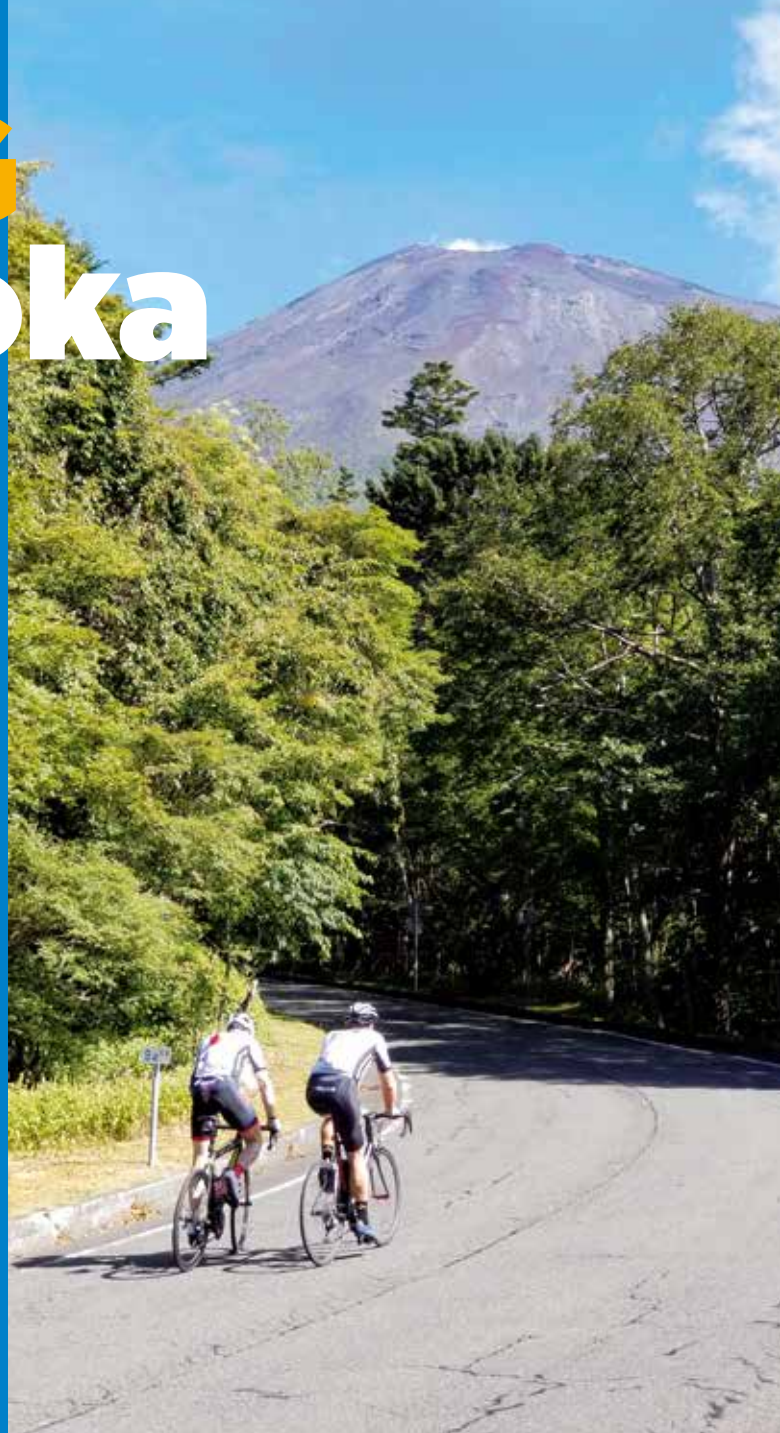
Shizuoka's landscape changes rapidly, delighting cyclists with contrasting scenery over short distances. Western Shizuoka is famous for its sprawling green tea plantations. The plains of the central region around Mount Fuji boast rice paddies and farms. Cyclists can also enjoy steep, rugged scenery from the coastal roads that circumnavigate Izu Peninsula in eastern Shizuoka.

## MOUNT FUJI AREA

To the south-eastern side of Mount Fuji lies a hilly landscape suited to intermediate and advanced road cyclists. This area provides a variety of challenging climbs, the most famous being the Azami Line up Mount Fuji.

The diabolically steep Azami Line snakes 12km up to the 5th station of Mount Fuji. With a 'World Class' difficulty rating, the climb is used for several cycling events throughout the year, where riders come to test themselves on the 12% average gradient.

This area is home to the iconic Mount Fuji Speedway. This legendary car racing circuit has been selected as the finish line for the Tokyo 2020 Olympic Road Race, and to host Olympic time-trial events.



## THE IZU PENINSULA

Izu Peninsula is a resort area popular for its hot springs, beautiful coastlines, beaches, mild climate and scenic mountainous interior. This area offers cyclists some amazing coastal riding with views of Mount Fuji and the Pacific.

## HAMAMATSU

Lake Hamanako is known as the "sea lake" because a 15C earthquake collapsed the lake's southern wall connecting it with the Pacific. Circumnavigate Lake Hamanako using 50km of scenic bicycle paths registered under the "Scenic Byways of Japan".







# WHERE TO GO

**In addition to its natural beauty, Shizuoka is home to a number of attractive cities, towns and resorts for visitors to discover. Here are some of the highlights.**

## SHIZUOKA CITY

The prefectural capital is located between the scenic Suruga Bay and the Japan Southern Alps. Highlights include the Kunozan Toshogu Shrine, the 7km pine-fringed Miho no Matsubara beach, the Shizuoka Sengen Jinja shrines, Sunpu Castle and Shimizu Port, renowned for its stunning views and fresh seafood.

## HAMAMATSU CITY

Hamamatsu is Shizuoka's second city. Its attractions include Hamamatsu Castle, built by Tokugawa Ieyasu in 1570, and Lake Hamana, a popular resort area offering water sports such as water skiing, kayaking, wind surfing and parasailing as well as fishing for the famous local speciality, eel. Its Museum of Musical Instruments reflects the city's heritage in musical instrument manufacture.

## FUJINOMIYA CITY

Nestled at the foot of Mount Fuji, Fujinomiya is home to the famous Mount Fuji Hongu Sengen Taisha Shrine – which is believed to date back more than 2,000 years to appease the gods so that the people and the mountain could live in harmony – and the Mount Fuji Heritage Centre. It is also famous for an award-winning local fried noodle dish called Fujinomiya Yakisoba.

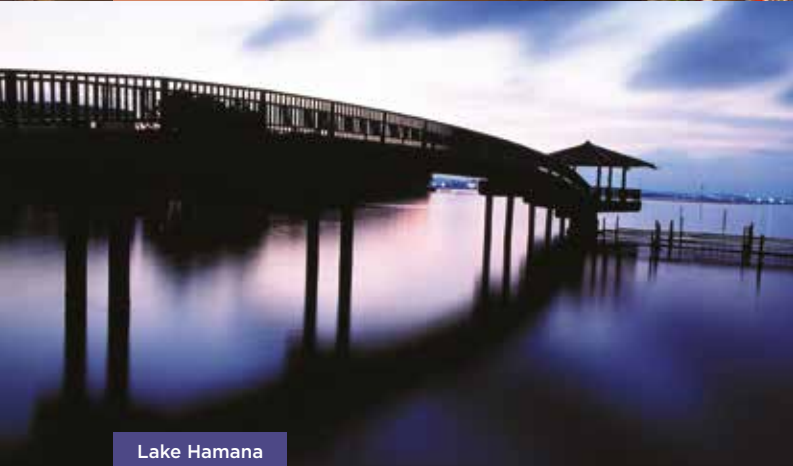
## KAKEGAWA CITY

Kakegawa Castle stands majestically on the hill protectively watching over the town of the same name, and is also known as Kumokirijō (“The Castle Shrouded in Mist”). Another local highlight is Honjin dori, a hidden food alley of outdoor eateries and bars, beckoning you in for a bite.





Honjin Dori



Lake Hamana

## IZU PENINSULA

- The seaside hot-spring town of *Atami* lies only a 45-minute bullet train ride from Tokyo and acts as the gateway to the rest of the peninsula. In February, the town is filled with the sweet scent of Ume (Japanese Plum) blossoms.
- The sleepy fishing town of *Ito* is famous primarily for its onsens but also offers cultural attractions including art galleries, literary walks and ocean-front sculpture gardens, while the Ikeda Museum of 20th Century Art features big names such as Dalí, Warhol and Miró.
- The peaceful and atmospheric hot-spring (onsen) town of *Shuzenji* was originally established by the famous Buddhist Monk Kobo Daishi in the 8th century and is one of the most famous hot spring towns on the Izu Peninsula.
- The area around *Shimoda* at the southern tip of the peninsula, has the beauty of a tropical resort with its blue waters and white sandy beaches and is a popular spot for marine sports. It was the landing place for Commodore Perry and his “black ships” in 1854, and has several commemorative monuments to the event.

# WHERE TO STAY

Shizuoka has a wide range of accommodation options for a memorable visit, from city and resort hotels to traditional ryokan, minshukus and nohakus. Take your pick!

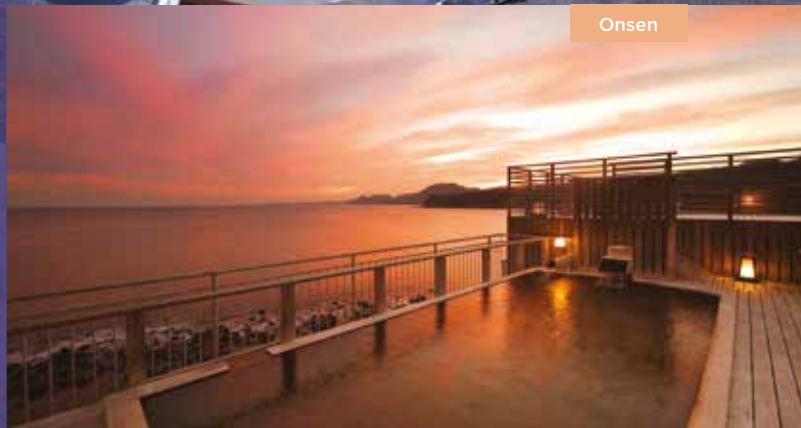
*Ryokans* are Japanese style inns found throughout the region, and especially in the hot spring resorts. They are the perfect way to experience traditional Japanese hospitality, from tatami mats on the floor and futons to sleep on to local cuisine. Visitors can choose between traditional ryokans, little changed for centuries, to those that add more contemporary touches.

*Minshuku* are family operated tourist homes where you are made to feel like one of the family. They offer visitors the opportunity to enjoy the warmth of local hospitality and traditional Japanese lifestyle.

Like minshuku, in *Nohaku* locals host visitors in their own homes but in an agricultural setting. As well as staying with the local family, with these farm stays guests work together with them and experience local life in farming, fishing or mountain villages.



Yaizu Port



Onsen



# Book your Japanese experience at **Mount Fuji** Travel

[exploreshizuoka.com/mt-fuji-travel/](https://exploreshizuoka.com/mt-fuji-travel/)

At every stop along Tokaido Shinkansen in Shizuoka, there are a wide variety of authentic Japanese experiences.

## UNIQUE NIGHT SPEARFISHING EXPERIENCE ON LAKE HAMANA HAMAMATSU STATION

The night fishing commences at sunset on a small boat. You catch fish with a spear and net. Enjoy grilled fish while watching the night sky!



## GREEN TEA PICKING & TASTING KAKEGAWA STATION

Experience traditional Japanese tea picking and tea making on a beautiful tea farm. The tea is made with extra care and the taste is outstanding.

## SEAFOOD LOVERS TOUR OF SHIZUOKA SHIZUOKA STATION

Yaizu is one of the largest fishing ports in Japan. Visit a bonito factory, sushi restaurant, and fish market to enjoy tasting, cooking and shopping!



## EXPLORE IZU WATERFALLS ATAMI STATION

Visit seven waterfalls formed by lava flows.

After walking along the trail, you will surely feel refreshed both in body and mind.



## AUTHENTIC GEISHA EXPERIENCE MISHIMA STATION

Visit an Onsen town for a special experience with Geisha. Enjoy watching them dance and play traditional party games with them.

## MOUNT FUJI PARAGLIDING EXPERIENCE SHIN FUJI STATION

Enjoy exploring the sky with our paragliding instructors!

Leave the paragliding control to our instructor, while you enjoy with the wonderful aerial view.



Osaka    Hamamatsu    Kakegawa    Shizuoka    Shin Fuji    Mishima    Atami    Tokyo Sta.







Cherry blossoms and Mount Fuji



Green tea plantation and Steam locomotive

Shizuoka is the ideal destination for anyone who has come to Japan looking for Authentic Japanese Experiences – Shizuoka has played an important role in Japan's long and proud history and many of the traditions, culture and way of life have been preserved over the years.



Shimoda city



Nishi-Izu



Shiraito Falls



Fresh Seafood

Shizuoka's unique geography stretches from the mountains to the sea, and is where Japanese people come to reinvigorate their spirit in onsen, make pilgrimages to shrines and temples, ascend the majestic Mount Fuji, and drink tea.



Green tea



Autumn





Hamamatsu Castle



Sunset in Nishiizu

## TRAVEL INFORMATION

Perfectly located between Tokyo and Osaka, with bullet trains leaving each major city almost every 20 minutes, Shizuoka is very easy to get to.

Leaving Tokyo on the shinkansen bullet train (Tokaido Line), one of the first stops is Atami, the gateway to eastern Shizuoka, and only takes 45 minutes.

Coming from Osaka or Kyoto, to Shizuoka is equally convenient, with the bullet trains reaching Hamamatsu, in the heart of Western Shizuoka in about 2 hours.

By car, the journey time from Tokyo is just over an hour, or from Osaka is less than 4 hours.

Many of the best areas of Shizuoka can be explored by train. From the beaches of Shimoda at the bottom of the Izu peninsula via Izukyu Shimoda Station, to Gotemba station for outlet shopping with Mount Fuji as the background.

## CLIMATE

Excluding the northern mountain area, Shizuoka Prefecture has a warm oceanic climate with an average yearly temperature of 16.1°C and 2,326.9mm of annual rainfall. Although the four seasons are clearly distinguished, winters are dry and feature many days full of fine weather.



Jogasaki Coast

# ExploreShizuoka

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