Accessing the Metropolitan Parks in the Sayama Hills

Metropolitan Parks in the Sayama Hills

Sayama Park, Hachikokuyama Park, Higashiyamato Park

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A 21.8-kilometer bicycle and pedestrian road, starting from Higashiyamato Station on an 11-kilometer circuit of Lake Tama and continuing to the Sakai Purification Plant in Musashimurayama. The park is well known for the irises that bloom in June and for its well-maintained walking paths and cycling routes.

Lake Tama Cycling Road

This 85-hectare park is managed as a preserve, with groves of mixed tree species and wetland areas left in their natural state for outdoor viewing.

Saitama Midori-no-mori Nature Park (Iruma)

One of a series of five centers operated by Saitama Prefecture for nature study in the Sayama Hills.

Sayama Hill Flora and Fauna Interaction Center (Tokorozawa)

A protected watershed forest area surrounding Lake Tama and Lake Sayama, which were created as a “water jug” for greater Tokyo, the Sayama Hills remain as a green oasis on the edge of the urbanized area, and one of the finest and most important natural environments in the metro region. There are now four parks managed by the Tokyo metropolitan government in the Sayama Hills, each with its own distinctive characteristics.

Sayama Park has long been a favored spot for school excursions and other outings. Walking and observing nature in the mixed-species woodlands is an excellent, family-friendly introduction to the enjoyment of the Sayama Hills. Hachikokuyama Park, together with Kita Park adjacent to the south, offers an expansive satoyama landscape. Step into the bright multispecies woodlands on with moderately rolling terrain, an ideal walking environment.

Higashiyamato Park was the first of the Sayama Hills parks to come under preservation by the metropolitan government. Its silent woodlands are an invitation to leisurely enjoyment of nature at its fullest. Noyamakita provides the largest area of all the Metropolitan parks, and offers varied terrain, numerous volunteer opportunities, and rich satoyama scenery.

Sayama Park, Hachikokuyama Park and Higashiyamato Park are introduced on the reverse side of this brochure. You are cordially invited to experience the special features of each of these green areas.

Park Office: Metropolitan Sayama Parks Center, in Sayama Park

Park Management: Sayama Hills Partners

www.sayamaparks.com

The Seasons in the Sayama Hills

As spring visits the earthen-colored fields of the satoyama*, nations of plants take birth one after another. There is the silver-green of konara oaks, the deep red of mountain cherry trees, and this is the best time to distinguish them clearly, as their colors offer vivid proof of ongoing biodiversity.

During the early summer is the time to enjoy the refreshing air and the colorful flowers in Hachikokuyama Park. A center for interactive learning about archaeology, nature, arts and crafts, and local cultural traditions, with a common theme of connections between people and nature.

In the midsummer, the popular Saitama Midori-no-mori Nature Park in Iruma offers bird watching in the mixed-species woodlands.

During the late summer is the time to enjoy the refreshing air and the colorful flowers in Hachikokuyama Park. A center for interactive learning about archaeology, nature, arts and crafts, and local cultural traditions, with a common theme of connections between people and nature.

In the midsummer, the popular Saitama Midori-no-mori Nature Park in Iruma offers bird watching in the mixed-species woodlands.

The children have arrived, chasing the kabutomushi beetles and butterflies (and even Daddy locks a bit dreamy). Look in the direction of a sweet fragrance, where a large golden lily is rearing its head. The satoyama in summer is crowded with life forms, including chirping cicadas in the afternoon and fireflies in the evening.

Fireflies fit to fro and foxtailslisten above the autumn-colored grasses at the water’s edge. Wild grapes, Japanese beautyberries, gomazumi cranberry bushes, acorns from sycamore and konara oaks. Enjoy observing the various nuts, fruits, and berries as you walk. The autumn colors of the mixed-species woodlands are at their peak in early December.

Birds appearing in the satoyama in winter include the dusky thrush, pale thrush, red-flanked bluetail and Daurian redstart. The leaves are fallen from the diverse trees of the woodland, leaving clear sight lines that are perfect for birdwatching. Enjoy this crunch of new-fallen leaves while strolling in the crisp, refreshing air.

In Sayama Park the park ranger leads guided walks. Experience nature during a one-hour ramble through the satoyama. The themes vary with the seasons, and the individual rangers. For further information, visit www.sayamaparks.com.

For further information about Sayama Park, Hachikokuyama Park or Higashiyamato Park, contact the Parks Center in Sayama Park

0423-93-0154
3-17-19 Tamako, Higashimurayama, Tokyo 189-0026

www.sayamaparks.com

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A pamphlet about the Metropolitan Sayama Hills Parks and Sayama Kita-Rokudoyama Park is available from the Parks Center in Sayama Park, or online at www.sayamaparks.com

Welcome to the Metropolitan Parks in the Sayama Hills

* satoyama: a forested hill located near a village or town, where crops are grown on the lower slopes and trees are grown on the upper slopes.
Sayama Park
A starting point to get acquainted with people and encounter nature Gateways to the Sayama Hills

Sayama Park, opened in 1937, has long been appreciated for its picturesque landscapes with cherry blossoms, autumn maples, and lake scenery. The most accessible of the Sayama Hills parks, it can be comfortably and safely enjoyed by everyone from small children to senior citizens. Sayama Park is the ideal gateway to the Sayama Hills. The park has numerous cherry trees with varying appearances including Yoshino cherry, mountain cherry and oriental cherry, while Yakebeike Pond is surrounded by stands of Japanese maple and dogwood trees, and at the Parks Center there are flower beds planted by volunteers. Nature is available for full enjoyment in all seasons.

Trident Maple Grove
A brilliant forest of tall trees providing cool shade in summer and a world of yellows in the autumn. Fallen leaves create a comfortably soft and fluffy ground texture. Expeditions to the central area are available for any questions.

Open daily 9:00-17:00 (AED available at the Parks Center)

Metropolitan Sayama Parks Center (Park Office)
Event information, FAQs, and nature information. At your service for any questions.

Yakebeike pond (Tatchan Pond)
Fed by springs in the hills and water released from the dam, the pond is surrounded by osier and Japanese maple stands. With exceptionally beautiful foliage of new spring leaves and autumn color.

Lake Tama Dam and Cherry Trees
The view from the dam is spectacular, and extends to Mt. Fuji when the sky is clear. This is also a well-known area for viewing cherry blossoms, with several different cherry tree species.

• There are no trash cans in the parks. Please carry out your trash.
• Do not drive or park outside designated vehicle areas.
• Posting of notices or fliers is prohibited.
• Do not disturb or remove any plants, mammals, birds, fish or shells.
• When collecting insects, do not interfere with the orderly flow of park activities.
• Do not abandon animals in the park. No planting without permission.
• Any activity that could endanger or inconvenience other park users is prohibited, including golf practice, running a dog, making a fire, setting off fireworks, erecting a tent, using a radio-controlled device, or other personal use of park space.
• Exercise caution during stormy weather.

Rules for keeping our parks enjoyable and safe

Hachikokuyama Park
Reflecting on the past, and passing on to future generations Rural pathways linking history, people and nature

Higashiyamato Park
Experiencing, learning, and nurturing the wonders of the multispecies woodland museum

Higashiyamato Park retains the traditional Sayama Hills satoyama as an unchanged landscape. When plans for residential subdivisions were announced in the late 1960s, many area residents joined the local authorities in appealing to the metropolitan government for preservation measures. Their efforts resulted in the establishment of the first Sayama Hills park operated by the Tokyo government, in 1979. To take a few steps into the park is to enter fully into the natural satoyama, with clear birdsongs in the air and delicate hosta lilies and clethra blooming here and there along the paths.

Higashiyamato Park entrance

Tokorozawa City

Higashiyamato Park

Kosui oka are most renowned on the slopes, and petites along the kikyo. Various grasses and wildflowers are to be found.

Playground
An open area surrounded by tall trees, furnished with small-scale activity equipment and toilets.