

Tour to experience healing surrounded by clear water

A paradise of spring water, rivers, and flowers, and hot water for beautiful skin - let's go to Tochigi!

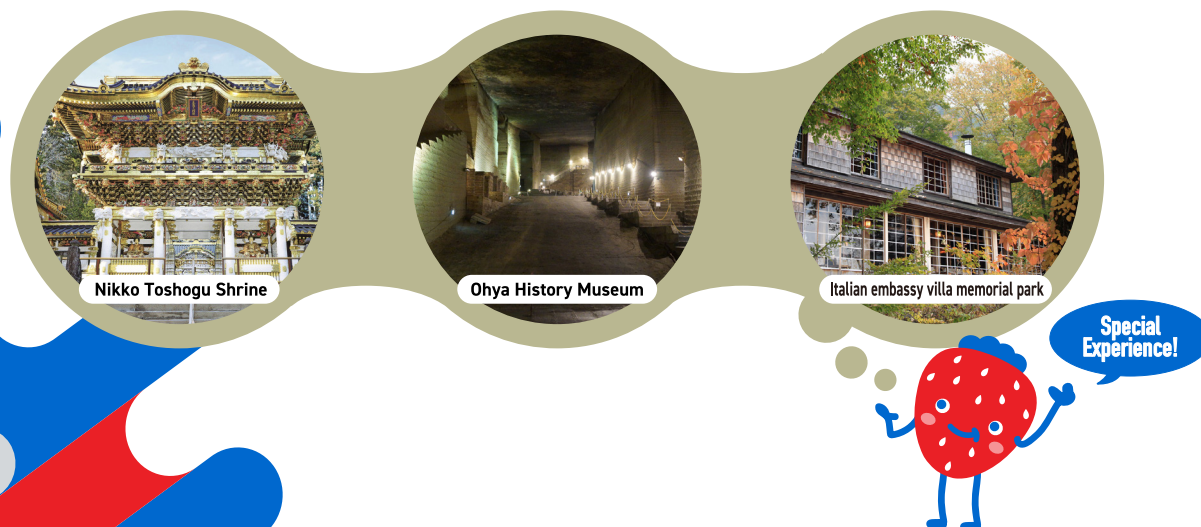
You can experience a variety of ways to relax and enjoy the water of Tochigi Prefecture, including the springs (ponds) that are the source of the prefecture's rich water quality, its majestic rivers, and its highly effective hot springs. Furthermore, we offer a refreshing trip where you can feel the life that is nurtured by the blessings of water, such as the flowers and food that are born from the pure water.



Tour of water scenery Enjoying with all five senses

Tochigi story of the culture and cuisine the blessings of water

This is a luxurious tour where you can experience the various charms of Tochigi that are woven together by water. Water is the source of vitality for Tochigi, and it connects people and nature, past and present. We have made it possible to enjoy the charms of Tochigi, which are not limited to the World Heritage Sites of "two shrines and one temple", at spots related to water. We have incorporated many contents that give you a sense of specialness, even though we have made it compact so that you can also combine it with other areas. Let's experience the essence of Tochigi right now!



Visit Tochigi

The secret is the water
Beyond Expo 2025 Tochigi's
Water-Blessed Vistas

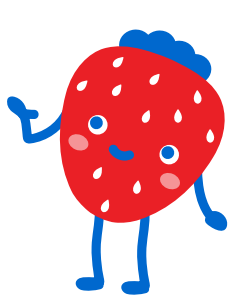
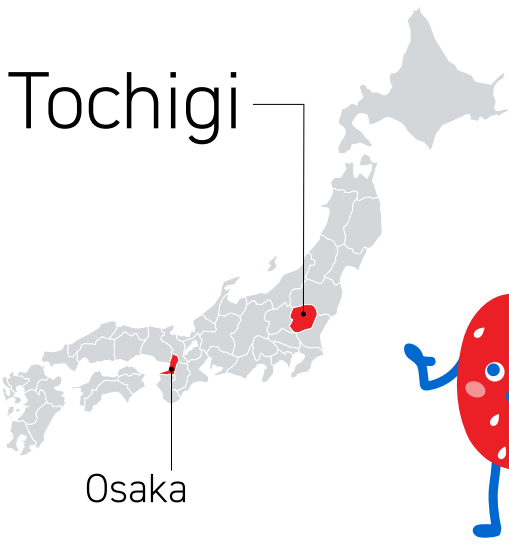


Tochigi Prefecture, with its abundant water resources, has long nurtured a rich natural environment and supported people's lives. This precious water has nurtured Tochigi's proud agricultural products, contributed to the brewing of distinctive sake, and historically supported trade between Edo and Tochigi via boat transportation. The lakes, waterfalls, and forested landscapes created by the water, as well as the abundant sources of warm hot springs, heal and invigorate many tourists. The beautiful scenery created by water, including lakes, waterfalls, and lush forests, and the natural hot springs continue to heal and energize visitors from Japan and abroad. Tours and contents to enjoy Tochigi will be introduced based on the concept of "Tochigi's water that nurtures life," which is highly compatible with the theme of the Osaka-Kansai Expo 2025.

Tochigi Area Map



Tochigi Prefecture is located approximately 100 km north of Tokyo. Utsunomiya, its most populous city, can be reached in about one hour by Shinkansen. The northern Nasu and Nikko areas are home to a range of mountains with peaks more than 2,000 meters high, giving way to wide open plains in the south. Each area has its own distinct features, from the Nasu area, one of the premier highland resort areas in Japan, to the Nikko area and its UNESCO World Heritage shrines and temples in the mountains, the central area with Utsunomiya as its transportation hub, the eastern area which have thriving traditional crafts, and the southern area, which is nearest to Tokyo and once flourished as a commercial center.

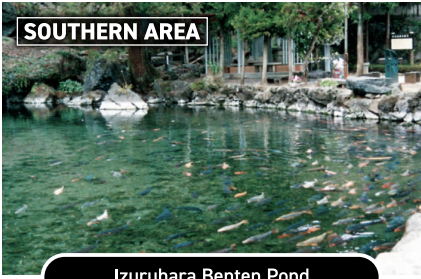


Introducing recommended sightseeing spots



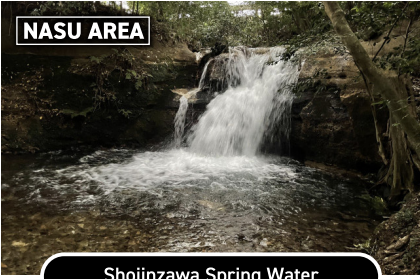
Lake Chuzenji

Lake Chuzenji is the largest lake in Tochigi, framed by 25 kilometres of incredible nature. The area used to be a popular summer resort for foreigners in the late 19th to early 20th centuries. The villas of French and Belgian embassies can still be found here. You can enjoy seasonal charms by the lake. Walking trails surround the water's edge and there is an excursion boat available on the lake. The views from the lake are spectacular, particularly when the cherry blossoms or azaleas are blooming or when the autumn leaves are turning. The "Koyo-meguri" tour, enjoying autumn leaves reflecting on the lake, is highly recommended.



Izuruhara Benten Pond

One of Japan's 100 best water
Izuruhara Benten Pond, the source of the Izuru River, is designated a Prefectural Natural Treasure and was selected as one of the nation's clearest water sources by the Ministry of Environment. Take a look down into the transparent water and you will find Koi fish with sparkling scales swimming gracefully over swaying water plants. Samples of the pristine water are available to take home from the neighbouring Ichinokan hotel. Be sure to take a close look at the main building of Isoyama Benzaiten Shrine. Reconstructed in the Kamakura period (1185-1333), this cultural property is constructed without nails and displays the beauty of traditional Japanese architectural methods. Isoyama Benzaiten (nicknamed Fuzai) is a goddess of music, arts and knowledge and is one of seven lucky Sano gods built here in 948. The Benzaiten Shrine was moved here at the request of "Suisha-ko", a group of devout local worshippers.



Shojinzawa Spring Water

In 1985, Shojinzawa Spring Water was selected as one of "the 100 most exquisite and well-conserved water sources in Japan" by the Ministry of Environment. The spring is located on a hillside of Mount Takahara, surrounded by hundred-year-old primeval forests. The crystal clear water springs out at more than 10 locations and is around 11 degrees in temperature throughout the year, never freezing or running dry even in winter.



Wakayama Farm Bamboo Forest

Wakayama Farm is a family farm that has been producing chestnuts, bamboo shoots, and bamboo seedlings over three generations. The spectacular bamboo forest that extends in the 24-hectare land is also popular as a filming location for movies and commercials. Farm visitors can try bamboo shoot harvest and bamboo craft creation in addition to a walk in the bamboo forest. On weekends and holidays, you can enjoy an out-of-ordinary experience including drinking matcha from a bowl made from bamboo and seeing the illuminated bamboo forest at night. The café offers meals that feature the flavor of ingredients grown by farmers in the neighborhood and drinks that are perfect to take on a walk. The farm also has a museum where visitors can learn about the ecology and use of bamboo and a gallery showcasing Japanese bamboo handicrafts. The shop sells agricultural products including bamboo shoots, chestnuts, and blueberries, and also the chestnuts sweet "Oh Kuri" made by thoroughly kneading the nuts of carefully grown chestnuts. You will also find the farm's original bamboo shoot products such as jars of additive-free boiled bamboo shoots harvested in spring.



Yoshimura Nouen

Since its establishment in 1986, Yoshimura Nouen has been devoting itself to producing strawberries that make everyone fall in love, enjoy, and smile. It is also producing a unique blend of soil, which is indispensable for growing tasty strawberries. In its 30 greenhouses, strawberries that fit the preference of the times are produced with innovative efforts, and visitors can enjoy picking a wide variety of strawberries there. You can taste the difference of not only rare breeds but also breeds that represent Tochigi, including Tochiotome, Skyberry, and Tochi-Aika. To make strawberry picking enjoyable to more people, the farm has created a walkway wide enough for strollers and wheelchairs. In 2023, the farm also created a café space.

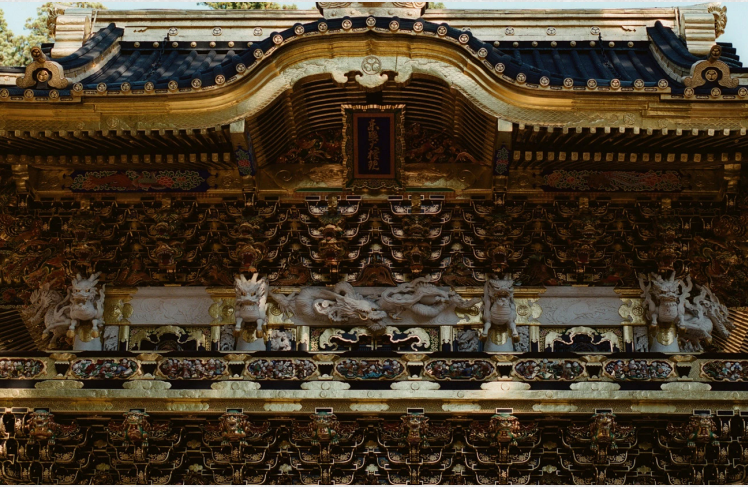
Nature

In Japan there are marked changes in the four seasons, and the trees and flowers appear different in each season, including the cherry blossoms in spring and the autumn leaves in fall. In Tochigi Prefecture, mid-April to June following cherry blossom viewing season is an especially good time to see wisteria blooms that form a canopy under the sky and azalea with lovely red and pink flowers. Here, we introduce Tochigi Prefecture as a noted place for viewing flowers.



History

There are numerous historical buildings scattered throughout Japan, including in the ancient capital of Kyoto and in Kamakura where the samurai culture flourished. Counted among them is the World Heritage site, the Shrines and Temples of Nikko in Tochigi Prefecture. Part of the complex site is the popular Nikko Toshogu Shrine, which retains its stunning appearance 400-plus years after it was constructed. We take a tour of Toshogu Shrine with a shrine carpenter responsible for its repairs to explore the beauty of its construction.



Culture

On the island nation of Japan, a variety of cultures have taken root in each region. Distinctive traditional cultures have been fostered in various areas of Tochigi Prefecture as well, including traditional crafts utilizing regional resources and festivals that pass down history. Among them are onsens (hot springs) created by Tochigi's abundant nature that can be called a culture deeply connected to each region's history. This article introduces the onsen culture in Tochigi where there are over 600 springs.



Food & Drink

Japan stretches north to south and differs by region in climate, culture, and local specialties nurtured by the regional soil. Tochigi Prefecture is situated approximately 100 km north of Tokyo in an area that extends from mountainous land into an open plain. It also has a variety of local specialties nurtured by the mountains and clear streams that flow from those mountains. Among the many local specialties of Tochigi Prefecture, here we focus on well-known specialties unique to Japan-wagyu (Japanese beef), yuba (tofu skin), and Japanese sake (rice wine).

