

Explore Shizuoka



Explore the spectacular natural environment, authentic Japanese culture, unique history and renowned cuisine of Shizuoka Prefecture - off the beaten path Fuji.

Exploreshizuoka.jp

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 a short trip from Tokyo by Shinkansen (bullet train).

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, rolling hills of vibrant tea plantations and beautiful waterfalls, such as the Shiraito Falls where snowmelt water from Mount Fuji gushes out.

The brackish Lake Hamana offers a myriad of water sports, while Lake Tanuki attracts photographers for its well-known “Double Diamond Fuji”.

For a unique and unforgettable experience, visitors can take the historic Oigawa Railway steam train into the mountains along the mighty Oi River and visit the beautiful “Bridge of Dreams” suspension bridge across the Sumatakyo Gorge.



Shirahama Chuo Beach, Shimoda



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.

Often called Japan’s “Riviera”, the Izu Peninsula 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. You can take a cablecar up to the 580m Mount Omuro summit and walk around the crater for panoramic coastal views, 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. The nearby Kawazu Seven Falls are surrounded by a thick forest of pines, cedars and bamboo with a walking path taking you to all seven falls in roughly one hour.

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.



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 tuna in Japan while Lake Hamana was the birthplace of eel farming over 100 years ago, and it remains its most famous delicacy.



Tea plantation

Sakura shrimp

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, sake brewery and whiskey distillery visits, green tea cultivation and tasting, sushi making experiences and food tours.



Wasabi



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



Kakegawa Castle

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 1854 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 Fujisan Hongu Sengen Taisha Shrine, also the traditional starting point for climbing the mountain. The nearby Mt. 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 193m 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 and learning matcha calligraphy©. 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 and the Hamamatsu Museum of Musical Instruments that reflects the city's heritage in musical instrument manufacture.



Fujisan Hongu Sengen Taisha Shrine

ADVENTURE TRAVEL



GO BEYOND POPULAR SPOTS AND DISCOVER HIDDEN GEMS OF JAPAN

Adventure Travel allows us to experience a new place on a deeper level than rushing through the tourist sights.

Instead of passive “sightseeing”, Adventure Travel provides us with an opportunity to step outside the usual tourist path to engage with the locals and reconnect with nature through exciting activities.

Not only is Adventure Travel good for you, but it is also good for the local communities you visit.

Employing local guides and operators helps sustain the small communities economically, and human powered activities like cycling and hiking have less impact on the environment.

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.

Shizuoka's unique geography stretches from the mountains to the sea, and at every stop along Tokaido Shinkansen in the prefecture, there are a wide variety of experiences to satisfy adventurous minds.



Through adventure – both fast and slow, you will take home memories of the people you meet and the culture you experience as you travel through Shizuoka.

<https://exploreshizuoka.jp/activities/>

WORLD CLASS CYCLING DESTINATION



Shizuoka's landscape changes rapidly, delighting cyclists with contrasting scenery over short distances.

The landscapes and terrain within the western region, famous for its green tea plantations, are very different from the plains, farms and rice fields that surround Mount Fuji, which is then in turn very different to the rugged and steep coastal roads of Izu Peninsula.

Shizuoka also offers something for cyclists of all levels from beginners right through to passionate cyclists – city cruising to mountain downhill chargers to hardcore hill climbers.

It is no wonder that Shizuoka was home to most of the Tokyo 2020 Olympic Games cycling events.



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 pinefringed Miho-no-Matsubara beach, the Shizuoka Sengen Jinja Shrine, Sumpu Castle Park and Shimizu Port, renowned for its stunning views and fresh seafood.

HAMAMATSU CITY

Hamamatsu is Shizuoka's most populated 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 farming for the famous local speciality, eel. The city is home to many gardens that boast the seasonal beauty in delightful colours.

FUJINOMIYA CITY

Nestled at the foot of Mount Fuji, Fujinomiya is home to the famous Fujisan 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 Mt. Fuji Heritage Centre, Shizuoka. 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 eateries and bars, beckoning you in for a bite.

Ishibu Rice Terrace



Lake Hamana



Kunozan Toshogu Shrine

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 geo sites dotted throughout the city wow visitors with natural wonders created by ancient volcanic activity.
- The peaceful and atmospheric hot-spring (onsen) town of *Shuzenji* was originally established by the famous Buddhist Monk Kobo Daishi in the 9th 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 ryokans, 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.

Minshukus 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 minshukus, in *Nohakus* 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

Shizuoka's Thirty-six Views of Mount Fuji

The 18th century Ukiyoe Artist Hokusai Katsushika depicted various scenes featuring the majestic Mount Fuji in his famous series “Thirty-six Views of Mount Fuji”. His works are widely known and have greatly influenced some of the world's most renowned artists like Van Gogh.

Today, visitors can enjoy Shizuoka's own take inspired by his masterpiece with 36 views of Mount Fuji seen from the prefecture.



1 Jukkoku Pass (Kannami)



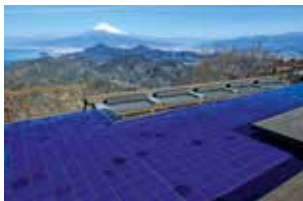
2 Kumomi Coast (Matsuzaki)



3 Senganmon (Matsuzaki)



4 Cape Kogane (Nishizu)



5 Izu Panorama Park (Izunokuni)



6 Mishima Skywalk (Mishima)



7 Cape Ose (Numazu)



8 Mizugazuka Park (Susono)



9 Susono Panorama Road (Susono)



10 Takenoshita Rice Terrace (Oyama)



11 Tagonoura Port (Fuji)



12 Urui River Ryugan Abyss (Fuji)



13 Mt. Fuji and Shinkansen Tobushimin Plaza (Fuji)



14 Iwamotoyama Park (Fuji)



15 Obuchi Sasaba (Fuji)



16 Fujinokuni Tagonoura Minato Park (Fuji)



19 Asagiri Highland (Fujinomiya)



22 Yamamiya Sengen Shrine (Fujinomiya)



25 Mt. Fuji World Heritage Centre, Shizuoka (Fujinomiya)



28 Nippondaira Hotel (Shizuoka)



31 Yoshiwara, Shimizu Ward (Shizuoka)



34 Mt. Fuji Shizuoka Airport (Makinohara)



17 Yuno Rice Terrace (Fujinomiya)



20 Shiraito Falls (Fujinomiya)



23 Silver grass at Asagiri Highland (Fujinomiya)



26 Miho-no-Matsubara (Shizuoka)



29 Satta Pass (Shizuoka)



32 Shimizu Port (Shizuoka)



35 Omaezaki Port (Omaezaki)



18 Lake Tanuki Diamond Fuji (Fujinomiya)



21 Shiraito Nature Park (Fujinomiya)



24 Nishiusuzuka (Fujinomiya)



27 Nihondaira (Shizuoka)



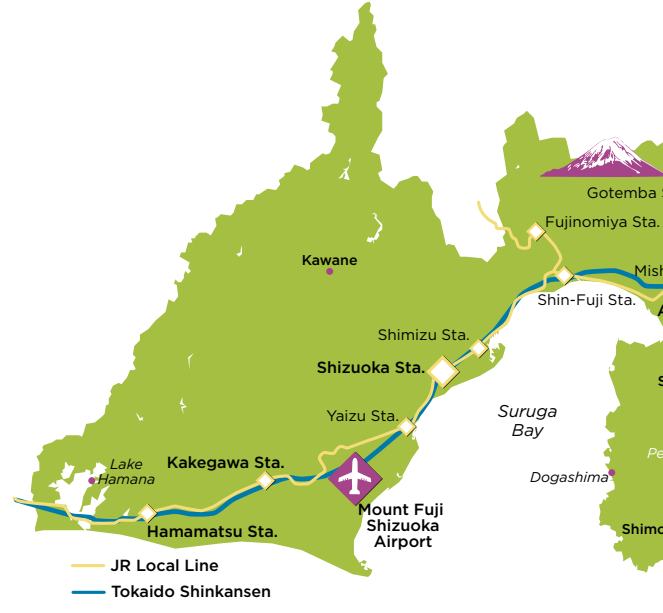
30 Nihondaira Yume Terrace (Shizuoka)



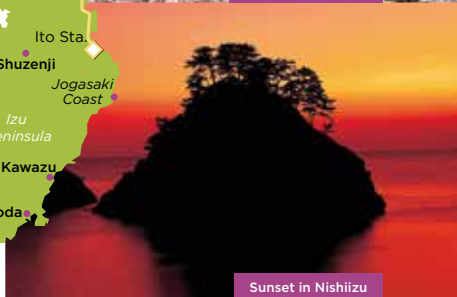
33 Yaizu Port (Yaizu)



36 Prefectural Route 223 (Suruga Bay Ferry)



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 90 minutes.

By car, the journey time from Tokyo is just around 2 hours, 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 around 16.5°C and 2,300 mm of annual rainfall. Although the four seasons are clearly distinguished, winters are dry and feature many days full of fine weather.



Jogasaki Coast

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