

# 1200-Year-Old Primeval Forest at the Foot of Mt. Fuji. Fully Enjoy the jukai forest and Three Lakes Explore on Foot, Paddle, and Savor Local Game Cuisine

## Nature

Trees growing on the lava base cannot send their roots deep. For this reason, the trees in the Aokigahara-Jukai forest appear to stand on exposed roots that creep along the surface, resembling feet. Their unique survival strategy is 'Nurse-Log Regeneration'. A parent tree, fallen by strong winds, becomes a cradle for new life. Using the decaying trunk of the parent tree as nourishment, young saplings sprout and grow vigorously. This cycle-where 'a tree that has completed its role connects to the next generation'-is the silent heartbeat that preserves the Jukai as a 'Spring of Life.'

## Culture

The most plausible theory holds that the stone wall Fence was constructed by Takeda Shingen (or the Takeda forces) during the Sengoku (Warring States) period. This area, where the stone wall Fence remains, was a critical military junction, as it was traversed by the Nakamichi Ōkan-a major route connecting Kai (Yamanashi) and Suruga (Shizuoka). It is believed that the wall functioned as a defensive structure for the nearby Motosu Castle, built to prepare for attacks from enemies.

## Food

Venison cuisine was developed as a solution for the effective utilization of the overpopulated deer. Attention has been drawn to the freshness, deliciousness, and health benefits of the meat, making it a current 'culinary highlight' around Lake Motosuko."

**Let's post today's best memory on social media!**

**Please use the following hashtags.**

#富士山 #fujisan #Mt.Fuji  
#青木ヶ原樹海 #Aokigahara-jukai\_forest  
#青木ヶ原の真実 #Aokigahara-jukai\_forest's\_truth  
#アドベンチャートラベル #Adventure\_travel  
#山梨 #Yamanashi #生命の森 #神秘的  
Aokigahara-jukai forest Promotional Video  
<https://youtu.be/iMRaytPUEUw>



We appreciate your participation in this survey.



**Business Planning :**  
Culture, Tourism and Sports Department Yamanashi Prefectural Government  
Tour Planning and Execution : Tōbu Top Tours Co.,Ltd.Kofu Branch  
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## 「Aokigahara-jukai forest's truth」 Three Lakes Course

Lake Motosuko,Shojiko&Saiko

 Travel Date : November 29th, 2025

 Meeting Point : ①(Time: 9:15 AM): Mt.Fuji Station on the Fujikyuko Line (Bus Lanes 5 & 6)

※Our staff will guide you immediately after you exit the ticket gate.

②(Time: 9:45 AM): Saiko Wildbird Forest Park (2068 Fujikawaguchiko-machi, Minamitsuru-gun)

## 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, lichens, moss, and ferns established themselves. Eventually, seeds carried by insects, birds, and the wind took root, allowing trees to grow. Today, in addition to evergreen conifers like Japanese Hemlock and Japanese Cypress, deciduous broad-leaved trees such as cherry and maple are also visible. The soil layer is only about 10 cm deep. Exposed lava and a wide variety of mosses create the distinctive landscape of this area.

## What to Bring

- Towel
- Rainwear  
(Separate jacket and pants type)
- Change of clothes
- Bag for wet items
- Umbrella
- Garbage bags
- Hat and Gloves
- Drinks
- Snacks
- Heat pad

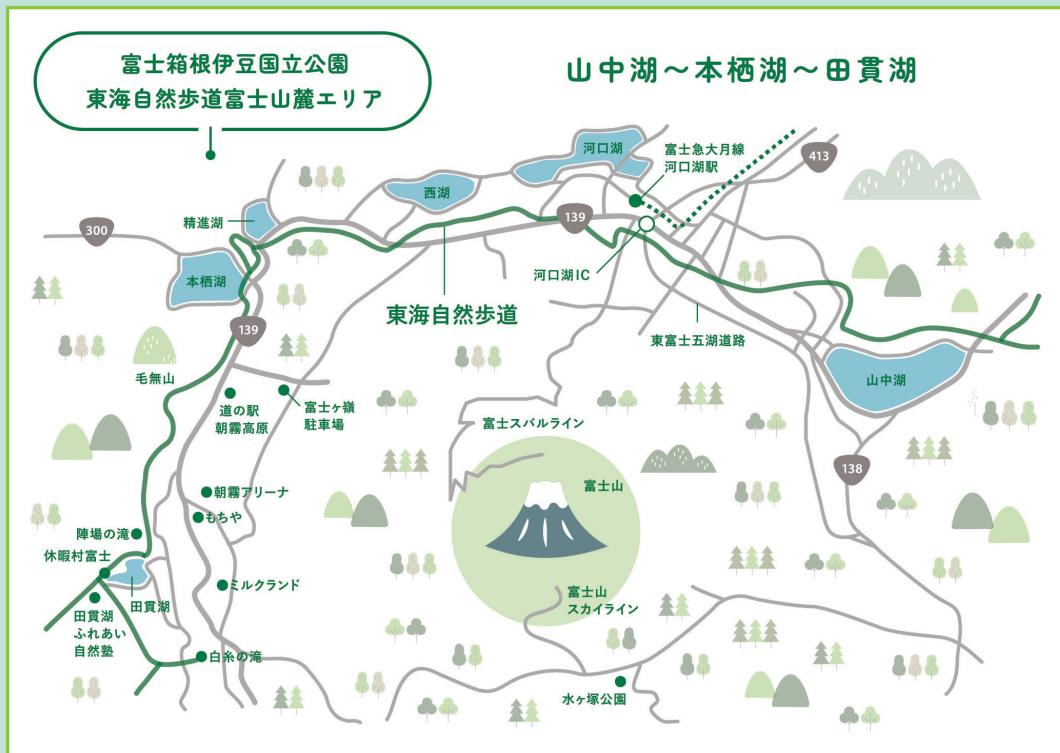
## Rules for Walking in Aokigahara

Aokigahara-jukai Forest is in Fuji-Hakone-Izu National Park. Please respect nature.

- Stay on the designated trails (or footpaths).
- Do not collect or remove natural objects, including plants, animals, and lava.
- Do not leave trash (Please take all trash home with you).
- Open fires and bonfires are prohibited.

## Attire

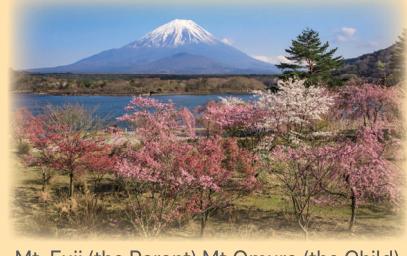
- Comfortable clothes for walking  
Note: You may be splashed with water during the canoe experience. Please wear water-friendly clothing
- Trekking shoes  
Note: Waterproof shoes are recommended



## Three Lakes Course

- 9:15 Mt. Fuji Station  
 9:45 Saiko Wildbird Forest Park  
 Departure Ceremony  
 (depart parking lot by bus at 10:15)  
 Lake Motosuko Forest Walk (Stone Wall Fence)  
 12:30 Lunch (venison curry)  
 13:15 Lake Shojiko (Mt. Fuji embracing its child)  
 Nenba Beach (Canoe Experience)  
 Saiko Iyashi-no-Sato Nenba  
 16:20 Saiko Wildbird Forest Park  
 17:00 Mt. Fuji Station

### 3 Mt. Fuji embracing its child



Mt. Fuji (the Parent) Mt. Omuro (the Child)

### 5 Saiko Iyashi-no-Sato Nenba



quintessential scenery of Japan

### 4 Nenba Beach / Canadian Canoe



End point of Aokigahara-jukai forest that is visible before my eyes

### 1 Stone wall Fence



The stone wall Fence said to have been built by the Takeda Clan

### 2 Venison Curry



The New Specialty :  
Venison Curry

