

# “Natural Parks in Tokyo – Rules & Regulations”

Tokyo Metropolitan Government hopes that every visitor to one of our natural parks has a pleasant time enjoying the beautiful nature we have to offer while respecting the rights of other visitors. We've outlined some basic principles, rules and regulations for guests to follow to ensure that everyone can enjoy themselves in one of our natural parks.

## Basic Principles

### 1 Natural parks are home to some of our most precious nature, so we have to protect such special spaces

Once we lose natural spaces, we can never get them back. It's our duty to protect and conserve nature for future generations.

### 2 Natural parks also come with some risks

Although natural parks are wonderful places to enjoy the outdoors, they also present some hazards, especially during earthquakes, lightning strikes or other naturally occurring events. We should take all possible measures to maximize our safety during the trip, including planning, preparing, equipping, and being physically capable of the activities we plan to do in natural parks.

### 3 Some areas of natural parks are private property

Please respect the goodwill of any private property owners during your time in the parks.

### 4 “Natural Parks in Tokyo – Rules & Regulations” is reviewed periodically and may change depending on the condition of the parks and conservation efforts taking place

“Natural Parks in Tokyo – Rules & Regulations”  
applies to the following areas:

- ① Chichibu-Tama-Kai National Park (Within Tokyo prefecture)
- ② Meiji-no-Mori Takao Quasi-National Park
- ③ Tokyo Metropolitan Natural Parks
- ④ Mountain Trails connecting ① and ③ (Within Tokyo prefecture)



# Tokyo Natural Parks – Rules & Regulations

Please respect and follow our park rules so that everyone can enjoy their time in natural parks



## For everyone

### 1 Be sure to take all of your trash out of the park with you

Leaving trash in the park damages the natural environment and landscape, and also harms wildlife. Take everything home with you so that others can enjoy the park in a clean state too.

### 2 Don't deviate from the Mountain Trails

Stay on the Mountain Trails for your own safety and so that local vegetation is not damaged.

### 3 Leave the local wildlife, wild plants and rocks/minerals in the park

Feel free to take plenty of photos to keep great memories of your time in our natural parks, but don't take anything else that isn't yours.

### 4 Don't feed wildlife and maintain a good distance

Many of our parks are home to wildlife. Please don't feed, threaten or surprise them for their safety and your own. We share the parks with the local wildlife, so please respect their privacy.

### 5 Listen to the sounds of the park

Parks are full of the sounds of the wind, streams, and birds singing. Enjoy these sounds without headphones and any other audio devices for the comfort of others too. These sounds will also alert you to potential hazards such as falling rocks.

### 6 Before you visit mountains, notify someone about your destination

Make sure to inform your family or friends of your destination, and submit a Mountain-Climbing Registration Form for your safety, especially when you visit mountains alone.

### 7 Take care not to disturb other visitors when moving in groups

Natural parks are a great way to spend time with friends, but don't forget to be considerate of other visitors, especially when using park facilities. Allow other, smaller groups or individuals through. Priority should be given to the smaller group when passing each other and overtaking others.

### 8 If you smoke, be careful not to bother other visitors

Many people visit natural parks for some clean air. Avoid smoking in areas where many people gather, such as entrances and around toilet facilities. Don't throw away cigarette butts.

### 9 Take care not to damage the nature and facilities when you use mountain-climbing equipment

To protect the Mountain Trails, attach tip protectors to your trekking poles, and don't use climbing irons, except for snow covered surfaces.

### 10 Don't bring in animals and plants which have a risk of damaging the eco-system

Non-native animals and plants can be dangerous to the eco-system of the natural park. Please don't leave any animals or plants behind. In addition, remove mud and seeds from your shoes and clothing before entering natural parks.



## For people accompanying pets

(For people who climb mountains or go sightseeing in natural parks accompanied by dogs, cats, or other animals)

### 11 Keep your animal supervised at all times

Recognize that there are people who don't like animals, and when you use a lead, keep it short and let pets walk beside you.

### 12 Don't take ill pets to natural parks

Pets with sickness or disease might cause damage to the natural environment. Keep these pets at home, or take them to see a vet.

### 13 Clean up after your pet

Owners are responsible for cleaning up after their pets. Children play in the parks too, so please be as hygienic as you can with the disposal of your pet's waste

# Tokyo Natural Parks – Rules & Regulations

Please respect and follow our park rules so that everyone can enjoy their time in natural parks



## For people enjoying trail running

(For people who run the Mountain Trails for sport or as a hobby)

### 1 4 Walk when you pass each other or overtake others

Overtaking while running can be dangerous. When you pass or overtake others, please slow down and make the other party aware of your presence. Using bear bells attached to your backpack or clothing can help.

### 1 5 Don't stay in crowded areas for long periods

Natural parks are crowded with many visitors during long holidays or the spring and autumn seasons. Try not to spend too much time in congested areas so that everyone can enjoy the occasion. Mt. Takao in particular can become crowded with visitors throughout the year.

### 1 6 Walk when the Mountain Trail conditions are bad

At times when there are puddles or frost on the Mountain Trails, running can cause significant damage, so please keep walking.

### 1 7 Walk along the 1st natural research trail at Mt. Takao

Please walk along the 1st natural research trail at Mt. Takao (see the figure on the right) because there are always many visitors and vehicles.



## For people enjoying mountain biking

(For people who want to go off-road biking)

### 1 8 Note that the Mountain Trails are maintained for the purpose of walking

The Mountain Trails in natural parks are maintained as footpaths for the purpose of walking as noted in the Natural Parks Act. Mountain bikes are light-weight vehicles, so avoid entering the Mountain Trails in Meiji-no-Mori Takao Quasi-National Park and Takao-Jinba Natural Park because many people climb or hike. Please also be considerate with your bike at other parks during high seasons.

### 1 9 Don't enter areas by bike where the natural environment is delicate

Don't enter any area of high-quality nature, such as Special Protection Zones and Class I Special Zones, in order to conserve the environment.

### 2 0 Don't enter natural parks by motorcycle

Don't enter any natural parks by motorcycle for the purposes of leisure so as not to break the silence and damage the Mountain Trails.