

Mount Mitake (Ome)

Animals living in the sacred forest.



Mount Mitake, about an hour’s drive from central Tokyo, is a sacred mountain that has been believed for centuries to be the home of gods. The middle reaches of the mountain contain a shrine, and are famed for their autumn leaves.

There is a mixed forest right by the shrine, where you can see many different birds. The popular rock garden is filled with strangely-shaped rocks, and has a small stream flowing through it. In the river, you can see cherry salmon, which like the cold, clear mountain stream.

As a sacred forest, logging is prohibited on Mount Mitake, so we have an untouched natural environment. Here we can even see Japanese serow. They eat lots during autumn so they can survive the winter.

What creatures and plants can we see?

Japanese grosbeak	Noted for its large yellow beak. It mostly lives in the mountains, but spends winters on the plains.
Rustic bunting	This bird migrates here for winter. It is becoming rarer in Japan, and in the world, so we need to protect its habitats including farmland.
Long-tailed tit	This bird lives in the plains to the mountain forests, and eats insects and so on. It can also be seen in the company of other species of small birds.
Cherry salmon (yamame)	When they grow, many individuals migrate to the sea, but there are also those that spend their entire lives in the river. These are called yamame or “landlocked cherry salmon.”
Eurasian wren	One of the very smallest birds in Japan. In summer, you can hear it tweeting on fallen trees or wetlands alongside mountain streams.
Japanese serow	It keeps its horns for life; as they do not regrow. It used to live on high mountains, but the population has grown, so it can now be seen even at lower altitudes.



Japanese serow



Eurasian wren

Did you know that Tokyo has natural environments like this?

Many different types of wildlife live in the various environments, like mixed forests or mountain streams.

We hope you will actually go and visit these places to experience the beauty of nature, and will come to realize the importance of protecting these environments.