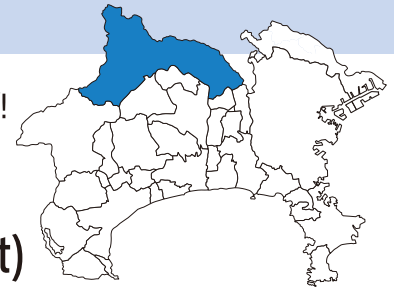


Central of
the Prefecture
**Sagamihara
City**
Tourist Attraction No.
1851

<Sports · Landscape>

A thrill and superb view! 92 activities on the cliff!

Muscle Monster (Lake Sagami's Resort Pleasure Forest)



Explanation of
Tourist Attraction

A hexagonal huge building towering towards the great sky stands at the cliff of the mountaintop of Lake Sagami Resort. The three-story athletic area and the facilities, including a rooftop observatory, are packed with lots of fun. There are 92 activities of "never seen before", such as a bridge to the cliff and flying bicycles. Some activities are purposely set up to go towards the cliff. If you gather enough courage to step out to the cliff, you will enjoy a spectacular scenic view of the sky at the same time, experience the thrill of the distance to the ground underneath you. There's an excellent view from the five-story observatory where you can overlook the mountains and Lake Sagami surrounding the park.

selling point

A colossal climbing attraction, first ever in Asia and Japan

Address	1634 Wakayanagi, Midori-ku, Sagamihara, Kanagawa
Opening Hours	9:00 am to 5:00 pm (March to November) , 9:30 am to 4:30 pm (December-February)
Availability of Parking	Available. 2,500 spaces available: 1,000 yen for standard-sized cars / 2,000 yen for large vehicles
URL	http://www.sagamiko-resort.jp/musclemonster/

Recommended Season

Late November to March

Group/Individual Mark

Individual

Target Regions

Europe, North America, Oceania, Asia

Access

- Get off at Lake Sagami Station (JR Chuo Line) . From Lake Sagami Station, take bus for 8 mins, get off at "Pleasure Forest Mae".
- Take bus for 35 mins. from Hashimoto Station North Exit (Keio Line). Get off at Mikage, then take the bus bound for Lake Sagami Station. Get off at "Pleasure Forest Mae".

Model Route No. **158** Specific Model Route Details

Individual

JR Line [Yokohama Station] +++ (50 mins.) +++JR Line [Hachioji Station] +++ (10 mins.) +++ JR Line [Takao Station] +++ (10 mins.) +++ JR Line[Lake Sagami Station] === (10 mins.) === <<Lake Sagami Pleasure Forest 60 mins.>> === <<Lake Sagami Onsen Ururi 60 mins.>> === <<Stroll Lake Sagami Ridge>> === (10 mins.) === JR Line [Lake Sagami Station] +++ (10 mins.) +++ JR Line [Takao Station] +++ (10 mins.) +++ JR Line [Hachioji Station] +++ (50 mins.) +++JR Line[Yokohama Station]

Start Yokohama Station (JR Line)

Goal Yokohama Station (JR Line)

Time Required 6 hours



Nearby Sightseeing Spot

Sagamiko Park



Located in a prime spot overlooking Lake Sagami where you can enjoy all four seasons. A retro-style shooting game and Smart Balls are very popular.

Sagamiko Exchange Center (Dam Curry)



"Tomoshihi Café Restaurant Green Apple"(2F) offers Dam Curry that is decorated to look like the dam. The ingredients are assorted to resemble fish and driftwood floating in Lake Sagami.