

BROOK'S opened health & me-byo theme facility
in Oi Town, Kanagawa Prefecture

BIOTOP!A

me-byo valley

The word BIOTOPIA comes from the two words 'BIO' (realization of a society where life can shine and prosper) and 'UTOPIA' (an ideal place where me-byo initiatives and efforts can come true).
The word me-byo valley addresses the Western area of Kanagawa Prefecture that has been chosen as the main area where to build a healthy society through 'integration', 'creation', and 'transmission.'
BIOTOPIA's concept focuses on 3 main words: 'Food' received from the nature, 'Exercise' to tone your body, and 'Healing' to release your senses.
All generations, from children to elders, can enjoy me-byo and experience its improvement.

be Well! Food



Eating well and consciously everyday helps you build up a base of your body for tomorrow.

be Active! Exercise



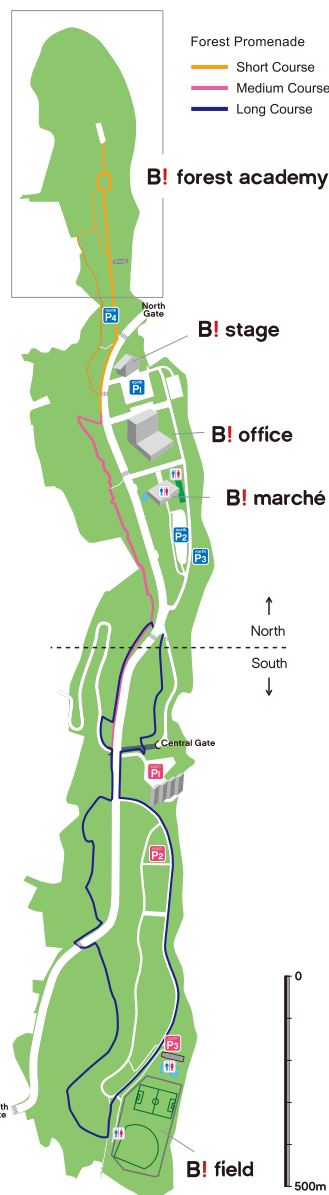
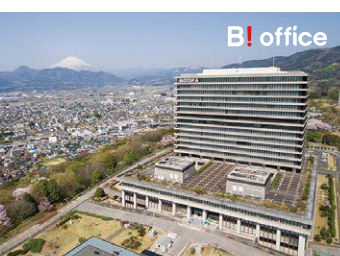
Regular exercise is very important for a life-long health.

be Free! Healing



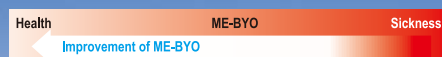
Interacting with your body can improve your health from inside.

BIOTOPIA
me-byo valley



Feel the nature and release your five senses.
Surrounded by Mt. Fuji, Hakone, Tanzawa, Sagami Bay and Ashigara Plain.
This area of 60 hectares (13 times bigger than Tokyo Dome), long about 3 km from North to South, is blessed by the natural environment.
The topography of this luxuriant hill is the perfect environment for plenty kinds of trees, plants and wild birds.

What is ME-BYO®?



People's body condition cannot be clearly divided in 'health' and 'sickness'. The body condition and state of mind of everyone continuously changes between health and sickness, and the status between these two is defined as 'me-byo'. It is important to 'know the status of body and mind' (=visualize me-byo), and to be healthier to maintain the balance of body and mind.

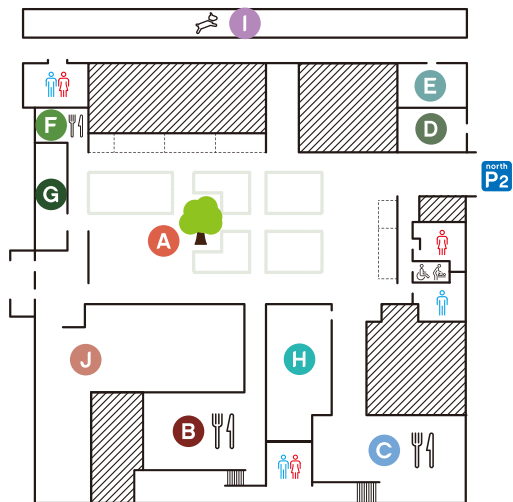
BiOTOP!A marché

BIOTOPIA marché is an open and bright facility with a large window surrounded by green area. This place leads to an improvement of me-byo, and where you can find a variety of products and experiences to enjoy.



*Closed on New Year's Holidays

BiOTOP!A marché map



A Marché 9:30-17:00

Soothe your body and mind.
We offer a variety of fresh, local, and organic grown products by dedicated producers.



Japanese Sake (Liquor)



Wine, Imported Product



Traditional Crafts



Special Products



Fermented, Natural Foods



Vegetable, Fruits



BROOK'S Products



Aromatic Beauty Goods



Refresh Forest

*The image is for illustration purpose only.



B Japanese restaurant 'Mizuho no Sato'
11:00-17:00 Last Entry 15:00 L.O 15:30



C French Restaurant 'Café Saint-Jacques'
Café 10:00-17:00 Lunch 11:30-14:00



D Gardening Shop
Les Doigts Verts
9:30-17:00



J me-byo XPLAZA (Kanagawa Prefecture)
10:00-17:00

Buffet style Japanese restaurant with locally grown ingredients. Enjoy our authentic clay pot by choose the ingredients which suits you better at the buffet.

Supervised by the winning chef of the award 'Meilleur Ouvrier de France (M.O.F)'. Enjoy our coffee, bakery and delicatessen prepared with local ingredients.

Interactive facility run by Kanagawa Prefecture. Get a chance to improve your lifestyle while enjoying learning more about me-byo.

[Closed]
-Monday (Opened in case of National Holiday)
-Next day of National holidays
(Except in case of Sat., and Sun.)
-New Year's Holidays (12/29 - 1/3)
-Opened from 7/20 to 8/31 without summer break



F KOSYUEN Café 10:30-17:00
G KOSYUEN 9:30-17:00



H Kitchen Studio Appointment only



I Dog Run (Small, Medium Size) 9:30-17:00

Japanese tea and Wa (Japanese) items are available at the shop. Enjoy light meals, Japanese sweets and local sake (Japanese liquor) at the café bar.

We held a variety of me-byo events as learning how to choose healthy foods, cooking classes and seminars. The studio is equipped with a camera for filming your cooking video.

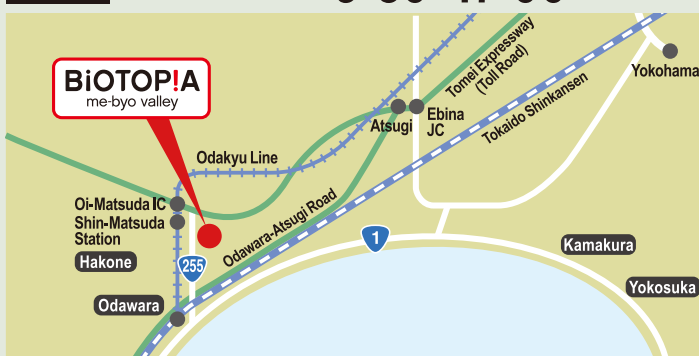
A spacious dog-run area is available. Dogs can improve their me-byo, too.



Forest Academy/Forest Therapy®
Appointment only

At the academy, you can experience diverse activities that make the best use of the wealthy local nature, as Forest Therapy®, cooking classes, mandarins picking, yoga and more. During season changing, take a walk in the 5.4 km gentle-pathway and relax in Shinrin-yoku, the forest bathing.

ACCESS [Business hours] 9:30-17:00 [Closed] New Year's Holidays



[Access information]
300 Yamada Oi-machi, Ashigarakamigun,
Kanagawa Pref. 258-0015 Japan

By train

- Shinjuku Station - Shin-Matsuda (Rapid Express and Express) approx. 80 minutes.
- Tokyo Station - Odawara (Shinkansen) - Shin-Matsuda (Odakyu line) approx. 60 minutes.
- Shin-Matsuda Station (Odakyu line) - me-byo valley BIOTOPIA (Fujikyu Shonan Bus) approx. 10 minutes.
- Bus Stop: Shin-Matsuda Station North Exit, Fujikyu Shonan Bus Stop No. 1 to Me-byo Valley BIOTOPIA.

By car

- Tokyo IC (Tomei highway) - Oi Matsuda IC exit - continue on route 255 and turn at Boumura intersection. Approx. 55 minutes. Parking: Approx. 400 cars.

Contact, Marché

0465-85-1120

BIOTOPIA office TEL 0465-85-1113

BROOK'S Holdings
Me-byo Valley 'BIOTOPIA'

For more information, please visit our website

www.biotopia.jp

Promoted by BROOK'S Holdings in association with Oi Town and Kanagawa Prefecture.

