



Japan Holidays
EXCLUSIVE TOUR

SHIN-ETSU TRAIL TREKKING TOUR 2019

Daily departures between June and October

From \$1050 per person



TOUR DESCRIPTION

Introduction:

This seasonal tour departs daily from Iiyama between June and October

Inclusions:

Official English speaking guide on trail - half day

2 x breakfasts , 1 x lunch and 2 x dinners

2 Nights in Madarao Kogen Hotel

Shin-etsu trail club Official Course Map

Non Inclusions:

Transfers to Iiyama-- Japan Holidays can assist with details on travel to Iiyama using a Rail pass

Local bus between Iiyama station and Madarao

Kogen, return

Pay locally for drinks with meals and lunches

Entrance fees not mentioned in itinerary

A single room supplement for solo travellers

Price: \$1050 pp

Short Description:

The Shin-etsu Trail runs for 80 kilometers along the border between Nagano and Niigata Prefectures, following the path of the Sekida Mountain ridge. Tall, well-shaped beech trees form a corridor of green along the path. The packed-earth trail also makes for easy walking. In spring, the last traces of snow can be seen among new greenery and flowers bursting into bloom. In the fall, hikers can enjoy the brilliant colours of autumn leaves. These passages were used for carrying salt and sea-products from Niigata and Uchiyama paper and mustard seed oil from Nagano. The famous warlord Kenshin Uesugi is said to have led tens of thousands of his men through these passages to fight the Battle of Kawanakajima.

Highlights:

- Partaking in this trek you'll truly feel a sense of contributing to the local area through the accommodation, guides and others with whom you come into contact and their love and appreciation of nature
- Located around 1,000m above sea level, it is one of the few long trails of Japan
- This area is blessed with a rich ecosystem, including magnificent Japanese beech tree forests.
- An opportunity to learn so much about the local history and culture.
- Travel on Japan's famous bullet train to Iiyama
- Trek from Nagano to Niigata on the Shin-Etsu Trail enjoying the seasonal beauty of the Sekida Mountains

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ITINERARY

Day 1 TOKYO-IIYAMA

Arrive at Iiyama Station by *Shinkansen* (bullet train) and visit the Tourist Information Centre to collect an orientation map for trekking. Make your own way to Madarao Kogen by local bus. Check in to the Madarao Kogen Hotel and prepare for your trek. Transfer by bus to Yamanoie visitor centre where you will meet your local guide from the Shinetsu Trail Club. This guide has an intimate knowledge of the area and will make your afternoon trekking adventure very interesting. At 5:30pm you will be picked up and return to relax in the *onsen* before dinner at the hotel.

Dinner included



Day 2 IIYAMA

Enjoy a western style breakfast at the hotel and pick up a delicious *obento* (lunch box) before your bus transfer to Akaike, the starting point of today's 6hr trek. Trek on your own over a small hill and through the beech-tree forest to Numanohara Wetlands, which blossom with flowers after the spring thaw. Walk over a small hill to Lake Nozori. From the top of the hill, Mt. Madarao, Hakama Peak and even Mt. Myoko can be seen on a clear day. Descend through the larch-tree forest to Wakui Shinike, and then continue along a farm road, lined with refreshing patches of spring water -- the perfect treat for an exhausted hiker. Walk along a paved road Wakui Village where the bus will collect you. Dine at the hotel after a soak in the *onsen*.

Breakfast, lunch and dinner included

Day 3 IIYAMA-TOKYO

Breakfast at the hotel before check out. Take the local bus to Iiyama Station to commence your onwards journey.

Breakfast included



**Variations on accommodation & optional extension tours available
PLEASE ENQUIRE**

Japan Holidays



About Japan Holidays

Our team of travel specialists are experts on Japan. Their language proficiency and in-depth knowledge of customs, locations, and how to get around effortlessly is unsurpassed by many travel companies. This expertise has been honed by living in Japan or repeated visits. You'll enjoy peace of mind with our specialists managing every detail of your tour, from transportation to dining and accommodation. Japan Holidays is supported by an office in Japan, staffed with local experts who are available to assist you if needed while there.

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