



NAKASENDO & KAMIKOCHI TREKKING TOUR 2021

Sun 10th Oct - Thurs 21st Oct 2021

From \$7,399 Per Person Twin Share



TOUR DESCRIPTION



Begins: Sunday 10th October 2021 in Tokyo Ends: Thursday 21th October 2021 in Tokyo



\$7,399 pp - Twin Share

(Single supplement - \$1,660) *Subject to exchange rate

Inclusions









Daily Breakfasts, 8 Lunches accommodations & 9 Dinners



Luggage Forwarding Nagano to Matsumoto



Airport Transfer upon arrival/departure

Exclutions: International or domestic airfares / Entrance fees & Meals not shown in itinerary

Highlights

This tour is perfect for the traveller who loves the great outdoors, hiking and beautiful scenery while immersing themselves in the history and culture of Japan. We will walk in the footsteps of warlord Shoguns, merchants, princesses and pilgrims as we walk the Nakasendo. We stay in a combination of traditional inns and hotels giving you the best of both worlds. The tour is fully-escorted tour by Japan Holidays' staff & English-speaking local guides in each area who are uniquely qualified to offer personal insights, traveller tips and extensive knowledge.



footsteps of

Shoguns & Princesses who travelled the Nakasendo and learn about its fascinating history.

Highlight! Stay in a 300 year old ryokan which has welcomed royalty, writers, and celebrities and enjoy the local cuisine of the Kiso Valley. Highlight!

njoy a traditional Buddhist dinner shojin ryori after you walk the path to enlightenment in the secret underground passage of Zenkoji Temple.

Highlight! Marvel in the magnificent landscape and hues of Kamikochi.g





Your Japan Holidays Tour Leader - Mrs Juliane Suzuki

Juliane spent almost 20 years living and working in Japan as an interpreter before moving back to Australia in 2015 and joining the Japan Holidays team. Travelling extensively throughout Japan and living in difference regions of the country with her Japanese husband and bi-cultural children has given Juliane a really unique insight into this culture and lifestyle that few foreigners get to experience. Juliane loves being able to utilise her language skills and share her knowledge of Japan with clients to ensure they have the best possible experience during their time in Japan.



ITINERARY

10th October 2021 - 21th October 2021

TOKYO Arrival

Arrive at Tokyo's Narita or Haneda International Airport. You'll be met by a meet n' greet assistant and escorted to hotel. Upon arrival at the hotel, your Japan Holidays' Tour Leader, Juliane Suzuki, will be there to greet you and help settle you in. Juliane will remain with you for the entire tour.

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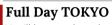
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Accommodation: Shiba Park Hotel, Tokyo (2 nights)

Tokyo Highlight!



You'll be met by a local tour guide who will show you some of Tokyo's top sites. The Metropolitan Government Building offers stunning aerial views of the city, including Mt. Fuji, Tokyo Tower and Meiji Shrine. Sensoji Temple, completed in 645 AD, is Tokyo's oldest and most colourful Buddhist temple in Asakusa. Shop for local crafts and food items on Nakamise-dori, where generations of artisans have sold their wares and enjoy the juxtaposition of skyscrapers that encircle the tranquil Hamarikyu Garden. We'll end the day with a Welcome Dinner at a local restaurant hosted by Japan Holidays.







TOKYO - NAGANO

Highlight! Nagano is home to one of Japan's most treasured Temples, 1400 year old **Zenkoji Temple** which our private guide takes us on a tour. We also visit the Nakamise dori shopping street, where we will find some souvenirs and unique street foods including Chocolate Chilli or Soy Sauce Ice Cream! For dinner, we will enjoy vegetarian Buddhist cuisine, known as Shojiin Ryori at a local temple designated for pilgrims.



Shojin Ryori





MAGOME 4

Our Nakasendo trail begins today as we travel by train to Nakatsugawa, where our local expert guide will meet us and guide us through the post towns of Ochiai-Juku and Magome Juku. After lunch, we explore Magome before checking into our accommodation.

The trail today takes us from Magome Juku to Tsumago Juku. As we step back in time and walk the same path that feudal lords and

Distance: 4.5kms / 60-90 mins

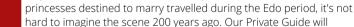
Accommodation: Traditional Inn, Magome (1 night)

Magome-juku









TSUMAGO

Accommodation: Traditional Inn, Tsumago (1 night)

enlighten us with his knowledge and stories.



KISO - FUKUSHIMA

Distance: 8kms/3hrs

This morning we make an early start with a short 4km walk before taking a train to the post town of KisoFukushima, which was home to the fated warlord, Yoshinaka Kiso. After lunch, we enjoy a historical walk around this fascinating post town with our local Private Guide.

Distance: 9kms / 3.5hrs

Accommodation: Traditional Inn, Kiso-Fukushima (2 nights)



KISO - FUKUSHIMA

This morning we will hike up along the sacred route of Ontake Kodo to see the beautiful Gongen Falls and other sacred sites along the way with our private guide. After lunch, you are free to explore the town on your own, enjoy the hot springs or take part in a hands-on experience to learn how to make mochi or Japanese rice cake.

Distance: 5kms / 3hrs

Gongen Waterfall

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NARAI 8

Today we tackle the Torii Pass which has a steep incline followed by an easy walking route through the forest, where we'll find many historically important sites amidst the rich vegetation.

Distance: 6kms / 3 hours

Accommodation: Traditional Inn, Narai (1 night)

Narai-juku



MATSUMOTO

Highlight! This morning we have a short hike of 2.5kms to the nearby post town of Kiso Hirasawa. We'll have time to enjoy the town. Next we will visit Matsumoto, where we will partake in a miso lunch after inspecting the **miso factory** which has operated for 158years and still produces Miso products the traditional way. Matsumoto Castle is also a highlight of the day. Dinner this evening is on your own, so enjoy all the Izakaya style restaurants!

Distance: 7kms / 4-5hrs

Accommodation: Buena Vista Hotel, Matsumoto (2 nights)

Ishii Miso Facroty Matsumoto Castle





10 KAMOKOCHI

Today we travel by chartered bus to Japan's biggest wasabi farm and see how it's grown, cultivated and used to create amazing products including ice cream. We then move onto the picturesque area of Kamikochi and an easy 45 minute hike surrounded by breath taking scenery. After lunch, we have time to relax and enjoy the wonderful views before heading back to Matsumoto.

Distance: 3kms / 45 mins

Kamikochi



TOKYO

Today we head back to Tokyo for our last night in Japan. We will arrive into Tokyo around lunchtime and you have the afternoon free to explore Tokyo on your own. Juliane will be on hand to offer suggestions and assistance. Tonight we will enjoy a farewell dinner hosted by Japan Holidays in a local Izakaya.

Accommodation: Shiba Park Hotel, Tokyo

Ginza





Departure Day

After breakfast, Juliane will assist you with your plans for the day if you have a later flight before you take your transfers for further travel in Japan or your flight home.

End of Tour.... Saysnava!

Contact us

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