



Japan Holidays
EXCLUSIVE TOUR

NAKASENDO & KAMIKOCHI TREKKING TOUR 2021

Sun 10th Oct - Thurs 21st Oct 2021

From \$7,399 Per Person Twin Share



TOUR DESCRIPTION



11 Nights / 12 Days

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
& 9 Dinners



accommodations



Private escort /
guide in Japan



Luggage Forwarding
Nagano to Matsumoto



Airport Transfer upon arrival/departure

Exclusions: 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.



Highlight! Walk in the footsteps of Shoguns & Princesses who travelled the Nakasendo and learn about its fascinating history.



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



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! Marvel in the magnificent landscape and hues of Kamikochi.



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 different 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

1 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.

Accommodation: Shiba Park Hotel, Tokyo (2 nights)

B
-
-

Tokyo 



2 Full Day TOKYO

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.

B
L
D



3 TOKYO - NAGANO

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 Shojin Ryori at a local temple designated for pilgrims.

 Highlight!

B
-
D

Zenkoji Temple

Shojin Ryori



4 MAGOME

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.

Distance: 4.5kms / 60-90 mins

Accommodation: Traditional Inn, Magome (1 night)

B
L
D

Magome-juku



5 TSUMAGO

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 princesses destined to marry travelled during the Edo period, it's not hard to imagine the scene 200 years ago. Our Private Guide will enlighten us with his knowledge and stories.

Distance: 8kms / 3hrs

Accommodation: Traditional Inn, Tsumago (1 night)

B
L
D



6 KISO - FUKUSHIMA

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)

B
L
D



7 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

B
L
D

Gongen Waterfall



8 NARAI

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)

B
L
D

Narai-juku



9 MATSUMOTO

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 158 years 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!

Highlight!

Distance: 7kms / 4-5hrs

Accommodation: Buena Vista Hotel, Matsumoto (2 nights)

B
L
D

Ishii Miso Factory



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 breathtaking scenery. After lunch, we have time to relax and enjoy the wonderful views before heading back to Matsumoto.

Distance: 3kms / 45 mins

B
L
-

Kamikochi



11 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

B
-
D

Ginza



12 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.

B
-
-



End of Tour....

Sayonara!

Contact us

Call: + 61 2 6674 4185

Email: info@japanholidays.com.au

Website: www.japanholidays.com.au

Address: P.O. Box 1175, Kingscliff NSW 2487 Australia