

HIKING JOURNEY

The Spirit of Japan

A CULTURAL & CULINARY WALK THROUGH THE WONDERS OF JAPAN

18 DAYS

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徳島市神楽町 田中ミナ子 大町一平
小林亜矢子
平成二十四年五月吉日建之
平成二十六年二月初午建之
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平成十六年九月吉日建之
平成二十年七月吉日建之
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WALKABOUT
GOURMET ADVENTURES

Journey Overview

- Stay in comfortable Western Style and Japanese style Hotels with ensuite facilities every night.
- Begin your journey in the vibrant city of Tokyo.
- See the amazing Snow Monkeys in their natural habitat at Yudanaka.
- Walk through one of Japan's natural wonders - Kamikochi Valley.
- Discover the historical and beautiful Nakasendo Trail.
- Soothe your body in the "onsen" hot spring baths.
- Experience Japanese hospitality at Miyama village in a unique home visit and cooking class.
- Stay overnight in a traditional Buddhist temple and participate in the morning prayer.
- Free time to explore the delights of historic towns like Kyoto, Matsumoto and Nara.
- Taste delicious and traditional Japanese food; Shabu-Shabu, Soba noodles, Okonomiyaki, Takoyaki, Oysters and more.
- Experience the modern architecture, nightlife and hearty street food of Osaka.
- Spend 2 nights on Japan's most beautiful island; Miyajima, with its famous Itsukushima Shrine.
- Explore the historic city of Hiroshima where we conclude our tour.



Journey Schedule

DAY 1

Tokyo

DAY 2

Tokyo to Nikko - Toshogu Shrine and Temple Walk

DAY 3

Senjogahara Marshes and Nikko National Park

DAY 4

Nikko to Yudanaka

DAY 5

Explore the Snow Monkey Park

DAY 6

Exploring the Kamikochi Valley in the Japanese Alps

DAY 7

Transfer to Yabuhara - Walk the Nakasendo Trail

DAY 8

Transfer To Kyoto and Time to Stroll Through One Of Japan's Most Beautiful Cities

DAY 9

Golden Temple, Nishiki Food Market: Free Time in the Afternoon to Explore Kyoto at your Leisure

DAY 10

Kyoto Nishiyama Walking Trail

DAY 11

Miyama Home Visit

DAY 12

Morning Prayer Ceremony At Chion-In Temple, Otsukyo Station to Nara

DAY 13

Tenri - Yamanobe No Michi Trail

DAY 14

Hike the Mitarai Valley

DAY 15

Morning In Osaka - Transfer to The Island of Miyajima - Daisyouin Temple - Itukushima Shrine - Oyster Tasting

DAY 16

Misen Hiking (Optional Cable Car)

DAY 17

Hiroshima Peace Park and City Sightseeing

DAY 18

Hiroshima - Departure Day and End of Tour

Journey Itinerary



DAY 1

Tokyo

At the beginning of our tour we meet at 17.00 pm at the

Shinjuku Pepe Prince Hotel
1 Chome-30-1 Kabukicho,
Shinjuku City, Tokyo 160-8487, Japan
Phone: +81 3-3205-1111
<https://www.princehotels.com/shinjuku/>

Our modern hotel is located close to the famous Shinjuku Railway station which has the title of the busiest railway station in the world. We have chosen the location to allow us to easily depart from Tokyo on Day 2. Tokyo is such an enormous city you may well have a personal preference to stay in another location before the

tour begins which is fine – we just ask you to meet in front of the reception area of Shinjuku Pepe Prince Hotel by 5.00 pm on Day 1.

After our “meet and greet” and first dinner together we go to the Tokyo Metropolitan Government Office’s observation deck for a bird’s eye view of Tokyo and a nightlife walk in Kabukicho. We can finish our walk with a drink in a local bar and around 22.00 we are back at the hotel. As all of this is in Shinjuku in the proximity of our hotel, those who are tired after a long flight can also skip the walk and go back to the hotel.

 1 HOUR//2KMS

 SHINJUKU PEPE PRINCE HOTEL, TOKYO



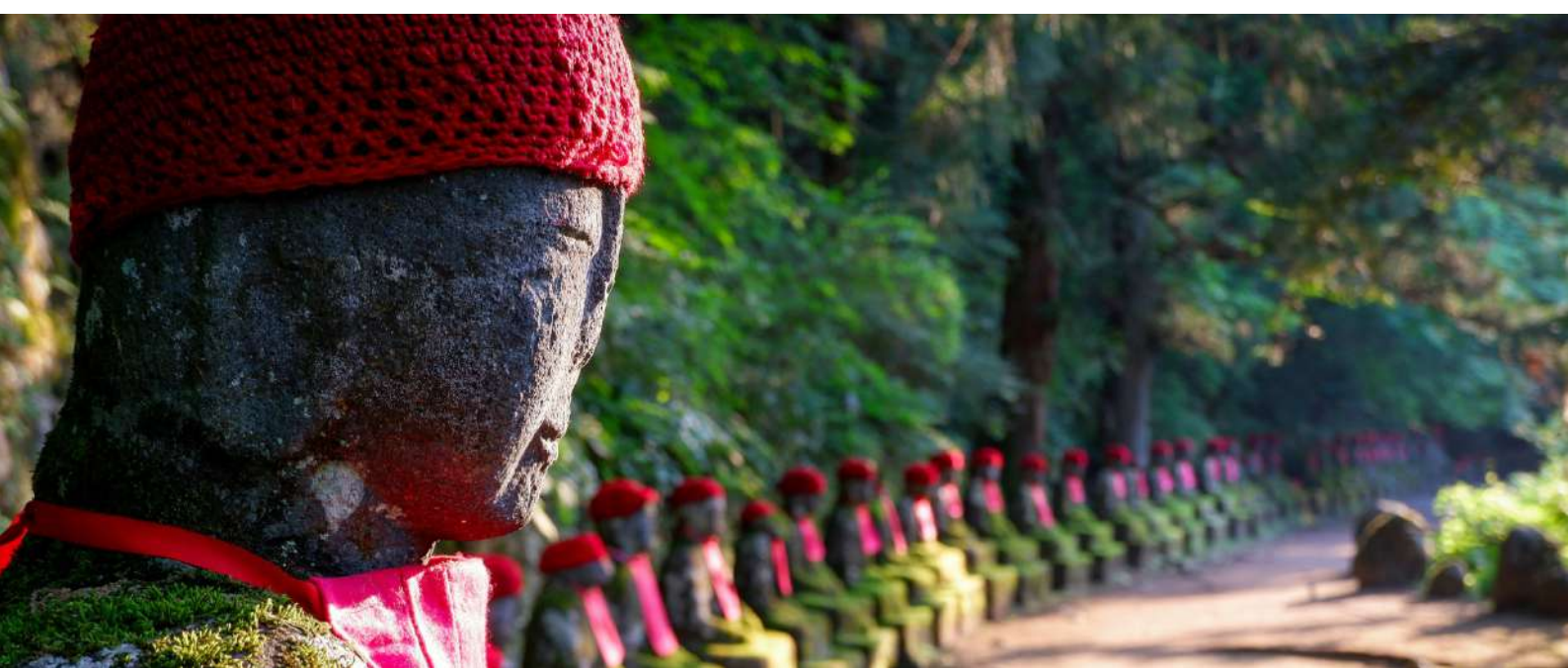
DAY 2

Tokyo to Nikko - Toshogu Shrine and Temple Walk

While on this tour, we are going to make good use of Japan's amazing transportation system because handling luggage as we are travelling by train, is not always easy. Luckily there is a solution and we can send some luggage to our next hotel. So please prepare a small overnight bag for our second night at our Hotel in Nikko and we will organize all the suitcases to be sent to Nikko, arriving on day 3. We escape from the crowds of the big city and travel to the gorgeous Nikko region. Upon our arrival in Nikko, we will immerse ourselves into the rich cultural tapestry of the region with a visit to the awe-inspiring Toshogu Shrine in the afternoon. Nestled amidst lush forest surroundings, this shrine stands as a testament to Japan's architectural grandeur, boasting intricate carvings adorning its numerous buildings, including a majestic pagoda. Following our exploration of Toshogu Shrine, we then embark on a tranquil stroll along forested paths that wind behind both Toshogu and the neighboring Futarasan Shrines, tracing the footsteps of the priest who laid the foundations of Nikko. If time permits, we end our afternoon with a visit to the serene Jizo statues lining the banks of the Daiya River. Our leisurely 7+ km walk will lead us through enchanting landscapes of shrines, temples and verdant forests, offering a glimpse into the spiritual and natural beauty of Nikko.

 **3 HOURS//7+KMS**

 **NIKKO STATION HOTEL CLASSIC, NIKKO**



DAY 3

Senjogahara Marshes and Nikko National Park

Today's journey will lead us up to the Senjogahara marshes in Nikko National Park, which is situated at an elevation of 1,400 metres, so prepare for brisk weather. Spanning across 400 hectares, these marshes harbour a diverse array of native flora and fauna, including captivating plant life and vibrant bird species. The trail from Ryuzu Waterfall to Yumoto Onsen stands out as Nikko's most enchanting hike, particularly during the seasons from spring to fall, when it transforms into a scene reminiscent of Alice in Wonderland, adorned with a kaleidoscope of colors and ever-changing perspectives. Senjogahara's wooden boardwalk, akin to a yellow brick road, guides us through this magical journey. Following the meandering Yu River (Yukawa), our trail offers captivating views of the marshland against a backdrop of majestic mountains. Popular among birdwatchers and nature enthusiasts alike, our trail features boardwalks that traverse the marshes, granting panoramic vistas of the surrounding peaks. With predominantly flat terrain, this 8 km hike promises numerous picturesque spots to pause and admire, including tranquil streams, expansive views of the marshes, and serene wooded areas.

 **4 HOURS//8-10 KMS**

 **NIKKO STATION HOTEL CLASSIC, NIKKO**



DAY 4

Nikko to Yudanaka

Today we prepare our overnight bag, as our suitcases will be sent directly to Matsumoto while we travel to the historical hot spring resort of Yudanaka. The village is famous for its abundance of 'onsens' (natural hot springs). Discovered more than one thousand years ago, the water is said to hold powerful healing properties and important medicinal benefits. As a result, Japanese people have been coming to the town for centuries - including injured samurai during the country's many periods of conflicts - to recuperate and relax in the ancient waters. Upon arrival in Yudanaka we settle into our traditional and very comfortable Ryokan and enjoy our relaxing onsen and delicious Japanese dinner together.

 **2 HOURS**

 **ISSA NO KOMICHI, YUDANAKA**



DAY 5

Explore the Snow Monkey Park

Today we have the chance to explore the famous Snow Monkey Park. This is a world away from the neon and urban buzz of Tokyo and in many ways a place to relax and soak in the true essence of Japan. The Snow Monkey Park is a unique place where we can observe the wild monkeys going about their daily lives including the unique behaviour of bathing in the onsens. Though wild, the monkeys come to the park throughout the whole year. After allowing ample time to experience the monkeys in their amazing natural environment we transfer to the historical city of Matsumoto by train. After checking in to our very comfortable city hotel we enjoy an evening walk around the old town with fine architectural examples from the Meiji period. The most important historic monument in the town is Matsumoto castle, which was built in the 16th century – it is known for its characteristic black walls and is known as "Crow Castle". We can also let time slip back to the 18th century as we stroll along the famous Nakamachi Street, which is lined with merchants selling their wares which is very reminiscent of the old traditional Japanese streets of yesteryear.

For those who are interested in modern art, Matsumoto has one of Japan's premier modern art museums. The Matsumoto City Museum of Art is dedicated to showcasing the work of artists associated with the city. The museum's main attraction is its collection of works from the world-famous Matsumoto-born artist Kusama Yayoi. She was born in the city in 1929 and is a contemporary artist who works mainly in sculpture and various installations. She is also active in a wide range of other aspects of art – painting, performance, film, fashion, poetry and fiction. Her work is based on conceptual art and has links to feminism, minimalism, surrealism, pop art and abstract expressionism and is filled with autobiographical, psychological and sexual content. She has been acknowledged as one of the most important living artists to come out of Japan.

Kusama was raised in Matsumoto and later studied at the Kyoto School of Arts and Crafts. She was inspired by American abstract impression. She moved to New York City in 1958 and was a part of the New York avant-garde scene throughout the 1960s, especially in the pop-art movement. Embracing the rise of the hippie

counterculture of the late 1960s she came to public attention when she organized a series of exhibitions in which naked participants were painted with brightly coloured polka dots. Since the 1970s, Kusama has continued to create art, most notably with her colourful installations in various museums around the world.

 **2-3 HOURS//5 KMS**

 **ONYADO NONO HOTEL, MATSUMOTO**



DAY 6

Exploring the Kamikochi Valley in the Japanese Alps

After a memorable night in our delightful hotel in Matsumoto today a private bus takes us to the beautiful Kamikochi Valley. Located between Nagano and Gifu in a high-elevation (around 1,500 metres) mountain region nestled in the Japanese Alps. Kamikochi National Park is one of the best alpine hiking experiences in Japan with rewarding hikes, impressive mountain scenery and is a cultural treasure of Japan. Average summer temperatures on the plateau are around a cool 10°C, beckoning both hikers and travellers to visit and see the autumn leaves. This idyllic valley is considered to be one of the best locations for hiking in Japan and is renowned for its clear skies and bright blue streams. It has been preserved in its natural state within Chubu-Sangaku National Park and is designated as one of Japan's national cultural assets and is on the list of Special Natural Monuments and Special Places of Scenic Beauty. Because of its incredible beauty it is often referred to as the "Japanese Yosemite Valley". After spending the day in this very special environment we return to Matsumoto by bus and stay for our second night in these lovely surroundings.

 **4-5 HOURS//10 KMS**

 **ONYADO NONO HOTEL, MATSUMOTO**



DAY 7

Transfer to Yabuhara - Walk the Nakasendo Trail

We begin our day by transferring to Yabuhara by train. Our walk starts from Yabuhara and we make our way to Narai, one of the best-preserved Nakasendo postal-towns. The trail between these two towns is a well-maintained section of the former Nakasendo, the route that ran along the Kiso Valley and connected Tokyo with Kyoto during the Edo Period. The trail climbs up and down a hill that lies between the two towns and is about 8 kilometres in length. Our Nakasendo walk provides a unique and intimate experience into Japan and its local inhabitants. In the late afternoon we return to Matsumoto.

 **4-5 HOURS//10 KMS**

 **ONYADO NONO HOTEL, MATSUMOTO**

DAY 8

Transfer To Kyoto and Time to Stroll Through One Of Japan's Most Beautiful Cities

After saying goodbye to Matsumoto, we transfer to one of Japan's most beautiful cities - Kyoto. It was Japan's capital and the emperors residence from 794 until 1868. Countless temples, shrines and other historically priceless structures survived in Kyoto. Seventeen historic shrines are inscribed as world cultural heritage sites. Today we have the opportunity to explore one of the most famous shrines in Japan - Fushimi Inari. The shrine is famous for the Senbon Torii (one thousand gateways) which is brightly painted red. Enjoy walking the streets of Fushimi, lined with sake breweries where you can enjoy a tasting too. In the evening we return by train to our lovely hotel and then enjoy our first delicious dining experience in Kyoto.

 **3 HOURS//6-7 KMS**

 **DAIWA ROYNET, KYOTO**

DAY 9

Golden Temple, Nishiki Food Market: Free Time in the Afternoon to Explore Kyoto at your Leisure

On our second day in Kyoto, we find ourselves surrounded by a multitude of captivating destinations waiting to be explored. Our journey begins with a visit to the renowned Kinkakuji, affectionately known as the Golden Pavilion. Nestled in the northern expanse of Kyoto, this Zen Temple is an awe-inspiring spectacle – its uppermost tiers are adorned entirely with opulent gold leaf. Once the tranquil retreat of the esteemed shogun Ashikaga Yoshimitsu, the temple seamlessly transitioned into the Zen Temple of the Rinzaï sect, honoring his final wishes upon his passing in 1408.

Our exploration continues with a venture into the heart of the city's culinary tapestry – the Nishiki food market. Fondly referred to by the locals as "Kyoto's Pantry," the Nishiki market stands as a paragon of tradition in a modern landscape. Amidst the evolving landscape of eateries and souvenir stalls, the market remains a sanctuary of authenticity, offering a glimpse into the vibrant tapestry of a bygone era. Strolling through its vibrant aisles, we immerse ourselves in the essence of a classic "Shotengai" (shopping street), a living testament to the past.

Having dedicated ample time to absorbing the market's essence, the afternoon unfolds as a canvas of possibilities, inviting us to explore Kyoto's treasures at our leisure. As dusk settles in, the city reveals its hidden charms, inviting us to meander through its labyrinthine backstreets. A tantalizing array of Kyoto eateries await our discovery, promising an exquisite journey into gastronomic delights that will linger in our memories.

After a day full of exciting experiences, in the evening we have the chance to relax and enjoy our free night. Alternatively, you have the opportunity to explore Kyoto's back streets and find your very own Kyoto dining experience.

 **3 HOURS//6-7 KMS**

 **DAIWA ROYNET, KYOTO**

DAY 10

Kyoto Nishiyama Walking Trail

Today we walk on the Nishiyama trail, commencing in the serene village of Kiyotaki. The path gracefully traces the Kiyotaki River valley, revealing nature's timeless beauty. Ascending steeply, it leads beyond the valley and over the ridge to the iconic Arashiyama district – a tapestry of temples and captivating sights. Continuing our journey, we stroll through Nishiyama's undulating hills before descending into the enchanting bamboo forest. The legendary Arashiyama bamboo street beckons, a testament to Japanese prosperity and purity. This sanctuary nurtures over a thousand diverse bamboo varieties, each embodying the land's unique allure. Distinct from Western forests, the bamboo groves exude a singular ambiance, a rarity even in Japan. A gentle breeze conducts a soft symphony as bamboo fronds sway, bestowing an ethereal quality. Such harmony has earned its place among the Ministry of Environment's esteemed "One Hundred Soundscapes of Japan." Following the tranquil meandering river, we ascend the time-worn stone steps of Daihikaku Senkoji Temple. An opportunity of profound significance awaits – an authentic Zen meditation session, guided by our esteemed resident monk. Immerse in Zen's essence, transcending mere meditation. A highlight follows as we partake in a traditional matcha green tea ceremony, a cherished ritual of Zen Buddhist culture. The rhythmic choreography of preparation and consumption offers a glimpse into a centuries-old practice embodying mindfulness. With the setting sun, we bid adieu to this spiritual refuge, returning by train to our charming hotel. An enjoyable evening unfolds as we relish another delectable dinner, fully savoring Kyoto's culinary treasures.

 **3 HOURS//6-7 KMS**

 **DAIWA ROYNET, KYOTO**

DAY 11

Miyama Home Visit

This morning, we embark on a captivating journey to Miyama, a serene farming village, to immerse ourselves in the authentic local culture. Our unique home tour offers a glimpse into the heart of Japanese tradition, allowing us to partake in the farm-to-table cooking experience while engaging in heart warming exchanges with our gracious local hosts. Their innate hospitality envelops us as we delve into the intricacies of traditional life in Japan. As the day draws to a close, we make our way back to Kyoto and the evening takes a serene turn as we find ourselves in the tranquil embrace of the Shukubo at Chion-in Temple. Our cosy ensuite rooms provide a comforting sanctuary for the night.

 **2 HOURS//4 KMS**

 **SHUKUBO CHION-IN, KYOTO**



DAY 12

Morning Prayer Ceremony At Chion-In Temple, Otsukyo Station to Nara

The day unfolds at Shukubo with the option to partake in the morning prayer ceremony – a serene initiation into the day's rhythm.

After our morning spiritual practice, we head towards the next phase of our journey – a meeting point with the storied town of Nara, where we will stay for the next two nights. Our chosen accommodation is the beautiful old worldly Nara Hotel, a century-old architectural masterpiece. Perched gently on the slopes of Nara Park, this elegant residence offers views of the ancient remnants of the former capital. Inside, the guest book proudly lists esteemed

past visitors: luminaries like Charlie Chaplin, Albert Einstein, Richard Nixon, and the Dalai Lama have all stayed in its luxurious rooms.

Nara, once Japan's first symbol of stability, emerged in 710 AD, a time full of promise.

However, as monastic influence gained enough strength to sway governments, Nara conceded its capital status, passing the honor to Nagaoka in 784, and later to Kyoto. Though period of grandeur closed, Nara's legacy remains intact, etched into its weathered stones and majestic temples – the latter standing among the empire's oldest and most splendid.

After completing our check-in, we have the chance to explore this remarkable city at our own pace.

 **3 HOURS//6-7 KMS**

 **NARA HOTEL, NARA**

DAY 13

Tenri - Yamanobe No Michi Trail

Japan takes immense pride in preserving history by seamlessly integrating ancient architecture into its evolving modern landscape, catering to both scenic beauty enthusiasts and history aficionados. Yamanobe-no-michi, a thousand-year-old trail, epitomizes this harmonious fusion. It winds through contemporary farms and towns while upholding a deep cultural legacy.

Situated within Nara, a region adorned with historical marvels, the Yamanobe-no-michi path was once a part of the Shinkaido, Japan's oldest route originating in Tokyo. Its origins trace back to the 8th century, documented in the Nihon Shoki (Chronicles of Japan), though it likely predates even this mention.

The trail's meandering course emerged naturally, navigating wetlands, woodlands, and settlements. Over time, as new direct routes were adopted, foot traffic diminished. However, the trail's essence persisted, becoming an integral part of the evolving landscape. Accompanying us along this winding trail are ancient shrines, revered temples, and remnants of eras long past, becoming our steadfast companions.

Later in the afternoon we make our way back to our beautiful Nara hotel.

 **5 HOURS//6-16 KMS**

 **NARA HOTEL, NARA**



DAY 14

Hike the Mitarai Valley

Today, we bid farewell to the enchanting Nara hotel as we continue on our journey, this time aboard our private minibus headed for Kurotaki. It boasts abundant forest flora and fauna, along with numerous world heritage sites. Established by Omine Shugendi, a syncretic religion centered around mountain veneration, the village served as a mountain retreat for the Nacho imperial court. Kurotaki is adorned with valuable historical and cultural legacies.

The Mitarai Valley, with its hiking trails, striking waterfalls, and a suspension bridge, stands out as one of the most breathtaking scenic locations within the Dorogawa Onsen vicinity. Travelers gather here to witness the vibrant red autumn foliage juxtaposed against the stunning emerald green river. Following the hike, we travel to Osaka (approximately 1.5

hours), where we settle into our hotel before taking a leisurely stroll through the Dotonbori district. This vibrant entertainment hub is famous for its flashy neon lights, extravagant signage, and an extensive array of dining establishments and bars. This bustling commercial avenue epitomizes the Minami area of Osaka, continuously bustling with theatres and food vendors spanning from the Edo Period to the present day. Dotonbori serves as an emblem of the Minami region and a sanctuary for Osaka's "kuidaore" food culture. As night falls, relish a delectable dinner featuring Takoyaki, complete with a hands-on cooking experience.

 **5 HOURS//6-8 KMS**

 **HOTEL CITADINES, OSAKA**

DAY 15

Morning In Osaka - Transfer to The Island of Miyajima - Daisyuin Temple - Itukushima Shrine - Oyster Tasting

After breakfast we begin our morning walk and visit the Ichiba Market. It is one of Osaka's most famous food markets. We explore the market's vibrant stalls and try some of the local street food such as takoyaki (octopus balls), kushikatsu (deep-fried skewers) and fresh sushi. Takoyaki is the quintessential Japanese street food. Essentially, they're round balls of fluffy dough that are smothered with a special savory sauce and have a tasty piece of octopus meat in the centre. We continue through some various other shopping streets and surely won't miss the iconic Hozenji Temple with its moss-covered statues of Fudo Myoo on our walk. Now it is time to collect our luggage and make our way back to the station and head to the western part of Japan, passing by Hiroshima. A bus will take us to the ferry terminal and after a short crossing we reach Miyajima Island. It is known as the most beautiful and spiritual island in Japan and renowned for its many wild deer freely walking around this small island. The first highlight is Daisho, one of the most important temples of Shingon Buddhism.

We then move on to the Itsukushima Shrine - the most famous shrine in the region without a doubt. Its official name is Itsukushima, but it is more commonly known as "Miyajima", literally "Shrine Island", thanks to the charm of the stars. The shrine is known worldwide for its iconic "floating" torii. The shrine and its torii are unique in that they are built on the water, which appears to float on the sea at high tide. The shrine consists of several buildings - a chapel, main hall and a "noh" (an extremely simple space where there is no curtain between the playing area and the audience), which are all connected by a promenade and supported by pillars above the sea. Tonight, for dinner we have the opportunity to taste the island's delicious and famous oysters.

 **3 HOURS//6 KMS**

 **HOTEL VILLA MYAJAMA, MIYAJIMA ISLAND**

DAY 16

Misen Hiking (Optional Cable Car)

After our breakfast we explore Mt. Misen. We are rewarded with amazing views from the summit and along the way there are lots of historical monuments to admire. The abundant nature of the virgin forest is one of the main attractions of Miyajima. The island, one of the most scenic spots in Japan, has long been regarded as an "Island of Gods" on the beautiful Seto Inland Sea. It is a romantic and historical island where Itsukushima Shrine, a world heritage site, is located, along with the virgin forest of Mt. Misen and its numerous preserved shrines, temples and historical monuments. At 500 metres above sea level, Mount Misen is the highest peak on Miyajima. On clear days one is afforded spectacular views of the Seto inland sea and one can see as far as Hiroshima City. There are also a number of Buddhist structures near the peak.

 **4-5 HOURS//6-10 KMS**

 **HOTEL VILLA MYAJAMA, MIYAJIMA ISLAND**



DAY 17

Hiroshima Peace Park and City Sightseeing

Today we leave beautiful Miyajima and travel back to Hiroshima. After our check in at our hotel we spend the day in this city, which has transformed from the ashes of destruction into a vibrant haven of peace and resilience. The very essence of a peaceful Japan finds its roots intricately intertwined with the tragic events that unfolded here at the end of World War II.

Hiroshima's history echoes through time, reverberating with the haunting memory of the first atomic bomb ever deployed in warfare. Amidst this city, a poignant symbol of hope and remembrance rises above the landscape: the Hiroshima Peace Memorial. This monument stands as a somber yet resolute homage to the lives lost and the devastation caused by the catastrophic explosion. It transcends its

physical form, embodying a plea for global harmony and a plea to never forget the horrors of war. The Peace Memorial seems almost serendipitous in its location, captivating the attention of even the most unsuspecting visitors. This oasis of tranquillity juxtaposes against the bustling urban backdrop, creating a striking contrast that underscores the importance of peace in the face of adversity. The Peace Memorial is one of the most prominent and striking features of the city. Even visitors who are not looking for it can't help stumbling upon the large park of over 120,000 square metres. Its trees, lawns and walking paths are in stark contrast to the surrounding downtown area. You can also enjoy the opportunity to stroll through other parts of Hiroshima city as well as Zekkei En Park and Hiroshima Castle. Tonight, we all enjoy a memorable farewell dinner with our friends to conclude our Walkabout Japan Adventure.

 **5 HOURS//6-8 KMS**

 **HOTEL GRANVIA, HIROSHIMA**

DAY 18

Hiroshima – Departure Day and End of Tour

After breakfast our tour concludes at the main Hiroshima railway station at approximately 10.00 am. From here you have an easy rail connection to either Osaka or Tokyo for flights back to Australia.



Journey Accommodation

Shinjuku Prince Hotel, Tokyo

NIGHT 1



Nikko Station Hotel Classic, Nikko

NIGHTS 2 - 3



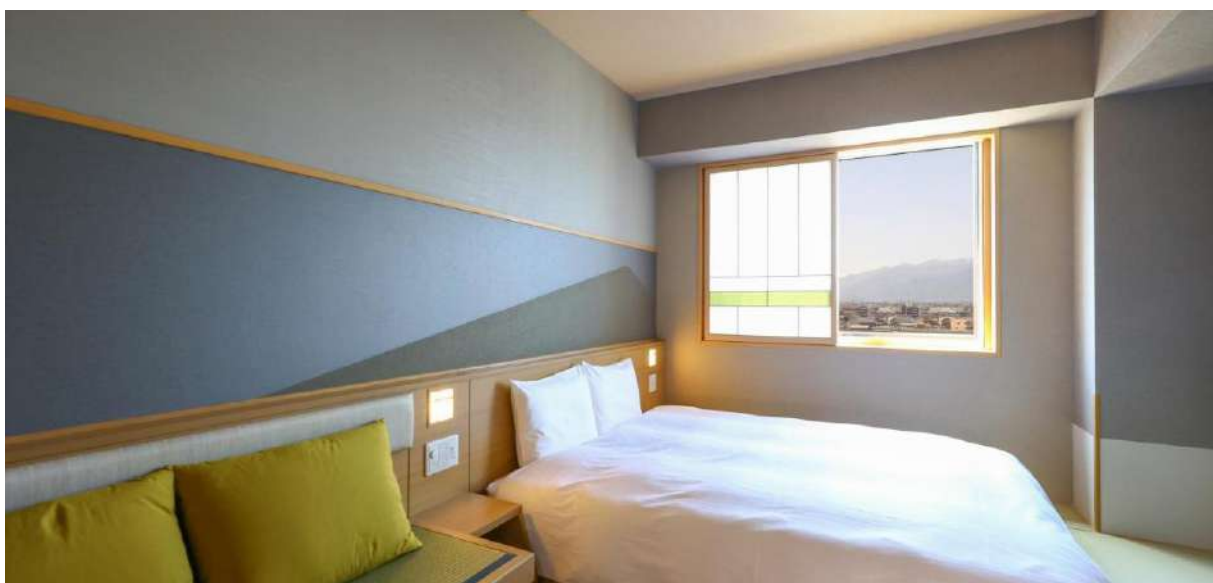
Issa no Komichi, Yudanaka

NIGHT 4



Onyado Nono Hotel, Matsumoto

NIGHTS 5 – 7



Daiwa Roynet, Kyoto

NIGHT 8 - 10



Shukubo Chion-in, Kyoto

NIGHT 11



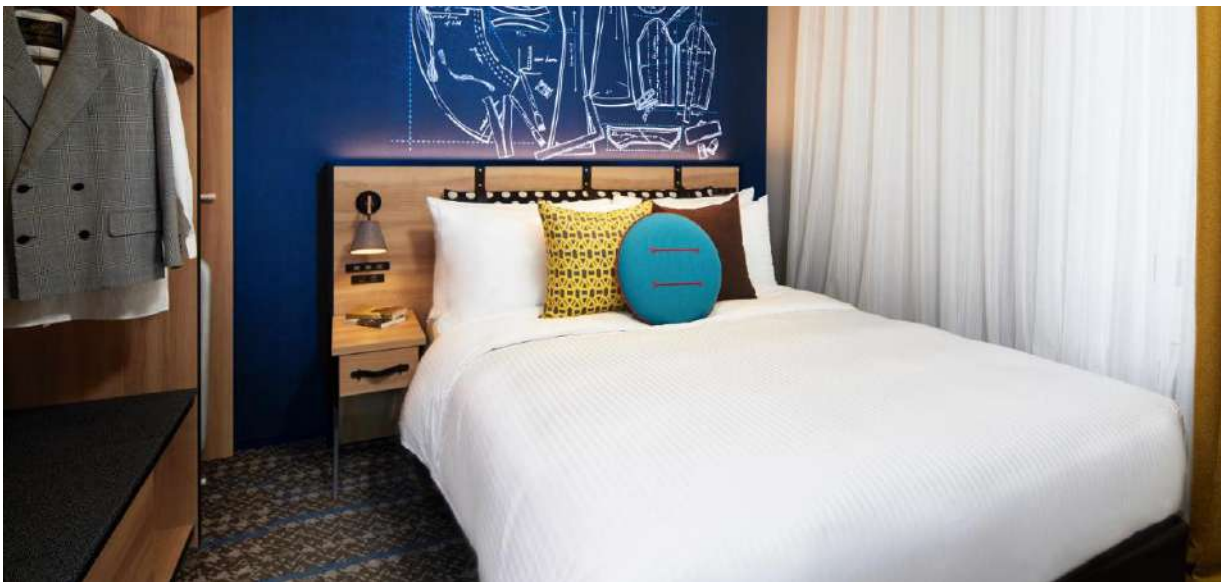
Nara Hotel, Nara

NIGHT 12 - 13



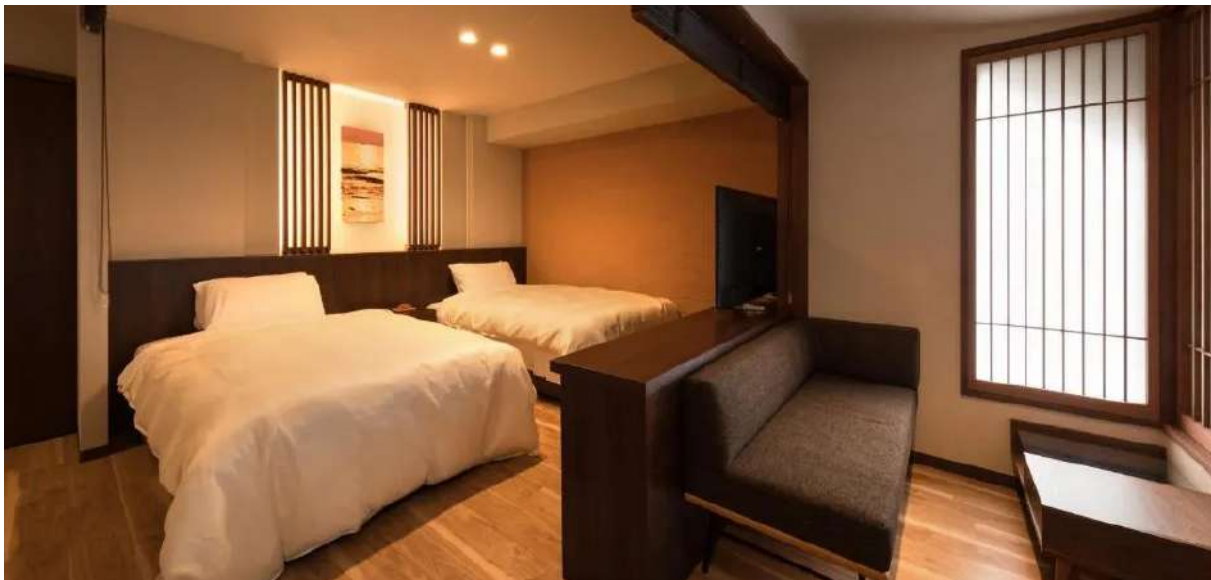
Hotel Citadines, Osaka

NIGHT 14



Hotel Villa Miyajima, Miyajima

NIGHT 15 - 16



Hotel Granvia, Hiroshima

NIGHT 17



Journey Notes

Important: The itinerary can be affected by unforeseen weather conditions. Our tour leaders have the right to decide on the particular hikes so as to safeguard guest's safety.

Duration: 18 days

Group size: Maximum 14 guests

Recommended arrival Airport: Narita International Airport/Haneda Airport

Accommodation: Western style hotel with ensuite facilities, 1 night in a SyukuBou with ensuite (Temple lodging), Ryokan with ensuite (traditional Japanese inn)

Skill Level: Intermediate

Luggage: We suggest a suitcase with wheels for your main luggage plus a reasonably sized, easy-to-carry daypack.

WHAT TO BRING

Daypack (20 litres minimum) for walking

Water bottle

Rain gear

Thermal layer of clothing and waterproof jacket

Fleece

Woolly hat and gloves

Strong hiking boots

Trekking poles

Waterproof pack cover

Sunscreen and sunglasses

Towel

Wheeled luggage (carrying luggage will be required on parts of the trip)

INCLUDED IN TRIP COSTS

All transfers (bullet train, local train, taxis and public buses)

Accommodation in hotels and ryokans

14 dinners, 2 lunches, and all breakfasts

Local Japanese tour leader during the tour

Walkabout guide will also accompany the tour

NOT INCLUDED IN TRIP COSTS

All kind of beverages and personal items
Optional excursions not included in the program

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.
This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!
Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
We also ask that your boots are comfortable and well-worn in.
Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath).
Single rooms can usually be arranged for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.
All walks during the 18 day tour are optional.

Guests can choose to have more free days than the two already included in the itinerary. The walking pace on the walks is leisurely.

Guests do not have to be experienced, although a good level of fitness is necessary.

Get in touch and book your journey today.

 0461 277 612

 info@walkaboutgourmet.com

Follow the journey.



Quality Practices

Committed to exceeding your expectations with great customer service and the highest standards of quality practices, Walkabout Gourmet Adventures complies with the National Tourism Accreditation Program (ATAP).



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