

WALKJAPAN



中山道

NAKASENDO WAY: JAPAN ON FOOT

Programme Proposal

**6 NIGHTS
7 DAYS**

Thank you for your interest in Walk Japan's programme NAKASENDO: JAPAN ON FOOT. Please find enclosed the programme proposal. If you have any questions or require further assistance please do not hesitate to contact us at supportservices@walkjapan.com

OVERVIEW

Japan on Foot is a unique walking exploration of Japan, its history and culture. We explore one of the old highways of Japan, the Nakasendo, or 'road through the central mountains'. Once a main thoroughfare of feudal Japan, today the Nakasendo provides a delightful excursion through scenic countryside.

En route we will have some fascinating insights into the world of feudal Japan, the samurai, and also about urban and village life today. We stay in atmospheric and beautiful inns, taste a variety of Japanese dishes and share life with the Japanese, some of the most polite and friendliest people in the world.

Sights include the big, bright lights of modern Nagoya through to quiet, pretty villages in secluded valleys. We will experience the Japanese way of life including sleeping on futons, bathing in wooden baths and eating while sitting on *tatami* mat floors. We will learn why the Nakasendo existed and about the great Shogun leader Tokugawa Ieyasu, whose dynasty ruled Japan for over 260 years. We will experience the Tea Ceremony, traditional folk singing, and try our hand at woodblock printmaking. Of course, you will also have the chance to learn some Japanese. Some final treats include Karaoke and shopping in Nagoya.

ITINERARY

DAY 1

Nagoya ~ Ena

Meals: Dinner
Accommodation:
Japanese style inn

Arrive Centrair (Nagoya) Airport. Transfer by train to Ena for our first night in an inn. Full briefing with your tour leader on the days ahead.

DAY 2

Ena ~ Nakatsugawa ~ Yamaguchi

Meals: Breakfast, lunch and dinner
Total walking:
Approximately 16km
Accommodation:
Japanese style inn

After breakfast in our accommodation, we visit the nearby and excellent Hiroshige Print Museum in Ena. Here we learn about the print-making process, make our own prints and see originals on display. We then set out on the Nakasendo Way for today's walk across rolling countryside to Nakatsugawa, an old post town and now a pleasant regional town. Time here for lunch before we continue our walk in hilly countryside to Shinchaya, our inn for the night. Located in a delightful rural setting, the inn serves as a lovely environment for our experience of the tea ceremony in the company of a tea master.

DAY 3

Yamaguchi ~ Magome ~ O-Tsumago

Meals: Breakfast, lunch and dinner
Total walking:
Approximately 11km
Accommodation:
Japanese style inn

Walk to Magome post town, the home of Japan's first modern novelist, Shimazaki Toson and author of Before the Dawn. Time here to freely explore this pleasant old town and purchase lunch. Then, onwards along the old highway via quiet roads and forest paths to Otsumago, a small cluster of inns. Stay in an old, traditional inn. Visit the original, high-class inn, now a museum, in Tsumago. Enjoy an evening bath at a mountain-top hot spring before dinner and then folk singing with a local expert.

DAY 4**O-Tsumago ~ Tsumago ~ Nagiso ~ Kiso-Fukushima**

Meals: Breakfast, lunch and dinner

Total walking:
12km or 24km

Accommodation:
Japanese style inn

Continue walking the Nakasendo to Nagiso. At Nagiso visit the Momosuke Bridge. Learn about how Momosuke developed hydro-electric power in the Kiso Valley. Also learn about Sadayakko, the most famous geisha of her age who led a colourful life.

Depending on weather and ambitions, either continue to Nojiri with a picnic on the way (total walking 22km), or transfer directly by train to Kiso-Fukushima (total walking 8km). Stroll around Kiso-Fukushima and visit a street-side hot spring.

DAY 5**Kiso-Fukushima ~ Tori Pass ~ Narai**

Meals: Breakfast, lunch and dinner

Total walking:
Approximately 14km

Accommodation:
Japanese style inn

After breakfast we explore the reconstructed barrier station, a check-point astride the Nakasendo Way. Allowed through the barrier, we walk on, following the old highway through the narrowing Kiso valley and pass the halfway point between Kyoto and Tokyo. A short transfer by local train before continuing our walk over the snowy Torii Pass, the 3rd highest on the Nakasendo Way.

Narai, another picturesque post-town, is on the far side of the pass and its shops, restaurants and cafes provide a warm welcome. Our inn is in the centre

of town.

DAY 6**Narai ~ Nagoya**

Meals: Breakfast, lunch and dinner

Total walking: N/A

Accommodation:
Western business hotel

An early transfer to Nagoya by train. Visit Osu Kannon shrine and its surrounding shopping district. After dinner, we partake in a Japanese favourite, Karaoke, for a celebratory end to our tour.

DAY 7**Nagoya ~ Centrair (Nagoya) Airport ~ Hong Kong**

Meals: Breakfast

Transfer with your Walk Japan programme leader to Centrair Airport for our flight back home.

NOTES

- ➔ This itinerary is subject to change.
- ➔ The group will be met at Nagoya Centrair Airport by the Walk Japan Tour Leader.
- ➔ The Tour Leader is an experienced guide, is fluent in English and Japanese and knowledgeable about many aspects of Japan.
- ➔ All travel in Japan is included on the itinerary.
- ➔ Meals provided are noted in the itinerary above. Japanese cuisine is as varied as it is high in quality.
- ➔ Japanese inns are traditional Japanese-style accommodation and hotels are Western-style.
- ➔ Entrance fees for guided visits to museums and the like are included.
- ➔ There is no porter service in Japan. Please bring only one piece of main luggage and a day pack for walking per person.
- ➔ WiFi and other internet connections are only available in our accommodation on Day 2, Day 4, Day 5, and Day 6.

WALKJAPAN

Walk Japan is the pioneer of off-the-beaten-track walking tours in Japan. Authentic and enjoyable tours to discover Japan, its people, society and culture. Beginning in 1992 with our innovative and best-selling Nakasendo Way tour, we were the first to successfully introduce the real Japan, geographically and culturally, that often remains inaccessible for most visitors to the country. Since then, Walk Japan has created more original tours throughout Japan and been widely recognised for its work, including selection by National Geographic as one of the 200 Best Adventure Travel Companies on Earth.

www.walkjapan.com

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