



Wishing you a pleasant and happy 2016

New tour: Izu Geo Trail

In 2016 we travel to the Izu Peninsula for our latest tour, the [Izu Geo Trail](#). Izu is only 150km from the giant metropolis of Tokyo. However, with its distinctly different landscape, wrought by volcanoes and tectonic forces, and a climate more akin to a sub-tropical island than Japan's mainland it seems much further away.

The cobalt-blue Pacific Ocean almost completely surrounds Izu and provides us with a beautiful, expansive backdrop as we follow paths along the rugged and intricately carved coastline atop soaring precipices and aside sandy bays. We also walk an ancient highway, immortalised in Yasunari Kawabata book *The Izu Dancer*, through the peninsula's mountainous and forested hinterland. Here, water flows copiously year-round over the numerous waterfalls along our verdant route. Throughout the Izu Geo Trail we enjoy some spectacular and unique views some of which include Japan's greatest natural icon, Mt. Fuji.

Relaxing *onsen* thermal hot spring baths are a feature of all our accommodation, many of which sit beside the ocean. Not surprisingly, in Izu meals are focused firmly on seafood and we enjoy some of the freshest prepared as a feast for both the eye and stomach.

The Izu Geo Trail is a Level 3 tour suitable for regular walkers, especially those who like seafood. Please click [here](#) for images from the tour and [contact us](#) for further details.



Mt. Fuji Relay

Mt. Fuji was the centre of attention on our latest excursion with the British School in Tokyo (BST). Throughout the three-day Mt. Fuji Relay crystal clear blue skies framed Mt. Fuji perfectly, making the famous volcano's snow-capped peak the eye catching focal point of our relay in its foothills.

Running in teams, 22 students, aged 11 to 17 years, and five members of the BST teaching staff joined Walk Japan last November to complete 111kms running around this iconic mountain. Now in its second year, the Relay has quickly become a popular event on the school's calendar.

Sean Boyes, Director of Swimming at BST told us *"After the completion of my second Fuji relay run with BST and Walk Japan, I can honestly say it is one of the best experiences I have had in my 10-year teaching career. Well organised, meticulously planned and some of the best scenery in the world. Thanks for everything you have done for our children, it is very much appreciated."* We thoroughly enjoyed it too and look forward to the Relay in 2016.

To see images from this event, click [here](#).



Kunisaki Retreat

Over many years we have been introducing the remote and tranquil Kunisaki Peninsula in Kyushu with both our [Kunisaki Trek](#), a Level 5 tour for experienced trekkers, and [Kunisaki Trek: Yufuin & Kunisaki](#), a Level 2~3 tour for those who prefer an easier exploration. These two tours are now joined by the [Kunisaki Retreat](#), a Level 1 tour for the mind and body that draws inspiration from the peninsula's Buddhist and Shinto spiritual history, serene scenery and idyllic rural life.

The emphasis during the Kunisaki Retreat is relaxation, health and mindfulness. Each day starts with meditation and continues with yoga sessions and gentle walks through the surrounding countryside to quiet, elegant temples. We take part in the meditative culture of the *chado* tea ceremony and *ikebana* flower arranging. Throughout the tour we enjoy delicious and nutritious farmhouse cuisine, composed of local, seasonal ingredients. We also try our hand at making *soba* buckwheat noodles and *bento* lunch boxes. *Onsen* thermal hot spring baths and massages complete the theme of relaxation.

For more details, visit our [website](#). Click [here](#) to view photos from a recent retreat.



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