

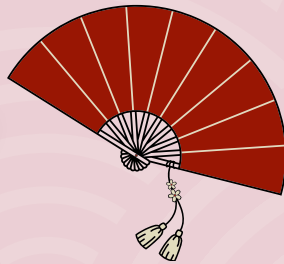


PEREGRINE

TRAVEL CENTRE WA

WANDERING THE WORLD

Japan



Walking the Kumano Kodo & Nakasendo Way

TRIP NOTES

20 DAYS | 19 NIGHTS
ESCORTED GROUP
WITH MIKE WOOD
24 SEP - 13 OCT 2024

Trip Starts: Tokyo

Trip Ends: Osaka

Join Mike Wood, from the Peregrine Travel Centre WA, on this specially designed combination of two of Japan's premier pilgrimage walk trails - the Nakasendo Way and Kumano Kodo.

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🌐 www.summittravel.com.au



Japan: Walking the Kumano Kodo & Nakasendo Way

TUESDAY 24 SEPTEMBER - SUNDAY 13 OCTOBER 2024

Japan's Nakasendo Way Trail runs for 533 kilometres along an ancient highway, with the name translating as the 'road through the mountains'. The route has been used for centuries, and was the main path taken between Kyoto and Tokyo, winding its way through rural countryside to the heart of Japan's stunning central mountains. Many tiny towns were established along the route to support travelling lords, merchants and samurai, providing places to sleep and eat along the journey. Now you too can soak up the atmosphere - and hot spring waters - of these charming settlements.

This walking holiday is an ideal introduction to remote Japan. These villages have had their history preserved and as you walk from village to village, you'll feel like you are stepping back to the Edo Period itself. The paths are often forested trails, though sometimes you'll be treading on the original stone paving that dates back some 400 years. Imagine breathtaking mountainous landscapes, warm hospitality, traditional country inns, mouth-watering regional cuisine and natural onsens; the combination is an unbeatable one.

The Kumano Kodo is characterised by verdant mountains and deep valleys, with a soundtrack provided by flowing rivers and plunging waterfalls. The region's rich natural splendour is matched only by its ancient history, combining to create a fulfilling pilgrimage walk in a little-known part of Japan. On this walk we enjoy feature stays at comfortable, family-run inns with excellent food, where pilgrims can soak in natural hot springs and visit many shrines along the Kumano Kodo trail. With a history stretching back over a thousand years, the pilgrimage has seen monks, samurais, artists and royals all walk along the numerous trails to Kumano. This particular route will see you walking on forest trails, quiet roads, paved paths and in mountainous areas, covering 10-17 kilometres per day.

For experienced pilgrims, the Dual Pilgrimage initiative was established in 2018, which recognises pilgrims who have completed one of the Kumano Kodo routes and one of the Camino de Santiago routes. These pilgrims will receive a Dual Pilgrim Credential on which the two main symbols of both routes - the Yatagarasu and Scallop Shell - will appear.





Japan: Walking the Kumano Kodo & Nakasendo Way

TUESDAY 24 SEPTEMBER - SUNDAY 13 OCTOBER 2024

DETAILED TRIP ITINERARY

Day 1 | Tuesday 24th September 2024 - Tokyo

Meals: Welcome Dinner

Konnichiwa! Welcome to Tokyo, Japan. You are free to arrive at any time. There will be a welcome meeting at 6pm tonight where we meet our local leader. After the meeting we can make our way to a local restaurant for dinner.

Arrive today in the buzzing metropolis of Tokyo, Japan's capital city, and the starting point for the Nakasendo Way. In the evening, enjoy a walk to the Nihonbashi district and the historic Nihonbashi Bridge, which was the starting point of five major roads leading in and out of Tokyo. It is a direct link back to the city's Edo history with the first shogun, Tokugawa Ieyasu, said to have ordered its construction. Distances throughout the country were measured from the bridge and it was, above all, an expression of the wealth and authority of the new capital, Edo, which would morph from a fishing village into Tokyo.

After spending some time exploring Nihonbashi, we'll enjoy a local welcome dinner to kick off our love affair with Japanese cuisine. Food is a highlight of any trip in Japan and you'll no doubt be eager to sample as many dishes as possible over the course of this journey. One taste sensation that should not be missed is the okonomiyaki, a Japanese savory pancake containing a variety of ingredients, the name is derived from the word okonomi, meaning "how you like" or "what you like", and yaki meaning "cooked".

Accommodation: Sunroute Plaza Shinjuku (Or Similar)

Day 2 | Wed 25 Sept 2024 - | Tokyo - Narai - Kaida Kogen | 6 km

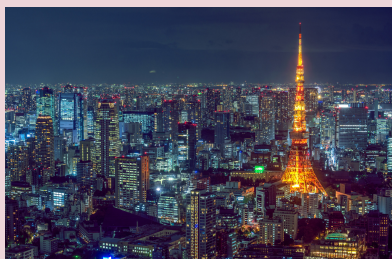
Meals: Breakfast, Lunch & Dinner

After your full Japanese breakfast, we'll transfer by train from Shinjuku Station to Shiojiri, a journey of approximately 2.5 hours. From here, we'll take a local train to Narai for lunch. This town is a Protected Area for the Preservation of Traditional Buildings and a highlight is the one-kilometre-long main street with a stretch of shops and private residences dating back hundreds of years to the Edo Period. There are plenty of locals artfully creating traditional folkcrafts, like hand-made umbrellas or hand-painted clothing, and you'll feel like you're truly wandering back through time.

Once we're done eating and exploring, we'll hike from Narai-juku to Yabuhara, another atmospheric former post town that oozes forgotten charm. Walking in the quiet forest landscape is the perfect way to warm your legs up for the journey ahead. From here, we'll transfer to our accommodation at Kaida Kogen by local train and bus, where you can enjoy your first onsen on the Nakasendo Way.

Accommodation: Sunroute Plaza Shinjuku (Or Similar)

Activities: Nihonbashi walk, Hamarikyū garden, Asakusa visit





DETAILED TRIP ITINERARY

Day 3 | Thu 26 Sep 24 Yamaka - Kisofukushima | 12 km

Meals: Breakfast, Lunch & Dinner

Hike today from Yamaka to Kaida Plateau via Nishino Toge ('toge' meaning pass), a walk of approximately three hours. We'll enjoy lunch on the plateau, which is considered one of the most beautiful areas in all of Japan. A bold claim, perhaps, but with a spectacular backdrop of Mt Ontake, both a sacred mountain and one of Japan's largest volcanos, there certainly are worse places for lunch - the views of the surrounding peaks and valleys are simply breathtaking.

After lunch, we'll hike from Kaida Plateau to Jizo Toge then on to Kiso-Fukushima. This town is of great historical significance as it was almost directly halfway between Edo (Tokyo) and Kyoto, acting as one of two checkpoints along the Nakasendo Highway. We'll take a taxi transfer from the trail to our evening's accommodation where the open-air baths sit in a remarkable setting.

Accommodation: Yamaka no Yu or similar

Day 4 | Fri 27 Sep 2024 | Kiso-Fukushima - Nojiri - Tsumago | 14 km

Meals: Breakfast, Lunch Dinner

Enjoy a traditional breakfast at our accommodation before transferring by taxi and train to Nojiri. From here, we'll make our way to Midono via Oi Pass or River Road then on to Tsumago. The day's hike should take approximately six hours.

Tsumago, another atmospheric mountain town, was the 42nd of the Nakasendo's 69 post towns along the way to the Imperial capital of Kyoto. The main street is everything one would imagine an old Japanese town to be, with a variety of wooden Edo-period inns, houses, temples and shrines, surrounded by forested mountains. It's a wonderful place to spend an evening, with plenty of craft and confectionary shops as well as tasty ramen and udon noodle restaurants. The main street is closed to traffic too, so you can take your time ambling down the road before arriving at your Japanese style room for the evening.

Accommodation: Komanoyu or similar

Day 5 | Sat 28 Sep 2024 - | Tsumago - Magome | 13 km

Meals: Breakfast, Lunch & Dinner

An absolutely unforgettable day of walking today as we hike the most beautiful and best-preserved part of the entire Nakasendo Trail, from Tsumago to Magome. A wooden watch tower guards the entrance to our destination, Magome, which was the 43rd town on the way to Kyoto and, like many of the beautiful old villages, the main street is lined with Edo-style buildings. Many of the originals were unfortunately burnt down over the years, but the town still retains plenty of charm, as does your accommodation this evening.

Accommodation: Hanaya or similar



DETAILED TRIP ITINERARY

Day 6 | Sun 29 Sep 2024 | Magome - Ena | 18 km

Meals: Breakfast, Lunch & Dinner

Depart Magome for Shinchaya and continue to eat our way along the Nakasendo Way in the Kiso Valley, as we hike to Nakatsugawa to enjoy lunch. This town has a number of sake shops, confectionary stores and plenty of restaurants all housed in restored, wooden buildings and warehouses (kura). After lunch, we'll continue our hike from Nakatsugawa to Ena, finishing at the station and transferring by taxi to our ryokan accommodation.

Ena, formerly known as Oii, was an important post town along the Nakasendo Way. Its heritage can still be seen at the Honjin - a lodging house for Feudal lords - and, surprisingly, on the town's manhole covers. There's also a 'kosatsuba', or public noticeboard, on the edge of the city, which were used to post the official orders of the Tokugawa shogunate.

Accommodation: Onn Nakatsugawa or similar

Day 7 | Mon 30 Sep 2024 - | Ena - Hosokute | 22 km

Meals: Breakfast, Lunch & Dinner

We'll transfer by taxi back to Ena Station after breakfast and commence our hike to Hosokute, which will likely take six or seven hours. Most of the journey to Hosokute is along narrow pathways through woods, with relics of the old highway scattered throughout the day. These include stone images of Japanese deities, which were believed to protect travellers and horses as they undertook the Nakasendo trail. Our destination, Hosokute, is a small village that stretches up a single street and a lovely place to wind up a long day's walk where often the dinner menu includes teriyaki salmon and tempura mountain vegetables.

Accommodation: Ena Grand Hotel or similar

Day 8 | Tue 01 Oct 2024 | Hosokute - Mitake - Kyoto | 12 km

Meals: Breakfast, Lunch & Dinner

This morning, following an appetising breakfast, we'll hike from Hosokute to Mitake. From here, we'll transfer by train to Nagoya then on to Kyoto, a journey of approximately 2.5 hours. Kyoto is a fantastic city with a lovely atmosphere and many points of historical and cultural interest, and we'll have an opportunity to enjoy an evening walk to Sanjo Ohashi Bridge to enjoy some specialities of the region for our group dinner.

Accommodation: Route Inn Toki or similar

Click here for the [Route Map](#)





DETAILED TRIP ITINERARY

Day 9 | Wed 02 Oct 2024 | Finish Nakasendo Way in Kyoto

Meals: Breakfast, Dinner

Your adventure along the Nakasendo Trail comes to an end today, but we've no doubt that it'll live on in your memories forever. After a couple of days resting and relaxing, we next begin the Kumano Kodo.

Accommodation: Kyoto Oriental Hotel or similar

Day 10 | Thu 03 Oct 2024 - Rest Day in Kyoto

Meals: Breakfast

Free morning and your guide will be on hand in the afternoon for a tour of the old town (Ninnenzaka, Sannenzaka, Gion).

Kyoto, which was once the capital of Japan, is located on Honshu Island and famous for its Buddhist temples, gardens, palaces and shrines, not to mention the peaceful atmosphere of its city streets. You will have time to relax and explore this unique and ancient city.

Accommodation: Kyoto Oriental Hotel or similar

Activities: Free morning, Gion walk, Ninnenzaka, Sannenzaka

Day 11 | Fri 04 Oct 2024 - Rest Day in Kyoto (Day 1 of Kumano Kodo)

Meals: Breakfast

Free day in Kyoto to explore the city.

Accommodation: Kyoto Oriental Hotel or similar

Day 12 | Sat 05 Oct 2024 - Kyoto

Meals: Breakfast

Today you'll travel by local train and bus on a half-day tour to Fushimi Inari Shrine and the Nishiki Food Market. The famous shrine, which is one of many throughout Japan, was built to honour Shinto, the god of rice. But you'll have more than rice on your plate as you explore the narrow, five-block-long shopping street that houses the hundred shops and restaurants that make up Nishiki Market. Known as 'Kyoto's Kitchen', this lively retail market specialises in all food-related things, like fresh seafood and produce, knives and cookware. It's a great place to find Kyoto specialities and seasonal foods, including sweets, pickles, a huge variety of skewers, and incredibly fresh sushi.

Accommodation: Hotel Urashima Resort & SPA or similar

Activities: Fushimi Inari, Nishiki Food Market



DETAILED TRIP ITINERARY

Day 13 | Sun 06 Oct 2024 | Kyoto - Kii-Tanabe - Takijiri Oji - Takahara | 5 km / 2 hours

Meals: Breakfast, Lunch & Dinner

Start the day with a two-hour train transfer to Kii-Tanabe along the scenic Japanese coastline. The town of Kii-Tanabe is considered the gateway to the Kumano Kodo Trail and sandwiched between the Pacific Ocean and the mountains. From here, we'll take a 40-minute bus ride to Takijiri Oji and begin walking.

Today's walk is short but involves a fairly steep climb to Takahara, a small ridge-top settlement that's known for its ancient shrine spectacular views over the Hatenashi Mountains. As you climb upwards, Buddhist statues and Oji shrines line the ancient highway route. Your day is complete with a hot spring bath from Wataze Onsen, followed by an evening meal, showcasing the best of home cooking using organic produce, including the wine!

Accommodation: Takahara or similar

Day 14 | Mon 07 Oct 2024 | Takahara - Chikatsuyu | 10 km

Meals: Breakfast, Lunch & Dinner

Depart Takahara Village and walk further into the mountains, passing by reminders of the old highway including an ichirizuka distance marker and the remains of old tea houses. These houses were once used by pilgrims for rest and shelter as they made their journey to Kumano. The trail then descends past the Three-Fold Moon viewing area, from where you can visit the famous Gyuba-doji statue, before a cobbled path and staircase lead you to Chikatsuyu, a small village where you can pick up some local snacks.

Accommodation: Chikatsuyu or similar

Day 15 | Tue 08 Oct 2024 | Chikatsuyu - Yunomine Onsen | 17 km

Meals: Breakfast, Lunch & Dinner

Today's walking is mainly along a variety of forest paths to Kobiratoge, where we'll transfer by bus to Hoshinmono-ji, which translates as the 'gate to spiritual awakening'. From here, we'll resume our walk to Hongu, continuing through small settlements with the Kumano Hongu Taisha Shrine - the area's main shrine - and its giant torii gate visible in the valley below. Yunomine Onsen - our destination for the evening - is thought to be one of the oldest hot springs in all of Japan and was discovered some 1800 years ago. The waters are said to change colour seven times over the course of the day and the purification rituals performed here are an integral part of the pilgrimage. The town itself is a collection of quaint inns tucked into a valley deep in the sacred mountains of Kumano, an atmospheric and very important place to spend an evening on the Kumano Kodo.

Accommodation: Yunomine Onsen or similar



DETAILED TRIP ITINERARY

Day 16 | Wed 09 Oct 2024 | Yunomine - Kogushi | 15 km

Meals: Breakfast, Lunch & Dinner

After a full Japanese breakfast, a short bus ride will take us from Yunomine to Ukegawa to commence our walk. This section involves a gentle trek over the Hyakken-gura Pass, which is undoubtedly the highlight of the day. At the pass, we'll find a Buddhist statue on one of the hilltops that has a backdrop of spectacular, panoramic views of Kumano's 3600 mountain peaks. The trail will then continue to rise and fall towards the remains of the Sakura-jaya teahouse, offering more memorable views of the mountains, before we reach a forest track and eventually descend into Koguchi - a small, isolated village surrounded by mountains and pristine rivers.

Accommodation: Shizen no Ie or similar

Day 17 | Thu 10 Oct 2024 | Koguchi - Kii-Katsuura | 16 km

Meals: Breakfast, Lunch & Dinner

Begin the day with a demanding climb to the Echizen Toge, a pass situated at 800 metres above sea level. We'll pass the remains of the Jiz-jaya teahouse along the way, on a section of the trail said to be inhabited by ancient spirits. After being spirited away through the forest, we'll reach the Funami Toge, where we'll be rewarded by expansive views of the Pacific Ocean.

From here, descend past various shrines and temples as well as the spectacular Nachi-no-Otaki waterfall, which is the highest in Japan, before reaching Kii-Katsuura. This small fishing village is the perfect place to relax and celebrate the completion of your journey along the Kumano Kodo.

Accommodation: Urashima or similar

Day 18 | Fri 11 Oct 2024 | Kii-Katsuura - Osaka

Meals: Breakfast, Lunch & Dinner

After enjoying a relaxed start and hearty breakfast in Kii-Katsuura, we'll transfer to Osaka, which was the capital of Imperial Japan for over a thousand years. There is plenty to see and do in the city, including the magnificent Osaka Castle and the popular Dotonbori district, which will no doubt satiate all your cuisine cravings. Enjoy a final evening with your fellow pilgrims, reflecting on your walk and the incredible Japanese culture we're so fortunate to experience.

Accommodation: Sarasa Namba or similar



DETAILED TRIP ITINERARY

Day 19 | Sat 12 Oct 2024 | Osaka

Meals: Breakfast

Rest day in Osaka, no guide services

Accommodation: Sarasa Namba or similar

Day 20 | Sun 13 Oct 2024 | Depart Osaka

Meals: Breakfast

Your walking adventure in Japan officially comes to an end after breakfast today.

We hope that you've had the walk of a lifetime and, like us, fallen in love with Japan.





TRIP INFORMATION

TRIP INCLUSIONS & EXCLUSIONS

Accommodation:

- **Hotel:** 11 nights
- **Ryokan (Japanese Inn):** 6 nights
- **Japanese Guesthouse:** 2 nights

Meals:

- Breakfast (19)
- Lunch (13)
- Dinner (15)

As indicated in itinerary.

Luggage Transfers: Between places of accommodation are included - you will only carry your day pack on the trekking days.

Transport: Shinkansen, local train, subway, bus, group shares arrival & departure shuttles.

Leader/ Guide: Escorted by Mike Wood + 1 English speaking tour leader + specialised hiking guide

Included Activities: As per daily itinerary

Entrance / Admission fees: Where applicable with included activities

Exclusions: International flights, Any visas required, Services not mentioned in the itinerary, Late check out at hotels, Meals and drinks not mentioned in the itinerary, Drinks with included lunches and dinners, Tips for leader and guide, Expenditure of personal nature, Personal Insurance, Optional activities.

JOINING POINT

Sunroute Plaza Shinjuku (Or Similar)

Address: 2 Chome-3-1 Yoyogi, Shibuya City, Tokyo 151-0053, Japan

Location: Shinjuku, Tokyo, pulsates with vibrant energy, boasting a mesmerizing blend of modern skyscrapers, bustling streets, and tranquil parks. It's a dynamic district renowned for its electrifying nightlife, diverse dining scene, and iconic landmarks like the bustling Shinjuku Station, making it a must-visit destination for travelers seeking an unforgettable urban experience in Japan.

FINISHING POINT

Sarasa Hotel Namba

3 Chome-6-6 Nipponbashi, Naniwa Ward, Osaka, Japan

Tel: +81 6-6634-3390

Location: Located 500 metres from Namba CITY shopping mall in Osaka, Sarasa Hotel Nipponbashi features a pop design restaurant and free WiFi throughout the property. Each soundproofed room comes equipped with a flat-screen TV and a desk. Rooms include a private bathroom fitted with a bath.

