



PEREGRINE
TRAVEL CENTRE WA

Summit Travel

JAPAN: WALKING THE KUMANO KODO & NAKASENDO WAY

14 - 27 NOVEMBER 2020

ESCORTED BY JESS MCGILVRAY

JAPAN: WALKING THE KUMANO KODO & NAKASENDO WAY 2020



WALK JAPAN'S ANCIENT PILGRIMAGE ROUTES ALONG THE KUMANO KODO

After exploring the modern civilisation of Tokyo and eating our way through Yakitori Alley we walk part of the ancient Nakasendo Way that once linked Tokyo and Kyoto. Uncover Kyoto's most ancient shrines and pathways before we head off the beaten track to the Kumano Kodo region; one of Japan's most remote and rewarding pilgrimage routes. This moderate walking trip focuses on beautiful scenery and nature, rural life, and following in the footsteps of religious pilgrimages on some of the country's most historic walks. Staying in traditional ryokans along the way, this journey invites full immersion into the authentic Japanese culture and way of life.

14 DAYS
\$8495
AUD

SINGLE SUPPLEMENT

\$1400 pp

*Excl international & domestic airfares



GROUP SIZE
MIN 8
MAX 14

TOUR ESCORT: JESS MCGILVRAY

Jess is our Japan specialist here at the Peregrine Travel Centre. Jess has visited Japan in Spring, Winter and Summer, hiked Mt Fuji and has led a group for Cherry Blossoms in 2017 with great success

WWW.SUMMITTRAVEL.COM.AU/JESS-MCGILVRAY





AT A GLANCE

- 3 nights in ryokans, 2 nights in guesthouses and 8 nights comfortable hotels
- Escorted by Jess McGilvray + English speaking leader throughout + specialised hiking guide
- 7 days guided walking with a specialised hiking guide for days 7-12
- Low altitude throughout
- Travel by shinkansen, train, subway and bus
- Luggage transfers between accommodations on some walk days as required
- Walking grade: Moderate

HIGHLIGHTS

- Explore the beautiful and fascinating Kyoto
- Sleep in traditional Japanese ryokans, guesthouses and inns
- Historic pilgrimage walks along the Kumano Kodo
- Beautiful scenery and nature including Japans tallest waterfall
- Soak in a UNESCO World heritage hot spring at Yunomine Onsen
- Be immersed in Japanese culture off the beaten track
- Walk the Nakasendo Way from Tsumago to Magome

IS THIS TRIP RIGHT FOR YOU?



- In total there are 7 days with walks/hikes during the trip. You will only be required to carry your daypack during the walks. Where necessary, all main luggage will be transferred to the next accommodation during the day so your main luggage will be safely waiting for you at our next location.
- The walk durations vary from a relaxed 2 hour hike up to a couple days with hikes of 7-9 hours duration. Day 3, 5, and 6 will be the most challenging in terms of the walks due to the distances and some of the terrain having some long ascents and descents. Therefore, a good level of fitness is essential to take part in this trip. On some walks there may be the possibility to take a local bus to the next stop on the trip for those wishing to cut some walks short, but this won't be possible on all walks.
- The trails are generally very well marked and most of the walking is on good paths, soft soil trails and part paved roads. There are some unpaved sections though. This is not a traditional point to point walking trip, there are several days where transfers are taken by bus or local train to the start points of walks and/or from the end point of walks to the next accommodation.

DETAILED ITINERARY

Day 1 / 14 Nov- Tokyo

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 (optional)

Included Activities:

- Shared shuttle bus
- Welcome meeting

Accommodation: Agora Place Asakusa or similar

Meals: None



Day 2 / 15 Nov- Tokyo

Today you'll explore Tokyo, beginning in the historic Asakusa area. This is one of the older and more traditional parts of Tokyo, and is often called the temple district. Here you'll stop by Sensoji, the city's oldest temple – founded almost 1,400 years ago when Tokyo was nothing more than a fishing village. Browse the many interesting stalls – filled with tasty treats, crafts and souvenirs – that line the temple's shopping street of Nakamise dori. After lunch you'll enjoy an alternative view of Tokyo as you relax on a short cruise down the Sumida River. You'll pass significant buildings like the Sky Tree Tower, Asahi Beer Hall with its distinctive roof-top sculpture, the Sumo Stadium and the former Tsukiji Fish Market complex, gliding under bridges that bisect the river before alighting at the delightful urban oasis of the Hama Rikyu gardens. Here you'll have time to stroll along paths that were once the sole preserve of the shogun, who would hunt ducks in the feudal era. On the way back to our hotel, we'll pass through the Ginza area, famous for its wide boulevard, upmarket shops and imposing department stores.

Day 2 Tokyo continued ...

In the evening, we continue our Japan adventure with a taste of "Tokyo After 5" run by Urban Adventures. We'll begin our tour in Yakitori Alley, and the birthplace of yakitori, one of the Japanese people's favourite appetizers. Along with Japan's workers, we'll enjoy a drink of sake or a local beer, then sample yakitori at one of the many local restaurants, each with their own "tare" (sauce) mixed with their secret ingredients. After we'll travel to Tsukishima to visit "Monja" Street, where "Monja-yaki" is said to have originated. Often compared with okonomiyaki in Osaka, Monja-yaki is a Japanese pan-fried omelette made up of batter, vegetables and meat or seafood. You'll have the chance to watch your food being cooked, chat with the cook, and devour your Monja-yaki freshly cooked. In true local style, you'll use a small metal spatula for cutting it to pieces and then chopsticks to eat right from the grill.

NOTE: To ease the inconvenience of managing your luggage in transit, we have included a luggage forwarding service (one piece per traveller) from Tokyo this morning to Kyoto, which will arrive on Day 4. You will need to prepare an overnight bag for one night's stay.

Included Activities:

- Asakusa & Sensoji Temple
- Sumida River Boat Trip
- Hama Rikyu garden
- Tokyo After 5 Private Foodie Tour

Accommodation: Agora Palace Asakusa or similar

Meals: Breakfast & Dinner

Day 3 / 16 Nov- Magome/ Tsumago

Today we wake up early and leave the city for Japan's central mountains and the famous Nakasendo Way, the old highway that once linked Kyoto with Edo (the old name for Tokyo) in ancient times. We travel to Magome by taking the shinkansen bullet train, changing to a local train and local bus to Magome (a journey of around 4 hours), one of the old post towns on the Nakasendo.

We get out our hiking boots and hike along the Nakasendo Way from Magome to Tsumago. About 8 km long, this part of the route is well maintained and surrounded by beautiful mountains and forests. It will take us around 3 hours to walk this part of the trail. Enjoy the tranquil Kiso Valley with villages dotted among fields and catch glimpse of local folk as they tend to their crops and go about their daily life. Arrive at Tsumago in the late afternoon where we'll stay at a local Japanese guesthouse for the night.

If time allows (either today or tomorrow), we'll visit Waki-Honjin Museum in Tsumago, the former inn that served high-ranking officials as they travelled between Kyoto and Edo back in the day. This is where we will get a glimpse of what life then was like – the construction of the building, the furniture used at the time, and how people bathed and even toileted!

Included Activities:

- Waki Honjin Museum
- Magome to Tsumago Hiking

Accommodation: Hanaya Inn or similar

Meals: Breakfast & Dinner



Day 4 / 17 Nov- Tsumago / Nagiso / Kyoto

Today we walk along the Nakasendo for about an hour, trekking from Tsumago to Nagiso Station. Then we jump onboard a regional train before transferring to a shinkansen for the journey to Kyoto (approx. 4 hours).

Originally founded as Heian-kyo (literally “tranquillity and peace capital”) by Emperor Kammu in 794, Kyoto had its golden age during the imperial court's heyday from 794 to 1185. Kyoto was the capital of Japan for over 1,000 years (the name means “Capital City”) but the emperor and government are now located in Tokyo. With over 2,000 temples, shrines and gardens, Kyoto is a great place to get lost in.

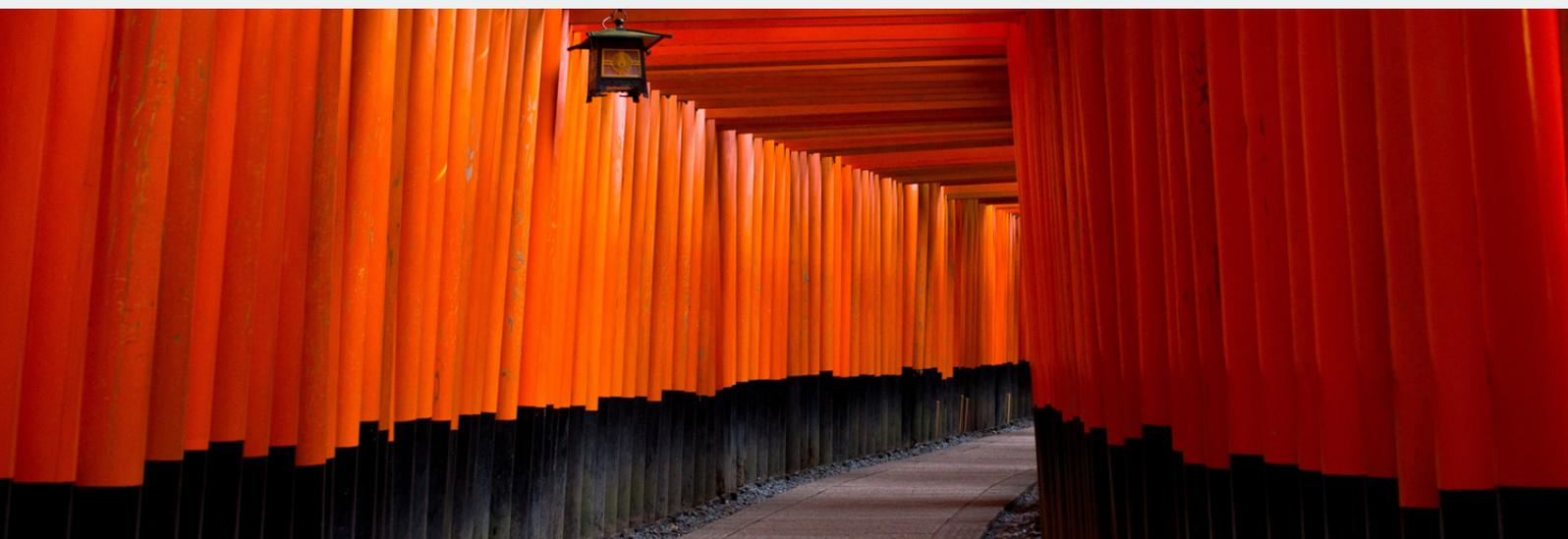
After arriving at Kyoto, we'll visit Fushimi Inari Taisha to stretch our legs after the long journey. This Shinto shrine which is famous for its thousands of vermilion torii gates which straddle a network of trails in wooded forest behind the main shrine complex.

Included Activities:

- Tsumago to Nagiso hiking
- Fushimi Inari Taisha Shrine

Accommodation: Daiwa Roynet Hotel Kyoto Shijo Karasuma or similar

Meals: Breakfast



Day 5 / 18 Nov- Kyoto

This morning we will visit Arashiyama, on the outskirts of Kyoto, a river valley area surrounded by thick forests and mountains. We walk along the famous Togetsu-kyo Bridge, a landmark of the area for some 400 years, and stroll through the famous Arashiyama bamboo grove. If you are lucky, you may be able to see Japanese maples along the river banks starting to turn a soft yellow or red in early autumn. You also have the option to visit Tenryu-ji Temple with its stunning stroll garden.

In the afternoon, we go on to visit the well-preserved old town areas of Kiyomizu-dera (Temple of Clear Water) with its famous viewing platform and craft shops in the laneways of Ninen-zaka and Sannen-zaka.

In the evening, we'll meet up for an evening stroll through the atmospheric streets of Gion, the heartland of Kyoto's traditional geisha culture. It's here that you can sometimes spot maiko and geiko (as geisha are known in Kyoto) in their elaborate dress and makeup as they head out to functions across the city. Your leader will be happy to suggest places for enjoying some of Kyoto's famed "Kyo-ryori" cuisine.

Included Activities:

- Arashiyama walking tour
- Kiyomizu-dera temple
- Gion district walk

Optional Activities:

- Tenryuji Temple- 500 yen

Accommodation: Daiwa Roynet Kyoto Shijo Karasuma or similar

Meals: Breakfast



Day 6 / 19 Nov- Kyoto / Yoshino Mountain

Today, we will take the local express train to Mount Yoshino (a journey of around 2 hours). The small hillside township of Yoshino offers a rich history, which makes it an interesting destination any time of the year. As the base of the pilgrimage trail to sacred Mount Omine, Yoshino has been a centre of Shugendo mountain worship for many centuries. The town also served as a refuge for various historical personalities, including Emperor Go-Daigo who established a competing second imperial court there in the 14th century. In autumn, it is a spectacular place to enjoy the rich colour of the surrounding mountains. We stop here for the night to enjoy its spiritual history and tranquil mountain setting.

Accommodation: Ryokan- to be advised

Meals: Breakfast & Dinner



Day 7 / 20 Nov- Yoshino Mountain / Kii Tanabe

Today we travel from Yoshino through Wakayama Prefecture to Kii Tanabe by express and local train (a journey of some 3 hours). The township of Kii Tanabe is a great starting base for many of the treks into the Kumano Kodo and there's a great range of services – from lively izakaya eateries to outdoor equipment shops – to support travellers who come here for trekking. Tonight we stay at accommodation in Kii Tanabe and start our Kumano Koto hike tomorrow morning. Tonight we meet our specialised Kumano Kodo guide in the late afternoon for a briefing and orientation session.

Accommodation: Hotel Hanaya or similar

Meals: Breakfast

Day 8 / 21 Nov- Kii Tanabe / Chikatsuyu

Early start! Today and over the next five days we'll hike the Kumano Kodo, one of the only two UNESCO listed pilgrimage routes. The Kumano Kodo is a network of ancient pilgrimage routes that connect three major religious sites - known collectively as "Kumano Sanzan". Through centuries, the pilgrimage route has been used by royal families and the nobility, samurai warriors and ordinary people as part of their practice of Buddhism. Today we walk from Kii Tanabe to Chikatsuyu, where we stay for the night.

Walking distance: ~4km / 2hrs

Total elevation gain: ~430 m

Total elevation loss: ~200m

Accommodation: Minshuku Chikatsuya or similar

Meals: Breakfast & dinner



Day 9 / 22 Nov- Chikatsusu / Takahara / Chikatsuyu

Today we do a circular route which takes us from Chikatsuyu to Takahara and then back to Chikatsuyu

Walking distance: ~9.3km / 5hrs

Total elevation gain: ~500 m

Total elevation loss: ~350m

Accommodation: Minshuku Chikatsuyu or similar

Meals: Breakfast, Lunch & Dinner

Day 10 / 23 NOV- Chikatsuyu / Hongu

Today we walk from Chikatsuyu to Hongu, where we stay at an authentic onsen ryokan in one of the three onsen towns (Yunomine Onsen) in the Hongu area.

Walking distance: ~26km / 10.5hrs

Total elevation gain: ~730 m

Total elevation loss: ~1080m

Accommodation: Yunomine or similar

Meals: Breakfast, Lunch & Dinner

Day 11 / 24 NOV- Hongu / Koguchi

Today we travel by local bus from Yunomine Onsen to Ukegawa, and then walk on to Koguchi, where we stay for the night

Walking distance: ~13km / 6hrs

Total elevation gain: ~670 m

Total elevation loss: ~690m

Accommodation: Takata Green Land Kumotori Onsen or similar

Meals: Breakfast & Dinner



Day 12 / 25 Nov- Koguchi / Nachi Katsu-ura

Today we walk from Koguchi through Ogumotori-goe to Nachi Katsu-ura

Walking distance: ~14.5km / 9hrs

Total elevation gain: ~1260 m

Total elevation loss: ~930m

Accommodation: Hotel Urashima & Spa or similar

Meals: Breakfast, Lunch & Dinner

Day 13 / 26 Nov-Nachi Katsu / Kyoto

Today we finish our Kumano Kodo experience. We head back to Kyoto by local and express train and stay overnight in this captivating former capital. Tonight we will go out for a group farewell dinner to celebrate our walk.

Accommodation: Daiwa Roynet Kyoto Shijo Karasuma or similar

Meals: Breakfast & Dinner

Day 14 / 27 Nov- Depart Kyoto

The trip finishes this morning after breakfast. There is an included shared shuttle bus to Osaka Kansai Airport. You may wish to extend your stay in Kyoto or Osaka.

Meals: Breakfast



TRIP INCLUSIONS & EXCLUSIONS

Accommodation- Hotel 8 nights, Ryokan (Japanese Inn) 3 nights, Japanese Guesthouse 2 nights. Accommodation is on a twin share basis

Meals- Where indicated in the itinerary, breakfast, lunch and dinner will be provided. Breakfast (13), Lunch (3), Dinner (7)

Transport- Shinkansen, local train, subway, bus, group shared arrival & departure shuttles.

Leader/ Guide- Escorted by Jess McGilvray + 1 English speaking tour leader throughout + specialised hiking guide for days 7-12

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

TERMS & CONDITIONS

CANCELLATIONS

A significant portion of our expenses are committed long before departure. The amount payable is determined by the date on which we receive written notification of your cancellation.

Charges are as follows:

Cancellation before 60 Days: 100 % loss of deposit.

Within 60 days: 100% Loss of deposit & balance.

Travel Insurance is compulsory, you are strongly encouraged to take out Travel Insurance at the time of booking to cover your payments.

We reserve the right to cancel any booking at any time up to 60 days before the departure of the tour. If this happens, we will attempt to offer you an alternative arrangement. If you do not accept it we will refund all monies.

CANCELLED TRIPS

Due to the nature of operating in the wilderness, we reserve the right to cancel any trip prior to departure for any reason whatsoever, including unforeseen logistical problems which may impede trip and safety operations. If the trip is cancelled less than 7 days before departure, a full refund would be given, but we would not be able to refund personal expenses incurred in preparation for the trip (e.g., air tickets, insurance, equipment, etc.)

NOTE: A minimum of 8 passengers is required for this trip to proceed.

For more information please call us on **(08) 9321 1259** or visit our website.