

Forest Bathing | Japan

8 days / 7 nights | 9 to 16 September 2018



Forest bathing— just being in the presence of trees—became part of a national public health program in Japan in 1982 when the forestry ministry coined the phrase shinrin-yoku and promoted topiary as therapy.

*The environment's wisdom has long been evident to the culture: Japan's Zen masters asked:
If a tree falls in the forest and no one hears, does it make a sound?*

Join me on this unique, escorted small group tour (max 8) combining yoga, meditation and forest bathing. Immerse yourself in the history, culture and peace that Japan has to offer .

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Itinerary at a glance

Day 1: Sunday 09 Sep

Transfer from Haneda Airport
Overnight Tokyo

Day 2: Monday 10 Sep

Train to Kawaguchico at the base of Mt Fuji where we
overnight

Day 3: Tuesday 11 Sep

Train from Kawaaguchico to Matsumoto
Collected from Shinano Matsukawa station to visit the
Nishina Shinmeigu Shrine - introduction to Shintoism.
Arrive Yasuesou, short walk around chamomile dinner
Meals B D

Accommodation: Yasuesou

Day 4: Wednesday 12 Sep

Yoga before breakfast followed by a chamomile essence
factory tour

Transferred to Jojuji Temple (10mins) for zazen
meditation and tea ceremony.

Two hour stroll. (Mostly flat/slight downhill)

Meals B.L D

Accommodation: Yasuesou

Day 5: Thursday 13 Sep

Meditation and yoga before breakfast and check-out.

Transfer to Akashina station for train journey to Nagano
Visit Zenkoji Temple and enjoy local lunch.

Transfer by bus to Okusha, walk to accommodation via
Kagami Lake a (taking 2.5 hours)

Meals B L D

Accommodation: Tsukiyama Ryokan

Day 6: Friday 14 Sep

Meditation and yoga in big tatami room

After breakfast we transfer to 童話の森ギャラリー, for
a certified 'forest therapy' walking course
(1.2km, taking 1.5 hours, loop course)

Luggage waiting at accommodation when we arrive.

Meals B L

Accommodation: El Bosco

Day 7: Saturday 15 Sep

Check-out after breakfast; Transfer to Kurohime station
for train journey to Kanazawa

Overnight Kanazawa

Day 8: Sunday 16 Sep

Flight home

Tour ends Kanazawa

INCLUSIONS

- 7 nights accommodation
- Meals as indicated on itinerary
- All sightseeing activities, incl. entrance fees & local guides
- Fully escorted
- For full itinerary and terms & conditions, please visit website at www.jhtours.com.au

TOUR PRICE - LAND ONLY 8 days / 7 nights

\$3,885 per person (Max 8 people)

plus 7 day rail pass: \$380 ordinary;

(subject to exchange rate) \$490 green/first

EXCLUSIONS

- Airfares & taxes
- Anything of a personal nature
- Tours or activities outside the published itinerary
- Travel insurance
- Passport, visa fees & departure taxes
- Excess baggage
- Transfers outside the group transfers

IMPORTANT NOTES

Prices are calculated on the basis of currently applicable tariffs. In the event of any change, our prices will be subject to change. Please refer to our terms and conditions at www.jhtours.com.au