

Course List (18Feb)								
No	CourseNo.	Tour Operator	Course Title	Main Activity	Difficulty	Region	Length	Availability
1	01-T-01	Inoutbound Sendai Matsushima Inc.	Coast-to-Coast Pilgrimage: Walk, Savour, Connect	Walking (some trekking), cultural and food-based experience	3	Miyagi, Yamagata	4N5D	TBA
2	01-T-02	Inoutbound Sendai Matsushima Inc.	Living with Volcanoes: Origin of Onsen Trail	Walking (some trekking), cultural and food-based experience	3	Fukushima	4N5D	TBA
3	Water3	Inoutbound Sendai Matsushima Inc.	Water of Life in Oze & Bandai-Asahi National Parks	Walking (some trekking), cultural and food-based experience	3	Minakami and Oze, Gunma Fukushima	7N8D	May - October
4	Mountain1	Inoutbound Sendai Matsushima Inc.	Exploring the Sacred Mountains of Japan	Mountaineering, cycling, hiking	3	Ehime in Shikoku, Wakayama, Nagano, Yamagata	14N15D	April - November
5	Mountain2	Inoutbound Sendai Matsushima Inc.	Ten Days Exploring the Sacred Mountains of Japan	Mountaineering, hiking, cultural activity	3	Wakayama, Nagano, Yamagata	9N10D	April - November
6	Geo 3	Inoutbound Sendai Matsushima Inc.	Geopark Exploration in Northern Japan: Sanriku & Toya-Usu	Walking (Michinoku Coastal Trail) , Climbing (Shikotsu Toya National Park)	2-3	Sanriku in Tohoku, Hokkaido	9N10D	June - September
7	02-T-01	THE J TEAM	JAPAN'S WATER SHANGRI-LA MINAKAMI, OZE NATIONAL PARK & NIKKO 6 days	River Sports (Canyoning & Rafting)	3	Minakami and Oze in Gunma, Nikkok and Utsunomiya in Tochigi	5N6D	May - October
8	02-T-02	THE J TEAM	LIVING WITH VOLCANOES THE MAGNETISM OF MT. FUJI & IZU OSHIMA 6 days	Hiking	2	Izu Oshima Island in Tokyo, Hakone in Kanagawa, Atami in Shizuoka	5N6D	May - October
9	02-T-03	THE J TEAM	海の恵の発見・ダイビングパラダイス八丈島4泊5日	Diving	3	Hachijojima Island in Tokyo	4N5D	
10	Water1	THE J TEAM	Living with Water in Japan (1) Water, the Fountain of Japanese Life - Tokyo to Yakushima 12 days	Walking (some trekking), cultural and food-based experience	3	Tokyo, Yakushima	11N12D	May - October
11	Water2	THE J TEAM	Living with Water in Japan (2) Water, the Fountain of Japanese Life - Tokyo to Kyushu 11 days	Walking (some trekking), cultural and food-based experience	3	Minakami in Gunma, Fukushima, Aso in Kyusyu	10N11D	May - October
12	03-N-01	High Mount Associe.inc	The fusion of modern and 1200 years old history in National park Kamikouchi / Norikuradake	Trekking	3	Nagano	2N3D	July to October
13	03-N-02	High Mount Associe.inc	Experience the local way of life, snow culture and the beautiful seasonal colors of the Shinetsu trail	Trekking	3~4	Nagano	4N5D	July - October
14	03-N-03	High Mount Associe.inc	Experience Japanese mountain worship and farm food culture at Hakuba, Togakushi and Zenkoji.	Experience buddihist, trekking and farm experience	3	Nagano	3N4D	September - October
15	03-N-04	High Mount Associe.inc	Experience mountain worship and what life was like 300 years ago while trekking the ancient road.	Trekking	3	Nagano	2N3D	July until October
16	04-N-01	Ski Japan Holidays	Cycle Around The Roof of Japan	Cycling	5	Nagano	5N6D	mid-April - late October
17	04-N-02	Ski Japan Holidays	Fossa Magna Cycling Tour	Cycling	4	Nagano	5N6D	September - late October
18	04-N-03	Ski Japan Holidays	The Salt Road (Shio-no-michi Kodo)	Walking	3	Nagano	4N5D	late April - early November
19	04-N-04	Ski Japan Holidays	Hakuba Three Peaks Traverse	Hiking	4	Nagano	4N5D	late June to early October
20	05-C-01	Oku Japan	Treasures of Japan's Heartland 8 days Family Adventure	Community exchange and cultural experience	1	Kyoto, Nara, Hyogo	7N8D	All season
21	05-C-02	Oku Japan	Japan's Culinary Heritage 5 days Culinary and Culture Tour	Visit places and people about food	1	Ishikawa, Toyama, Gifu	4N5D	Spring - Autumn
22	06-S-01	Shikoku Tours, Co., Ltd.	The Unique Sustainable Living of the Deep Iya Valley	Pottering by bicycle and on foot	2	Tokushima, Shikoku Island	4N5D	April to November
23	06-S-02	Shikoku Tours, Co., Ltd.	Shikoku's Forest Railway and the Scent of Yuzu	Trekking	2	Kochi, Shikoku Island	5N6D	July to November
24	06-S-03	Shikoku Tours, Co., Ltd.	From the Source to the Mouth of the Great Shimanto River	E-bike cycling and Canadian canoe	3	Ehime and Kochi in Shikoku	5N6D	April to October

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25	06-S-04	Shikoku Tours, Co., Ltd.	Explore the Best of Shikoku by E-bike and SUP	E-bike cycling and SUP	3	Ehime and Kochi in Shikoku	5N6D	April to November
26	Mountain3	Shikoku Tours, Co., Ltd.	Exploring the Sacred Mountains of Japan	Mountaineering, cycling, trekking	3	Nagano, Wakayama Ehime in Shikoku	9N10D	April to November
27	River1	Shikoku Tours, Co., Ltd.	Exploring the Great Rivers of Japan	Kayaking, canyoning, SUP	3	Tokushima and Kochi in Shikoku, Minakami in Gunma, Kanto	8N9D	April to November
28	07-K-01	SMO Minamioguni	Culinary Spring Journey in the Mountains of Aso 5 nights 6 days	Cultural/culinary experience	2	Kumamoto, Kyushu	5N6D	March and April
29	07-K-02	SMO Minamioguni	The Blessed Water of Aso, Cycling Tour 4 nights 5 days	Cycling	3-5	Kumamoto, Kyushu	4N5D	July - September
30	07-K-03	SMO Minamioguni	Outdoor Adventure in the Volcanic Grasslands of Aso - 5 nights 6 days	Hiking, Kusadomari (grass hut camping)	3	Kumamoto, Kyushu	5N6D	October - November
31	09-O-01	Jumbo Tours Co., Ltd.	Explore the Kerama Blue Ocean in Tokashiki and Learn the Secret of Longevity in Oogimi	Diving & Sea Kayaking in the Tokashiki Island	2	Okinawa	4N5D	All season
32	10-H-01	Hokkaido Treasure Island Travel Inc.	SDGs cultural interaction by the women, for the women Northern Hokkaido 4 day tour	Cultural interaction	1	Hokkaido	3N4D	May - October
33	10-H-02	Hokkaido Treasure Island Travel Inc.	Around Daisetsuzan 6 Day Hiking Tour	Hiking	4	Hokkaido	5N6D	June - October
34	10-H-03	Hokkaido Treasure Island Travel Inc.	Cycling tour aiming for "the end of the earth, Sirietoku (Shiretoko)" 5 days 4 nights	Cycling	4	Hokkaido	4N5D	May - October
35	10-H-04	Hokkaido Treasure Island Travel Inc.	Toya-Usu UNESCO Global Geopark & Kuromatsunai Low-Land Adventure Tour	Hiking	2	Hokkaido	4N5D	May - October
36	10-H-05	Hokkaido Treasure Island Travel Inc.	Japan's Far East 7 Day Wildlife & Adventure Tour	Wildlife Viewing, Canoeing, Walking	3	Hokkaido	6N7D	June - October
37	Cycling	Hokkaido Treasure Island Travel Inc.	Cycling in Japan's National Park 12 days	Cycling	5	Ehime and Kochi in Shikoku, Toya and Niseko in Hokkaido, Nagano	11N12D	May - June September - October
38	River3	Hokkaido Treasure Island Travel Inc.	Exploring the Great Rivers of Japan North-to-South 10 Days	River & Lake Activities	3	Hokkaido, Okutama in Kanto region, Tokushima in Shikoku	9N10D	June - October
39	Water5	Hokkaido Treasure Island Travel Inc.	Living with Water in Japan East Japan - Tokyo to Hokkaido 12 days	Combination	3	Minakami in Gunma, Fukushima, Hokkaido	11N12D	June - September
40	Geo1	Hokkaido Treasure Island Travel Inc.	Geo-Japan North-to-South 16 days	Climbing	3	Hokkaido, Sanriku in Tohoku, Oshima- Fuji-Hakone Area, Aso in Kyusyu	15N16D	June - September