

Experience the local way of life, snow culture and the beautiful seasonal colors of the Shinetsu trail



The Shinetsu trail is a long trail along Nagano and Niigata border. The altitude is just 1000m, however they get lots of snow over 5m. The heavy snow prevented people from going into beautiful beech forest allowing original rare plants to be preserved and still grow today. Now there are strict rules on the Shinetsu trail to keep it pristine, it's one of Japans unique trails where you can see different seasonal colors. Also the local guide provides the history and you can experience Onsen and local foods.

03-N-02

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Highlights:

- One of the best beech forest trail
- Feel the nature in one of the most snowiest places in the world
- Trekking, Onsen and local Japanese foods in the same day
- Walk with local guides, learn of the culture and history
- Just 2 hours away from Tokyo

Location:

Iiyama Nagano

Main Activity: Trekking

Difficulty: 3~4

Availability: Recommended from July until October

Tour Duration: 3 Nights 4 Days

Pax: Minimum 2 Maximum 16

Price per person: JPY 198,000

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Day-by-day Itinerary

Day 1 - Country side sightseeing and Zazen experience

Meet up at Iiyama information centre in the Iiyama bullet train station. You will have a lunch at a local restaurant. After lunch, the local guide will show you around the country side scenery and experience Zazen that is a Japanese meditation in the temple.

Dinner

Western Japanese mixed dinner by local ingredients at the hotel.

Activity: Local town walking

Difficulty: 2

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Day 2 - Trekking shinetsu trail section 1 to 2

Trekking 13.2 km, approx 7 hours.

Breakfast

Buffet or set meal at the hotel

Start trekking section 1 from Manzakatouge to Akaike, approx 2 hours. Section 2 is from Akaike to Wakui, approx 5 hours.

Lunch



Activity: AM Trekking :Distance—2.5km | Time—2 hours | Elevation—220m
PM Trekking :Distance—10.7km | Time—5 hours | Elevation—500m

Difficulty: 4

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Day 3 - Trekking shinetsu trail section 4

Breakfast

Japanese style set meal

Trekking section 4 from Hotokegamine-tozanguchi to Sekitadoue.

Lunch

Lunch box

Dinner

Farmers dinner using their harvested rice and vegetables.

Activity: Trekking :Distance—12.7km | Time—6 hours | Elevation—440m

Difficulty: 3



Day 4 - Trekking Shinetsu trail section 5

Breakfast

Japanese style set meal

Trekking section 5 from Sekitadouge to Busunotouge.

Lunch

Lunch box

Dinner

Japanese style set meal at Iiyama Yutaki Onsen.

Activity: Trekking :Distance—12.4km | Time—6 hours | Elevation—200m

Difficulty: 4



Day 5**Breakfast**

Continental breakfast

The guide will send you to the JR togari nozawa onsen station.

Accommodations :

- : Madarao kogen hotel, western room or Japanese/Western hybrid room
with en suite bath and toilet
- : Sikisai no yado Kanoe, Japanese style room with futon
bedding on tatami, en suite bath and toilet
- : Sikisai no yado Kanoe, Japanese style room with futon
bedding on tatami, en suite bath and toilet
- Se: Nabekura kogen Morinoie, self contained cabin with en suite
bath and toilet

What's included

- Zazen experience
- 4 nights accommodation in hotel, farm guest house and cabin
- 4 breakfasts, 4 lunches, and 4 dinners
- Transportation between tour locations using bus and private vehicle
- English speaking guides

We provide & What to bring

We provide

- First aid kit
- Safety equipment

What to bring

- Comfortable clothing for hiking and activity, including lightweight flexible trousers for walking, t-shirts, shirts
- Comfortable trekking shoes or lightweight trail boots (these need not be full ankle leather hiking boots)
- Water shoes or sandals that grip at the heel or ankle (no flip flop style sandals)
- Swimwear for waterfall meditation experience
- Socks
- Waterproof jacket and trousers (ideally breathable)
- Quick-dry clothing for your day of canoeing
- Sun hat, sunglasses
- Bandana or handkerchief (public toilets may not have hand dryers)
- Toothbrush/toothpaste
- Toiletry kit – tissues, shaving kit, deodorant, moisturizer, flannel/washcloth. Please note that body soap and shampoo are provided at accommodations
- Sunscreen
- Insect Repellent
- Water bottle
- Medicines and prescriptions
- Trekking backpack, approximately 20 litres in size
- Rain cover for backpack
- Water bottle
- Rain hat or folding umbrella
- Passport /Travel Insurance /Travel Itinerary /Cash and ATM card

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Recommended items:

- Thin fleece top – in the evenings, it can get quite cool in the mountains
- Trainers/sneakers or comfortable shoes for cities
- Camera
- Sunglasses
- Walking poles (a personal choice; most clients manage without but if you prefer to hike with walking poles please bring these with you).
- Cellphone power bank
- Ear plugs and eye mask
- Dry bag
- Additional snacks you typically enjoy while hiking
- Camera
- Larger bath towel (Japanese bath towels are small in size relative to those used in other countries. If you prefer to use a bath towel that can be wrapped around you, please bring this with you.)
- Ear plugs and eye mask
- Eco laundry soap for handwashing of items
- Electrical plug/socket adapter (If you are bringing electronics from North America with a plug with 2 flat prongs then this should work in Japan. If you are coming from other countries, please bring a voltage converter and plug adapter for Japan.
- Small flashlight/torch

Information we will need from you prior to your Pre-Summit Adventure:

- Your height
- Your hiking experience
- Nationality, age, gender
- Details of an emergency contact
- Details of any allergies or dietary restrictions you may have
- Information on any chronic medical conditions and medication taken
- Your arrival date, flight details, and the name of the hotels you will be staying in before and after your Pre-Summit Adventure

Please note: accommodations will ask to see and photocopy your passport on check in. This is a requirement of Japanese law.

About us

High Mount Associe.inc



High Mount Associe Inc. propose a tour that responds flexibility to individual demands and can provide tours full of hospitality, these are our most cherished spirits.

Our experiences of which we has managed the hotel since 1980 and has started welcoming from all over the world at Nagano Olympic of 1998, promise the guests the best time to visit Japan.

We are confident in our prompt and sincere response.

We are really happy and looking forward to having a good relationship together.

Please feel free to contact ; yo98-mail@highmount.com

Your Guides:

Tour guide:

Mr. Daniel Moore



Daniel was born in Atlanta but moved to Nagano at 7 months old when his father entered Shinshu University's graduate school program. Daniel lived in Tokyo and Nagano until 16 years old, going to public Japanese school. After completing high school and university in the United States and living briefly in Kenya, Daniel returned to Japan where he began working as a walking, snowshoeing and outdoor guide for Walk Japan. Since 2018, Daniel has worked as a guide for various tour companies including Oku Japan, running his company pickleball trips, teaching pickleball in Japan and playing professionally. He lives near Shiga Kogen in Nagano, where he runs a guest house, hiking and snowboarding as much as he can. Daniel is a hiking and onsen enthusiast and is looking forward to returning to Hokkaido, where he has guided several times in the past.

Additional supporting guides:

Mr. Chris Gladden – Mr. Chris Gladden is a guide living in Otaki Village, Kiso

District. Guiding unique to local are popular.

In addition to the guide business, he also run a translation business.

Information and Requirements

Dietary Restrictions

We encourage clients to sample the full range of food provided by the inns on our tours whenever possible. The inns are proud of their set menus, which usually consist of a multitude of carefully balanced and painstakingly produced dishes and local specialties. If you are travelling with others, you can easily swap dishes between you at mealtimes so that each member of your party eats what they like best. If you have specific dietary restrictions, please let us know these in detail – particularly what you are and are not able to eat. The better we know your dietary restrictions, the easier it is for us to provide you with the widest range of local specialties for you to try.

Inns are usually happy to provide meat-free meals if we request them at the time of booking. We can also request meals which are meat-free and without fish and seafood, though fish and seafood feature heavily in the standard Japanese diet. If requesting meals without fish and seafood, please tell us if you can still accept soups and sauces containing the traditional fish stock called dashi. Dashi is made by soaking shaved dried bonito or small dried sardines and kombu kelp. This is then strained so there are not pieces of fish flesh in the stock. It is challenging for the inns to produce meals without dashi and choices for strict vegetarians and vegans may be more limited. Vegetarian meals will be available on this itinerary.

Emergency Response Plan

Your safety is our top concern. All of our guides are experienced guides with first aid training. Your primary guide, Mr. Daniel Moore, is qualified in Wilderness First Aid and Avalanche Safety. Before your tour and before your activities, you will receive a safety briefing to alert you to any risks associated with the activity in order to mitigate these. Your guide will carry a first aid kit at all times. We do have an emergency response plan that we will implement in the event of guest illness or injury, natural disaster, or dangerous weather conditions and your guide will enact this if required with the support of our teams in Japan.

We may need to change our plans due to weather conditions to ensure the safety of the group. When an activity is not possible for these reasons, we will engage in an alternate activity that will also show you the magic of this area of Japan.

Reservation & Cancellation Policy

Reservation

When we receive your reservation request, we will send you an email "yo98-mail@hihgmount.com". We will ask for your contact details and personal information such as your height and dietary requirements etc., in order for us to adequately organize and arrange the tour service. We are using "SQUARE" online payment system for all booking. You will have email and invoice via "SQUARE" for your payment.

Cancellation

If you wish to cancel a tour reservation, please notify us in writing.

Our Cancellation Policy is as follows.

Cancelled more than 21 days prior to departure: Zero fees

Cancelled between 20 and 8 days prior to departure: 20% of the Tour Price

Cancelled between 7 days and 48 hours prior to departure: 30% of the Tour Price

Cancelled between 48 and 24 hours prior to departure: 40% of the Tour Price

Cancelled within 24 hours of departure: 50% of the Tour Price

Cancelled on the day of departure: 100% of the Tour Price

No refunds will be given after the tour has started

Payment Methods

We require a Deposit of 50,000 yen or Full Payment to secure your booking. The Deposit is treated as a part of the Tour Price. You will receive an email reminder about payment of the balance, which is generally due 30 days prior to the tour departure date. We accept payment by credit card in our local currency, Japanese Yen. If you prefer to pay by bank transfer, we will give you our bank details and the amount of bank fees that should be added to the Tour Price.

Assumption of risk and safety declaration

Travelers are advised that all activities are undertaken entirely at their own risk and they must behave in a fit and proper manner at all times in accordance with High Mount Associe.inc guidelines. All adventure tours and outdoor activities carry inherent risks and High Mount Associe.inc nor its partners do not assume any responsibility for accidents that are caused by its customers or caused by factors outside of human control. With the purchase of your trip, you acknowledge that:

- By its very nature, adventure travel, hiking and cycling tours are more challenging and demanding with a significantly higher level of risk, and involve potential exposure to injury and possibly death.
- Additional dangers and risks associated with adventure travel may include difficult and dangerous terrain; high altitude; extreme weather, including sudden and unexpected changes; political instability; remoteness from normal medical services and from communications; and evacuation difficulties in the event of illness or injury.
- You must follow our guide's instructions and use any safety equipment provided at all times. For the above reasons you accept the inherent and increased dangers and risks associated with the proposed adventure and the accompanying risk of injury, death or property damage or loss.

Disclaimer

Release and waiver of liability

In consideration of High Mount Associe.inc . Accepting your booking and in consideration of you being permitted by High Mount Associe.inc to join the tour to the extent permitted by law, you: Waive any and all claims you may have now and in the future, and release from all liability and agree not to sue or seek any compensation from High Mount Associe.inc , its officers, employees, agents, guides, and other representatives for any personal injury, property damage, wrongful death, or loss sustained by you as a result of your participation in the tour due to any cause whatsoever, including without limitation, negligence on the part of, High Mount Associe.inc Its staff, tour partners, or other participants, or death or injury as a result of natural disaster, war, civil unrest or epidemic. Further, High Mount Associe.inc cannot be held liable by freelance guides for damage or injury to the guide, or damage or injury inflicted by the guide on third parties in any way. By accepting freelance tour assignments, guides automatically High Mount Associe.inc from any liability.

Tour Operator / Contact

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