

Coast-to-Coast Pilgrimage: Walk, Savour, Connect



Location: Tohoku Region
Yamagata & Miyagi Prefecture

Main Activity: Walking (some trekking) / Cultural Activity

Difficulty: 3

Duration: 6D5N

Highlights:

- Hike across all three peaks of Dewa Sanzan (the three holy mountains of Dewa)
- Observe the post-tsunami recovery of northern Japan's coastline as you walk sections of the Michinoku coastal trail
- Follow in the footsteps of haiku master Matsuo Basho and experience the same natural scenery that inspired his works
- Make deep and meaningful connections with the people of Tohoku through unique cultural experiences and a first-hand taste of local life

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Unique cultural and culinary experiences, and unforgettable human encounters



Stunning natural scenery along both coast and mountain routes



Overview

Embark on a journey of rebirth in Japan's deep north. Travelling from the Japan Sea to the Pacific Ocean, journey through untouched nature along three different pilgrimage routes, including the three holy mountains of Dewa and the Michinoku coastal trail.

Each day meet inspirational local people, such as farmers, chefs, fishermen and yamabushi mountain priests, and hear how they spend their lives reaping the rewards of nature while respecting its ferocity. Walk through the landscape, savor local tastes and connect with the people and culture of Tohoku.

Itinerary

Day 1: Arrive in Yamagata and spend the afternoon with a local farming family in Tsuruoka.

Day 2: Travel to Dewa Sanzan and climb the 2,446 steps to the peak of Mount Haguro. Stay overnight at a pilgrim's lodging and enjoy Buddhist shojin ryori cuisine.

Day 3: Hike up Mount Gassan and across the range to Mount Yudono, the second and third of the Dewa Sanzan peaks.

Day 4: Follow in the footsteps of Matsuo Basho and cross the Natagirikogen mountain pass. Relax in the hot spring waters of Naruko Onsen.

Day 5: Head to the Pacific coast to visit local oyster farms before walking along the Michinoku coastal trail.

Day 6: Reflect on your journey from coast-to-coast by participating in kiriko, a traditional craft of making spiritual Shinto offerings.

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Meal

Day	Breakfast	Lunch	Dinner
1	-	Local cuisine at farmhouse restaurant	Traditional Japanese 'kaiseki' course meal featuring local ingredients.
2	Japanese style at hotel.	Italian cuisine prepared with local heirloom veggies.	'Shojin Ryori' vegetarian cuisine.
3	Traditional pilgrim breakfast.	Rice-balls or 'obento' style lunchbox.	Traditional Japanese 'kaiseki' course meal featuring local ingredients.
4	Japanese style at hotel.	'obento' style lunch box on a boat cruising the Mogami River.	Local cuisine at a farmhouse restaurant.
5	Japanese style at hotel.	Local seafood lunch at oyster shack.	'Brewer's Table' local sake pairing dinner.
6	Japanese style at hotel.	-	-

Meal

Day	Area	Facility Type	Room Type	Onsen/Spa	WiFi
1	Yunohama Onsen	Ryokan	Shared room with ensuite	Onsen	✓
2	Mt. Haguro	Pilgrim lodge	Shared room, shared bathroom	-	✓
3	Hijiori Onsen	Ryokan	Shared room with ensuite	Onsen	✓
4	Naruko Onsen	Ryokan	Shared room, shared bathroom	Onsen	✓
5	Kesennuma	Onsen Hotel	Shared room with ensuite	Onsen	✓