

Trekking and river adventure on World Heritage island, **YAKUSHIMA**



On this tour, experience the wonder of water and the life that it brings through activities such as mountain hiking, nature walks and river kayaking. Enjoy the opportunity to commune with nature. The island of Yakushima is located south of Kyushu and has a circumference of 130 kilometers. It was formed by magma rising from the seabed and turning to granite. As the island is made up mostly of mountains rising from the sea, it is sometimes referred to as the Offshore Alps. Water vapor from the warm sea around the island travels up through the mountains and becomes rain clouds, resulting in what is thought to be the heaviest rainfall in Japan. The abundant rain, which is said to fall “35 days a month,” nurtures the yakusugi cedars and evergreen forests, which are over 1,000 years old. The rain becomes rivers that sustain communities. Water from the rivers flow back into the sea, where it is again turned into rain clouds that return to the island.

Itinerary at a glance

Day 1: Group meets in Kagoshima and transfers to Yakushima (D)

Day 2: Guided forest walk at World Natural Heritage Site (B, L, D)

Day 3: Guided kayaking and mountain stream climbing in Kurio River (B, L, D)

Day 4: Guided hike to Mt. Kuromi (main activity) (B, L, D)

Day 5: Yakusugi cedar workshop (B, L, D)

Day 6: Farewell breakfast and transfer to Sapporo (B)

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Highlights:

- Hiking up Mt. Kuromi to enjoy a panoramic view of forests, moors and the massive rocks of Yakushima
- Kayaking and mountain stream climbing in the clear Kurio River, which flows from Mt. Kuromi
- Nature walk through the World Natural Heritage area to observe wild animals and enjoy the evergreen forest
- Yakusugi cedar craft workshop

Location:

Kagoshima Prefecture is located in the southernmost part of Kyushu. It is blessed with a warm climate, with an average annual temperature of 19° C. The prefecture is known for its ocean water, islands, forests and volcanoes. The prefecture has about 600 small and large islands (including 26 populated islands) in the East China Sea and the Pacific Ocean.

Yakushima is an almost circular island with an area of about 500 kilometers and a circumference of about 130 kilometers. Located in the East China Sea, the island is about 65 kilometers south of the Kagoshima Prefecture mainland. The island consists of about 90 percent mountains and there are over 40 mountains over 1,000 meters high. These include Mount Miyanoura, the highest peak in Kyushu, which towers to a height of 1,936 meters above sea level. The island has a population of about 13,000 and there are 24 villages along the coast, each of which has its own history and culture.

Main Activity: Guided hiking to Mt. Kuromidake

Difficulty: 4

Contents:

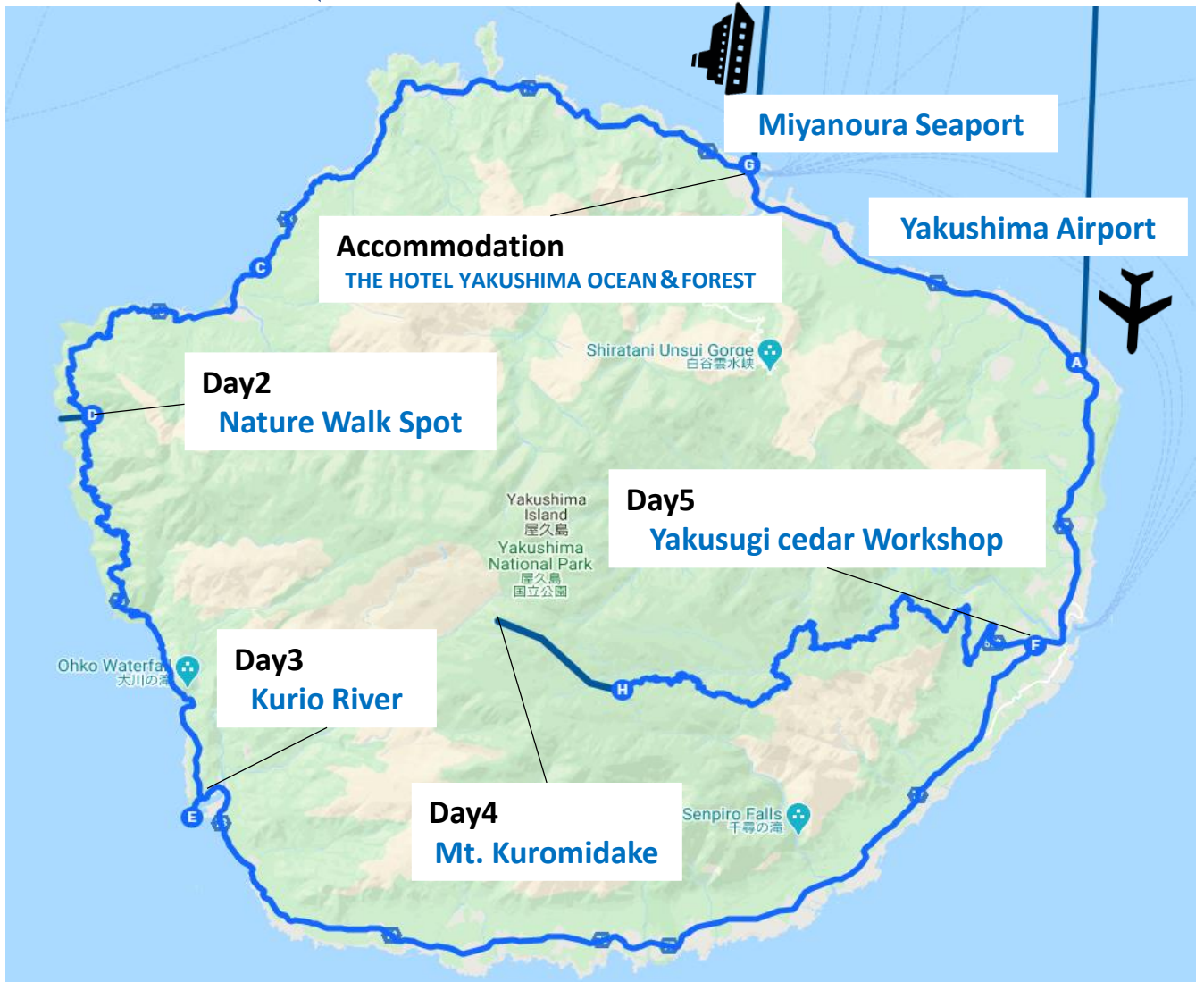
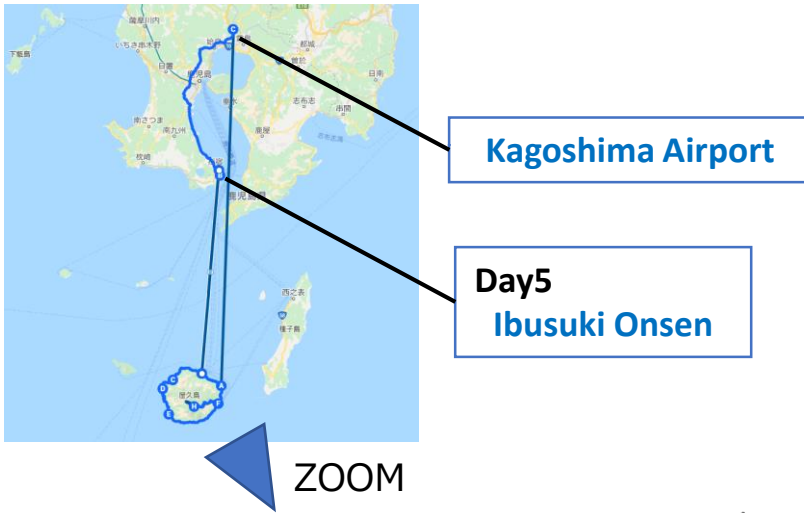
Route map

Day-by-Day Itinerary

Trekking and river adventure on World Heritage island, YAKUSHIMA

Route map

Source: Google My Maps



Trekking and river adventure on World Heritage island, YAKUSHIMA

Day-by-Day Itinerary

Day 1:

Group meets in Kagoshima & Transfer to Yakushima - Introduction -

We meet at Kagoshima Airport at around 14:30 and take a 40-minute flight to Yakushima Airport.

When the sky is clear smoke can be seen rising from the Sakurajima volcano.

At Yakushima, take some time to get to know your fellow travellers and familiarize yourself with the itinerary. The information center is a 20-minute drive from the airport. With use of a map of

Yakushima, we provide an overview of the island and explain the itinerary. Check in at Hotel

Yakushima Ocean & Forest. This is your accommodation while in Yakushima, so feel free to unpack.

Outdoor gear is available for rent. Hotel Yakushima is a Japanese-style inn overlooking the sea, but

you are provided with Western-style rooms. Hotel Yakushima is fully equipped with a restaurant,

lounge, communal bath, sauna, and laundry to provide you with a comfortable stay.

Dinner will be served at the hotel. We'll dismiss everyone early to prepare for the next day's activities.

Accommodation: THE HOTEL YAKUSHIMA OCEAN & FOREST | Ryokan | Private Western-style room with ensuite | Spa | Laundry

Included meals: Dinner (Hotel)

Day 2:

Guided forest walking at world Natural Heritage Site

Experience life facilitated by Yakushima's warm climate and abundant rainfall.

The highlight is a nature walk in the World Natural Heritage area. The walk begins on the western forest road about one hour's drive from the hotel. Walk through the evergreen forest to the coast, a round trip of about four kilometers. The walk takes two to three hours. Until about 50 years ago, people lived in the forests here. Today, the wild Yakushima macaques and deer enjoy the lush natural forest. If the weather is clear, look out for Kuchinoerabu, a volcanic island that continues to spew smoke. The rest of the day is spent traveling around the island counterclockwise. On the way, we visit a beautiful sandy beach that is the best sea turtle spawning ground in Japan and a maker of shochu that is famous for its soft mellow taste. Along the way observe Kurio River and Mount Kuromi, sites scheduled for the following day, and gain a better understanding of the island's geography, nature and environment.

Dinner of fresh fish and local cuisine is at an Japanese pub near the hotel.

Activity: Walking | Distance – 4 km/2.5 miles | Time - 2 to 3 hours
Elevation – 100 m/300 ft

Accommodation: THE HOTEL YAKUSHIMA OCEAN & FOREST | Ryokan | Private Western-style room with ensuite | Spa | Laundry

Included meals: Breakfast (Hotel), Lunch (Outside), Dinner (Local restaurant)

Activity: Walking

Difficulty: 2



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Day 3:

Guided river kayaking & stream climbing in Kurio river

Experience the abundance of water on Yakushima with river kayaking and mountain stream climbing on Kurio River, which has its source on Mount Kuromi.

Kurio River is the only river in Yakushima where mangroves still grow. The water is exceptionally clear. It is a one-hour drive from the hotel to the mouth of Kurio River. The kayaking begins downstream in brackish water. Paddle for about 90 minutes to travel upstream about 2 kilometers. Mount Kuromi can be seen in the distance.

Leave your kayak and enjoy lunch on the riverbank. Then head upriver on foot. The time of year is ideal for stream climbing.

Before returning to the hotel, take a break at an area near the mountain to prepare mentally for the hike up Mount Kuromi the following day. Dinner is at a restaurant near the hotel.

Activity 1:	River kayaking Distance - 2km/1.2miles Time – 1.5 hours
Activity 2:	Stream climbing Distance - 1km/0.6miles Time – 3.5 hours
Accommodation:	THE HOTEL YAKUSHIMA OCEAN & FOREST Ryokan Private Western-style room with ensuite Spa Laundry
Included meals:	Breakfast (Hotel), Lunch (Outside), Dinner (Local restaurant)

Activity 1: River kayaking

Difficulty: 2

Activity 2: Stream climbing

Difficulty: 3



Day 4:

Guided hike to Mt. Kuromi summit (main activity)

Hiking up Mount Kuromi, which is located on the central ridge of Yakushima and has a height of 1,831 meters, allows you to walk along a variety of mountain trails that pass through dense forests and over clear streams, high moors and bare granite. On a sunny day, the 360-degree panoramic view from the mountain's summit is magnificent and enhances your sense of accomplishment.

Leave the hotel before dawn (5:00) by car to the starting point by Yodo River at an altitude of some 1,360 meters. The drive takes 90 minutes. The hike will take about 9 hours over a distance of 10.2 kilometers and an ascent of 471 meters. Along the way enjoy sandwiches prepared by the hotel, boxed lunches with onigiri wrapped in bamboo and coffee made with pure river water.

In the evening, enjoy a much-earned barbecue dinner to celebrate your last night on Yakushima.

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Activity : Hiking | Distance – 10.2 km/6.3 miles | Time - 9 hours |
Elevation – 471 m/1,545 ft
Accommodation: THE HOTEL YAKUSHIMA OCEAN & FOREST | Ryokan | Private Western-style room with ensuite | Spa | Laundry
Included meals : Breakfast (Outside), Lunch (Outside), Dinner (Outside)

Activity : Hiking
Difficulty: 4



Day 5:

Yakusugi cedar craft workshop

The final day is for you to recover and prepare to travel to Hokkaido.

Spend the morning at your own leisure. You can relax in your room, soothe yourself at the hotel's spa, explore the streets around the hotel or enjoy shopping.

After lunch, take part in a yakusugi craft workshop where you get to polish precious yakusugi bogwood, one of the island's treasures, to create an original gift that can be found nowhere else in the world. This marks the end of your time on Yakushima.

The return trip to the mainland is a two-hour ride on a hydrofoil to Ibusuki in Kagoshima Prefecture. In the evening, cleanse your body with a natural steam sand bath, a rare delight, and sip on a smoothie made from locally grown okra.

Activity : Yakusugi cedar Workshop | Time - 1 hour |
Accommodation: Ibusuki Iwasaki Hotel | Hotel | Private Western-style room with ensuite |
Onsen Spa | Laundry
Included meals: Breakfast (Hotel), Lunch (Local restaurant), Dinner (Hotel)

Activity : Yakusugi cedar craft workshop
Difficulty: 1



Day 6:

Farewell Breakfast & Transfer to Sapporo

Leave the hotel at 8:00 and take the express bus to Kagoshima Airport. From there, fly to New Chitose Airport via Tokyo's Haneda Airport. From New Chitose Airport, take the JR Rapid Airport Express to Sapporo. Estimated arrival time in Sapporo is at 16:30.

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Accommodations :

Day	Hotel	Location	Type	Room	Spa
Day1	THE HOTEL YAKUSHIMA OCEAN & FOREST	Yakushima	Ryokan	Private Western-style room with ensuite	Spa
Day2	THE HOTEL YAKUSHIMA OCEAN & FOREST	Yakushima	Ryokan	Private Western-style room with ensuite	Spa
Day3	THE HOTEL YAKUSHIMA OCEAN & FOREST	Yakushima	Ryokan	Private Western-style room with ensuite	Spa
Day4	THE HOTEL YAKUSHIMA OCEAN & FOREST	Yakushima	Ryokan	Private Western-style room with ensuite	Spa
Day5	Ibusuki Iwasaki Hotel	Ibusuki	Hotel	Private Western-style room with ensuite	Onsen pa

Ryokan



Seaside Hotel Yakushima

1208-9 Miyanoura, Yakushima-cho, Kumage-gun, Yakushima, Yakushima, Japan, 891-4205 - [VIEW MAP](#)



Sauna



Coffee shop



Table tennis



Laundromat



Vending machine

Hotel



Ibusuki Iwasaki Hotel

3755 Juni-cho, Ibusuki-shi, Ibusuki, Ibusuki, Japan, 891-0493 - [VIEW MAP](#)



Sauna



Coffee shop



Bar



Table tennis



Bowling alley

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Foods :

Day		Place	Menu
Day1	Dinner	Hotel banquet room	A sumptuous set meal
	Breakfast	Hotel restaurant	Buffet
Day 2	Lunch	Outside	A vegetarian boxed lunch
	Dinner	Local restaurant	Fresh fish and local cuisine
	Breakfast	Hotel restaurant	Buffet
Day 3	Lunch	Outside	Boxed lunch
	Dinner	Local restaurant	A set meal with a pork cutlet
	Breakfast	Outside	A bag lunch such as a sandwich
Day 4	Lunch	Outside	A boxed lunch with rice balls
	Dinner	Hotel garden	Barbecue
	Breakfast	Hotel restaurant	Buffet
Day 5	Lunch	Local restaurant	Chopped flying fish over rice
	Dinner	Hotel restaurant	A sumptuous set meal
Day 6	Breakfast	Hotel restaurant	Set meal

Elevation Profile :

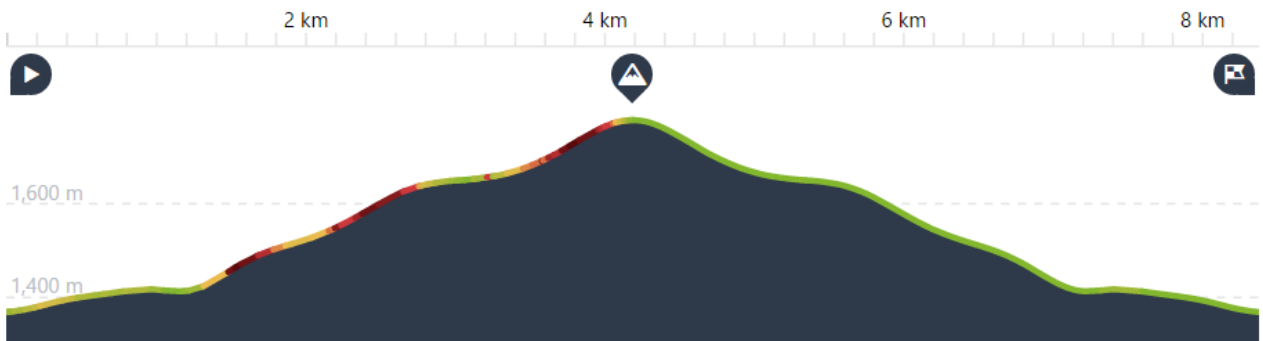
Distance: 1.54 km | Time: 1:00 | Up: 160 m, Down: 180 m

Source: Komoot

Day 4

Guided hiking to Mt. Kuromidake (Main Activity)

Distance – 10.2 km/6.3 miles | Time - 9 hours | Elevation – 471 m/1,545 ft



▲ Highest Point 1,780 m

▼ Lowest Point 1,370 m