

# Coast-to-Coast Pilgrimage

Walk, Savour, Connect

Movie



YAMAGATA

MIYAGI

FUKUSHIMA

Living with Water and Volcanoes

Movie




**CONTACT**

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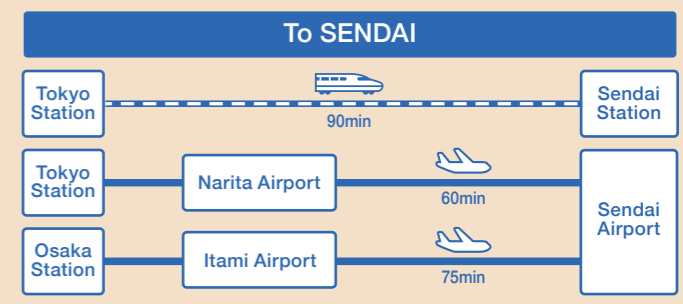
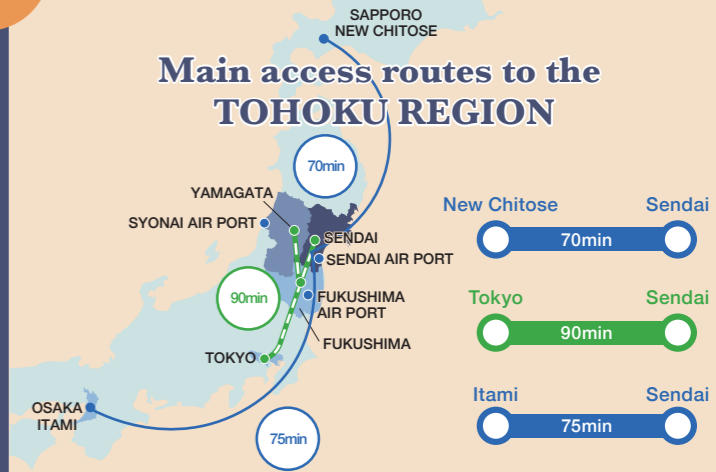
Discover the Hidden Trails of North Japan  
Even for the most avid of Japan travelers, there are new discoveries to be made in the 'deep north' of Japan, the Tohoku region:  
Ancient pilgrimage routes across sacred mountains;  
Unique culture and tradition based in a deep reverence of nature;  
Changing seasonal faces of rolling mountains and pristine ocean;  
Vast volcanic landscapes that bless villages with healing hot springs and fertile soil;  
Fresh ingredients and rich culinary traditions;  
Most of all, by exploring Tohoku by trail, you'll make discoveries of self as you're re-challenged with new terrain and new teachings from the nature and people you encounter along your journey.



## North Japan Hidden Trails

~Walk Savor Connect~

Discover the Real Japan in Tohoku, the Deep North!



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## 1 Coast-to-Coast Pilgrimage Walk, Savour, Connect



<b>Location</b>	<b>Tohoku Region Miyagi &amp; Yamagata Prefecture</b>
<b>Main Activity</b>	<b>Walking (some trekking) / Cultural Activity</b>
<b>Difficulty</b>	<b>3</b>
<b>Duration</b>	<b>6D5N</b>
<b>Pax</b>	<b>Min. 04, Max. 08</b>
<b>Price</b>	<b>8 pax 460,000 JPY</b>

### Highlights

- ✓ Experience the recovery of northern Japan's coastline as you walk sections of the Matsushima Bay. Follow the footsteps of Haiku master Matsuo Basho as you take in the same untouched natural scenery that inspired his works. untouched natural scenery that inspired his works.
- ✓ Trek across all three peaks of the Dewa Sanzan (Three Holy Mountains of Dewa)
- ✓ Make meaningful connections with the local people of Tohoku through unique cultural experiences and a first-hand taste of local life.

### Overview

Embark on a journey of 'rebirth' in Japan's deep north! Travelling from the Japan Sea to the Pacific, you'll traverse through untouched nature along pilgrimage routes including the Three Holy Mountains of Dewa and Okuno hosomichi Trail. Each day you'll be guided by unforgettable local faces - farmers, chefs, fishermen, Yamabushi mountain priests and more who will inspire you with their stories and way of living with both blessings and ferocities of nature. Walk in nature, savour local flavours and connect with the people and culture of Tohoku.

### Itinerary

- DAY1** : Hiking in a beautiful bay with a Japanese style that hasn't changed in a thousand years.
- DAY2** : Hiking through World Heritage temples, onsen (hot springs), and traditional crafts to experience the spirituality of Japan.
- DAY3** : Follow the footsteps of Matsuo Basho along the Okuno Hosomichi Pass. Relax in the hot spring baths of Naruko Onsen.
- DAY4** : Travel to the Dewa Sanzan (Three Holy Mountains of Dewa) and climb 2446 steps to the peak of Mt. Haguro. Stay overnight at pilgrim lodging and enjoy meals of 'shojin ryori'.
- DAY5** : Challenge yourself to climb Mount Gassan, a special area of Bandai Asahi National Park at an altitude of 1984 meters.
- DAY6** : Complete the journey of rebirth with a visit to Mt. Yudono (the third holy mountain of Dewa Sanzan) before concluding your journey with a visit to a hidden side of Michelin-guide listed Yamadera undiscovered by most travelers!



### Meal

Day	Breakfast	Lunch	Dinner
1		Local cuisine at restaurant.	Local 'izakaya' (Japanese pub)
2	Buffet style at hotel.	Local cuisine at restaurant.	Simple dinner at hotel
3	Japanese style at hotel.	Ramen at local restaurant.	Traditional Japanese course meal featuring local ingredients.
4	Japanese style at hotel.	Italian cuisine prepared with local heirloom veggies.	Shojin Ryori' vegetarian cuisine.
5	Traditional pilgrim breakfast.	Rice-balls or 'obento' style lunchbox.	Traditional Japanese 'kaiseki' course meal featuring local ingredients.
6	Buffet style at hotel.	Local cuisine at restaurant.	



### Accommodations

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



## 2 Living with Water & Volcanoes



<b>Location</b>	<b>Oze &amp; Bandai-Asahi National Parks, Mt. Zao</b>
<b>Main Activity</b>	<b>Trekking/ Cultural Activity</b>
<b>Difficulty</b>	<b>3</b>
<b>Duration</b>	<b>7D6N</b>
<b>Pax</b>	<b>Min. 04, Max. 08</b>
<b>Price</b>	<b>8 pax 460,000 JPY</b>

### Highlights

- ✓ Enjoy the rugged beauty of northern Japan as you trek volcanic peaks in Oze and Bandai-Asahi National Parks-Mt. Zao.
- ✓ Experience 'extreme onsen' - bathing in a natural hot-spring river.
- ✓ Meet the incredible 'Yumori' - onsen guardians - who protect the hot-springs and mountains.
- ✓ Experience first-hand the unique lifestyle and culture developed through coexistence with volcanoes.
- ✓ Make meaningful connections with the local people of Tohoku through unique cultural experiences and a first-hand taste of local life.

### Overview

Leave the city behind and retreat into the rugged wilderness of north Japan. Starting in 'Oku-Aizu' (lit. 'deep' Aizu) you'll spend 6 days and 6 nights in coexistence with nature, in an environment both volatile in temperament yet generous in blessings. After conquering the mountains and marshes of Oze, meet the courageous 'yumori' (hot-spring guardians) of Dake Onsen as you climb Mt. Adatarata, before soaking in a natural hot-spring river that carves through a dramatic volcanic valley!

### Itinerary

- DAY0** : Prepare for the journey ahead by spending the night at a local guesthouse in Hinoemata Village at the foot of Oze.
- DAY1** : Embark on a trek through Oze National Park and spend the evening in a hiker's hut on the mountain.
- DAY2** : Continue the trek through the stunning Ozegahara marshlands. Explore the Edo period village of Ouchi-juku.
- DAY3** : Discover an extreme side to hot-spring bathing in a natural hot-spring river! Enjoy local meal with Japanese sake.
- DAY4** : Enjoy sake made with water that has flowed from Mount Adatarata for 40 years, and hot springs that have lasted for 1,200 years.
- DAY5** : Spend the day trekking Mt. Adatarata with a local 'Yumori' (hot-spring guardian).
- DAY6** : Hike to the top of a magnificent crater lake created by a volcano.



### Meal

Day	Breakfast	Lunch	Dinner
0			Local dinner and sake at guesthouse.
1	Japanese style at guesthouse	Obento' style lunch box	Simple dinner at mountain hut
2	Japanese style at Ryokan	Obento' style lunch box	Japanese 'Kaiseki' course meal at Ryokan.
3	Japanese style at hotel	Café lunch at 'Café Nowhere'	Creative Japanese Cuisine Course at hotel
4	Japanese style at hotel.	Local food such as ramen at Japanese-style restaurant	Local 'izakaya' (Japanese pub)
5	Café style	Obento' style lunch box	Japanese 'Kaiseki' course meal at Ryokan.
6	Japanese style at Ryokan	Local food such as ramen at Japanese-style restaurant	



### Accommodations

Day	Area	Facility Type	Room Type	Onsen/Spa	WiFi
0	Hinoemata Village	Guesthouse	Japanese style room/communal bath, toilet	Onsen	
1	Oze National Park	Mountain Hut	Japanese style room/communal bath		
2	Ashinomaki Onsen	Okawaso Ryokan	Japanese style room with ensuite /communal bath	Onsen	
3	Numajiri Onsen	Numajiri Lodge	Western-style room with toilet /communal bath	Onsen	
4	Dake Onsen	Hanakanzashi Ryokan	Japanese style room with room bath /communal bath	Onsen	
5	Dake Onsen	Hanakanzashi Ryokan	Japanese style room with room bath /communal bath	Onsen	

