

Japan Forest Bathing Tour 2025

17 - 26 May 2025



FOREST MINDS

Visiting the Birth place of “Shinrin-yoku”

Embark on an unforgettable journey to the birthplace of 'Shinrin-yoku,' where ancient wisdom meets modern tranquility.

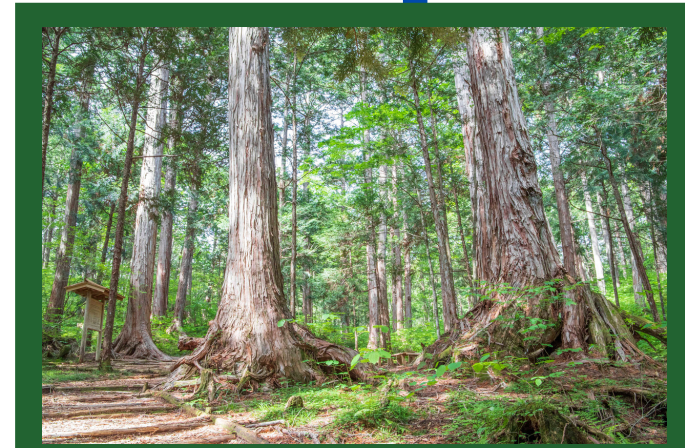
Immerse yourself in the lush greenery and pristine landscapes of Japan as we delve into the art of forest bathing, a practice deeply rooted in the country's culture and renowned for its rejuvenating effects on mind, body, and soul.

Get ready to reconnect with nature in its purest form, surrounded by centuries-old trees, babbling streams, and the soothing sounds of the forest.

Let the adventure begin!



Your Journey



Birth place of Forest Bathing



Mt. Yatsugatake



Nakasendo Walk



Highlights



Visiting the birth place of Shinrin-yoku



Nakasendo Walk (Samurai Road)



Forest Train Experience



Japanese Cultural experience



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Day 1

May 17 (Sat)

Meet & Greet in Tokyo

Welcome to Japan !

We will meet in the hotel lobby before enjoying a welcome dinner at the hotel's Japanese restaurant.



Stay:
Hotel in Tokyo area



Day 2

May 18 (Sun)

Travel to Tateshina Kogen, Nagano

Tateshina Kogen is situated in Chino City, a charming rural enclave boasting an array of hot springs (onsen) in Nagano.

Indulge in the rejuvenating embrace of our exceptional onsen within our accommodation, preparing yourself for the exciting forest walks that await you starting tomorrow.



 **Stay :**
Chino-city, Nagano

Day 3

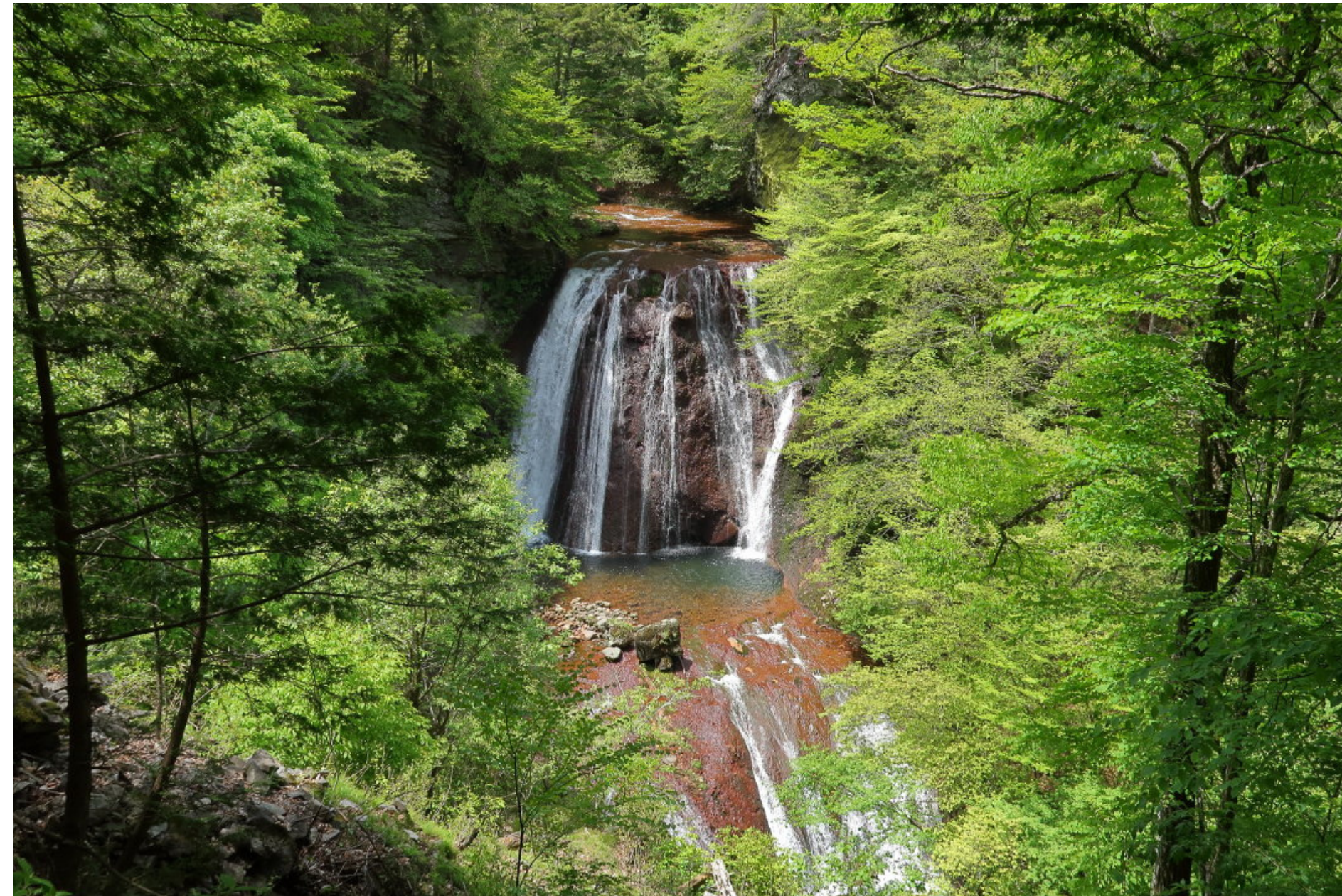
May 19 (Mon)

Morning : Forest Bathing

~ Yokoya Gorge ~

Yokoya Gorge offers a tranquil retreat from the hustle and bustle of city life, where visitors can immerse themselves in the beauty of nature and experience the peaceful atmosphere of rural Japan.

Yokoya Gorge is also home to cultural and historical sites, including ancient shrines and temples nestled amidst the picturesque landscape. These sites provide visitors with insight into the rich cultural heritage of the region.



Stay :
Chino-city, Nagano



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Day 3

May 19 (Mon)

Afternoon : Visit North Yatsugatake Mountain

~ Ride the Mountain Cable car ~

The Kita-Yatsugatake Ropeway takes you up the Yatsugatake Mountains to Tsuboniwa Nature Park, going from 1771 m to 2237 m elevation in about 7 min.

Once at the top, you will be rewarded with a breathtaking view of the three ranges of the Japanese Alps and Kurumayama Kirigamine Plateau. From the summit station, we will explore Tsubo-Niwa park or trek to the peaks of nearby Mt. Shimagare and Mt. Kita-Yokodake.

Many hiking trails wind through Tsuboniwa Nature Park, an enchanting natural garden of igneous rocks and windswept pines originated from a volcanic eruption.



Stay :
Chino-city, Nagano

Day 4

May 20 (Tue)

Forest Bathing

~ Shirakoma Pond & The Moss Forest ~

Explore the enchanting Moss Forest, an ideal destination for a calming Forest Bathing stroll.

A serene pool, Shirakoma Pond, is surrounded by a soft carpet of moss that blankets everything in view, from the twisted roots of conifer trees to scattered igneous rocks, creating an almost sacred ambiance throughout the woodland.

Step into the realm reminiscent of a "Ghibli" world!



 Stay :
Chino-city, Nagano

Day 5

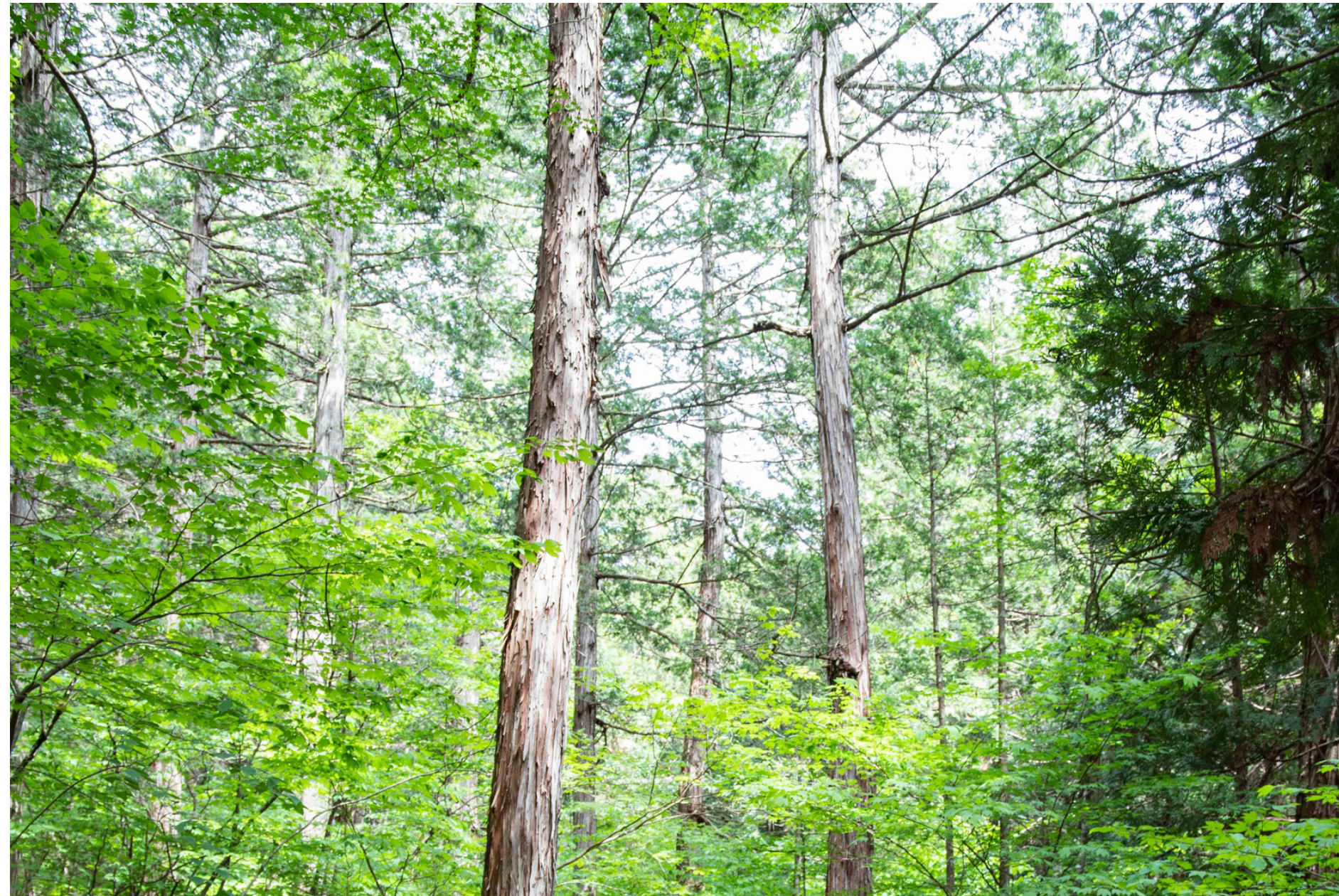
May 21 (Wed)

Travel to Agematsu, Kiso District

Greetings to the enchanting Kiso district!

Agematsu serves as the central town for venturing into the Akasawa Natural Recreational Forest, the birthplace of Shinrin-yoku (forest bathing).

Embark on a two-day journey to discover the wonders of the Hinoki Forest. Get ready for an unforgettable experience!



 **Stay :**
Agematsu-city, Nagano

Day 6

May 22 (Turs)

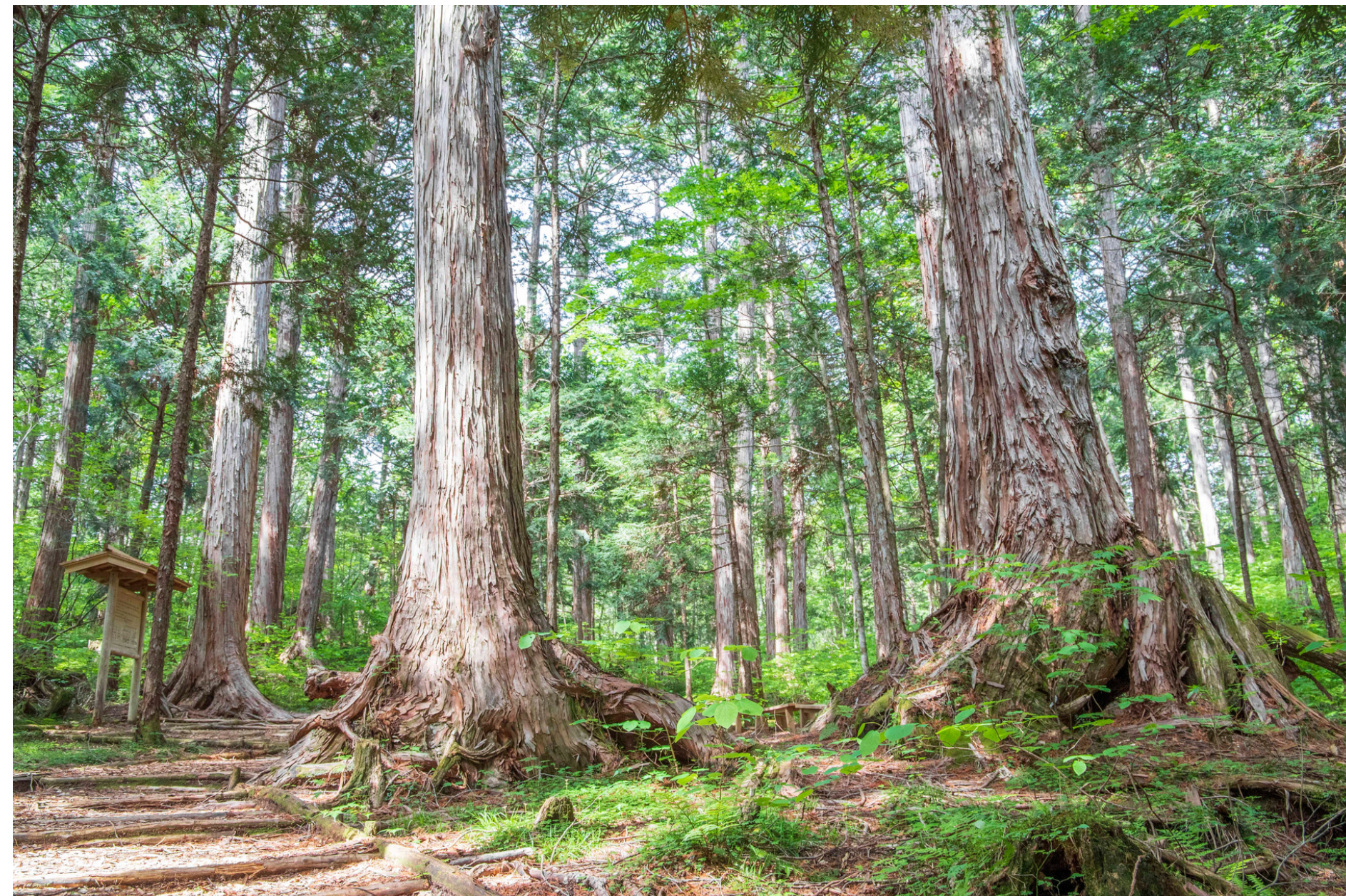
Forest Bathing

~ Akasawa Natural Recreational Forest ~

Welcome to the birth place of Shinrin-yoku !

Akasawa Natural Recreational Forest is recognised as one of the three most beautiful forests in Japan, filled with over 300-year-old natural Kiso cypress trees.

Immerse yourself in the art of mindful connection with this age-old forest for the next two days!



Stay :
Agematsu-city, Nagano

Day 7

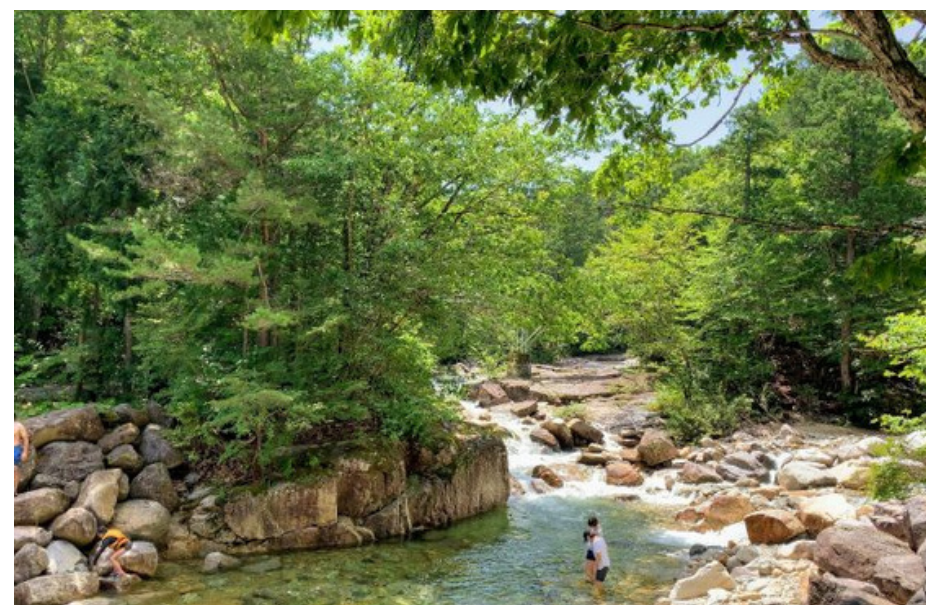
May 23 (Fri)

Forest Bathing

~ Akasawa Natural Recreational Forest ~

Experience another tranquil forest bathing session along a different walking trail.

Embark on a "Forest Train" journey through the woods and indulge in a mountain sauna, followed by a rejuvenating swim in the crystal-clear waters of a babbling creek after your forest bathing walk.



 Stay :
Agematsu-city, Nagano

Day 8

May 24 (Sat)

Forest Bathing

~ Kakizore Gorge 4.5km trail ~

The Kakizore Gorge is renowned for its unique charm, characterized by its emerald waters and majestic waterfalls !

Embark on an ideal day walk along the clear crystal river on this perfect route.



 Stay :
Azuma-city, Nagano



Day 9

May 25 (Sun)

Nakasendo Walk (Samurai Road)

~ 9km, 3h walk ~

The Samurai Road, also known as the Nakasendo Trail or Nakasendo Walk, is a historic route in Japan that was once traveled by samurai, merchants, and travelers during the Edo period (1603-1868).

The Nakasendo was one of the five major highways of the Edo period, connecting Kyoto and Edo (present-day Tokyo).

The Nakasendo Walk from Magome to Tsumago offers a unique opportunity to experience Japan's history, culture, and natural beauty while enjoying a leisurely hike through stunning countryside scenery.



Stay :

Azuma-city, Nagano

Day 10

May 26 (Mon)

Travel back to Tokyo by Tokaido Shinkan-sen from Nagoya

Experience the awe-inspiring sight of majestic Mt. Fuji as you journey back to Tokyo aboard the bullet train.

Sit back, unwind, and relish the comfort of your train ride back to the bustling city!





Thank you

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