Japan Forest Bathing Retreat 2027

NAGANO

～ Origins of Forest Bathing Journey ～



17 - 26 May 2027
9 night 10 day

FOREST MINDS

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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!



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Your Journey



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Highlights



Visiting the birth place of Shinrin-yoku



Nakasendo Walk



Ancient Moss-Forest Walk



Japanese Cultural experience

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Day 1 May 17 (Mon)

Meet & Greet in Tokyo

Welcome to Japan !

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



Grand Prince Hotel Takanawa

Address:
3 Chome-13-1 Takanawa, Minato City, Tokyo 108-0074, JAPAN

TEL: +81 3-3447-1111

Meals:
Breakfast Included



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Day 2 May 18 (Tue)

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 :
Tateshina Tokyu Hotel

Address:
4026-2, Kitayama Shikajima, Chino-city, Nagano, 391-0301, Japan
TEL: +81 266-69-3109

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 3 May 19 (Wed)

Morning : Forest Bathing

～ Tateshina waterfall ～

Let the journey of Forest Bathing begin with the Tateshina waterfall walk.

Tateshina waterfall is a captivating natural wonder nestled within the scenic landscape of the Tateshina mountain range.

This majestic waterfall cascades gracefully down rugged cliffs, creating a mesmerizing spectacle that attracts visitors from near and far.





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FOREST MINDS

Day 3 May 19 (Wed)

Afternoon :
Walk around Lake Tateshina

Nestled in the Tateshina Highlands, Lake Tateshina is a tranquil mountain lake embraced by lush forests.

After a delicious lunch, we will enjoy a gentle Forest Bathing walk along the lakeshore, immersing ourselves in the peaceful scenery, fresh mountain air and the soothing sounds of nature.





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FOREST MINDS

Day 4 May 20 (Thu)

Forest Bathing

～ Gosen-sui Nature Park ～

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

Gosen-sui Nature Park is a peaceful alpine nature reserve on the slopes of Mt. Tateshina in Nagano. Walking along boardwalks through its ancient moss-covered forest is a wonderful way to slow down, reconnect with nature and experience the quiet beauty of Japan's alpine landscape.





Stay :
Shirakoma-so Inn

Address:
Koumi, Minamisaku District, Nagano, 384-1104, Japan
TEL: +81 90-1549-0605

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 5 May 21 (Fri)

Travel to Agematsu, Kiso District via visiting Suwa Taisha Shrine & Exploer Kyogi Factory

Starting the day by visiting Suwa Taisha Shirine in the morning, where it is a very sacred shinto shirne.

We will stop at Kyogi boutique factory to learn how to make Kyogi, then we will head to Kiso district - Agematsu city.

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







Stay :
Nezame Hotel

Address:
1888 Agematsu, Kiso District, Nagano 399-5601, Japan

TEL : +81 264-52-2245

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 6 May 22 (Sat)

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!





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Address:
1888 Agematsu, Kiso District, Nagano 399-5601, Japan

TEL : +81 264-52-2245

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 7 May 23 (Sun)

Morning : Forest Bathing

～ Akasawa Natural Recreational Forest ～

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FOREST MINDS

Day 7 May 23 (Sun)

Afternoon :
Forest Train & Forest Sauna
～ Akasawa Natural Recreational Forest ～

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.











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Day 8 May 24 (Mon)

Early Morning : Zazen Meditation

Experience the Essence of Zazen Meditation.

Step into the quiet stillness of a nearby temple, where a resident monk will gently guide you through the practice of Zazen - seated meditation rooted in Zen tradition.

Allow yourself to experience the true essence of Zazen, as you slow down, breathe deeply, and reconnect with your inner peace.







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FOREST MINDS

Day 8 May 24 (Mon)

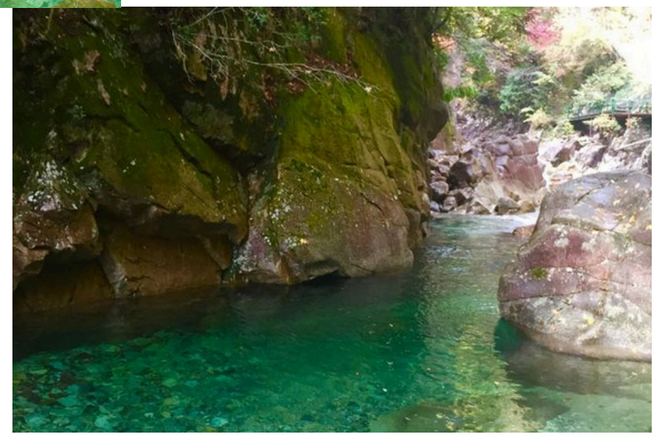
Morning : Forest Bathing

～ Kakizore Gorge 3km return ～

After Zazen meditation, we will drive to Kakizore Gorge, a hidden gem renowned for its emerald-green waters and majestic waterfalls.

We will enjoy an ideal day walk along the crystal-clear river, following a beautiful forest trail that allows us to fully immerse ourselves in nature.







Stay :
Sekitaitei Ishida

Address:
332-3 Chisato, Achi-city, Shimoina District, Nagano, 395-0304, Japan

TEL: +81 265-43-3300

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 9 May 25 (Tue)

Old Nakasendo Walk: Magome to Tsumago Trail

～ 8km, 3h walk ～

The Nakasendo Trek is one of Japan’s most renowned historical walking routes.

We will explore a scenic section between the charming post towns of Magome and Tsumago in the Kiso Valley, part of the ancient 530 km trail. This is one of the most beautiful highlights of the region.

The walking pace and distance can be adjusted according to each participant’s health and comfort on the day.





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Day 10 May 26 (Wed)

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
Mayu Kataoka
0412 724 083
info@forestminds.com
www.forestminds.com