Japan Forest Bathing Retreat 2027

AOMORI

～ Journey into Japan’s Deep Northern Forests ～



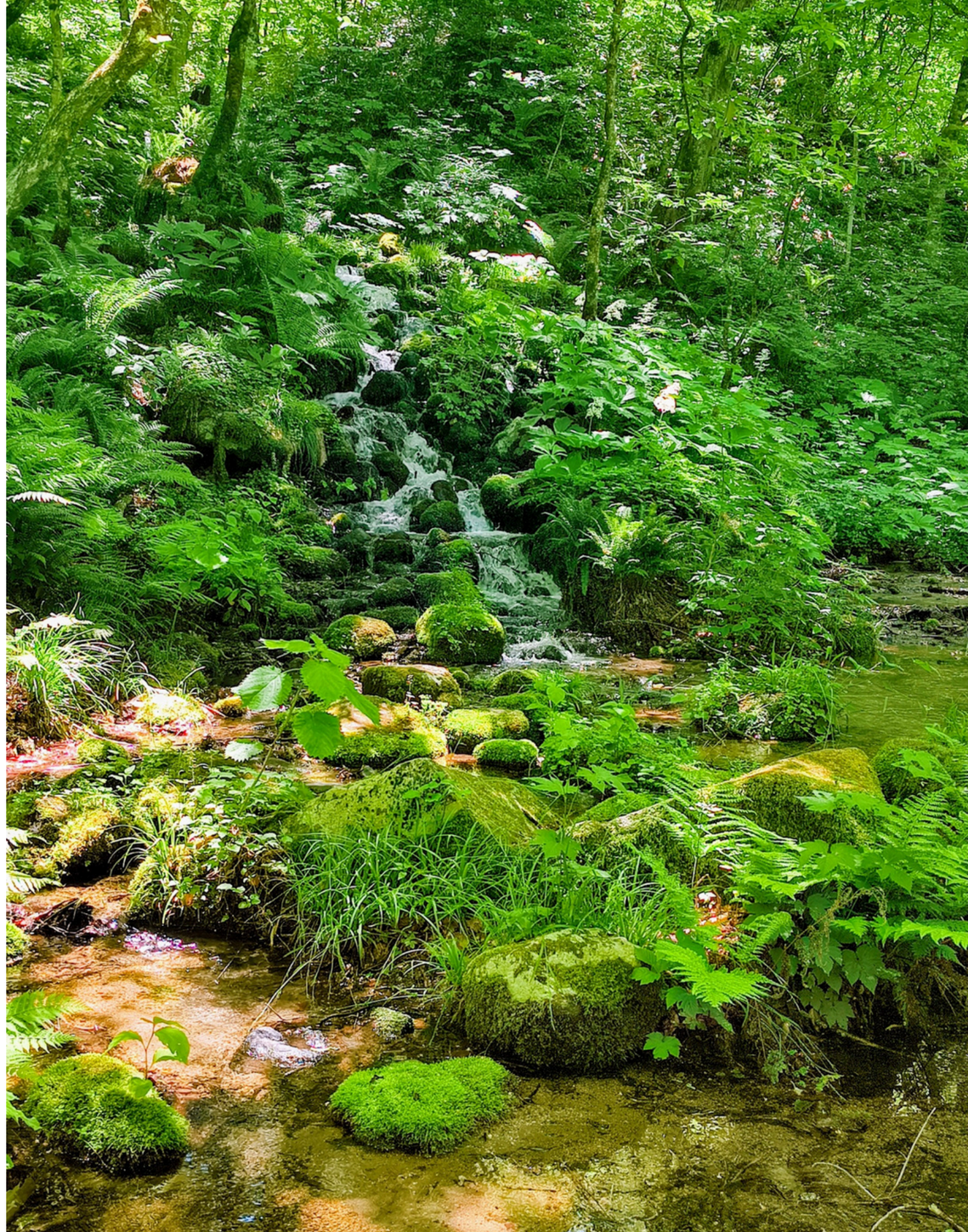
4 - 10 JUNE 2027
6 night 7 day

FOREST MINDS

FOREST MINDS

HIGHLIGHTS

- Explore the ancient beech forests of Shirakami-Sanchi (UNESCO World Heritage)
- Walk along pristine rivers in Oirase Stream Gorge, one of Japan’s most beautiful water forests
- Experience sacred forest waters at Lake Towada region
- Immerse in the mystical moss and spring forests of Tsuta area
- Discover the highland forest ecosystems of Hakkoda Mountains
- Experience Japanese onsen culture deeply integrated with forest landscapes
- Connect with rural Japanese culture, food and slow village life
- Guided Forest Bathing experiences throughout the journey with Mayu



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Your Journey



Jyuniko Blue Pond



Oirase Stretm Gorge





World Heritage Beech Forest



Approx. 400km

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Day 1 **June 4 (Thu)**

Arrival & Opening Session in Tokyo

Welcome to Japan !

Arrival in Tokyo and check-in at Hotel in Ginza. Afternoon opening orientation at 4:00 PM to introduce the retreat journey, followed by a welcome dinner. A gentle beginning to transition from everyday life into the world of forest immersion.



Hotel Moterey Ginza

Address:
2 Chome-10-2 Ginza, Chuo City, Tokyo 104-0061, Japan

TEL : +81 3-3544-7111

Meals:
Breakfast Included



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Day 2 June 5 (Fri)

Journey to Tohoku – Arrival in Shin-Aomori & Forest Region Transfer

Morning transfer from Tokyo to Shin-Aomori by bullet train. Arrival in northern Japan and continuation by private transport into the forest region.

Begin the descent into deeper nature and quieter landscapes.





Stay :
Awone Shirakami Juniko

Address:
〒038-2206 Aomori, Nishitsugaru District,
Fukaura, Matsugami, Shimohamamatsu 14-14

TEL: +81 173-77-3311

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 3 June 6 (Sat)

Forest Bathing in Shirakami-Sanchi Day 1

~ UNESCO World Heritage Ancient Beech Forest ~

Journey through the tranquil coastal forests of Shirakami Sanchi to the enchanting Aoike (Blue Pond), renowned for its remarkably clear sapphire-blue water. Surrounded by ancient beech forests, this serene landscape invites you to slow down, awaken your senses and experience the profound harmony between forest and water.

It is a place where stillness, beauty and the healing power of nature come together, offering a truly unforgettable Forest Bathing experience.





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Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 4 June 7 (Sun)

Forest Bathing in Shirakami-Sanchi Day 2

~ UNESCO World Heritage Ancient Beech Forest ~

Immerse yourself in the pristine beech forests of Shirakami-Sanchi, one of the world's largest remaining old-growth beech forests and a UNESCO World Heritage Site.

During this guided Forest Bathing experience, you'll slow down, awaken your senses and connect deeply with the timeless beauty of this ancient ecosystem.

Walking beneath centuries-old trees, you'll discover the profound sense of peace and renewal that can only be found in untouched nature.





Stay :
Iwakiso Lodge

Terasawa-28-29 Hyakuzawa, Hirosaki, Aomori 036-1343, Japan

TEL: +81 172-83-2215

Meals:
Breakfast & Dinner Included

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Day 5 **June 8 (Mon)**

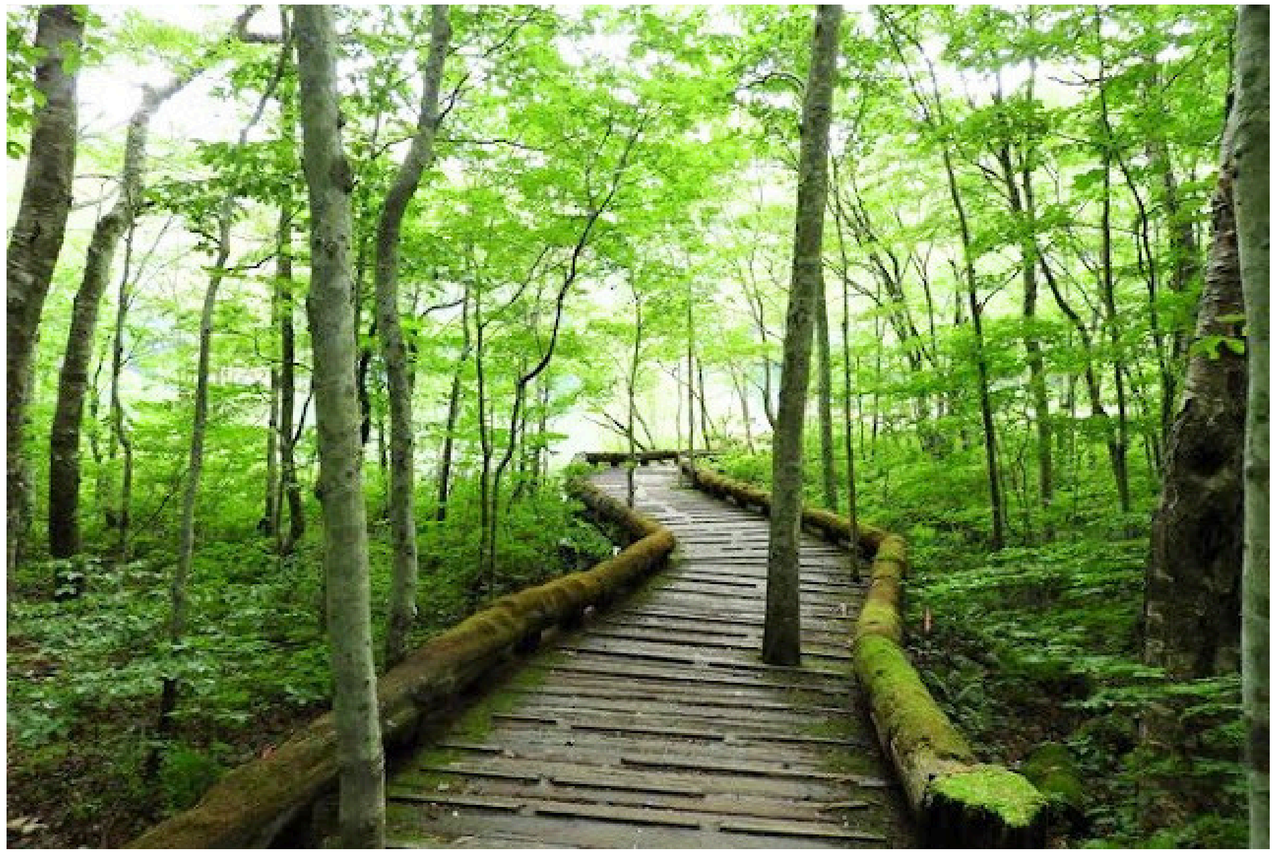
Forest Bathing

~ Tsuta Marsh Beech Forest ~

Discover the timeless beauty of the beech forests surrounding Tsuta Marsh, where ancient beech trees, crystal-clear spring-fed waters and emerald moss create one of Japan’s most serene forest landscapes.

This peaceful sanctuary is also known for its rich birdlife, where the gentle sounds of woodland birds accompany your slow walk through nature.

As you move mindfully through the forest, awaken your senses and reconnect with the natural world.





Stay :
Hakkoda Hotel

Address:
Minamiarakawayama-1-1 Arakawa, Aomori, 030-0111, Japan

TEL: +81 17-728-2000

Meals:
Breakfast & Dinner Included

FOREST MINDS

Day 6 **June 9 (Tue)**

Forest Bathing

~ Oirase Streatm Gorge ~

Experience a full-day guided Forest Bathing walk along the crystal-clear Oirase Stream, one of Japan’s most beautiful river valleys.

Surrounded by cascading waterfalls, moss-covered rocks and lush forest, you will follow the gentle rhythm of flowing water, allowing nature’s movement to calm the mind and awaken the senses.





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Meals:
Breakfast & Dinner Included

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Day 7 June 10 (Wed)

Travel back to Tokyo by Shinkan-sen

Return journey to Shinagawa or the airport.

As you travel south, take time to reflect on your forest journey and the quiet transformation experienced throughout the retreat.




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