

Japan Forest Bathing Retreat 2027

17 - 26 May 2027



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



Ancient Moss-Forest Walk



Japanese Cultural experience



FOREST MINDS

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.



Shinagawa Prince Hotel

Address:
4-chōme-10-30 Takanawa, Minato City,
Tokyo 108-8611, Japan

TEL : +81 3-3440-1111

Meals:
Breakfast Included



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

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.



 **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)

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 :

Tateshina Tokyu Hotel

Address:

4026-2, Kitayama Shikajima, Chino-city, Nagano,
391-0301, Japan

TEL: +81 266-69-3109

Meals:

Breakfast & Dinner Included

Day 4

May 20 (Thu)

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 :**
Shirakoma-so Inn

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

Meals:
Breakfast & Dinner Included

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 Shrine in the morning, where it is a very sacred shinto shrine.

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

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!



 **Stay :**
Nezame Hotel

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

TEL : +81 264-52-2245

Meals:
Breakfast & Dinner Included

Day 7

May 23 (Sun)

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.



 **Stay :
Nezame Hotel**

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

TEL : +81 264-52-2245

Meals:
Breakfast & Dinner Included

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.



 **Stay :
Nezame Hotel**

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

TEL : +81 264-52-2245

Meals:
Breakfast & Dinner Included

Day 8

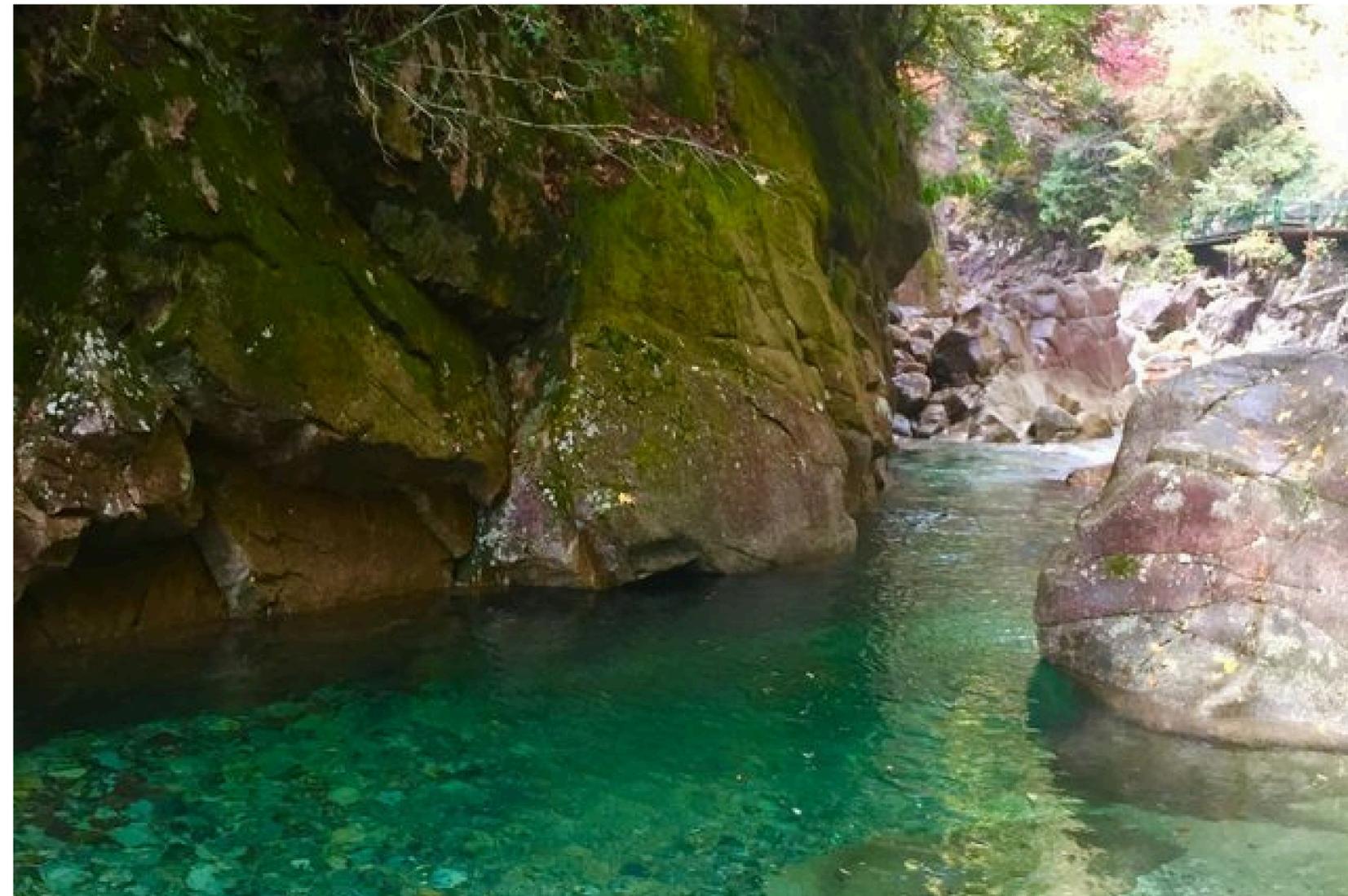
May 24 (Mon)

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 :**
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 a one of Japan's most renowned hiking routes.

We will take a smaller sections instead of the entire trek (Over 530 km) long, in the stunning Kiso District with historical towns of Magome and Tsumago, which is the highlight of a trek in this region.



 **Stay :**
Sekitaitei Ishida

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

TEL: +81 265-43-3300

Meals:
Breakfast & Dinner Included

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