

Flavors of Japan: A Gourmet Walking Tour

16-DAY IMMERSIVE JOURNEY

Trip Overview

Embark on an 16-day immersive journey through Japan's rich tapestry of culture, nature, and cuisine. From the bustling streets of Tokyo to the serene landscapes of the Japanese Alps, experience traditional hospitality, ancient temples, and the country's famed culinary delights. This tour offers a harmonious blend of urban exploration and rural tranquility, providing a comprehensive insight into the Spirit of Japan.

Trip Highlights

Yudanaka: Encounter with Snow Monkeys

In the mountainous region of Yudanaka, visit the renowned Snow Monkey Park, where Japanese macaques bathe in natural hot springs amidst snowy landscapes. This unique wildlife experience offers a glimpse into the harmonious coexistence of nature and culture in rural Japan.

Matsumoto: A Blend of History and Art

Explore Matsumoto, home to one of Japan's most beautiful original castles, Matsumoto Castle. Delve into contemporary art at the Matsumoto City Museum of Art, featuring works by Yayoi Kusama. This city seamlessly blends historical significance with modern creativity.

Kamikochi: Nature's Tranquil Retreat

Journey into the heart of the Japanese Alps to Kamikochi, a pristine highland valley known for its stunning natural beauty. Walk along clear rivers, through lush forests, and beneath towering peaks, experiencing Japan's commitment to preserving its natural heritage.

Kyoto and Nara: Cradles of Japanese Culture

In Kyoto and Nara, immerse yourself in Japan's ancient traditions. Visit historic temples, serene gardens, and participate in cultural practices that have been preserved for centuries. These cities offer a profound understanding of Japan's spiritual and artistic legacy.

Daily Itinerary & Logistics

Day 1: Arrival in Tokyo

Arrive in Tokyo and settle into your accommodation. Meet your fellow travelers and enjoy a welcome dinner introducing you to Japanese cuisine.

Day 2: Tokyo Exploration

Discover Tokyo's vibrant neighborhoods, historic temples, and bustling markets. Experience the juxtaposition of modernity and tradition that defines the city.

Day 3: Travel to Yudanaka

Journey to Yudanaka, a hot spring town nestled in the mountains. Relax in traditional onsens and prepare for the upcoming wildlife encounter.

Day 4: Snow Monkey Park Visit

Visit the Jigokudani Monkey Park to observe snow monkeys bathing in natural hot springs. Enjoy a guided walk through the scenic trails of the area.

Day 5: Transfer to Matsumoto

Travel to Matsumoto and explore its historic castle and contemporary art museum. Stroll through the charming streets lined with traditional shops and eateries.

Day 6: Journey to Kamikochi

Head into the Japanese Alps to Kamikochi. Enjoy nature walks amidst stunning alpine scenery and learn about the area's ecological significance.

Day 7: Kamikochi Exploration

Continue exploring Kamikochi's trails, rivers, and forests. Take in the serene environment and perhaps spot local wildlife.

Day 8: Travel to Biwa-ko

Depart Kamikochi and travel to the Biwa-ko region. Participate in a hands-on cooking class, learning to prepare traditional Japanese dishes.

Day 9: Temple Stay Experience

Stay overnight in a traditional Buddhist temple. Engage in evening meditation and learn about monastic life.

Day 10: Morning Prayer Ceremony

Join the monks for a morning prayer ceremony, gaining insight into spiritual practices. After breakfast, continue your journey to Kyoto.

Day 11: Kyoto Cultural Sites

Explore Kyoto's iconic temples, gardens, and historic districts. Experience a traditional tea ceremony and learn about the city's artistic heritage.

Day 12: Nara Day Trip

Take a day trip to Nara, visiting the Great Buddha at Todai-ji Temple and interacting with the friendly deer in Nara Park.

Day 13: Travel to Hiroshima

Journey to Hiroshima and visit the Peace Memorial Park and Museum, reflecting on the city's history and resilience.

Day 14: Miyajima Island Excursion

Take a ferry to Miyajima Island to see the iconic floating torii gate of Itsukushima Shrine. Explore the island's natural beauty and cultural sites.

Day 15: Return to Osaka

Travel to Osaka, Japan's culinary capital. Enjoy a farewell dinner featuring regional specialties.

Day 16: Departure

Depart from Osaka, concluding your immersive journey through the Spirit of Japan.