



Full Itinerary & Trip Details

# Nakasendo Hike



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# Trip Overview



## PRICE STARTING FROM

\$1,799

## DURATION

4 days

## IDEAL AGE

16 to 80 year olds

## STARTS IN → ENDS IN

Tokyo → Kiso-Hirasawa

## STYLE

Hiking & Trekking

# Itinerary

## Introduction

Walk natural forest trails and visit lovely old Nakasendo post towns on this self-guided journey. Experience traditional Japanese-style inns as you explore this ancient route by foot. Ride the world-famous Shinkansen to Nagoya and begin the walk over the Magome Pass to the wellpreserved town of Tsumago. Enjoy a scenic hike from Tsumago to Nojiri and journey through small valleys, past forests of bamboo and Japanese cedar trees. After a train trip to Kiso-Fukushima, the walk continues over the Torii pass to the charming village of Narai.

## Day 1: Join Tokyo, train to Nakatsugawa, walk from Magome to Tsumago (8.3km)

We supply train tickets for your journey from Kyoto or from Tokyo to Nakatsugawa, including a ride on the world-famous Shinkansen (Bullet Train) to Nagoya. At Nakatsugawa, you board a local bus for the short journey to Magome. Walk over Magome Pass to Tsumago, one of the best-preserved and most evocative of the Nakasendo post-towns. Spend the night at a family-run Minshuku in Tsumago or the nearby hamlet of O-Tsumago, with a delicious home-cooked Japanese dinner and breakfast included. After dinner, enjoy a stroll through the village streets in the magical quiet of the evening, wearing the yukata gown supplied by your inn. Walking distance: 8.3km / 5.2 miles

Elevation gain: 326m / 1069 feet of ascent and 430m / 1410 feet of descent Time required:

Approx 3hrs Accommodation: Minshuku (Family-run Guesthouse)

## Day 2: Walk to Nojiri, train to Kiso Fukushima (3.7km or 18.4km)

The longest day on the trail is a beautiful and varied hike from Tsumago to Nojiri. Or choose the shorter alternative to Nagiso instead. The trail travels through small valleys and past forests of bamboo and Japanese cedar, through some of the least-developed scenery on the tour. Continue by train to Kiso-Fukushima. Stay at a lovely hot-spring Ryokan set in a peaceful valley above the town. Complimentary transfer from the station is provided by the Ryokan. The Ryokan has lovely indoor and outdoor hot-spring baths. Walking distance: 18.4km / 11.5 miles Elevation gain: 723m / 2275 feet of ascent and 644m / 2112 feet of descent Time required: Approx 6hrs We offer a shorter alternative of 1 hour (3.7km / 2.3 miles). You can choose which option you prefer on the day - no need to decide in advance! Accommodation: Onsen Ryokan (Hot-spring Travellers Inn)

### Day 3: Train from Kiso Fukushima to Yabuhara, walk to Narai (6.2km)

The Ryokan will drive you back to Kiso-Fukushima after breakfast. We supply train tickets for the short journey from Kiso-Fukushima to Yabuhara, starting point for the hike over the Torii pass to Narai. Explore this atmospheric village before check-in at your family-run inn in the heart of the village. Your hosts will serve a home-cooked Japanese dinner and breakfast. Walking distance: 6.2km / 3.9 miles Elevation gain: 344m / 1128 feet of ascent and 270m / 885 feet of descent Time required: Approx 3hrs In Kiso-Fukushima we offer an optional, fairly strenuous, circular walk to a local waterfall. The circular walk is 7km / 4.3 miles with 632m / 2,075 feet of ascent, 637m / 2,090 feet of descent and takes 2-3 hours. You can take this walk in the morning, before heading onwards to Yabuhara. Accommodation: Minshuku (Family-run Guesthouse)

### Day 4: Walk from Narai to Kiso Hirasawa (2.5km), trip concludes

After breakfast, walk the short distance to the small town of Kiso-Hirasawa, famous for its lacquerware. There are many small shops selling beautifully-crafted table and furniture. Board a train at Kiso-Hirasawa station for your onward journey to Kyoto or to Tokyo, arriving midafternoon. If you are heading to Tokyo, you have the option to break your journey in Matsumoto to visit the famous castle (a small additional train fare is payable locally). Walking distance: 2.5km / 1.6 miles Elevation gain: negligible ascent and descent Time required: Approx 1hr Note: Your accommodation will assist you to book luggage transfers (payable direct) to your post tour accommodation

## What's Included

### Accommodation

Accommodation in traditional inns on twinshare basis

### Meals

3 breakfasts and 3 dinners

### Transport

Luggage transfers

Local transportation as listed in itinerary

## Others

Local support by telephone

Sightseeing and entry fees as listed in itinerary

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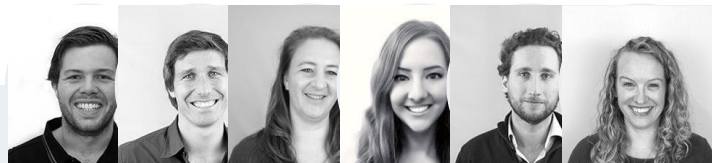
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