



Japan Active Holiday

Hike, Bike, Kayak

12 days - 2027

Day 1 – Tokyo Welcome to Japan!

Your adventure begins in vibrant Tokyo, a city blending contemporary culture, world-class shopping, fascinating neighbourhoods and an incredible food scene. If time allows, explore the famous Shibuya Crossing or the eclectic Harajuku district before meeting your group this evening.

Overnight: Hotel

Day 2 – Nakasendo Trail (Hiking 8km)

Leave Tokyo by train and travel to the historic Nakasendo Way, once an important route connecting Tokyo and Kyoto. Hike approximately 8 km through forested countryside between the charming post towns of Magome and Tsumago, passing traditional houses and beautiful rural scenery. Visit the Toson Memorial Museum before settling into a traditional guesthouse. Overnight: Ryokan; Dinner included

Day 3 – Nakasendo to Onomichi (Hiking 4km)

Enjoy a morning hike along another section of the Nakasendo Trail before travelling by train and bullet train to Onomichi. This picturesque coastal town is the starting point of the famous Shimanami Kaido cycling route. Explore its historic temples, peaceful parks and waterfront, or enjoy a walk along Temple Way.

Overnight: Hotel; Breakfast included

Day 4 – Shimanami Kaido (Cycling 35km & Kayaking 1.5 hours - optional)

Discover Japan's beautiful Setouchi Inland Sea as you cycle approximately 35 km across three islands along the Shimanami Kaido. Follow dedicated cycling paths past small fishing villages, shrines, beaches and spectacular coastal views. In the afternoon, swap your bike for a relaxing 1.5-hour sea-kayaking adventure in the calm waters before returning to Onomichi by ferry. Overnight: Hotel

Day 5 – Kyoto (Hiking 4km)

Travel by train to historic Kyoto, Japan's former imperial capital, renowned for its thousands of temples, shrines and gardens. Visit the iconic Fushimi Inari Shrine and hike through its famous tunnels of crimson torii gates,

away from the busiest areas. Later, wander through the traditional Gion district, known for its historic streets and geiko culture.

Overnight: Ryokan

Day 6 – Kyoto (Hiking 4km)

Visit Ginkakuji, the beautiful Silver Pavilion, before hiking up Mt Daimonji-yama for panoramic views across Kyoto. The afternoon is free to explore at your own pace. Browse the bustling Nishiki Market, discover Nijo Castle, wander the atmospheric lanes of Ninen-zaka and Sannen-zaka, or unwind in a traditional Japanese bathhouse.

Overnight: Ryokan

Day 7 – Kyoto (Cycling 29km)

Explore Kyoto on two wheels, cycling approximately 29 km along the scenic Kamo River and its riverside paths. Visit Daitokuji Temple to learn about Zen Buddhism before continuing to Kinkakuji, the spectacular Golden Pavilion, famed for its golden exterior and beautiful gardens. Enjoy a free evening to sample Kyoto's excellent dining scene.

Overnight: Ryokan

Day 8 – Shingu to Koguchi

Travel by train to Shingu, an important spiritual centre along the Kumano Kodo pilgrimage routes. Visit Kumano Hayatama Taisha, one of the region's three principal shrines, followed by the ancient Kamikura Shrine, dramatically positioned on a hillside with views towards the Pacific Ocean. Continue by local bus to the quiet mountain village of Koguchi.

Overnight: Guesthouse; Dinner included

Day 9 – Kumano Kodo Pilgrimage Trail (Hiking 16km optional)

Experience one of Japan's most memorable walks on the UNESCO World Heritage-listed Kumano Kodo pilgrimage route. This challenging 16 km hike climbs through ancient forests and mountain passes before descending to Kumano Nachi Taisha and magnificent Nachi Falls. The trail offers a wonderful insight into Japan's spiritual traditions and spectacular natural landscapes. A bus alternative is available for those who prefer not to complete the hike. Overnight: Guesthouse; Breakfast, lunch and dinner included

Day 10 – Toba

Travel to the coastal city of Toba, a lovely place to relax after several active days. Enjoy an orientation walk through the old town, with the option to sample fresh local seafood. Visit Mikimoto Pearl Island Museum to discover the history of cultured pearls and learn about the traditional practices of Japan's female pearl divers. Later, unwind in the hotel's hot springs and enjoy views across the bay. (Overnight: Hotel; Breakfast included)

Day 11 – Osaka

Return by train to Osaka, Japan's lively food and entertainment capital. Join your group leader for a walking tour of the famous Dotonbori district, where neon lights, colourful signs, shopping streets and tempting street food create an unforgettable atmosphere. Enjoy a final evening with your fellow travellers, perhaps sharing a delicious meal and a toast to your Japanese adventure. Overnight: Hotel; Breakfast included

Day 12 – Osaka

Your Japanese adventure comes to an end after breakfast. Depart at your leisure or extend your stay to discover more of Japan.

Dates 2027

26 March

02 April

28 Sept

03 Oct

10 Oct

Other dates may be available

Price

NZ\$9265 per person twin share

Single supplement on application

Includes

- 11 nights accommodation
- Local guide
- Meals as specified
- Transportation
- Entry fees/sightseeing as specified
- Bike hire (ebike additional price)

Excludes

- International airfares to/from Japan
- Travel Insurance (compulsory)
- Meals not specified
- Tipping
- Optional tours

Group size – 12



\$450 non-refundable deposit due at confirmation. Balance 60 days prior departure.



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