

Walking The Nakasendo

a 7 day Japan Hiking Tour





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Day by Day Itinerary

Pre-tour - Arrive in Tokyo.

As most flights arrive late, accommodation is provided in Tokyo the night before the tour starts. The departure dates listed are for day 1.

Eat: On your own

Day 1 - Meet in Tokyo, travel by train and bus to Magome

Today you meet your guide for the trip and begin your journey on the Nakasendo Trail by traveling to the post town of Magome. Almost completely destroyed by fire in 1895, the town has been lovingly brought back to life with the combined hard work of the Japanese Government and the local residents. Once checked in to our traditional accommodation for the night, we have the remainder of the day to explore the small shops dotted along the main street of the town or walk up to a viewpoint that offers spectacular views of the area.

Travel: Train to Magome

Eat: on your own

Sleep: Hanasarasa

Day 2 - Walk from Magome to Tsumago

Our journey along the Nakasendo Trail truly begins today with a 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.

Walk: 5.2 mi / 8.3 km Ups & Downs: +326m / 1,069 ft and -430m / 1,410 ft

Eat: Breakfast, Lunch, Dinner

Sleep: Daikichi Minshuku

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Day 3 - Walk from Tsumago to Nojiri

The longest day on the trail is a beautiful and varied hike from Tsumago to Nojiri. The trail travels through small valleys and past forests of bamboo and Japanese cedar, through some of the least-developed scenery on the tour. We will then 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.

Walk: 11.5 mi / 18.4 km Ups & Downs: +723m / 2,275 ft and -644m / 2,112 ft

Eat: Breakfast, Lunch, Dinner

Sleep: Komanoyu Ryokan

Day 4 - Morning walk to Gongentaki Falls. Afternoon visit to local Sake Brewery

Today we'll take a picturesque but short walk to Gongentaki Falls. During the Heian period, the General Kiso Yoshinaka fought fiercely with the powerful Heike clan. It is said that he prayed to the god of Gongentaki Waterfall, Ontake Daigongen, for victory. The trail will take us along a river path with a steep ascent to the falls, from here we'll enjoy the gentle descent back into the town with its wonderful views. After lunch, we'll visit a traditional sake brewery to learn about how sake is made. Sake is only brewed in the cooler months, when the delicate koji molds can work their magic and provide the necessary fermentation.

Walk: 4.3 mi / 7 km Ups & Downs: +632m / 2,075 ft and -637m / 2,090 ft

Eat: Breakfast, Lunch, Dinner

Sleep: Komanoyu Ryokan

Day 5 - Walk from Kiso-Fukushima to Narai

The Ryokan will drive us back to Kiso-Fukushima after breakfast for us to take the short journey from Kiso-Fukushima to Yabuhara, the starting point for the hike over the Torii pass to Narai. We'll have a chance to explore this atmospheric village before check-in to our family-run inn in the heart of the village for the evening.

Walk: 3.9 mi / 6.2 km Ups & Downs: +344m / 1,128 ft and -270m / 885 ft

Eat: Breakfast, Lunch, Dinner

Sleep: Iseya Minshuku



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Day 6 - Walk from Narai to Kiso-Hirasawa

After breakfast, we'll begin the short walk to the town of Kiso-Hirasawa, famous for its lacquer ware. We'll spend time exploring the small shops selling beautifully-crafted tableware and furniture, learning about the how these are made. From here we board a train at Kiso-Hirasawa station for your onward journey to Karuizawa for your final overnight stay.

Walk: 1.6 mi / 2.5 km, Land: flat

Eat: Breakfast, Lunch, Dinner

Sleep: Nakadanaso Ryokan

Day 7 - Onward travel to Tokyo

After breakfast we begin our journey back to Tokyo where our tour ends.

Travel: Train to Tokyo

Eat: Breakfast

Scheduled Dates You Can Join:

You can find the most up to date information on available departures and book your spots on the tour's webpage linked below. Lets Travel!

<https://pedalers.travel/nakasendo-walking-ancient-edo-trail.htm>

Private Dates For Your Gang:

Any Pedalers tour can be made private at your request. If you don't see the date you want, we'll create one for you. A tip from our local experts, this tour is best enjoyed in spring (March-May) and fall (Sept-Nov) are the best months for walking.



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Why Pedalers?

Experience the Heart and Soul of Each Country with Our Local Expert Team

Our passionate and diverse team of local experts will guide you through their homeland, sharing intimate knowledge and hidden wonders. They are not just guides but also skilled bike mechanics, ensuring a comfortable and enjoyable ride. Unlike other tour companies, Pedalers' local crew brings an insider's perspective to the table. You'll be pampered by a friendly team, equipped with the skills to fix anything. A sweep rider and sag wagon provide support, and your baggage travels comfortably with you. Pedalers treats you like family, making your journey unforgettable.

Indulge in Mouthwatering Local Delights on a Culinary Adventure

Unlock the essence of culture through food as we take you on a culinary extravaganza. Bond with fellow riders over scrumptious dishes at local restaurants specializing in regional cuisine. Family-style dining lets you sample outstanding dishes, carefully chosen by our expert guides. Lunch is satisfying but not overwhelming, and breakfast offers comforting Western delights. Pedalers knows the importance of good food for cyclists, creating a mouthwatering experience that combines riding and dining.

Immerse Yourself in Authentic Accommodations, Where Culture Meets Comfort

Discover the charm of our handpicked accommodations. Pedalers takes a unique approach to accommodations, ensuring an authentic and immersive experience. Choose between Classic and Première Classe tours, each offering carefully selected lodging options. Classic tours feature mid-priced boutique inns that blend comfort with local character, while Première Classe tours add a touch of luxury to your adventure with upscale lodges and inns. Regardless of your choice, Pedalers' accommodations reflect the local culture, providing a delightful and comfortable stay that complements your journey.

Lodging:

Traditional Japanese Ryokan and Minshuku, 4 star hotel in Tokyo

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What's Included:

- 6 nights Accommodation in the area's better hotels (double occupancy)
- Meals from Dinner on Day 1 until Breakfast on Day 7, except as noted in itinerary
- Water, sodas or beer included at dinner
- Service of bilingual Team Pedalers Guide(s)
- Train & Bus shuttles
- Sightseeing and cultural activities
- Sake Tasting

Meeting & Flights:

Your group will meet at our designated hotel in Tokyo.

Fly into Tokyo (NRT or HND) anytime the day before the tour starts

Fly out of Tokyo (NRT or HND) after 2 pm on Day 7

Note: Most flight schedules from North America arrive on the second calendar day (ie: to arrive on Aug 4th, you would depart on Aug 3rd).

For assistance with flights contact our friends at Exito Travel: help.pedalers.travel/flights.htm

Passport, Visa and Travel Documents:

Passports are required for all guests unless you are a citizen of or currently residing in Japan. US and Canadian citizens can enter without a visa for up to 90 days. Citizens of other countries should check with the Japan Embassy in their country for entry requirements applicable to your trip. We strongly recommend looking into this well in advance of your tour, so as to be prepared and not left standing at the gate.

Pedalers does not provide any visa processing services for tour guests.