



Travel with the experts
Worldwide Small Group & Tailor Made Adventure

Japan – Beyond the Olympics



Inspired by the Olympics, Japan will no doubt be added to many a traveller's wishlist. For those looking to discover more of the land glimpsed outside of the gleaming stadiums, Mountain Kingdoms offers three immersive small group holidays that venture beyond the high rise, high tech cities of modern day Japan to reveal a profoundly spiritual country steeped in ancient traditions with a captivating landscape of high mountains and inviting walking trails.

All three tours are led by an expert local guide, travel by public train and bus, and have luggage transported. Outside of the main cities, accommodation is in traditional minshuku and ryokan where there are hot spring baths, exquisite local food and excellent service, and there's also a night in a Buddhist pilgrim's temple.

Definitive Cultural Tour of Japan - NEW

A journey through Japan's history, this in-depth tour, travels west from modern Tokyo through the beautiful villages of the Japanese Alps and central heartlands to Kyoto, Hiroshima and Osaka.

The perfect introduction for the first time visitor, it has been designed to include all the must-see sights and experiences on Honshu Island – Japan's largest island. Highlights include impressive Matsumoto and Himeji castles, the 'snow monkeys' of Yudanaka, views of Mount Fuji and the 5,000 red torii gates leading to the Fushimi Inari Shrine in Kyoto. On the way there is the chance to take part in a tea ceremony in Osaka, watch a bout of sumo wrestling, walk a section of the ancient Nakasendo Trail, ride a bullet train or two and stay in a Buddhist temple.

Prices from: £5,495 land only, £6,295 including flights

Duration: 16 days London to London

Group departures: 13 April & 31 August 2022

<https://www.mountainkingdoms.com/holiday/definitive-cultural-tour-of-japan>

Gentle Trekking Nakasendo Trail

Leaving frenetic Tokyo behind, this easy-paced walking holiday travels to the remote Kiso Valley to trek for four days on the tree-lined Nakasendo Trail following an ancient trading route between post-towns, with their well-preserved houses and atmospheric streets. Mount Koya is the next stop, famed for its many temples and monasteries, then it's on to historic Nara, home to eight UNESCO World Heritage Sites, to walk along the 'path beside the mountains'. The tour concludes in the old Imperial capital of Kyoto - the original end of the Nakasendo Trail.

Prices from: £3,850 land only, £4,645 with flights

Duration: 13 days London to London

Group departures: 14 May & 08 October 2022

<https://www.mountainkingdoms.com/holiday/gentle-trekking-nakasendo-trail>

Kumano Kodo Pilgrimage Trek

From the cultural city of Kyoto this rewarding trekking holiday travels to the Kii peninsula to hike along a network of paths between sacred sites that thread their way through impressive mountain scenery. Now a UNESCO World Heritage Site, the trails of the Kumano Kodo were once walked by pilgrims, noblemen and even emperors and offer wonderfully varied trekking along picturesque coastline, through cool cedar forests and across high, mountain passes— linking original temples and shrines and offering expansive views.

Prices from: £4,095 land only, £4,815 with flights

Duration: 13 days London to London

Group departures: 16 May & 10 October 2022

<https://www.mountainkingdoms.com/holiday/kumano-kodo-pilgrimage-trek>

Mountain Kingdoms is an independent, UK based, small group holiday specialist with over 33 years' experience. We offer an extensive range of worldwide walking holidays, pioneering and classic treks, trekking peaks, cultural tours, cycling holidays, walking safaris and adventure cruises. Mountain Kingdoms is committed to responsible tourism and offers value for money with an emphasis on quality.

Visit <http://www.mountainkingdoms.com> for details of all of our group holidays, Tailor Made options and updates on all of our worldwide adventures.

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