Gentle Trekking Nakasendo Trail, Japan

Easy walking on the Nakasendo trail exploring the heart of traditional Japan.

Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Ryokan, Minshuku, Temple
Grade	Gentle
Duration	13 days from London to London
Trekking / Walking days	On Trek: 4 days Walks on: 2 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Japan Local Leader
Land only	Joining in Tokyo, Japan Departing from Osaka, Japan
Max altitude	1,196m/3,9267ft, Torii Pass, Day 5

Private Departures & Tailor Made itineraries available

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Last updated: 18 August 2026

Group Departure Dates and Prices

Group departures

2026 Dates:

Sat 09 May – Thu 21 May
Sun 04 Oct – Fri 16 Oct

2027 Dates:

Tue 11 May – Sun 23 May
Thu 07 Oct – Tue 19 Oct

Group prices

Visit the holiday page of our website for up-to-date land only and flight inclusive prices for all group departure dates https://www.mountainkingdoms.com/holiday/gentle-trekking-nakasendo-trail. Single supplement options can also be found here.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly – we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide

Your trip will be led by an English-speaking Japanese guide. They are all highly experienced, and will greatly enhance your experience on holiday. They will both guide you on the trail, and accompany you on all train and road journeys.

Your trip highlights

- Trek on Japan's Nakasendo trail with beautiful scenery, picturesque villages and historic post-towns
- Enjoy hot spring baths, sample the exquisite cuisine and get under the skin of Japanese life
- Stay in traditional Japanese inns in the country as well as a Buddhist temple
- Discover modern high-rise Tokyo and the cultural city of Kyoto
- Explore the many temples and monasteries of atmospheric Mount Koya

At a glance itinerary

Days 1-3	Fly to Tokyo. Sightseeing tour.
Days 4-7	Trek the Nakasendo trail in the Kiso Valley crossing the Torii Pass to Magome.
Day 8	Mount Koya. Visit temples and historic sights.
Day 9	Visit Nara and the Todaiji Temple.
Day 10	Walk the Yamanobe no Michi trail.
Days 11-12	Visit Kyoto. Sightseeing and evening walk.
Day 13	Transfer to Osaka airport and fly home.

Trip summary

It is still possible to experience the essence of ancient Japan by travelling on the remaining 'kaido' or ancient roads that networked across feudal Japan. The great Imperial capitals were linked to provincial towns by these routes, used by merchants, artisans and feudal lords who made their way on horseback or foot from place to place. You can follow in their footsteps, walking from village to village and staying in beautifully preserved post-towns (juku).

After starting your journey in Tokyo you travel to the remote Kiso valley to start walking for four days on the Nakasendo trail, one of Japan's principal trade routes during the time of the shoguns. The trail originated in the 8th century and linked Kyoto and Edo (now Tokyo), winding through secluded, wooded mountain scenery, across the heart of Honshu Island. A scenic train ride takes you next to picturesque Mount Koya, set high in the hills of the Kii Peninsula. It has been a place of pilgrimage since the 9th century and is renowned for its numerous historic monasteries and temples - one of which you will spend the night in. From Mount Koya you travel to Nara, the first permanent capital of Japan and home to eight UNESCO World heritage sites, before walking the Yamanobe-no-michi - literally the ‘path beside the mountains’. This ancient trail takes you through villages and farming land at the edge of the fertile Nara plain. Your final stop is Kyoto, Japan's capital for many centuries, where you can visit the Sanjo-ohashi Bridge, which was once at the western end of the Nakasendo trail that you walked earlier in the holiday.

This itinerary has been carefully created to immerse you in Japanese life and culture – both traditional and contemporary. Led by your expert guide, you will travel on the efficiently run local trains and buses - an essential ingredient of modern-day Japan - whilst your main luggage will be sent by courier to make the road and train transfers more relaxed.

One of the highlights of the holiday is the traditional accommodation you will enjoy whilst trekking. Villagers have converted local houses into inns or minshuku and ryokans - both have Japanese-style rooms with tatami mat floors and futon beds and many have communal hot spring baths for your relaxation. At the end of each day’s trek, you will be warmly welcomed by your local hosts who take great pride in their beautifully kept accommodation and provide the highest levels of service. Exquisite meals are prepared using the freshest local ingredients that showcase the very best regional cuisine. At each inn, a cotton robe (yukata) and slippers are provided for your comfort and it is normal to wear these for dinner as well as whilst relaxing in the evening. There will also be toiletries in your room. This means, that on the few nights that your luggage is being couriered to your next destination, you will only have to carry a minimal change of clothes in your day pack (please see 'Special notes' and the 'Accommodation' section of this itinerary for further information).

The combination of stunning scenery, easy walking on ancient trails and experiencing Japan’s unique culture, cuisine and traditions, make this gentle trekking holiday an unforgettable experience.

Special notes

Luggage
Your main luggage will be transported on three occasions, allowing you to carry just an overnight rucksack. On certain nights you won't have access to your main luggage, but the Japanese Inns you will be staying in provide cotton robes, warm jackets, indoor and outdoor slippers, towels, toothbrushes and paste, soap, shampoo and conditioner. It is normal to wear the cotton robes to eat dinner in, relax in your room and even wear outdoors, so you really can travel light! Please speak to Seraphina Berry in the office for further information.

Airport transfers
The cost of a transfer to/from the airport is included in the price of your holiday. This is a single, timed transfer which is arranged to coincide with the arrival/departure of the group flights. If you book your own flights which arrive/depart at a different time to this, or we book flights for you that have different timings, we will be happy to provide a quote for a separate transfer.

Please note, if booking your own flights you should ideally fly into Haneda airport in Tokyo from where the group transfer is arranged. If you arrive at Narita airport you will have to pay a transfer fee to get to the hotel.

Flights to the UK from Kyoto/Osaka
Please note that there are normally two daily flights from Kyoto/Osaka back to the UK.

- An early morning flight arriving in the UK the same day.
- An evening flight arriving back to the UK the following day. Please note that this will extend the trip duration from London to London by one day.

Group flights will be based on the best available option. All flights will remain subject to change.

Your trip itinerary

Day 1: Fly London to Tokyo

Fly overnight London to Tokyo.

Overnight: In flight

Day 2: Arrive Tokyo. Group transfer to hotel.

You will fly in to Tokyo international airport where you will be met and transferred to your hotel, conveniently located in the central business district. Please note that you may not be able to check in to your hotel until 2pm. However, you will still be able to use the hotel's luggage storage facilities as well as the hotel's bar/restaurant. You may also like to go out to explore what the city has to offer. Your guide will take you out to dinner.

Overnight: Shiba Park Hotel or Similar, Tokyo (Meals: D)

Day 3: Sightseeing in Tokyo.

Your first full day in Japan will be spent enjoying a walking tour of the Yanaka and Ueno areas of the city. Yanaka is an old quarter of Tokyo which still retains the charm of the Edo period, with many traditional houses, narrow streets and small temples. Popular with artists for its scenic quality, this area survived the bombing of World War II and gives a flavour of what Tokyo was like before it became a huge, concrete metropolis. The local shopping street, Yanaka Ginza, with its traditional shops stands in sharp contrast to high end Ginza district beloved by international brands.

You will stroll through peaceful neighbourhoods, visit Yanaka Cemetery and discover historic Tenno-ji Temple. In the afternoon, you continue on to Asakusa where you walk through the lively Nakamise shopping street and visit Kappabashi Kitchen Street. Asakusa is an old quarter in Tokyo's shitamachi ('low city') which still displays some narrow streets reminiscent of the Edo period of Tokyo's history. Its main attraction is Senso-ji, a large Buddhist temple with a five-storey pagoda, dating originally from the 7th century and rebuilt after its destruction during World War II. With Asakusa Shrine nearby, the complex serves as the site for several religious festivals throughout the year. Leading up to the main temple buildings is the Nakamise-dori, a pedestrian street lined with shops selling a variety of Japanese arts, crafts and souvenirs. At the end of the street is the Kaminari-mon, the famous entrance gate to the temple.

Your luggage will be sent ahead today from Tokyo to Kiso-Fukushima (where you will stay on Day 5) allowing you to carry just a light daypack, with your overnight essentials, on your short walk tomorrow.

Overnight: Shiba Park Hotel or Similar, Tokyo (Meals: B)

Day 4: Transfer to the Kiso Valley, Walk to Narai - 2 miles, 1 hour.

Today brings the start of your journey through rural Japan in the remote Kiso valley region. Over the next three days you will walk by day from village to village, staying by night in small, family-run country inns (ryokan and minshuku).

To begin, a train takes you from Tokyo to Shiojiri where there is the opportunity to enjoy a lunch of buckwheat noodles. You then start your walk from Kiso-Hirasawa which is known for its locally-produced lacquer ware. There may be a chance to see the craftsmen at work before setting off for Narai - about 1.5 miles along the trail that follows the river. Narai is one of 11 'post-towns' along the Kiso valley section of the Nakasendo Trail. Post-towns were resting places where travellers could find accommodation and food as they walked between Kyoto and Edo (as Tokyo was then called).

Narai marked the half-way point of the route between the two centres and remains one of the most beautifully preserved of all the post-towns. It is a fascinating place to wander round, and time permitting you can visit the re-built cedar bridge and the shrine just above the small town.

Overnight: Shimada Minshuku or Similar, Narai (Meals: B D)

Day 5: Walk to Yabuhara over the Torii Pass, 1,196m/3,927ft - 4 miles, 3 hours. Transfer by train to Kiso-Fukushima.

Narai grew as a post town because it lay at the start of the highest pass on the Nakasendo Trail, and travellers would gather here to wait for good weather. It is a 270 metre/885feet climb on the extremely well graded path to the Torii pass, through beautiful mixed forest of chestnut, cedar and walnut trees. The pass is marked by a small re-built and uninhabited tea-house. There are beautiful views back down the hill to Narai from here. The descent from the pass is again on a very good path, with small shrines along the route. This is bear country, and there are bells to ring along the route to warn the bears to keep away! You walk into the small town of Yabuhara, where you will have lunch before continuing a short distance by train to Kiso-Fukushima.

Here you will stay up a secluded valley in a lovely, traditional ryokan with its own natural hot spring. You may soak in the large indoor bath or try the outdoor baths surrounded by trees. Many of the inns you stay in on your trek have been owned and run by the same family for many, many generations, so they take great pride in their high standards of service, comfort and cuisine. Your luggage, sent from Tokyo, will be waiting for you.

270m/885ft ascent, 344m/1128ft descent.

Overnight: Komanoyu Ryokan or similar (Meals: B D)

Day 6: Transfer to Nojiri. Walk the Nakasendo Trail to Tsumago - 9 miles, 6-7 hours.

Your luggage will be sent ahead this morning to Mount Koya. You will transfer from Kiso-Fukushima to Nojiri by train and, after a short taxi ride, walk for just under 9 miles along the Nakasendo Way to Tsumago. En route you will pass through delightful small villages, rice fields and scenic countryside. The path is undulating, with stretches of giant bamboo forests, cedar forest and deciduous trees. The small farming hamlets are incredidly picturesque and neat, with fields of rice well protected by fences from the bears, deer and wild-boar that inhabit this hilly landscape. Another of the post-towns on the former Nakasendo trail, Tsumago has been preserved by strict self-imposed rules that prohibit the sale, rental or destruction of the handsome houses. It's a living museum, but one which is still inhabited by the local residents. You will arrive in the afternoon and have a chance for a quick look around before continuing for a short distance to your accommodation at the attractive hamlet of O-Tsumago.

344m/1,128ft ascent, 723m/2,275ft descent.

Overnight: Tsutamaraya Minshuku or Similar, Tsumago (Meals: B D)

Day 7: Explore Tsumago, walk to Magome over the Magome Pass, 800m/2,624m - 5 miles, 3-4 hours. Transfer by bus to Nakatsugawa.

In the morning, you will have a leisurely start to the day, enjoying some time in Tsumago and have the opportunity to eat lunch there before continuing on to walk the five miles to Magome, your last stop in the Kiso Valley. The trail from Tsumago to Magome is the most beautiful and best-preserved part of the Nakasendo Trail and your walk is a delight from start to finish. Climbing gradually from Tsumago you reach a tea-house that has been used as a luggage depot for hundreds of years. After you enter the forest, you ascend on an ancient path to reach the two waterfalls of Odaki and Medaki. After climbing a little further you reach the Ichikokutochi tea-house. This large, wooden building, set in a pretty clearing, is little changed since the Edo period, and it is still possible to have a cup of Japanese tea here. You are almost at the highest pass of the day here, and it is a stunning walk down from the pass with beautiful mountain views to reach the post town of Magome.

You'll have time to look around this popular little town, before catching the bus to nearby Nakatsugawa where you will spend the night.

430m/1,410ft ascent, 326m/1,069ft descent.

Overnight: Shinchaya Ryokan or Similar, Nakatsugawa (Meals: B D)

Day 8: Transfer to Mount Koya, walk in afternoon around the temples and vast cemetery.

Today you will take a local train out of the mountains before travelling on the bullet train to Osaka, and then on by subway and limited express train to Mount Koya, situated in a bowl-shaped valley filled with stands of cedar trees 900 metres up in the mountains of the Kii Peninsula. Since the 9th century, when the priest Kukai (also known as Kobo Daishi) founded the first temple and the Shingon sect of Buddhism, Mount Koya has been a place of religious devotion and ceremony. Today there are more than 100 monasteries, many of which have shukubo (temple lodgings). You will stay in one of the temples, run by the monks, and dine on shojin-ryori (Buddhist vegetarian cuisine). You will also visit Kongo-buji temple and there will be a guided walk through the vast Okuno-in cemetery, with thousands of graves and memorials to feudal lords and other past luminaries. Your luggage, sent from Kiso-Fukushima, will be waiting for you at your inn.

Overnight: Yochiin Temple or Jofukin Temple or Similar, Mount Koya (Meals: B D)

Day 9: Transfer to Nara, afternoon sightseeing including the Todaiji Temple.

Your luggage will be sent ahead this morning while you travel by cable car and train to Nara. Nara was Japan's first permanent capital and many of its remarkable temples are spread throughout the beautiful park situated in the heart of the town. In the afternoon you will visit Todaiji Temple, one of the eight UNESCO World heritage sites in Nara.Todaiji temple's Daibutsu-den is the largest wooden building in the world, housing a 16-metre tall image of the Rushana Buddha in bronze and gold. Prior to being rebuilt three hundred years ago, the awesome wooden structure was even larger than today.

Overnight: Piazza Nara Hotel or Similar, Nara (Meals: B)

Day 10: Walk the Yamanobe No Michi - 8 miles, 4 hours.

This morning, following breakfast at your hotel, you will transfer to the trailhead to walk along the historic Yamanobe-no-michi, said to be the oldest road in Japan. This trail winds its way along the base of the hill,s along a mix of forested and paved paths, which mark the edge of Yamato Plain, south of Kyoto and Nara, associated with the early Yamato clan who were the founders of the first unified Japanese state. The route is dotted with old shrines and burial mounds of the first emperors. In between are small villages together with fields of rice, vegetables, strawberries and other fruits. Also famous are the thin Miwa somen noodles, served with a light broth. Small shops along the way sell snacks such as mochi (rice paste), cakes covered in kinako (soya flour) and matcha (powdered green tea).

Overnight: Piazza Nara Hotel or Similar, Nara (Meals: B)

Day 11: Train to Kyoto, evening walk in Gion.

You will take the train to Kyoto and check into your hotel. Kyoto was Japan's capital for many centuries and is still regarded as the country's cultural heart. Luggage sent from Mount Koya will be waiting at your hotel. Kyoto is a very accessible city, with the delightful river-side path a lovely place to wander. There are numerous temples, museums and shops to visit, and in the evening you can enjoy a guided walk in Gion, Kyoto's geisha district, where there is the possibility of seeing a geiko (fully-fledged geisha) or maiko (apprentice geisha) making their way through the narrow streets.

Overnight: Daiwa Roynet Kyoto Shijo Karasuma Hotel or Similar, Kyoto (Meals: B)

Day 12: Morning walking tour of Kyoto, afternoon free for shopping and further sightseeing.

There will be a half-day walking tour this morning. You first visit the Sanjo-ohashi Bridge which marks the western end of the Nakasendo Trail. You continue to Nanzenji, a tranquil Zen Buddhist temple whose history dates back to the mid-13th century when the Emperor Kameyama built his retirement villa here and later converted it into a temple. You then stroll along the Philosopher's Path with craft shops, cafes, shrines and temples beside the waters of a small canal. The path ends near Ginkakuji - the Silver Pavilion. There will be free time in the afternoon so you can explore the area further or shop for crafts and last minute souvenirs. By now you will be well-versed in tackling Japan's extremely efficient public transport system on your own! We would highly recommend visiting the Nishiki food market, and perhaps one of the very popular vintage shops selling second-hand kimonos. In the evening, there will be a farewell dinner with your guide.

Overnight: Daiwa Roynet Kyoto Shijo Karasuma Hotel or Similar, Kyoto (Meals: B D)

Day 13: Group transfer to Osaka airport. Fly to London.

Time to bid goodbye to Japan as you transfer to the airport for your flight home.

Please note that there are normally two daily flights back to the UK: an early morning flight, arriving back in the UK on the same day, and an overnight flight. If booked on an overnight flight, you will have time at leisure this morning before an afternoon transfer to the airport. You will then depart Japan this evening and arrive back in the UK tomorrow.
(Meals: B)

Our grading system

Gentle
Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping.

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 11 x breakfasts and 7 x dinners
- ✓ Good standard hotel accommodation in the main towns on a twin-share basis
- ✓ Traditional minshuku, ryokan and shukubo (temple) accommodation, in outlying places, on a twin-share basis
- ✓ An English-speaking Japanese leader
- ✓ Baggage transfers as per the itinerary
- ✓ All road transport, by private vehicles, buses and trains
- ✓ Sightseeing as specified
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Mountain Kingdoms gilet

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- × Travel insurance
- × Visa fees for Japan
- × No lunches included and 4 dinners not included
- × Airport transfers (if your flights do not coincide with the group flights)
- × Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.

Accommodation in Tokyo and Kyoto is in western style hotels, with twin or single rooms available. In all other places the charming traditional ryokan, minshuku and temples have tatami mat flooring, futon beds, and western bathrooms either en suite or shared. Many have communal hot spring style baths, and all have delicious Japanese food. In the ryokan or minshuku single rooms are not generally available and single travellers will be paired with another traveller of the same sex from the Mountain Kingdoms group.

Please be aware that in Japan double rooms are much smaller than twin rooms. We will therefore automatically book a twin room for couples. If you would prefer one of the smaller double rooms, you just need to inform us when you make your booking.

Shiba Park Hotel or Similar, Tokyo

We use modern, comfortable hotels such as the Shiba Park Hotel in Tokyo. These hotels have well-sized, western-style rooms with en suite facilities, air-conditioning, televisions and fridges, and are conveniently situated for sightseeing and transport links.

Shimada Minshuku or Similar, Narai

Minshuku are either traditional wooden buildings, or more modern constructions. The rooms are traditional Japanese style, with tatami matting floors and futons laid out in the evening. The food is Japanese and always beautifully presented and delicious! Bathrooms are generally shared, and there are often communal hot spring style baths segregated by gender.

Komanoyu Ryokan or similar

Set in a peaceful, forested area the Ryokan offers traditional rooms with tatami mats and futons, laid out in the evening by the ryokan staff. There are both indoor and outdoor hot spring baths (segregated by sex). A traditional multi-coursed evening meal is served in the dining room. Some en-suite rooms.

Tsutamaraya Minshuku or Similar, Tsumago

A traditional minshuku with Japanese style tatami mat rooms with futons. Shared bathrooms, delicious traditional food.

Shinchaya Ryokan or Similar, Nakatsugawa

The Shinchaya is a simple family guesthouse dating back over 100 years. It is situated in a peaceful, forested location near to Nakatsugawa. Rooms have tatami mats and futons and there is a single person onsen at the inn. Evening meals are cooked from locally sourced ingredients by the owners who take great pride in the presentation of the food to their guests.

Yochiin Temple or Jofukin Temple or Similar, Mount Koya

The Yochiin is a peaceful, historic, Buddhist temple with tatami mat rooms with futons. Bathrooms are shared. It has a large, communal spa bath and jacuzzi, and serves delicious vegetarian food. You are welcome to join in with the Buddhist ceremonies that the monks perform daily, but there is no pressure to do so. We may also use the Jofukin Temple, another traditional Buddhist temple with similar facilities.

Piazza Nara Hotel or Similar, Nara

The Piazza was built only a few years ago and is a very modern hotel with all mod-cons. The large guest rooms have a full range of amenities and the hotel has its own restaurant and Japanese grill. There is also a small store on the ground floor. Situated next to the rail station it is well-located for exploring the surrounding area.

Daiwa Roynet Kyoto Shijo Karasuma Hotel or Similar, Kyoto

A typical, modern Japanese hotel the Daiwa Roynet in Kyoto offers a comprehensive range of amenities and a good standard of comfort. Good-sized rooms have air-conditioning, kettles and humidifiers, plus there is sleepwear available for a cosy night. A generous buffet breakfast is available in the restaurant and Wi-Fi is freely available throughout. The hotel is situated next to the Shijo Subway making it a convenient option in central Kyoto.

Meal arrangements

All breakfasts and 7 dinners are included. Lunches are not included and your guide will help you organise your lunches which may be picnics or meals taken in local restaurants or cafes.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

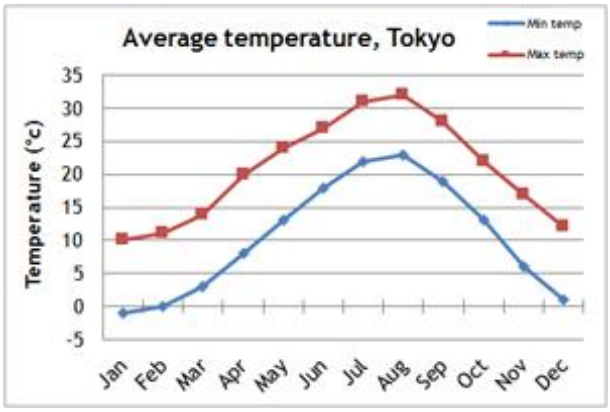
Further information

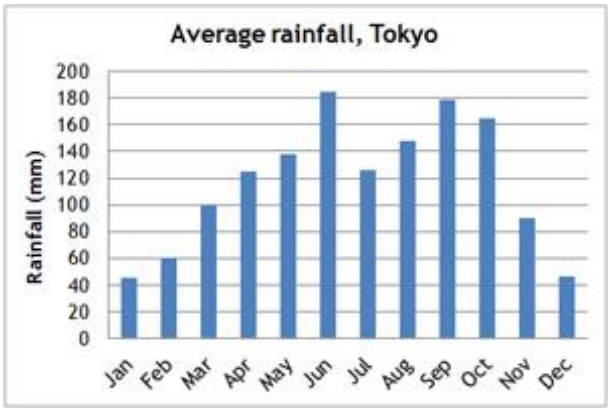
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

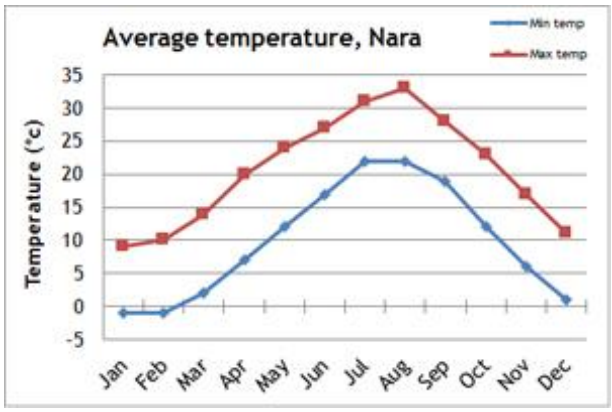
The nature of adventure travel

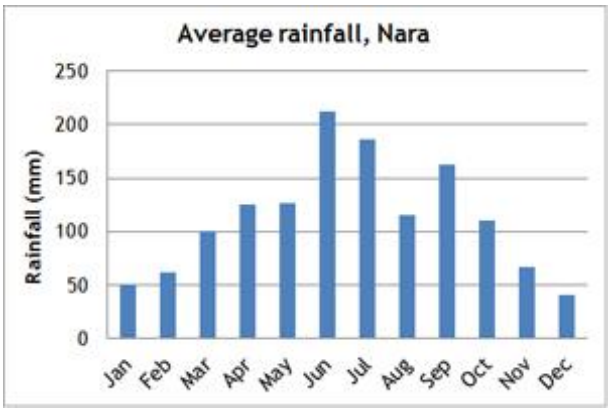
Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information









Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400.

There are many ways you can extend your holiday in Japan with Mountain Kingdoms: you could book extra nights at a hotel at the start or end of your trip, take a personal sightseeing tour or enjoy some other exciting activity. In fact whatever's available, we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements. We can also assist with flight and hotel upgrades.

Why book this holiday with Mountain Kingdoms?

- This itinerary has been carefully researched and designed especially for Mountain Kingdoms to make a varied, but not too strenuous, walking holiday with much scenic, cultural and historic interest.
- You stay in quality hotels in main towns, and traditional inns of character in the country, including lodgings at a Buddhist temple. You also travel by the efficient public transport system in Japan giving you a real sense of immersion into modern-day life in the country.
- You will be accompanied by an English-speaking Japanese guide throughout.
- We apply a maximum group size of 12, thereby offering a genuine small group trekking experience.
- Seraphina Berry researched this trek first-hand, so if you want to talk to someone in the office with experience of the route, call Seraphina on 01453 844400.
- As part of our responsible tourism commitment, we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say

A marvellous holiday. It gave us some insight into the history of Japan. It was interesting to see life in rural Japan. Tokyo is a vibrant city and Kyoto a more relaxed place. Our guide was delightful and very well informed. I would certainly recommend this trip.
-John F, Wiltshire

Staying in Ryokan, Minshuku and Temples was a definite plus as it enabled us to experience the traditional side of Japan.
- Miss W, Harrow

This was a lovely holiday. Travelling everywhere by public transport, staying in a ryokan, minshukus and a temple, and walking every day were unexpected highlights. As well as the Nakasendo Trail itself, we particularly enjoyed our stay at the temple in Koya-san and walking the Yamanobe No Michi trail, as well as visiting Nara and Kyoto.
- Andy, Hertfordshire

I liked the variety in the program in that we visited cities and rural areas. I enjoyed the experience of staying in the different types of accommodation, not just hotels.
- Mrs G, Hampshire

This trip was extremely well organised and all the travel arrangements etc worked perfectly. Aya was a very good guide giving us loads of insights into local culture and making requested amendments to the itinerary (we only asked for a few small ones!) with conscientiousness and good humour. The group size was ideal and everybody was very friendly and helpful to each other. Overall this was a wonderful trip in so many ways and I shall never forget it. Japan is such a beautiful and exciting country - made extra special by weather to die for, almost continuous wall to wall blue skies and warm sunshine every day but one!
-Mrs B, Devon

This was my first solo trip without family and friends so I was excited and nervous. I loved Japan and the people, experiencing the very modern working alongside the very traditional. The mix of trekking, visiting temples, cities and seeing traditional crafts was great. Staying in the Minshuku and Ryokans was a real experience and gave us a flavour of the past. Overall an amazing adventure that I shall treasure.
-Mrs M W, Lancashire

We loved this trip. We wanted to see Japan but not at the frantic pace of most tours. This itinerary allowed us to experience Japan in all its glory, without the feeling of rushing between its various sites. From our first outing in Tokyo, visiting a beautiful Shinto shrine, to our final walk along the Philosophers Trail in Kyoto, the whole trip was spectacular. Our guide was excellent, managing to herd us gently and expertly, always ready to help, translate, explain and enlighten us on any matters Japanese. The minshuku and ryokan were all very comfortable and welcoming, with lovely food.
-Mr & Mrs T, Nottingham

Mountain Kingdoms – distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday – it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to a hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.

RESPONSIBLE TOURISM STATEMENT

For almost four decades, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now have trips to all corners of the globe but are conscious that our holidays can have a detrimental impact on the world around us and want to do all we can to reduce that.

We have focused our main responsible tourism efforts on reducing the carbon emissions produced by our holidays, and counterbalancing this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole.

Carbon offsetting

Since 2007, we have donated a percentage of our client and staff flight costs to the Ecoan tree planting project in Peru. Ecoan are a trusted local NGO who use the funds directly to purchase seedling trees with the long-term goal of restoring 2.5 million acres of Andean land.

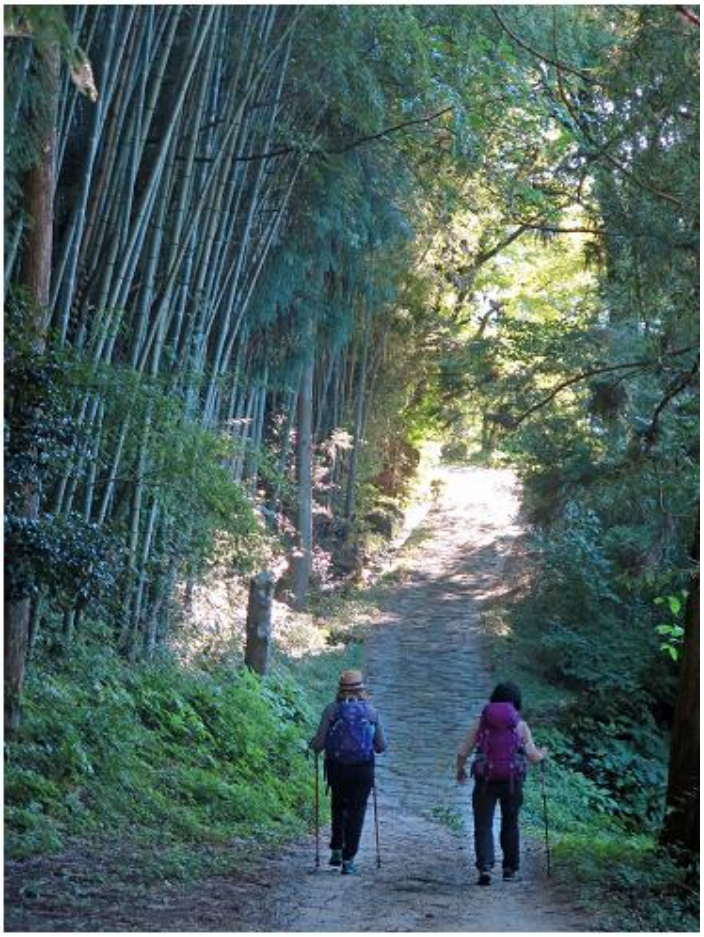
Ecoan maintains over 100 tree nurseries across Peru where their tree saplings are grown and then transported to planting sites during the rainy season. They use native trees such as the Polylepis, as these can survive at high altitudes. As well as sequestering carbon, they help protect against soil erosion, landslides and the effects of extreme weather on local crops. As such, they are enormously beneficial to the economic well-being of the surrounding communities. This is very much a community-led conservation project, with the local Quechuan people coming together to plant tens of thousands of saplings in the Andean highlands where they live. During the annual Queuña Raymi (tree festival), over 150,000 native trees can be planted in a single day!

For every person booking a long-haul, flight inclusive holiday with us, Ecoan can purchase and plant 20 trees in Peru, and for short-haul flights, 7 trees. Typically, we send over $7,000 per year to Ecoan, which is over 7,000 trees.

Reducing carbon emissions

- ✓ We offer the majority of our clients a free, filtered Water-to-Go bottle to help reduce the need for single-use plastic bottles during their travels.
- ✓ We predominantly use locally-owned hotels and guesthouses rather than multinational chains. In some of our destinations, such as Bhutan, we use homestays. Not only does this type of small-sized, locally-owned accommodation have a much-reduced carbon footprint, but it also helps support communities.
- ✓ We evaluate our flights to make sure we are using the most fuel-efficient airlines with the youngest fleets and, where possible, choose direct flights for each trip.
- ✓ We have stopped offering unnecessary optional flights, such as Everest sightseeing. We try to minimise internal flights where possible.
- ✓ We recycle as much of our office waste as possible and have introduced a client portal to reduce paperwork and to make it easier for clients to manage their trips online.

Wider commitment to responsible and sustainable tourism

- ✓ We are signatories to the Tourism Declares a Climate Emergency initiative to stand alongside other like-minded travel companies to initiate best practices to make tourism as sustainable as possible.
- ✓ We will continue to support several charities with whom we have a long-standing relationship, such as Shiva Charity in Nepal.

Over the years, we have given sizeable payments to emergency relief when a disaster has occurred in the countries we operate in. We always try to ensure that these funds go directly to those who need them most to help rebuild their lives.