

The Nakasendo Samurai Paths

Hiking, Cycling and Traditional Crafts
in the Kiso and Ina Valleys
4 days / 3 nights Small Group Tour



Trace the footsteps of the Samurai lords as you hike and cycle the Nakasendo Way. This tour includes the highlights of the old post towns Magome & Tsumago, as well as lesser-known roads away from the crowds. Meet locals and experience their cuisine, crafts and stories of the historic Kiso and Ina Valleys, which were trade and pilgrim routes used for centuries through the mountainous terrain of Nagano.

GoNAGANO

Highlights:

- Enjoy an easy paced walk along the world-renowned Nakasendo (Magome-Tsumago path) in the Kiso Valley.
- Step off the usual guidebook path and expand your adventure into the next valley over - the Ina Valley, a region with deep historical ties to the Nakasendo, yet largely unexplored by visitors.
- Meet locals along the way, facilitated by your guide, and enjoy traditional foods and crafts unique to this region.
- Stay at traditional hot spring Ryokans, each with a distinctive character
- Ride an e-bike along quiet back roads from the Ina Valley over a mountain pass and into to Narai-juku to conclude the tour back in the Kiso Valley.

Location: Southern Nagano

Main Activity: Walking and cycling

Difficulty: Fitness Level 3 out of 5 Skill Level 2 out of 5
* Day 1: Participants will need to be fit enough to walk on well formed trails with hills.
* Day 4: The route includes a long ride on E-bikes with climbs and descents. Some cycling experience is necessary.

Season: Early May to Middle of November
(Except Obon Period (middle of August))

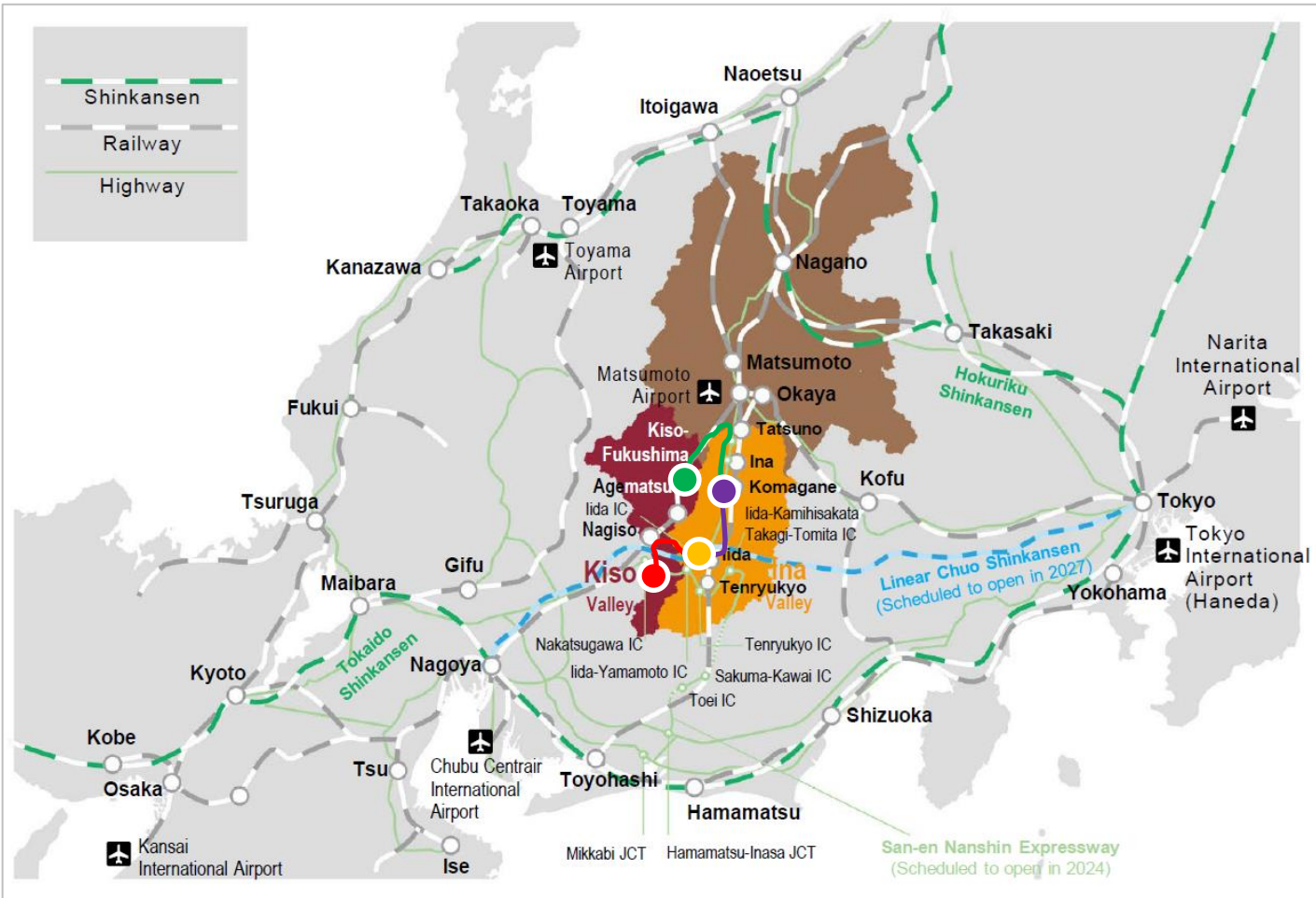
Pax: Minimum 2 Maximum 6

Price: Please ask

Departures: On request basis.

Inquiries: Nagano Tourism Organization
Tel: +81 26-219-5274
Email: naganotoc@nagano-tabi.net
(Contact: Nagano Travel Operation Center)

Tour location map



<i>Day 1</i>	<i>Tour starts at Nakatsugawa Station (JR Chuo Honsen Line)</i> Hike the Nakasendo (Magome - Tsumago) in Kiso Valley
<i>Day 2</i>	Hike the Chuma Kaido & Local food cooking in Ina Valley
<i>Day 3</i>	A kimono silk weaving factory tour/experience & the Komagame Ropeway/walk around the Senjojiki Curl in Ina Valley
<i>Day 4</i>	E-bike cycling on the Phantom Nakasendo in Kiso Valley <i>Tour ends at Narai Station (JR Chuo Honsen Line)</i>

Overview of the 4-night/ 3-day tour

Nakatsugawa Station is approximately 60 minutes from Nagoya Station on the JR Chuo Honsen Line.

Day 1: 9:00 Meet at Nakatsugawa Station (JR Chuo Honsen Line), hike Nakasendo (Magome – Tsumago Route), enjoy shopping for Kiso's specialty wood products at Kijishi no Sato.

Overnight stay at Fuki no Mori.

Day 2: 8:45 Transfer to Iida City, hike Chuma Kaido. Lunch is *gohei-mochi* (grilled rice dumplings), which you will make yourself, along with catering provided by a local restaurant.

Overnight stay at Keigetsu, Hirugami Onsen.

Day 3: 8:30 Transfer to Komagane City, enjoy a *kimono* silk weaving factory and hands-on weaving experience tour, walk around the Senjojiki Curl of Japan Central Alps.

Overnight stay at Futari-Shizuka, Hayataro Onsen

Day 4: 8:10 Transfer to Tatsuno, have e-bike cycling on the Phantom Nakasendo to Narai-juku. The tour ends at Narai Station (JR Chuo Honsen Line).

Narai-Station is approximately 50 minutes to Matsumoto Station by local and limited express trains on JR Chuo Honsen Line.



Day 1

** Nakatsugawa Station is approximately 60 minutes from Nagoya Station on the JR Chuo Honsen Line. (Not included in tour price but can be arranged upon request.)*

9:00 Meet at Nakatsugawa Station (JR Chuo Honsen Line), hike the Nakasendo (Magome – Tsumago path), enjoy shopping for Kiso's specialty wood products at Kijishi no Sato.

Overnight stay at Fuki no Mori Japanese Inn.

Hike the Magome-Tsumago path on the world-famous Nakasendo. Running north to south through the mountainous Kiso Valley, the Nakasendo was developed in the 17th century to connect Kyoto and Edo (modern day Tokyo). It is also known as the Samurai Path because so many Samurai used it. The Magome-Tsumago path is one of the most popular routes of Nakasendo due to the beautifully preserved villages of Magome-juku and Tsumago-juku. Juku means 'Inn' and villages within a day's walk flourished along this path to cater to the many Samurai making this journey. You too can get a sense of this bygone era walking in the footsteps of the Samurai. The course is a mixture of unpaved and paved roads.



After the Nakasendo hike, visit Kijishi no Sato (the hamlet of local artisans of Nagiso Wood Turning which is designated as one of Japan's traditional handcrafts) and see the master craftsmen at work. Opportunity for shopping as well.

16:45 Check into Fuki no Mori. This is a hidden ryokan in the mountains of Kiso. If the weather permits, you can enjoy the star-filled starlit sky from the open-air bath. <https://fukinomori.com/>

Activity - Easy walking | 20km/12.5 miles | Time: 6 hours

Accommodation – Ryokan | Private room twin share with private bathroom

Included Meals - Dinner & Breakfast

Luggage Transport – Large luggage is sent from Nakatsugawa to the ryokan of the day by luggage transportation service.

Day 2

Breakfast at the Ryokan.

8:45 Depart Fuki no Mori for Hirugami Onsen in the next valley over - the Ina Valley by private car. Your luggage will be kept at your accommodation for tonight.

9:30 Start the Chuma Kaido hike, an ancient trade route through central Japan and mostly used by peasants whose job was to transfer everyday goods such as salt and charcoal across Japan using horses. The road ran parallel to the Nakasendo but had more relaxed rules and so it became a popular route for people to travel on.



12:30 Stop for lunch at an old homestead to enjoy traditional food, *gohei-mochi* (grilled rice dumplings), with locals along with catering provided by a local diner.



15:20 Check into Keigetsu, Hirugami Onsen- the largest onsen resort in Southern Nagano. Enjoy a spacious room, a large public hot spring bath made using wood from Japanese *hinoki* trees, and cuisine with seasonal local ingredients. <https://keigetu.co.jp/>

Activity – Easy walking | 7km/3.1miles | Time: 3 hours

Accommodation – Ryokan | Private room twin share with private bathroom

Included Meals – Breakfast, Lunch and Dinner

Day 3

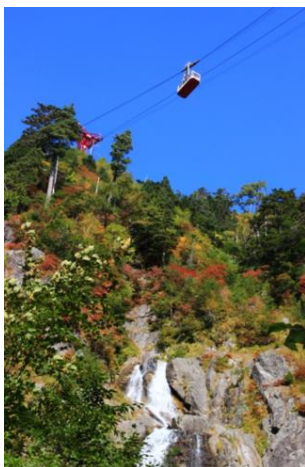
Breakfast at the Ryokan.

8:30 Depart from Keigetsu Ryokan to Komagane township by private car. Drop off your luggage at the accommodation for today.

9:45 Participate in a hands-on weaving experience under the guidance of a master weaver at the only remaining workshop that still performs the spinning, dyeing and weaving of Ina Tsumugi - a local, traditional silk fabric used for making kimono - which is one type of Shinshu Tsumugi (*tsumugi* made in Nagano Prefecture - designated as one of Japan's national traditional handcrafts).



12:30 After lunch at a local restaurant in Komagane, transfer to the Komagane Cable Car, known for the highest elevation gain in Japan. Perfect opportunity to get up above the tree line of the Ina valley and feel the alpine environment of Japan's Central Alps (Altitude 2,612m). Enjoy a short mountain walk around the Senjajiki Curl.



17:45 Check into Futari-shizuka, Hayataro Onsen. Spend a relaxing night at a quiet hot spring ryokan located at the foot of the Central Alps. <https://futarishizuka.com/>

Activity – Handcraft Experience, Alpine hike (3kms)

Accommodation – Ryokan | Private room twin share with private bathroom

Included Meals - Breakfast, Lunch and Dinner

Day 4

Breakfast at the Ryokan.

8:10 Depart from Futari-shizuka for the township of Tatsuno, Ina Valley by private car.

9:45 Cycle on the Phantom Nakasendo - a section of the original Nakasendo which closed after only 15 years of use. Ryohei Oguchi, an accomplished round-the-world cyclist will be your Japanese guide (he will be accompanied with English speaking guide). Lunch will be served by Ryohei's kitchen car (managed by Ryohei's wife) at a unique spot along the way. Beautiful back roads will take you up and over a mountain pass and back to the Kiso Valley.



14:00 The cycling tour concludes at Narai-juku, followed by a stroll through the village. Narai-juku is another popular spot where historical buildings remain, and visitors can enjoy the atmosphere of the feudal Samurai era.



15:30 Arrive at Narai Station, collect your luggage and the tour ends at Narai Station (JR Chuo Honsen Line.) Farewell as you depart for your next destination.

** Narai Station is approximately 50 minutes to Matsumoto Station by local and limited express trains on JR Chuo Honsen Line. (Not included in tour price but can be arranged upon request.)*

Activity – E-bike cycling 39km/24 miles | Time: 4hours

Accommodation – N/A

Included Meals – Breakfast, Lunch

Luggage Transport – Large luggage is sent from the ryokan to the tour end point.

Accommodations :

Day	Location	Type	Room
1	Nagiso	Ryokan	Private, western & Japanese style rooms with ensuite bathroom. Bedding is western beds.
2	Iida (Hirugami Onsen)	Ryokan	Private, western & Japanese style rooms with ensuite bathroom. . Bedding is western beds.
3	Komagane (Hayataro Onsen)	Ryokan	Private, western style rooms with ensuite bathroom. . Bedding is western beds.

Please note that you may be asked to show your passport when checking into accommodation in Japan. It is a requirement for accommodation providers to take a photocopy of the passport of overseas guests.

The listed accommodations are examples, and other lodging options are available.

Tour Inclusions:

- 3 nights accommodation
- 3 breakfasts, 4 lunches, 3 dinners
- 4 days English speaking guides
- Entry/activity fees outlined in the itinerary.
- All transportation from the start point at Nakatsugawa Station to the finish point at Narai Station, and luggage transfer fees.*
 - * Your large luggage will be transported to the daily inn (or to the end of the tour point on the last day) by private car and luggage transportation service.

Exclusions:

- Travel to the start/finish points of this tour
- Alcoholic beverages
- Additional room charges such as minibar, extra cleaning
- Any personal expenses

Packing List

Below is a list of clothing and shoes suitable for hiking and matching the weather conditions.

- Hiking shoes
- Rain gear (coat/pants),
- Backpack
- Drinks (1 liter/day. It can be procured at the inn every day.)
- Trail snacks
- Gloves
- Hat
- Sunglasses
- Down layers
- Hiking poles
- Cash (small shops and restaurants often only accept cash.)
- Insurance (please purchase travel insurance in your own country.)
- Passport

Please Read Information

Below is a list of necessary items on booking.

1. Contact information of group representative (e-mail, mobile phone number)

2. Number of participants

3. Preferred date

4. Information for each participant:

(1) name, (2) nationality, (3) gender, (4) date of birth (5) height (6) home address, (7) Food allergy and dietary restrictions, other issues that require special considerations (if any)

5. Preferred room configuration

- Regarding dietary restrictions, allergies, and other special considerations, we may not be able to accommodate all requests.
- Due to restrictions on cycling gear on the fourth day, the tour is limited to customers 150-180 cm in height.
- Accommodations are subject to change. In such cases, we will arrange other accommodations in the similar class.
- We are happy to make tailor-made tours according to your requests. Please feel free to contact us.



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<https://www.go-nagano.net/en/>

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Contact us



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