



NAKASENDO AND KAMIKOCHI SELF-GUIDED WALKING

Introduction

The historic Nakasendo Trail, which connected Kyoto and Edo-period Tokyo, stretches 534 km. The villages along the way, known as *juku*, provided accommodation for weary travellers walking along this route dating back to the seventh century. A visit to the Nakasendo offers you a real glimpse into the past, and on this tour, you will head into the mountains of Oku-Hida after exploring some of the most beautifully preserved post towns. Explore the striking, biodiverse highland valley of Kamikochi and take in the stunning views of dramatic mountain scenery while enjoying excellent hiking and dips into *onsen* to soothe you.

We offer 6-day and 10-day versions of this hike.



Details: 6-day hike

🕒 Tour length
6 days

🧑‍🌾 Type and trip level
This tour features a mixture of paved village paths and unpaved forest trails. Most walks are approximately 3-4 hours per day, with optional hiking in the Kamikochi wetlands and Oku-Hida. The longest day includes walking of up to 5 hours.

Itinerary

Day 1: Hike from Magome to Tsumago and Nagiso

📏 8.3 km / 5.2 mi
🕒 about 3 hours
⬆️ 326 m / 1,069 ft of ascent
⬇️ 430 m / 1,410 ft of descent
🏠 Onsen ryokan (hot spring inn) or onsen hotel (hot spring hotel) close to Tsumago
🍴 Dinner

We supply train tickets for your journey starting from Kyoto or Tokyo to Nakatsugawa, including a ride on the world-famous bullet train to Nagoya. At Nakatsugawa, you board a local bus for the short journey to Magome. Walk over Magome Pass to Tsumago, one of the best-preserved and most evocative of the Nakasendo post towns. In the afternoon, you will be picked up and transferred to your accommodation for the

Day 2: Hike from Nagiso to Nojiri

📏 14.7 km / 9.2 mi
🕒 about 5 hours
⬆️ 625 m / 1,945 ft of ascent
⬇️ 530 m / 1,730 ft of descent
🏠 Onsen ryokan (hot spring inn) in Kiso-Fukushima
🍴 Breakfast, dinner

The longest day on the trail is a beautiful and varied hike from Nagiso to Nojiri. The trail travels through small valleys and past forests of

👑 Perfect choice for an adventure honeymoon

🌸 Walking season
Recommended from May until October.

★ Highlights
Highlights of this trip include bathing in thermal *onsen* waters every evening, visiting engaging post towns on the Nakasendo, and hiking while surrounded by the breathtaking mountain scenery of Oku-Hida and Kamikochi.

evening, a short drive from the main village of Tsumago.

A longer option of 4 hours is also possible depending on the inn you stay at.



bamboo and Japanese cedar, through some of the most unspoilt scenery on the tour. Continue by train to Kiso-Fukushima, where you will stay at a lovely *onsen ryokan* (hot spring inn) set in a peaceful valley above the town. Complimentary transfer from the station is provided by the *ryokan*, which also features lovely indoor and outdoor hot spring baths.

A longer option of 6 hours is also possible.

Day 3: Hiking in the Kiso-Fukushima region

- 7 km / 4.3 mi
- about 2-3 hours of optional walking
- 630 m / 2,075 ft of ascent
- 635 m / 2,090 ft of descent
- Onsen ryokan (hot spring inn) in Kiso-Fukushima
- Breakfast, dinner

A day to relax and explore the historic Kiso-Fukushima. Our optional walk today travels through a quiet scenic forest before taking in key areas of the town. Stay at another lovely hot spring *ryokan* in the town.

Day 4: Hike from Yabuhara to Narai and Hirasawa

- 8.7 km / 5.5 mi
- about 4 hours
- 345 m / 1,130 ft of ascent
- 270 m / 885 ft of descent
- Onsen ryokan (hot spring inn) close to Matsumoto
- Breakfast, dinner

this evocative village before a short walk to Kiso-Hirasawa, an historic lacquerware town. From here head on by train and bus to your inn for the evening: another wonderful *onsen ryokan*.

An easier walk of 6.2 km / 3.9 mi taking 3 hours is also available.

Today travel by train for the short journey from Kiso-Fukushima to Yabuhara, the starting point for the hike over the Torii Pass to Narai. Explore

Day 5: Hiking in the Kamikochi wetlands

- 10.2 km / 6.4 mi
- About 3-4 hours of optional hiking
- negligible
- negligible
- Onsen ryokan (hot spring inn) in Oku-Hida
- Breakfast, dinner

features dramatic mountain and lake scenery. Head onwards to a secluded village in Oku-Hida for the evening.

A shorter walk of 3.2 km / 2 mi and 1.5 hours is also possible.

Travel by bus to the biodiverse wetlands of Kamikochi, a popular site for nature hiking which

Day 6: Hiking in Oku-Hida and transfer on to Takayama

- 6.6 km / 4.1 mi
- About 3-3.5 hours of optional hiking
- 700m / 2,300 ft of ascent
- 700m / 2,300 ft of descent
- Breakfast

local range. Head onwards by bus to Takayama where the tour ends. Explore this engaging town, which is well-known for its crafts, particularly yew-wood carving, Shunkei lacquerware, pottery and furniture. You may also wish to explore the ruins of Takayama castle and walk along the east-side temples before heading onwards.

Your final hike in the mountains of Oku-Hida provides you with stunning views out over the