

Riki's Tours Japan is excited to share the Shinetsu Trail with you. We think it's Japan's best multi-day walk. It's an 80km trek in the central alpine region of Japan. It follows the ridge along the Sekida Mountain Range between Nagano and Niigata prefectures. It's a pristine woodland trail of beech, maple, birch, larch and cedar that's soft underfoot and gentle on your feet. You walk at an elevation of approximately 1000m and it's suitable for keen walkers.

The trail is divided into six sections, and takes six days to complete, averaging approximately 13km each day in 5 to 6 hours. We have devised this 11 day trekking tour that includes two nights in Tokyo to start plus one rest day during the trek. All food is provided on the trail and you will stay in delightful accommodation with onsen baths (hot spring) to soothe the joints and homely meals.

For more information:

google Riki's Shinetsu Trail tour

rikistoursjapan.com.au
mail@rikistoursjapan.com.au
facebook/rikistoursjapan

PO Box 3146
Marrickville Metro 2204
[+61] 02 8188 1867
ABN 86606873223

-  11 day 10 night tour
-  In & out Tokyo
-  \$4390 pp
-  \$4890 pp
-  10 b'fasts (3 from hamper)
-  8 lunches (3 from hamper)
-  8 dinners (1 from hamper)
-  4 onsen (hot spring baths)
-  6 trekking days
-  ■ 13 ~ 23 Oct 2019
(peak Autumn colours)

- Oct 13** Arrive Tokyo Sun 13 Oct 2019
- 14** Tokyo walking tour (or free time)
- 15** Travel to Iiyama and explore temples, soba and zazen.
- 16** Trek section 1 from Mt Madarao to Aka-ike pond
- 17** Trek section 2 from Aka-ike pond to Wakui Village
- 18** Trek section 3 from Wakui Village to Hotokegamine Trailhead
- 19** Trek section 4 from Hotokegamine Trailhead to Sekida Pass
- 20** Rest day at Mori no ie forest cottages
- 21** Trek section 5 from Sekida Pass to Busuno Pass
- 22** Trek section 6 from Busuno Pass to Mt Amamizu
- 23** Return to Tokyo and transfer to the airport on Wed 23 Oct 2019

- 3.5-4 star Tokyo hotel
- 3.5-4 star Tokyo hotel
- Mt Madarao Resort
- Mt Madarao Resort
- Motoyashiki inn
- Motoyashiki inn
- Mori no ie forest cottage
- Mori no ie forest cottage
- Mori no ie forest cottage
- Chitose Ryokan
- (flight home)

