

Nikko National Park

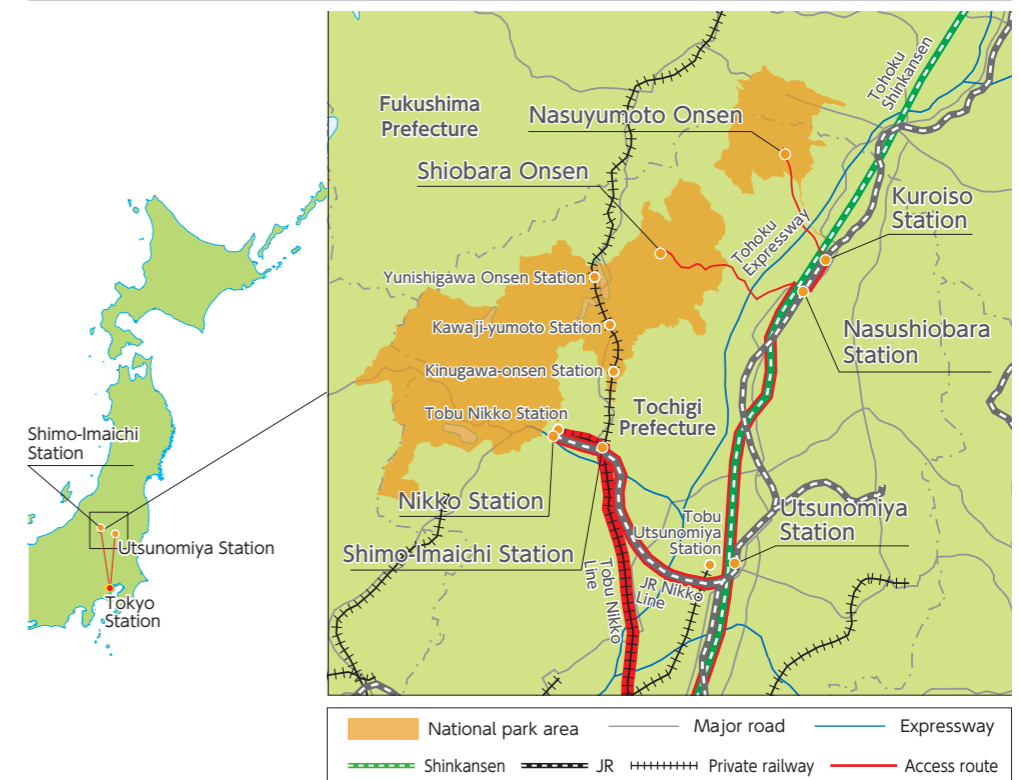


Mt. Hangetsu Observation Deck (view of Mt. Nantai), Nikko City, Tochigi Prefecture

An expansive garden that embodies Japan's history and nature

Nikko National Park was established in 1934, an old national park. Most of the national park extends over the three prefectures of Fukushima, Tochigi, and Gunma and has a mountainous terrain belonging to the Nasu Volcanic Zone. Mountains include Mt. Shirane, the highest mountain in the area north of North Kanto, Mt. Nantai, a famous place of worship since olden times, and Mt. Chausu, which is volcanically active even today. The plateaus covering the foothills of these mountains takes on a different form each season played out across lakes and marshes, waterfalls, and valleys formed through volcanic activity. Another highlight of the national park is its many shrines and temples, including the World Heritage Site Nikko Toshogu Shrine, as well as numerous other historic buildings that tell the story of the area. Nikko National Park welcomes visitors with its superb combination of magnificent cultural heritages that embody Japan's history and diverse natural beauty, and is easily accessible from Tokyo. It has established a firm position as a popular tourist location but also one where you can quickly get off the beaten path and experience the natural beauty of Japan.

Access



Tokyo Station	Approx. 50min by Tohoku Shinkansen	Utsunomiya Station	Approx. 50min on the JR Nikko Line	Nikko Station
Asakusa Station	Approx. 110min on Tobu Railway limited express train			Tobu Nikko Station
	Approx. 120min on Tobu Railway limited express train			KinugawaOnsen Station
Tokyo Station	Approx. 70min by Tohoku Shinkansen	Nasushiobara Station	Approx. 70min by JR bus	Shiobara Onsen
			Approx. 50min by Kanto Transportation bus	Nasuyumoto Onsen

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter

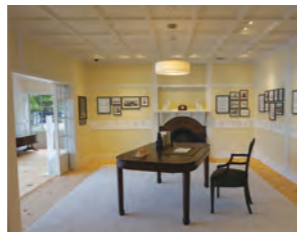
Please contact each provider directly.



1 Kamakura Festival at Yunishigawa Onsen, Nikko City, Tochigi Prefecture 2 Shofuro Matsuya, Nasushiobara City, Tochigi Prefecture 3 Iori Falls, Nikko City, Tochigi Prefecture 4 Nikko Toshogu Shrine, Nikko City, Tochigi Prefecture 5 Ryuzu Falls, Nikko City, Tochigi Prefecture 6 Nasu Heisei-no-mori Forest, Nasu Town, Tochigi Prefecture 7 Mt. Chausu, Nasu Town, Tochigi Prefecture 8 Kinugawa Line Kudari Riverboat Cruise, Nikko City, Tochigi Prefecture

Nikko National Park -Recommended Activities-

Activity 01 Travel to the British Embassy Villa Memorial Park in Oku-Nikko, an area once used by the international community as a summer retreat. Travel back in time as you enjoy a service of tea and scones while enjoying sweeping views of Lake Chuzenji and Mt. Nikko-Shirane.
British Embassy Villa Memorial Park



GROUP

Journey to the British Embassy Villa Memorial Park, located in Oku-Nikko, an area which once flourished as a summer escape for the early international community in Japan. Enjoy the quintessentially Japanese views of Lake Chuzenji, Mt. Nikko-Shirane and surrounding scenery while indulging in British tea and scones. Built by the British diplomat Ernest Satow in 1896, the building was used as a holiday house for the embassy and later was restored and converted into a museum and exhibition space. Travel back in time while admiring the same unbroken view that diplomats enjoyed 100 years ago. Head for the tearoom on the second floor for spectacular views of Lake Chuzenji and the mountains of Oku-Nikko as you savor a tea and scones service prepared to the exacting standards set by the British Embassy's chef (A separate fee is required). * Exhibitions are displayed with Japanese, English, Simplified Chinese and Korean explanations.

Season April-November * Closed Mondays in April, May, and November **Time required** Approx. 30 min **Fee** Admission: adults (age 16 and over): 200 yen, children (ages 4 to 15): 100 yen, infants (age 3 and under): free **Combination ticket with neighboring Italian Embassy Villa Memorial Park:** adults: 300 yen, children: 150 yen **Inquiries** Nikko Natural Science Museum **Phone** 0288-55-0880 **E-mail** info@nikko-nsm.co.jp **U R L** https://www.nikko-nsm.co.jp/british.html

Activity 02 Step into the past at the historic Italian Embassy Villa Memorial Park, and relax at this former retreat of the Italian embassy.
Italian Embassy Villa Memorial Park



GROUP

Visit the Italian Embassy Villa Memorial Park, housed in the former summer villa of the Italian embassy. Built in 1928 by Antonin Raymon, a Czech-born architect active in both the United States and Japan, the building boasts inner and outer walls of cedar bark, as well as a number of Japanese-style design features, including checked patterns, wickerwork and *yabane* arrow-feather designs. At the memorial park, you can admire the same view of the Lake Chuzenji lakeshore that diplomats enjoyed back when the area was a summer escape for the international community in Japan. Coffee and sweets are sold on-site, and coffee is now available for takeout with the purchase of a tumbler (A separate fee is required). * Displays are in English and Japanese.

Season April-November * Closed Mondays in April, May, and November **Time required** Approx. 30 min **Fee** Admission: adults (age 16 and over): 200 yen, children (ages 4 to 15): 100 yen, infants (age 3 and under): free **Combination ticket with neighboring British Embassy Villa Memorial Park:** adults: 300 yen, children: 150 yen **Inquiries** Nikko Natural Science Museum **Phone** 0288-55-0880 **E-mail** info@nikko-nsm.co.jp **U R L** https://www.nikko-nsm.co.jp/italy.html

Activity 03 Even beginners can easily enjoy a day paddling the waters of Lake Chuzenji. Become one with nature gliding across the clear waters of the lake to the sounds of birdsong and the lapping of the lake.
Stand-up paddleboarding on Nikko's Lake Chuzenji



FIT **GROUP**

Lake Chuzenji, a registered Ramsar wetland, is a feast for the senses with its crystal-clear waters, soaring birdsong and refreshing stillness. Savor this exquisite environment by paddling through the lake's calm waters on a stand-up paddleboard. Easy and enjoyable, paddleboarding is a hit with everyone who steps out onto the water, beginners included. Surrounded by spectacular scenery reminiscent of England's Lake District, Lake Chuzenji, once beloved by high-ranking international officials, brings solace and inspiration to visitors regardless of time and nationality. Rain doesn't dampen the fun either, as only on rainy days can you revel in the sensation of being completely surrounded by water.

Season Late April-mid-November **Time required** Approx. 90 min **Fee** Adults and children: 6,500 yen, infants (ages 6 to 9): 4,000 yen *Participants must weigh 100 kg or less *Children age 5 and under cannot be accommodated **Inquiries** Sup! Sup! **Phone** 0288-54-0118 **E-mail** hello@supsup.jp **U R L** https://www.supsup.jp/

Activity 04 Cruise down the Kinugawa River in a traditional Japanese boat helmed by a boatman armed with an oar. Admire the radiant beauty of each season, from the verdant greenery of summer to the brilliant colors of fall from aboard the wooden boat.
Kinugawa Line Kudari Riverboat Cruise



FIT **GROUP**

Board a famous Kinugawa Line Kudari riverboat and journey through the Kinugawa River flanked by its beautiful valley. The radiance of the changing seasons adds a burst of color to the river cruise, with spring's vibrant yashio azaleas coloring the landscape, summer's fresh verdure providing lush greens, and fall's foliage enveloping the countryside in a fiery brocade. Enjoy the thrills of the river while surrounded by the majesty of nature. *Tours may be suspended without prior notice in case of bad weather or extreme fluctuations of the river's water level.

Season Mid-April-late November **Time required** Approx. 80 min **Fee** Adults (age 13 and over): 2,900 yen, children (ages 4 to 12): 1,900 yen, infants (ages 1 to 3): 600 yen, groups (30 people or more): adults: 2,800 yen, children: 1,800 yen, infants: 500 yen *Infants less than 1 year old cannot be accommodated **Inquiries** Kinukougunkaihatsumu, Kinugawa Line Kudari **Phone** 0288-77-0531 **E-mail** info@kinu1.com **U R L** http://linekudari.com

Activity 05 Experience the extraordinary with an exciting guided canoe tour of the Itamura Dam reservoir. Even beginners and families can participate safely and with complete peace of mind.
Admire a stunning laurel forest from the lake's surface on a canoe tour of the Itamura Dam reservoir.

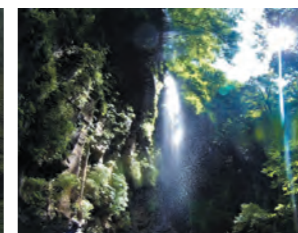


FIT **GROUP**

The vividly colored laurel forest that extends from the banks of the Naka River's upper reaches blankets the landscape with fresh verdure in summer and vibrant foliage in fall. Admire the forest up-close while gliding across a reservoir in a canoe. Accompanied by a guide, beginners and families as well as veteran paddlers can enjoy an incredible day on the water. Post-canoe, soak away the day's fatigue in Itamuro Onsen Hot Spring. (A separate fee is required).

Season Year-round **Time required** Approx. 120 min **Fee** Adults (age 13 and over): 6,000 yen, children (ages 7 to 12): 5,000 yen, infants (ages 3 to 6): 2,500 yen *Minimum number of participants: 2 **Inquiries** Nature-Planet Ltd. **Phone** 0288-78-1177 **E-mail** info@nature-planet.com **U R L** http://nature-planet.com

Activity 06 Set off for adventure walking the blue waters of Sukkan Stream with a guide. Admire the contrast between the area's bare rock and the vibrant green of the trees and the bright foliage of fall.
Walk the secluded, azure mountain brook of Sukkan Stream.



FIT **GROUP**

Flowing from the Takaharayama Caldera, Sukkan Stream gets its incredible bluish-white color from the high concentration of volcanic minerals and carbonic acid in its waters. The blue of the stream joins the green of the lush vegetation, the vivid colors of fall foliage and the bare rock in creating a spectacular landscape of interwoven colors. Enjoy the sight of Soren Falls and the stunning Yuhi Falls cascading down bare rock, and relax in the refreshing breeze that blows from downstream amidst the murmuring of the brook. As the stream-side promenade is well-maintained, even those reluctant to jump in the water can enjoy a relaxing walk through the forest.

Season April, May, October, November (closed 2020; planned to reopen in 2021) **Time required** Approx. 240 min **Fee** Adults (age 13 and over): 4,000 yen, children (ages 7 to 12): 3,000 yen, groups (10 people or more): adults: 3,500 yen, children: 2,500 yen *Infants cannot be accommodated *Minimum number of participants: 4 **Inquiries** Omuche outdoor & Sports club **Phone** 0287-47-4267 (Japanese only) **E-mail** omuche2014@gmail.com (Japanese only) **U R L** http://omuche.com/content/

Nikko National Park -Recommended Activities-

Activity 07 Snowshoe through an Imperial Family retreat, Nasu Heisei-no-mori Forest, on a tour suited to people of all ages. Experience the majesty of the region's nature and the many living creatures it supports.



Treasure the serenity of the forest beloved by the Imperial Family on a guided snowshoeing tour of Nasu Heisei-no-mori Forest.



FIT ❄️

Formerly a pastureland where Nasu-koma horses were raised, Nasu Heisei-no-mori Forest has been left as-is in the approximately 90 years since becoming an Imperial Family retreat, preserving its diverse nature and lifeforms. The forest, located on a plateau at an elevation of roughly 1,000 meters, is particularly valuable as an example of how land transitions from grassland to forest. In January and February, 70 to 80 centimeters of powder snow covers the gently sloping forest floor, making it an ideal area to snowshoe. A guide with thorough knowledge of the forest provides commentary as you explore the woods, as well as peace of mind for those traveling with children. Leave the crowds behind during winter's busy season by exploring little-known areas, and have some fun following tracks left in the snow by the area's animals. Snowshoe through an Imperial Family retreat, Nasu Heisei-no-mori Forest, on a tour suited to people of all ages. Experience the majesty of the region's nature and the many living creatures it supports.

Season January-March (dependent on snow condition) **Time required** Approx. 120 min **Fee** Adults: 2,000 yen, children (ages 6 to 14): 1,000 yen *1 to 10 people can be accommodated per tour *Infants age 5 and under cannot be accommodated *Groups (15 people or more): 10% discount *Snowshoe rental (adults and children): 500 yen/set **Inquiries** Nasu Heisei-no-mori Forest **Phone** 0287-74-6808 (Japanese only) **E-mail** info@nasuheisei-f.jp **URL** https://nasuheisei-f.jp

Activity 08 Cycle on fat bikes along a snowy woodland path bordered by Mt. Nasu's Japanese beech trees. Surrounded by the spectacular scenery of the Kanto Plain and Nasu Mountain Range, frolic in the winter wonderland of Nikko National Park.



Mt. Nasu Snow Cycling



FIT **GROUP** 🌍 ❄️

Have fun discovering Nikko National Park by bike as you journey down a snow-covered woodland path lined by enormous Japanese beech. As the path is reached by gondola, there's no need to worry about tackling a tough climb. Cycling is done on fat bikes which are sturdy even in snow, meaning you'll have no trouble mastering winter biking. There's so much to enjoy, from the scenery of the Nasu Mountain Range and Kanto Plain to coffee and free play in the snow, slalom games and more!

Season January-March, irregular schedule (check calendar on website) **Time required** Approx. 180 min **Fee** Adults and children: 7,500 yen *2 to 10 people can be accommodated per tour *Not included in fee: transportation to meeting place, parking at Mt. Jeans Nasu (Saturday and Sunday: 1,000 yen), rental fees **Inquiries** Ride Experience Inc. **Phone** 0287-74-5585 **E-mail** info@ride-experience.com **URL** https://bicycle-tours.jp/99

Activity 09 Get to know Nikko's natural world by hiking the important marsh of Senjogahara with a guide. Admire each season's natural scenery while listening to your guide's commentary on the legends of Senjogahara and the area's natural phenomena.



Comprehensive nature hiking through Nikko's famous Senjogahara.



FIT **GROUP** 🌍

Explore Senjogahara, an internationally important Ramsar-designated wetland. While hiking, listen to commentary from your guide on the flora found in the marsh that changes with the seasons, including hare's-tail cottongrass and various flowers; its legends; geographical formations; natural features; and fauna including migratory birds, deer, monkeys and bears. Learn the life cycle of the various creatures that call the marsh home and observe their habitats as you hike. Your expert guide will be able to answer your questions and discuss natural phenomena as you come across them. As you wander Nikko's nature, you'll come to understand why this dramatic landscape, that is said to have once been the battleground of the gods, is considered sacred.

Season Year-round * Closed Mondays from November-May **Time required** Approx. 180 min **Fee** Adults (age 16 and over) and children (age 7 and over): 6,500 yen *Approximately 1 to 6 people can be accommodated per tour (1 to 5 people for English tour) *Guide fee: 25,000 yen *Food and drinks are not provided **Inquiries** Nikko National Science Museum **Phone** 0288-55-0880 **E-mail** info@nikko-nsm.co.jp **URL** https://www.nikko-nsm.co.jp/

Activity 10 Spend a meditative time copying sutras at Onsenji Temple, deep in the mountains and surrounded by the majesty of the natural world.



Sutra-copying at Onsenji Temple



FIT **GROUP** 🌟

Get in touch with your spiritual side at Yumoto's Onsenji Temple, where you can pass time quietly copying out 16 characters from the sutras of Yakushi-riniko Nyorai, the temple's principal object of worship. Using a calligraphy pen, trace over characters printed in pale ink on washi paper. After filling in your prayer, address and full name, complete your sutra-copying session by dedicating your sutra to the sanbodai prepared in the inner sanctuary. You can also copy sutras and trace images of Buddha year-round at Chuzenji Temple's Tachiki Kannon Hall.

Season Late April-late November when temple open **Time required** Approx. 20 min **Fee** Adults and children: 1,000 yen *Admission: free *10 to 30 people can be accommodated per tour **Inquiries** Nikkozan Chuzenji Temple (Tachiki-Kannon) **Phone** 0288-55-0013 (Japanese only) **E-mail** j.kasuya@rinnoji.or.jp **URL** https://www.rinnoji.or.jp/temple/onsenji/

Activity 11 Enjoy a guided walk on promenades along the village-side river valley. Much loved by writers and artists, the valley's incredible seasonal scenery, from spring's verdant greenery and the beauty of the summer valley to the brilliant colors of fall's foliage and the pleasant stillness of winter's wetlands, is a marvel to behold.



Savor the picturesque scenery of the Shiobara Valley while trekking along sweeping promenades and exploring the dense forest.



FIT **GROUP** 🌍

Find rest and relaxation at the venerable Shiobara Onsen Hot Spring Village, where a wide variety of hot springs, including water of six different mineral compositions and seven different colors, well up from the ground. It's for good reason that the area has found favor with numerous Japanese literary figures, including author Ozaki Koyo and author and poet Yosano Akiko. An approximately 8.5-kilometer trail follows the river valley, passing numerous waterfalls and suspension bridges. As you walk along, you'll come across wildflowers and grasses as well as wild birds. Enjoy the walk with a guide, and admire the glories of each season, from spring's verdant greenery to the beauty of the summer valley and the brilliant colors of fall's foliage.

Season Year-round **Time required** Approx. 120 min **Fee** Adults: 300 yen, children (ages 7 to 12): 150 yen *Infants cannot be accommodated *Visitors staying in Shiobara Onsen Hot Spring Village are free *1 to 20 people can be accommodated per tour **Inquiries** Shiobara Onsen Visitor Center **Phone** 0287-32-3050 **E-mail** so.visitor@energy.ocn.ne.jp **URL** http://www.shiobara.or.jp/vc

Activity 12 Let kids safely take the lead with this canyoning adventure for families. Splash the day away in the bluish-white waters of Sukkan Blue, the nickname of Sukkan Stream.



A family- and beginner-friendly canyoning adventure in azure Sukkan Blue waters!



FIT **GROUP**

Jump into the bluish-white waters of Sukkan Stream, which gets its incredible color from water rich in volcanic minerals and carbonic acid. Spend the day at play in the appropriately nicknamed Sukkan Blue, gliding down natural slides and splashing under water cascading from weirs. This family-friendly canyoning adventure overflows with safe fun and gives kids the chance to take the lead on the route.

Season Early June-mid-September (closed 2020; planned to reopen in 2021) **Time required** Approx. 150 min **Fee** Adults (age 13 and over): 4,500 yen, children (ages 7 to 12): 3,000 yen, groups (15 people or more): same price *Please contact for fees for preschool children *4 to 20 people can be accommodated per tour *Fees are scheduled to be revised in FY2020 **Inquiries** Omuche outdoor & Sports club **Phone** 0287-47-4267 (Japanese only) **E-mail** omuche2014@gmail.com **URL** http://omuche.com/content/

Nikko National Park -Recommended Activities-

Activity 13 Experience Shugendo mountain asceticism on the Kirifuri Plateau, home to numerous waterfalls and spectacular scenery. Purify your body and mind with *zazen* and *takigyo* meditation as you search for the nothingness of mu.



Tour the magnificent wilderness of Nikko National Park's Kirifuri Plateau, an area blessed with many naturally sculpted waterfalls, on this journey into the world of Shugendo mountain asceticism. Prepare your mind with *zazen* meditation before moving on to the purifying practice of *takigyo* waterfall meditation. During this Shugendo experience, separate yourself from the everyday in search of *mu*—nothingness. It's an incredible opportunity to reexamine yourself and discover a new you.

Season May–October **Time required** 240 min
Fee Adults (age 12 and over): 14,000 yen *4 to 20 people can be accommodated per tour
Inquiries Nikko Base
Phone 0288-25-6770
E-mail nikkobase@naoc-jp.com
U R L https://nikkobase.naoc-jp.com

Activity 14 Cycle a gentle trail on mountain bike as it weaves across approximately 14 kilometers of territory, including a World Heritage Site. Enjoy a side of Nikko that can only be seen on bicycle, including a glimpse into its culture, nature and way of life.



Begin the tour with a cycle along the Daiya River, where you'll be able to feel the history of the Nikko Monzen area. From there, the 14-kilometer course runs through the Nikko World Heritage Site area and along the Inari River before traversing the Nikko town area, dirt roads in Kasenjiki, the Suginamiki Kaido avenue of cedars and *satoyama* woodland landscapes. As 95-percent of the course is a gentle downhill, you can take it easy and enjoy the scenery.

Season April–November **Time required** 210 min
Fee Adults: 9,000 yen, children: 7,000 yen
 *Up to 20 people can be accommodated per tour
Inquiries NAOC
Phone 0288-70-1181
E-mail info@naoc-jp.com
U R L https://www.naoc-jp.com

Activity 15 An easy canyoning experience that will see you enjoying waterfalls of various sizes. Look up while standing beneath Urami Waterfall to witness the wonders of Nikko's nature.



Dive into a canyoning adventure aimed at beginners. Just a ten-minute walk in and a ten-minute walk out of the river valley is all that's required to take part in this program, so even those concerned about their endurance can participate with ease. Admire water gushing from cracks in the rock, tunnels of green formed by the surrounding forest, and stunning blue plunge basins while listening to the twittering of wild birds. For those who want to break with the norm, this is your chance to get out and meet a new challenge head on.

Season Late April–early October **Time required** 210 min
Fee Adults and children: 8,500 yen *2 to 6 people can be accommodated per tour
Inquiries Nikko Jumbo **Phone** 090-9295-0248
E-mail info@nikko-jumbo.com
U R L nikko-jumbo.com

Activity 16 Within the untouched nature of Nikko's Kirifuri Highland hides Chojinotaki Waterfall, one of the Kirifuri Kakure Santaki three hidden waterfalls. Next to the clear-watered waterfall is an approximately 25-meter high ice wall that can be climbed with special gear. Waiting for climbers at the top of the wall is a spectacular view of a world of snow and ice.

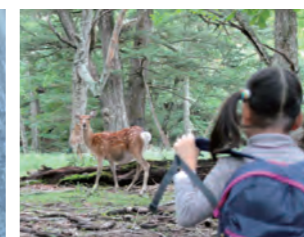


Challenge yourself to an icy-cold winter adventure with Nikko ice climbing.

Time your trip for the coldest weeks of winter to tackle the 25-meter-high ice wall next to Chojinotaki Waterfall. The spectacular view from the top of a world of blue and white ice is sure to leave you awestruck.

Season Mid-January–early March
Time required Approx. 360 min
Fee Adults: 13,000 yen *Children age 14 and under cannot be accommodated *1 to 6 people can be accommodated per tour
Inquiries OnePlay-it
Phone 0288-53-3379
E-mail info@oneplayit.com
U R L http://oneplayit.com/

Activity 17 Enjoy commentary from a nature guide on this tour program that runs year-long, from summer hiking to winter snowshoeing.



Enjoy a seasonal tour of Oku-Nikko with a specialist nature guide.

Oku-Nikko has a diverse history formed around nature: Since the monk Shodo Shonin established temples in the area 1,200 years ago, Oku-Nikko has been a place of religious belief. Then, in the Meiji period, the area became known as a nature resort area. More recently, Oku-Nikko has become a place to study botany, with almost 30 mammals known to live in the area. Explore the mountainous area with a guide on a private tour, marveling at frozen waterfalls, tracking animal footprints and enjoying more adventures. Discounts available for local hotel guests.

Season Year-round **Time required** Half-day: Approx. 180 min, 1 day: Approx. 300–360 min
Fee [Half-day tour] 1 to 5 people, half-day: 30,000 yen, 1-day: 45,000 yen, 6 to 10 people, half-day: 35,000 yen, 1-day: 50,000 yen *Visitors staying at Konishi Hotel receive a 40% discount *1 to 10 people can be accommodated per tour
Inquiries Okunikko Konishi Hotel Co., Ltd. **Phone** 0288-62-2416 (Japanese only) **E-mail** naturetour@okunikko.co.jp **U R L** https://www.okunikko.co.jp/

Activity 18 Experience the silver-white wonderland of snow country at the Yunishigawa Onsen Hot Spring Kamakura Festival. Enjoy a barbecue served in a *kamakura* snow hut, a nighttime illumination event, sledding and more.



Yunishigawa Onsen Hot Spring Kamakura Festival

Winter signals the arrival of temporary snow huts for a very special festival at Yunishigawa Onsen Hot Spring. Admire five huge *kamakura* snow huts and 100 small ones at the festival's Heike-no-Sato venue, as well as beautiful snowy scenery and a nighttime illumination event. Meanwhile, the Sawaguchi venue boasts seven large *kamakura* snow huts—and even a barbecue inside a *kamakura* snow hut! After dark, savor the wistful Japanese nightscape of 800 small, candlelit *kamakura* snow huts. Don't forget to have fun in the soft snow while you're in town at the Mizusato snow park, where you'll find a snow-covered hill for sledding and plenty of other snowy activities.

Season Late January–early March **Time required** Heike-no-Sato site: Approx. 120 min, Sawaguchi site: Approx. 10 min, Kamakura Barbecue: 50 min, Mizu-no-Sato Snow Park: 10:00a.m.–3:00p.m.
Fee Admission to Heike-no-Sato venue: adults: 510 yen, children: 250 yen, groups (30 people or more): adults: 410 yen, children: 150 yen *An additional fee is required for night tickets for the Heike-no-Sato venue and barbecues *Preschool children are free
Inquiries Heike-no-Sato **Phone** 0288-98-0126 (Japanese only) **U R L** http://www.heikenosato.com/

Nikko National Park -Recommended Activities-

Activity 19 Have your fill of the spectacular scenery of the Nikko Mountain Range and Lake Chuzenji from land and lake with this tour that sees you trekking through forests and gliding across lakes.



Lake Chuzenji south shore trekking and packrafting tour



FIT

Nikko National Park's Lake Chuzenji, the "lake of the sky," sits at an altitude of 1,269 meters, making it the highest altitude lake in Japan. Begin the tour, packraft tucked safely into your backpack, with trekking. Feel the history of the area as you pass the British Embassy Villa Memorial Park and the Italian Embassy Villa Memorial Park, and immerse yourself in the magnificent wilderness of thickly growing Japanese beech. Upon reaching the crystal-clear lake, inflate your boat and push off from shore to admire the view of Nikko's mountains from Lake Chuzenji as you paddle its tranquil waters. With this tour, you get a chance to appreciate the beauty of Nikko from both the lakeshore and the lake's surface.

Season April-mid-July, September-November
Time required 210 min **Fee** Adults: 8,000 yen, children: 5,000 yen *2 to 6 people can be accommodated per tour **Inquiries** OnePlay-it
Phone 0288-53-3379 **E-mail** info@oneplayit.com **U R L** https://oneplayit.com/

Activity 20 Dive right in! Head deep into Japan with this 12-day cycling trip through Tohoku.



TRANS-TOHOKU Bike Tour



FIT **GROUP**

Travel 900 kilometers over 12 days from Nasu to Aomori as you traverse the Tohoku region of Japan on this extreme long-distance cycling tour. Along the road, pass through three national parks—Nikko National Park, Bandai-Asahi National Park and Towada-Hachimantai National Park—spectacular wilderness and unique villages, and savor fresh regional cuisine. Not to be forgotten are the famous hot springs of Tohoku waiting to refresh you after a day of cycling. (Conditions) Participants must be 18 years of age or older, in good health, and have experience traveling over 100 kilometers of hilly terrain on a sports-type bicycle or have the ability to do so, and have experience riding in a group. (Pregnant women cannot be accommodated.)

Season Mid-April-mid-November **Time required** 12 days
Fee Adults: 452,000 yen *6 to 12 people can be accommodated per tour *It is possible for smaller groups to make a reservation, however, it may not be possible to follow through with the tour/different dates may be proposed **Inquiries** Ride Experience Inc. **Phone** 0287-74-5585 **E-mail** info@ride-experience.com **U R L** https://bicycle-tours.jp

Sample course
using the recommended activities

1

Season "Green Season" (May - October) Duration of stay 3 nights, 4 days

Nikko/Kinugawa NIKKO IS NIPPON Summer Premium Resort Course

- Notes**
- Get up close and personal with the region's history, culture and nature, with visits to various locations including a World Heritage Site and the Oku-Nikko Shitsugen Wetland, a designated Ramsar site.
 - Discover relics of summers gone by at resorts beloved by the Imperial Family and former Western diplomats.
 - Enjoy great value using the Free Pass, which covers nearly all buses and trains.



Activity 13 **Shugendo Experience**
Connect with the history and culture of Nikko, established as a holy site for its sacred mountains, through the Shugendo experiences of Zen and waterfall meditation.



Activity 03 **Lake Chuzenji Stand-up Paddle Boarding Experience**
Between the mid-Meiji to early Showa periods, diplomats from the US and Europe built villas known as international summer resorts. Discover how those diplomats and their associates spent their time by enjoying the waters of Lake Chuzenji where they enjoyed yacht races.



Activity 02 **Italian Embassy Villa Memorial Park**
Tour the mansion that looks exactly how it did in the past, and take in the atmosphere of the summer resort.



Activity 09 **Senjogahara Guided Hiking Tour**
Connect the dots between nature, history and culture as the guide provides detailed information on the natural features and historical origins of Senjogahara.



Activity 04 **Kinugawa Line Kudari Riverboat Cruise**
Experience the beauty of the valley, formed by the abundant water resources of Nikko National Park, from the water.

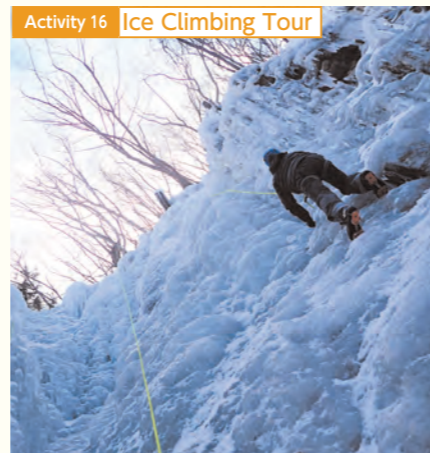
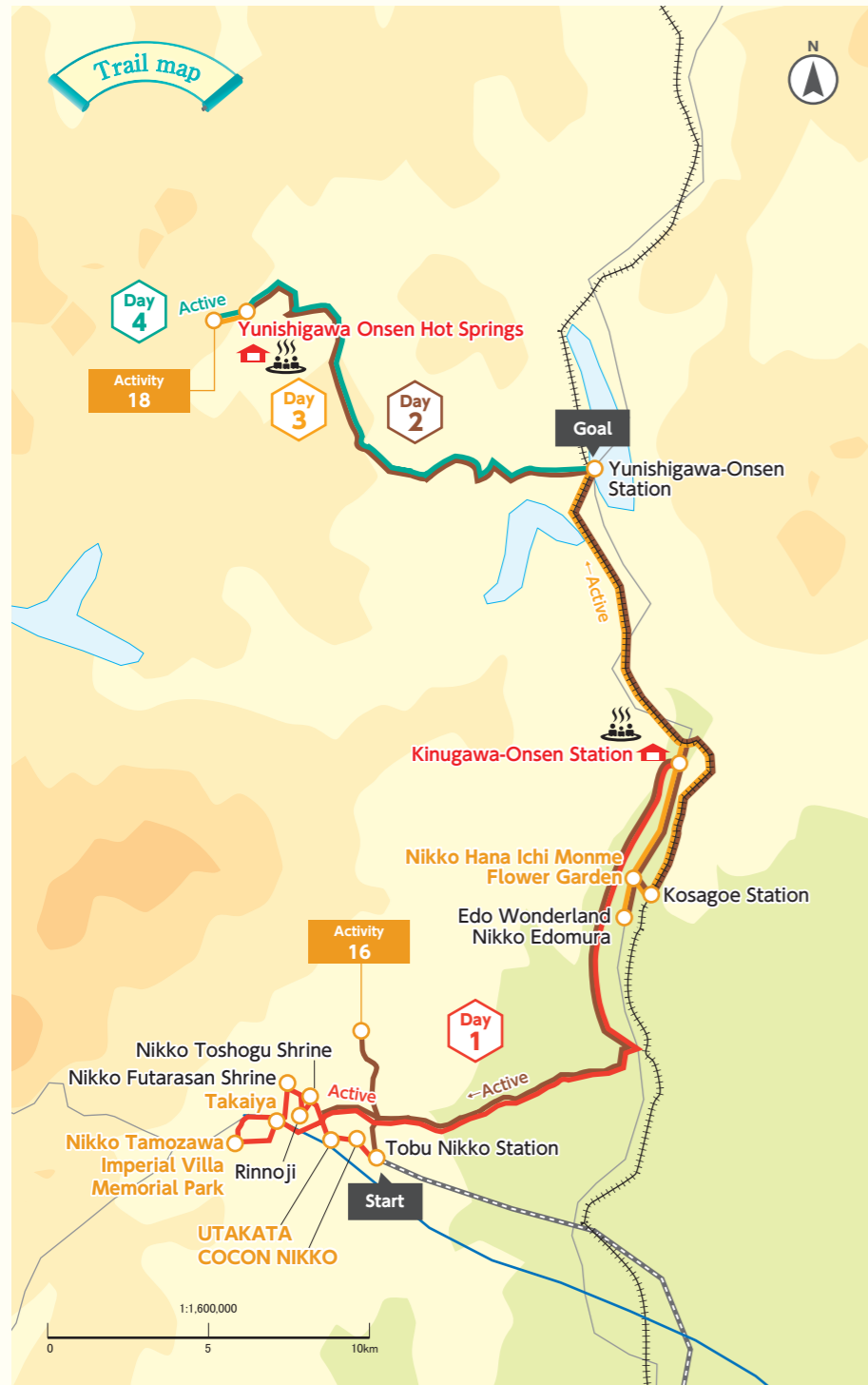
	<p>Haneda Airport (Keikyu Airport Express) 150min OR Narita Airport (Narita Sky Access Limited Express) 170min Asakusa Station (Tobu Nikko Line) 150min 10:21a.m. Tobu Nikko Station (Courtesay car)</p>
Day1	<p>10:30a.m. Shugendo Experience Activity 13 Shugendo Experience (240 min) 40min 3:10p.m. Akechidaira Ropeway Look Out Over the Scenery of Oku-Nikko, including Mt. Nantai, Lake Chuzenji and Kegon Falls (40 min) (One of the characteristic features of Nikko National Park, "miniature garden-like views" can be seen here, with picturesque scenery that only the best public parks can offer.) (Fixed-route bus) 3min 3:55p.m. Akechidaira Observatory (Fixed-route bus) 10min + (Walking) 5min 4:10p.m. Kegon Falls Waterfall Visit (30 min) (One of Japan's three great waterfalls, Kegon Falls, which plunges 97m down, is emblematic not only of Nikko but also Japan) Accommodation on the shore of Lake Chuzenji [Accommodation]</p>
Day2	<p>9:00a.m. Accommodation on the shore of Lake Chuzenji (Fixed-route bus) 10min 9:30a.m. Nikko Natural Science Museum Borrow Rental Bicycles (Enjoy cycling, and take in the lakeside scenery while feeling the wind blow across the lake) (Bicycle rentals) 20min 10:00a.m. Chuzenji Lakeside boathouse Activity 03 Lake Chuzenji Stand-up Paddle Boarding Experience (150 min) 12:30p.m. Coffee House Yukon Hundred Year Curry & Rice: A Western-style Curry From a Century-old Recipe (60 min) (Feel, and even taste, the atmosphere of the days when this site flourished as an international summer resort) 1:30p.m. Chuzenji Lakeside boathouse Visit to Chuzenji Lakeside Boathouse: The Resort of Former US GHQ Military Staff (15 min) (Feel the lingering traces of this former summer resort by exploring a boat used by the embassy and exhibits such as The History of Fly Fishing.) (Approx. 30 min) + (Walking) 5min 2:20p.m. British Embassy Villa Memorial Park Activity 01 British Embassy Villa Memorial Park (60 min) (Experience how foreign diplomats of the day spent their time by visiting the exhibits in the museum, then enjoy scones and tea at the teahouse made using the embassy's recipes.) (Walking) 2min 3:20p.m. Italian Embassy Villa Memorial Park Activity 02 Italian Embassy Villa Memorial Park (30 min) (Walking) 10min + (Bicycle rentals) 10min 4:10p.m. Nikko Natural Science Museum Accommodation on the shore of Lake Chuzenji [Accommodation]</p>
Day3	<p>8:30a.m. Accommodation on the shore of Lake Chuzenji (Fixed-route bus) 15min 9:00a.m. Activity 09 Senjogahara Guided Hiking Tour (180 min) (Fixed-route bus) 30min 1:10p.m. Onsenji Temple Activity 10 Onsenji Temple Sutra Copying Experience (Onsenji Temple is a branch temple of Nikkozan Rinnoji Temple, one of the World Heritage Shrines and Temples of Nikko sites. Experience Japanese culture through sutra copying, and feel the connection between the World Heritage area and the "Sacred Sites of Nikko") (Fixed-route bus) 70min 3:55p.m. Tobu Nikko Station (Tobu Railways) 6min 4:06p.m. Shimoimaichi Station SL (Steam Locomotive) Experience (Riding in an SL train is an activity in itself.) (Tobu Railways) 36min 4:42p.m. Kinugawa-Onsen Station Stay at Kinugawa Onsen Hot Springs [Accommodation]</p>
Day4	<p>9:00a.m. Kinugawa-Onsen Station (Fixed-route bus) 5min 9:35a.m. Kinugawa river-rafting Activity 04 Kinugawa Line Kudari Riverboat Cruise (80min) (Yagan Railway) 13min 12:35p.m. Ryuokyo Gorge Walk Through Ryuokyo Gorge (150 min) (Experience the beauty of the valley, formed by the abundant water resources of Nikko National Park, from the promenade.) (Walking) 3:35p.m. Kawaji Onsen Hot Springs Yakushi no Yu (45 min) (A hot-spring site on the old Aizu Kaido road that was once known as a health resort. Bathe away the fatigue from hiking in this popular communal bath.) 4:38p.m. Kawaji-Yumoto Station (Yagan Railway)+(Tobu Railway) 150min Asakusa Station Haneda Airport, Narita Airport</p>

Season Winter (End of January - Early March) **Duration of stay** 2 nights, 3 days (3 nights, 4 days for the Active Course)

Nikko/Kinugawa/Yunishigawa NIKKO IS NIPPON Winter Premium Resort Course for Photography

Notes

- Get up close and personal with the region's history and culture through visits to World Heritage Site Shrines and Temples of Nikko, and the Imperial Family's former Imperial Villa.
- Take memorable photos as you explore the area, like photos of the Yunishigawa Kamakura Festival (arranged by A Night View Heritage of Japan), and of strolling in kimono.
- Enjoy great value using the Free Pass, which covers nearly all buses and trains.



Experience the highlight of a Japanese winter by letting go and playing in the deep snow

Enjoy superb snow-filled views unique to winter in Japan's snow country

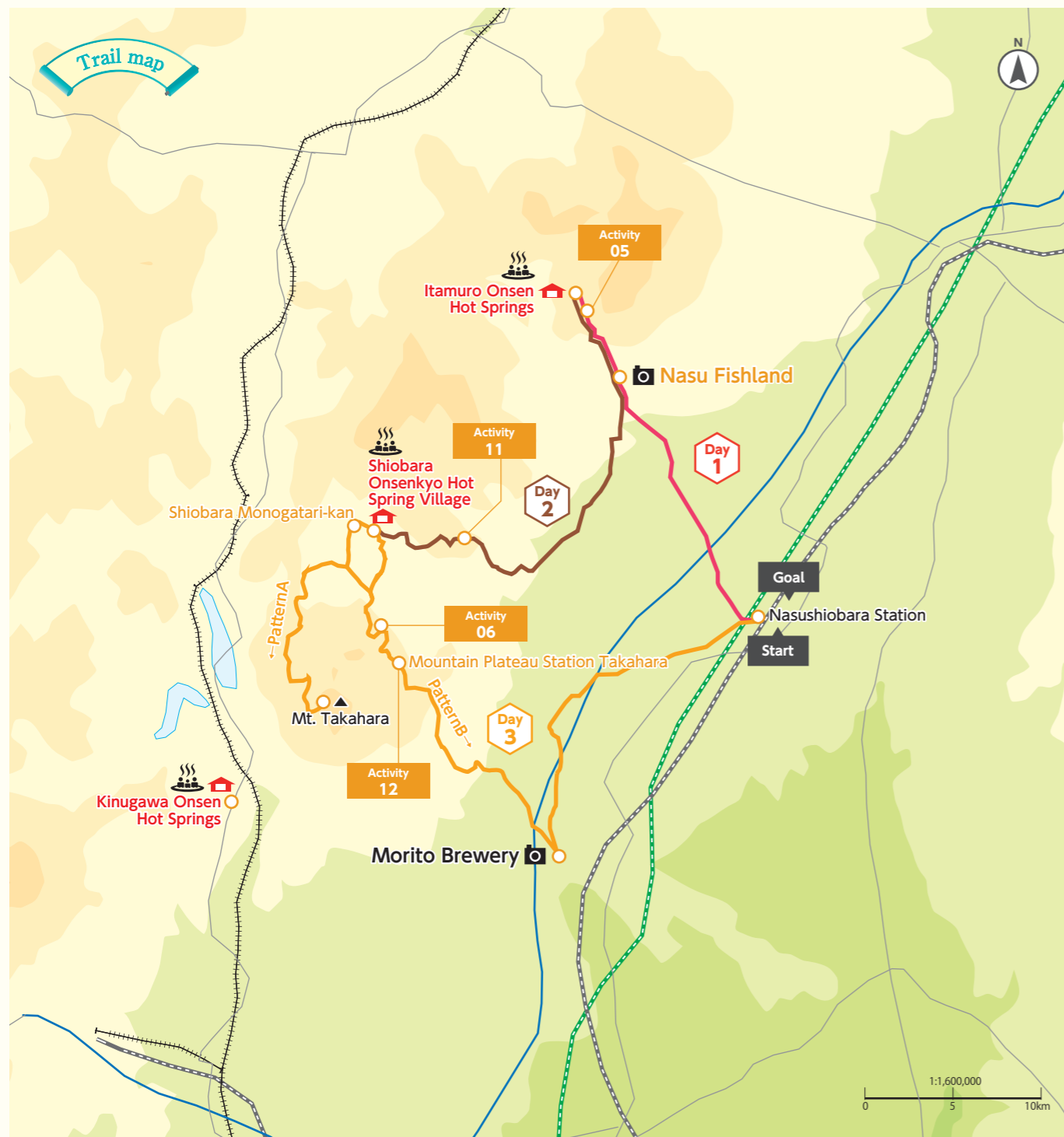
Day1	<p>Haneda Airport (Keikyu Airport Express) 150min or Narita Airport (Narita Sky Access Limited Express) 170min Asakusa Station (Tobu Nikko Line) 150min 10:21a.m. Tobu Nikko Station (Fixed-route bus) 10:35a.m. COCON NIKKO, Utakata, Salon de NIKKO Kimono-Wearing Experience (30 min) (Experience Japanese culture wearing a kimono.) or (Fixed-route bus) 11:15a.m. Visit Shrines and Temples of Nikko World Heritage Sites Nikko Toshogu Shrine, Nikkozan Rinnouji Temple and Nikko Futarasan Shrine (Local guide provided) (This is the central area of Nikko, and the holy site of temples founded in 1250. Experience the unique history and beliefs of Japan as you tour resplendent shrines recognized as World Heritage Sites.) 15min 1:30p.m. Japanese cuisine Takaiya (60 min) (You can also experience the history and culture of Nikko in a culinary way by trying Nikko yuba, based on the vegetarian cuisine eaten by the ascetic monks of Nikko's shrines and temples.) 10min 2:40p.m. Nikko Tamozaawa Imperial Villa Memorial Park Visit the Former Imperial Villa (60 min) (Admire unique Japanese architecture that fuses Japanese traditions from the Edo to Taisho periods with Western culture, and feel the sense of calm emanating from this top-class resort beloved by the Imperial Household.) 3:40p.m. Explore Monzenmachi in Nikko (Walk around Monzenmachi. Enjoy the history and culture of Nikko while strolling freely around the restored traditional Japanese building that houses Nikko Coffee, the Kanaya Hotel History Museum and long-standing confectionery stores.) or (Fixed-route bus) 4:40p.m. COCON NIKKO, Utakata, Salon de NIKKO Return Rental Kimono (30 min)</p>	<p>Active Course Day 1</p> <p>(Fixed-route bus) Accommodation around the World Heritage Site [Accommodation]</p>
	<p>(Tobu Railway + shuttle bus) 60min Accommodation in Kinugawa Onsen Hot Springs [Accommodation]</p>	<p>Active Course Day 2</p> <p>8:30a.m. Accommodation around the World Heritage Site (Fixed-route bus) 10min 8:45a.m. Tobu Nikko Station Activity 16 Ice Climbing Tour (shuttle bus) 3:45p.m. Tobu Nikko Station (Tobu Railways) 50min Accommodation in Kinugawa Onsen Hot Springs [Accommodation]</p>
Day2	<p>9:15a.m. Accommodation in Kinugawa Onsen Hot Springs or (On foot or fixed-route bus) 15min 9:30a.m. Edo Wonderland Nikko Edomura (Experience the atmosphere of Edo as once ruled by the Tokugawa Shogunate by visiting Toshogu Shrine and Rinnouji Temple.) (Fixed-route bus) 10min (Fixed-route bus) 10min 4:00p.m. Nikko Hana Ichi Monme Flower Garden Strawberry Picking and Flower Viewing (Savor the flavor and texture of Japan's best strawberries for 50 consecutive years. You can also pick the ultimate strawberry known as a Skyberry.) (Fixed-route bus) 10min 4:19p.m. Kosogoe Station (Tobu Railway and Yagan Railway) 55min 5:15p.m. Yunishigawa-Onsen Station (fixed-route bus) 25min 5:40p.m. Yunishigawa Onsen Kamakura Festival Venues Activity 18 Yunishigawa Onsen Hot Spring Kamakura Festival (Enjoy superb snow-filled views unique to winter in Japan's snow country.) (Fixed-route bus) 9:00p.m. Accommodation in Yunishigawa Onsen Hot Springs [Accommodation]</p>	<p>Active Course Day 3</p> <p>9:15 a.m. Accommodation in Kinugawa Onsen or (On foot or fixed-route bus) 9:30 a.m. Edo Wonderland Nikko Edomura (Experience the atmosphere of Edo as once ruled by the Tokugawa Shogunate by visiting Toshogu Shrine and Rinnouji Temple.) (Fixed-route bus) 10min 4:00 p.m. Nikko Hana Ichi Monme Flower Garden Strawberry Picking and Flower Viewing (Savor the flavor and texture of Japan's best strawberries for 50 consecutive years. You can also pick the ultimate strawberry known as a Skyberry.) (Fixed-route bus) 10min 4:19p.m. Kosogoe Station (Tobu Railway and Yagan Railway) 55min 5:15p.m. Yunishigawa-Onsen Station (Fixed-route bus) 25min 5:40p.m. Yunishigawa Onsen Kamakura Festival Venues Activity 18 Yunishigawa Onsen Hot Spring Kamakura Festival (Fixed-route bus) Accommodation in Yunishigawa Onsen Hot Springs [Accommodation]</p>
Day3	<p>9:00a.m. Accommodation in Yunishigawa Onsen Hot Springs 9:30a.m. Yunishigawa Onsen Kamakura Festival Venues Activity 18 Yunishigawa Onsen Hot Spring Kamakura Festival 4:03p.m. Yunishigawa Onsen Hot Springs (Fixed-route bus) 25min 4:34p.m. Yunishigawa-Onsen Station Towards Tokyo</p>	<p>Active Course Day 4</p> <p>9:00 a.m. Accommodation in Yunishigawa Onsen Hot Springs 9:30 a.m. Yunishigawa Onsen Kamakura Festival Venues Activity 18 Yunishigawa Onsen Hot Spring Kamakura Festival (Experience the highlight of a Japanese winter by letting go and playing in the deep snow.) 4:03p.m. Yunishigawa Onsen Hot Springs (Fixed-route bus) 25min 4:34p.m. Yunishigawa-Onsen Station Towards Tokyo</p>
Day4		

Season "Green Season" (May - October) Duration of stay 2 nights, 3 days

Shiobara and Yaita NIKKO is NIPPON "The Gifts of Water" Course

Notes

- Enjoy activities that put you in touch with the region's celebrated waters.
- Tour hot springs in a venerable onsen area replete with unique characteristics, including Shiobara Onsenkyo Hot Spring Village and its seven varieties of springs, and Itamuro Onsen Hot Springs and its medicinal baths known as Shimotsuke no Kusuriyu.
- This course can be enjoyed by anyone, regardless of age.



Enjoy another of water's gifts—fish—with a casual day of fishing at managed fishing spots, where you can savor your catch on-site.



Experience unique bathing methods, such as "ami no yu" (rope-assisted bathing), at Itamuro Onsen Hot Springs, also known as Shimotsuke no Kusuriyu, a village famed for its hot spring cures.

Activity 11 Shiobara Valley Nature Walk



Enjoy a tour of the mineral-rich hot springs that stream forth from the grounds of Shiobara Onsenkyo Hot Spring Village, and stroll the village's streets, sampling local specialties like "toteyaki," a crepe-like treat, at various restaurants.

Shiobara Onsen Hot Springs



Savor the gifts of water by visiting a sake brewery and tasting sake brewed with the water that bubbles forth from Nikko National Park.

Morito Brewery



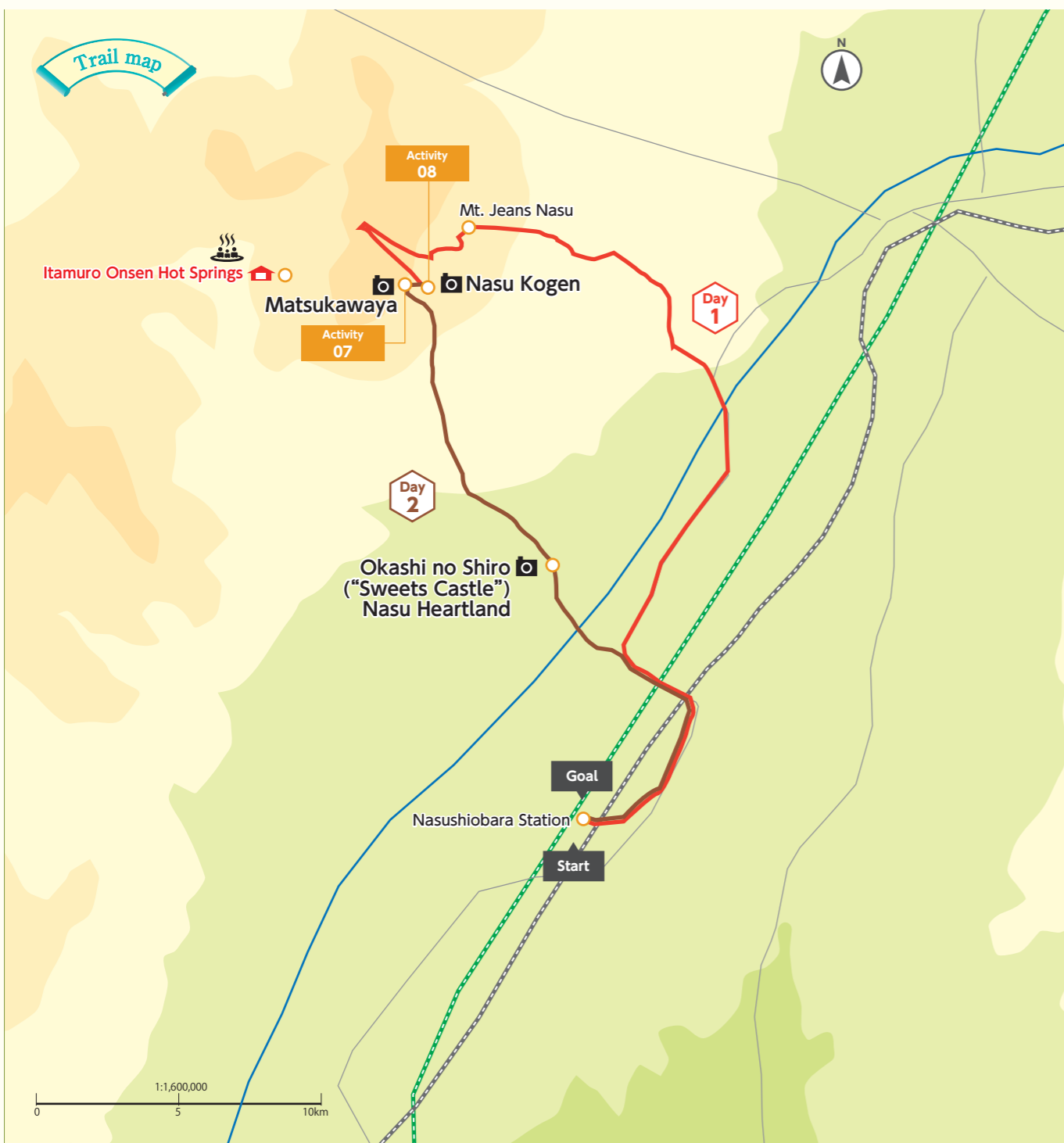
	Haneda Airport, Narita Airport, Tokyo (Tohoku Shinkansen) _____											
Day 1	10:30a.m.	JR Nasushiohara Station 30min _____										
	11:00a.m.	Lunch at Nasu Fishland 10min _____										
	12:50p.m.	Activity 05 Canoe Tour of Itamuro Dam Lake (120min) _____										
	3:00p.m.	Itamuro Onsen Hot Springs (Enjoy a tour of the hot springs.) _____										
	4:30p.m.	Accommodation in Itamuro Onsen [Accommodation]										
Day 2	9:15a.m.	Accommodation in Itamuro Onsen Hot Springs 45min _____										
	10:00a.m.	Activity 11 Shiobara Valley Nature Walk (120min) 10min _____										
	12:10p.m.	Lunch at Shiobara Monogatari-kan or _____										
	1:15p.m.	Shiobara Onsen Hot Springs Village (Hot Spring bathing (onsen tour) and food sampling at various restaurants.) _____										
	6:00p.m.	Accommodation in Itamuro Onsenkyo Hot Spring Village [Accommodation]										
Day 3	<table border="1"> <thead> <tr> <th>Pattern A</th> <th>Pattern B</th> </tr> </thead> <tbody> <tr> <td>8:30a.m. Accommodation in Shiobara Onsenkyo Hot Spring Village 30min _____</td> <td>9:00a.m. Facilities at Shiobara Onsenkyo Hot Spring Village 25min _____</td> </tr> <tr> <td>9:00a.m. Activity 12 Family canyoning tour of Mt. Takahara (150 min) (Due to a natural disaster in 2020, this activity has been suspended. It is set to resume in 2021.) 20min _____</td> <td>9:30a.m. Activity 06 Promenade Walking Tour of Sukkanzawa's Waterfalls (240min) (Due to a natural disaster in 2020, this activity has been suspended. It is set to resume in 2021.) _____</td> </tr> <tr> <td>1:00p.m. Lunch at Mountain Plateau Station 30min _____</td> <td>_____ 40min _____</td> </tr> <tr> <td>2:40p.m. Morito Brewery 30min _____</td> <td>6:00p.m. JR Nasushiohara Station to Tokyo Station</td> </tr> </tbody> </table>		Pattern A	Pattern B	8:30a.m. Accommodation in Shiobara Onsenkyo Hot Spring Village 30min _____	9:00a.m. Facilities at Shiobara Onsenkyo Hot Spring Village 25min _____	9:00a.m. Activity 12 Family canyoning tour of Mt. Takahara (150 min) (Due to a natural disaster in 2020, this activity has been suspended. It is set to resume in 2021.) 20min _____	9:30a.m. Activity 06 Promenade Walking Tour of Sukkanzawa's Waterfalls (240min) (Due to a natural disaster in 2020, this activity has been suspended. It is set to resume in 2021.) _____	1:00p.m. Lunch at Mountain Plateau Station 30min _____	_____ 40min _____	2:40p.m. Morito Brewery 30min _____	6:00p.m. JR Nasushiohara Station to Tokyo Station
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2:40p.m. Morito Brewery 30min _____	6:00p.m. JR Nasushiohara Station to Tokyo Station											

Season Winter (End of January – Early March) **Duration of stay** 1 night, 2 days

Nasu NIKKO is NIPPON Winter Activities Course Near Tokyo

Notes

- Get up close with nature and frolic in the snow without straying too far from Tokyo.
- Enjoy various snow sports, including skiing and snowboarding.
- Savor the strawberries of Tochigi Prefecture, the “Strawberry Kingdom,” which has boasted Japan’s highest strawberry yield for over 50 years.



Free Time
Enjoy activities in the snow.



Matsukawaya Nasu Kogen Hotel
Admire the snowscape while relaxing in an outdoor bath.



Activity 08 Mount Nasu Snow Cycling
©Ride Experience

Okashi no Shiro (“Sweets Castle”) - Nasu Heartland



Strawberry picking, including the “Tochiotome” and “Skyberry” varieties. Try Japan’s best strawberries, embodying the taste of winter to spring.



	Haneda Airport, Narita Airport _____ Tokyo Station (Tohoku Shinkansen) 70min _____
	7:54a.m. JR Nasushiobara Station (Shuttle bus) 65min _____
	9:15a.m. Mt. Jeans Nasu _____
Day1	9:30a.m. Activity 08 Mount Nasu Snow Cycling (120min) _____
	Lunch _____
	Free Time (Experience skiing, snowboarding, snow rafting and more!) (Shuttle bus) _____
	Accommodation in Nasu Kogen [Accommodation]
	9:00a.m. Accommodation in Nasu Kogen _____
	9:45a.m. Activity 07 Guided Snowshoe Walk (120min) _____
	1:15p.m. Matsukawaya Nasu Kogen Hotel
	(Enjoy the snowy landscape with yukimi (“snow viewing”) while relaxing in an outdoor bath.)
	(Fixed-route bus) 18min _____
Day2	3:08p.m. Okashi no Shiro (“Sweets Castle”) - Nasu Heartland (Nasu Kogen Farm Strawberry Forest)
	(Fixed-route bus) 30min _____
	4:40p.m. JR Nasushiobara Station 70min _____ Tokyo Station