

Area:	Hakushu Adventure Tourism :	Recommended to	FIT/Small Groups
	▶ Nature	▶ Cross Cultural	▶ Activity



Yatsugatake Adventure Retreat "Local Traditions Endowed by Sacred Mountains" 2 Nights 3 Days

Story :

The Story of the Entire Tour : A tour interacting with locals centered on the waters and traditions of Mt. Kaikomogatake, where mountain worship is still practiced. Trekking along the Ojiragawa Gorge, feel the power of the waters flowing from Mt. Kaikomogatake. While riding eco-friendly e-bikes around rice paddies nurtured by the water, savor the local traditions as you visit a sake brewery and a Japanese sweets shop.

Day 1: Ride an e-bike, through rural scenery on the Kyu Koshu Kaido Road where travelers once went to and fro and Mt. Fuji is visible, and visit Yokote Komogatake Shrine which enshrines a deity of mountains.

Prepare for hiking the next day by purifying mind and body with the prayer of the chief priest , who even now continues to conduct the worship act of mountain climbing by traversing an old path of Mount Kaikomogatake which was opened in 1816 .

Day2: Trek along the "Ojiragawa" Gorge, which is believed to be a manifestation of the white tail of the legendary "black horse" which is said to live on Mt. Kaikomogatake. After enjoying seeing water falls of various sizes and the flow of emerald-colored pristine water, enjoy a rice-ball bento lunchbox featuring locally produced food, using the rice grown with the water of Mt. Kaikomogatake.

Day3: In the old post town of Daigahara-juku, enjoy the traditions formed around the water of Mt. Kaikomogatake, and Japanese sweets which have continued to be locally produced and enjoyed for 120-years, and traditional food prepared using koji rice malt which is essential for sake making.

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Access (meeting place) :
 Kobuchizawa Station (JR Central Main Line)
 ※If you come by car, please use coin operated parking.

Carparks
 Available
 (coin operated parking)

Access (dismissal place) :
 Kobuchizawa Station (JR Central Main Line)

Carparks
 Available
 (coin operated parking)

Number of participants in the tour :	Implementation period :	Target age :	Application deadline:
Minimum : 2 Maximum : 5	From Late April to early November English	Over 12 (Over 154cm)	30 days prior to the tour starting date

What is included in this program	What is NOT included in this program
▶Guide fees ▶Interpreter fees ▶Rental fees for e-bikes ▶Activity fees ▶Accommodation fees (2 nights) ▶Breakfast (2 days) ·Lunch (3 days) ·Dinner (2 days) ▶Transportation fees from the beginning to the end of the tour	▶Insurance (Please arrange travel insurance in your own country.) ▶Other items not listed in "What is included in this program" (Bank fees will be at the customer's expense.)

Schedule

DAY 1 : Prayer experience at a shrine located at the foot of sacred Mt. Kaikomogatake!

Highlights :

- While cycling, participants will stop to enjoy a picnic lunch of take-out sandwiches, prepared by a store using locally grown food.
- Participants ride e-bikes along the Kyu Koshu Kaido path, where remains the vivid local lifestyles, and the rural scenery which is fresh green in summer, and gold in fall.
- Participants will have Mr. Imahashi, the chief priest who worships the mountain by climbing it, pray for them to purify their body and mind.
- Enjoy dinner served on skillets with home-grown vegetables and Mukawa-mai rice, otherwise referred to as "phantom rice".

Food & Accommodation	
Breakfast	x
Lunch	○
Dinner	○
Accommodation	○

Physical and Technical Level :

1 2 ▶3 4 5

[Distance : 23km, Elevation Gain: 337m]
 Participants will ride e-bikes from Kobuchizawa Station down to the national highway, then along Kyu Koshukaido road through rural scenery. There are some hills to ride up and down, but Participants can relax as they ride e-bikes and enjoy the mountain scenery.



Time	Details	About Accommodation
11:52	Kobuchizawa Station Meet with guide.	[Room Type]
12:00-12:15	Pick up e-bikes, briefing, test ride e-bikes, departure ※Deposit luggage to Akabou Courier (Luggage will be transported from the station and delivered to the guest's accommodation.)	Japanese-style room (private)
12:15-12:30	Sandwich takeout from Bistro Bugaboo	[Bedding Style] Japanese futon mattress
12:30-14:30	Cycling (Kobuchizawa Sta→Shinshu Tsutaki-juku Road Station ※Lunch at Shinshu Tsutaki-juku Road Station →Yokote Komogatake Shrine) 18km	[Air Conditioner] Available
14:30-16:00	Prayers (Yokote Komogatake Shrine)	[Wifi] Available
16:05-16:35	Cycling (Yokote Komogatake Shrine→Agriable Mukawa) 4.9km	[Bath / Shower] Main public bath is available for private use.
16:40	Agriable Mukawa	[Other hotel toiletries provided]
18:30	Dinner served on skillets and dishes featuring vegetables freshly harvested from their own garden	Toothbrush, towels

Ⓜ(Accommodation Photos)



DAY2 : Thoroughly enjoy the shining emerald green "water" while trekking along the Ojiragawa Gorge at the foot of sacred Mt. Kaikomagatake.

Highlights :	Food & Accommodation	Physical and Technical Level (e-bike) :	1	2	3	4	5
<ul style="list-style-type: none"> Participants will begin trekking after visiting Kaikomagatake Shrine which is another subshrine of Mt. Kaikomagatake, just like Yokote Komagatake Shrine. Participants can swim in the beautiful emerald-green river if they wish. ※The guide will assess whether or not to swim, taking the water temperature and the participants' state of health into consideration. Enjoy coffee made using spring water and a rice ball bento lunchbox prepared by local farmers, in front of the waterfalls, while exposing yourself to negative ions. Harvest vegetables as ingredients for your own dinner from Agrieable Mukawa's private farm! Enjoy dinner featuring locally produced ingredients and vegetables harvested by you. <p>[Option]Visiting a hot spring is possible, of which its water source is from Mt. Kaikomagatake. (830 yen/person)</p>	<ul style="list-style-type: none"> Breakfast ○ Lunch ○ Dinner ○ Accommodation ○ 	<p>Physical and Technical Level (e-bike) :</p> <p>[Distance : 7km. Elevation gain : 202m]</p> <p>There are just a few hills to ride up and down, on a pleasant route riding through rural scenery toward the mountains.</p>					
		<p>Physical and Technical Level (Trekking) :</p> <p>[Distance : 6.5km. Elevation gain : 849m]</p> <p>There are many hills to walk up and down, and also there are dangerous spots with ladders and chains. Sufficient physical fitness is required to participate in this tour.</p>					

Photo Gallery	Time	Details	About Accommodation
	6:45-7:00	Briefing at Agrieable Mukawa	[Room Type]
	7:00-7:45	Cycling (Hotel → Ojiragawa Gorge Carpark) 7.5km ※Along the way, pick up bento lunchboxes from Pitara Farm.	Japanese-style room (private)
	7:45-7:8:00	Explanation of the course at Ojiragawa Gorge Carpark	[Bedding Style] Japanese futon mattress
	8:00-14:30	Hiking (Carpark → Kaikomagatake Shrine → Fudo Falls → Carpark) *Destinations may change depending on the customer's fitness level	[Air Conditioner]Available
	14:35-15:05	Cycling (Ojiragawa Gorge Carpark - Agrieable Mukawa)	[Wifi]Available
	15:10	Stay 2 nights at Agrieable Mukawa	[Bath / Shower] Main public bath is available for private use.
	Evening	Harvest experience at Agrieable Mukawa's own farm	[Other hotel toiletries provided]
	18:30	Dinner featuring freshly harvested vegetables	Toothbrush, towels
	《Option》	After the hiking, visiting a hot spring is possible, of which its water source is from Mt. Kaikomagatake. (Additional cost will apply.)	
	《Accommodation Option》	For customers who would like to relax in a luxurious hotel on the last night.	

Hotel Keyforest Hokuto	
<ul style="list-style-type: none"> Small boutique hotel limited to 6 groups a day Twin room / Double room Course dinner, available to hotel guests exclusively Breakfast is served in your room Private spa, available to hotel guests exclusively Bar where guests can enjoy Hakushu's vintage whiskey <p>※Please inquire for the price. ※If guests stay at Hotel Keyforest Hokuto, their transfer will be by taxi on Day 3.</p>	

DAY3 : Enjoy lip-smacking local sake and Japanese sweets, the blessings of sacred Mt. Kaikomagatake!

Highlights:	Food & Accommodation	Physical and Technical Level :	1	2	3	4	5
<ul style="list-style-type: none"> If sunny, the tour will stop at a viewing spot where the majestic Mt. Kaikomagatake can be viewed. Visits a long-established sake brewery founded in 1750, and taste the underground water of Mt. Kaikomagatake and local sake brewed using locally grown rice! At the restaurant operated by the sake brewery, enjoy a Japanese-style lunch featuring koji, mold made from rice during sake making, which is believed to have an anti-aging effect, along with "Kaikoma", *Junmai Daiginjo sake. For guests who don't drink sake, amazake, a sweet drink made from fermented rice or coffee prepared using the water used for sake brewing are available. *Junmai Daiginjo is a premium type of sake made with over 50% polished rice and with no distilled alcohol added. Guests can enjoy Japanese sweets produced using the underground water of Mt. Kaikomagatake and locally grown rice, produced by a shop established in 1902. Mizu Shingenmochi is available from June to September (available only on Fridays, Saturdays and Sundays). 	<ul style="list-style-type: none"> Breakfast ○ Lunch ○ Dinner x Accommodation x 	<p>Physical and Technical Level :</p> <p>[Distance : 8.4km. Elevation gain : 119m]</p> <p>After stopping at a great viewing spot (Suisha-no-sato Koen Park), Participants will relaxedly ride along the gentle Kyu Koshu Kaido route.</p>					

Photo Gallery	Time	Details	About Accommodation
	7:30	Breakfast	N/A
	8:30-8:45	Briefing before departing Agrieable Mukawa ※Guests deposit luggage at the accommodation.	
	8:50-9:50	Cycling (Agrieable Mukawa → Suisha-no-koya Koen Park → Daigahara-juku) 8.3km	
	9:50	Return e-bikes	
	10:00-11:00	Visit to the sake brewery (Yamanashi Meijo) ※Anzaisho tour from 10:30	
	11:05-12:05	Strolling around Daigahara-juku and visiting a Japanese sweets shop (Kinseiken).	
	12:10-13:30	Lunch (at Daimin restaurant) and free time for strolling	
	13:30-14:00	Transfer by taxi (Daigahara-juku → Kobuchizawa Station)※Pick up luggage from the accommodation.	
	14:29-16:24	JR Chuo Main Line (Kobuchizawa Sta → Shinjuku Sta)	