

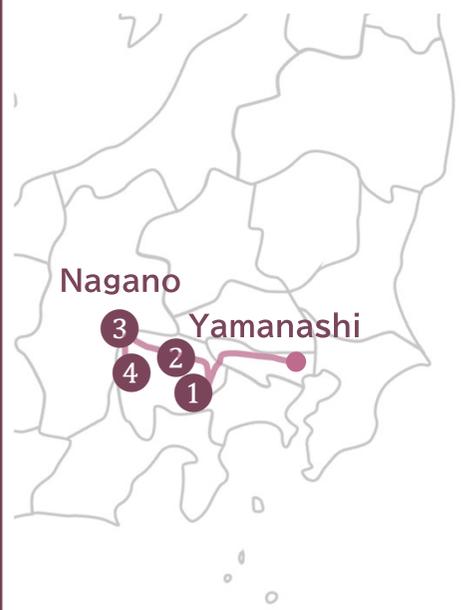


Koshukaido & Fujimichi/ Green Route

~ A Wellness Journey Connecting Inner Reflection, Sky, and Earth ~



Route



Highlights

- ◆Mind: Experience Zen and local sake culture, quietly calming your senses and spirit
- ◆Sky: Connect with the star-filled heavens amidst the highland night sky and forest stillness
- ◆Earth: Awaken your physical senses and rediscover oneness with nature

Day 1

AM

PM

From Shinjuku Station



① Zen Retreat Fuji at Kōun-in Temple

A Soto Zen temple where you can take your time experiencing zazen meditation, sutra copying, and shojin ryori vegetarian cuisine.



② Sasaichi Brewery Local Sake Tasting

A historic sake brewery with over 360 years of history, crafting sacred sake offered to Mount Fuji. Enjoy original Japanese sake and wine.



③ Stargazing at Nobeyama

At Nobeyama, one of Japan's premier stargazing spots, enjoy constellation viewing guided by a star sommelier.

Stay in Nobeyama

Day 2

AM

PM

From Nobeyama



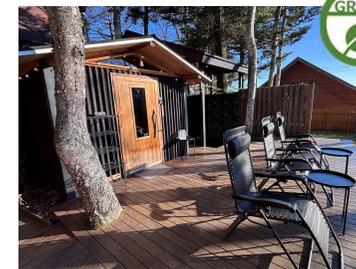
④ Barefoot Forest Walk

An interactive forest trail walk guided by experts in soil cultivation and trail building. A nature experience where you feel the texture of soil and moss directly beneath your feet.



④ Moeginomura (Moegi village) ④ Forest Sauna

A complex featuring a beautiful natural garden that coexists with the forest and serves as a seed bank. Craft beer and vegetarian meals are also available.



Refresh your mind and body in an outdoor sauna surrounded by forest while being soothed by the beautiful nature of the Yatsugatake. Several facilities are available around Kiyosato.



To Kobuchizawa Station

: GREEN (Flowers, Greenery, Nature, etc.) Immersion Experience