



Koshu Kaido, Shingen Bomichi / Green Route

~A Cool-Climate Wellness Journey in Japan's Highlands~



Route

Day 1

AM

PM

From Shinjuku Station

Stay in Kobuchizawa



① GREEN SPRINGS

Green spaces within the central plaza, streets lined with cafés and shops, and the scenery of Showa Memorial Park unfolding ahead. An open cultural space in the city where you can enjoy a relaxing walk surrounded by greenery and sky.



① Showa Memorial Park

A vast national park opened to commemorate the 50th anniversary of Emperor Showa's reign. With gardens full of seasonal flowers, it's perfect for enjoying nature. You can also explore the large park on a guided Segway tour.



② Shingen Bomichi Guided Walk

A walking trail along Ueno Bomichi, a former military road built by the warlord Takeda Shingen. This historic path is lined with Edo-period stone statues and surrounded by rich natural scenery.



Highlights

- ◆ Escape the city and refresh your mind and body at Showa Memorial Park, surrounded by vibrant seasonal flowers.
- ◆ Follow the historic Shingen Bomichi trail and feel the spirit of the past, preserved by those who care for this ancient road, as you find calm in the quiet forest.
- ◆ Awaken all five senses with a barefoot forest walk, a forest sauna, and a nature-inspired lunch in the summer woods.

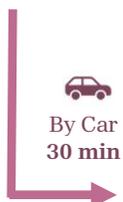
Day 2

AM

PM

From Kobuchizawa

To Kobuchizawa



③ Barefoot Forest Walk

Walk barefoot through a forest at 1,200 meters above sea level in the Kiyosato Highlands. Feel the earth beneath your feet and enjoy nature with all five senses, the scent of grass and soil, and the soothing sounds of birds and waterfalls.



③ Vegan Lunch

After nourishing your body with sweet, flavorful highland vegetables grown in the cool climate of the Kiyosato Highlands, refresh your mind and body in an outdoor sauna surrounded by the forests of the Yatsugatake Highlands. A wellness experience that lets you enjoy the gifts of nature through food and warmth.



③ Forest Sauna Experience



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