



Koshu Kaido & Fuji Michi / Green Route

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



Route



Highlights

- ◆ Experience the charm of washi paper making at Yamato Paper, where traditional techniques thrive.
- ◆ Walk the Minobu Trail, a path of faith incorporating forest therapy elements, savoring the forest's tranquility and deep breathing.
- ◆ Find a moment to center your mind and body through worship at Mount Minobu and shojin ryori (Buddhist vegetarian cuisine) made with local ingredients.

Day 1

AM

PM

From Ikegami Station



① Ikegami Honmonji Temple

Visit the vast temple grounds, featuring a five-story pagoda and stone steps, preserving a historic religious space within the city. Cherry blossoms adorning the 96 stone steps create a beautiful sight, making it one of Tokyo's premier cherry blossom viewing spots.

By Train & Car
200 min



② Paper-making Experience

Under the careful guidance of master artisans, experience the hands-on process of creating Nishijima handmade washi paper, a traditional craft. Learn how a single sheet of washi paper is made and gain a deep appreciation for Japan's culture of craftsmanship.

By Car
30 min

Stay in Akazawa-juku Post Town



③ Exploring the Akazawa-juku Post Town

A mountain post town thriving along the pilgrimage route connecting Kuonji Temple and Shichimen Mountain, bearing witness to a history of faith. Stone-paved slopes and terraced rows of houses preserve the atmosphere of days gone by.

Day 2

AM

PM

From Akazawa-juku Post Town

By Car
35 min



④ Minobu Trail Experience

Walk the Minobu Trail connecting Minobusan Kuonji Temple and Shichimen Mountain. Also known as the "Pilgrimage Path," "Minobu Highway," or "Minobusan Oiwake Trail," this is a path for ascetic practice and prayer. (Estimated time: 180 minutes)



④ Buddhist Vegetarian Cuisine

At Mount Minobu, experience traditional Japanese culture that nurtures both body and mind. Savor shojin ryori vegetarian cuisine passed down through generations. Attend afternoon services in the main hall deep in the mountains where solemn sutra chanting resonates. Become familiar with local ingredients like yuba tofu while enjoying quiet moments of prayer.



④ Minobusan Service

By Car
15 min

or

By Bus
15 min

To Minobu Station



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