



## Japanese Alps Alpine Adventures

### Day 1 : Tokyo / Matsumoto

Departure for Matsumoto by train from Shinjuku station in the morning. Visits and meals at your convenience

Night at the hotel.

*Located in the central part of the Japanese archipelago, Matsumoto is endowed with a rich natural environment bordered by the Japanese Alps and its peaks reaching over 3000m at its west and by the "Utsukushigahara" plateau at its east. Matsumoto is the second largest city in Nagano Prefecture. It is especially famous for its castle: Matsumotojo.*

#### Visit Suggestions:

- **Matsumoto Castle**
- **Matsumoto City Art Museum**
- **Nawate Street**  
Famous for its mascot animal, the frog
- **Nakamachi**  
The oldest part of town



Matsumoto Castle (Matsumoto)



## Day 2 : Matsumoto

Visits and meals at your convenience, night at the hotel.

### Visit Suggestions:

- **Japan Ukiyoe Museum**  
Museum of traditional Japanese woodblock print artwork
- **Dai-oWasabi-Nojo**  
One of Japan's largest wasabi farms
- **Various workshop possibilities**  
Soba noodlemaking class, cherrywood and cypress chopstick making workshop, etc.

## Day 3 : Matsumoto / Kamikochi

Departure by train and bus from Matsumoto station to Kamikochi in the morning.

Visits and lunch at your convenience, dinner and night at the hotel.

*In the centre of the Chubu-Sangaku National Park, Kamikochi is the best base for hiking and rock climbing in the surrounding mountains. One of the most beautiful landscapes in Japan, nature lovers will revel at the lush forests of birch and larch. The city lies in a narrow valley at an altitude of 1,500 meters along the Azusa River and is surrounded by the high peaks of the Hatoka Range, as well as Mount Yake and Mount Kasumizawa.*

Swimming in the lakes is possible, but the water temperature will be about 10 degrees celcius.

### Visit Suggestions:

- **Taisho Pond**
- **Tashiro pond**
- **Kappabashi**
- **Takezawa Wetlands**
- **Myojin pond**



Kappabashi Bridge (Kamikochi)





#### Day 4 : Kamikochi / Takayama

Depart for Takayama by bus.

Visits and lunch at your convenience, dinner and night at the ryokan.

*Capital of the ancient province of Hida, the small town of Takayama, in the heart of the Japanese Alps, has many beautifully preserved historic buildings, earning it the nickname "Little Kyoto". Thanks to the work of its carpenters, renowned throughout Japan, the wooden houses, with their uniform alignment and height, offer a charming panorama. Its beef is one of the best in Japan along with that of Kobe and its excellent quality sake is also highly regarded.*

#### Visit Suggestions:

- **Jinya-mae City Market**
- **Yatai Kaikan Hall**  
Museum of traditional Japanese portable shrines and floats used in festivals.
- **Takayama Jinya**  
Historical house in which the governors lived
- **Karakuri Museum**  
Traditional Japanese puppet museum



Sanmachi District (Takayama)



### Day 5 : Takayama

Visits and lunch at your convenience.  
Dinner and night at the ryokan.

#### Visit Suggestions:

- **Yoshijima House**  
Magnificent well-preserved house whose owner made his fortune as a sake brewer and moneylender
- **Sanmachi District**  
Old district famous for its old houses and sake breweries
- **Kusakabe House**  
The house that used to belong to a very rich and influential merchant
- **Hida Minzoku Kokokan**  
Hida Archaeological Museum
- **Bicycle tour with English-speaking guide**

### Day 6 : Takayama / Shirakawago / Kanazawa

Depart for Shirakawago by bus in the morning. Visits and meals at your convenience.  
Départ for Kanazawa in the evening. Night at the hotel.

*Listed as a World Heritage Site, Shirakawago is known for its telltale houses in which silkworms were bred. This architectural style, called "gassho-zukuri", refers to the houses with sloping thatched roofs which were meant to withstand the heavy snowfalls of this mountainous region.*

#### Visit Suggestions:

- **Wada Family House**
- **Shiroyama Tenbōdai lookout**
- **Gasshozukuri Minkaen Museum**
- **Various Possible Activities**  
Traditional Japanese arts and crafts workshops like waraji (straw sandals), natural plant-based cloth dying, etc.



Shirakawago Village





### **Day 7 : Kanazawa**

Visits and meals at your convenience.  
Night at the hotel.

*A trip to **Kanazawa** is a unique dive into feudal Japan. Its streets, lined with stately residences; its samurai quarters; its old pleasure districts; its castle and the magnificent Kenrokuen garden make it a most exotic destination. Kanazawa is also a conservatory of arts and crafts: Kaga-Yuzen silk kimonos, Kutani and Ohi ceramics, Wajima lacquers treated with gold leaf and powder, and much more.*

#### Visit Suggestions:

- **Omicho Market**
- **Kenroku-en Garden**  
One of Japan's top 3 traditional gardens
- **Contemporary Art Museum of the 21st Century**
- **Nagamachi Old Samurai District**
- **Myoryuji Temple**  
Nicknamed "Ninjadera", which means Ninja Temple
- **Higashi Chaya Old Geisha District**





**FRANCE TRAVEL CENTER**

Kenroku-en Garden (Kanazawa)

**Day 8 : Kanazawa / Tokyo**

Visits and meals at your convenience in Kanazawa.  
Depart for Tokyo by train in the evening.

Activity Suggestions:

- **Japanese Family Cooking Class in a Machiya**
- **Omicho Market, and Local Food Cooking Class**
- **Kokeshi Painting (small traditional puppet)**
- **Laying gold leaf on lacquerware**
- **Kaga Yuzen Style Silk Painting**

Visits and activities are to be paid on site. Reservations for activities are mandatory.

We can shorten or extend your stay, or add other destinations.

Do you enjoy **freedom and lack of constraints**?

We can leave you with a personalized list of interesting visits and locations, giving you the freedom to wander around as you please during your stay.

Do you want a bulletproof plan and **hassle-free getaway**?

We can arrange everything for you in advance, whether it be reserving activities, luggage shipments, car rental or guided tours, and more.

Don't hesitate to contact us for a personalized itinerary.