EDUCATIONAL

WALKJAPAN

TOUR PROPOSAL

Wilbraham & Monson Academy Program

Japanese Journey: History, culture & society from Kyoto to Tokyo

Wilbraham & Monson Academy Program
TRAVEL CHECKLIST

The following is a list of suggested items. It is not exhaustive but indicative of what you will need. Although some items are essential, you may find you do not need some others. Please also rely on your own experience to augment this list. If in doubt, please do not hesitate to contact Walk Japan.

Late April to June Programs:	Day temperatures are 20 to 35°C (68 to 95°F). Evenings are 14 to 25°C (57 to 77°F). Rain and warm, humid days are common during the early summer months, and so proper rainwear is essential.

☐ T-shirts / Long sleeved shirts
☐ Long trousers
☐ Layerable, lightweight clothing for adjusting temperatures
☐ Wind and waterproof jacket

☐ Hiking boots / trekking shoes (already worn in and ideally waterproof)
☐ Thick, comfortable socks

☐ Undergarments, including cooling and sweat-wicking fabrics
☐ Nightwear - pants / leggings & tops
☐ Reusable shopping bag (Optional)

☐ Sun hat & environmentally friendly sunscreen
☐ Sunglasses
☐ Collapsible umbrella

☐ Reusable water bottle (1-2 litre)
☐ Small hand towel (useful for wiping sweat or wearing as a cooling cloth around the neck)

☐ Daypack/backpack
The daypack is to carry your water bottle, food, camera, and spare clothing, etc. while walking.
☐ Waterproof backpack cover (Optional)

☐ Suitcase
One medium sized (62cm x 46cm x 28cm), wheeled suitcase should be sufficient to contain everything for this tour. Please refrain from bringing extra or oversized luggage

☐ Any personal medication
Towels, hair dryer, soap and shampoo will be provided at our accommodation.

☐ Passport
Please note that you are required by Japanese law to have your passport with you at all times.

☐ Camera
☐ Chargers and batteries
☐ Pencil/pen & notebook
☐ Waterproof Ziplock bags
These bags are to contain any important documents, e.g passports, and the like that you carry in your day pack.

Wilbraham & Monson Academy Program
PACKING & PREPARATORY ADVICE

The following travel tips are intended to be helpful advice in preparation for your Walk Japan School Trip.

Meals of Walk Japan Tours

By far the majority of the meals on Walk Japan tours are Japanese style, although on some of our longer tours they may include cuisine of overseas origin, but served with a Japanese twist.

In 2013, UNESCO recognised *washoku*, traditional Japanese cuisine, as an intangible cultural heritage. Six years prior, epicures around the world had been stunned when, for the first time, Tokyo overtook Paris to have the greatest number of restaurants awarded Michelin Stars of any city worldwide; an honour it has retained ever since.

Breakfast

Morning meals are nearly always enjoyed in our tour accommodation. In traditional inns, a Japanese breakfast is the norm and usually consists of some or all the following: rice, grilled fish, vegetables, miso soup and green tea. Some seasonal fruit, yoghurt and coffee may also be served.

Occasionally in inns and nearly always in hotels, western-style breakfasts are also available alongside Japanese dishes. Western dishes usually include bacon, sausages, salad, egg, bread, jam, cereals, soup and yoghurt.

Lunch

Lunch is either a restaurant meal, *bento* lunch box or composed of food bought to eat as a picnic en route.

Dinner

Evening meals at our accommodation are almost entirely Japanese cuisine. These meals are composed of many dishes and will include all or most of the following: raw and cooked fish, meat, vegetables, tofu, miso soup, salad, pickles and white rice plus many other seasonal morsels.

Other

Tap water is nearly always drinkable; your Tour Leader will advise.

While travelling during the day it is not usually necessary to carry more than water, a snack, some extra clothing and a camera.

Meal culture encourages the expression of gratitude when receiving any food: the phrases *Itadakimasu* and *Gochiso sama deshita* at the start and end of eating respectively both suggest 'I have humbly received' and are essential for understanding meal-time etiquette. It is recommended to try everything that you are served, and even though the outstanding flavors will sometimes surprise you, try to convert that surprise into a simple show of gratitude with *arigatou gozaimasu* 'thank you' or *oishii* 'delicious'.

Though eating everything served is not required, we do ask that participants approach meals with courage and consideration that every dish is made painstakingly for our enjoyment. Please

	come with the mentality of wanting to try everything in earnest at least once and to avoid leaving behind uneaten dishes.
Special Dietary requirements	Most meals usually include raw and cooked fish, meat, vegetables and rice. In Japan, specific dietary requirements such as vegetarianism, kosher food, and a number of food-related allergies, such as coeliac disease, are not widely understood nor catered for and we cannot guarantee to provide vegetarian, vegan, kosher, halal or other specific foods. However, we will endeavor to cater wherever possible to individual requirements, and many vegetarians and vegans have participated in our programs and enjoyed the meals. Our general policy is to contact the accommodation we use and notify them of particular requirements. Most will be able to provide one or two alternative dishes for participants with specific dietary needs. Please remember that meals are prepared for us with special care, often by a small kitchen where cross-contamination risksmust be considered. Additionally, note that soy sauce, which in Japan always includes wheat, is an ingredient common to many dishes in Japan and there may be a limit to how many dishes can be altered for those who require a gluten or soy-free diet. Bringing gluten-free soy sauce is a good workaround. For those who have specific or otherwise severe dietary limitations, we suggest bringing other food items to help supplement meals along the way.
Physical fitness	Walk Japan's tours are not a test of endurance. However, Japan is a hilly country and being in reasonable shape will help you maximise your enjoyment of the visit. Please bear in mind that days in the countryside or on the trails (such as the Nakasendo Way) involve hilly, uneven terrain with multiple steep inclines. City days on the other hand may be flat, but the hard pavement along with time spent standing around adds up quickly and can be fatiguing. Though confident that anyone can join our tours with some preparation, we ask that those nervous about their physical fitness level are able to walk comfortably with a light pack for 2+ hour intervals at a casual pace, and can climb several flights of stairs with relative ease.
Health & medication	There are no compulsory health-related procedures before entering Japan and no vaccinations or prophylactic medicines are required, though we refer to official governing bodies for any changes or updated advisories. The school is responsible for any medication students may require during the program. If a specific medication is required for either health or comfort, please make sure sufficient quantities are brought along, being mindful of rules surrounding bringing medications into Japan. As an example, medications containing stimulants (such as Adderall) are prohibited from being brought in regardless of prescription and others may be restricted. The following website provides official guidance on this topic: **https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html**
Clothing & baggage	Please refer to the above section and the provided packing list for weather preparatory notes. Generally, it is advisable to bring a variety of layers ranging from t-shirts to a top with long sleeves and a light fleece. We recommend good quality, rugged footwear suitable for walking and ideally waterproof. You may also like to bring some comfortable, casual shoes, e.g. sneakers, for use when relaxing and in town. A waterproof, hooded jacket and a compact, foldable umbrella should suffice for any inclement weather. Yukata are provided in some traditional accommodation as nightwear; however, it is recommended to also bring your own comfortable nightwear for sleeping. Laundry may only be available at select opportunities during the trip.

	Beyond just being prepared for the elements faced on tour we also ask that guests consider appropriate or otherwise 'modest' outfits while in Japan with us. Bearing in mind that we daily visit sites of religious significance such as Shinto shrines and Buddhist temples, and otherwise are walking mountain trails where practical fashion is key, it is recommended that one take the 'athleisure' approach to choosing outfits. Tees, jeans or sport shorts of normal length, and comfy walking shoes will serve perfectly well in most all situations. For any given day's activity, dress appropriately for a day of hiking: lots of exposed skin invites sunburns, scrapes and scratches from the environment, as well as more eyes focused on our group -thus limiting our ability to blend in and experience the local culture as deeply. We recommend all participants bring a single medium-sized suitcase plus a daypack for the tour. Oversized or extra pieces of baggage are cumbersome and challenging to maneuver; as a rule, we ask that all participants be able to safely and smoothly carry, walk with, and lift their luggage without assistance.
Electricity	Japan uses a 100v 50/60mhz electrical system. Electrical goods use the 'American'(Type A) plug, with two vertical pins. If the device you wish to use says something like '100- 240V, 50/60 Hz', it will work anywhere in the world with the right plugs. This covers most, if not all, computers, iPads, mobile/cell phones and battery chargers.
Spending money	Buy Japanese Yen (JPY) in your home country to bring with you. Changing any currency into JPY within Japan is inconvenient and time-consuming, so bring with you what you need. If necessary, cash can be withdrawn from ATMs found in Post Offices and some convenience stores with a credit card. Post Offices are ubiquitous in Japan. Snacks and drinks can cost up to JPY1,500 per day. Gifts range from JPY500. Plan your spending money accordingly. Tipping is not required nor expected in Japan. However, it is appropriate to prepare small gifts such as snacks for hosts, especially those who welcome us into their homes.
Mobile phones	Most educational organisations we work with have their own policy regarding the use of mobile/cell phones during a school trip. These policies vary but Walk Japan always strongly recommends that their use is very limited. As a company, we notice that mobile/cell phone use is inversely proportional to the students' active, effective and safe participation in the trip. Where phone use is minimised students are far more involved showing greater levels of interest in their surroundings and in interacting with locals, fellow students, teachers and tour leaders. Walk Japan ensures that students are immersed in Japan and are provided with opportunities to make the most of the experience. We also have a responsibility for their well-being and, amongst other things, seek to avoid potentially dangerous situations brought about by students being absorbed in electronic devices. This extends to earbuds being used during walks, activities, or train rides-for safety purposes we ask that participants limit their use to long vehicle transfers or evenings at the accommodation.
The Japanese bathing culture	Bathing in Japan often happens at the end of the day, before or after dinner, and is seen as both a way to clean and also as a means to relax and "soak away" the day's fatigue. Many accommodations we stay at have onsen thermal baths for us to enjoy, either privately or publicly in small groups. A small modesty towel is provided for use in onsen, but swimsuits are not allowed and individuals must enter the baths naked after having showered. Walk Japan follows the policies of the educational organisations we work with regarding bathing, and while we encourage the experience of enjoying onsen in small groups when possible, Tour Leaders are able to help facilitate a solo rota system of bathing with teachers if privacy is required or should any individual participants feel uncomfortable bathing with others. Bathing areas are separated by gender, and furthermore Tour Leaders, teachers, and chaperones do not ever bathe with students.

May 26 - June 4, 2026
ITINERARY PROPOSAL

Please read this itinerary with reference to the notes at the end.

DAY 1

Kansai International Airport ~ Kyoto

Total walking: N/A

Meals: D

Arrive at Kansai International Airport by mid-afternoon to be welcomed by your Tour Leader. Together, transfer by chartered coach to our accommodation in Kyoto. A full briefing on the days ahead follows over dinner in a local restaurant.

Accommodation: Hotel Anteroom Kyoto **https://www.uds-hotels.com/en/anteroom/kyoto/**

DAY 2

Kyoto (Nijo-jo ~ Nakagyo ~ Tea Ceremony)

Total walking: 5km (4 miles)

Meals: B,L,D

Kyoto is an elegant city that, until 1869, was Japan's capital, and remains the cradle of much of the nation's traditional culture. It also contains 17 UNESCO World Heritage Sites and our exploration of the city begins at one of these, Nijo-jo castle. Nijo-jo was the Kyoto residence of the Tokugawa Shogunate, the rulers of Japan in the Edo Period (1603 - 1868). We explore the magnificent audience halls, the only examples still in existence, and learn about the samurai and daily life at the Shogun's court.

Our explorations continue with a visit to a nearby workshop specializing in traditional fabric dyeing techniques. We try our hand at the delicate process under the friendly guidance of local artisans, leaving with a colourful token of our efforts. Lunch is enjoyed nearby, followed by a visit to the acclaimed Kyoto International Manga Museum. Curated with thousands of volumes of comics and special artworks, the museum is a treat for any fans of Japanese pop culture.

In the late afternoon, we partake in a tea ceremony under the guidance of a local master in the Kyoto style. A meditative experience that is equal parts tradition and artistic expression, the ceremony adds to our zen exploration of Kyoto. Refreshed, our evening concludes with a short neighborhood walk and dinner before retiring at our accommodation.

Accommodation: Hotel Anteroom Kyoto **https://www.uds-hotels.com/en/anteroom/kyoto/**

DAY 3

Kyoto (Ginkaku-ji ~ Nanzen-ji ~ Nishiki Market)

Total walking: 8km (5 miles)

Meals: B,L,D

Another early morning start sees us transfer on private cabs to Ginkaku-ji Temple a short way to the quieter northern part of the city. As a lovingly-tended Zen temple with a garden, Ginkaku-ji introduces us to Kyoto's extensive religious history and culture, with time to reflect on our journey just begun.

Stepping out from the temple, we begin our walk through Kyoto along the serene Tetsugaku-no-michi, or "Philosopher's Path" which follows a bubbling river lined with blooming sakura trees. It is about an hour to arrive on foot at our destination, another major temple of the Zen sect of Buddhism. Here we experience a zazen sitting meditation session: a welcome quiet interlude from the bustling city outside.

In the afternoon our walk continues through cozy residential lanes to Heian Jingu Grand Shrine, which marks our first introduction to Shinto, Japan's indigenous religion that exists syncretically with Buddhism. Some time to explore the grounds of this impressive compound before we press on across the Kamogawa river and into the center of town; here, some free time in a colorful local market before our kaitenzushi dinner together in a lively scene.

Accommodation: Hotel Anteroom Kyoto **https://www.uds-hotels.com/en/anteroom/kyoto/**

DAY 4

Kyoto ~ Nagoya ~ Ena

Total walking: ~2km (1.2 miles)

Meals: B,L,D

After breakfast at our accommodation, we transfer on the Shinkansen bullet train to Nagoya and onwards by express rail to Ena. After our two hour journey, we enjoy lunch in this bucolic town that serves as our entrance to the historic Nakasendo Way.

We then visit the nearby Hiroshige woodblock print museum, where timeless works of famous artists are on display, and where we can try our hand at basic woodblock techniques. We enjoy the town leisurely in preparation for our upcoming walking journey and in the evening retire to our inn for a feast of locally sourced cuisine accompanied by traditional hot spring baths.

As the first Japanese ryokan experience of the trip, your Tour Leader will explain the ins and outs of staying in the traditional style: Where do we take off our shoes? Where are the futon beds? How do we wear yukata? And so on.

Accommodation: Ena Ichikawa Inn **http://ichikawaryokan.jp**

DAY 5

Ena ~ Nakatsugawa ~ Magome ~ O-Tsumago

Total walking: 6.5km (4 miles)

Meals: B,L,D

After breakfast, we make a short transfer to Nakatsugawa station and are met with a private coach. Whisked ahead on the trail, we arrive at the start of a preserved ishidatami cobblestone path, beginning our gentle walk on the Nakasendo Way. We soon arrive in Magome, a post-town that was the home to Shimazaki Toson. Toson was Japan's first modern novelist and author of Before the Dawn, which relates the upheaval to local society wrought by the end of samurai rule. We have time to freely explore Magome, a pleasant old town with many cafes and shops, and also enjoy lunch at a nearby restaurant.

Then, onwards along the old highway and over a short valley pass, traversing quiet roads and forest trails to O-Tsumago, a hamlet aside a river composed of a small cluster of inns. Tonight, we stay in another traditional and very atmospheric inn. Bathing at an onsen hot spring precedes our dinner, after which we are joined by a local who sings ballads from the Kiso Valley and encourages us to join in.

Accommodation: Maruya Inn **https://tsumago-maruya.com/**

DAY 6

O-Tsumago ~ Tsumago ~ Nagiso ~ Kiso-Fukushima

Total walking: 7km (4.3 miles)

Meals: B,L,D

We continue walking along the Nakasendo Way through Tsumago, a lovely collection of inns along the route. We visit one of the original high-class inns, now a museum, as we press on through the town. A short walk brings us next to Nagiso. Although the old town has long since disappeared through development, Momosuke Bridge makes any visit to the town worthwhile. Here we learn about Momosuke Fukuzawa, who built the bridge and developed hydro-electric power in the Kiso Valley, and also about Sadayakko, Momosuke's partner and geisha, who became world famous at the turn of the 20th Century.

We board a train next for Kiso-Fukushima, another larger post town set in a gorgeous river valley. Kiso-Fukushima was a locus of power for the Shogunate, who erected a Sekisho barrier station here to control all traffic in town and along the route to Tokyo, then called Edo.

Our inn, a quiet riverside affair with simple comforts, welcomes us for another evening feast and some time to relax from the day's walk.

Accommodation: Jiyuu Tabi Club Kiso Mikawaya
https://kiso-mikawaya.com/

DAY 7

Kiso-Fukushima ~ Nishino Pass ~ Kaida Plateau

Total walking: 5.5km (3.4 miles)

Meals: B,L,D

LUGGAGE TRANSFERRED SEPARATELY IN A PRIVATE VEHICLE

After breakfast in our inn, we board the local bus to the nearby community center and wooden toy museum. Here, we try our hand at making soba buckwheat noodles under the guidance of friendly local chefs, our efforts becoming an early lunch for the day. Some time too to explore the handicrafts on display and learn a bit about the vitally important timber industry of the Kiso Valley.

For the rest of the day, we leave the Nakasendo Way for a visit to Kaida Kogen, a beautiful plateau in the shadow of Mt. Ontake. Starting our walk from the town hall, we leave the farming fields and soba patches to enter a steep forested climb called the Nishino Pass. Short but challenging, we are offered sweeping views of the alpine environment and of Mt. Ontake across the valley before descending into a hamlet. Our accommodation, another inn with onsen baths, awaits us here.

Accommodation: Yamakanoyu
http://www.yamakanoyu.com

DAY 8

Kaida Plateau ~ Kiso-Fukushima ~ Tokyo

Total walking: 6.5km (4 miles)

Meals: B,L,D

LUGGAGE TRANSFERRED WITH THE GROUP ON PUBLIC TRANSIT

After a three and a half hour train journey to Tokyo followed by a short walk through the city, we arrive art our accommodation and drop off our bags. We step out again into the bustling metropolis. We first enjoy a walking exploration of Tokyo beginning at Nihonbashi, the centre of commercial Japan in the Edo Period and the point to which all the nation's principal roads, including the Nakasendo Way, led. Nihonbashi was literally on the door step of Edo-jo castle, the shogun's citadel, and this is where most travellers to Edo completed their journeys.

We walk via the modern business district of Marunouchi to the Imperial Palace. Marunouchi is now Japan's premier business district but was once an integral part of castle grounds and we uncover some clues to this on our way. After the demise of the samurai, Edo-jo castle became the Imperial Palace and today it provides a verdant refuge, some 5km (3.1 miles) in circumference, at the very centre of Tokyo. However, as large as the current extent of the Palace grounds are, they represent only a fragment of Edo Castle's original 16 km (9.9 miles) periphery.

In the evening we return to the neighborhood of our hotel for dinner and a well-earned respite.

Accommodation: Hotel Kazusaya **https://www.h-kazusaya.co.jp/**

DAY 9

Tokyo (Toyosu ~ Shibuya ~ Harajuku)

Total walking: 5km (3.1 miles)

Meals: B,L,D

This morning we step out into the city and make our way via Tokyo's incredibly efficient and clean public transit system towards Toyosu at the edge of the Tokyo Bay. Now known for its massive modernized fish market that opened in 2018, this artificial island also hosts the acclaimed teamLab Planets experience, which combines physical artworks with cutting-edge and visually stunning digital mapping techniques.

We return in the afternoon to the city proper and to the heart of youth culture in Tokyo: Shibuya Crossing. Making our own way across this busy intersection, we press onward through busy streets on the way to Harajuku, which has long been the centre of Japanese fashion and alternative culture. Here clothing stores and cafes, squeezed next to each other on the shopping strip, are frequented by fashionable young Japanese.

After dinner, we celebrate our long adventure together by trying our vocal skills at karaoke, a favourite pastime in Japan.

Accommodation: Hotel Kazusaya **https://www.h-kazusaya.co.jp/**

DAY 10

Tokyo ~ Tokyo Airport

Total walking: TBD

Meals: B,L

After breakfast, we have time to explore the city together and hunt souvenirs before beginning the journey to the airport for our flight back home.

Accommodation: Hotel Kazusaya **https://www.h-kazusaya.co.jp/**

LUGGAGE TRANSFERRED WITH THE GROUP ON PUBLIC TRANSIT

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NOTES

01	This itinerary is ground only beginning in Kansai International Airport and ending in Narita or Haneda International Airport in Tokyo. The Walk Japan tour leader will join your group in Kansai International Airport and escort you throughout the tour to the end.
02	Your Walk Japan tour leader is an experienced guide, knowledgeable about Japan and the Japanese, and fluent in English and Japanese.
03	Meals provided in the tour are noted in the itinerary above. Japanese cuisine is as varied as it is high in quality.
04	We stay at traditional Japanese inns and western business hotels throughout the journey.
05	Drinks are not included in the price of the tour. However, water and green tea are provided with most, if not all, meals.
06	Entrance fees for visits with your tour leader to museums, etc. are included when accompanied by a Tour Leader.
07	Luggage: As there is no porter service in Japan one medium-sized suitcase plus a daypack is advised. All participants must be able to smoothly and comfortably carry and move with their luggage; baggage less than 15kg (33lbs) is recommended for the journey.
08	This itinerary is subject to change.

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WALK JAPAN AND THE COMMUNITY PROJECT

Walk Japan

Established in 1992, Walk Japan is an independently owned and managed travel company that enlightens and enriches its guests on walking tours through many less-travelled regions of Japan from Hokkaido in the nation's far north to Okinawa in its far south. Walk Japan's pioneering tours evolved from study trips run by two Hong Kong University academics and since then, Walk Japan's Tour Leaders have guided many tens of thousands of people from around the world through Japan's natural beauty, history, society and culture that is otherwise often difficult to access and fully appreciate.

Community Project

Walk Japan's Community Project endeavour has grown beyond our wildest dreams since we established it in 2007. Whilst our tours, which go to many rural areas throughout Japan, bring economic and societal benefits to the locals, our Community Project is doing the same in a concentrated and much more broadly based fashion reinvigorating and providing a sustainable future for Ota, our home village on the Kunisaki Peninsula in Oita Prefecture.

Our Project has its origins in our CEO's long-held desire to live in the countryside. He moved to Kunisaki in 2002, and began farming, helping his neighbours and caring for his first piece of land, a forest, he had purchased. About the same time, he also took on running Walk Japan and established the company's first permanent office, a small room in his home.

Since then, our Community Project has grown significantly both in size and scope. We now farm a significant area, at least by usual Japanese standards, for rice, wheat and shiitake mushrooms, and have many hectares of forest, both natural and legacy *kunugi* oak and cedar plantations. We have taken on many *akiya* vacant properties, which are a large and growing problem in Japan, revitalising and repurposing them for a variety of uses including as accommodation for families and visitors, offices, places to gather and for schooling.

A significant number of Walk Japan's staff work in our offices here, an area where there is otherwise little prospect for good and gainful employment. We also provide tuition in the English language, which is sorely needed in the village, for our colleagues and neighbours' children.

We know that others have moved to the area, not least to work with us, but also, inspired by what we have achieved, to establish their own lives and businesses in the area. These include both Japanese and non-Japanese people from around the world. At any one time, we have more than ten different nationalities working together providing a vibrant and most unexpected buzz in a deeply rural community. When colleagues visit from our other offices in Japan and around the world, the number of countries represented easily surpasses twenty.

We welcomed our first volunteer to the Community Project in 2011, since then the number of volunteers and other guests, Japanese and international, has grown significantly. These include the British Ambassador, university researchers and students, bureaucrats, business people and the world's media.

We have achieved a great deal since 2002, but there is still much more to do. Rural decline, mainly a result of depopulation, is a serious issue for Japan and a growing number of countries around the world. We have made a start but there is much more for us and many others elsewhere to do to arrest the situation. We make regular updates on our progress and new developments in our newsletter and through social media so please do check them out and join in.

Participants on our Kunisaki Trek, Kunisaki & Yufuin Walk, and Kunisaki Retreat tours and School Trips visit the Community Project and see for themselves what we are up to - the students also join in. However, anyone interested is welcome to come and see for themselves and, if they wish, join in as a volunteer. For more information please visit **Walk Japan Community Project.**

Wilbraham & Monson Academy Program

MAP

Established in 1992, Walk Japan is an independently owned and managed travel company that enlightens and enriches its guests on walking tours through many less-travelled regions of Japan from Hokkaido in the nation's far north to Okinawa in its far south. Walk Japan's pioneering tours evolved from study trips run by two Hong Kong University academics and since then, Walk Japan's Tour Leaders have guided many tens of thousands of people from around the world through Japan's natural beauty, history, society and culture that is otherwise often difficult to access and fully appreciate.

WALKJAPAN

The pioneer of off-the-beaten track walking tours in Japan