

16 October 2025: Arriving into Tokyo

Arriving at Haneda International Airport in Tokyo, Japan. After custom formalities and baggage claim, Oko & Hiroka will greet you. They will assist you to transfer to the hotel (travel time is 60 minutes). Check-in time at the hotel is after 3pm. If you are getting to the hotel directly, we will meet you at the hotel before dinner. Dinner starts at 6pm to begin the retreat. *Stay in Tokyo*

17 October 2025: Asakusa

After breakfast, we will visit the serene town of Asakusa. We will take an early morning walk at Sensoji, where you can feel the good old, Edo-period atmosphere. There are many shops along the main street. You can enjoy shopping, snacking, and more! In your free time in the afternoon, you might want to visit the Sky Tree for a great view of Tokyo from the observation floor. Dinner is free of your choice. *Stay in Tokyo*

18 October 2025: Tokyo

After breakfast, we will continue exploring Tokyo and visit Shibuya, which you have probably seen on TV or in films. Shibuya Crossing is one of Tokyo's most recognized and most busy sights. We'll have a night boat tour by the Sumida river. Lunch is free of your choice. *Stay in Tokyo*

19 October 2025: Mt Fuji

After breakfast, ride a bus to Mt Fuji Area. We will visit a site where we will be able to see beautiful Mt Fuji nearby. *Stay in Mt Fuji Area*

20 October 2025: Nagano

After breakfast, we will depart for Nagano. We will enjoy lunch near Zenkoji Temple, and walk around the temple after. We will enjoy lunch near Zenkoji, and walk around the temple after. *Stay in Nagano*

21 October 2025: Nagano

After breakfast, we will venture through one of Japan's well-hidden treasures, Togakushi. It is surrounded by old trees and forests. We will then take a short hike up to the shrines, where you can smell an amazing earthy scent along the way. We'll experience making local food "Soba noodles" for lunch. *Stay in Nagano*

22 October 2025: Nagano

We'll have breakfast, and then visit a temple where we can try Japanese calligraphy, practice yoga, and will have an opportunity to listen to a monk's Sermon. Lunch is provided at the temple. Dinner is free of your choice. *Stay in Nagano*

23 October 2025: Obuse

We will take a morning walk after breakfast, where we will visit Obuse, to see the Katsushika Hokusai Museum. Obuse is famous for chestnuts in autumn. Enjoy fresh roasted chestnut or marron cake if you like. *Stay in Nagano*

24 October 2025: Tokyo to Home

After breakfast, and farewell meeting, check out time is 10am. We'll arrange a transfer for you to Haneda Airport (*approx 3hr30min from hotel*). Lunch is free of your choice.