

Tour Name		INFOM 2025 Shinrin-Yoku Experience				
period		September 28, 2025 (Sun) ~ October 1, 2025 (Wed) 3 nights 4 days			Number	Up to 20 people
	time	City	transportation facilities	Date	meal	
1	9/28 (Sun)	Akasawa Natural Recreation Forest	Private Bus	15:00 Depart from Akasawa Natural Recreation Forest Arrival in Saku city Dinner will be around the hotel	Dinner○	
				Planned stay: Saku city		
2	9/29 (Mon)	Saku	Private Bus	Departure from the hotel Morning: Shinrin-Yoku lecture by Chairman Imai Afternoon: Shinrin-Yoku at "Hirao Forest" After the event: visit to the Nose Face Inari Shrine, Pinkoro Jizo, and Tatsuoka Castle Goryokaku (If we have any time) After sunset, visit the star dome and watch the starry sky Return to the city for dinner.	Breakfast ○ Lunch ○ Dinner○	
				Planned stay: Saku city		
3	9/30 (Tue)	Saku Anchu	Private Bus	Departure from the hotel Morning: Shinrin-Yoku at "Kasuga Forest" in Saku City, Nagano Prefecture Afternoon: Visit to Teishoji Temple (Zen meditation experience if possible), Dinner after arriving at the hotel.	Breakfast ○ Lunch○ Dinner ○	
				Planned stay: Annaka City		
4	10/1 (Wed)	Kanra-cho Tokyo	Private Bus	Departure from the hotel Morning: Shinrin-Yoku in Kanra Town, Gunma Prefecture Afternoon: "Kanracho" Konjac Park "Handmade Konjac Experience" 15:00 Depart for Tokyo. 19:00 Arrive at Shinjuku Station, 19:30 Arrive at Tokyo Station	Breakfast ○ Lunch○ Dinner	

Bus company:nittu Kokusai kikaku or sunshine boueki

Shinrin-Yoku Experience fees after the seminar and workshop

The price is 240,000 JPY for 2 people in 1 room, +24,000 JPY for 1 person in 1 room.