

Tour Name		Nagano Prefecture Shinrin-Yoku Tourism			
		Sunday, October 27, 2024 ~ Wednesday, October 30, 2024 3 nights 4 days		participants	20 peoples
DAY	DATE	Metropolis	transportation	Itinerary	Meal
1	27/10/2024 (SUN)	Yamanashi Kofu Lake Suwa	Private Bus	16:00 After the workshop in Kofu, take a bus to Lake Suwa.□ 17:30 Arrive at the hotel. After check-in, dinner. 【Lake Suwa】Kamisuwa Onsen Sosen no Yado Suhaku https://www.suhaku.co.jp/en/	Dinner: ○
2	28/10/2024 (MON)	Lake Suwa — Akazawa — Achimura	Private Bus	08:30 Check-out and departure from the hotel 10:40 Shinrin-Yoku in "Akasawa Natural Recreation Forest" 12:30 Lunch in the forest 1:40 End of workshop 16:00 Depart for the hotel 18:00 Arrive at the hotel, check in, dinner 【Hirugami】 Hotel Hirugami Grand Tenshin https://hirugami-tenshin.jp/	Breakfast: ○ hotel Lunch: ○ Lunch Box Dinner: ○ hotel
3	29/10/2024 (TUE)	Achimura	Private Bus	08:30 Departure from the hotel 08:50 Arrive at Heavens Sonohara Ropeway platform 09:20 Arrive at Sonohara and go to the therapy road "Iwana no Mori" 09:40 Start Shinrin-Yoku 12:00 Lunch in the forest 13:30 Return by ropeway 13:50 Return to the bus stop and take the bus 14:00~15:00 shinanohiei Temple, sitting meditation(zazen experience) (Visiting the fire that has been lit by Enryakuji Temple on Mt. Hiei and has never extinguished for over 1200 years) 17:10 Arrive at the hotel 17:30-19:30 Dinner *If you wish, we will guide you to stargazing (Namiiai Park) *Separate fee will be charged. 【Hirugami】 Hotel Hirugami Grand Tenshin	Breakfast: ○ hotel Lunch: ○ Lunch Box Dinner: ○ hotel
4	30/10/2024 (WED)	Achimura - Matsukawa - Tokyo	Private Bus	09:00 Departure from the hotel 09:40-13:30 Shinrin-Yoku at "Oyorite no Mori" 18:00 Arrive at Shinjuku Station 18:40 Arrive at Tokyo Station	Breakfast: ○ hotel Lunch: ○ Lunch Box Dinner: ×

If we can't go to "Iwana no Mori" on the 29th, change it to "Oyorite no Mori", and change "Iwana no Mori" on the 30th to "Shinshu Oshiba Kogen Minna no Mori" in Minami-Minowa Village.