

# Walking in Japan - Izu Peninsula and Tokaido Trail

24 October - 7 November 2024

14 nights

## TOUR OVERVIEW

The first part of the tour is an exploration of the fascinating Izu Peninsula, one of the most unique geological areas on Earth. Although only 150km from the giant metropolis of Tokyo, Izu – with its distinctly different landscape and climate akin to a sub-tropical island – is a world away from the capital. Izu was created by the tectonic forces that still shape the Japanese islands and the result is a fascinating geological treasure trove for us to explore and enjoy.

On the 'Izu Peninsula Trail' you will weave your way through coastal walks, tiny fishing villages, and ancient shrines with the Pacific Ocean providing the backdrop and on clear days you will be able to catch spectacular views of Mount Fuji.

The trail weaves its way south along the peninsula's east coast and mountainous central spine to its southernmost tip at Cape Irozaki, before returning north along the west coast to Shuzenji, a charming and atmospheric onsen thermal hot spring resort town.

The second part of the tour is walking the Tokaido, the greatest of Japan's ancient highways. A tour through the heartland of Japan, it is also a journey through the very core of Japan's history, culture, and society to the present day. The old road played such a pivotal role in the development of the nation that every Japanese person knows of it.

The Tokaido Shinkansen bullet train thunders between Tokyo and Kyoto at 285km per hour in a little over two hours, hardly affording time to contemplate its much older namesake. Our significantly more leisurely journey connects the best remaining sections of the Tokaido, taking you through towns and along paths seemingly forgotten since the days when it was the major transport artery through Japan. We explore on foot and also on Japan's excellent public transport system following travelers of old, including the great emperors and powerful shoguns who shaped Japan, samurai warriors marching to battle, and the everyday folk who were permitted to leave their villages perhaps only once in their lives.

This is an excellent tour choice if you have already visited Japan and want to explore some new areas in depth, it is a good complement if you have already done our Nakasendo Way tour. A hallmark of our Japan walking tours is the excellent onsen accommodation, knowledgeable local guides, and exquisite food. Many of the dinners on the tour are multiple courses and the presentations are works of art in themselves.



## TOUR HIGHLIGHTS

- A unique experience that offers insights into Japanese culture, people, society and history.
- Boutique accommodation in small, family-run inns.
- Traditional Japanese formal multi-course meals.
- Getting off the beaten track, enjoying the walks and seeing some lesser-known parts of Japan.
- Walk the Izu Peninsula Geo trail and experience unique geology and landscapes
- Enjoy soothing onsen baths at the end of your walking days.
- A free afternoon in Tokyo to explore.

## IS THIS TOUR FOR ME?

### Walking:

The Izu Peninsula section of the tour has easy to moderate daily walking distances varying from 5 to 12 km. The route is mostly on uneven forest and mountain trails, including steeper climbs and descents. The pace is easy to moderate and there is no rush to negotiate any climb. The Tokaido Trail section follows the most interesting and enjoyable parts of the old highway at an easy to moderate walking pace at distances of between 8–12km each day. Hill passes are a feature but they are not high, with gentle to moderate inclines that can be completed at a leisurely pace.

This tour is suitable for anyone who can comfortably walk for three to four hours. In general, the route is gently undulating but also includes some short, steeper climbs. You will be walking most days and although the distances are not as long as some of our other walking tours you still need to be fit, able to walk on uneven terrain, and have the stamina to walk every day for two weeks to enjoy this tour. Our main baggage is sent ahead every morning so that we only take what is needed for each day's walking (snacks, raincoat etc) in small backpacks.

### Food:

Japan is a foodie's paradise and the quality and variety of the meals is a feature of our walking tours in Japan. If you are a 'plain' eater or do not enjoy Japanese and Asian food this tour will not be for you. On the Izu Peninsula section, we are right on the coast so seafood will be a feature of most dinners. Depending on seasonal availability our meals may include local delicacies such as spider crab, squid, lobster, sea bream. If you love fresh beautifully presented food then this tour is for you!

## TOUR PRICE

Share twin per person	NZD \$15,990	<i>Ex Auckland</i>
Single supplement	NZD \$2,290	

Please contact us if you are interested in a single occupancy place as these are extremely limited

**GROUP SIZE** Minimum 8, maximum 13

**VARIATIONS IN TRAVEL** We can make arrangements for any travel you would like to do before or after this tour, or book premium economy and business class flights. Please contact us to discuss your requirements.

[CLICK HERE TO BOOK ONLINE](#)

## TOUR MANAGER: Annemarie Robb

Annemarie has traveled widely and is always looking for the next adventure.

She is a 'people person' and natural story-teller and loves the camaraderie that travel brings. Her interests are wide and varied from biking, tramping, kayaking, and the theatre and the arts. Annemarie has a lively sense of humour and her zest for fun and life in general is infectious.



## TOUR INCLUSIONS

- The services of a Calder & Lawson tour manager
- Economy class airfares
- 14 nights accommodation in Japan
- Breakfast daily and other meals as specified in the itinerary
- Luggage transfers between accommodation
- All group transfers
- Admissions as detailed in the itinerary
- All tips for national and local guides
- Pre-tour material

## TOUR EXCLUSIONS

- Airline taxes
- Personal expenses
- Travel insurance
- Meals not specified in the itinerary
- Beverages during included meals, unless specified
- Hotel portorage.

# DAILY ITINERARY

## Thursday 24 October 2024

### Auckland - Tokyo

Meals: In flight

Overnight: Tokyo

Depart Auckland in the morning on your direct flight to Tokyo. You will arrive in the early evening and have an overnight stay in a hotel close to Tokyo airport.

## Friday 25 October

### Tokyo - Ofuna

Meals: B/D

Train: 2 hr

Walking: 6km

Overnight: Ofuna

Transfer to Ofuna by train, upon arrival, you will head off to explore nearby Kamakura, the first samurai capital of Japan founded by the Minamoto Clan. Zen Buddhism, which was brought to Japan along with tea by the monk Ei-sai, became intimately related to the samurai warrior class. It first found prominence at Kamakura and many serene Zen temples dot this pleasant seaside town. At any time of the year, the temples are a profusion of seasonal flowers and foliage. In Kamakura you will take a leisurely 6km hike through the wooded hills to reach the famous Great Buddha (Daibutsu) visiting Zenirai Benten, a shrine dedicated to the goddess of fortune, along the way. Upon arrival view the Daibutsu, one of Japan's most famous Buddha statues, and spend some time soaking up the serene atmosphere. You then visit Hase-dera, a famous Zen temple, before returning to your hotel in Ofuna. Enjoy a welcome dinner with the group this evening.

## Saturday 26 October

### Ofuna - Hakone - Atami

Meals: B/D

Walking: 8km,

Elevation gain: 610m

Overnight: Atami

Depart for Hakone, where you walk over one of the Tokaido's most famed passes. Here, part of the route still retains the ishيداتami paving stones from the Edo Period. Near the top of your climb, you can rest at an atmospheric thatched teahouse redolent of an earlier age before cresting the pass and descending to Lake Ashi-no-ko through an avenue of towering, centuries-old namiki cedar trees. At the lake shore, weather permitting, enjoy an iconic view across the waters to Mt. Fuji. In the Edo Period, Hakone was also known for its sekisho barrier station, a checkpoint that controlled passage along the old highway; a place to be feared by travelers lacking the appropriate credentials. You visit the reconstructed sekisho and associated excellent museum before journeying on to Atami for your first night in Japanese-style accommodation with onsen thermal hot spring baths.



# DAILY ITINERARY

## Sunday 27 October

### Atami - Jogasaki Kaigan - Atagawa Onsen

Meals: B/D

Walking: 5km,

Elevation gain: 126m

Overnight: Atagawa Onsen

After breakfast, you transfer to Izu Kogen station and visit a small geological museum adjacent to the station, which provides an introduction to the Izu Peninsula, before setting off on today's walk. You stroll through a residential area before quickly reaching a small port, where fishermen and divers congregate, on the Jogasaki Kaigan. This beautiful, jagged coastline of bays and promontories composed of towering columnar jointed rock was created by lava flows 4,000 years ago from Mt. Omuro, a now dormant volcano. Wind-blown pine trees on the cliff tops create the classic scenery found in traditional Japanese art. The rugged path follows the coast, crossing an elegant suspension footbridge slung between two rocky headlands. Another headland with views stretching up and down the coastline and over the Pacific Ocean serves as your lunch spot. Your walk today is accompanied by the sound of waves crashing against the rocky cliffs and echoing through sea caves. Nichiren, one of Japan's most influential Buddhists and founder of the Nichiren sect, landed here when he was exiled in 1261. His exile is a reminder that, although our journey here has been easy, the Izu Peninsula was until relatively recently a remote, inaccessible region. Transfer to your accommodation, a hotel perched on a coastal cliff with open-air onsen thermal hot spring baths, which provide great views over the Pacific. Enjoy a sumptuous evening meal in the hotel.

## Monday 28 October

### Atagawa Onsen - Amagi Highlands - Yugashima

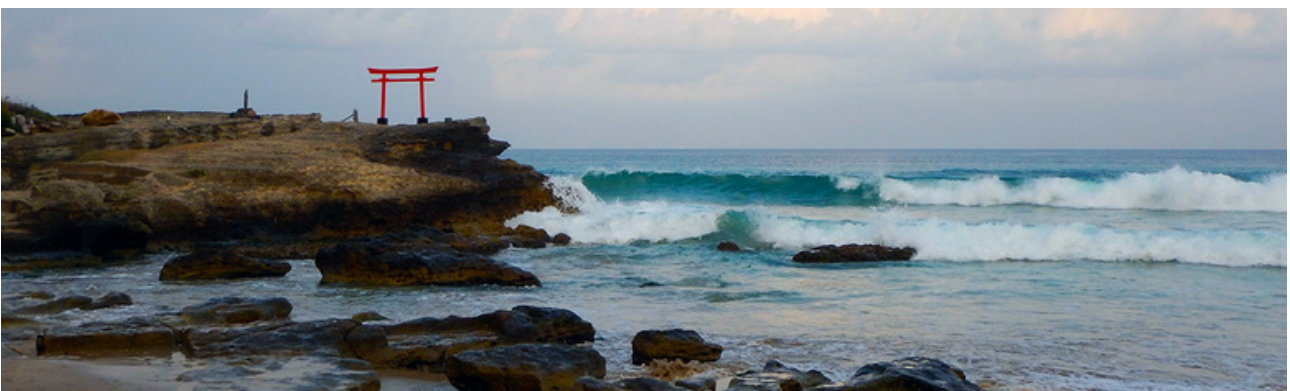
Meals: B/L/D

Walking: 12km

Elevation gain: 222m

Overnight: Yugashima

Transfer by taxi to the Amagi Highlands situated in the middle of the mountain range, which rises like a spine along the length of the Izu Peninsula. An ancient highway following this spine led to the once strategically important port at Shimoda, located near the furthest southern extent of the peninsula. Your walk today largely follows the route of this old road and begins at the atmospheric Amagi Tunnel. Completed in 1904 using the distinctive local stone, this 445m tunnel circumvents a very difficult section of the old road and significantly eased travel across the Amagi Highlands. The tunnel was also made famous in Japan by Nobel-winning author Yasunari Kawabata, who featured it in his classic, semiautobiographical short story *The Izu Dancer*. You make a gentle descent through forests and alongside streams, taking in a giant cedar tree and the basalt cliffs of Joren Falls, before arriving in Yugashima, a quiet onsen village. Enjoy dinner, which is served by the friendly staff of the traditional inn, after a leisurely and relaxing soak in revitalizing volcanic waters.



# DAILY ITINERARY

**Tuesday 29 October**  
**Yugashima - Kawazu**  
**Nanadaru - Shimoda -**  
**Iritahama**

Meals: B/L/D

Walking: 5km

Elevation gain: n/a

Overnight: Iritahama

Today, your walk follows the route trodden by the hero of Kawabata's story. Varying between rough track, mountain trail, and paved footpath, it is largely downhill and presents a relatively easy route to negotiate. Walk past waterfalls and a gorge and en-route you will see wasabi horseradish being cultivated in small fields fed continually by spring water. Wasabi is an essential ingredient of Japanese cuisine and Izu is known for producing the best. After your walk, have lunch at a local restaurant serving delicious soba buckwheat noodles, a popular dish among the Japanese. Transfer by taxi further south to Shimoda, the town where, in 1854, Japan's seclusion from the rest of the world was forcibly breached, leading to the eventual downfall of the shogunate, the end of the Edo period (1603-1868) and the restoration of the Emperor Meiji. En route, you stop off at Shirahama, a sparkling white sandy beach, and its 1,200 year-old shrine. The shrine's torii gate stands lonely and sentinel-like in the face of sea gales and crashing waves: a symbol both of the divine protection offered by the shrine and its embrace of the seas. Nearby surfers seem to pay little heed to it. You can take a gentle stroll around Shimoda, exploring its harbour and back streets and pay a visit to Gyokusen-ji temple where Townsend Harris, first American consul to Japan, lived. Today, Shimoda is a quiet backwater, and the temple and surrounding streets belie the historical events that unfolded here some 160 years ago. Your accommodation tonight is a comfortable modern inn fronting Iritahama, another white sand beach popular with surfers. Onsen baths and a sumptuous dinner in our inn round off your day.

**Wednesday 30 October**  
**Iritahama - Toji - Cape Irozaki**  
**- Matsuzaki**

Meals: B/L/D

Walking: 5km

Elevation gain: 156m

Overnight: Matsuzaki

A stroll before breakfast on the beautiful sandy beach on your doorstep is recommended. Continue your journey to the southern tip of the peninsula and start traveling north along its west coast. En-route the scenery changes from sandy beaches and coves to precipitous, rugged cliffs with the seas churning at their base. A gentle walk this morning along a coastal trail, where you can pause to admire some of the area's unique geological sites. At Toji, encounter an impressive sea cave, the erosion of which has resulted in its ceiling to collapse, leaving a cavity of 50 metres in diameter. Continue on through mountain forest before descending to another, pristine, white sandy beach. Walk to Cape Irozaki, Izu's southernmost point, which offers an impressive viewpoint, also the site of a shrine clinging to one of these cliffs high above the Pacific Ocean. Your accommodation tonight is in Matsuzaki, a lovely town known for its many period buildings graced with traditional black clay tiles and white plaster decorative motifs. You stay tonight at a lovely Japanese inn with onsen baths where you enjoy dinner with the friendly owners. Weather permitting you will see the sun setting over the ocean.

# DAILY ITINERARY

## Thursday 31 October

### Matsuzaki - Arari - Dogashima

Meals: B/D

Walking: 12km

Elevation gain: 570m

Overnight: Dogashima

A short taxi transfer brings you to the start of your walk where you follow an old trail that begins with a climb from woodlands until you reach higher ground overlooking Suruga Bay and walk through fields of aloe vera. Weather permitting, Mt. Fuji's elegant and imposing presence dominates your view. Then descend through verdant forests to Tago, a sleepy fishing village. Depending on the weather you will enjoy a picnic lunch on the quayside or soba buckwheat noodles in a nearby restaurant. From Tago continue to Dogashima, where you walk along a coast lined with spectacularly eroded cliffs. The trail takes you through several coves sheltering fishing communities, up and over cliffs leading to another sleepy fishing town. Transfer back to Dogashima and tonight's accommodation, a modern Japanese inn with onsen hot spring. From the outdoor baths, you have lovely views of the seas and the sunset, before enjoying another feast of local produce for dinner.

## Friday 1 November

### Dogashima - Mt Daruma-San - Shuzenji

Meals: B/L/D

Walking: 7km

Elevation gain: 287m

Overnight: Shuzenji

You have time after breakfast this morning to explore Dogashima at your leisure. Among the deeply weathered cliffs here is a 200m (656ft)-long tombolo, a land bar that surfaces as the sea recedes. The tombolo, which stretches out from the beach below your hotel, allows you access at low tide to a small island. Later, you will visit a family-run business that produces katsuobushi, the dried bonito flakes used extensively in Japanese cooking. One of the last traditional manufacturers of katsuobushi left in Japan, the finished product takes six labour-intensive months to produce. Transfer by vehicle to the west-central highlands of Izu for lunch and your afternoon walk. Panoramic views of Mt. Fuji are a feature throughout this afternoon, especially when we reach the 928m high peak of Mt. Daruma-san, an extinct volcano. We then return to the vehicle to be whisked on to Shuzenji, a small, genteel onsen resort in Izu's hinterland. Your accommodation for the night is a historic Japanese inn established more than 160 years ago and registered as an Important Cultural Property by the Japanese Government. Over the years, it has hosted many of the nation's top writers and artists looking for creative inspiration. The inn is a classic example of the Japanese ryokan, with delightful period buildings and gardens to explore. Its onsen is a particular treat, and dinner is a feast suitable for our last meal on the Izu peninsula.



# DAILY ITINERARY

## **Saturday 2 November** **Shuzenji - Mishima - Kambara** **- Yui - Fujieda**

Meals: B/L/D

Walking: 12 km

Elevation gain: 227m

Overnight: Fujieda

Transfer by local train on the Tokaido Main Line, which largely follows the route of the old highway along the Pacific Ocean coast to Kambara post town. From here you walk to the excellent Tokaido Hiroshige Art Museum to view original woodblock prints. You can also stop to sample sakura ebi, a shrimp delicacy, before continuing on through the post town of Yui and climbing the Satta Pass through citrus groves. One of Hiroshige's most famous illustrations of the Tokaido, incorporating Mt. Fuji, is set at the top of the pass and today you can still enjoy the same view. You make our way down to Okitsu, a post town made famous by Oliver Statler in his book 'A Japanese Inn'. You then transfer by train to your modern accommodation in Fujieda where you stay for two nights

## **Sunday 3 November** **Okitsu - Mariko - Okabe -** **Fujieda**

Meals: B/L/D

Walking: 8km

Elevation gain: 319m

Overnight: Fujieda

After breakfast, depart for the outskirts of Shizuoka City and across the mighty Abe River for a gentle stroll to Mariko post town. Here you lunch on tororojiru grated yam soup, another famed delicacy, at Choji-ya, a restaurant made famous by Hiroshige in his print of the area. Now run by the fourteenth generation of the same family, Choji-ya has been serving tororojiru since 1596. Following lunch, we board a local bus that brings us to the hamlet of Utsunoya and the start of our walk through woods around and over the Utsunoya Pass. Here the original trail has been continually evolving since the Edo Period as new roads were built, each superseding the other to create an intriguing network of braided routes. You circle back to Utsunoya along a narrow river valley and through mixed forests following the Tsuta-no-hoso-michi, a path of even greater antiquity than the Tokaido, before transferring back to Fujieda.



# DAILY ITINERARY

## **Monday 4 November** **Fujieda - Shimada - Nissaka -** **Kurami Onsen**

Meals: B/D

Walking: 11km

Elevation gain: 309m

Overnight: Kurami Onsen

Embark on a walk along the Oi River, one of several very wide rivers that the Tokaido traverses. During the Edo Period, the shogun used these rivers as natural lines of defense, prohibiting the construction of bridges and the use of boats. Instead, travelers were physically carried across on the backs of porters, who waded from shore to shore. You will visit the original crossing site before strolling across the modern bridge and rejoining the old highway. Your walk today is as far as the post town of Nissaka, and takes you through the lovingly maintained tea plantations of the Makinohara Plateau and over a section comprised of original ishيداتami. On the way, pass through the hamlet of Kikugawa, where locals take pride in beautifully preserving their section of the old road. You finish your walk in Nissaka and transfer to nearby Kurami Onsen, where you will stay in an atmospheric inn for the night and have another sumptuous dinner.

## **Tuesday 5 November** **Kurami Onsen - Honzaka** **Pass - Yuya Onsen**

Meals: B/D

Walking: 8km

Elevation gain: 268m

Accommodation: Yuya Onsen

Your walk today takes you along a section of the Honzaka-kaido, a 60km diversion route off the main Tokaido. This road was better known as the Hime-kaido, or Princess Way, as it was used by women avoiding the barrier station at Arai, which was infamous for its strict inspections of female travellers. It also allowed the circumvention of the dangerous crossing between Maisaka and Arai, post towns sited on either side of the inlet between Hamana-ko and the Pacific Ocean. The walk takes you up and over the Honzaka Pass through citrus orchards and natural forests before descending among cedar forests and some vineyards to Suse, once a bustling post town but now a charming, if sleepy, village. From here reboard the vehicle for the last stage of our journey to Yuya Onsen, a delightful village in a pleasant riverside setting. Take a short stroll to stretch your legs before dinner.

## **Wednesday 6 November** **Yuya Onsen - Tokyo**

Meals: B/D

Train: 4 hours

Overnight: Tokyo

Travel by train to Tokyo this morning (local train and then the Shinkansen bullet train to Tokyo). Your hotel is located in the lively Ginza district.

The afternoon is free to explore Tokyo. Ginza is a good place for shopping or you may wish to see a birds eye view of the city from the Tokyo Sky tree. Your tour manager will be available this afternoon and will have options and ideas to make the most of the afternoon.

Regather with the group for a farewell dinner this evening.

## **Thursday 7 November** **Tokyo - Auckland**

Meals: B/in flight

This morning is free to continue exploring Tokyo. Mid-afternoon you'll transfer by shuttle from the hotel to Narita Airport for your overnight flight to Auckland.

You will arrive into Auckland on the morning of Friday 8 November.



## HOW TO SECURE YOUR PLACE ON THIS TOUR

A deposit of \$1,000 is required to secure your place on the tour. When minimum numbers are reached, the tour will become a 'confirmed departure' and your deposit will be non-refundable. At that point we will advise when the tour payment is due.

Click below to complete the online registration form, pay the \$1,000 deposit and your place in this tour is secured. Or you can complete a paper registration form. You can download one from our website [www.calderandlawsontours.co.nz/forms/](http://www.calderandlawsontours.co.nz/forms/) or give us a call and we will email or post one to you.

[CLICK HERE TO BOOK ONLINE](#)

## TERMS & CONDITIONS

Can be found on our website [www.calderandlawsontours.co.nz/forms/](http://www.calderandlawsontours.co.nz/forms/), on the back of the paper registration form or on the summary page when you complete an online registration. There is a 1.5% surcharge if you pay by credit card.

## Izu Peninsula Map



## Tokaido Map

