



Midasia Routes
HAND CRAFTED JOURNEYS AND SEAMLESS LUXURY



Tsumago, on Japan's historic Nakasendo

PRIVATE GUIDED WALKING & HIKING

Japan: The Old Mountain Road

Kyoto, Koyasan and the Nakasendo, privately guided to Tokyo

YOUR JOURNEY

11 days / 10 nights

OUR RECOMMENDED TIME

Late October

Your own party. Your own experienced guide.

THE EXPERIENCE

Follow Japan's old roads into a different way of life.

Discover Japan through its old roads, temple towns and carefully preserved neighbourhoods. Begin in Kyoto, stay at a temple on Koyasan and visit Nara before walking selected stretches of the Nakasendo through the Kiso Valley. Tokyo provides a lively contrast at the end.

Your private guide travels with you through the scheduled programme, handling the connections and introducing the cultural detail along the way. Traditional inns, memorable Japanese meals and thoughtfully arranged luggage transfers make the journey personal and comfortable while preserving the character of the historic route.

JOURNEY HIGHLIGHTS

- | | | | |
|----|--|----|---|
| 01 | Visit Kyoto's gardens and temples with a private cultural guide. | 02 | Stay in a Koyasan temple and walk among Okunoin's cedars. |
| 03 | Explore Nara and climb Mount Wakakusa for city views. | 04 | Walk the classic Magome–Tsumago section of the Nakasendo. |
| 05 | Continue through rural Kiso and over Torii Pass to Narai. | 06 | Meet a lacquerware artisan and enjoy a privately guided Tokyo finale. |

Fully accompanied, from the first welcome to the final farewell.

All scheduled walks, hikes and cultural visits are led by experienced private guides.

ROUTE, SEASON & WALKING LEVEL

Your journey at a glance.

Kyoto, Japan → Tokyo, Japan

OVERNIGHT BASE

NIGHTS

Kyoto	2
Koyasan	1
Nara	1
Southern Kiso Valley	2
Kiso Fukushima	1
Narai	1
Tokyo	2

BEST TIME TO TRAVEL

Late October

Also recommended: Mid-April to May and October to early November.

Late October brings comfortable walking temperatures and the possibility of autumn colour along the Kiso Valley. Mid-April and May offer a fresh green alternative after the higher trail sections have warmed.

WALKING LEVEL

Moderate

Three main trail days cover approximately 6–13 km, with the longest taking 5–6 hours and gaining about 650 m. City visits also involve substantial walking. Paths combine paving, forest trails, old stonework and steps.

THOUGHTFUL CONNECTIONS

Private road transfers simplify the Kyoto–Koyasan–Nara section. Reserved train travel connects the longer intercity sectors, and a vehicle supports the trail days. Luggage transfers are organised so you hike with only your daypack.

Daily distances and elevations are approximate planning figures, not a GPS track. They include the scheduled cultural walking as well as trail sections. Walking times exclude meals, visits and vehicle travel unless stated. Your private guide confirms the day's route and pace.

DAY BY DAY / DAYS 01 / 02

DAY 01

A personal welcome in Kyoto

Your host meets you at the agreed airport or station and accompanies you to your Kyoto hotel. Settle in before a gentle guided walk in the Higashiyama area if time permits. At a welcome dinner, your private guide introduces the route from the temple cities to the Kiso Valley and Tokyo. Dietary preferences, luggage arrangements and the pace of the walking days are discussed personally.

WALKING (APPROX.)

0–2 km

WALKING TIME

Up to 1 hour, optional

DAILY EFFORT

Easy

Terrain / elevation: Level streets with occasional steps

Overnight Kyoto

Connections Private transfer from Kansai airport or Kyoto station

Meals Dinner

DAY 02

Kyoto's gardens and temple landscapes

Begin in Arashiyama with your guide, visiting the bamboo landscape and Tenryu-ji's garden before lunch. Continue to Ryoanji and Kinkaku-ji, allowing enough time to enjoy their different settings. Private transfers connect the main districts so the walking is concentrated in the places you came to see. Return to your hotel for a comfortable break before an included Japanese dinner.

WALKING (APPROX.)

8–10 km

WALKING TIME

3–4 hours walking within a full cultural day

DAILY EFFORT

Easy to moderate

Terrain / elevation: Mostly gentle paths; temple steps

Overnight Kyoto

Connections Private city vehicle with short local connections

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 03



DAY 03

Okunoin, Koyasan

The cedar-lined approach through Okunoin, Koyasan | Day 3

DAY 03

Koyasan and a temple overnight

Travel into the Kii mountains to Koyasan. With your private guide, explore Kongobu-ji and walk among the cedar trees and memorials of Okunoin. The quieter pace and mountain setting make a memorable change from Kyoto. Settle into your temple lodging, where a traditional Buddhist vegetarian dinner is served. Your guide explains the etiquette and the opportunity to attend the early service the following morning.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
6–7 km	3 hours	Easy to moderate

Terrain / elevation: Temple steps and gently sloping paths

Overnight Koyasan

Connections Private road transfer, about 3 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 04 / 05

DAY 04

Nara's shrines and Mount Wakakusa

Join the temple's morning observance if you wish, then enjoy breakfast before travelling to Nara. Walk with your guide through the park and the lantern-lined approaches to Kasuga Taisha. After lunch, follow the paths and steps up Mount Wakakusa for a broad view over the city. Return to your Nara hotel for dinner. A shorter accompanied hill option can be arranged in advance for a gentler pace.

WALKING (APPROX.)

8 km

WALKING TIME

3.5–4 hours

DAILY EFFORT

Moderate

Terrain / elevation: About +220 m / –220 m on the hill walk

Overnight Nara

Connections Private transfer, about 2–2.5 hours

Meals Breakfast, lunch and dinner

DAY 05

Todaiji and the journey to Kiso

Visit Todaiji with your guide in the morning, taking time to appreciate the Great Buddha and the scale of the temple hall. After an early lunch, travel by reserved trains towards the Kiso Valley, with your guide managing the connections. The scenery gradually changes from urban districts to wooded hills and small settlements. Your luggage is delivered to the inn, where a welcoming Japanese dinner completes the day.

WALKING (APPROX.)

5–6 km

WALKING TIME

2–3 hours

DAILY EFFORT

Easy to moderate

Terrain / elevation: Temple paths and station walking

Overnight Southern Kiso Valley

Connections Reserved rail connections, about 4–5 hours total

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 06 / 07

DAY 06

Magome to Tsumago on the Nakasendo

Explore Magome with your guide before joining the old road towards Magome Pass. The trail moves between small settlements, woodland and preserved sections of the historic route. Pause for refreshments and lunch along the way, then descend towards Tsumago. Enjoy time among its traditional wooden houses and small craft shops before a short private transfer to your inn. Dinner is included after this classic Nakasendo walking day.

WALKING (APPROX.)

8–9 km

WALKING TIME

3–4 hours

DAILY EFFORT

Moderate

Terrain / elevation: About +330 m / –430 m

Overnight Southern Kiso Valley

Connections Short private trailhead transfers

Meals Breakfast, lunch and dinner

DAY 07

Rural Kiso to Nenoue Pass

Continue from the Nagiso area along a quieter section of the old Nakasendo. Your guide leads you past fields, village gardens and forested stretches as the route climbs towards Nenoue Pass. A picnic and regular refreshment breaks keep the day enjoyable. Meet the private vehicle where the walking section ends and continue to Kiso Fukushima. A ryokan dinner and Japanese bathing facilities provide a comfortable finish.

WALKING (APPROX.)

13 km

WALKING TIME

5–6 hours

DAILY EFFORT

Moderate to challenging

Terrain / elevation: About +650 m / –230 m

Overnight Kiso Fukushima

Connections Private trailhead and finish transfers, about 2 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 08



The preserved post town of Narai | Day 8

DAY 08

Torii Pass and the streets of Narai

Reach Yabuhara with your guide and begin the ascent towards Torii Pass. The forested trail offers a satisfying final pass crossing before the descent to Narai. After lunch, walk through this beautifully preserved post town, learning how its buildings served travellers along the old road. Stay in a characterful traditional inn and enjoy an included dinner, with time to appreciate the quieter streets in the evening.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
6–7 km	3–4 hours	Moderate

Terrain / elevation: About +345 m / –270 m

Overnight Narai

Connections Short train or private road connection to Yabuhara

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 09 / 10

DAY 09

Lacquerware traditions and Tokyo

Visit a lacquerware workshop in the Hirasawa area with your guide, meeting an artisan where appointments allow. Learn about the materials and skill behind the local work before travelling to Tokyo by reserved rail connections. Your guide accompanies the journey and the hotel transfer. After settling in, enjoy a short accompanied orientation walk and dinner in a selected restaurant.

WALKING (APPROX.)

2–3 km

WALKING TIME

1–1.5 hours

DAILY EFFORT

Easy

Terrain / elevation: Village lanes and station walking

Overnight Tokyo

Connections Reserved rail travel, about 3.5–4 hours

Meals Breakfast, lunch and dinner

DAY 10

Tokyo's old and new faces

Spend the day with your private guide exploring contrasting parts of Tokyo. Walk in the Nihonbashi and Ginza districts, visit accessible Imperial Palace grounds and continue to the wooded setting of Meiji Shrine. Lunch and comfortable transfers break up the sightseeing. Finish with a look at Shibuya before returning to your hotel. A special farewell dinner celebrates the journey from temple towns to the capital.

WALKING (APPROX.)

8–10 km

WALKING TIME

3–4 hours walking within a full cultural day

DAILY EFFORT

Easy to moderate

Terrain / elevation: Mostly level streets and garden paths

Overnight Tokyo

Connections Private city vehicle with local rail where useful

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 11

DAY 11

Departure from Tokyo

Breakfast and a private airport transfer are arranged around your flight. Your guide and driver coordinate the final luggage and departure details, bringing the eleven-day journey to a comfortable close. Additional nights in Tokyo or a further privately guided Japanese journey can be arranged if you would like more time in the country.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
0 km scheduled	No scheduled walk	Rest / travel

Terrain / elevation: None

Overnight Departure

Connections Private transfer to Haneda or Narita airport

Meals Breakfast

Travel on your terms.

We can arrange extra nights, private transfers and an accompanied extension around your preferred departure. Tell us what would make the journey feel complete for you.

THE MIDASIA ROUTES DIFFERENCE

Your private journey, cared for.

Every scheduled walk, hike and cultural visit is accompanied. Your guide handles the route and timing, with specialist mountain or local site guides where needed. Private means your own travelling party, with the arrangements shaped around your interests and walking ability.

YOUR STAYS

Comfortable city hotels, traditional ryokans and a Koyasan temple lodging. Tatami rooms, futon bedding and Japanese-style bathing are part of selected stays. Room and bathroom arrangements are agreed before booking; temple facilities differ from a conventional luxury hotel.

YOUR ARRANGEMENT INCLUDES

Private guides and personal arrival assistance; the stated accommodation and meals; private road transfers; listed regional flights, trains, ferries and cable cars; scheduled visits, entrance fees and activities; luggage handling and trail refreshments.

ARRANGED SEPARATELY

International flights to the starting city and home from the finishing city; travel and medical insurance; passport-dependent visa fees unless specified in your proposal; personal shopping, laundry, alcoholic drinks and discretionary gratuities.

We confirm the named hotels, room arrangements and operating details in your personal proposal. Park visits, scheduled transport and public heritage sites may be shared with other visitors; your party remains accompanied by its private guide.

PLAN YOUR PRIVATE JOURNEY

A remarkable journey, arranged around you.

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