

**Currently Accepting Applications!
Free Kamikochi Tours for Members of
the "Mountains of Central Japan" Tour**

The website "Sacred Highland Kamikochi", in cooperation with the Tokyo-based travel company, Quest Japan Ltd., is offering a free cultural tour of Kamikochi to those who join Quest Japan's 14-day "Mountains of Central Japan" hiking tour.

This optional 90-minute addition to the 14-day tour includes a grilled-fish meal over an 'irori' (a traditional hearth), a visit to a shrine, and splendid walks through the forest. The 'irori' meal and admission fees at the shrine will be provided free-of-charge.

To participate in this optional tour, please send us a request at [info \(at\) kamikochi.org](mailto:info@kamikochi.org). Please post any inquiries on our Facebook page at <http://www.facebook.com/kamikochi>.

■ Outline of the "Mountains of Central Japan" Tour

- Length: 14 Days ※
 - Price: 400,000 Yen ※
 - Contents: This tour is centered on hiking/trekking in the Japanese Alps. In addition, participants will be able to experience historical Kanazawa and its famous Kenroku-en Garden as well as the countless places of interest in Kyoto and Nara. Days 5-8 are based in Kamikochi and the North Japanese Alps that surround it.
- ※ The tour schedule and price depends on the number of participants and is custom-made to such.



- Day 1: Kyoto
- Days 2-3: Kanazawa
- Day 4: Shirakawa-go
- Days 5-8: Kamikochi and the North Japanese Alps
- Day 9: Matsumoto
- Day 10: Kyoto
- Days 11-14: Nara and Mt. Koya

Details can be found at the following link.

<http://www.hikejapan.com/tours/PDF%20itineraries/MOUNTAINS%20OF%20CENTRAL%20JAPAN%202011.pdf>

This is where the optional tour fits in. Check the next page for more details!

■ Outline of the Optional Kamikochi Tour

- Length: 90 Minutes in the Afternoon on Day 5 (Arrival Day in Kamikochi)
- Contents: Taking place during the Kamikochi trekking part of Day 5, participants will visit and experience the traditional culture of Kamonji-goya Hut, Hotaka-jinja Shrine, and Myojin-ike Pond.
- Course:



- ① Kamonji-goya Hut: Taste the delicious salt-grilled 'iwana' (river trout) over the 'irori' (a traditional Japanese hearth) while listening to the story of Kamikochi's legendary hunter, Kamonji, who built this hut.
- ② Hotaka-jinja Shrine: Visit the protecting shrine of Kamikochi and learn how to properly pay homage at such a place.
- ③ Myojin-ike Pond: Visit the holy and quiet area that Hotaka-jinja Shrine extends to.

For those who are not members of the “Mountains of Central Japan” tour, yet want to take part in this optional tour of Kamikochi, it is possible to request a private tour. Private tours, however, are not free-of-charge.

To arrange a private tour, email us with the number of people that wish to join the tour and the desired date/time. After consulting with local guides, we will respond to you with more details.