



Japan is home to some of the most sacred and mystical forests on the planet. Join us as we explore ancient trails of the Kumano Kodo Pilgrimage – a challenging and rewarding pathway that will surely strengthen our bodies and lift our spirits.

November 16: Gather in our hotel in Osaka at 6:30pm for our first outing – dinner and drinks at a delicious local spot in one of the best food cities in Japan. We’ll explore Osaka’s dining district and kick off the trip together.

November 17: After breakfast we head out of the city for our first hike – a 7.5km pilgrimage trail around the perimeter of Koyasan. The ascetic training ground of Koyasan was prohibited to women until 1872, but this incredible path offered great views of the important mountain sites without needing to set foot in areas forbidden to them. We continue on to Koyasan's Okunoin, an inner sanctum that includes the mausoleum to the founder of the Shingon Buddhist sect, Kobo-Daishi. We’ll sleep in a shukubo – pilgrim lodging – and enjoy a delicious *shojin-ryori* vegetarian temple cuisine and an introduction to the spiritual life at Koya-san.





NOVEMBER IN JAPAN

NOVEMBER 16-24, 2019

November 18: We begin our exploration of ancient pilgrimage trails of the Kumano Kodo at Takijiri-Oji, where a steep but not too long a climb to a ridge awaits us. We climb at an easy pace to the top from where the trail is much gentler for the rest of our walk today. Reminders of the old route, including Buddhist statues, line our route along the way.

November 19-24: We continue our trek through as Spiritual Pilgrims, walking our path and bringing ourselves to some of the most jaw-dropping views in the world.

We'll enjoy rigorous hikes, relaxing onsen (hotsprings), magical forests, and ancient Shrines.



On November 22nd, we'll have our most challenging day - the toughest of our journey and includes a 2.5 hour uphill climb that rises 800 metres. The walk continues through forests and along ridges, the path ascending and descending, until we reach the top, from where we can see over mountains to the Pacific Ocean. The trail descends to Nachi Taisha shrine, Seiganto-ji temple and the spectacular Nachi-no-Otaki waterfalls, which have an uninterrupted drop of 133 metres.

This trip is sure to be a life changing experience. I hope you'll join.



Investment: \$7,299