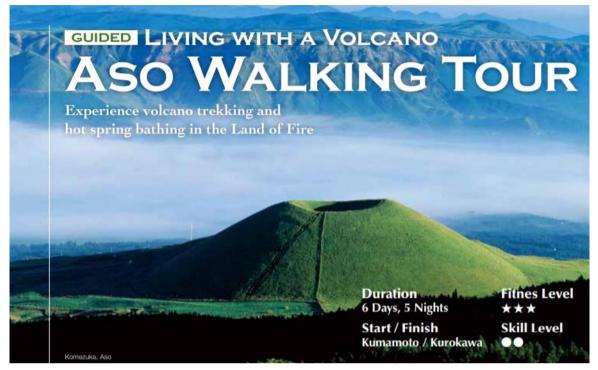
NANDA HOLIDAYS.

Aso Walking Tour 5 Nights 6 Days



Highlights

- See the heartland of Japan in the ancient landscape of Kumamoto, known as the 'land of fire'.
- Hike Mount Aso, Japan's most active volcano and one of the world's largest caldera volcanoes.
- Explore scenic trails in Aso National Park and Aso Geopark, a UNESCO Site.
- Trek Futaenotouge Pass, a historic route once traversed by samurai.
- Eat Kumamoto aka ushi, a Japanese beef renowned for its rich flavor and tenderness.
- Experience the relaxing Japanese custom of bathing in a hot spring.
- Enjoy a traditional Japanese performance of kagura.

Overview

The Aso Walking Tour is a fully guided tour, suitable for anyone who can walk for more than 1 to 3 hours in comfort. This is a 6-day, 5-night tour that will take you through the geographical highlights of Aso, a historical city in Kumamoto Prefecture located in the region of Kyushu. On the surface, Aso is a place of tranquil beauty. Charming villages offer breathtaking views of Mount Aso.

Yet underneath the beauty is a volatile force that cannot be tamed. Dotted with volcanic mountains, Kumamoto Prefecture is frequently referred to as hi no kuni, the "land of fire". Kumamoto is home to Mount Aso, Japan's most active volcano and one the world's largest caldera volcanoes.

> G.C. Nanda & Sons Ltd. 2522 4228 general@gcnanda.com Page 1

Lic 350558



Day 01 Kumamoto – Aso

13:30-14:00 Meet at Kumamoto Shinkansen West Exit Ticket

- **Barriers** Briefing
- 14:00-15:40 Microbus to Aso City
- 15:40-16:40 1.6km walk of Bunga Kaido and Futae no Toge
- 16:40-17:30 Microbus to hotel
- 19:00-20:30 Dinner

Day 02 Aso - Minami Aso

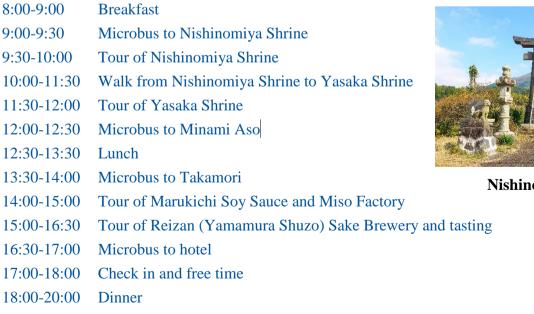
20:30-22:00 Onsen hot spring, free time

Futae no Toge

8:00-9:00	Breakfast
9:00-9:30	Microbus to former girls' school
9:30-10:00	Walking tour from former girls' school to Aso Shrine
10:00-10:30	Tour Aso Shrine
10:30-11:00	Walk back to former girls' school
11:00-11:30	Microbus to Kokuzo Shrine
11:30-12:30	Tour of Kokuzo Shrine and Tombs
12:30-13:30	Lunch
13:30-14:00	Microbus to Mt. Nakadake base
14:00-16:00	2 hour trek of Mt. Nakadake
16:00-16:30	Microbus to hotel
17:30-18:30	Check in, onsen hot spring, free time

18:30-20:30 Dinner

Day 03 Minami Aso – Takamori



Onsen hot spring, free time



Nishinomiya Shrine



Kokuzo Shrine

20:00



Day 04 Takamori – Ubuyama – Namino – Ubuyama

8:00-9:00	Breakfast
9:00-10:00	Microbus to Ubuyama Hot Spring and Higotai Parl
10:00-11:30	Walk from Higotai Park to Ogi rice terraces
11:30-12:00	Microbus to Yamanosato
12:00-13:00	Local Wagyu Beef Lunch
13:00-13:30	Microbus to Ikeyama Fountainhead
13:30-14:30	Walk Ikeyama Fountainhead to Ikeyama Ranch
14:30-15:00	Microbus to Aso Namino
15:00-17:00	Watch kagura performance at Aso Namino
17:00-17:30	Microbus to hotel
17:30-18:30	Check in and free time
18:30-20:30	Dinner
20:30	Onsen hot spring, free time



Higotai Park

Day 05 Ubuyama – Tsuetate – Waita – Oguni – Kurokawa

9:00-10:00Microbus to Tsuetate Hot Spring10:00-11:30Walk around Tsuetate Hot Spring11:30-12:00Microbus to Waita Hot Spring12:00-14:00Tour and lunch at Waita Hot Spring		
11:30-12:00Microbus to Waita Hot Spring12:00-14:00Tour and lunch at Waita Hot Spring		
12:00-14:00 Tour and lunch at Waita Hot Spring		
· · · · · · · · · · · · · · · · · · ·		
(Hot spring steamed chicken and vegetable cooking experience)		
14:00-14:30 Microbus to Houraiyoshimi Shrine		
14:30-16:00 Walking tour from Houraiyoshini Shrine to		
Nabegataki Falls		
16:00-17:00 Microbus to Kurokawa Hot Spring		
17:00-18:00 Check in and free time		
18:00-20:00 Dinner		
20:00-20:30 Microbus to Koibitotachi no Oka (Lovers' hill)		
20:30-21:00 Stargazing		
21:00-21:30 Return to hotel		
21:30 Onsen hot spring, free time		



Tsuetate Hot Spring



Stargazing Kurokawa

Day 06 Kurokawa

8:00-9:00	Breakfast
9:00	End of tour



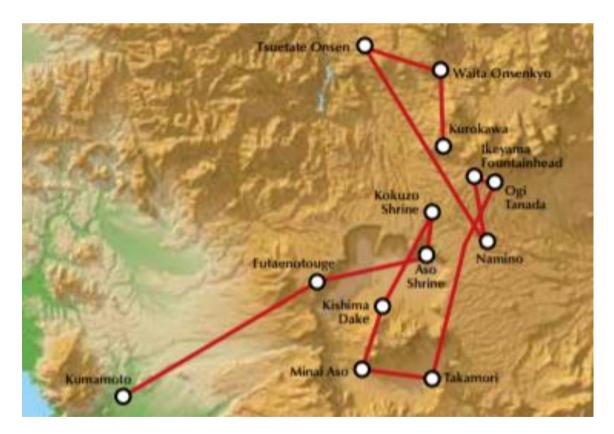
Package Information

Package Includes:

- All transport from starting point to end, and throughout tour by private car or coach
- Professional English speaking guide throughout tour
- All entrance and activity fees during tour
- 05 nights hotel accommodation
- Daily breakfast at hotels
- Daily lunch as specified in itinerary
- Daily dinner as specified in itinerary
- All relevant government taxes

HKD29,180 per person (based on 6 minimum pax) HKD34,480 per person (based on 4 minimum pax) HKD42,280 per person (based on 2 minimum pax)

Do note that we shall tailor the itinerary to suit your needs and budget, we look forward to creating your Bespoke Itinerary.





Some tours we offer focus on nature and the outdoors, there is some level of fitness required, we provide a guide for the level of activity expected for each day. Should you wish to do more / less we can tailor made the tour according to your preference:

Fitness Levels

* You should be OK to carry your own luggage for up to an hour and climb stairs, most long distance travel will be by private car or public transport.

** Additionally to level 1 requirements, you should be able to walk around 5km per day. Longer works are mostly over flat ground and range from 01-03hrs.

*** Additionally to level 1 requirements, you should be able to walk 15-25km per day. Walks may include some hills but not over extended period of times. Walks range from 3-5hrs per day.

Skill Levels

* Walking on roads and stair climbing

** Walking on well-made paths and flat earth surfaces

*** Walking on forest trails which may not be even surfaced. The use of walking poles or sticks is recommended.

**** Walking mountain paths, which may include loose rocks. Walking poles and proper hiking shoes and recommended.