

5days (3days)Adventure Travel in Hiroshima



What does PEACE mean to you?
-Thinking from the people and activities in Hiroshima-

About Hiroshima Adventure Travel



HIROSHIMA
Adventure
Travel

- From 2020, creation of Adventure Travel in Hiroshima started.
- In June 2022, established the predecessor Hiroshima Adventure Tourism Council to promote and raise awareness of AT in Hiroshima and to sell tours.
- October 2023: [Hiroshima Adventure Travel](#) is registered as a legal entity (Registered Travel Service Provision Business).
- From 2024, involved in the Hiroshima Tourism Association's tourism operator platform HYPP project, providing support for the creation and brushing up of new tourism content. **We can handle a wide range of content in Hiroshima.**
- From 2024, we started working towards the **establishment of an AT-focused DMC** with Government for the entire Chugoku region, not just Hiroshima.

Past Initiatives

- **January 2020:** Meeting to start construction of AT in Hiroshima
- **October 2020:** Symposium held to promote awareness in Hiroshima
- **April and June 2021:** Workshops to decide on the concept
- **July 2021 -** Start creating tours
- **October 2021:** First monitor tour
- **October 2022:** Participated in ATWS Lugano
- **January 2023:** 2nd monitor tour
- **February 2023:** AdventureConnect Hiroshima
- **July 2023:** 3rd Monitor Tour
- **September 2023:** Participated in ATWS Hokkaido
- **September 2023:** FAM trip → 1 company contract
- **2024:** Start accepting tours (10 tours)



Guide

- **Kota Kawaguchi - Tour guide**
 - **Freelance travel designer after career in trading firm and start up hotel**
 - **Born in Kagoshima, grew up in USA**
 - **Love to travel and have been to 70 countries and all 47 prefectures in Japan**
 - **Guiding experience, more than 200 times. Highly trusted by wealthy agents.**
 - **Experience on a cycling tour in Hiroshima.**
 - **Close relationships with the local community**



Hiroshima 1945





After 80 years (Hiroshima Now)

Population: 1.2 million

Surrounded by the sea and mountains and nurtured by a rich ecosystem

Hiroshima City



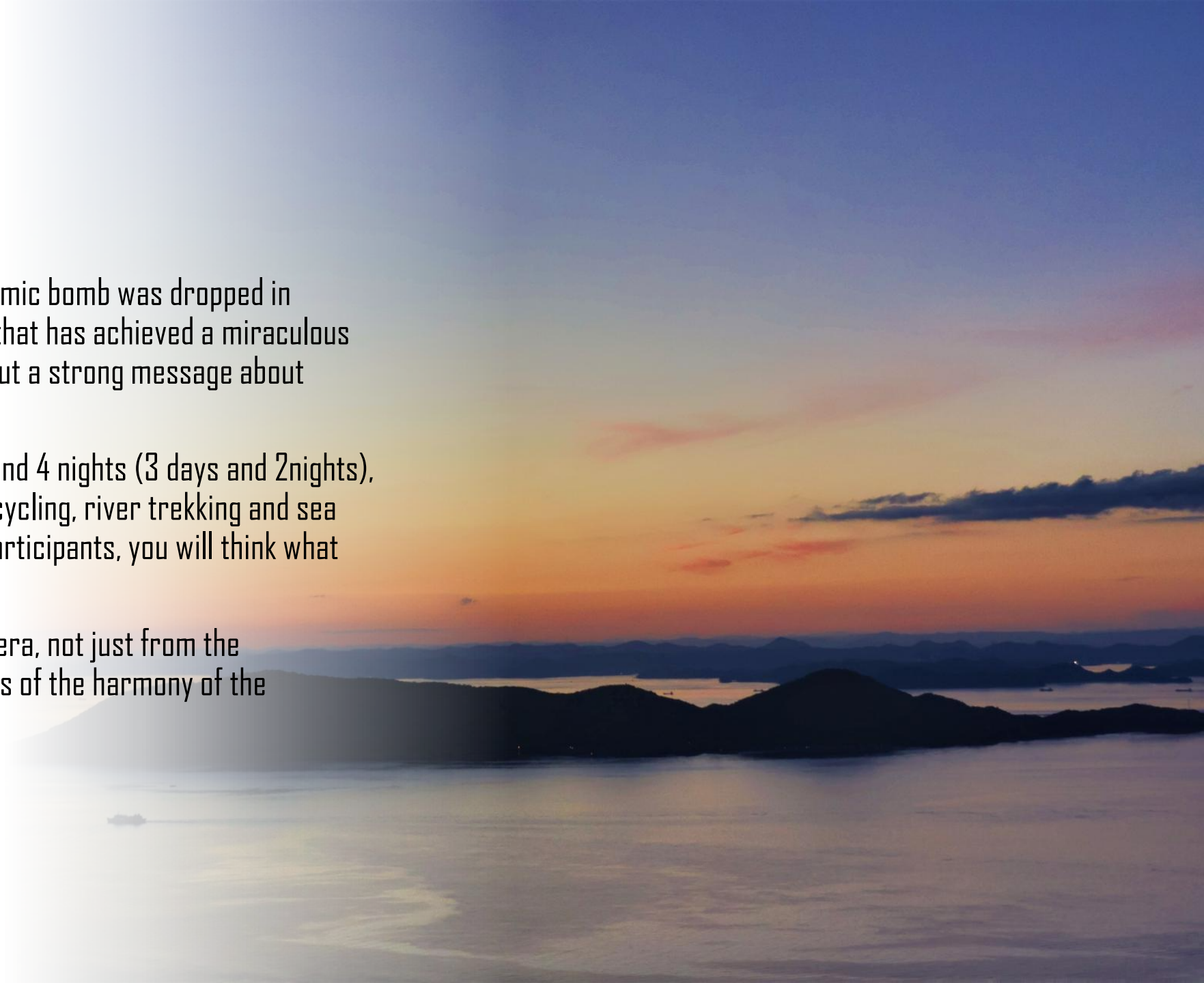
TOUR OVERVIEW

Hiroshima.

It is known as the city where the first atomic bomb was dropped in human history. However, it is also a city that has achieved a miraculous recovery from that, and is now sending out a strong message about peace to the world.

In Hiroshima, over the course of 5 days and 4 nights (3 days and 2 nights), through taking part in activities such as cycling, river trekking and sea kayaking, and deep dialogue with other participants, you will think what peace means to you.

Why not think about peace in the coming era, not just from the perspective of humanity, but also in terms of the harmony of the ecosystem?



What does PEACE mean to you? -Thinking from the people and activities in Hiroshima-

The word “Peace”. Of course, it means a state of no war, but isn't it actually something much broader and deeper?

For example, the beauty of the vast ocean is due to the nutrients flowing from the mountains, which also grow thanks to the rainfall generated by the ocean. Our ordinary lives are also created in harmony with the people around us, the natural environment and our own mental balance, which in turn creates 'peaceful' times.

We often cause conflicts when this balance is upset. Hiroshima was burnt to the ground by the atomic bomb, and we lost our precious, normal days.

However, thanks to the passion of the people and the blessings of the mountains and sea that nurture Hiroshima, the city has recovered and is sending a message of peace to the world, while looking to the future, new challenges are being born. This is a movement that can be described as peace = harmony, not only from the perspective of humanity, but also including the entire ecosystem.

Why not consider the meaning of Peace once again through encounters with people and activities in the mountains, the sea and the city of Hiroshima? The City of Peace.

Video

- Short ver.

https://youtu.be/Q38p90Cw7g4?si=q_8NTaFr93_ikcAR

- Long ver.

<https://youtu.be/gM4Yhqsb7A?si=q1qkHB21LwLChJmr>

Main activity - Sea kayaking to Miyajima

Challenge yourself on a 16 km sea kayak in the Seto Inland Sea, which supports the development of Hiroshima and allows you to experience the ecological cycle of the city. The goal is the torii gate of Miyajima.





Highlight – Peace Cycling



Tripadvisor



Best of the Best 2023

Thanks for your support!

Highlight – River Trekking

Highlight- Mt. Futaba Hiking and outdoor tea-ceremony





**Accommodation
- Etajima-sou (overlooking the sea)**



Accommodation – Shimata Lodge (traditional Japanese house)



**Accommodation : Iwaso
(in Miyajima. Used at the G7 summit.)**



Accommodation – KIRO Hiroshima (City centre of Hiroshima)



Food : Okonomi-yaki

Driving force behind the reconstruction
of Hiroshima



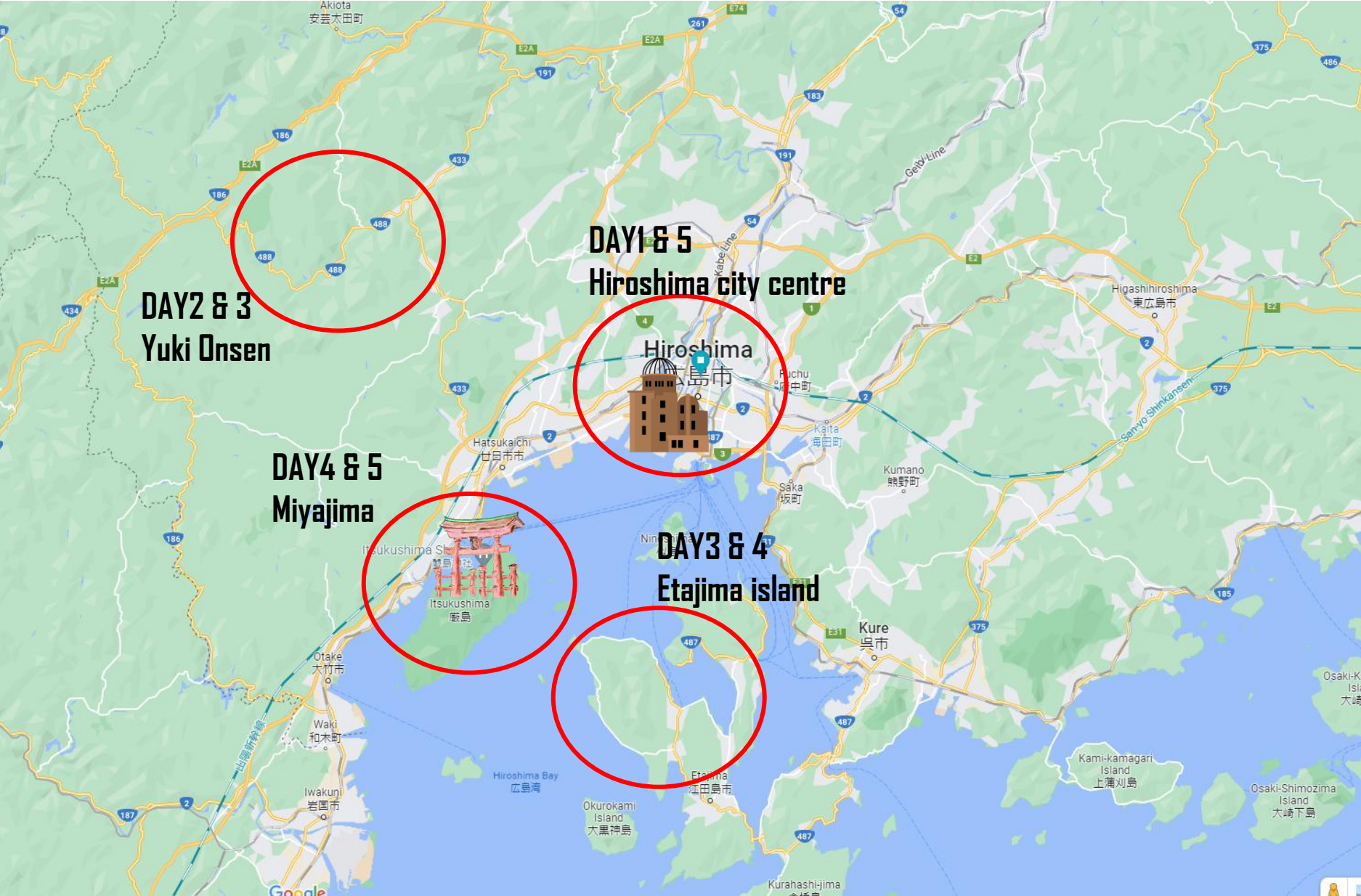


Food : An original French course developed based on our concept (for 5days tour or 3days ocean tour)



5 Days version

Locations



By Shinkansen
Tokyo - 3hr. 54 min
Kyoto - 1hr. 36 min



Overview

■ Location : Hiroshima

■ Main Activity : Peace Cycling, River trekking, Seakayaking to Miyajima

■ Difficulty : 3

■ Duration: : 5 days 4 nights (Can be arranged on request.)

■ Meeting time and place :

11am at Hiroshima Station - In front of the Shinkansen ticket gates.

■ Accommodations :

Day1 : KIRO Hiroshima

Day2 : Traditional Old House in Yuki town

Day3 : Etajima-sou

Day4 : Hotel in Miyajima

■ Dismissal point and time

4.00 pm at Peace Memorial Park (Day 5)

ToB Price

¥450,000 per person (for 8 participants)~¥700,000 per person (for 2 participants)

(Additional charges apply for single occupancy.)

PAX: Min. 2, Max. 8 (Consult with us about the number of people)

Contact Information

Hiroshima Adventure Travel

enjoy@hiroshima-at.org

Dobashi2-21-101, Naka-ku, Hiroshima

Daily Concept & Summary

DAY1

1945 Aug 6th. Learn what happened in Hiroshima that day and feel the 'courage' that rose up after the devastation.

The first day is a day of thinking about peace, looking at the scars of war that Hiroshima bears and the way the city has risen up and kept moving forward in the face of it all.

Activities: Making Okonomiyaki, Peace Memorial Museum, Peace Cycling

DAY2

Feel the sense of symbiosis between people and nature through the origins of Hiroshima and the blessings of mountains.

Learn about how the city of Hiroshima was formed in the first place and about the blessings of the mountains, which are its roots. And to deepen the bonds between the participants of this tour.

Activities: Hiking, River Trekking, Traditional House Stay

DAY3

Experience the ecosystem and great “connection” between Hiroshima and the world while moving from mountains to the sea.

Moving from the mountains to the islands, visitors experience the great circulation of Hiroshima, spun by nature, the city and its people.

Activities: Traditional Cooking, Olive Farm, Stand Up Paddleboard

DAY4

Transcend ourselves and feel hope for future from the biggest challenge on the ocean route that has sustained Hiroshima.

Maritime shipping routes have played a major role in the development of Hiroshima and its post-war reconstruction. Paddle a sea kayak along the route and challenge yourself. The trajectory towards a city of peace, industrial development and the reasons for the calm sea will be considered from the perspective of geography and ecosystems.

Activities: Sea Kayak

DAY5

Finale : Set off on your own future

Reflect on the five days and speak about the changes that have taken place in themselves and their future lives. Then you feel the 'future' and set off on your own adventures.

Activities: Hiking, Trip by Ship, Departure Ceremony

Itinerary

DAY1

Day1 CONCEPT : 1945 Aug 6th. Learn what happened in Hiroshima that day and feel the 'courage' that rose up after the devastation.

The first day is a day of thinking about peace, looking at the scars of war that Hiroshima bears and the way the city has risen up and kept moving forward in the face of it all.

Orientation : 11:00 a.m. -

Making Okonomiyaki : 11:30 a.m. - 1:00 p.m.

Making and eating Hiroshima's famous okonomiyaki, a dish that played a major role in the post-war reconstruction.

Transfer by Tram

Hiroshima Peace Memorial Museum : 1:30 p.m. - 2:30 p.m.

Find out what happened in Hiroshima.

Peace Bicycle Tour : 2:30 p.m. - 5:30 p.m.

Hop on a bicycle and tour spots home to the remains of buildings damaged in the atomic blast and others that showcase post-war rebuilding efforts. This tour will allow you to experience Hiroshima as it changed across the years.

Free time to digest.

Accommodation : KIRO HIROSHIMA



Itinerary

DAY2

Day2 CONCEPT: Feel the sense of symbiosis between people and nature through the origins of Hiroshima and the blessings of mountains.

Learn about how the city of Hiroshima was formed in the first place and about the blessings of the mountains, which are its roots. And to deepen the bonds between the participants of this tour.

THE BEGINNING : 07:30 a.m. - 11:00 a.m.

Climb the Mt. Futaba which offers sweeping views of the entire city.
Learn about the origins of Hiroshima's urban development.



Oku-yuki River Trekking: 1:30 p.m. - 4:30 p.m.

Learn about Hiroshima's roots in the blessing of the mountains through river trekking.
And through thrilling activities, challenge themselves and strengthen bonds between participants.



Stay at an old folk house : 5:00 p.m. -

Experience the ancient way of life while sharing dinner with local people in an old house, and learn about the symbiosis between mountains and people.

Accommodation : Oku-Yuki Countryside Experience Village (old folk houses)



Itinerary

DAY3

Day3 CONCEPT: Experience the ecosystem and great “connection” between Hiroshima and the world while moving from mountains to the sea.

Moving from the mountains to the islands, visitors experience the great circulation of Hiroshima, spun by nature, the city and its people.

Old folk house’s meal experience: 7:00 a.m. - 9:00 a.m.

Enjoy cooking your own breakfast using Kamado(Stove).



By bus and ferry to the island

Lunch at the Olive Farm: 11:30 a.m. - 1:45 p.m.

After a guided tour of the olive farm, the group enjoyed an olive tasting and lunch with local products from the island.

Making olive wreaths : 1:45 p.m. – 2:45 p.m.

The symbol of the olive branch is ‘peace’. Making olive wreaths to be offered at Peace Memorial Park as part of the departure ceremony on the last day.



SUP Experience: 3:30 p.m. – 5:30 p.m.

Enjoy Stand Up Paddle and experience the relationship between the mountains and the sea.

French-based exclusive dinners: 7:30 p.m.

This exclusive tour dinner expresses the concept of the tour and the connection between the mountains and the sea of Hiroshima.



Accommodation : Etajima-sou

Itinerary

DAY4

Day4 CONCEPT: Transcend ourselves and feel hope for future from the biggest challenge on the ocean route that has sustained Hiroshima.

Maritime shipping routes have played a major role in the development of Hiroshima and its post-war reconstruction. Paddle a sea kayak along the route and challenge yourself. The trajectory towards a city of peace, industrial development and the reasons for the calm sea will be considered from the perspective of geography and ecosystems.

Sea kayak voyage from Etajima Island to Miyajima Island : 9:00 a.m. – 3:00 p.m.

Challenge yourself to this 16-kilometer voyage by sea kayak. Various insights from maritime navigation routes (Lunch is served on a deserted island).

Rest time 3:00 p.m. - 5:00 p.m.

Visit Itsukushima Shrine on Miyajima Island: 5:00 p.m. – 6:00 p.m.

The goddess of shipping is enshrined at Itsukushima Shrine. Learn about the history of the shrine's support of Hiroshima.

Accommodation: Hotel in Miyajima Island

Visit the illuminated torii gate of Itsukushima Shrine after dinner.



Itinerary

DAY5

Day5 CONCEPT: Finale : Set off on your own future

Reflect on the five days and speak about the changes that have taken place in themselves and their future lives. Then you feel the 'future' and set off on your own adventures.

Hiking Mt. Misen: 8:30 a.m. - 0:00 p.m.

Climb Mt. Misen while learning about the unique ecosystem of Mt. Misen, enjoy the 360° view from the summit and reflect on the flow of this trip.

Lunch 0:00 p.m. - 1:30 p.m.

Embarking on the World Heritage Sea Route: 1:40 p.m. – 2:25 p.m.

Departure Ceremony at the Peace Memorial Park: 2:30 p.m. – 4:00 p.m.

After the dedication of the olive wreath made on the third day, the participants will speak with each other about their feelings and their own changes during the tour, as well as share their own future lives.



Other examples of more cultural content that can be arranged

Traditional lacquer art gallery & studio tour

Embark on a special tour to experience the beauty of Japanese lacquerware by exploring a lacquer art studio guided by the renowned lacquer artist, Naoya Takayama. Participants will have the opportunity to experience a part of the lacquer painting process, immersing themselves in the elegance of Japanese lacquerware. Naoya Takayama, born as the fourth generation of Hiroshima's traditional craft of Hiroshima Butsudan (Buddhist altars), creates works that pursue the inheritance of tradition and the beauty of Japan by applying the refined lacquer painting techniques passed down through generations to everyday tableware. Despite the atomic bombing, Hiroshima has inherited the techniques that have continued since the Edo period. Under the guidance of Naoya Takayama, learn about the origins of traditional crafts such as Hiroshima Butsudan and the techniques of lacquer art, and appreciate their beauty.

Admire works selected as gifts for the G7 Summit and those awarded numerous prizes by Naoya Takayama.



Other examples of more cultural content that can be arranged

Traditional lacquer art gallery & Gold leaf-stamped coaster-making experience

Guided tour of the lacquer workshop by leading Japanese lacquer craftsman Naoya Takayama and experience of making gold leaf coasters using the techniques of the 400-year-old Hiroshima Butsudan Buddhist altar.

Born as the fourth generation of Hiroshima Butsudan, a traditional craft in Hiroshima, Naoya Takayama creates works that pursue the inheritance of the traditional techniques of lacquering and Japanese beauty refined over generations. Hiroshima was hit by the atomic bomb, but the techniques that have been used since the Edo period have not ceased and have been handed down to the present day. Learn and experience the origins of the traditional craft Hiroshima Butsudan (Buddhist altar) and lacquer techniques, and create a gold leaf coaster!

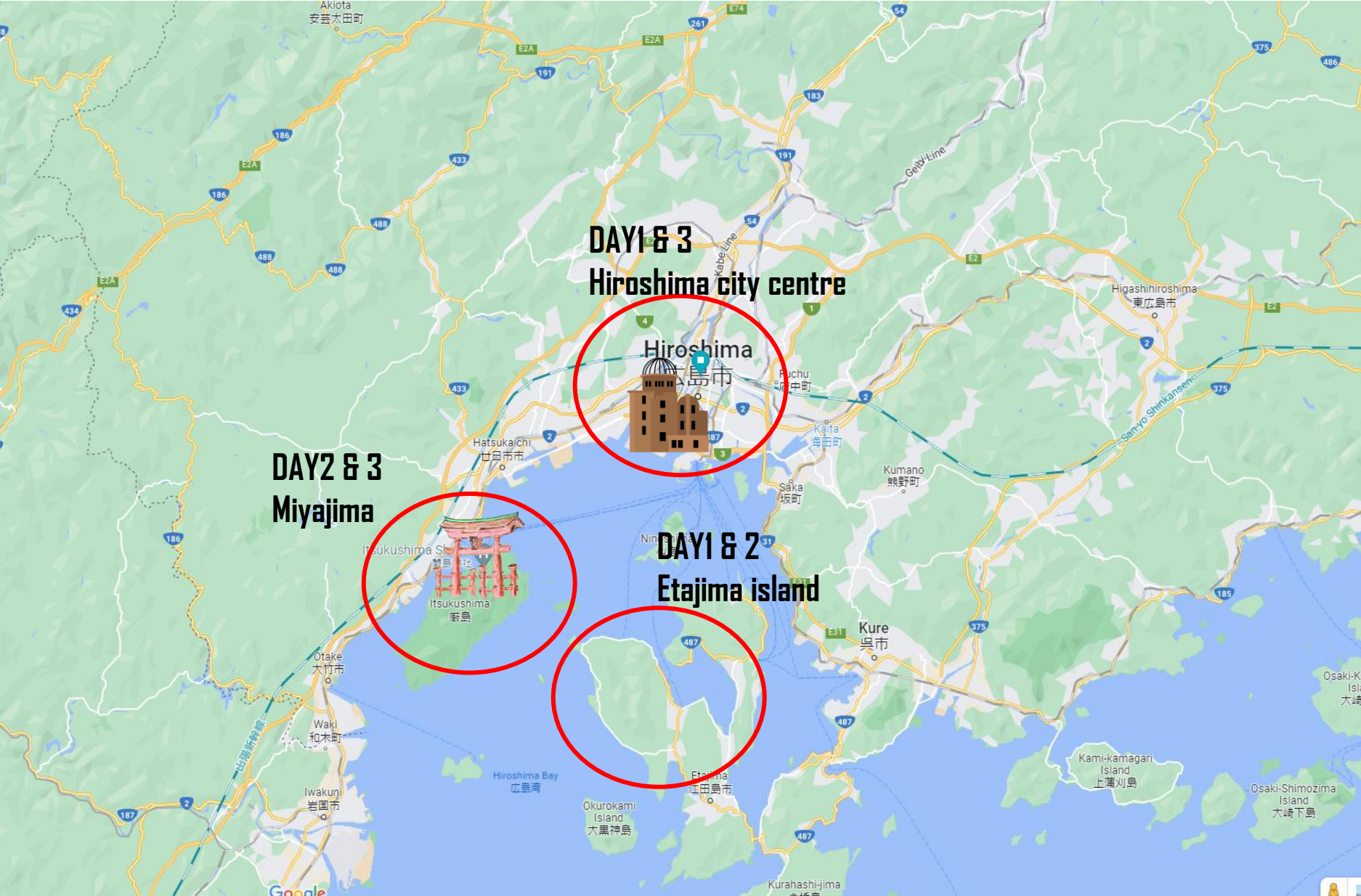
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3 Days ocean version



Locations



By Shinkansen
Tokyo - 3hr. 54 min
Kyoto - 1hr. 36 min



Overview

■ Location : Hiroshima

■ Main Activity : Peace Cycling, Sea kayaking to Miyajima, Mt.Misen hiking

■ Difficulty : 3

■ Duration: : 3 days 2 nights (Can be arranged on request.)

■ Meeting time and place :

11am at Hiroshima Station - In front of the Shinkansen ticket gates.

■ Accommodations :

Day1 : Etajima-sou

Day2 : Hotel in Miyajima

■ Dismissal point and time

4.00 pm at Peace Memorial Park (Day 3)

ToB Price

¥280,000 per person (for 8 participants)~¥440,000 per person (for 2 participants)

(Additional charges apply for single occupancy.)

PAX: Min. 2, Max. 8

Contact Information

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Dairy Concept & Summary

DAY1

1945 Aug 6th. Learn what happened in Hiroshima that day and feel the 'courage' that rose up after the devastation.

The first day is a day of thinking about peace, looking at the scars of war that Hiroshima bears and the way the city has risen up and kept moving forward in the face of it all.

Activities: Making Okonomiyaki, Peace Memorial Museum, Peace Cycling

DAY2

Transcend ourselves and feel hope for future from the challenge on the ocean route that has sustained Hiroshima.

Maritime shipping routes have played a major role in the development of Hiroshima and its post-war reconstruction. Paddle a sea kayak along the route and challenge yourself. The trajectory towards a city of peace, industrial development and the reasons for the calm sea will be considered from the perspective of geography and ecosystems.

Activities: Sea Kayaking

DAY3

Finale : Set off on your own future

Reflect on the 3 days and speak about the changes that have taken place in themselves and their future lives. Then you feel the 'future' and set off on your own adventures.

Activities: Hiking, Lunch at the G7 venue, Departure Ceremony

Itinerary

DAY1

Day1 CONCEPT : 1945 Aug 6th. Learn what happened in Hiroshima that day and feel the 'courage' that rose up after the devastation.

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Making Okonomiyaki : 11:30 a.m. - 1:00 p.m.

Making and eating Hiroshima's famous okonomiyaki, a dish that played a major role in the post-war reconstruction.



Transfer by tram

Hiroshima Peace Memorial Museum : 1:30 p.m. - 2:30 p.m.

Find out what happened in Hiroshima.

Peace Bicycle Tour : 2:30 p.m. - 5:00 p.m.

Hop on a bicycle and tour spots home to the remains of buildings damaged in the atomic blast and others that showcase post-war rebuilding efforts. This tour will allow you to experience Hiroshima as it changed across the years.



Transfer by ship

French-based exclusive dinners: 7:30 p.m.

This exclusive tour dinner expresses the concept of the tour and the connection between the mountains and the sea of Hiroshima.



Accommodation : Etajima-sou

Itinerary

DAY2

Day2 CONCEPT: Transcend ourselves and feel hope for future from the challenge on the ocean route that has sustained Hiroshima.

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The goddess of shipping is enshrined at Itsukushima Shrine. Learn about the history of the shrine's support of Hiroshima.

Accommodation: Hotel in Miyajima Island

Visit the illuminated torii gate of Itsukushima Shrine after dinner.



Itinerary

DAY3

Day3 CONCEPT: Finale : Set off on your own future

Reflect on the five days and speak about the changes that have taken place in themselves and their future lives. Then you feel the 'future' and set off on your own adventures.

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Climb Mt. Misen while learning about the unique ecosystem of Mt. Misen, enjoy the 360° view from the summit and reflect on the flow of this trip.

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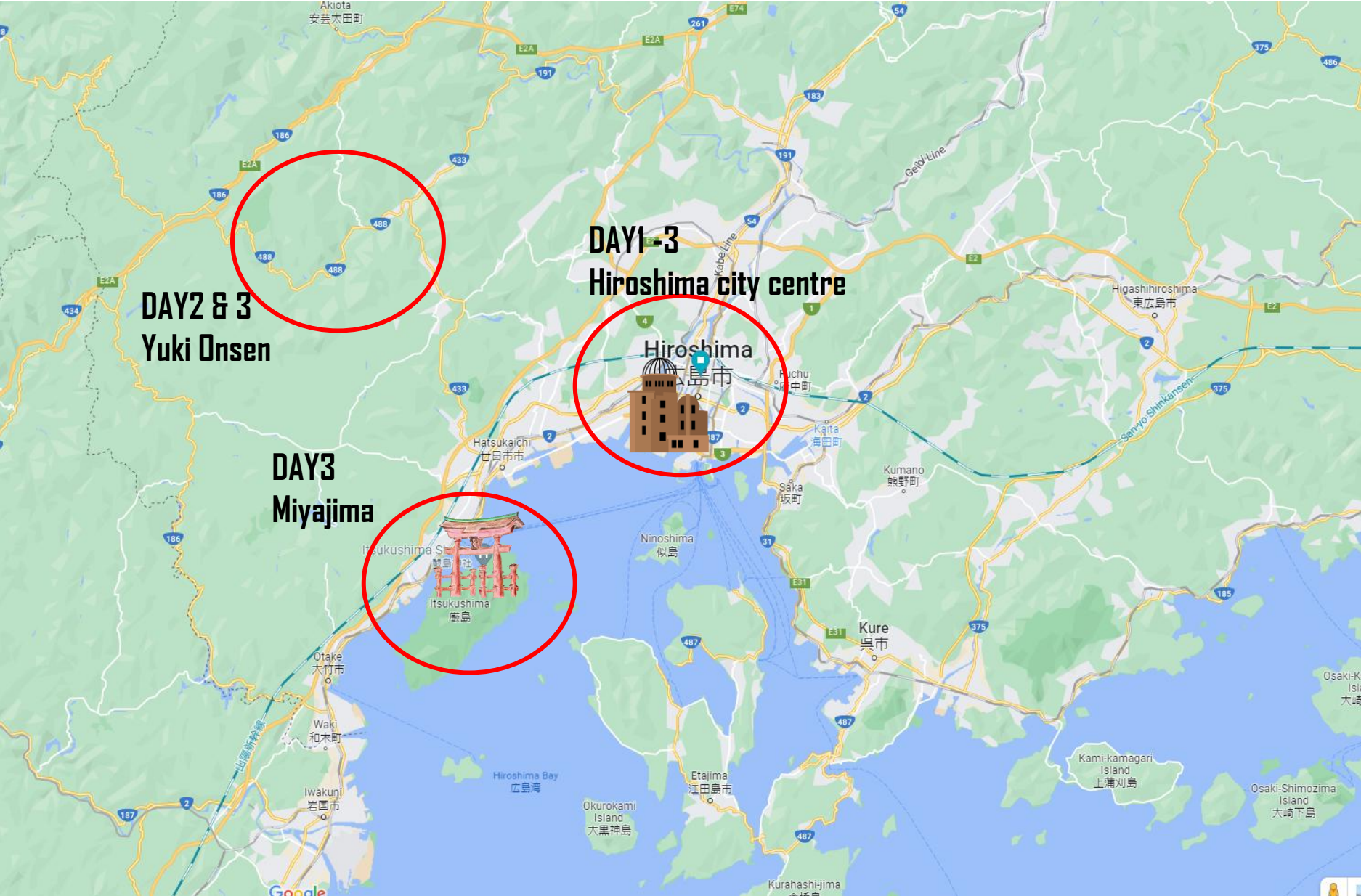
After the dedication of the olive wreath made on the third day, the participants will speak with each other about their feelings and their own changes during the tour, as well as share their own future lives.





3 Days mountain version

Locations



By Shinkansen
Tokyo - 3hr. 54 min
Kyoto - 1hr. 36 min



Overview

■ Location : Hiroshima

■ Main Activity : Peace Cycling, River trekking, Mt.Omine hiking

■ Difficulty : 3

■ Duration: : 3 days 2 nights (Can be arranged on request.)

■ Meeting time and place :

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Day2 : Traditional Old House in Yuki town

■ Dismissal point and time

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ToB Price

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Activities: Making Okonomiyaki, Peace Memorial Museum, Peace Cycling

DAY2

Feel the sense of symbiosis between people and nature through the origins of Hiroshima and the blessings of mountains.

Learn about how the city of Hiroshima was formed in the first place and about the blessings of the mountains, which are its roots. And to deepen the bonds between the participants from the challenges in the river.

Activities: Hiking, River Trekking, Traditional House Stay

DAY3

Finale : Set off on your own future

Reflect on the 3 days and speak about the changes that have taken place in themselves and their future lives. Then you feel the 'future' and set off on your own adventures.

Activities: Hiking, Itsukushima Shrine, Lunch at the G7 venue, Departure Ceremony

Itinerary

DAY1

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Free time to digest.

Accommodation : KIRO Hiroshima



Itinerary

DAY2

Day2 CONCEPT: Feel the sense of symbiosis between people and nature through the origins of Hiroshima and the blessings of mountains.

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THE BEGINNING : 07:30 a.m. - 11:00 a.m.

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Oku-yuki River Trekking:1:30 p.m. - 4:30 p.m.

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And through thrilling activities, challenge themselves and strengthen bonds between participants.

Stay at an old folk house : 5:00 p.m. -

Experience the ancient way of life while sharing dinner with local people in an old house, and learn about the symbiosis between mountains and people.

Accommodation : Oku-Yuki Countryside Experience Village (old folk houses)



Itinerary

DAY3

Day3 CONCEPT: Finale : Set off on your own future

Reflect on the five days and speak about the changes that have taken place in themselves and their future lives. Then you feel the 'future' and set off on your own adventures.

Transfer by bus and ferry

Visit Itsukushima Shrine on Miyajima Island: 8:30 p.m. – 9:00 p.m.

The goddess of shipping is enshrined at Itsukushima Shrine. Learn about the history of the shrine's support of Hiroshima.

Hiking Mt. Misen: 9:00 a.m. - 0:30 p.m.

Climb Mt. Misen while learning about the unique ecosystem of Mt. Misen, enjoy the 360° view from the summit and reflect on the flow of this trip.

Lunch: 0:30 p.m. - 2:00 p.m.

Embarking on the World Heritage Sea Route: 2:15 p.m. – 3:00 p.m.

Departure Ceremony at the Peace Memorial Park: 3:00 p.m. – 4:30 p.m.

After the dedication of the olive wreath made on the third day, the participants will speak with each other about their feelings and their own changes during the tour, as well as share their own future lives.



**Other full-day
or half-day
examples we
can arrange**



Ultimate Hiroshima Highlight - Cycling and Hiking in the city - 1 Day

From its origins to the atomic bombing, its miraculous reconstruction, and its emergence as a global City of Peace—this is the ultimate Hiroshima highlights programme. We have condensed a wealth of moving stories into a single, profound day. Through this experience, you will gain a deep understanding of Hiroshima, fall in love with the city, and leave with a heart full of inspiration.



Sea kayaking to Miyajima - 1 Day

Challenge yourself on a 16 km sea kayak in the Seto Inland Sea, which supports the development of Hiroshima and allows you to experience the ecological cycle of the city. The goal is the torii gate of Miyajima.



Peace Cycling - sokoiko!

- 2 or 3 hours



Discover what happened in Hiroshima before, during, and after the war, and how it was rebuilt.

And experience the moving stories through a tour of the atomic bomb ruins.

Many participants were moved to tears and said it was the best experience they had ever had in Japan.

This tour has been selected as one of the top 3 popular experiences in Japan by TripAdvisor.

Enjoy this iconic tour of Hiroshima which attracts over 2,000 participants annually.

“Asageshiki” - Mt. Futaba Hiking and outdoor tea-ceremony - 3.5 hours

Climb the mountain that marks the start of Hiroshima’s history, learn about how the city came to be, and get an overview of the tour route. You’ll also have the chance to enjoy a traditional tea ceremony outdoors.



Traditional lacquer art gallery & studio tour

- 3 hours

Embark on a special tour to experience the beauty of Japanese lacquerware by exploring a lacquer art studio guided by the renowned lacquer artist, Naoya Takayama. Participants will have the opportunity to experience a part of the lacquer painting process, immersing themselves in the elegance of Japanese lacquerware. Naoya Takayama, born as the fourth generation of Hiroshima's traditional craft of Hiroshima Butsudan (Buddhist altars), creates works that pursue the inheritance of tradition and the beauty of Japan by applying the refined lacquer painting techniques passed down through generations to everyday tableware. Despite the atomic bombing, Hiroshima has inherited the techniques that have continued since the Edo period. Under the guidance of Naoya Takayama, learn about the origins of traditional crafts such as Hiroshima Butsudan and the techniques of lacquer art, and appreciate their beauty.

Admire works selected as gifts for the G7 Summit and those awarded numerous prizes by Naoya Takayama.



Traditional lacquer art gallery & Gold leaf-stamped coaster-making experience - 3 hours

Guided tour of the lacquer workshop by leading Japanese lacquer craftsman Naoya Takayama and experience of making gold leaf coasters using the techniques of the 400-year-old Hiroshima Butsudan Buddhist altar.

Born as the fourth generation of Hiroshima Butsudan, a traditional craft in Hiroshima, Naoya Takayama creates works that pursue the inheritance of the traditional techniques of lacquering and Japanese beauty refined over generations. Hiroshima was hit by the atomic bomb, but the techniques that have been used since the Edo period have not ceased and have been handed down to the present day. Learn and experience the origins of the traditional craft Hiroshima Butsudan (Buddhist altar) and lacquer techniques, and create a gold leaf coaster!

Admire works selected as gifts for the G7 Summit and those awarded numerous prizes by Naoya Takayama.





We can arrange everything in Hiroshima

Please note that the programme mentioned above is just one example. With our extensive network throughout Hiroshima, we are confident that we can arrange almost any activity to meet your specific needs. If you have something particular in mind, please do not hesitate to contact us. We are here to make it happen.

Feel free to contact:

enjoy@hiroshima-at.org