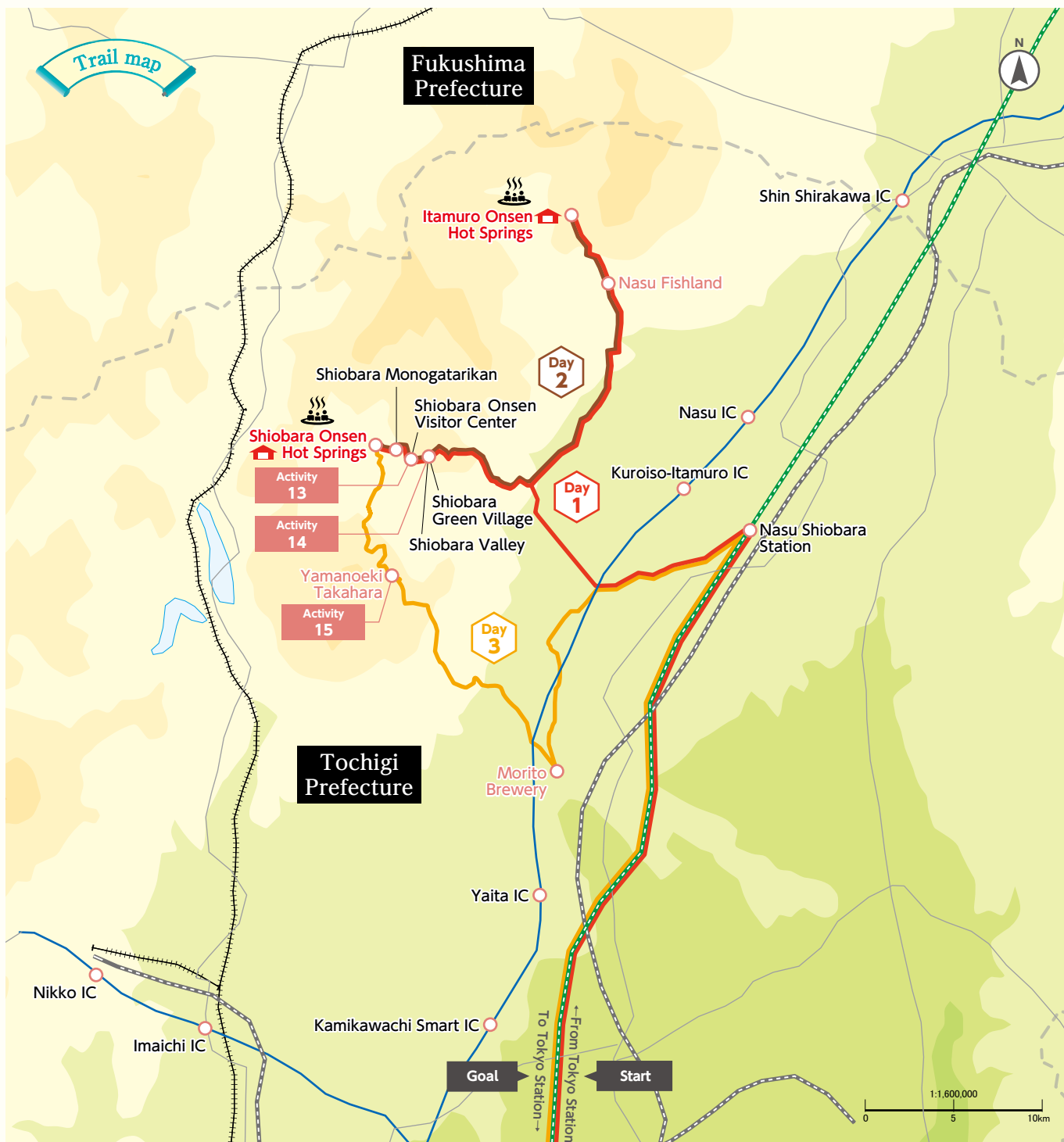


Season “Green Season” (May - October) **Duration of stay** 2 nights, 3 days

Shiobara and Yaita NIKKO is NIPPON “The Gifts of Water” Course

Notes

- Enjoy activities that put you in touch with the region’s celebrated waters.
- Tour hot springs in a venerable onsen area replete with unique characteristics, including Shiobara Onsenkyo Hot Spring Village and its seven varieties of springs, and Itamuro Onsen Hot Springs and its medicinal baths known as Shimotsuke no Kusuriyu.



Take in the awe-inspiring scenery of the dynamic Shiobara Valley with a personal SUP guide at your side.



Experience unique bathing methods, such as “ami no yu” (rope-assisted bathing) at Itamuro Onsen Hot Springs, also known as Shimotsuke no Kusuriyu, a village famed for its hot spring cures.



Savor the picturesque seasonal views on this leisurely nature walk.



Enjoy a tour of the mineral-rich hot springs that stream forth from the ground of Shiobara Onsenkyo Hot Spring Village, and stroll the village’s streets, sampling local specialties like tokeyaki, a crepe-like treat, at various restaurants.



Relish the gifts of water by visiting a sake brewery and tasting sake brewed with the water that bubbles forth from Nikko National Park.

Day 1	Early Morning Tokyo Station (JR Line) 70min \ Nasushiobara Station Morning Nasushiobara Station 30min \ Shiobara Green Village Activity 14 Stand-up paddleboarding and summer river play experience at the Hoki River in Nasushiobara. (150 min) Noon Shiobara Green Village 30min \ Nasu Fishland Fishing Experience Lunch (120 min) <Try your hand at catching one of the many flyfish swimming the cool and clear water, then tuck into your freshly caught fish for a tasty lunch.> Afternoon Nasu Fishland 6min \ Itamuro Onsen [Accommodation]
	Morning Itamuro Onsen 45min \ Shiobara Onsen Visitor Center Activity 13 Savor the picturesque scenery of the Shiobara Valley while trekking along sweeping promenades and exploring the dense forest (120 min) Noon Shiobara Onsen Visitor Center 5min \ Lunch at Shiobara Monogatari Cafe Restaurant Lamp (60 min) <Enjoy locally sourced fresh food whilst gazing out at the Hoki River.> Afternoon Walk around Shiobara Onsen Hot Springs Town (120 min) <For a quick cultural background, works by the writers and artists that adored Shiobara in the Meiji and Taisho eras can be viewed in the exhibition area of Shiobara Monogatari. Then wander the streets crossing the classic red suspension bridge and sample the local specialty tokeyaki, a crepe-like treat.> Shiobara Onsen [Accommodation]
	Morning Shiobara Onsen 30min \ Yamanoeiki Takahara Activity 15 A family- and beginner-friendly canyoning adventure in azure Su kkan Blue waters! <Children aged 6 and over (over 110cm tall) only. For families with children under age 6, substitute with Sukkanzawa Waterfall Footpath walk.> Noon Lunch at Yamanoeiki Takahara Afternoon Yamanoeiki Takahara 30min \ Morito Brewery <Traditional Japanese sake made with local Tochigi rice and clear mountain water. If you reserve for 6-30 people 30 days in advance, you can also watch the sake brewing taking place.> Morito Brewery 30min \ Nasushiobara Station (JR Line) 70min \ Tokyo Station

Legend for itinerary symbols	✈️ Airplane	🚆 Train/JR	🚗 Car (rental car)	🚕 Taxi	🚌 Fixed-route bus/shuttle bus	🚢 Boat	🚠 Ropeway	🚲 Bicycle	🚶 Walking	📷 Photo spot
Itinerary times defined	Dawn 4:00a.m.-6:00a.m., Early morning 6:00a.m.-8:00a.m., Morning 8:00a.m.-12:00p.m., Noon 12:00p.m.-1:00p.m., Afternoon 1:00p.m.-5:00p.m., Evening 5:00p.m.-7:00p.m., Late evening 7:00p.m.-11:00p.m., Night 11:00p.m.-4:00a.m.									