

Nostalgic Course [Nostalgic Course]

The Heart and Soul of Japan: Tours of Ise-jingu Shrine and World Heritage Sites

Day1 Kanazawa (Overnight in Kanazawa)

Walking around Kanazawa (Kenroku-en [walking around in kimonos and the must-see Yukitsuri illumination], Kanazawa Castle Park, Higashi Chaya District, Japanese confection-making and gold foil activities, Omicho Market, and more)

Recommended dining Kaga cuisine, Kano crab, Japanese confections, and more

Day2 Gokayama, a World Heritage Site/Shirakawago ▶ Takayama (Overnight in Takayama)

Walking around Shirakawago and Gokayama, a World Heritage Site→ Walking around Takayama (historical district, Takayama Festival Floats Exhibition Hall, Hida Folk Village Hida no Sato, local sake brewery tours and sampling, and more)

Recommended dining Hida beef, Hoba miso, Takayama ramen, and more

Day3 Takayama ▶ Shinhotaka ▶ Kamikochi ▶ Matsumoto (Overnight in Matsumoto)

Walking around Takayama (morning market and more)→ Walking around Shinhotaka (A World Above the Clouds: Shinhotaka Ropeway at Okuhida Onsen Village)→ Walking around Kamikochi → Walking around Matsumoto

Recommended dining Hida beef, oyaki, Shinshu soba, and more

Day4 Matsumoto ▶ Nagano ▶ Shiga Highlands (Overnight in Nagano)

Walking around Matsumoto (Matsumoto Castle and more)→ Walking around Nagano (Zenko-ji Temple, Togakushi Ninja Museum, and more) → Walking around the Shiga Highlands (Jigokudani Monkey Park and more)

Recommended dining Zenko-ji teramachi soba, oyaki, mushrooms, and more

Day5 Tsumago-juku and Magome-juku ▶ Inuyama (Overnight in Nagoya)

Walking around Tsumago-juku and Magome-juku post towns→ Walking around Inuyama (Inuyama Castle, wearing armor, karakuri puppets, and more)

Recommended dining Gohei-mochi, kuri-kinton, and more

Day6 Nagoya ▶ Nagashima (Overnight in Nagashima Resort)

Walking around Nagoya (Nagoya Castle, Atsuta-jingu Shrine, Oasis 21 and TV Tower, Toyota Commemorative Museum of Industry and Technology, Noritake Garden, and more)→ Walking around Nagashima Resort (Nagashima Spa Land, Nabana no Sato, Jazz Dream Nagashima, and more)

Recommended dining Nagoya cuisine (hitsumabushi eel, miso pork cutlets, miso udon noodles, chicken wings, kishimen noodles, and more)

Day7 Iga ▶ Ise ▶ Toba (Overnight in Toba)

Walking around Iga (Ninja Museum of Igaryu [ninja activities], Iga Ueno Castle, and more)→ Walking around Ise (Ise-jingu Shrine, Okage Yokocho, Sengukan Museum, Futamigaura, and more)

Recommended dining Matsusaka beef, Ise udon noodles, Tekonesushi, "Toba"rger, Akafuku, and more

Day8 Toba ▶ Owase (Overnight in Kumano or Owase)

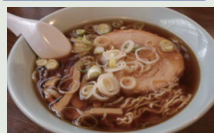
Walking around Toba (Mikimoto Pearl Island [jewelry-making], Toba Aquarium, Activities with female divers, Shinmei Shrine (Ishigami-san), and more)

Recommended dining Oysters, Ise prawns, meharizushi, and more

Day9 Owase · Kumano and more (Kumano Kodo)

Walking along the Kumano Kodo (Kumano Kodo / Iseji Route [walking along your choice of 17 trails] and more)

Recommended dining



Takayama ramen



Shinshu soba

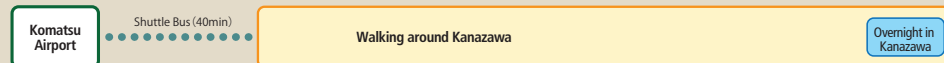


Mie seafood (oysters and Ise shrimp)

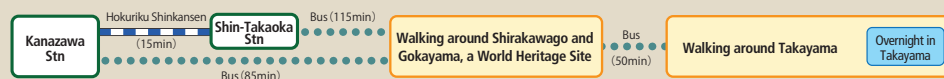


Model route | How to Travel the Nostalgic Course

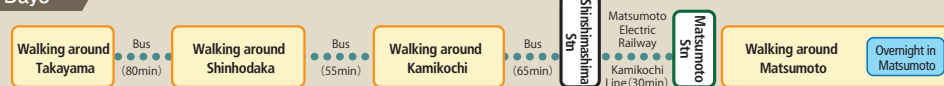
Day1



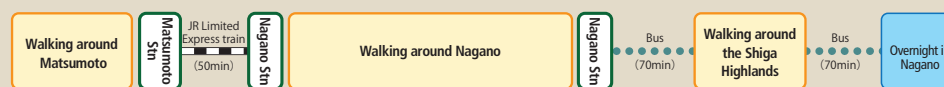
Day2



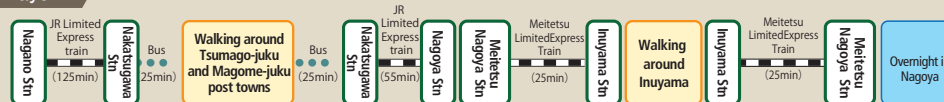
Day3



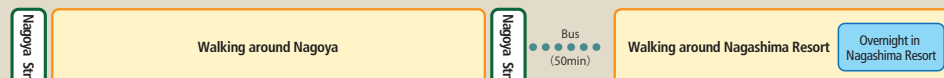
Day4



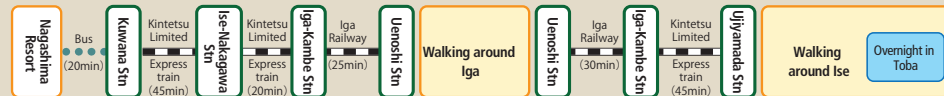
Day5



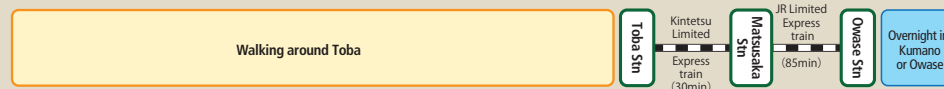
Day6



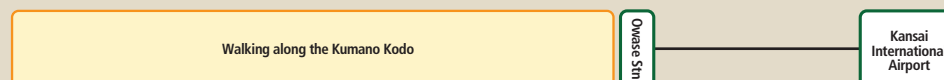
Day7



Day8



Day9



昇龍道 SHORYUDO

Nostalgic Course

The Shoryudo truly offers a diverse array of tourist attractions. The Nostalgic Route lets you discover Japan's "good old days" and experience the spirit of the Japanese people.

Numerous castles and their castle towns with the characteristics of samurai culture still remain today, as well as unspoiled Japanese scenery in old post towns and historic villages with gassho-zukuri architecture — a world heritage site that is still inhabited now. There's also Ise-jingu Shrine, a once-in-a-lifetime pilgrimage destination for people of the early modern period, and Kumano Kodo Street, another world heritage site. The people of this region have always cherished their connection with the sea, engaged in pearl cultivation and developing a culture of female divers. Come and experience the spirit of rural Japan, which offers visitors a sensation of nostalgia and warmth.

Dragon Course



This route, which symbolizes the Shoryudo, is shaped like a dragon rising to the sky with the Noto Peninsula as its head.

Great Nature Course



This route puts you in touch with the bustle and magnificence of the great outdoors, including mountains, fantastically-shaped rocks, and ancient lakes.

Ukiyo-e Course



This route lets you enjoy crafts and experience castles related to the samurai, who played a formative role in the period we see depicted in ukiyo-e paintings.



<http://shoryudo.go-centraljapan.jp/>

国土交通省 中部運輸局
Ministry of Land, Infrastructure, Transport and Tourism
Chubu District Transport Bureau

国土交通省 北陸信越運輸局
Ministry of Land, Infrastructure, Transport and Tourism
Hokuriku-Shin'etsu District Transport Bureau

中部(東海・北陸・信州)広域観光推進協議会
Central Japan Tourism Promotion Association

昇龍道

SHORYUDO

Model route Guide

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Nostalgic Course