



## Mt Fuji & Izu Summertime Soft Adventure

6 Days / 5 Nights

### Day 1: Tokyo - Izu Peniinsula

(D)

Head out early in the morning by express train to the Izu Peninsula (3h). Formed by ancient flows of lava from one of Fuji's past eruptions, Izu is a beautiful seaside region known for its quality wasabi, citrus fruit, and geothermal hot spring baths. After meeting your local guide for the day and checking into your *minshuku* (traditional family run inn) spend the afternoon cycling through peaceful farming villages and along the rugged sea coast. If the weather cooperates, we'll be able to see Mt Fuji from afar.

After a day on the bikes, enjoy a local home cooked BBQ meal, sampling some of the delicious seafood Shimoda is known for.

Overnight in Shimoda

### Day 2-3: Izu Peninsula

(B)

Two full days to further explore the Peninsula. Enjoy a guided day tour of the emerald green ocean by kayak with your guide, and you will also have a chance to discover the local marine life on a night kayak.

You will have access to a bike in your free time, so you can cycle around some of the well-known beaches and surfing areas, stopping to cool off with a swim.

Overnight in Shimoda

### Day 4: Izu Peninsula

(B,D)

Time to leave the beach behind as you head to a Buddhist Monastery to study Zazen. Zazen is seated meditation, where one can turn inward for peace, for the answers to the deepest questions of life, and for the ability to live our lives with wisdom, love, and compassion.

Under the guidance of a Buddhist monk, you can learn the basics of the same sitting meditation that led the Buddha to Enlightenment: folded legs, erect posture, half-closed eyes and a focus on measured breathing that leads to awareness of the way the mind works

Tonight you will dine on *shojin ryori* Buddhist cuisine, not only delicious but healthy as well!

Overnight in Izu Peninsinula

**Day 5: Izu - Mt Fuji**

**(B,D)**

Time to test your newly learnt *Zen* inner strength as you journey with guide to Japan's iconic Mt Fuji.

Towering 3,776m (12,389 ft) above sea level, Fuji-san is Japan's tallest and most sacred mountain and the ultimate soft adventure experience in Japan.

We start the climb from the 5<sup>th</sup> station of the Fujinomiya trail. At 2400 meters above sea level, the Fujinomiya 5th Station is the highest of the fifth stations, and the ascent takes four to seven hours.

We will break up the climb with a stay at a mountain hut on the 8<sup>th</sup> station, pondering the truth of the Japanese proverb "A wise man climbs Fuji once and a fool twice"

Overnight in Mountain Hut

**Day 6: Mt Fuji - Tokyo**

**(B)**

Shortly before sunrise, time for a quick breakfast before powering on to the top, where we wait for the coming of a new day.

Slowly, the sky grows lighter as the sun pops up over the sea of clouds, illuminating the mountain and energizing the tired climbers waiting at the top. This will be one of the most unforgettable experiences of your life.

The descent down Fuji takes approximately 3 hours, with amazing views of the surrounding area.

On reaching the 5<sup>th</sup> station, you will then take a train back into Tokyo.

**\*\*\*\*\*END OF SERVICES\*\*\*\*\***

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