# PILGRIMS OF JAPAN with Hanny Allston

**Dates: Saturday 5th - Saturday 12th October 2019**

## QUICK FACTS

**Tour Duration:** 7 nights & 8 days
**Departs:** Osaka Kansai International Airport
**Returns:** Osaka Kansai International Airport
**Maximum Group Size:** 10 guests
**Accommodation:** Varying from Traditional ryokans to a Buddhist Monastery and Organic Farm-stay
**Meals:** All breakfasts and 5 dinners included.
**Transport:** All on-ground transport provided ex. Osaka Kansai International Airport (excludes short public transport)  This includes all luggage transfers on Days 1 - 4.

## RUN DETAILS*

**Minimum Run Duration:** 8km/75min
**Maximum Run Duration:** 36km/6hrs
**Technical Difficulty:** Moderate (trail experience required).  Trails vary from smooth to narrow hiking trails
**Steepness:** Flat to steeper mountain slopes.

*\* Our tours are a holiday involving trail running. Our guides will craft each days' runs to meet your individual needs and en route will frequently stop to soak up the ambience and to take plenty of photos. Therefore, running distances noted in this itinerary can vary to differentiate between guest abilities and make your Find Your Feet Tour a rich experience.*

## TOUR HIGHLIGHTS

- Traverse the famous pilgrimage routes of the Kii Peninsula, running between your accommodation each day whilst your luggage is transported for you
- Enjoy diverse accommodation from an Organic Farm-stay to traditional Ryokans and Buddhist Monasteries
- Immerse yourself for three days in Japanese Buddhist culture, staying at a traditional and active Buddhist Monastery
- Participate in morning meditation at the Koya-san monastery complex
- Indulge in delicious Japanese cuisine in the company of your new trail running friends
- Sip hot green tea after a day on the trails
- Learn to explore with Hanny Allston & Graham Hammond on this inaugural 'exploratory tour' to this region

# ITINERARY

## KUMANO KODO PILGRIMAGE TRAIL

The Kii Peninsula points south away from the great cities of Kyoto and Osaka, and is a more remote and mystical area of Japan, despite its proximity. This region has long been a place of pilgrimage and is the site of the three Grand Shrines of Kumano. From the 11th century successive emperors and their families made the rugged pilgrimage to Kumano from Kyoto via various routes which have become collectively known as the Kumano kodo (Old road of Kumano). The first part of our running tour focuses on the main route which travels west to east from Wakayama to Nachi Grand Shrine. The running in this region is mostly paved village paths and uneven mountain hiking trails, with considerable ascent and descent on certain days. Though not 'technical', you will be need to be fit enough to walk-run for up to 6hrs on some days (we do walk at times and enjoy the view too!).

### Upon Arrival

You will fly directly to Nagoya Chubu Centrair International Airport at your leisure and check in to your room at the hotel within the airport precinct.  It will be important to get some great rest before all the exploring ahead!  The tour will formally start the next morning over breakfast.

### Day 1

- Meet: Breakfast in hotel (NB. previous nights accommodation in Osaka Kansai Airport Hotel is included in the cost of this trip)
- Transfer: Train transfer from Osaka Kansai Airport Hotel to Wakayama, then local bus to trail head (approximately 4hrs)
- Run: Approximately 5km steeply uphill to Takahara & our organic farm-stay lodge - up to 90mins including stops
- Luggage Transfer: Our luggage will be transferred from the trail head to our accommodation on this day.

### Day 2

- Run: Approximately 36km undulating trails and local roads, following the pilgrim trail to Hongu Grand Shrine- up to 6hrs including rest breaks
- NB. Whilst not our preference, this run can be cut short using local transport if required.
- Luggage Transfer: Our luggage will be transferred from the trail head to our accommodation on this day.

### Day 3

- REST DAY in Hongu!
- Optional Run: Up to 18km exploring a diversion of the pilgrim trail
- Afternoon spent sight-seeing in Hongu

### Day 4:

- Run: Approximately 28km undulating trails and local roads, continuing the pilgrim trail to its conclusion at Nachisan, the second Grand Shrine - up to 5hrs
- NB. Whilst not our preference, this run can be cut short using local transport if required.
- Luggage Transfer: Our luggage will be transferred from the trail head to our accommodation on this day.

# KOYA-SAN BUDDHISM SANCTUARY

The last two days of this tour will be based in Koya-san.  In the year 816 AD, a monk by the name of Kukai founded Shingon Buddhism and the monastery complex known as Koya-san. Located in in the depths of a National Park, it is said that the eight surrounding peaks and the basin beneath them resemble a lotus, making it an auspicious location now frequented by practicing buddhists and travellers alike. For over 1,200 years Koya-san has flourished as an active monastic centre, and is one of Japan's most sacred sites.  It is here that we will explore the trails for our last days on this tour.

## Day 5

- Transfer: Bus transfer from Nachisan to Koya-san and our Buddhist Monastery (approximately 4.5hrs)
- Run: Optional easy recovery run (up to 10km) on pilgrim trails surrounding Koya-san

## Day 6

- Run: Up to 15km undulating pilgrim trails around Koya-san
- Afternoon spent resting in the Monastery and sight-seeing in Koya-san

## Day 7

- Run: Up to 10km easy morning run to say farewell to Koya-san
- Transfer: Bus transfer to Osaka Kansai International Airport for evening onwards departures

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## COST: $3990 (incl. GST)

**Tour inclusions:** Beautiful traditional Japanese accommodation; all on-ground vehicle transport excluding small local buses if required; luggage transfer between accommodation whilst on the Kumano kodo trail; expert coaching, guiding and mentoring by Hanny Allston and Graham Hammond; all breakfasts and 5 dinners; discounts to premium brands at Find Your Feet.

**Tour exclusions:** Airfares; travel insurance; small local buses if required; some meals including lunches, snacks and beverages.

Please note, this retreat is strictly limited to 10 guests and will book quickly