

Cleanse Your Heart, Mind, Body & Soul in 7D5N Central Japan

7天5晚 日本中部养生之旅

Tour Code/团号:

SJEYS-SQ/07

Valid from Oct 2019

有效期从 2019 年 10 月

→ **CITIES!**

❖ Nagoya – Enakyo – Gero – The Historic Villages of Shirakawago – Kanazawa – Tōjinbō – Nagahama- Kyoto

城市!

❖ 名古屋 - 惠那峡- 下吕-世界文化遗产 ~白川乡合掌村- 金泽- 东寻坊 - 长滨- 京都

→ **SLEEP!**

住宿!

❖ **Hotel based on local 4 star or Onsen class (Final confirmation on similar standard)**

❖ 当地日本 4 星住宿星级或温泉酒店 (最后确认于同级酒店为准)

❖ Gero (1N Yamagataya Onsen Resort)	❖ 下吕 (1 晚 山形屋温泉酒店)
❖ Kanazawa (1N Tokyu Hotel)	❖ 金泽 (1 晚 优等酒店)
❖ Nagahama (1N Royal Hotel)	❖ 长滨 (1 晚 皇家酒店)
❖ Nagoya (1N International Hotel)	❖ 名古屋 (1 晚 国际酒店)
❖ Nagoya (1N Toyoko INN Chubu International Airport Comfort Hotel)	❖ 名古屋 (1 晚 中部国际机场东横 INN 酒店)

→ **EAT!**

道地美食!

❖ Fresh Local Farm Specialty	❖ 日式乡土料理
❖ Japanese Kaiseki	❖ 日式怀石料理
❖ Hoba Miso Specialty	❖ 朴叶味噌料理
❖ Organic buffet	❖ 健康自助餐
❖ Japanese seafood cuisine	❖ 日式海鲜料理
❖ Kyoto tofu hot pot + Udon noodle	❖ 京都豆腐锅 + 乌冬面料理
❖ Japanese barbeque	❖ 日式烤肉
❖ Japanese chicken pot + Grilled fish cuisine	❖ 日式鸡肉锅+烤鱼料理

➤ **HIGHLIGHT!**

行程亮点!

Wellness Activities: Integration of physical, mental & spiritual well-being

- ❖ Yoga Session in Gero
- ❖ Onsen Bath in Resort
- ❖ Japanese Meditation Experience
- ❖ Hot Spring Foot Bath
- ❖ Organic Buffet Dinner
- ❖ Kenroku-en Garden for Beautiful Japanese Landscape
- ❖ Morning Exercise at Lake Biwa
- ❖ Enjoy Bamboo Forest's Fresh Crisp Air

结合洗涤身心灵养生活活动:

- ❖ 瑜伽环节于下吕
- ❖ 浸泡于日本温泉
- ❖ 日本冥想体验
- ❖ 体验足浴
- ❖ 健康有机料理自助餐
- ❖ 金沢兼六园欣赏日式种植
- ❖ 第一大湖旁-琵琶湖畔体验广播体操
- ❖ 竹林小径内享受清新怡人的空气

Day 01 Kuala Lumpur → Singapore

- Depart to Japan~ the "Land of the Rising Sun".
吉隆坡 → 新加坡
- 出发到有太阳之国之称~日本。

Day 02 Singapore → Nagoya (73km) 𠄎 Enakyo (55km) 𠄎 Gero (Fresh Local Farm Specialty lunch/Japanese Kaiseki dinner)

- **Enakyo Valley (include Sightseeing Boat):** Enjoy the spectacular river front scenery and amazing rock formations view of Enakyo Valley.
- **Tsumagojuku:** The first registered scenery of historic districts because many houses built in Edo Period were remained in great conditions.
Experience 1hour Yoga: Yoga can help to release fatigue, relax and cleanse your thought.
新加坡 → 名古屋 (73 公里) 𠄎 惠那峡 (55 公里) 𠄎 下吕(午: 日式乡土料理/ 晚: 日式怀石料理)
- **惠那峡 (含游船):** 沿途观赏两岸受自然侵蚀而形成的奇岩怪石的断崖绝壁, 仿佛进入梦幻仙境一般。
- **妻笼宿:** 仿佛穿越回了江户时代一般, 四季如画, 各有各的风情, 无论何时前往, 都会给人以惊喜。
- **体验 1 小时的瑜伽:** 瑜伽可帮助解除疲劳, 放松和净心。

Day 03 Gero (95km) 𠄎 The Historic Villages of Shirakawago (62km) 𠄎 Kanazawa (Hotel breakfast/ Hoba Miso Specialty lunch / Organic buffet dinner)

- **Japanese Meditation:** Relax own self in hotel through meditation for purpose control emotion and autoimmune disease, let life become peaceful and energetic.
- **Gero:** The city is famous for hot springs. You may experience the hot spring foot bath along the street.
- **The Historic Villages of Shirakawago (include entrance):** One of Japan's UNESCO World Heritage Sites. The site is located in the Shogawa river valley stretching across the border of Gifu and Toyama Prefectures in central Japan. These villages are well known for their houses constructed in the architectural style known as "Gassho Zukuri" – the prayer-hand construction. It is characterized by a thatched and steeply slanting roof resembling two hands joined in prayer.
- **Wada Gassho House visit (include entrance):** An opportunity to learn about the special features and construction of a gassho-zukuri house.
- **Kenroku-en (include entrance):** One of Japan's "three most beautiful landscape gardens", it incorporates fancy designs in every corner, achieving peerless scenery in each season.
- **Higasi Chaya District:** The historical rows of this teahouse town along with Kyoto's Gion and Kanazawa's Kazue-machi have been designated as Japan's cultural assets. There are no other chaya districts designated as Japan's cultural assets.
- **Free to taste ice cream with pure gold leaf.**
下吕 (95 公里) 𠄎 世界文化遗产 ~白川乡合掌村 (62 公里) 𠄎 金泽
(早: 酒店/午: 朴叶味噌料理/ 晚: 健康自助餐)
- **日本冥想体验:** 在酒店通过冥想, 放松和平静自己以有效地控制情绪和自身免疫病, 让生活更加和谐, 精神充沛。
- **下吕温泉:** 被列为日本三大著名古老温泉之一, 魅力不仅仅是自然和温泉, 我们还可以特别安排体验足浴。
- **世界文化遗产 ~白川乡合掌村 (含入门票):** 指的是房屋的屋顶呈倒写的 V, 很像双手合掌的样子。独具特色的三层或四层的多层结构, 映衬着连片的传统民居, 使人仿佛进入了童话世界。
- **和田家参观 (含入门票):** 拥有 400 年的悠久历史, 内设有围炉的大型起居室、寝室、客房、佛堂等, 格局很完整, 仍陈设着的当地居民的生活用品、耕作农具等, 至今仍有居民在此生活。
- **金沢兼六园 (含入门票):** 日本三大名园之一, 可欣赏四季不同风情的美景, 深受多数县民与世界各国的游客喜爱。
- **东茶屋街:** 至今仍保留着具有历史价值的茶屋街之姿与京都祇园、主计町茶屋街齐名, 被选为国家文化财产, 在这附近不但能接触到日本的历史文化, 也能享受漫步在街道的乐趣。
- **赠送品尝纯金箔冰淇淋。**

Day 04 Kanazawa (75km) 𠄎 Tōjinbō (133km) 𠄎 Nagahama (Hotel breakfast/ Japanese seafood cuisine lunch / Japanese cuisine dinner)

- Walking around hotel in the morning to take fresh air.
- **Omicho Market:** It has been Kanazawa's largest fresh food market since the Edo Period. Today, it is a busy and colorful network of covered streets lined by about 200 shops and stalls. While most shops specialize in the excellent local seafood and produce.
- **Tōjinbō (include Sightseeing Boat):** The picturesque scenery of these massive strangely-shaped rocks going along the coastline is a wonderful natural sight created from ancient volcanoes and eons of erosion by the sea. Explore these valuable precipices that are said to be only one of three such sights in the world.
金泽(75 公里) 𠄎 东寻坊 (133 公里) 𠄎 长滨(早: 酒店/午: 日式海鲜料理/ 晚: 日式特色料理)
- 早晨里, 在酒店周围散步, 吸收新鲜空气。

- **近江町市场:** 拥有「金泽厨房」的美誉，早在 400 年前左右便存在。市场内有多达 200 间各式各样的店铺，场内品尝到新鲜的鱼生和海鲜料理，鲜甜无比的海鲜是该处最大的吸引点。
- **东寻坊（含游船）:** 由辉石安山岩表面的柱状节理绵延 1 千米而成，不仅在日本就是在世界上也非常珍稀，全世界只有三处可见到这种岩柱。

Day 05 Nagahama (93km) ⇄ Kyoto (130km) ⇄ Nagoya

(Hotel breakfast/ Kyoto tofu hot pot + Udon noodle cuisine lunch / Japanese barbeque dinner)

- Experience Japanese broadcast gymnastics beside a large freshwater lake - Lake Biwa.
- **Fushimi Inari Shrine:** It is particularly photogenic and famous because the shrine grounds are home to thousands of Senbon Torii (thousand gates), which frame the trails that lead a 4 kilometers stretch up to Mount Inari.
- **Arashiyama:** Located in the western outskirts of Kyoto, it has been a popular destination since the Heian Period for its natural setting.
- **Bamboo Forest:** The path is set between Tenryuji Temple and Nonomiya Shrine for over 500 meters long. It is absolute beautiful when the sun barely peaks through the bright green bamboo leaves and the stalks swinging in the wind.

长滨(93公里) ⇄ 京都(130公里) ⇄ 名古屋

(早: 酒店/午: 京都豆腐锅 + 乌冬面料理/ 晚: 日式烤肉)

- 在日本第一大湖旁-琵琶湖畔，体验日本广播体操。
- **伏见稻荷神社:** 位于京都南面的重要神社。以其主建筑物后成千上的朱红鸟居门闻名。山径延伸进入神圣的稻荷山，山高 233 米。稻荷是神道教诸神中的农业之神，而狐狸被视为是祂的使者。因此，在稻荷神社中可以看到许多尊狐狸的雕像。伏见稻荷神社具有悠久的渊源，早于 794 年首都迁往京都。
- **岚山公园:** 位于京都西郊，是京都知名风景区，以春天的樱花和秋天枫叶闻名。
- **竹林小径:** 从小火车岚山站走或来，不到五分钟就看到竹林小径的入口。竹林小径长约 500 公尺，走在其中只闻沙沙的竹叶声和突如起来的雨滴声，大多数人都会停在竹林之日拍拍这异于城市的美丽景致，不时还有穿着和服的女生走过来，为竹林更添悠悠意境。

Day 06 Nagoya (Hotel breakfast/ Japanese chicken pot + grilled fish cuisine lunch)

- **Oasis 21:** It accommodates Nagoya's highway bus terminal and shopping mall. You can also view the Nagoya TV Tower from here.
 - **Sakae:** It is a shopping district in Nagoya. It offers a large array of shopping, entertainment and dining opportunities, including various departmental stores.
 - **Premium Outlet Mall:** More than 100 international brands await you here!
- 名古屋 (早: 酒店/ 午: 日式鸡肉锅+烤鱼料理)
- **绿洲 21:** 是当地的环保建筑，盛满水的玻璃屋外形如同一巨大飞碟降落市中心。还可以远眺名古屋电视塔。
 - **荣地下街:** 所有名古屋最流行、最炫的商店都集中在这个区域，荣地下街以 50 家以上的商店、餐厅、物超所值为正点，而成为名古屋购物地点。
 - **名牌精品工厂直销店:** 有 100 多种国际品牌的商品都在此销售!

Day 07 Nagoya → Singapore → Kuala Lumpur (Hotel breakfast)

- We bid farewell and bring home only wonderful memories of Japan!
- 名古屋 → 新加坡 → 吉隆坡 (早: 酒店)
- 集合前往机场乘搭飞机飞返吉隆坡。把日本美好的回忆带回家!