



Japan In Basho's Footsteps

Sendai to Yamagata /Japan
7 Nights / 18 to 25 Sep 2026

COUNTRYSIDE[™]
ADVENTURE HOLIDAYS
OUTLIVE

About the trip



Bashō's celebrated travelogue, *Narrow Road to the North*, stands as a pinnacle of Japanese literature. This immersive walking tour offers an authentic experience as we walk through serene country lanes, forest paths, and mountain trails reminiscent of Bashō's own travels in the 17th century.

This is designed for those who are occasional walkers, capable of comfortably trekking for three to four hours. The terrain is generally gentle with some short, steeper sections.

Our adventure kicks off in Sendai, leading us through Matsushima, Hiraizumi, and Dewa Sanzan before wrapping up in Yamagata.

Trip Overview

Experience and delve into the rich history and stunning landscapes of Tohoku

Visits to the picturesque pine islands of Matsushima Bay

Visit the exquisite gardens of Hiraizumi, and the revered Dewa mountains

Trace the path of the renowned poet Matsuo Bashō

Rejuvenate in onsen hot spring baths

Stay in traditional inns, hotels and a Shinto shrine

Traditional Japanese Cuisine
7 Breakfasts, 6 Lunches, 6
Dinners Incl

Starting: JPY 631,667/- Per person*
Single Supp: Additional JPY 189500/- *

**Pricing is based on 1 JPY = 0.6 INR and is subject to change. Exchange rate on day of booking will be applicable.*

Brief Itinerary

Day 01 Arrival in Sendai

Day 02 Explore Yamadera
Walking 7.2km

Day 03 Matsushima
Walking 8km

Day 04 Hiraizumi
Walking 12km

Day 05 Akakura Onsen
Walking 12.1km

Day 06 Mt Haguro
Walking 7km

Day 07 Shizu Onsen
Walking 12km

Day 08 Transfer to Yamagata
Departure

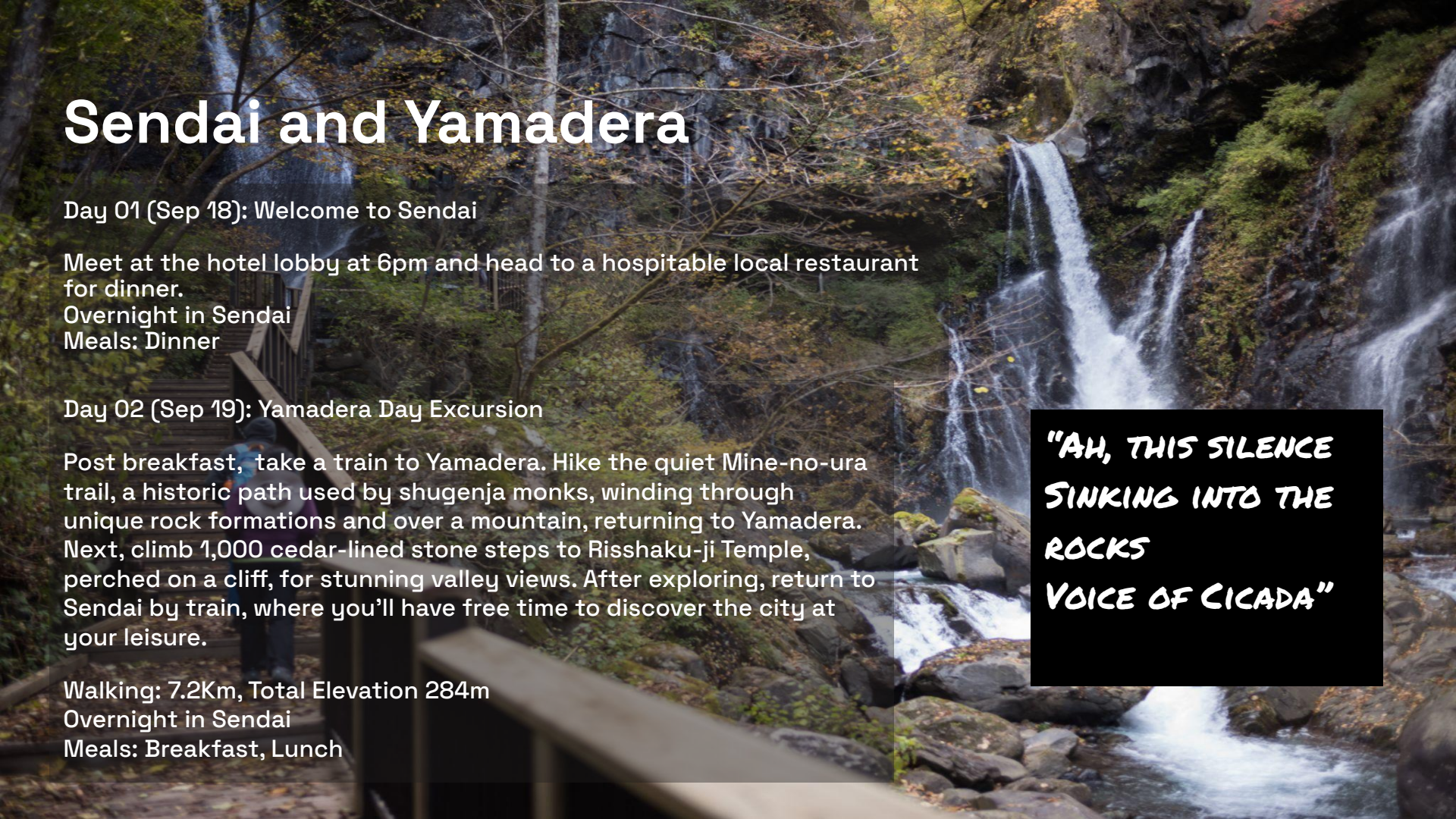


Limited to 13 guests

Min & max temp 18 deg
& 28 deg celsius

Grade: Easy to Moderate
5 to 6 hours daily walking

Sendai and Yamadera



Day 01 (Sep 18): Welcome to Sendai

Meet at the hotel lobby at 6pm and head to a hospitable local restaurant for dinner.

Overnight in Sendai

Meals: Dinner

Day 02 (Sep 19): Yamadera Day Excursion

Post breakfast, take a train to Yamadera. Hike the quiet Mine-no-ura trail, a historic path used by shugenja monks, winding through unique rock formations and over a mountain, returning to Yamadera. Next, climb 1,000 cedar-lined stone steps to Risshaku-ji Temple, perched on a cliff, for stunning valley views. After exploring, return to Sendai by train, where you'll have free time to discover the city at your leisure.

Walking: 7.2Km, Total Elevation 284m

Overnight in Sendai

Meals: Breakfast, Lunch

**"AH, THIS SILENCE
SINKING INTO THE
ROCKS
VOICE OF CICADA"**

Matsushima

Day 03(Sep 20): Sendai to Matsushima

We take a short train ride to Kokufu Taga-jo, a Nara Period (710-794) frontier town on a low hill. A gentle path leads to the summit, home to an ancient stone stele that brought poet Matsuo Basho to tears. We trace his steps along a trail to Shiogama.

In Shiogama, we board a boat for a scenic cruise through Matsushima Bay, famed for its pine-covered islands and one of Japan's most iconic views. Basho, struck by its beauty, found himself speechless and wrote no poetry here. We end the day at our accommodation, enjoying onsen hot spring baths and a gourmet Japanese dinner.

Walking: 8Km, Total Elevation 100m
Overnight in Matsushima
Meals: Breakfast, Lunch, Dinner



Hiraizumi

Day 04 (Sep 21): Matsushima to Hiraizumi

After breakfast, we stroll to Zuigan-ji temple, known for its monk retreat caves carved into rock, then visit Entsu-in, renowned for its gardens and heart-shaped pond. Mid-morning, we drive to Hiraizumi, a UNESCO World Heritage site that rivaled Kyoto during the Fujiwara clans' reign (866–1184). At Motsu-ji, we explore the restored Pure Land garden amidst ancient foundation stones.

After lunch, a scenic trail leads to Chuson-ji, home to the ornate Konjiki-do (Golden Hall). Along the way, we discuss the Fujiwara decline, Hiraizumi's fall, and Japan's Warring States Period (1450–1600). Another feast tonight in our modern Japanese-style accommodation, again with onsen baths.

Walking: 12km, Total Elevation 366m

Overnight in Hiraizumi

Meals: Breakfast, Lunch, Dinner

"SUMMER
GRASS,

ALL THAT
REMAINS OF A
WARRIORS
DREAMS"

Akakura Onsen

A person is pouring hot water from a large, dark metal kettle into a small, light blue ceramic cup. The kettle is hanging over a fire that is burning in a metal container. The fire is made of logs and is very bright. The person is wearing a dark jacket and is holding the handle of the kettle. The background is slightly blurred, showing other people and what appears to be a traditional Japanese onsen setting.

Day 05 (Sep 22): Hiraizumi to Akakura Onsen

We start early, taking trains, including a swift shinkansen bullet train, to Naruko Onsen. From Shitomae-no-Seki, an Edo Period (1603-1868) checkpoint, we hike a well-kept trail along the old Dewa Kaido highway, passing valleys and forest streams, to the former residence of a senior local official.

Walking: 12.1km, Total Elevation 404m

Overnight in Akakura Onsen

Meals: Breakfast, Lunch, Dinner

Mt. Haguro

Day 06 (Sep 23): Akakura Onsen to Mt. Haguro

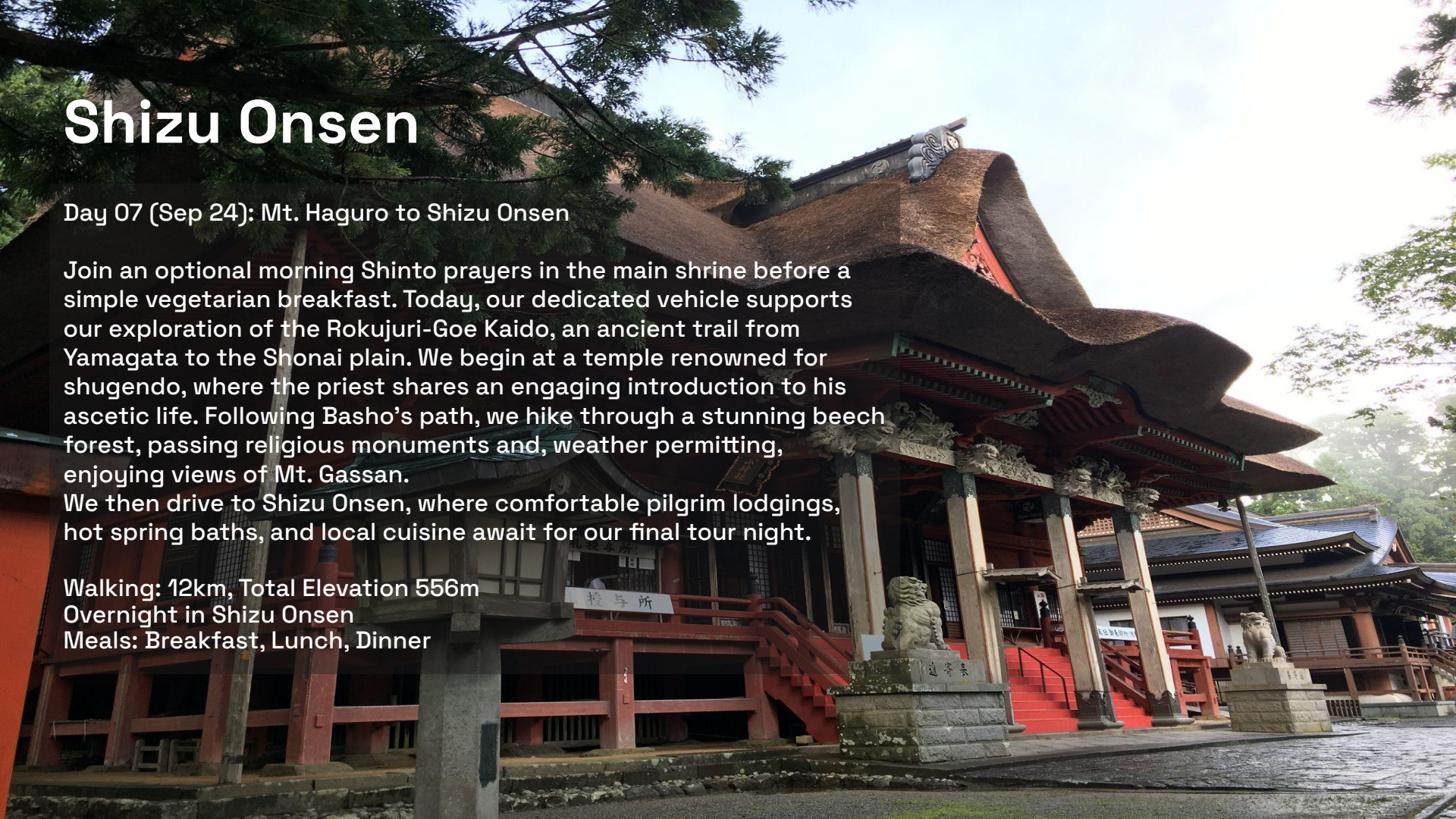
After breakfast, we hike over Natagiri Pass, once a treacherous route feared by Basho for its bandits and rugged terrain. Now, it's a manageable trail with a short steep start and friendly encounters. We then taxi to the Mogami-gawa river, where, like Basho, we cruise downstream on a small boat. Next, we climb stone steps through the sacred Shinto shrine complex of Mt. Haguro-san, part of the Dewa-sanzan, a key Shugendo spiritual center.

Staying overnight, we enjoy a simple shojin-ryori vegetarian temple meal and sleep in traditional, modest Japanese lodging, echoing Basho's Edo Period pilgrimage.

Walking: 7km, Total Elevation 367m
Overnight in Mt. Haguro
Meals: Breakfast, Lunch, Dinner

**"GATHERING EARLY
SUMMER RAINS,
HOW SWIFTLY IT
FLOWS,
MOGAMI-GAWA."**

Shizu Onsen



Day 07 (Sep 24): Mt. Haguro to Shizu Onsen

Join an optional morning Shinto prayers in the main shrine before a simple vegetarian breakfast. Today, our dedicated vehicle supports our exploration of the Rokujuri-Goe Kaido, an ancient trail from Yamagata to the Shonai plain. We begin at a temple renowned for shugendo, where the priest shares an engaging introduction to his ascetic life. Following Basho's path, we hike through a stunning beech forest, passing religious monuments and, weather permitting, enjoying views of Mt. Gassan.

We then drive to Shizu Onsen, where comfortable pilgrim lodgings, hot spring baths, and local cuisine await for our final tour night.

Walking: 12km, Total Elevation 556m

Overnight in Shizu Onsen

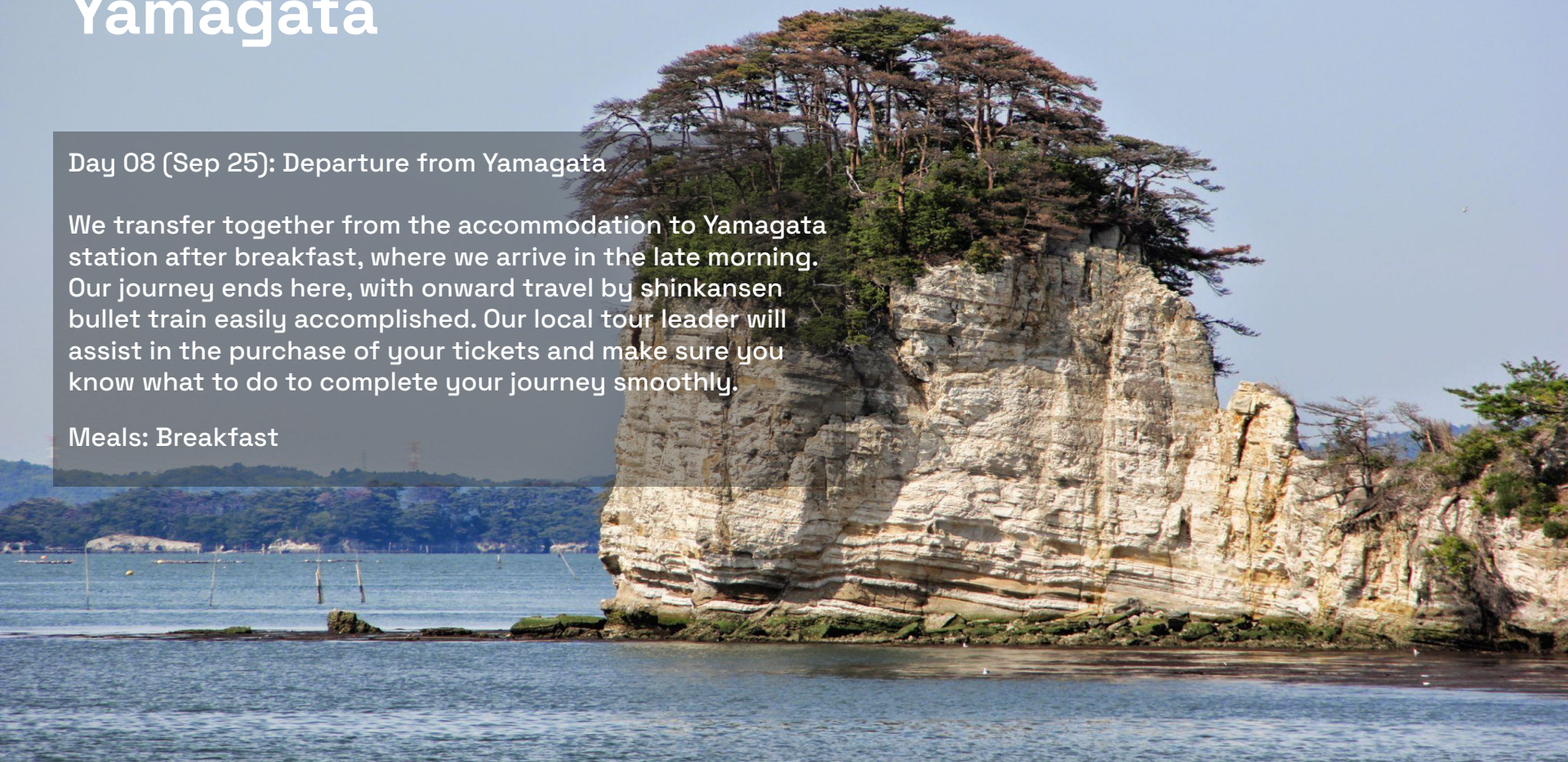
Meals: Breakfast, Lunch, Dinner

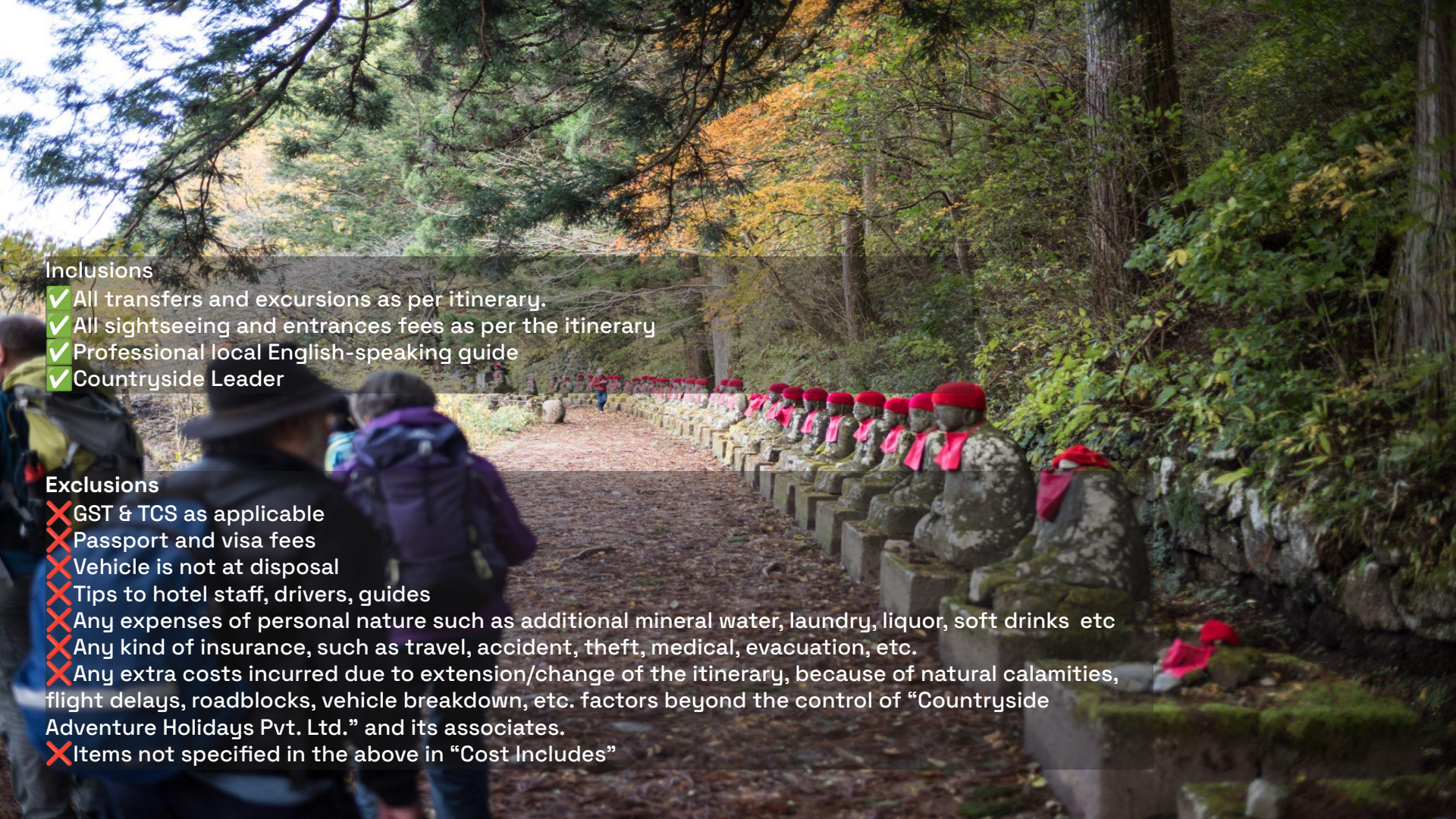
Yamagata

Day 08 (Sep 25): Departure from Yamagata

We transfer together from the accommodation to Yamagata station after breakfast, where we arrive in the late morning. Our journey ends here, with onward travel by shinkansen bullet train easily accomplished. Our local tour leader will assist in the purchase of your tickets and make sure you know what to do to complete your journey smoothly.

Meals: Breakfast





Inclusions

- ✓ All transfers and excursions as per itinerary.
- ✓ All sightseeing and entrances fees as per the itinerary
- ✓ Professional local English-speaking guide
- ✓ Countryside Leader

Exclusions

- ✗ GST & TCS as applicable
- ✗ Passport and visa fees
- ✗ Vehicle is not at disposal
- ✗ Tips to hotel staff, drivers, guides
- ✗ Any expenses of personal nature such as additional mineral water, laundry, liquor, soft drinks etc
- ✗ Any kind of insurance, such as travel, accident, theft, medical, evacuation, etc.
- ✗ Any extra costs incurred due to extension/change of the itinerary, because of natural calamities, flight delays, roadblocks, vehicle breakdown, etc. factors beyond the control of "Countryside Adventure Holidays Pvt. Ltd." and its associates.
- ✗ Items not specified in the above in "Cost Includes"

Meals

Delicious, traditional Japanese Meals throughout our journey



Meat and fish stock is an integral part of Japanese cuisine. On this trip, they are only 6 options that we can offer for dietary requirements

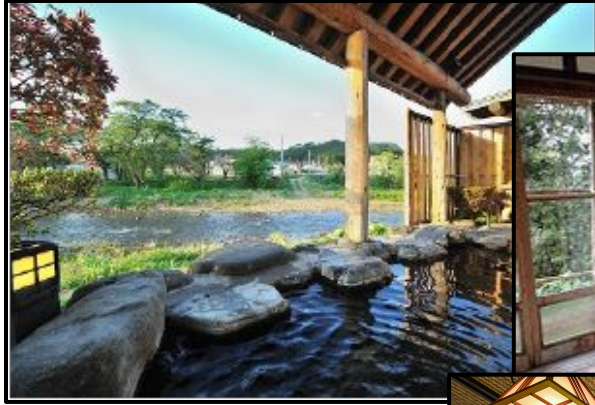
- No meat, poultry, fish, seafood (excluding stock)
- No meat or poultry
- No beef
- No red meat
- No fish or seafood (excluding stock)
- No pork or shellfish (excluding stock)

Occasionally in inns and nearly always in hotels, western-style breakfasts are also available alongside Japanese dishes.

**Do note that participants are also unable to bring their own food on tour*

Accommodation

Mix of traditional inns, contemporary hotels and stay in Shrines



Sendai: Western-style hotel, full ensuite toilets and bathroom

Matsushima: Onsen hot spring resort, full ensuite toilets and bathroom (in addition to shared onsen)

Hiraizumi: Inn with onsen thermal hot spring baths, full ensuite toilets and bathroom (in addition to shared onsen)

Akakura Onsen: Inn with onsen thermal hot spring baths, ensuite toilets and shared bathing facilities

Mt. Haguro: Pilgrim lodgings (simple), both shared toilets and shared bathing facilities

Shizu Onsen: Inn with onsen thermal hot spring baths, ensuite toilets and shared bathing facilities

Extend your Journey

September is a fantastic time to visit Japan, as it blends pleasant weather, vibrant festivals, and fewer crowds for an unforgettable experience. With pleasant temperatures, it's perfect for sightseeing in cities like Kyoto or hiking in Hokkaido's early autumn landscapes. Festivals like Osaka's Kishiwada Danjiri, with its thrilling float parades, or Tokyo's Meguro River Firefly Festival offer immersive cultural moments.



Tokyo
3 Nights



Kyoto and Nara
3 Nights



Osaka
3 Nights

Important Notes

1. Sendai is convenient as it is easily accessible from Tokyo Station.
2. Luggage transportation is included for one piece of medium sized luggage per person while on tour. Please do note that participants will need to transport their luggage from their pre-tour destination on to the hotel in Sendai for the first night, and from Yamagata station on their post-tour destination on the last day.
3. We would recommend to secure your train tickets for Friday 18 September 2026 in advance to avoid any potential stress. This can be done either once in Japan (we would typically expect that a few days in advance should be sufficient), or through the below website about one month in advance (this is now possible even from outside Japan). <https://www.eki-net.com/en/jreast-train-reservation/Top/Index>. Our team can assist you with the same.
4. **On this particular trail dietary requirements such as vegetarianism and kosher, as well as a number of food-related problems such as coeliac disease, are not widely understood nor catered for. Consequently, we can never guarantee to provide meals catering to individual diets. In particular, strict vegetarians and vegans should note that almost all stock (the base for soups and sauces) contains small quantities of fish or meat products, and vegetables, if prepared as tempura, are fried in the same oil as meat and fish. Participants with gluten sensitivities should note that soy sauce is an ingredient used in many dishes.**
5. Guests are requested to account for around JPY1,000 - JPY2,000 per meal that are not included as a part of this tour. We also recommend carrying about JPY5,000 - JPY10,000 per day just in case anyone wishes to purchase any souvenirs.
6. For transfers that are included, we will use local 4-seater taxis (so several taxis for the group) in the cities. For short transfers or dedicated vehicle, depending on number of participants/luggage/local availability, we would typically use 6-seater, 9-seater "jumbo" vehicles, 15-seater minibuses or 24/26-seater minibuses.

Payment Schedule and Tour Confirmation

Payment schedule and tour confirmation

1. 40% non-refundable and non-transferable deposit by December 01, 2025.
2. Balance 60% required 45 days before the tour starting date i.e 03 August, 2026

Cancellation Terms

Cancellation of a booking will become effective upon confirmation from Countryside Adventure Holidays Pvt Ltd that it has received a written notification from you, and the following cancellation charges will apply:

- (a) For cancellations from **December 01, 2025 to 03 August, 2026**, a charge of **40% of the total invoice amount** (the non-refundable deposit).
- (b) For cancellations from **04 August, 2026 up to the Tour Start Date**, a charge of **100% of the total invoice amount**.

**Note: The above payment schedule and cancellation terms supersedes our General Information and Booking & Cancellation Terms and Conditions.*

*** Exchange rate is applicable when Countryside Adventure Holidays remits money to its vendors in Japan.*

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