

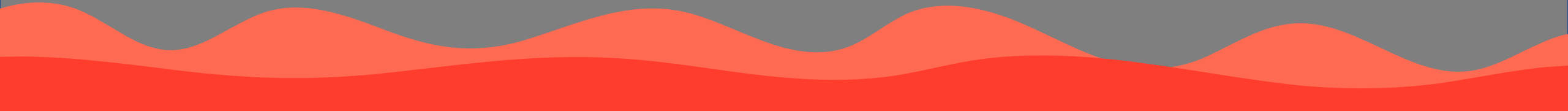


into JAPAN SPECIALIST TOURS



TOGARI

Sustainability
&
Off the Beaten Path





TOGARI

Only 2 hours from Tokyo

Experience the 'real' Japan

Discover rural communities and local lives

Sustainable tourism that directly benefits these rural communities

Togari



Tokyo





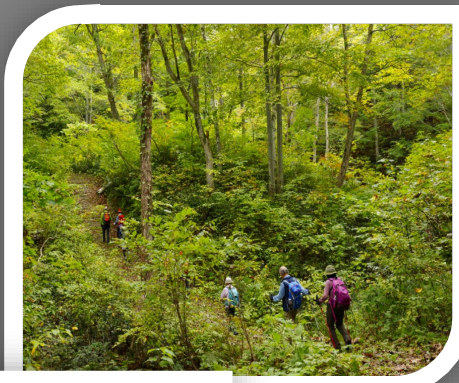
TOGARI Views

Area offers some of Japan's loveliest countryside

In the heart of the Japan Alps

Stunning scenery, including:

- Mountains
- Crystal clear rivers & streams
- Picturesque villages nestled in rice fields



TOGARI Activities

We've worked closely with people living in the area and have curated a variety of sustainable activities and experiences that give clients the chance to make the most of their time in Togari and which all directly benefit the local economy.

Active adventures can include

- Mountain hikes and forest bathing walks
- Lakeside yoga sessions and e-bike tours
- Whitewater rafting and stand-up paddle-boarding



TOGARI Activities

For those going at the right time of year, joining in the rice planting or harvesting can be fun for all the family

Visitors can also try their hands at fishing for *iwana*, a type of trout, or making soba noodles



TOGARI Activities



Forage for fiddleheads and other local mountain plants

Try '*kintsugi*', the art of repairing broken pottery with golden lacquer

Star gazing - with almost no light pollution, Togari offers beautiful 'dark sky' star gazing

Visit local temples & shrines

Visit a popular local ninja park – the kids love it!

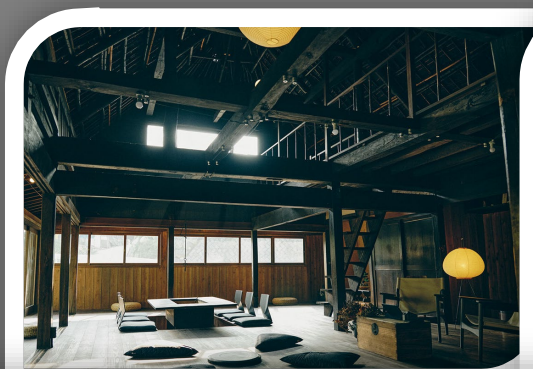


TOGARI Activities

Snow Monkeys

The home of the famous snow monkeys is a short drive from Togari and it's a popular place to visit for clients staying in the area.

Despite their name, the snow monkeys are there year round, although they tend not to be in the hot spring waters during warmer months.



TOGARI Activities

Minka Tour

We also offer interested clients the chance to enjoy a tour of traditional Japanese farmhouses, called *minka*; one of the most unique and important historical assets of Japan.

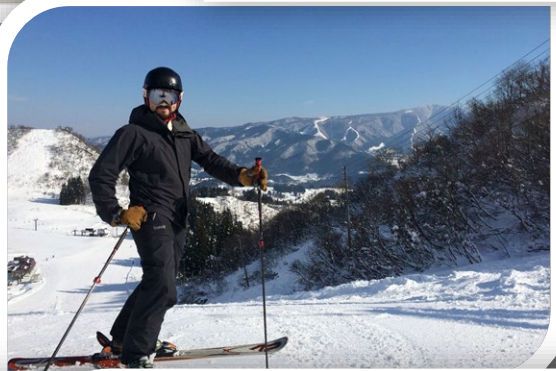
Clients will have the opportunity to explore a number of *minka* with our specialist, who explains about the houses and their cultural significance, and also teaches about the lifestyle of their former residents.

Lunch is served in one of the *minka* and guests can enjoy some local delicacies cooked over an *irori*, a traditional Japanese fireplace.



TOGARI Activities

Winter Fun



The Togari area sees some of Japan's heaviest snowfall, making it the ideal base for a winter vacation.

The skiing is great, with Togari ski resort on the doorstep and Shiga Kogen, one of Japan's premier resorts, under an hour away.

In addition to skiing & snowboarding, visitors can try out fatbiking through snowy forests and even enjoy dinner cooked in 'pop-up' igloo restaurants under a starry night sky.



TOGARI Activities

Yamabushi

One of the highlights of a stay in Togari - a day out with a shamanistic mountain monk called a *Yamabushi*

Deeply tied with Japan's animist religion, Mt. Kosuge is one of the three most sacred places in Nagano for *shugendo* - Japanese mountain ascetic shamanism. Established more than 1300 years ago, mountain ascetics called yamabushi stayed on the mountain for spiritual training, creating an area now known as Kosuge village. We can offer clients the chance to hike with a modern-day Yamabushi through a cedar-lined forest trail to the Inner Shrine, a 400 year-old sacred site on the mountain. With an interpreter alongside to assist, they'll learn about the life of a modern day ascetic monk as well as the history of the ancient shrine and the deep connection it has in the local community.

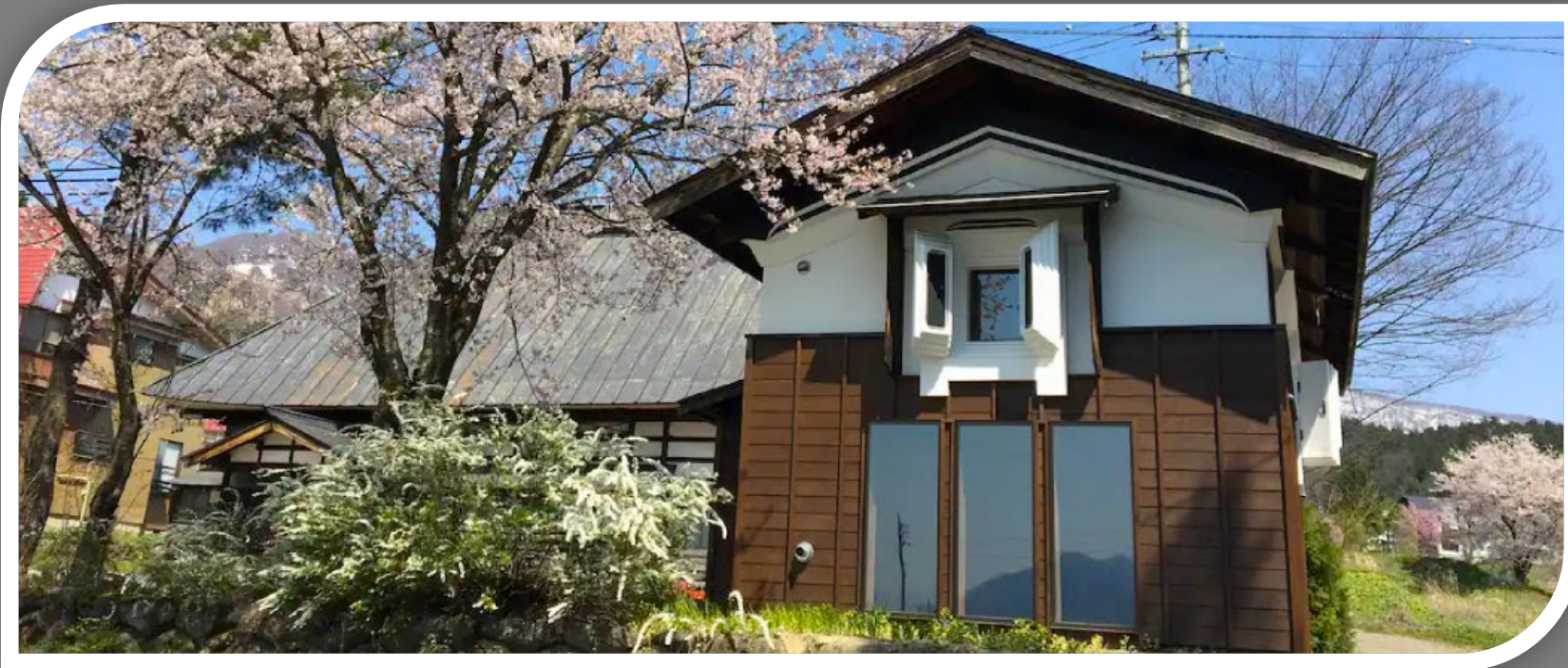
This day out really offers clients the opportunity to experience a very different way of life and it's one that will leave real and lasting memories.



TOGARI

Stay

The Kura





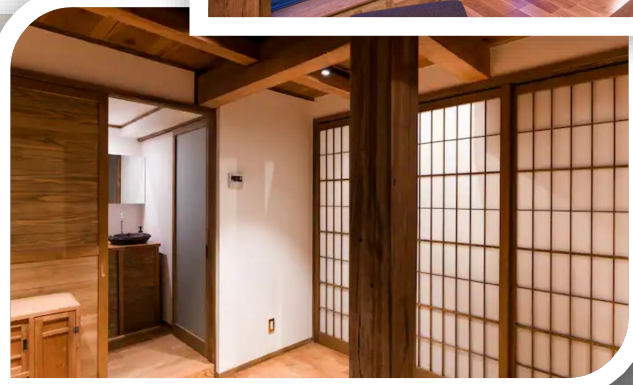
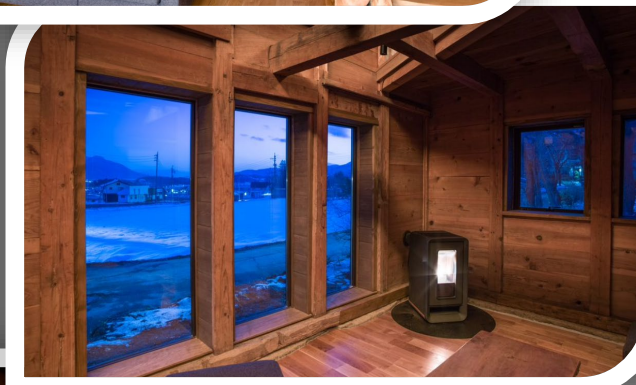
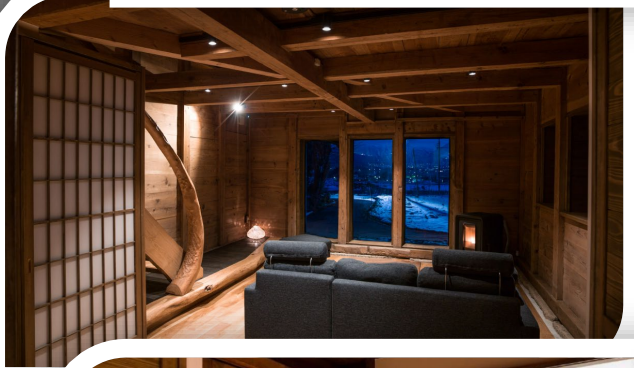
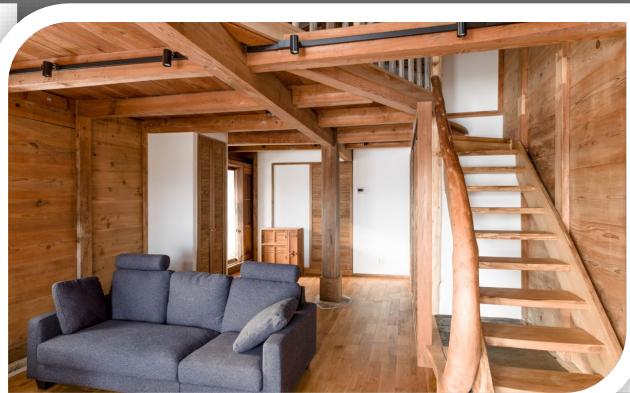
The Kura

The Kura is Into Japan's own property and a project born of love for the Togari area and a strong desire to give back to the local community.

The Kura takes its name from the word for a type of building used historically to store valuables and indeed, in its original life was just such a building. After the 250 year old property was purchased for Into Japan Specialist Tours, a lengthy but loving restoration project began.

A meeting of traditional Japanese design with modern luxury, The Kura is designed to be a home away from home for a couple or a family with small children. It retains much of its original structure, and we chose to renovate the historic building in such a way that you can still sense its history, but without sacrificing luxury.

We are thrilled to be able to offer this delightful, chalet style property to our clients. Nestled in the beautiful valley at the foot of the Togari Onsen mountains, The Kura is the perfect way to enjoy the Nagano countryside, whether you are there for the snow or enjoying the breathtaking scenery in the warmer seasons.

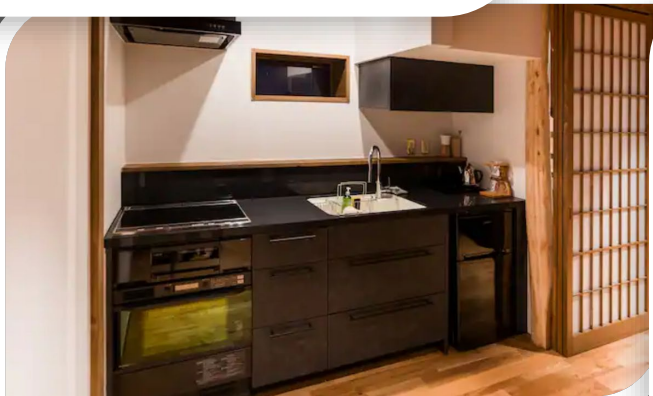


The Kura

The main room is an open plan kitchen/living room. It has large, south facing windows, letting in plenty of natural light.

All the original stone foundations, windows, door and wooden frame have been retained, with extensive use of wood inside to create a strong natural impact.

The banister on the stairs to the second floor was created from a full, naturally curved tree trunk.



The Kura

The sleeping areas are on the second floor feature a large, custom made double bed. There is the option of futons on the tatami available for families with children.

For those who enjoy cooking, there is a full modern kitchen installed. Alternatively, dine out at one of the local restaurants

The bathroom is a Japanese style wet room with a large bath tub, with a separate, high tech Japanese toilet with heated seat and jet wash.



If you have any questions or need
more info, please contact us!

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