

THE MASTERPLAN EXPERIENCE

NAKASENDO WAY

7 - 13 OCTOBER 2023

TOKYO TO KYOTO



Join Shannah Kennedy and Colleen Callander on an inspirational 7 day, 70km spiritual walk. A special opportunity for those who love to walk, learn, network, and take time out to reflect, recharge and reset on this unforgettable trail.



This 7 day transformative walking adventure takes us on forested trails, through breathtaking mountainous landscapes experiencing warm hospitality, traditional country inns, regional cuisine and natural onsens – an unbeatable combination with a coach and mentor by your side.

Daily educational sessions:

- ✓ Daily journaling
- ✓ Personal coaching whilst walking
- ✓ Daily educational sessions
- ✓ Reestablish your 3 year vision, goals and new habit plan
- ✓ Experience the application of daily rituals & practices to create lasting change

WALK THE WORLD WITH US



SELF AWARENESS



SELF LEADERSHIP



SELF MANAGEMENT

Detailed Itinerary

Walking 7 days (5 days of walking) - 70km
Japan's Nakasendo Way Trail runs for 533 kilometres along an ancient highway, with the name translating as the 'road through the mountains. The route has been used for centuries, and was the main path taken between Kyoto and Tokyo, winding its way through rural countryside to the heart of Japan's stunning central mountains. Many tiny towns were established along the route to support travelling lords, merchants and samurai, providing places to sleep and eat along the journey. Now you too can soak up the atmosphere – and hot spring waters – of these charming settlements.

-  **Day 1 | Arrive and explore Tokyo (welcome dinner)**
-  **Day 2 | Kiso-Fukushima - Nojiri - Tsumago | 10km**
-  **Day 3 | Tsumago – Magome | 15km**
-  **Day 4 | Magome - Ena | 15km**
-  **Day 5 | Ena - Hosokute | 20km**
-  **Day 6 | Hosokute – Mitake – Kyoto | 12km**
-  **Day 7 | Finish in Kyoto**

Your adventure along the Nakasendo Trail comes to an end today, but we've no doubt that it'll live on in your memories forever. Japan is such a wonderful place to walk.

(Itinerary subject to modification)

Trip Overview

- DATE:** 7-13 October 2023
- TRIP LENGTH:** 7 days (5 walking days)
- TRIP GRADE:** Moderate
- GROUP SIZE:** 2 x hosts (Shannah & Colleen)
1 x guide
12 x participants
(Twin share accommodation available only)
- PRICE FROM:** AUD 6,500 PP





Inclusions

- 6 nights accommodation, all carefully selected to enhance your walking Japan experience
- Combining western style hotel accommodation with private en-suite facilities in major cities and Japanese style ryokan and temple accommodation where possible with gender share bathrooms and onsen. (Japanese baths). Twin share only - no single rooms
- Luggage transfers from accommodation to accommodation. (1 x 20kg bag per person)
- The occasional night is in remote regions without your main luggage. For your comfort our Japanese style accommodation provides toiletry products, slippers and a yukata (a casual summer kimono) which is encouraged to be worn after your evening onsen, and to dinner in the dining room, joining all other guests in the same attire.
- Daily breakfast
- 6 Japanese style evening meals
- 5 Lunches
- Private and local transport as per itinerary
- Experienced guide throughout your journey
- Emergency contact details and 24/7 local on-the-ground support
- Pre-departure and ongoing support from Australian office

About Us

Shannah Kennedy is a high performance master planner and one of Australia's foremost strategic life coaches with 20yrs experience in the role, she works to transform her clients' careers, mental health, wellbeing and life plans. She is the author of Global best seller 'The Life Plan – Simple Strategies for a Meaningful Life' and 'Plan B – How to Navigate and Embrace Change'.

Colleen Callander is an award-winning CEO and an inspiration to leaders of all generations. Colleen is the former CEO of two of Australia's iconic fashion brands Sportsgirl and Sussan, where she was at the helm for 13 years. Colleen is a highly respected influential leader with a wealth of knowledge and a proven track record in building brands and establishing winning cultures. She is the author of 'Leader by Design'.

Optional Inclusions

- Additional night's accommodation before or after trip (please advise at time of booking)

Not Included

- Flights
- Travel to trip's starting point
- Transfers not already outlined in detailed trip itinerary
- Lunches, except for the 5 included on walking days

How to Book

Please contact Glenyce Johnson
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