

Rural farmstay experience in Kumano

Try your hand at various
agricultural activities and
enjoy wonderful valley views

EXPERIENCE / TOUR EXTENSION
2 days

Highlights

- Delicious slow-food meals made using vegetables grown on-site
- Enjoy picking various types of mikan
- Walk on a section of the Kumano Kodo trail not featured on our regular tours
- Learn how to cook traditional Japanese dishes
- Cycle around the peaceful town and visit a local farmers market
- Join an early morning zazen meditation at nearby Senso-ji Temple

The Kamiakizu area on the fringes of the provincial seaside town of Tanabe in the Kumano region is surrounded by mountains, and full of orchards where Mikan (mandarin oranges), Ume (Japanese plums) and other fruits grow. The former elementary school of Kamiakizu, an atmospheric building made of cedar and cypress, was renovated to serve as an education and experience center with a focus on sustainable tourism, established as a collaborative project by local farmers to support the revitalization of this rural community. A wooden lodge was added later to offer accommodation for overnight visitors, with comfortable Japanese style-rooms, all with private bathrooms. There is also a slowfood restaurant on site, where local farmers' wives come together to cook

ITINERARY

DAY 1 > Travel to Kamiakizu

Travel by morning train to the seaside town of Kii-Tanabe and travel by bus to the lodge, where you can leave your luggage before being transferred to a mountainside Mikan orange orchard to pick fruit. After gathering and tasting various varieties of Mikan oranges, head onwards to the lodge where you spend the night. Later in the afternoon stroll or cycle around Kamiakizu, perhaps visiting the local farmers market, which sells a whole array of fresh fruit and other local produce. Enjoy dinner made with vegetables grown on-site.

DAY 2 > Depart Kamiakizu

Head to the nearby Sensoji-temple for an early-morning Zazen meditation session. Return to the lodge to have breakfast, after which you have the option to make your own Bento lunch box. The lodge staff drive you to Nejiki-no-Sugi for your walk on the Shiomi-toge Pass, a section of the Kumano Kodo trail not featured on our other tours. After arriving at Takijiri-oji, return to the lodge for a second night or continue onwards to Takahara on the Kumano Kodo trail.

Accommodation: Japanese farmstay