



Real Adventures in Nakatsugawa



**The Three Temples of Ochiai-Juku:
Three Immersive Japanese Experiences**



Contact Information

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The Three Temples of Ochiai-Juku: Three Immersive Japanese Experiences

The Nakasendo, an ancient road connecting Edo (the former name for Tokyo) and Kyoto, was for a long time a bustling route, busy with traveling samurai and plenty of trade. Ochiai-Juku, the 44th post town (if traveling from Edo), is home to three Buddhist temples. Nowadays, as you walk along the Nakasendo, you can still visit these temples. Each one offers you a different and rare opportunity to experience authentic Japanese culture for yourself:



Zazen Meditation Experience

Zazen is a Japanese form of seated meditation central to the practices of Zen Buddhism. Experience it for yourself at the quaint Zenshoji Temple, a place where time will sit still with you. Calm your mind and clear your thoughts the Zen way.

Location: Zenshoji Temple (864-1 Ochiai, Nakatsugawa City)

Access: 10 minutes by bus from Nakatsugawa Station to Ochiai Bus Stop, then 2 minutes on foot.
OR 45 minutes on foot from Nakatsugawa Station.



Calligraphy Experience

In Japan calligraphy and the arts are inextricably intertwined. Koufukuji Temple is pristine with a beautiful garden that changes with the seasons. In this experience, the head priest will give you a crash course in Japanese calligraphy. Write your name using Japanese kanji characters and take home your work as a souvenir.

Location: Koufukuji Temple (1129 Ochiai, Nakatsugawa City)

Access: 10 minutes by bus from Nakatsugawa Station to Ochiai Bus Stop, then 5 minutes on foot
OR 50 minutes on foot from Nakatsugawa Station.



Tea Ceremony Experience

Influenced by Zen Buddhism, Japanese tea ceremonies are an art form with each delicate movement prescribed and full of meaning. At the idyllic Iouji Temple, you can immerse yourself in the esoteric world of Japanese tea. The priest will teach you how to make your own matcha tea and the correct way to drink it.

Location: Iouji Temple (1423-2 Ochiai, Nakatsugawa City)

Access: 12 minutes by bus from Nakatsugawa Station to Kisoguchi Bus Stop, then 15 minutes on foot
OR 65 minutes on foot from Nakatsugawa Station.

Details

Price: 3500 yen /person (per experience)

Time required: Approximately 1 hour (per experience)

Reservation: Reservation is required at least 1 week in advance

Inquiries: Nakasendo Walk Group (info@nakasendo.org)

Cycle the Idyllic Japanese Countryside: The Satoyama Way of Life

Tsukechi and Kashimo are stunning rural areas located a little north of the Nakasendo, between Hida Takayama and Nakatsugawa. These idyllic small towns really capture the beauty of the Japanese countryside and the satoyama way of life. Experience it for yourself. Cycle along quiet country roads surrounded by mountains, rivers, rice fields and historical houses with friendly locals living an old fashioned way of life. From short rides of a few hours to long rides of up to a few days, we can offer you a cycling tour plan that suits your needs.

Details

Price: 5000 yen ~ /person (Tsukechigawa Course)

Time required: 2-3 hours

Number of people: 2-10 people

Inquiries: Tono Cycling (info@tono-cycling.com)

