

JAPAN GARDEN TOUR

26 November – 10 December 2026

retreat|recreate is delighted to present this
14 night/15-day autumnal garden tour of Japan

Come and explore this fascinating country through the lens of its botanic delights. Experience various types of Japanese gardens – dry landscapes, moss gardens, pond & stroll gardens, Zen rock gardens, water & mirror gardens and bamboo groves, plus lush landscapes and serene vistas.

Visit our favourite sites including two of the famous 'Big Three Gardens of Japan', Zen temples set in stunning garden landscapes, a UNESCO World Heritage-listed village of thatched roof 'Gassho-zukuri' farmhouses, a traditional papermaking village, world famous museums, and stunning cultural sites in Tokyo, Shogawa, Kanazawa and Kyoto. Participate in multiple hands-on botanical experiences including a bonsai workshop, an ikebana class, a bamboo carving demonstration and a botanical dyeing workshop.

Enjoy a traditional tea ceremony, spend an incredible night in a Buddhist temple and witness the morning fire and drumming rituals, be inspired by superb garden design and craftsmanship, and experience traditional Japanese culture and hospitality, all in the company of a small group (14 travellers) of likeminded garden enthusiasts.

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ITINERARY

as at January 2026



Day 1

Thursday 26 November

Day 2

Friday 27 November

TOKYO

Konnichiwa! Welcome to Japan! Make your way to the hotel next to Ueno Station, and rest and relax after your flight.

There will be a **tour briefing** this evening in the lobby of the hotel at 6:00pm (TBC). You'll receive your Welcome Pack, we'll run through the itinerary for the next two weeks and you'll meet your fellow travellers. Following the briefing meeting, enjoy a **welcome dinner** at a delightful local restaurant.

Please arrange a flight arrival time (allowing for possible flight and traffic delays) that allows you to participate in the briefing meeting and welcome dinner. We strongly recommend our travellers arrive a day or two earlier and stay a day or two later at the end of the trip to enjoy some solo exploration and free time.

Meals: Dinner

TOKYO

After breakfast you'll dive straight into your botanical itinerary with a visit to a bonsai museum and garden. You'll be immersed in the art and tradition of bonsai through a guided garden tour, followed by a private mini **bonsai-making workshop**.

As it's the first full day, the group will lunch together at a local restaurant.

In the afternoon, visit the inspiring and very beautiful **Koishikawa Korakuen Garden**. Created in 1629, it's the oldest existing feudal lord's garden from the Edo period. Arguably the most beautiful landscape garden in Tokyo, it offers stunning vistas and reproductions of traditional Japanese and Chinese scenery in every season. As you walk the circular path around the pond, enjoy a different view every few steps. Its peaceful atmosphere makes it hard to believe you're in central Tokyo.

Meals: Breakfast, Lunch



Day 3 Saturday 28 November

Day 4 Sunday 29 November

Day 5 Monday 30 November

Day 6 Tuesday 1 December

Day 7 Wed 2 December

TOKYO

Board your private coach and prepare for a full day trip today. Enjoy the varying scenery as you head out of Tokyo to Mito, capital city of Ibaraki Prefecture and home to one of **Japan's Big Three Gardens**, the exquisite and hugely famous **Kairakuen Garden**.

Kairakuen means 'park to be enjoyed together' and unlike the other two of the Big Three landscape gardens, Kairakuen served not only the ruling lord when it was created in 1841 but was open for public enjoyment. The garden is famous for having more than 3000 plum trees, a bamboo grove, cedar wood and the '**Kobuntei**', a traditional Japanese style building. Iconic vistas of the garden and nearby Lake Senba can be enjoyed from the Kobuntei.

On the return journey to Tokyo you'll stop to enjoy the vibrant beauty of **Momiji Valley Park**, where over 170 maple trees paint the landscape. The serene pond mirrors the autumnal hues of the changing leaves. Your guide may lead the group in a **forest bathing** meditation, depending on the weather.

Meals: Breakfast

TOKYO

A change of pace today with a slow morning strolling a fascinating **open air architecture museum**. Explore leafy streets filled with preserved and relocated Japanese houses and shops from various periods in Japan's history. The entire park is a wonderful way to experience Japanese daily life in different eras, from the humble 200 year old farmhouse to the magnificent 20th century home of a local noble. Several of the more elite homes sit within beautiful garden settings.

You'll return to central Tokyo at around 3:30pm and there will be a little **free time** to pursue your own interests. It's your last day in Tokyo so grab the opportunity to catch an art exhibition, or visit one of Japan's many other gardens. We will provide a list of recommendations closer to departure but an excellent suggestion is the very beautiful Nezu Museum with its excellent range of Asian artworks and stunning garden. After you've explored the artworks, take a stroll through the garden or enjoy the view from the light-filled café as you indulge in a delicious afternoon tea.

Meals: Breakfast

SHOGAWA

Pack an overnight bag as your main luggage will be sent ahead to Kanazawa.

Enjoy a day of quintessential Japanese experiences today! Take a *shinkansen* (bullet train) to Takaoka on the other side of Honshu island; sit back and relax for a couple of hours as you speed across the country at 300 km per hour. In Takaoka your private coach takes you to **Gokayama Village, a UNESCO World Heritage Site**, a living village (ie. not a museum, but an inhabited village) known for its traditional Gassho-zukuri thatched roof houses and traditional landscape of beech, Mongolian oak and horse chestnut forest.

At the village you'll learn all about the tradition of **sericulture (silk production)**, an important traditional botanical craft of the area, at a small museum. You'll also be treated to a private performance of the *kokirikouta*, Japan's oldest folk song.

A truly magnificent **kaiseki dinner** and a soak in the **open air onsen** at your very beautiful traditional Japanese style accommodation provide the perfect ending to an amazing day. *Note: tonight's accommodation features communal bathing facilities only (onsen hot spring bath).*

Meals: Breakfast, Dinner

SHOGAWA - KANAZAWA

Begin the day with a boat cruise along the **Shogawa Gorge**! Relax and enjoy the stunning views of the deep green Shogawa River and the nearby mountains landscape.

Your private coach will then take you to a hidden gem of a temple; a serene sanctuary deeply rooted in local folk art traditions. A private guided tour of **Zentoku-ji Temple** will be followed by a group lunch served at the restaurant of the temple's own **folk craft museum** which celebrates the father of *mingei* (folk craft), Yanagi Soetsu.

Continue on to the lovely city of **Kanazawa**, sometimes known as Little Kyoto, where you can check in and relax at the hotel, and be reunited with your luggage. The rest of the afternoon and evening are free for you to follow your own interests. You could explore **Omicho Market**, known as the kitchen of Kanazawa, head to the **Nomura Samurai House**, or wander the **Higashi-chaya district**, the pretty geisha area filled with beautiful old wooden tea houses, gold merchants and little shops.

Meals: Breakfast, Lunch

KANAZAWA

Today's highlight is another of **Japan's Big Three Gardens**, the justly famous 25 hectare **Kenrokuen Japanese Garden**. Known as a strolling garden, you'll roam the meandering paths through this stunning Edo period garden, enjoying views of the lake, one of the country's oldest fountains, the famous stone lantern and the numerous tea houses. The garden features all six of the attributes of 'a perfect landscape': spaciousness, seclusion, artifice, antiquity, waterways, and panoramas.

Speaking of tea houses, a highlight of today will be a **tea ceremony** in one of the garden's tea houses where you'll learn all about The Way of Tea, view a private ceremony, learn how to properly use a *chasen* (tea whisk) and then prepare your own cup of *matcha*.

You'll have the opportunity to visit the **Ishikawa Prefectural Museum of Traditional Art and Crafts** which is located within the garden.

Later in the day, visit the stunning **D.T.Suzuki Museum**, a Zen masterpiece with its serene Water Mirror Garden, Vestibule Garden, and Roji Garden.

Meals: Breakfast



Day 8 Thursday 3 December

Day 9 Friday 4 December

Day 10 Saturday 5 December

Day 11 Sunday 6 December

Day 12 Monday 7 December

MT SHIGISAN

Pack an overnight bag as your main luggage will be sent ahead to Kyoto.

Board your private coach once more as you journey to Mt Shigisan. On the way, stop at a traditional washi (Japanese paper) village and visit the **Paper & Craft Museum** to see paper being made the traditional way.

Later in the afternoon, you'll experience one of the (many) highlights of this itinerary – **an overnight stay in a Buddhist temple** atop Mt Shigisan. Soak up the serene atmosphere by strolling the temple grounds at night, enjoy a *Shojin ryori* meal (traditional Buddhist cuisine) and sleep on futons and tatami mats in traditional Japanese rooms.

Spending the night at the temple is a once in a lifetime experience that we promise you'll remember forever.

Note: the accommodation tonight is simple and monastic in style, not luxurious. Be prepared for thin futons on the floor, and communal bathing facilities only (onsen hot spring bath).

Meals: Breakfast, Dinner

KYOTO

Rise early (if you wish) to attend the 5:30am sunrise **Goma Prayer Rituals with fire and drumming** – more once in a lifetime experiences! The sunrise views from atop the mountain are worth the early start. After a Shojin breakfast enjoy a free morning to explore the temple grounds or participate in an optional Buddhist meditation session (at own cost).

Leaving the temple behind, head to a traditional *chasen* village for a **tea whisk making demonstration**. Chasen are the traditional bamboo whisks used when making matcha, or green tea. Carved from a single piece of bamboo, a chasen is instrumental in traditional Japanese tea ceremonies. The studio you'll visit is one of Japan's best, providing bespoke chasen to noble families and premier tea masters. This chasen studio is in a pretty garden setting in an out of the way village where there are now only a few families making chasen the traditional way. There is a beautiful bamboo grove nearby where the artisans gather their material.

Upon arrival in Kyoto you'll find your luggage waiting for you at the hotel.

Meals: Breakfast

KYOTO

The **Tofuku-ji Temple** complex with its 25 sub temples, is one of the earliest Zen temples in Kyoto (dating from 1236) and is one of the most visually striking with its dramatic gorge filled with 2000 maples, beautiful **Tsutenkyo Bridge**, and famous **Shigemori Gardens**. Renowned garden designer Mirei Shigemori specialised in subverting traditional zen design, incorporating concrete cylinders in gravel instead of rocks, and contained checkerboards of moss rather than a naturalistic style, and while his designs may have rocked the establishment, they have resulted in some of Japan's most interesting and unusual gardens.

You'll see the **Komyo-in moon temple** and **Hojo Garden**, and enjoy a beautiful lunch at the **Rikkyoku-an** sub temple.

We hope to visit **Shigemori Museum**, however this visit is TBC. Should it be unavailable, we'll include a walk through the iconic vermilion torii gates of **Fushimi Inari Shrine** instead.

Meals: Breakfast, Lunch

KYOTO

Today you'll explore some of Kyoto's best Zen temple gardens, beginning at the **UNESCO World Heritage site of Ryoan-ji**. Within the walls of the temple lies the famous Zen rock garden (dry landscape) where 15 rocks lie in a gravel setting. No matter the angle from which you view the garden, it's impossible to see all the rocks at once. The rest of the temple grounds are given over to a lush strolling garden featuring maples overlooking a lily pond said to have inspired Monet.

This will be followed by a visit to **Myoshin-ji temple**, a monastery complex resembling a medieval village. The complex houses more sub temples than any other and in the oldest one (Taizo-in, founded in 1404) you'll have the privilege of not only a private guided tour of the garden by one of the senior monks, but also a **matcha green tea experience**.

Later in the afternoon learn all about *ikebana*, the traditional Japanese art of flower arranging, in a **private ikebana workshop**.

Meals: Breakfast

KYOTO

Another highlight today, with a full day trip into the mountains to visit the very special **Miho Museum**. This world famous gallery is a bucket list item for anyone interested in art, architecture and landscape.

Designed by renowned architect I.M. Pei for a private collector, the building is situated mostly underground, carved out of a rocky mountaintop. The dramatic entrance to the gallery is by tunnel and tree lined walkway, inspired by the notion of ethereal utopia as described in an ancient Chinese poem.

The museum hosts an extensive collection of eastern art, enough to keep you enthralled for several hours. There's also a lovely café where you can lunch (at own cost) while enjoying views of the surrounding hills, and reflecting on the extraordinary art around you.

Meals: Breakfast



Day 13 Tuesday 8 December

KYOTO

Another full day trip today as you travel outside Kyoto to rural **Ohara** and discover the art of **botanical dyeing** in a private workshop just for your group.

Your delightful hosts will show you around their farm and teach you the art of natural dyeing. Then you'll **harvest dye plants** directly from the fields and learn the process used to extract dye with which to colour fabric and/or yarn. It's a fabulous and fun day playing with the dye pots and experiencing the magic (and sometimes unexpected results!) of botanical dyeing.

Lunch will be a delicious bento box meal provided by your generous hosts.

Meals: Breakfast, Lunch



Day 14 Wed 9 December

KYOTO

This morning, enjoy a relaxed stroll through **Gion**, one of the geisha entertainment districts of Kyoto. Admire the architecture of the tea houses and *machiya* (traditional wooden houses) lining the pretty streets. And then for a complete contrast, visit Gion's local temple, **Kennin-ji**, the oldest Zen temple in Kyoto. It was founded in 1202 by the monk Myoan Eisai who brought new Zen teachings from China and founded the Rinzai sect of Zen Buddhism in Japan.

Equally importantly, Eisai san brought tea seeds back to Japan and promoted the drinking of tea for medicinal purposes, sowing the seeds (literally) for the later development of the Japanese tea ceremony. The gardens at Kennin-ji feature neatly trimmed tea bushes in his honour. There's also a trio of rocks said to represent Buddha and two attendants.

There's **free time** this afternoon before the group reconvenes for your final **farewell dinner** together. We have planned a very special treat in a very beautiful location to finish off your tour in proper botanical style!

Meals: Breakfast, Dinner



Day 15 Thursday 10 December

KYOTO

Sadly, your tour comes to an end today after breakfast.

It's time to pack up your memories and souvenirs before saying a fond farewell to Japan and each other.

If you wish to stay on in Kyoto for a few days of independent exploration, we can assist with additional accommodation, subject to availability.

A list of suggested galleries, museums, restaurants and additional gardens will be provided to travellers closer to departure, to help you plan your free time and/or additional days.

Meals: Breakfast

Price per person, twin share room: AUD \$8850

Single supplement: AUD \$1500

Inclusions:

- 14 nights/15 days accommodation in 3.5 to 4 star Western and Japanese style accommodations plus a temple stay
- 14 x breakfasts, 4 x lunches, 4 x dinners
- Transport: public transport (train, shinkansen, bus), private coach, taxi
- Four botanical themed hands-on workshops and experiences
- Guided tours, tea ceremony, fire & drumming ceremonies
- Entrance to all gardens, museums, and excursion venues
- Luggage transfers between cities
- Services of a local English-speaking guide

Exclusions:

- International airfares
- Arrival & departure transfers (*can be arranged at additional cost*)
- Travel insurance (required)
- Excess baggage costs
- Visas and passport fees
- Early check in or late check out (*can be arranged at additional cost*)
- Personal spending
- Meals and drinks other than those specified in the itinerary
- Beverages with meals
- Tip for guide at conclusion of tour

Notes:

- This trip is for active, adventurous garden enthusiasts who have a curiosity to delve deep into Japanese culture and are keen to explore Japan through the lens of its botanical and aesthetic traditions. You don't need to be an accomplished or experienced gardener or horticulturalist; an interest in and curiosity about Japanese gardens and culture is enough! We are not horticultural experts or landscape designers, however we are garden and nature enthusiasts. This tour is focussed on enjoying the aesthetics of Japanese gardens, rather than ticking off a list of Latin-named botanical specimens
- This itinerary must be read in conjunction with the Booking Conditions and the Trip Notes, to ensure the trip is right for you. Please ensure you read the health and safety notes, and the fitness and mobility requirements. You must be fit and mobile to participate in this tour
- The itinerary is very full to ensure value for money, although there are a couple of brief periods of free time. *We strongly recommend* you add a few days before and/or after the tour for independent exploration and leisure time.