

Tohoku Snow Retreat: Appreciate the Stillness

TOHOKU
February 2025

Day 1

February 11, 2025 / Shiroishi

Lunch Regional Cuisine Featuring Noodles

Activity

- Shiroishi Town Walk
- Sound Therapy

Dinner Kaiseki: Japan's Haute Cuisine

Day 2

February 12, 2025 / Mt. Zao

Lunch Outdoor Lunch

Activity

- Morning Yoga
- Snowshoeing
- Tea Ceremony

Dinner Kaiseki: Japan's Haute Cuisine

Day 3

February 13, 2025 / Matsushima

Lunch Shojin Ryori (Buddhist Cuisine) Lunch

Activity

- Zuiganji Temple Tour Led by a Monk
- Zazen (Zen Meditation)
- Matsushima Sightseeing

Dinner French with Local Ingredients

Day 4

February 14, 2025 / Sendai

Lunch Modern Japanese Cuisine

Activity

- Morning Meditation
- Nikka Whisky Miyagikyo Distillery Visit

*Japanese breakfast will be served from day 2 to day 4.



DAY 1 | February 11, 2025
Shiroishi

Itinerary

09:30 AM	Tokyo Station
12:00 PM	Lunch (Regional Cuisine)
02:00 PM	Shiroishi Town Walk
03:00 PM	Sound Therapy in a Traditional Japanese House
05:00 PM	Check in to Chikusenso
06:30 PM	Dinner (Japanese Cuisine)

Tokyo Station

A Tranquwell representative will meet you at Tokyo Station. Then, take a Shinkansen (bullet train) ride in a comfortable GranClass (first class) seat to Shiraishi-Zao Station.

Lunch (Regional Cuisine)

Savor authentic regional cuisine featuring local noodles in a century-old building.

Shiroishi Town Walk

Stroll through the historic district with samurai houses.

Sound Therapy

Sound therapy by a certified sound therapist, Kanae Kawamura. Immerse yourself in a symphony of sounds, restoring your energy in a peaceful traditional Japanese house.





DAY 2 | February 12, 2025
Mt. Zao

Itinerary

07:00 AM	Morning Yoga
10:00 AM	Snowshoeing
12:00 PM	Lunch (Outdoor Lunch)
03:30 PM	Return to the Hotel
05:00 PM	Tea Ceremony
06:30 PM	Dinner (Japanese Cuisine)

Morning Yoga

Awaken your body and mind with a gentle yoga flow, boosting your metabolism and setting a serene tone for the day.

Snowshoeing

Embark on a snowshoeing adventure, escaping the digital world for the serene beauty of a snow-covered mountain. We will take a break for a picnic on a snow table.

Tea Ceremony

Experience the tranquility of a Japanese tea ceremony, a timeless ritual that celebrates simplicity and mindfulness.





DAY 3

February 13, 2025 Matsushima

Itinerary

10:00 AM	Matcha Break at Kanrantei
10:35 AM	Godaido Temple
11:00 AM	Zuiganji Temple Tour Led by a Buddhist priest
12:00 PM	Zazen (Zen meditation)
12:50 PM	Lunch (Buddhist Cuisine)
02:30 PM	Japanese Garden at Entsuin Temple
03:15 PM	Free Time
06:10 PM	Dinner (French with Local Ingredients)

Matsushima Sightseeing

Matsushima is one of the three most scenic spots in Japan, where poets, warlords, and other historical figures fell in love with its scenery.

Matcha Break at Kanrantei

Traditionally, Buddhist monks have employed Matcha as a pre-Zazen ritual to enhance their concentration. Before embarking on Zazen later in the morning, enjoy a cup of this ceremonial green tea at the Kanrantei Tea House.

Zuiganji Temple

Zuiganji Temple is one of Tohoku's most famous Zen temples. An English-speaking Buddhist priest will show you around the temple first. He will even let us enter special rooms which are not open to the public. Learn interesting history facts which are not in your travel guide book. Later, we will have a Zazen (Zen meditation) session with the monk. Learn Zen breathing techniques and meditate in the serene environment of the temple.

Lunch (Buddhist Cuisine)

Indulge in a traditional Shojin Ryori (Buddhist cuisine)-based lunch at Entsu-in Temple, savoring the delicate and colorful Buddhist cuisine served in a historic Japanese building.



DAY 4

February 14, 2025
Sendai

Itinerary

07:00 AM	Morning Meditation
10:30 AM	Nikka Whisky Miyagikyo Distillery Visit
12:45 PM	Lunch (Modern Japanese Cuisine)
03:35 PM	Shinkansen (Bullet Train) Ride to Tokyo
05:25 PM	Arrive at Tokyo Station

Morning Meditation

Meditate at the hotel while watching the snow gently fall.

Nikka Whisky Miyagikyo Distillery

In a lush canyon blessed with two clear streams, we will learn the process of making premium Japanese whiskey.

Lunch (Modern Japanese Cuisine)

Lunch at an elegant modern Japanese restaurant awarded with a Michelin star.

Tokyo Station

Your Tranquwell tour has come to an end. Return home with a renewed sense of self.

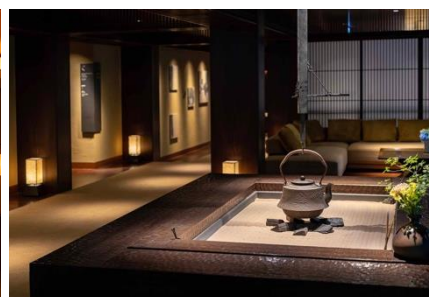
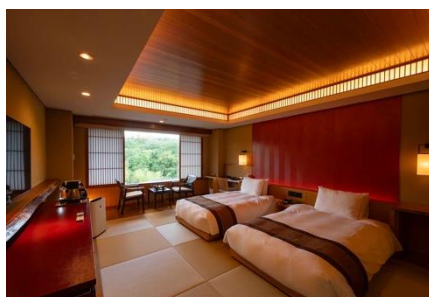




Accommodation and Price Information

Chikusenso, Mt. Zao Onsen Resort & Spa

A harmonious blend of tradition and modernity, where the elegance of a ryokan (traditional Japanese inn) meets contemporary comfort. Unwind in a tranquil outdoor bath, enveloped by a gentle snowfall and treat yourself to delicious yet healthy Japanese cuisine.



\$3,900 per person

All prices are in US dollars.

All prices are per person based on twin occupancy.

Our small group tours require a minimum number of participants to enable us to operate them. If the minimum number of bookings required for a particular holiday has not been received, we are entitled to cancel it. We will notify you or your travel agent of cancellation no less than 60 days before departure and issue a full refund.

What is included in the price:

- All accommodation
- All meals (3 meals per day)
- All transportation from the meeting point (Tokyo station to Tohoku)
- The services of an English-speaking group leader

What is not included in the price:

- International flights from/to Japan
- Airport transfers, taxes and excess baggage charges
- Visa and passport fees
- Travel insurance
- Optional activities and all personal expenses
- Extra meals and drinks
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