

NAKASENDO WAY

JAPAN

BRAG

BIG

...WOW-MAZINGS
100% INCLUDED



WALKING IS ONLY PART OF THE ADVENTURE



- ECO CERTIFIED ECOTOURISM - GLOBAL SUSTAINABLE TOURISM COUNCIL, MEMBER -
- 21 AUSTRALIAN AND STATE RECOGNISED TOURISM EXCELLENCE AWARDS -

Prepare yourself for wow-mazing on your 8 day - 'The Way of the Samurai' Nakasendo Way Walk

Walking on Japan's Nakasendo Way is a truly enchanting experience that transports travellers to a bygone era of samurais and serene landscapes. This historic trail, which means "path through the mountains," winds its way through the picturesque Japanese Alps, connecting Kyoto and Tokyo. Often referred to as the "Way of the Samurai," we traverse the Nakasendo, encountering quaint villages, ancient cedar forests, and traditional teahouses where weary travelers once sought respite.

The journey allows you to immerse yourself in Japan's rich cultural tapestry, where centuries-old customs and hospitality still flourish. Whether you're exploring the rustic charm of Tsumago or the lush countryside of Magome, each step on the Nakasendo Way reveals a deep appreciation for Japan's natural beauty and cultural heritage, making it an unforgettable walking adventure.

WHAT MAKES THIS TOUR UNIQUE

Our philosophy with our tours, is that walking is only part of the adventure. We've included some special wow-mazing experiences throughout the journey to make your trip truly unforgettable. Enjoy a traditional tea ceremony wearing kimonos in Kyoto, make your own Japanese art in Ena and visit a Sake establishment to tantalise the tastebuds.

We have meticulously designed our tours using private transfers between our walks which not only allows for relaxed walking but gives our guests flexible walking options each day. You can walk as much or as little as you like and you won't need to rush to meet train timetables! Add this to staying in the best accommodation in each region all with a unique Japanese charm and you have the perfect journey.



BRAG BIG

... WOW-MAZINGS
100% INCLUDED

We carefully design our walking experience to add 'Wow' factors to every tour. These additional activities will enrich your tour and provide a walking experience that you couldn't create on your own, allowing you to reach remote areas that you normally couldn't get to in a day.

On the Nakasendo Way pack free walk, you'll have the opportunity have these included wow-mazing experiences you'll want to brag big about to everyone who'll listen to you!

JAPANESE TRADITIONAL TEA CEREMONY & KIMONOS - KYOTO

During our time in Kyoto, we aimed to enhance our guests' stay with unforgettable, wow-mazing experiences. On your initial day in this enchanting city, immerse yourself in the time-honored tradition of a Japanese tea ceremony. Dressed in vibrant and exquisite Japanese kimonos of your choosing, you'll have the opportunity to select the kimono that resonates most with you and have your hair styled before joining our expert to learn the fine art of the tea ceremony which encourages mindfulness, fostering an appreciation for simplicity and humility.

FUSHIMI INARI SHRINE WALK - KYOTO

Also in Kyoto, we have included one of it's most iconic walks as part of our journey. Walking through Fushimi Inari Shrine in Kyoto is a mesmerizing journey. Walk through its thousands of vivid orange torii gates that create a captivating tunnel-like pathway through a lush forested hillside, the experience is not only visually stunning but deeply spiritual. The climb to the summit offers breathtaking views of Kyoto.

JAPANESE ART CLASS - ENA

During your afternoon in Ena you will be able to participate in a Woodblock Class at the Hiroshige Museum, an enchanting voyage into the realm of Japanese artistry. Under the expert guidance, you'll uncover the intricate techniques and time-honoured traditions behind this captivating medium and be able to take your piece of Japanese art home.

SAKE BREWERY TASTINGS - KISO FUKUSHIMA

During our stay in Kiso Fukushima we visit a local Sake establishment known for its exceptional craftsmanship and dedication to producing high-quality sake, showcasing the essence of traditional Japanese brewing techniques in every sip. The amazingly friendly staff and the superb wine embodies the rich heritage and flavour profile that has made it a celebrated choice among sake enthusiasts.



Enjoy flexible walking options, private transfers and insightful local guides

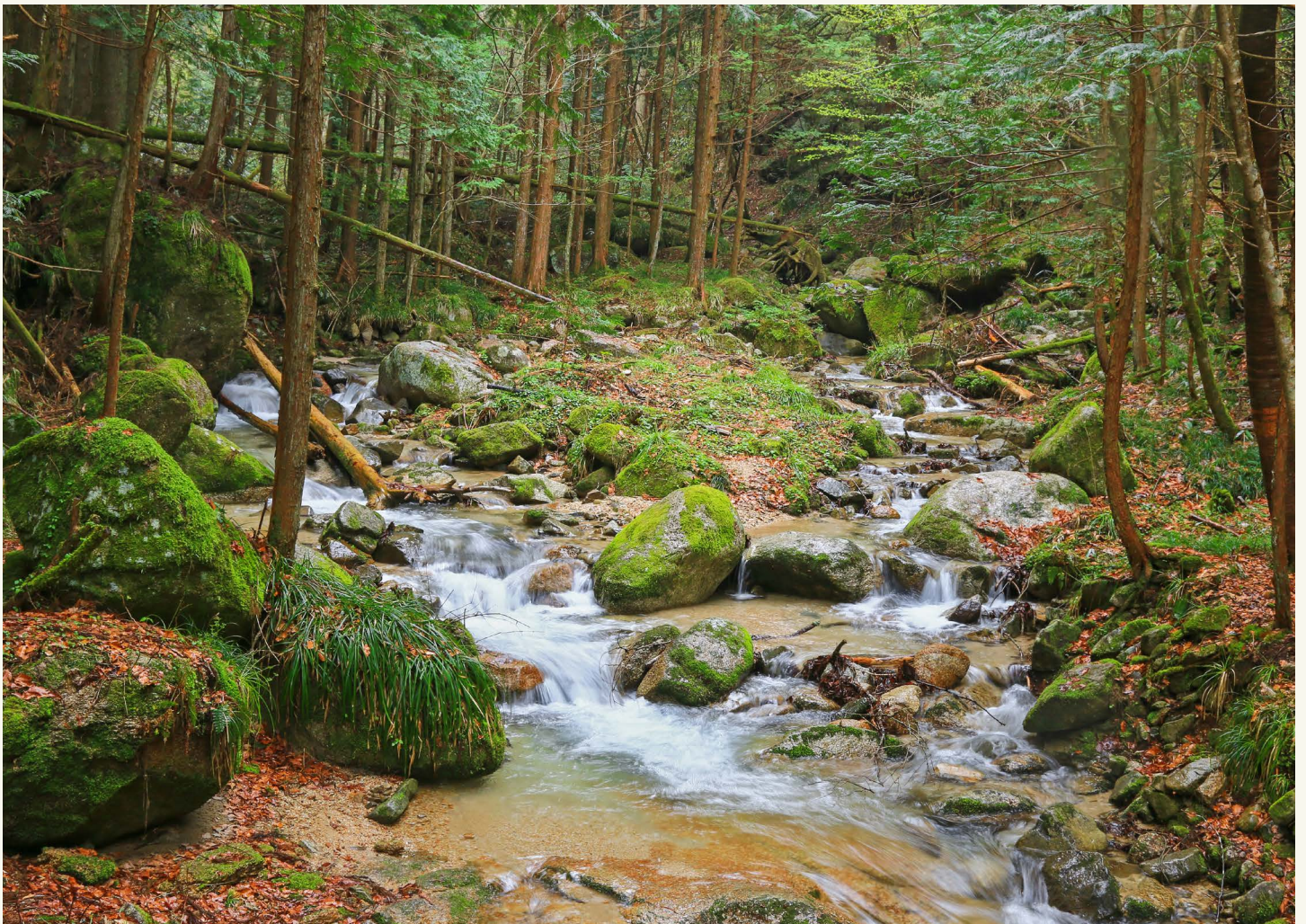
FLEXIBLE WALKING OPTIONS

Private transfers on this tour allows us to give our guests flexible walking each day.

You can choose to enjoy the entire day's walk, opt for a shorter walk or even take your own rest-day, which allows you to make this walking holiday exactly what you want.

LOCAL GUIDES & A LIFE'S AN ADVENTURE HOST

Our guides are essential in providing the ultimate walking experience. You'll be accompanied by a local guide who has passion and enthusiasm for the area and a second host guide - one of our experienced Senior Guides who will accompany you for the entire trip ensuring we deliver a world-class walk up to our high standards.



Here's what is included in your 8 day Nakasendo Way pack free guided walk

When you walk with Life's An Adventure you can be sure that our aim is to deliver a tour beyond your expectations. We believe our tours offer exceptional value for money, with all the creature comforts you are after.

When comparing other tours in this region, be sure you check that you don't have to carry your own gear, you don't have to camp, take trains between walk sections and that your accommodation is not a long distance from where you are walking.

This is a Pack Free walk – so you'll carry as little as your water and camera each day, because we take your overnight bags for you to your accommodation.

Enjoy our genuine all-inclusive tour with no hidden extras.

WALKING TOUR INCLUSIONS

- Pack Free fully supported walk with no heavy packs to carry.
- Private vehicle transfers – no trains!
- Flexible walking options each day.
- Luggage transport EVERY day to your accommodation.
- Professional and passionate local guides that speak Japanese and English.

Wow-mazing Experiences

- Japanese Traditional Tea Ceremony & Kimonos, Kyoto.
- Fushimi Inari Shrine Walk, Kyoto.
- Sake experience, Kiso Fukushima.
- Japanese Woodblock Art Class.

Stay in the best accommodation in each area.

- 1 night at Sora Niwa Terrace Hotel, Kyoto or similar.
- 1 night at Ichikawa Inn, Ena or similar.
- 1 night at Nagataki Inn, or similar.
- 1 night at Hotel Fukinomori or similar.
- 1 night at Tsutaya Inn, Kiso Fukushima or similar.
- 1 night at Tsutaya Tokinoyado Retreat or similar.
- 1 night at Ancient Hotel Karuisawa or similar.

Meals

- 7 x breakfasts.
- 8 x lunches.
- 7 x superb dinners every evening featuring local produce.
- Complimentary wines with evening meals.

Walking is only part of the adventure - there's also the fabulous local produce, wines and accommodation you'll experience too as included 'wows'.

Mealtime is a special time on tour. Not only does it provide the opportunity to get to know your fellow travellers in a relaxed environment, it also allows you to sample regional specialities.

After a day of hiking the walk trail, you'll be treated to some of the best classical local traditional Japanese dining experiences. Each pride themselves on seasonal ingredient specialities (plus some secret localised family recipes) and also offering some of the finest wines. If you love your food and wine, you'll love this walk!



Enjoy an authentic Japanese experience with 3 and 4 star stays

A highlight of your tour will be the authentically Japanese stays. In each region we walk, we have hand-picked the best accommodation in each area, to ensure we give a wow-mazing experience for our guests.



KYOTO -
SORA NIWA TERRACE HOTEL
OR SIMILAR

This 4 star hotel has been chosen for its excellent location, just a stone's throw away from vibrant shops and delectable restaurants and the old town of Gion. Enjoy views across the river from the delightful rooftop terrace in its offerings. This 4-star establishment also presents an on-site bar and access to a soothing hot spring bath. For your convenience, the proficient reception staff, fluent in English, are always available to assist.



ENA -
ICHIKAWA INN
OR SIMILAR

We fell in love with the owner of this traditional Japanese Inn when we met her. The 6th generation of the family to run 400-year-old Inn, she is quite the character and makes this accommodation a warm and welcoming place to stay. Recently renovated, this lovely accommodation features charming interiors and wonderful organic food from recipes handed-down from generation to generation.



HOTEL FUKINOMORI OR SIMILAR

Hotel Fukinomori beckons as a charming Japanese style retreat nestled in the Kiso Mountains. The ambiance around Hotel Fukinomori is a spectacle to behold, encompassed by approximately 1,100 blooming peach trees in spring transforming the landscape into a sea of pink blossoms. The hotel showcases natural hot springs, enclosed within a fragrant cypress bathtub, offering expansive views of the lush forested surroundings and a wonderful restaurant.



KISO FUKUSHIMA TSUTAYA INN OR SIMILAR

Founded in 1688, the Tsutaya Inn has gracefully extended its warm hospitality to guests for over three centuries. As a testament to its enduring legacy, Tsutaya Inn continues to welcome travelers with the same genuine warmth and courtesy that have characterized its service for more than 325 years. The inn takes immense pride in crafting a dining experience that seamlessly merges the time-honoured flavours of traditional Japanese cuisine with their own original creations and chairs.



TSUTAYA TOKINOYADO RETREAT OR SIMILAR

Overlooking the grand Mt. Ontake, the Tsutaya Tokinoyado stands as a beacon of timeless elegance and authentic hospitality. This enchanting retreat, with roots tracing back through generations, exudes a unique blend of tradition and modern. During your stay you will enjoy meticulously crafted kaiseki cuisine and soothing hot spring baths. They ensure that every guest experiences the rich heritage and authentic culture of Japan in a truly unforgettable way.



ANCIENT HOTEL KARUIZAWA

Nestled amidst a serene forest landscape, the Ancient Hotel Karuizawa presents a high-end hot spring haven, harmoniously blending Japanese modern style in decorated rooms, each a sanctuary of its own, reflect the timeless charm of Japan. Further enhancing your stay is a refined restaurant serving delectable cuisine, an indoor communal bathhouse fed by natural spring water, and a bar that houses a classic car, offering unique ambiance.



DAY ONE

WELCOME TO KYOTO - FUSHIMI INARI SHRINE WALK & TEA CEREMONY

GETTING THERE

This tour runs in two directions. Kyoto to Tokyo and Tokyo to Kyoto. You will need to fly into Japan the day before your tour starts.

If your tour is starting in Kyoto the closest international airport is Osaka, which is only 13 minutes by Shinkansen (bullet train) to Kyoto or Tokyo is 3 hours by Shinkansen (bullet train).

WALK GRADE
6kms. 3 hours.

WALK ITINERARY

This morning meet your guides in the foyer of the Sora Niwa Terrace Hotel, Kyoto at 9.00am. After a short briefing, we make our way to one of Kyoto's most iconic walks and one that can't be missed.

Walking through Fushimi Inari Shrine in Kyoto is a mesmerizing journey. Walk through its thousands of vivid orange torii gates that create a captivating tunnel-like pathway which meanders its way through the forest and up the hill side.

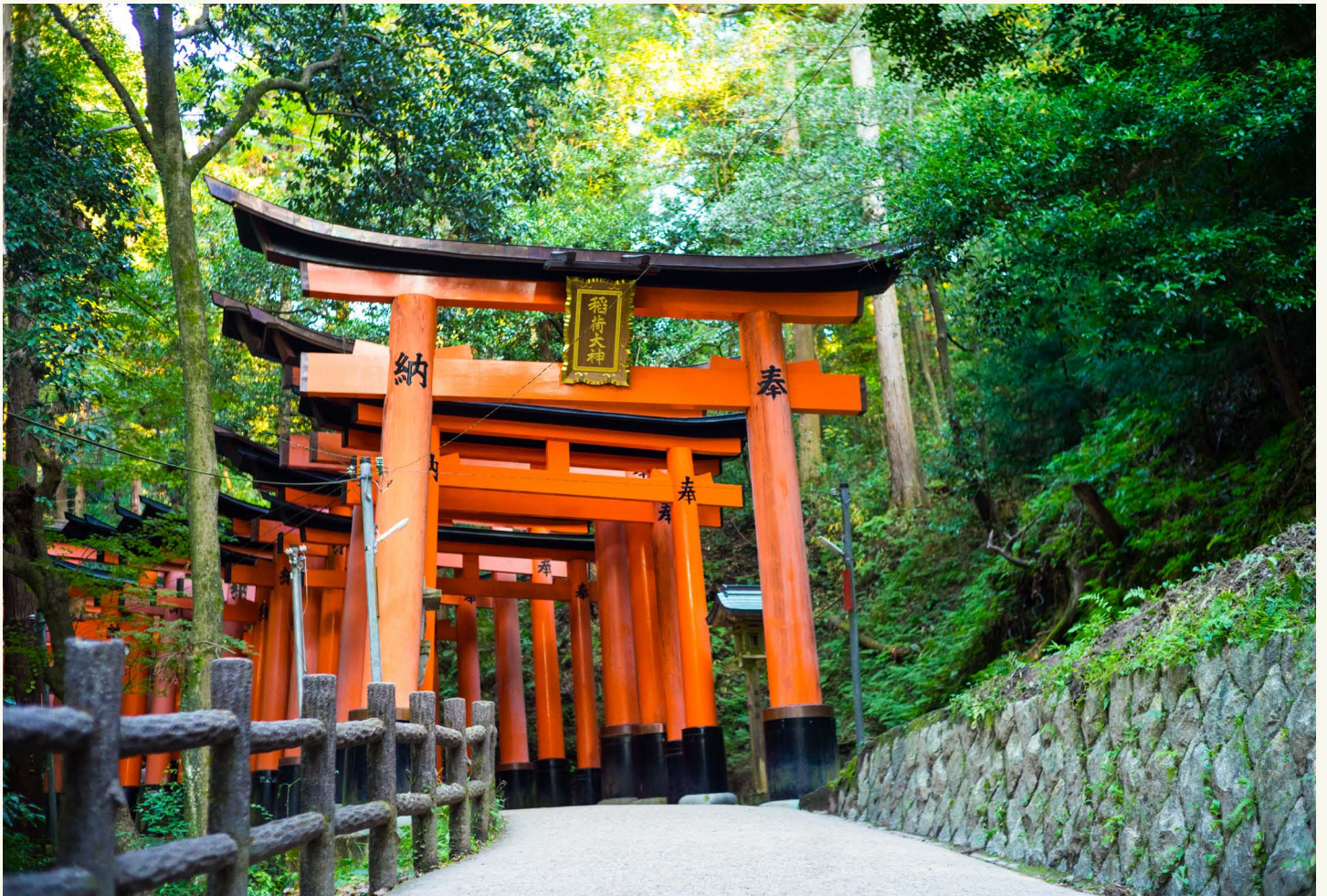
This walk is not only visually stunning but deeply spiritual. The climb to the summit offers breathtaking panoramic views of Kyoto.

Afterwards we enjoy lunch in a local restaurant featuring traditional Japanese cuisine. We then head back to the hotel for some free time before meeting up and heading to our special afternoon experience.

We will join the time-honored tradition of a Japanese tea ceremony. Dressed in vibrant and exquisite Japanese kimonos of your choosing, you'll have the opportunity to select the kimono that resonates most with you and for the women you will have your hair styled with flowers.

After you're dressed and looking fabulous, you will join our expert to learn the fine art of the tea ceremony which encourages mindfulness, fostering an appreciation for simplicity and humility. This will be a wonderful experience that will offer some fantastic photo opportunities.

Tonight the group come together to enjoy a fabulous dinner in Kyoto accompanied with wine.



DAY TWO

WALK TO HIKONE CASTLE



WALK SNAPSHOT

TERRAIN

Stone paths.

WALK GRADE

Easy. 3-6kms.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy a 5km section of today's walk instead.

DAY TWO

WALK TO HIKONE CASTLE

WALK ITINERARY

This morning we enjoy breakfast at the hotel before we transfer with our private vehicles from Kyoto to Hikone, a captivating castle town nestled along the serene shores of Lake Biwa.

Wandering through its historical streets, we uncover tales from Japan's feudal past. Surprisingly, Hikone remains a hidden gem, its castle holding the prestigious title of a Japanese National Treasure.

This charming town has also served as a backdrop for numerous period films, including the renowned "Shogun" starring Richard Chamberlain and Toshiro Mifune. Afterwards, we make our way to the small town of Ena where we take a break at our accommodation for the night, the charming Ichikawa Inn.

This is a 400 years old Inn and the owner is the 6th generation. Afterward, we take a leisurely stroll to the nearby Hiroshige Museum of Art, a cultural haven that offers you a unique opportunity to immerse yourself in the world of traditional Japanese woodblock art. Here, you can try your hand at crafting your very own masterpiece, allowing you to connect with the rich artistic heritage of Japan in a hands-on and creative way.

We return to our accommodation to enjoy wonderful organic food from recipes handed down from generation to generation.



DAY THREE

WALK OKUTE TO ENA - NAEGI CASTLE RUINS



WALK SNAPSHOT

TERRAIN

Trails with stone paths and dirt trails.

WALK GRADE

14kms.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy a shorter section of today's walk instead.

DAY THREE

WALK OKUTE TO ENA - NAEGI CASTLE RUINS

WALK ITINERARY

After breakfast we head out on today's walk from Okute-juku to Oi-juku is a journey through time and tradition in rural Japan.

As you leave the quaint post town of Okute-juku, with its well-preserved Edo-period buildings and cobblestone streets, the path meanders through lush, serene countryside.

The route offers glimpses of traditional thatched-roof farmhouses, vibrant rice paddies, and the soothing sounds of babbling streams. Along the way, hikers can pause at tranquil shrines and rest stops, allowing them to appreciate the beauty of the Japanese countryside and the quietude of rural life.

After our walk, we are transferred to the Naegi Castle Ruins. Often likened to Machu Picchu in Peru, the Naegi Castle Ruins in Japan hold an air of ancient mystique and historical significance, nestled amidst the lush greenery of the surrounding landscape. Later we make our way back to our accommodation in Ena.

Tonight we enjoy dinner at our accommodation.



DAY FOUR

WALK MAGOME TO TSUMAGO



WALK SNAPSHOT

TERRAIN

Most of the trail through forest and countryside and some sections past houses and fields of local residents. Some stone paths and some asphalt roads.

WALK GRADE

10kms Elevation Gain: 461m. 4 hours.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, enjoy a 5km section of today's walk instead.

DAY FOUR

WALK MAGOME TO TSUMAGO

WALK ITINERARY

After an enjoyable breakfast we head out on our walk to the old post town of Magome.

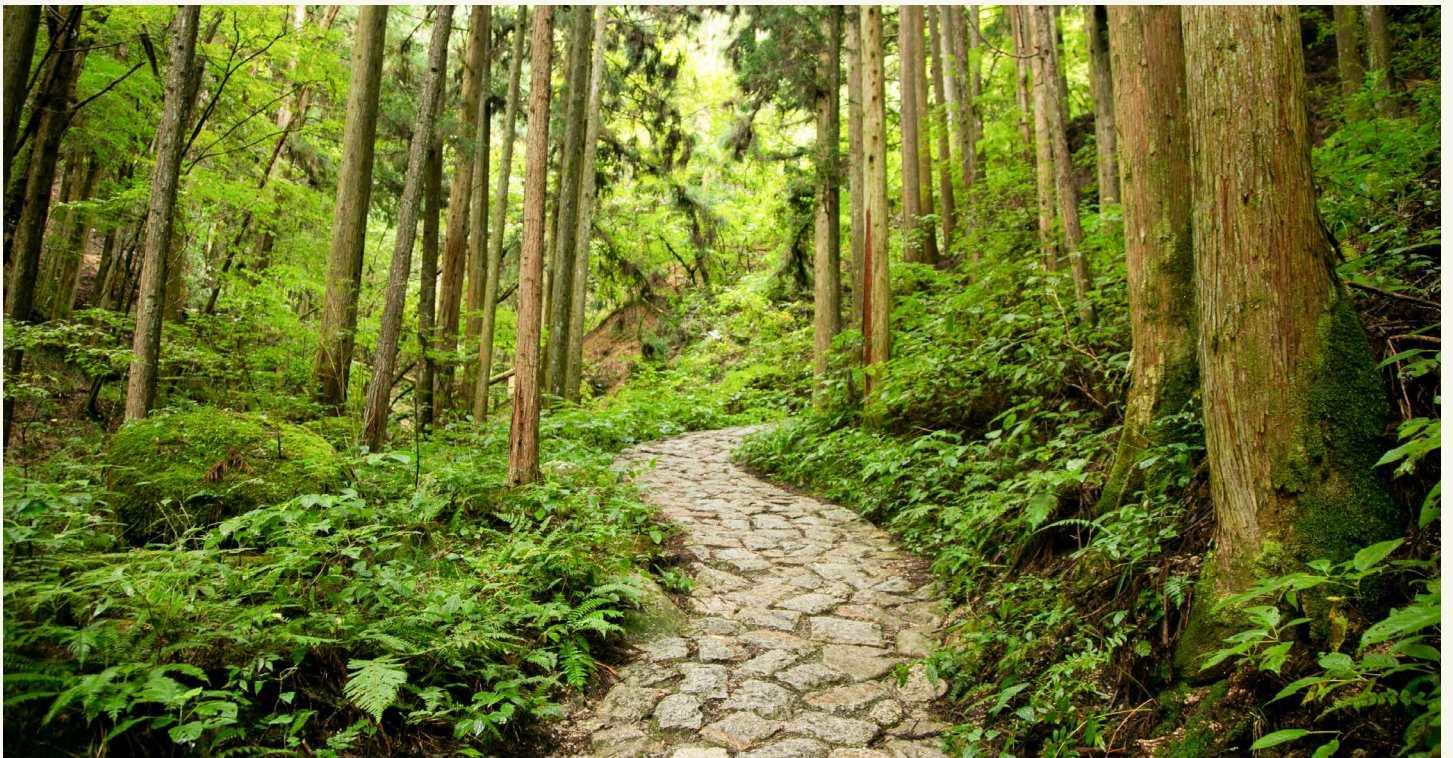
We walk through the quaint cobblestone streets admiring the old wooden watermills and traditional architecture which exudes timeless charm with its well-preserved Edo-era streets and historic atmosphere. Our journey leads us upwards towards the enchanting Magome Pass.

Along this path, our surroundings undergo a dramatic transformation, shifting from expansive countryside vistas to the densely wooded depths of the Kiso Valley. Along the way we enjoy a nice rest stop at a traditional-style Japanese house with a irori fire pit and traditionally dressed staff serve tea.

Afterwards we continue on and admire the captivating duo of waterfalls before eventually arriving at the quaint village of Tsumago.

Tsumago, a time-honored jewel tucked within Japan's lush Kiso Valley, enchants visitors with its meticulously preserved Edo-era architecture, evoking a sense of stepping into a living museum of bygone days. The village's tranquil ambiance, framed by scenic mountains and a winding river, invites travelers to savor the serene beauty of rural Japan at its most authentic.

Spend time exploring this small town before heading to our accommodation at the charming Hotel Fukinomori, a Japanese-style retreat nestled in the forest in the Kiso Mountains. Relax in the hot springs before enjoying a superb dinner served with wine.



DAY FIVE

WALK NAGISO TO NOJIRI



WALK SNAPSHOT

TERRAIN

Some steep sections, trails with stone paths, wooden footbridges, dirt trails.

WALK GRADE

14.8 kms. Elevation gain: 669m. Moderate to Challenging. 4 hours and 45 mins.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk enjoy a shorter 4km walk from Tsumago to Nagiso. The driver will collect you from here and take you on to the town of Kiso Fukisahama for free time in the town.

DAY FIVE

WALK NAGISO TO NOJIRI

WALK ITINERARY

After breakfast, we farewell our accommodation and make our way to Nagiso to start our walk.

Our walk today avoids the busy road trail along the river and travels over the Yogawamichi Path from Modono to Nojiri. It is a captivating journey through Japan's lush and unspoiled countryside which meanders through a tapestry of serene alpine scenery, charming villages, and dense forests, offering us a glimpse into the traditional rural life of the Kiso Valley.

As you traverse the path through dense forests adorned with delicate cedar trees flourishing in their unspoiled splendour, you can occasionally catch glimpses of distant mountain peaks.

Afterwards, we are met by our driver and enjoy the scenic drive to the town of Kiso Fukushima.

Early this evening we have an optional visit to the Sake Brewery to meet the wonderfully friendly staff and sample some of Japan's best sake.

Tonight we enjoy a traditional Japanese dinner served with wine.



DAY SIX

MOUNT ONTAKE PILGRIM WALK



WALK SNAPSHOT

TERRAIN

Trails with stone paths, steep stone stairs, and dirt trails.

WALK GRADE

6 kms, elevation gain: 323 m, medium grade, 4.5 hours.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy a shorter section of today's walk instead.

DAY SIX

MOUNT ONTAKE PILGRIM WALK

WALK ITINERARY

After breakfast we make our way through the mountainous landscapes of south-east Nagano, transferring to the foot of the impressive Mt. Ontake for the start of your walk.

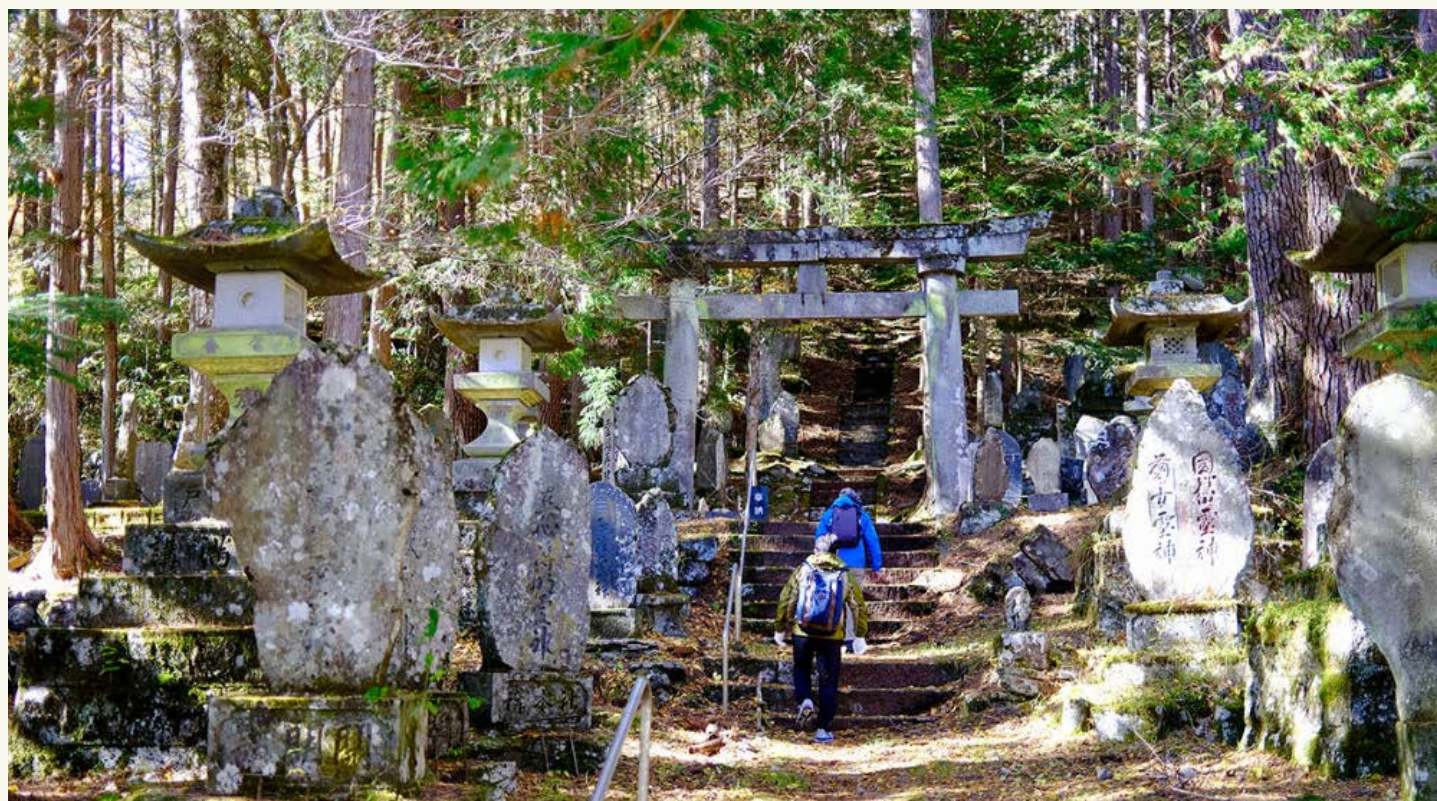
Today's trail is the owner's favourite walk in all of Japan, and is one you absolutely can not miss. You start with a steep stone staircase section taking you through the forest up to the monument of the Three Great Gods of Ontake, known as Omata Sansha.

You continue your walk through lush forests seeing various Reijinhi, stone carvings along the pilgrimage up to Ontake used for sacred rituals. During your walk you pass through the Hanadofukando and Juni Gongen Shrine, showcasing more of Japan's rich culture, before reaching the waterfalls.

Shintaki Falls cascade down 50 metres, and like the shrines are used for religious purposes. People come from far to take part in purification rituals at many of the waterfalls to be found around Ontake.

Towards the end of this rewarding walk, savour your lunch before making your way to the final highlight of the walk. Kiyotaki Falls is another beautiful water formation used for cleansing rituals and is our final stop before reaching the end of the trail.

After our walk, we make our way to the superb Tsutaya Tokinoyado Retreat. Enjoy the open-air Onsen Hot Springs before joining everyone for dinner in the restaurant served with wine.



DAY SEVEN

WALK YABUHARA TO NARAI VIA TORIL PASS



WALK SNAPSHOT

TERRAIN

Most of the trail through forest. Some stone paths and dirt trails as well as inclines.

WALK GRADE

9kms. Elevation gain 373m.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy a shorter section of today's walk instead.

DAY SEVEN

WALK YABUHARA TO NARAI VIA TORII PASS

WALK ITINERARY

This morning enjoy breakfast as you enjoy the views of Mount Ontake.

We make our way to our walk for today. Embarking on the picturesque journey from Yabuhara to Narai via Torii Pass is a step back in time through the heart of Japan's Kiso Valley.

The trail unveils itself as a meandering pathway through serene forests, where sunlight filters through a green canopy. Along the way, hikers encounter wooden torii gates nestled amidst the trees, each marking progress towards Torii Pass.

As you ascend, the panorama transitions from tranquil woods to sweeping vistas of the Kiso Valley, with its charming villages nestled in the embrace of surrounding mountains.

Finally, arriving in Narai, a beautifully preserved post town, you're welcomed by cobblestone streets, traditional Edo-era buildings, and a sense of having journeyed through time itself.

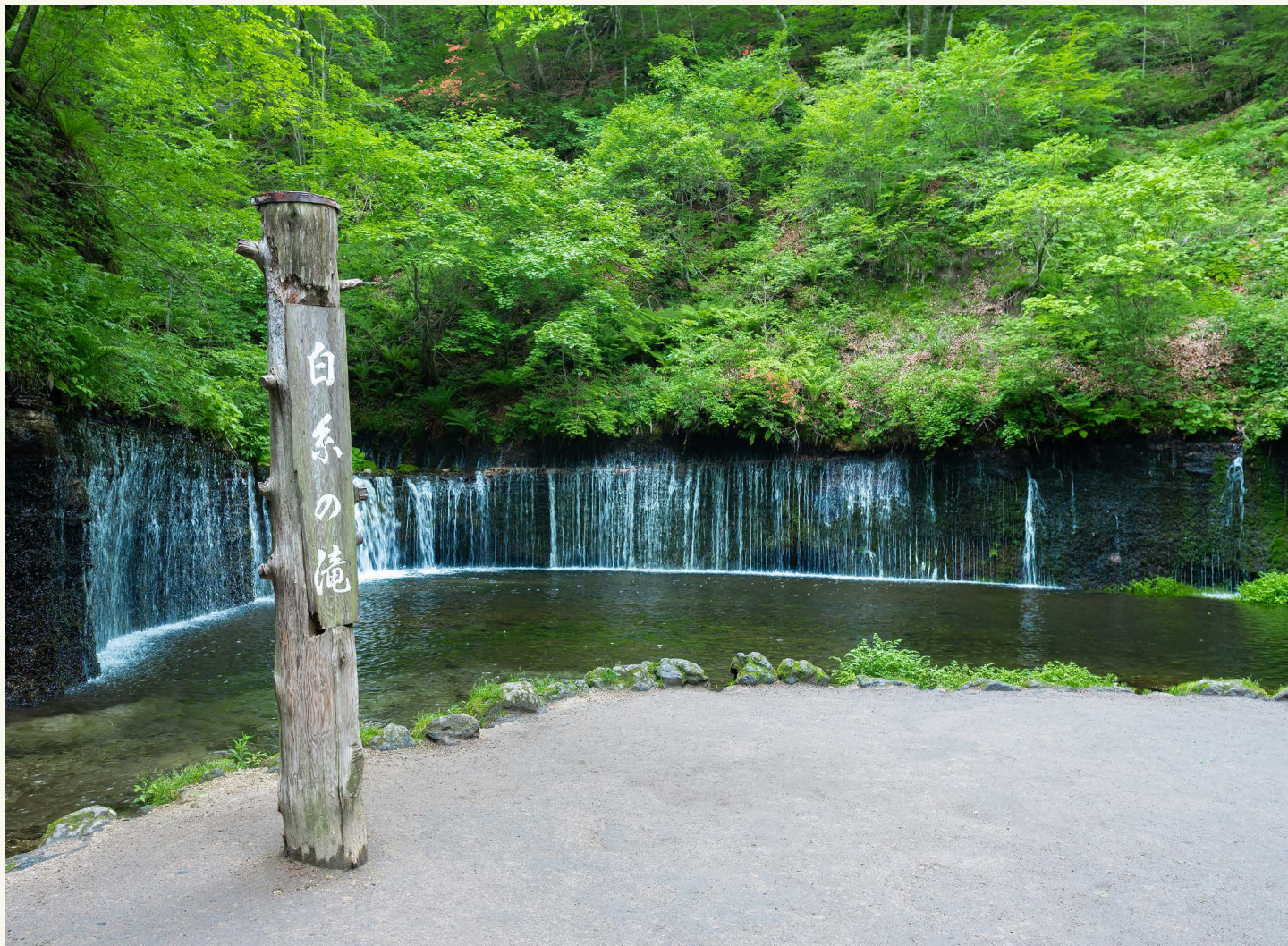
This hike encapsulates the essence of rural Japan, offering a meditative and visually captivating exploration of its natural and cultural treasures. After our walk enjoy free time to meander through the treats of Narai before we head to the beautiful town of Karuisawa.

Our accommodation tonight is at the superb Ancient Hotel high-end hot spring haven, set amongst the woodlands. Tonight enjoy dinner in the restaurant served with wine.



DAY EIGHT

WALK FROM KARUISAWA'S KUMANOKOTAIL SHRINE KARUISAWA TO USUI PASS TRAIL END - TOYKO



WALK SNAPSHOT

TERRAIN

Most of the trail through cypress-lined forest path Some stone paths and dirt trails as well as steep descents.

WALK GRADE

8kms. Moderate. 4.5 hours.

FLEXIBLE WALKING

Flexible walking options available today. For those not wanting to do the whole walk, you can enjoy an easier section.

DAY SEVEN

WALK FROM KARUISAWA'S KUMANOKOTAIL SHRINE KARUISAWA TO USUI PASS TRAIL END - TOYKO

WALK ITINERARY

Following a satisfying breakfast, we embark on the final leg of our walking adventure.

We take a short detour from our hotel to explore the stunning Shiraito Waterfall located in the forest and measuring three meters high and 70 meters wide and is one of the most famous and beautiful waterfalls in Japan.

Shiraito no Taki literally means “the waterfall of white threads”, which aptly describes its appearance, as multiple streaks of water drape over the surface forming what seems like a white curtain. From here we make our way to the Observation Deck for stunning mountain views before reaching the picturesque Usui Pass.

At this idyllic spot, we pause for a break allowing time to explore the Kumanokotail Shrine or indulge in a delectable ice cream treat at the nearby cafe while savoring the panoramic vistas of majestic Mt. Asama.

From here we make our way down into the valley until we reach the end of the Usui Pass trail along the way enjoy the scenic mountain trails and endless stone relics along the way.

Our driver will meet us at the end of the nature trail to avoid the busy road into Yokokawa. From here we make our way back to Toyko the end of a superb journey with drop offs at the Hotel Metropolitan Tokyo Marunouchi located conveniently next to public transport for your ongoing journey.

Please note this tour can be added to our Kumano Kodo walk making it a 16 day walk.



BOOK YOUR JAPAN NAKASENDO WAY PACK FREE WALK TODAY

DEPARTURE DATES

Each year we will run a number of tours. The real time availability of walk dates can be checked on our website below or call our office on (02) 9975 4553.

Please note, if you are booking three months or less before departure – we will need to confirm accommodation with our suppliers is still available and an alternative of similar standard may be offered instead.

PRIVATE GROUPS

Groups of 8 or more can select a departure date of their choice. We advise booking as early as possible as dates fill up quickly. Ask us about Group Pricing.

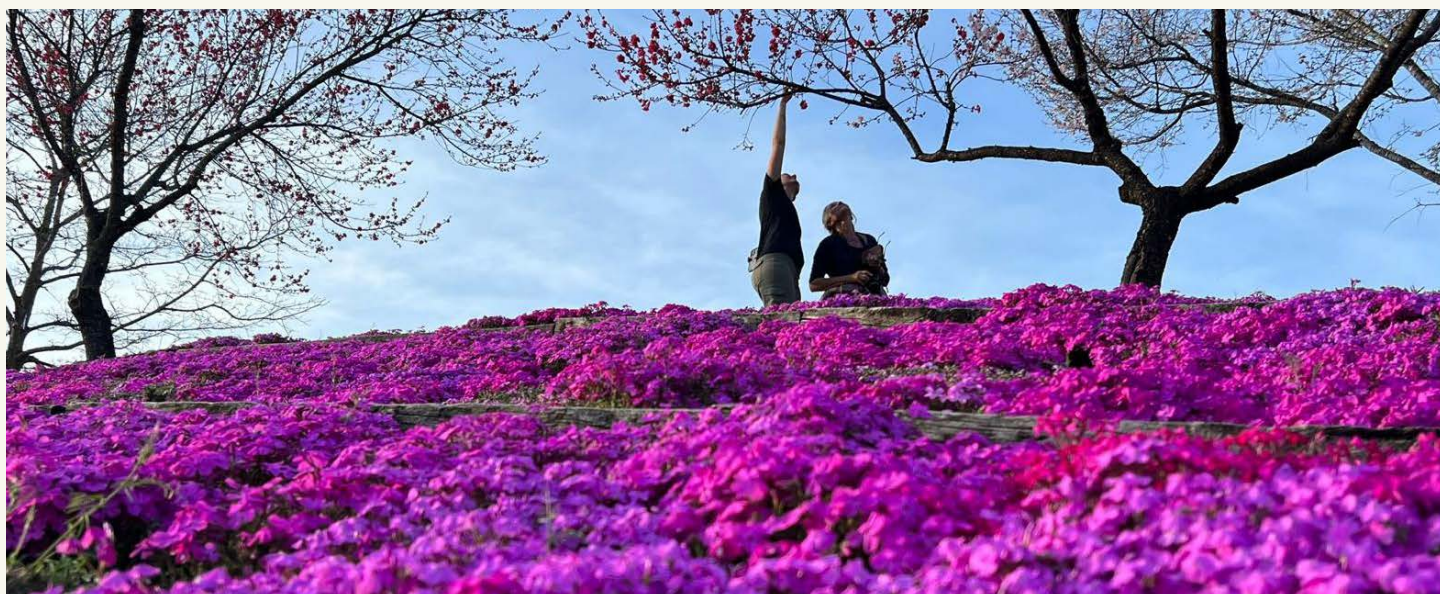
INTERNATIONAL FLIGHTS

Please note your tour price does not include flights to / from the countries visited. We offer our clients a service to book their international flights and any other travel plans during their holiday.

If you would like our Flights Specialist to organise these requirements, please email us at flights@lifesanadventure.com.au with your requirements.

**FOR AVAILABLE DEPARTURE DATES, SPECIAL OFFERS, PRICES AND BOOKINGS
FOR THIS WALK CLICK HERE FOR... WWW.WOWMAZINGWALKS.COM.AU**

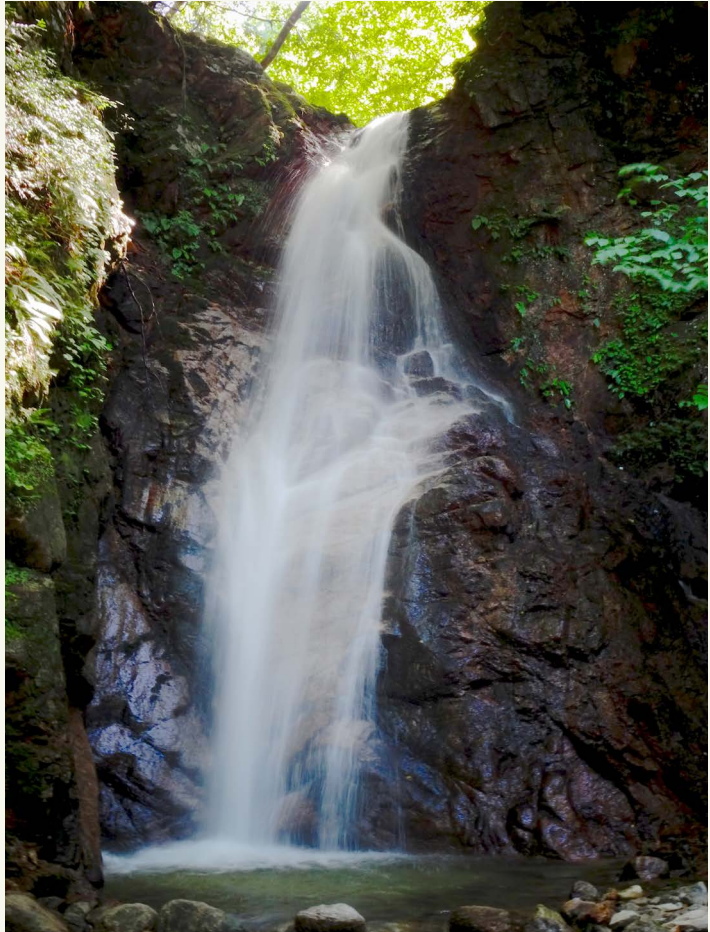
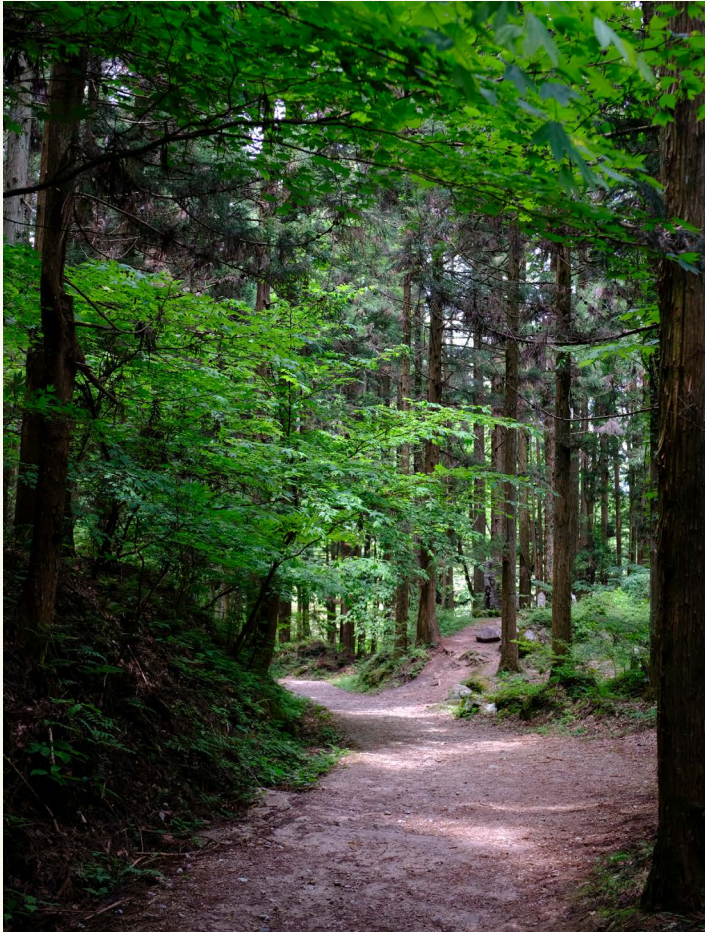
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CALL US ON (02) 9975 4553 OR EMAIL: walks@lifesanadventure.com.au**

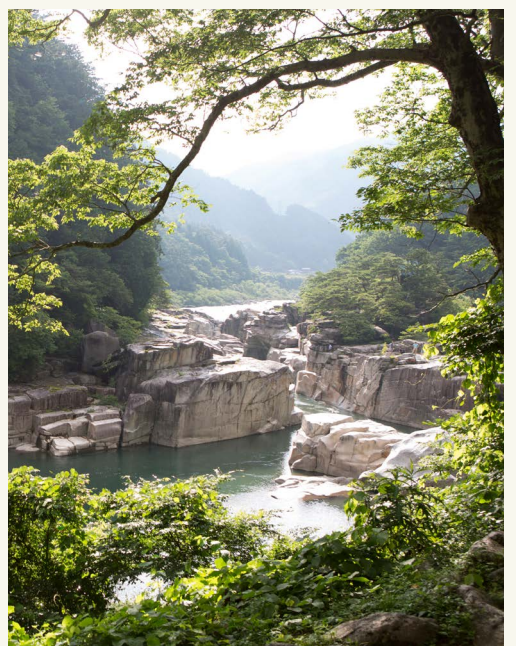
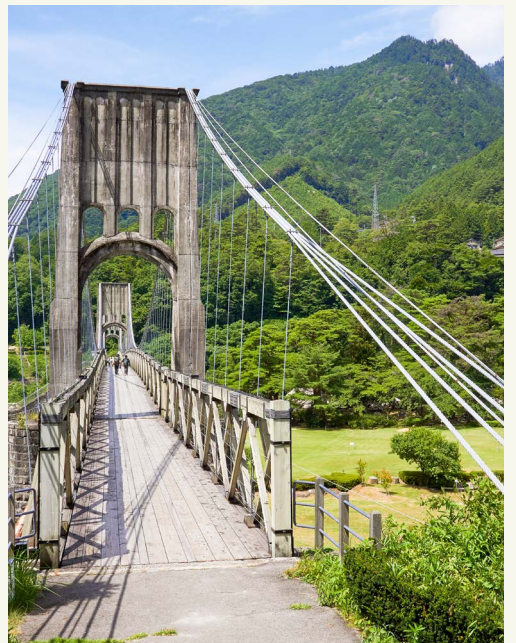
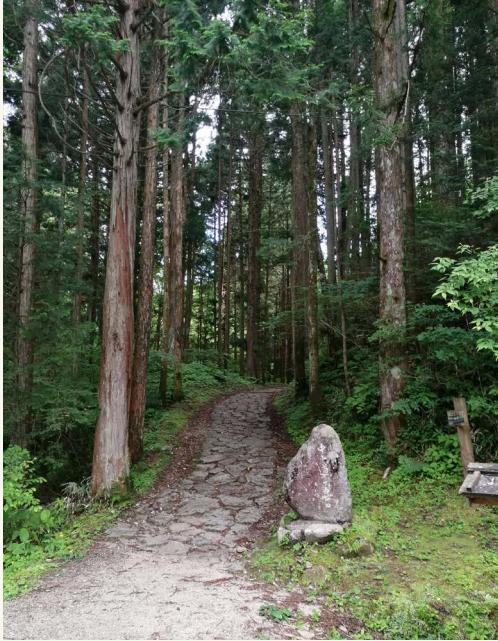


Immerse yourself in Japan's rich cultural tapestry, where centuries-old customs and hospitality still flourish.

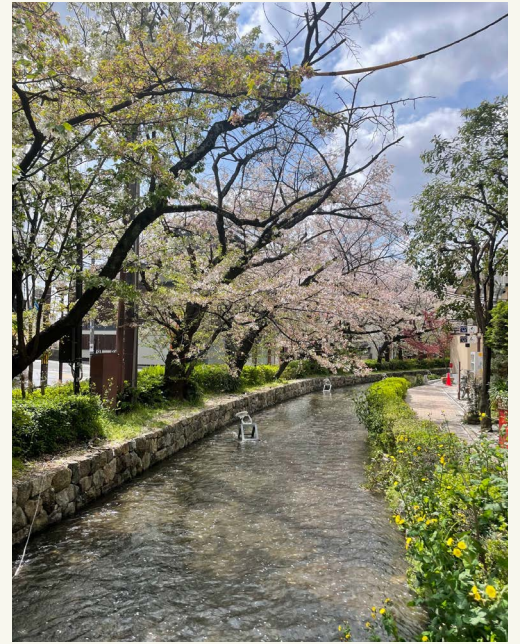




















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WHAT MAKES US 'WOW-MAZING' DIFFERENT? TAKE A LOOK.

LIFE'S AN ADVENTURE GIVES
YOU OVER 100 PACK FREE
GUIDED WALKING TOURS WITH
OUR UNIQUE WOW-MAZING
INCLUSIONS LIKE...

... WILDERNESS CRUISES
TO REMOTE LOCATIONS - CHOPPER
FLIGHTS OVER STUNNING SCENERY
- MEETING LOCAL CHEFS AND
WINE MAKERS - DELICIOUS
PADDOCK TO PLATE DINING
- LOCALLY SOURCED WINES
- FLEXIBLE FITNESS WALKING
OPTIONS - FABULOUS BOUTIQUE
ACCOMMODATION - SURPRISE
& DELIGHT EXPERIENCES + MORE.

BOOK AND WALK WITH CONFIDENCE.

PERSONALISED TOURS

Our tours are curated to be personal and intimate with a maximum group size of 12 guests. However, if you'd like to have a bigger group, contact us for more details.

CEO GUIDES

Our guides are CEOs – Chief Experience Officers – and their passion is to give you a world-class walk. We pride ourselves on employing a talented team of passionate CEOs who all have a passion for their tour.

They're committed to your safety and have a genuine desire to provide an enriching, immersive and wow-mazing walking experience.

21 TOURISM AWARDS

We don't mean to boast but it is awesome to be recognised for having tours that people love walking on. We've won 21 Tourism Awards of Excellence including the Qantas Australian Tourism Award for Australia's Best Adventure Company. Awards are great, but our biggest accolade which we value even more, is that our clients come back and travel with us time and time again.

GENUINE ALL-INCLUSIVE

Our walking tours are all genuinely all-inclusive – so once you pay for your tour there are no hidden extras. During your evening meals, you won't need to put your hand in your pocket to pay for wine as it's included in the price of the tour and if your tour has a stunning scenic chopper flight or eco wildlife cruise – it's 100% part of your tour package. What's more – there are No Credit Cards fees.

LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

Life' An Adventure commitment to sustainability ensures our guests enjoy, appreciate and learn the importance of preserving and protecting the landscapes we visit and its inhabitants. The ethos of our walking holidays across Australia is to minimise our footprint, working towards a leave no trace outcome and emphasizing the elements of conservation in all elements of operations across the business.

We are firmly against businesses that disturb our National Parks by the construction of buildings and structures. On all tours we utilise existing accommodation close to the trails, which not only support these local accommodation providers, but also minimises our impact on the environment.

We also support local communities by buying local produce, working closely with local businesses such as cruise companies, chefs, wineries and small local cafes with the same environmental ethos as us, as well as hiring local guides.



ECO TOURISM ACCREDITATION

We hold Eco Tourism Accreditation with EcoTourism Australia, this accreditation is given to ecologically sustainable tourism companies with a primary focus on experiencing natural areas that foster environmental and cultural understanding, appreciation and conservations.



GREEN GUARDIAN PROGRAM

Our project is working with PWS, Birdlife Tasmania and the Department's Resource Management and Conservation Branch. Whilst walking along the wild and remote beaches in Tasmania, we will identify a number of threatened and vulnerable shorebird and migratory shorebird species. This important work will aid in assessing shorebird populations and habitat quality, both of which have been seriously affected by human activity. The vital information collected will be uploaded into the Department's Natural Values Atlas where it will assist in improving conservation outcomes, planning.

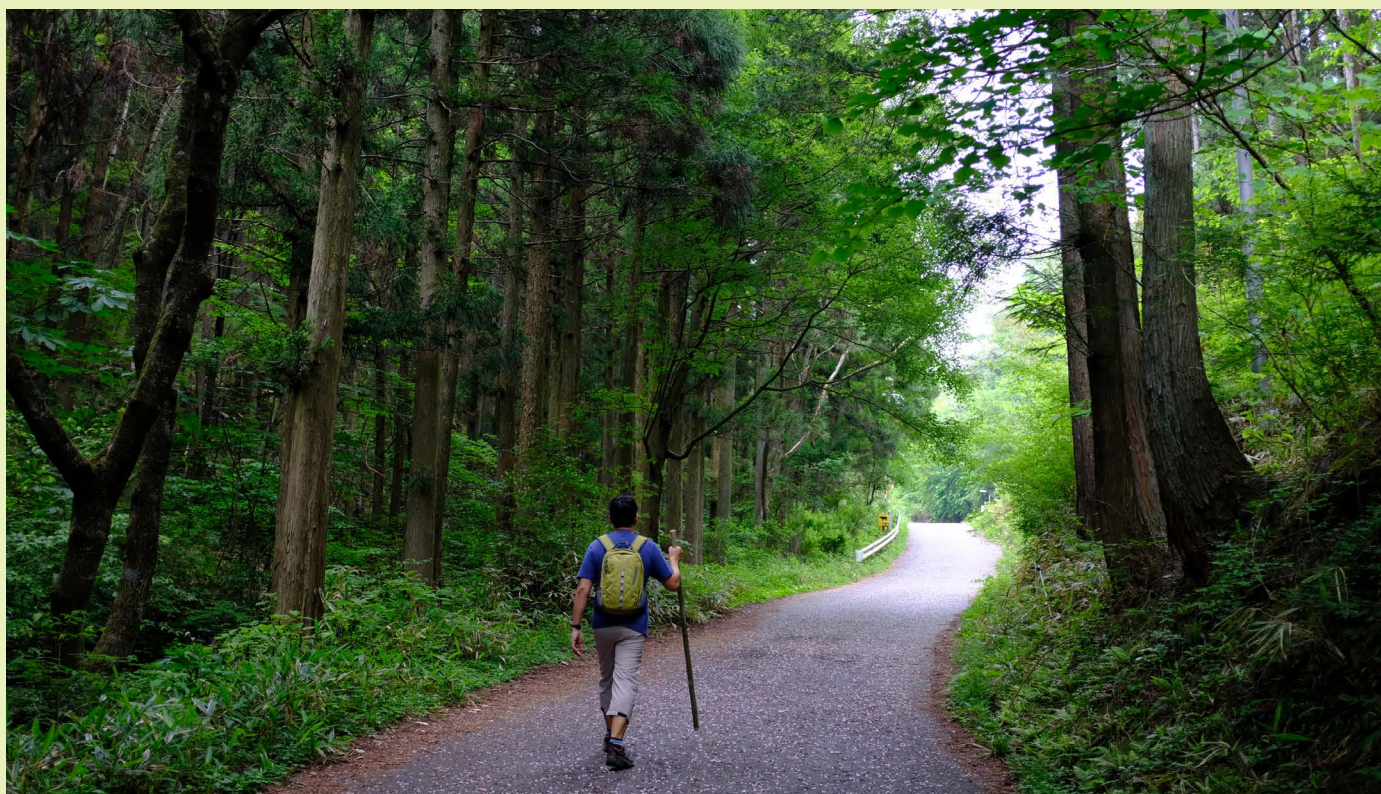
Life's An Adventure has partnered with the Tasmanian Parks and Wildlife Service to promote environmental conservation through the Green Guardian program. As part of the Green Guardian program, our guests are given conservation volunteer opportunities during their walks and decision making.

LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR



OUTDOORS PEOPLE FOR CLIMATE

Life's An Adventure supports 'Outdoors People for Climate' who are a grassroots community of people who love, live, and work in the Australian outdoors. Climate change and other ecological stressors are causing irreversible damage to the wild places we love and will make it progressively harder for Australians to access the outdoors. Outdoors People for Climate are here to add to the growing call for meaningful, ambitious, and rapid political and business leadership on climate change in Australia. It is time for Australians to come together, listen to the science, take action, promote solutions and support positive change for people, the planet, and the outdoors. It's clear: when nature thrives, people thrive. What's more, individuals, communities, and governments already possess the solutions needed to tackle the climate crisis and in turn create a better future, but we must act urgently.



LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

CONSERVATION OF OUR ENVIRONMENT

Our walks are all in stunning natural areas, and we want them to be there for future generations to enjoy.

So on our tours we're super considerate and follow a few simple rules to minimise any environmental damage on our wow-mazing walk experiences for you to follow.

When Walking...

Stay on the track, even if it's rough or muddy. Walking on the track edges and cutting corners on steep, zigzagging tracks increases erosion and visual scarring.

Tread softly, choosing your footwear for the terrain. Often you will only need to wear lightweight walking boots or even running shoes.

If there are no tracks, spread out rather than follow each other's footsteps. A plant will be more likely to recover if walked on once than if stomped on by the whole party.

Appreciate and respect the local wildlife. Walk as quietly as possible. This reduces the likelihood of disturbing wildlife and increases the chances of seeing it.

Carry all rubbish with you. Even discarded organic litter such as apple cores or orange skin adds nutrients to the soil which can aid the spread of weeds.

Only use toothpaste and soap if you're at least 50m from any waterways, to prevent harm to fish and other wildlife.

Please don't feed native animals – it can damage their health and make them dependent on campers for food. The wrong food can cause birds to lay eggs with weak shells that break before the young can develop. Find out more about how feeding native animals can affect them, their behaviour and you.

No damage or removal of native plant species.

No removal of shells from beaches, coastal areas or inland middens.

Try to leave everything as you found it. Don't disturb historic places, Aboriginal sites, plants, animals or bush-rock.

LET'S INTRODUCE OURSELVES

THE LIFE'S AN ADVENTURE PACK-FREE STORY

Life's An Adventure Company Director Mark Norek was born and bred in Tasmania, and has a passion hiking ever since he was president of his high school bushwalking club. Mark started walking with his wife Vicki and to get her to walk more often he would add the finer things in life to the walk so that she would come along and do it more often... such as footbaths, bottles of wine and her favourite liqueur Bailey's for her!

This translated some 12 years ago into starting a business called Life's an Adventure where the goal is to make every walk a more enjoyable experience for all and taking heavy packs out of the equation – and hence we added the tag-line to our logo 'The Pack-free Walking Experience'

They also wanted to offer the best accommodation and fine dining in the area as we currently do on our Three Capes walking tour. They then added to that wow factors to reach more remote areas by helicopter or boat.

Mark and Vicki have carefully designed all our tours to give good value and quality in Pack Free walk, so you carry as little as your camera, water and raincoat (if required). Our guides are all passionate and are incredibly sociable and proud of their state, and this comes through with their guidance through the area.

Enjoy the walk, and feel free to share your photos with us of your memorable experience.



CONTACT US

CALL US : 02 9975 4553

TOUR ENQUIRIES: walks@lifesanadventure.com.au

MON-FRI: 9:00 am - 5:00 pm SAT-SUN: CLOSED

HEAD OFFICE: SHOP 7, 1306 PITTWATER ROAD, NARRABEEN NSW 2101

FOR OUR SIGNATURE TOURS WEBSITE - WWW.WOWMAZINGWALKS.COM.AU

FOR MORE THAN 90 DIFFERENT TOURS VISIT - WWW.LIFESANADVENTURE.COM.AU



IMAGE CREDITS: MANY PHOTOS IN THIS BROCHURE HAVE BEEN SUPPLIED BY THE TOUR'S ACCOMMODATION PROVIDERS.