



 Gallery

Sacred Peaks of Japan – Three Holy Mountains Adventure – 9 Days ATS-007

9

Days



Embark on an extraordinary spiritual and physical journey to conquer Japan's three most sacred mountains: Mount Fuji (3,776m), Mount Tateyama (3,015m), and Mount Hakusan

(2,702m). This epic adventure combines centuries of spiritual tradition with breathtaking alpine experiences, taking you from Japan's iconic symbol to remote sacred peaks where ancient pilgrims once sought enlightenment.

Begin with the ultimate Japanese mountain experience – a sunrise summit of Mount Fuji, Japan's highest peak and most revered mountain. Continue through the dramatic Northern Japan Alps via the spectacular Tateyama Kurobe Alpine Route, one of the world's most scenic mountain transportation systems. Conclude your pilgrimage on Mount Hakusan, the "white mountain" revered as one of Japan's three holiest peaks alongside Fuji and Tateyama.

Each mountain offers a unique spiritual and physical challenge: Fuji's volcanic majesty and iconic status, Tateyama's alpine grandeur and Buddhist heritage, and Hakusan's pristine wilderness and ancient Shinto traditions. Stay in traditional mountain huts where generations of pilgrims have rested, experience authentic Buddhist vegetarian cuisine, and witness spectacular sunrises from Japan's most sacred summits.

This journey transcends typical mountaineering – it's a pilgrimage through Japan's spiritual heartland, combining physical achievement with profound cultural immersion in the traditions that have shaped Japanese mountain worship for over 1,000 years.



Yashiro

杜

Shrine/Temple

Explore sacred spaces
and spiritual traditions

Yama

山

Mountain

Experience Japan's majestic peaks
and highland landscapes

Michi

路

Path

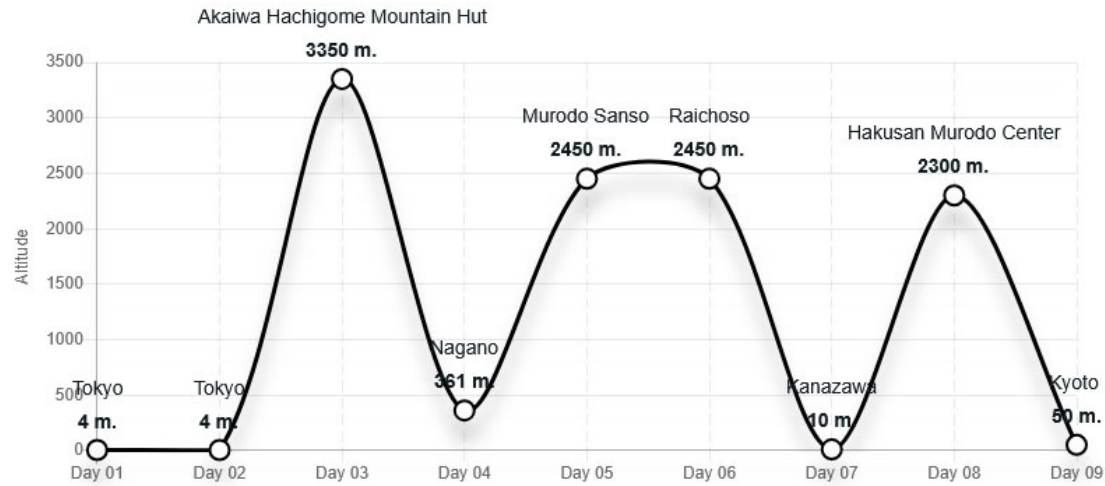
Journey along historic trails
that tell stories of Japan's past

Trip Highlights

- ✓ Mt. Fuji
- ✓ Sunrise ceremony at Mt Fuji summit
- ✓ Togakushi Shrine
- ✓ Tateyama Kurobe Alpine Route
- ✓ Murodo Sanso
- ✓ Tateyama Sanzan
- ✓ Kanazawa
- ✓ Mount Hakusan
- ✓ Kyoto

Expand all ☒

Altitude Unit: ☒ M. ☐ FT.



Day 01: Tokyo - Gateway to Sacred Mountains

Your sacred mountain pilgrimage begins in Tokyo, Japan's modern capital that serves as the perfect contrast to the ancient spiritual journey ahead. After checking into your hotel, meet fellow adventurers for a comprehensive briefing about the challenging days ahead. Learn about the spiritual significance of each mountain and the proper etiquette for mountain pilgrimage. Enjoy a welcome dinner at a traditional izakaya, sampling regional dishes that will fuel your upcoming adventures.

Accommodation: Hotel in Tokyo – Comfortable Tokyo base for your mountain adventure preparation.

- * Individual check-in at hotel
- * Team briefing and mountain safety orientation
- * Walk to local restaurant (10 min)
- * Welcome dinner at traditional izakaya



 Dinner

● Day 02 : Mount Fuji - Japan's Sacred Icon



Journey to Mount Fuji, Japan's most iconic and spiritually significant peak. Begin your ascent from Fujinomiya 5th Station (2,400m), following the traditional pilgrimage route used by religious devotees for centuries. The unique traverse route to 8th Station offers spectacular views of Suruga Bay and the surrounding volcanic landscape. Stay overnight at Akaiwa Hachigome mountain hut, positioned strategically for tomorrow's summit attempt. As evening falls, contemplate the spiritual significance of this sacred mountain while preparing for the pre-dawn summit push.

Accommodation: Akaiwa Hachigome Mountain Hut – Traditional mountain lodging at 3,350m elevation on Mount Fuji's slopes.

- * Hotel breakfast
- * Depart Tokyo by chartered bus
- * Arrive at Fujinomiya 5th Station for altitude acclimatization
- * Begin ascent via traverse route to 8th Station
- * Arrive at Akaiwa Hachigome Mountain Hut

Accommodation: Akaiwa Hachigome Mountain Hut



● Day 03 : Mount Fuji Summit & Journey to Nagano



Experience the ultimate Japanese mountain pilgrimage with a pre-dawn ascent to Mount Fuji's summit. Watch the sacred sunrise (go-raiko) from Japan's highest point, a spiritual moment that has inspired pilgrims for over 1,000 years. Descend via the Gotemba route, experiencing the dramatic volcanic landscape of Japan's most famous mountain. After completing your Fuji pilgrimage, relax in natural hot springs before transferring to Nagano, gateway to the Japanese Alps and your next sacred peak adventure.

Accommodation: Hotel near Nagano station – Strategic base for alpine adventures in the Northern Japan Alps.

- * Mountain hut breakfast
- * Summit ascent for sunrise viewing
- * Sunrise ceremony at Mount Fuji summit
- * Begin descent via Gotemba route
- * Continue descent to Gotemba 5th Station
- * Arrive at trailhead (Mountain entry fee: 4,000 yen per person)
- * Transfer to hot spring facility (30 min)
- * Hot spring bath and lunch break
- * Transfer to Nagano Station
- * Arrive at Hotel near Nagano station

Accommodation: Hotel near Nagano station



● Day 04 : Sacred Togakushi & Tateyama Alpine Route



Begin your day with a spiritual visit to Togakushi Shrine, one of Japan's most important Shinto complexes nestled in ancient cedar forests. This sacred site, with its dramatic approach through towering trees, has been a place of mountain worship for over 1,000 years. Continue to the spectacular Tateyama Kurobe Alpine Route, often called the "Roof of Japan." Travel by cable car and bus through some of Japan's most dramatic alpine scenery to reach Murodo (2,450m), the gateway to Mount Tateyama. Stay at the historic Murodo Sanso, Japan's oldest mountain lodge, surrounded by exhibits showcasing centuries of mountain worship and alpine tradition.

Accommodation: Murodo Sanso – Historic mountain lodge at 2,450m, Japan's oldest mountain accommodation with deep spiritual heritage.

- * Hotel breakfast
- * Depart for Togakushi by chartered bus
- * Visit Togakushi Okusha Shrine
- * Continue to Ogisawa via Alpine Route
- * Ogisawa Station
- * Alpine Route to Kurobe Dam
- * Kurobe Dam sightseeing and lunch
- * Continue via Alpine Route to Murodo
- * Arrive at Murodo Station
- * Walk to mountain lodge and visit exhibition
- * Check-in at Murodo Sanso

Accommodation: Murodo Sanso





● Day 05 : Mount Tateyama - Sacred Alpine Traverse



Undertake the sacred pilgrimage across Mount Tateyama's three peaks (Tateyama Sanzan), following ancient routes used by Buddhist monks and Shinto priests for centuries. This challenging alpine traverse takes you across Oyama (3,003m), Onanjiyama (3,015m), and Fujinoori-yama (2,999m), offering spectacular views of the Northern Japan Alps and spiritual insight into Japan's mountain worship traditions. The route passes sacred sites and ancient shrines, providing a profound connection to Japan's spiritual heritage. Stay at Raichoso mountain lodge, positioned dramatically in the heart of the sacred Tateyama range.

Accommodation: Raichoso Mountain Lodge – Traditional alpine accommodation in the sacred Tateyama mountains.

- * Mountain lodge breakfast
- * Begin Tateyama three peaks traverse
- * Arrive at Raichoso Mountain Lodge

Accommodation: Raichoso Lodge





● Day 06 : Alpine Route to Kanazawa



Descend from your alpine sanctuary and continue via the spectacular Alpine Route to Kanazawa, one of Japan's best-preserved castle towns. This historic city, known for its traditional crafts, stunning gardens, and well-preserved geisha districts, provides the perfect cultural interlude between your mountain adventures. Spend the afternoon exploring Kanazawa's traditional neighborhoods and prepare for your final sacred mountain challenge.

Accommodation: Hotel in Kanazawa – Traditional accommodation in historic Kanazawa.

- * Mountain lodge breakfast
- * Return to Murodo via mountain trail
- * Depart Murodo via Alpine Route
- * Continue Alpine Route journey
- * Transfer connections
- * Arrive at Kanazawa Station
- * Transfer to hotel
- * Check-in and free time for city exploration

Accommodation: Hotel in Kanazawa





● Day 07 : Mount Hakusan - The White Sacred Mountain



Journey to Mount Hakusan, the “white mountain” and one of Japan’s three most sacred peaks alongside Fuji and Tateyama. Begin your ascent from Bettōdeai trailhead, following ancient pilgrimage routes through pristine alpine forests and meadows. This remote sacred mountain, revered in both Buddhist and Shinto traditions, offers a more wilderness-focused spiritual experience compared to the previous peaks. Reach Hakusan Murodo, the mountain’s spiritual center, where you’ll stay in the mountain lodge surrounded by the pure alpine environment that has inspired spiritual seekers for centuries.

Accommodation: Murodo Center – Sacred mountain accommodation at the spiritual heart of Mount Hakusan.

- * Hotel breakfast
- * Transfer to Bettōdeai trailhead by bus
- * Arrival and preparation at trailhead
- * Begin Mount Hakusan ascent
- * Arrive at Hakusan Murodo Center

Accommodation: Murodo Center





 Breakfast + Dinner

● Day 08 : Mount Hakusan Summit & Sacred Lakes Circuit



Complete your sacred mountain trilogy with a pre-dawn ascent to Mount Hakusan's summit (Gozen-ga-mine, 2,702m). Experience your final sacred sunrise from this pristine peak, offering panoramic views across the Sea of Japan and the Northern Alps. After the summit ceremony, embark on the sacred lakes circuit (Ike-meguri), visiting the mystical alpine lakes that hold deep spiritual significance in Japanese mountain worship. This contemplative hike around the crater lakes provides the perfect conclusion to your mountain pilgrimage before descending back to civilization.

- * Mountain lodge breakfast

04:00 – Summit ascent for sunrise

- * Sunrise ceremony at Gozen-ga-mine summit

- * Sacred lakes circuit hike

- * Return to Bettōdeai trailhead

- * Transfer to hot spring facility

- * Hot spring bath and celebratory lunch

- * Transfer to Fukui Station

- * Continue to Kyoto by JR train

- * Arrive at Kyoto Station

- * Transfer to hotel by subway/walking

- * Check-in at Hotel in Kyoto – Final celebration dinner

Accommodation: Hotel in Kyoto





Day 09 : Journey's End in Ancient Kyoto



Conclude your sacred mountain pilgrimage in Kyoto, Japan's ancient capital and spiritual heart. After breakfast, enjoy free time to reflect on your journey through Japan's three most sacred peaks before individual departures. Your pilgrimage has taken you from modern Tokyo through the spiritual heights of Fuji, Tateyama, and Hakusan, providing both physical achievement and profound cultural insight into Japan's mountain worship traditions.

* Hotel breakfast and individual checkout/departure

