

Sample itinerary

Retreat in the Nature of Yamagata (3 days)

TENDO DAYS

Day 1



Sendai Airport



Tendo Onsen



Tendo Onsen To-Yokocho



Tendo Ramen

You take the train from Sendai Airport to Tendo Onsen. Tendo Onsen Town is located in an area with many local restaurants. You can stay at a ryokan for one night with breakfast, and feel free to eat local food outside for dinner. We also recommend Tendo Onsen Yatai Mura To-Yokocho, operated by DMC Tendo Onsen Co!

Day 2



Tendo Onsen



Yamadera



Mt. Haguro



Sunset on the Yamagata Sea side



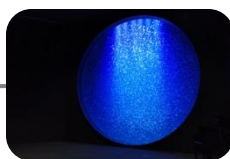
Atsumi Onsen

On the second day, you will go on a journey to feel the spiritual culture of Yamagata. First, you will visit Yamagata's most popular tourist attraction, Yamadera, where you will climb 1015 steps to extinguish your troubles. The view from the top is the original landscape of Japan. Next, you will go to Mt. Haguro. The Sanjin Gosai-den (Shrine of the Three Gods), built on the summit of Mt. Haguro is for happiness in the present, and Mt. Yudono is for reincarnation in the future. You can access to the top by car. Incidentally, you can also climb from the bottom, though you will need to climb 2446 steps. The sunset over the Sea of Japan is exceptional! Overnight at Atsumi Onsen. You can enjoy Japanese kaiseki meals prepared by ryokan chefs and local sake at dinner.

Day 3



Atsumi Onsen



Kamo Aquarium



Sushi with quality fish from the Sea of Japan



Sendai Airport

On the third day, you will go to Kamo Aquarium. This is the only aquarium in Japan dedicated to jellyfish. Jellyfish soft-serve ice cream might be interesting! A must-do on the sea side of Yamagata is fresh sushi. You can eat sushi fresh from the fishing port.