



9 days /
8 nights
12 PERSON LIMIT

JAPAN *Adventure*

TRAIL RUN JAPAN: CONQUER THE ALPS, SUMMIT MT FUJI & IMMERSE IN TIMELESS CULTURE



Run the trails

Traverse ancient paths and rugged alpine ridgelines through the Japanese Alps and up Mt Fuji. From cedar forests to high mountain huts, each day blends culture, challenge, and stunning scenery. Fastpack hut-to-hut, trail running with only a small pack. With expert guides and world-class trails, this is more than a run – it's a journey into Japan's soul.



End-to-End Service

From Tokyo to the trails, we've got you covered. All transport, meals, lodging (from hotels to mountaintop huts), and guides are included. Enjoy local cuisine, relax in steaming onsens, and rest easy knowing the logistics are taken care of.



Beyond the Trails

This journey is more than just running - it's a deep dive into Japanese culture and landscapes. Each day blends physical challenge with unforgettable experiences. Cap it off with local cuisine, temple visits, and even a karaoke celebration - you'll leave with tired legs and a full heart.



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Why JAPAN



Sacred Peaks, Alpine Trails, and the Spirit of Japan

Japan is a long, volcanic archipelago where over two-thirds of the land is rugged mountains with bubbling hot springs at every turn. From fastpacking hut-to-hut in the Japanese Alps to summiting the iconic Mt Fuji at 3,776 m, every day delivers challenge, beauty, and cultural immersion. Run through cedar forests, wildflower meadows, and past ancient shrines; soak in restorative onsens; and savour cuisine from hearty alpine hotpots to delicate sushi. Nights in mountaintop huts bring breathtaking sunrises and sunsets, while Tokyo's vibrant streets reveal the perfect fusion of tradition and modern energy.



“
The runs were incredible and Braz ensured that every running ability was looked after...
Alexandra, Oct 2024
”



Why TRAIL RUN ADVENTURES



Welcome to Our Adventure Family

Trail Run Adventures stands out for its personal, authentic and unique approach to adventure travel. As a passionate family-run business, founders Anna and Braz personally plan every adventure, ensuring an exceptional level of care, attention to detail, and connection with each participant, often running along beside you on breathtaking and carefully curated trails, away from the tourist crowds. The supportive atmosphere ensures every runner of every ability feels welcome, which is why so many guests return for their next unforgettable adventure.

Who are We?

Ron Braselton “Braz”: is a trail lover, following his heart to run races as he travels and explores new cultures. His sense of adventure and enthusiasm for life is contagious, and his passion to share that with others is how Trail Run Adventures was born.

Anna Frost “Frosty”: is an international and professional mountain, trail and ultra runner who has decades of experience in racing. From Vertical KMs to 100 milers, and adventures in and out of the mountains, Anna’s wealth of knowledge and passion for sharing her expertise with fellow adventurers means you will gain new skills alongside a new friend.

She is also a proud ambassador of SisuGirls, an empowerment project to get girls outside reaching their potential!





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JAPAN

Itinerary



Visit www.trailrunadventures.com/japan
for our next Japan trip dates

Day 1: ARRIVAL

Meals: DINNER

Run/Hike: 5–8 km city shakeout, flat

- Arrive Tokyo, group shuttle, hotel check-in, evening run and local beer welcome.

Day 2:

Meals: B + L + D

Run/Hike: 6–10 km Tokyo Imperial Palace loop, flat, scenic city paths.

- Shinkansen to Nagano, visit Zenkoji Temple, drive to Hakuba; lodge dinner, orientation.

Day 3:

Meals: B + L + D

Run/Hike: 10 km ridge traverse via Lake Ooike to Hakuba-Sansō; sustained alpine ascent.

- Gondola start; hut arrival; optional afternoon run; onsen available nearby.

Day 4:

Meals: B + L + D

Run/Hike: 10 km alpine traverse via Mt Yukikura and Asahi-dake to Asahi-Koya hut.

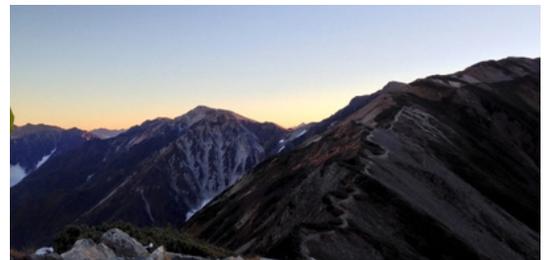
- Breakfast at hut; packed lunch; optional afternoon ridge run; sunset views above cloud.

Day 5:

Meals: B + L + D

Run/Hike: 10 km descent and traverse to Renge-Onsen hut; soak in natural hot springs.

- Breakfast; hut-prepared lunch; optional afternoon run; onsen recovery; hearty dinner and early night.





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Day 6:

Meals: B + L + D

Run/Hike: 7 km trail out to Tsugaike-Kōgen; gentler terrain; descend to valley station.

- Lunch in Tsugaike; collect luggage; transfer to Lodge Hirata; hot showers; relax.

Day 7:

Meals: B + L + D

Run/Hike: 4–6 km shakeout in Fujiyoshida; gentle paths, Fuji views; prepare summit gear.

- Drive to Fujiyoshida; hotel check-in; gear brief, route review; early dinner and rest.

Day 8:

Meals: B + L + D

Run/Hike: 20 km return Mt Fuji via Umagaeshi; 2,300 m vertical gain; steep volcanic terrain.

- Early start; strict gear check; summit attempt; descend; hotel recovery; celebratory dinner and karaoke.

Day 9: DEPARTURE

Meals: BREAKFAST

Run/Hike: No run scheduled; optional morning walk; travel day and departures.

- Drive to Tokyo; arrive approximately 1:30 pm; evening flights; independent Haneda transfers.





JAPAN

What to Expect



Running Distances

This adventure blends city runs, alpine ridges, and Japan's highest peak. Distances vary from 7–20 km per day, with challenging elevation. Fastpacking is with light packs, hut-to-hut.

Mt Fuji adds a demanding 20 km summit day. The distance of the routes each day can be deceiving, due to the vertical +/- and technical aspects of the trails. Most of the runs will be slow moving, so prepare accordingly.

Difficulty Rating (1-5):

3 (Moderate Difficulty)

This trip is rated a 3, for moderately difficult. The terrain is steep and technical, and some days you will have a heavier pack. We will have 3 guides, to help accommodate for different paces.

Local essentials:

Japan blends ancient tradition with modern convenience. The official language is Japanese, though English is common in cities and tourist areas. Currency is the Yen (¥). Credit cards are accepted in hotels and larger shops, but cash is essential for mountain huts and rural areas. Etiquette in dining, onsens, and temples is an important cultural highlight.

Transport

Adventure Travel:

Transport during the trip is fully arranged and included, from shuttles to bullet trains.

Flights:

Once confirmed, book international flights in/out of Tokyo Narita (NRT) or Haneda (HND).

Airport Shuttles:

Group transfers to/from Tokyo airports are included.





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What to Expect



Weather

August in Japan brings warm summer conditions. Expect daytime highs of 22–28°C in the valleys and cooler temperatures (10–15°C) at higher elevations. Evenings in the mountains can feel chilly. On Mt Fuji, weather is unpredictable and can be harsh, with wind, rain, or near-freezing summit temperatures. Prepare with appropriate layers and waterproofs.

Meals

Breakfast: Daily buffet breakfasts at hotels and hearty set meals in huts.

Lunch: Mix of packed hut lunches and local restaurants.

Dinner: Evening meals feature traditional Japanese cuisine — from hotpots and rice bowls to sushi and seasonal vegetables. Hotel dinners and restaurant meals provide variety and authentic flavors.

Accommodation

Your accommodation in Japan includes a mix of boutique hotels and mountain huts. In Tokyo and Fujiyoshida, you'll enjoy private hotel rooms with modern comforts and local meals. In Hakuba, we base from a mountain lodge before fastpacking three nights hut-to-hut across the Japanese Alps. These huts, perched high on ridges, feel like small alpine villages, with hearty meals, dorm-style sleeping (up to four per room), and incredible sunrise and sunset views. The final nights return to comfortable hotels, where you can recover, relax, and enjoy Japanese hospitality before departure.





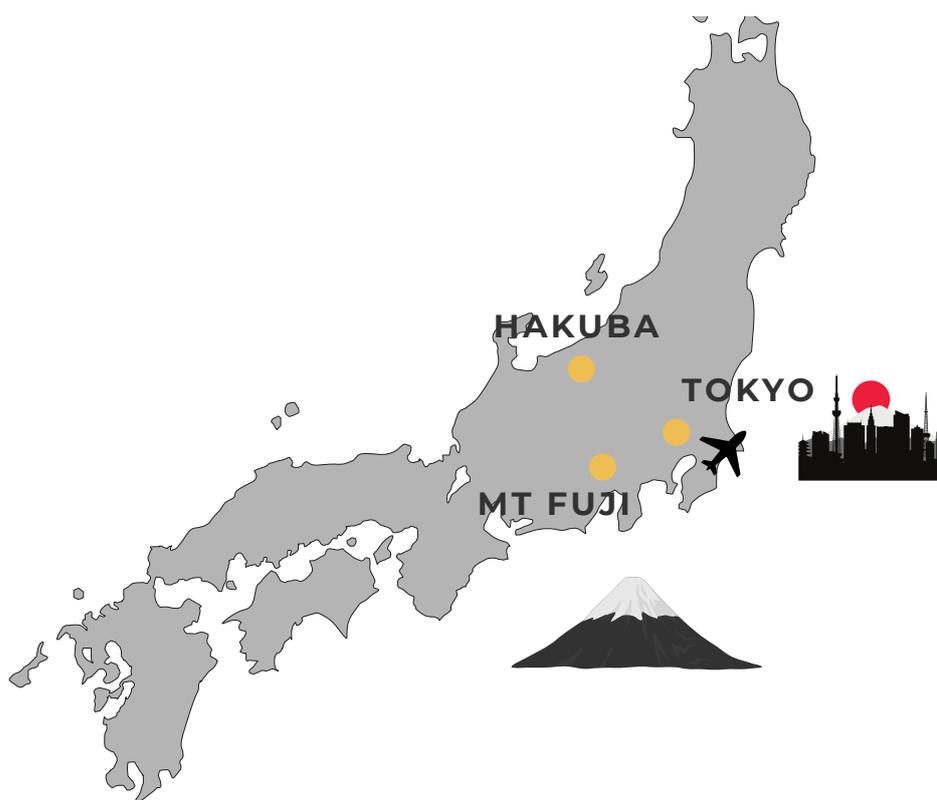
JAPAN

The Trails



Where we Adventure in Japan

This journey spans **Tokyo** to the **Japanese Alps**: Tokyo city runs; Nagano's Zenkoji Temple; **Hakuba** base then a hut-to-hut traverse via **Lake Hakuba-Ooike** and **Hakuba-Sansō** to **Asahi-Koya**, crossing **Mt Yukikura** and **Asahi-dake**, onward to **Renge Onsen** and out at **Tsugaikē-Kōgen**. We finish in **Fujiyoshida**, starting at **Umagaeshi** for a summit of **Mount Fuji** (3,776 m) before returning to Tokyo.





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Cost



The Adventure Investment:

- \$? USD
- USD \$? non refundable deposit required to secure your place. The deposit can be transferred to another adventure, and will be refunded in full if the adventure doesn't go ahead.
- Remaining balance due by 90 days prior to adventure. Registrations made within 90 days of the trip date must be paid in full.

Inclusions:

- Airport transfers and all in-country transport
- 8 nights' accommodation: boutique hotels (single rooms) and mountain huts (dormitory).
- All meals per itinerary: hotel breakfasts, hut/restaurant lunches, lodge/restaurant dinners.
- Three professional guides
- Permits, hut bookings, Mt Fuji access fees, and scheduled onsen entries.
- Tips for guides, drivers, and hut staff.
- A guaranteed great time!

Exclusions:

- International flights to/from Tokyo (NRT/HND).
 - Travel/medical insurance for mountain activities and evacuation.
 - Alcohol and other drinks.
 - Additional snacks/electrolytes/gels.
 - Optional activities not listed.
 - Personal expenses: laundry, souvenirs, phone/data.
- Visa fees if required.



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Packing List



For Running:

- Trail running shoes with good grip (broken-in) + spare pair
- Quick-dry running tops, shorts/tights
- Layers for cooler weather
- Moisture-wicking socks
- Running vest or hydration pack with minimum 2L fluid capacity
- Running cap
- Waterproof shell jacket + pants
- Insulating mid-layer (synthetic or fleece; e.g., 60–100 g/m²)
- Base layer top (merino or technical synthetic; no cotton)
- Windproof gloves, warm hat/beanie + buff/neck gaiter
- Waterproof pack cover and pack liner/dry bag
- Headlamp (≥300 lm) + spare batteries (pre-checked)
- Trekking poles (optional)
- Emergency blanket, whistle
- Sunglasses + Sunscreen
- Electrolytes/gels
- Small first aid/blister kit (compeed, band-aids, tape, crepe bandage)

Post Run & Casual Wear:

- Casual clothes for dinner or town visits
- Sweater + jacket (evenings can cool off)
- Lightweight daypack (for non-running outings)
- Sleepwear and underwear
- Swimwear
- Flip-flops or sandals
- Sweat towel (optional)
- Foam roller or massage ball (optional)
- Recovery drink mix or protein powder (optional)

Extras:

- Plug adaptor (Type A/B, 100V, 50–60 Hz) — universal recommended
- Phone or small camera
- Power bank
- Passport + printed travel docs
- Toiletries + medications (incl. pain/altitude)
- Hand sanitiser, wipes, ziplocks
- Cash (huts/snacks)
- Pack cover and liner



JAPAN FAQ



Do I need to be an experienced trail runner?

Yes, experience is recommended, as the routes include technical terrain and sustained climbs. Every run is guided and pace-supported, with options to shorten distances.

What distance and elevation can I expect each day?

Daily runs range from 7–20 km, with challenging elevation. Total trip covers ~85–95 km and +3,000 m. Mt Fuji adds a demanding 20 km summit day.

What if I want to skip a run?

That's fine! You can take a rest day — enjoy onsens, sightseeing, or cultural activities instead.

What gear do I need to bring?

See detailed packing list. Mandatory gear checks are undertaken prior to Mt Fuji.

Is travel insurance required?

Yes, valid insurance is required, covering medical emergencies, trekking at altitude, and adventure sports.

Is accommodation shared?

Yes. Hotels are twin share (private upgrade available). Mountain huts are dormitory-style with up to four people.

Are meals included?

Yes — all meals are included: hotel breakfasts, hut meals, and dinners at restaurants or lodges. Alcohol not included.

What's the weather like in August?

Expect warm valleys (22–28°C) and cooler mountain conditions (10–15°C). Mt Fuji summit can be near freezing with harsh weather.

Can I come alone?

Absolutely. Many guests join solo and quickly connect with fellow runners. You'll be welcomed into a supportive, social group.