

Seto Inland Sea: Hiroshima, Miyajima, Sensuijima

Sea kayaking, free-roaming deer and UNESCO World Heritage

EXPERIENCE / TOUR EXTENSION
4 days

Highlights

- Sea kayaking in Tomonoura Bay around Sensuijima Island
- Explore the UNESCO World Heritage of Miyajima Island
- Experiencing relaxing detox bathing in a traditional Japanese inn
- Immerse yourself in the local island food culture
- Kayaking around Miyajima Island with amazing close-up view of the iconic red Torii Gate of Itsukushima Shrine
- Meet the free-roaming deer on the sacred island of Miyajima

The Seto Inland Sea or Seto-nai-kai is one of the most scenic parts of Japan; the Seto-nai-kai National Park was one of the first to be registered in Japan in 1934. On this tour, you will enjoy two opportunities for sea kayaking on the Seto Inland Sea - first off the lovely fishing village of Tomonoura and then off Miyajima, a UNESCO World Heritage island. You will also have a unique traditional detox bathing experience on Sensui-jima Island. The sea kayaking is led by a local expert and is suitable for those without previous experience.

ITINERARY

DAY 1 > Sea Kayaking and Sensui-jima Island

Travel to Tomonoura Bay and the lovely thousand year-old port town of Tomonoura, which inspired Studio Ghibli director Hayao Miyazaki when he created the animated film "Ponyo". Tomonoura has the old title Shiomachi-no-minato or "port awaiting a favourable tide" and has preserved its lovely old-fashioned fishing townscape. Enjoy a 3-hour sea kayak tour in Tomonoura Bay around Sensui-jima Island.

Later in the afternoon catch the ferry to Sensui-jima island for your overnight stay at a traditional Japanese inn, experiencing their unique detox spa-style baths. Enjoy a gourmet dinner featuring the fresh catch of the day.

If the weather does not permit sea kayaking, you can instead spend more time exploring Sensuijima Island and the relaxed environs of Tomonoura.

Accommodation: Minshuku (Family-run Guesthouse)

DAY 2 > Hiroshima

This morning you travel to Hiroshima to explore this iconic city, known as the first in history to bear the impact of atomic weapons. The city never forgets its past and there are memorials to the bombing of 6 August 1945 including the Atomic Bomb Dome, and the Peace Memorial and Museum.

You stay overnight in Hiroshima.

Accommodation: Hotel or traditional Japanese inn

DAY 3 > Miyajima Island

This morning you travel to Miyajima island where wild deer roam free. If you wish, you can include another sea kayak session here - experience the amazing close-up view of the iconic red Torii Gate of Itsukushima Shrine which appears to float in the water at high tide.

You might want to try the Miyajima oysters or the local dish of Anago Meshi grilled eel.

During the afternoon, you have time to climb Mount Misen, the highest peak of the island, offering spectacular views of the Seto Inland Sea.

Return to Hiroshima City and stay overnight.

Accommodation: Hotel or traditional Japanese inn

DAY 4 > Sightseeing in Hiroshima and return to Osaka or Kyoto

Today, explore Hiroshima further before travelling onwards to your next destination.

