

Tour Concept

Theme	Okinawa's Blue Zone Odyssey: Embark on a Life-Changing Exploration of Longevity, Rich Traditions, and the Essence of Personal Ikigai	
Story	Embark on a transformative odyssey through Okinawa's Blue Zone, where the secrets of longevity unfold in a tapestry of experiences. This journey is not merely a tour, but an immersion into a philosophy of life that has sustained generations. Discover the profound interconnectedness of mind, body, and spirit as you explore ancient traditions and modern interpretations of well-being. From spiritual sanctuaries to culinary revelations, each day unveils a new facet of the Okinawan approach to longevity. Engage with the power of community, the reverence for nature, and the art of purposeful living. Learn to embrace the 'Chimu-Gukuru' spirit - the essence of Okinawan heart and soul. This journey transcends typical travel experiences, offering insights that resonate long after your return. You'll leave not just with memories, but with a transformed perspective on life, health, and happiness, inspired by the timeless wisdom of Okinawa's Blue Zone.	
Activity	<ul style="list-style-type: none">• Day2 Kin Town Walk• Day2 Wildlife Night Tour• Day3 Fukuchi Dam Shower Trekking• Day3 Kijoka Village Walk• Day4 Mt. Nekumachiji Nature Walk• Day4 Shuri Castle Tour• Day5 Okinawan Karate Dojo Experience	<ul style="list-style-type: none">(Explore local culture and Blue Zone lifestyle principles.)(Discover Yanbaru's nocturnal biodiversity in pitch-dark forest.)(Thrilling kayak, stream climb, and waterfall adventure.)(Insight into traditional Blue Zone community life.)(Breathtaking views of Okinawa's stunning natural landscapes.)(UNESCO site showcasing Ryukyuan history and architecture.)(Learn karate philosophy, movements, and Okinawan spirit.)

Tour Coordinator

Okinawa JTB Corp. **JTB** 沖縄 JTB 株式会社

Okinawa and Amami form the southernmost Japanese chain of islands. Expanding from Taiwan to Kyushu, the more than 500 islands have 4 sites registered as Natural World Heritage. Once an independent country, the "Ryukyu Kingdom," that flourished as an Asian trading hub for 450 years before becoming part of Japan in 1879, Okinawa main island is located 600km from Taipei, 1500km from Manila and 1600km from Tokyo.

The Ryukyu kingdom was a center of cultural exchange and trade in Asia, and the birthplace of Karate. Although it is located between 24 and 27 degrees north latitude, it has a subtropical climate and abundant annual rainfall thanks to the warm Kuroshio marine current. The region is the northern limit of many kinds of coral habitats and the one of popular destinations of scuba divers. In Yanbaru (the northern part of Okinawa), visitors will explore the forests, rivers, and mountains where one of the world's greatest biodiversity coexists, and experience Okinawans unique way of life, nurtured by this abundant, yet fragile nature.

Our Adventure tours are an invitation to dive into the islands' culture to unveil the secrets of Okinawans Ikigai and longevity in harmony with Nature.

We offer tailor made trips for your clients.

Location of Okinawa



Okinawa Prefecture

- Okinawa is located in the southern part of Japan
- About 1,500 kilometers/ 950 miles
2.5 hours away from Tokyo
- About 2,250 kilometers/ 1,400 miles
3 hours away from Hokkaido

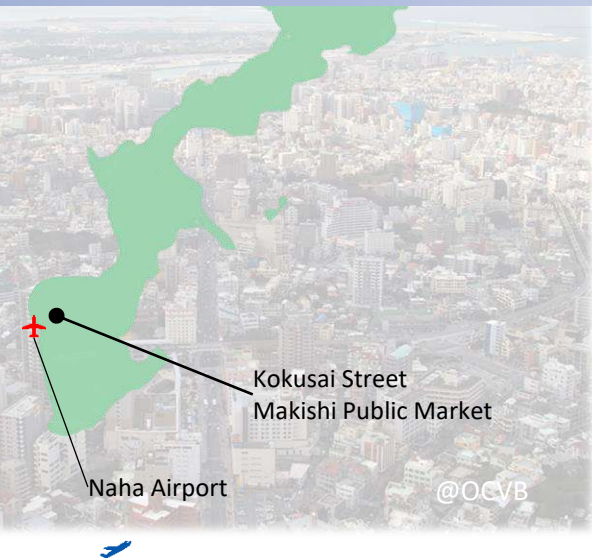
Accommodations

Dates	Day1 · 4 Naha city	Day 2 Higashi village	Day 3 Kijoka village
Hotel	HOTEL COLLECTIVE(SUPERIOR TWIN)  	Yambaru Experience Hotel Nunganiku  	Yambaru Hotel Nammei Shinshitsu  

【Day 1】 Gateway to Okinawan Adventure

The journey begins with the afternoon arrival of guests at Naha Airport.
After baggage claim, participants meet their guide and transfer to the hotel by private vehicle.

After check-in, guests have free time to relax at the hotel or enjoy shopping on Kokusai Street.
In the evening, everyone gathers at the hotel for a tour briefing about the exciting 5-day adventure ahead. The first meal in Okinawa is **dinner at the public market**, where guests can immerse themselves in Okinawan food culture.
Using the "lift-up" system, guide and guests select fresh seafood and meat on the first floor, which is then cooked in the second-floor restaurant.



【Day 2】 Embracing Blue Zone Principles in Okinawa

On this day, We will experience several Blue Zone principles, including maintaining faith, prioritizing family, connecting with others, consuming plant-based foods, and practicing calorie restriction.

After check-out, We travel by private vehicle to Kin Town.

The day's theme, **"water" and "prayer,"** offers insights into the deep connection between Okinawa's nature and culture.

The first stop is Ukka-ga Spring, where participants learn about Kin Town's origins. Next, they visit Kin Cave, home to over 13,000 bottles of aging Awamori (Okinawan spirit).

A visit to a local home introduces "Totome," the Okinawan ancestor worship tradition.

We enjoy old style snacks while learning about family heritage and ancestral tablets, emphasizing the importance of family connections in Okinawan culture. We then explore Tumusuzu Utaki, a sacred site, further deepening their understanding of Okinawan spirituality.

Lunch at a local restaurant features traditional **"Taimo-zen" cuisine**, accompanied by cave-aged Awamori and Tofuyo (fermented tofu). This meal showcases the plant-based and calorie-conscious aspects of the Okinawan diet.

In the afternoon, We enjoy **birdwatching in a taro field**, connecting with nature and observing Okinawa's diverse avian life.



Dinner at a local dining in Higashi village highlights dishes made with locally farmed fish and ingredients, reinforcing the concept of eating locally and mindfully. The day concludes with a night tour **"AKISAMIYO"**, immersing participants in the pitch-dark sky and Yanbaru's biodiversity-rich forest. This experience offers a unique perspective on Okinawa's natural wonders and the lifestyle factors contributing to its Blue Zone status.



【Day 3】Adventure and Reflection in Okinawa's Blue Zone

The third day begins with an exhilarating **shower trekking experience at Fukuchi Dam**. This high-intensity activity, limited to one group per day, combines kayaking with stream climbing and waterfall diving. It's a perfect blend of adventure and nature immersion, showcasing Okinawa's pristine wilderness.

Lunch follows at a local restaurant in Ogimi Village, where participants savor dishes prepared with fresh, local ingredients. This meal reinforces the Blue Zone principle of eating locally and seasonally.



In the afternoon, the group **explores Kijoka Village, taking a leisurely walk and visiting the Bashofu Kaikan** (Banana Fiber Cloth Hall). This excursion provides valuable insights into the traditional lifestyle of this Blue Zone area, highlighting the importance of purposeful activities and community engagement in longevity.

The evening features a barbecue dinner, where participants are encouraged to share their personal concepts of "ikigai" (reason for being) in a relaxed setting.

For clear nights, an optional **stargazing trip to Kunigami Village's Starry Sky** Protection Area is available.

This day perfectly balances physical activity, cultural exploration, and personal reflection, embodying the multifaceted approach to longevity in Okinawa's Blue Zone.



【Day 4】 Culinary Heritage and Natural Wonders of Okinawa

The fourth day begins with an **immersive cooking experience at a private lodge**. Participants learn ancient cooking methods using local ingredients like papaya and Fusilier fish. They prepare breakfast using traditional pots, gaining hands-on insight into Okinawan culinary heritage.

After check-out, We heads to **Mt. Nekumachiji for a guided nature walk**. This excursion offers breathtaking views of Okinawa's stunning landscapes, allowing participants to connect deeply with the island's natural beauty. Lunch is a specially prepared bento box, featuring local delicacies and showcasing the diversity of Okinawan cuisine.



In the afternoon, the journey takes participants back to Naha to **visit Shuri Castle, a symbol of Ryukyuan history and culture**. This UNESCO World Heritage site provides a fascinating glimpse into Okinawa's royal past and architectural splendor.

The day concludes with a sumptuous dinner at a traditional restaurant in Naha. In private rooms, guests savor **authentic Ryukyuan court cuisine**, a gastronomic experience that dates back to the era of the Ryukyu Kingdom. This meal not only pleases the palate but also offers a cultural journey through Okinawa's culinary history. This day beautifully combines hands-on culinary experiences, nature exploration, and cultural immersion. It provides a comprehensive understanding of Okinawa's rich heritage, from its traditional cooking methods and local ingredients to its natural wonders and historical landmarks. The journey from rural cooking to royal cuisine encapsulates the diverse facets of Okinawan culture and lifestyle.



Yanbaru National Park
(UNESCO World Natural
Heritage)

Mt. Nakumachiji

Shurijo Castle Park
(UNESCO World Cultural Heritage)
Ryukyuan Ryotei Restaurant



【Day 5】 Embracing the Spirit of Okinawa through Karate

The final day of the tour begins after check-out with a **visit to a local karate dojo**. This experience goes beyond learning physical movements; **it's an opportunity to understand the history and philosophy of karate, which originated from the fusion of ancient Okinawan and Chinese martial arts.**

Participants delve into the core principle of karate:

"there is no first attack." This concept emphasizes the art's defensive nature and promotes peace. The importance of courtesy in this martial art is also highlighted, reflecting broader Okinawan values.

As participants engage with the practice, We gain insights into the Okinawan spirit, which forms the heart of the island's longevity and well-being. This deeper understanding marks the culmination of the tour, bridging physical activity with cultural wisdom.

The journey concludes with an introduction to "Chimu-Gukuru," the essence of Okinawan spirituality. We learn the profound phrase "Ichariba Choodee," meaning "When you meet, you are like brothers." This sentiment encapsulates the warmth and openness of Okinawan culture.

The tour ends on a heartwarming note, with guests being welcomed into the Okinawan family. The hosts express their hope for the visitors' return, reinforcing the bonds formed during this immersive experience. This final day synthesizes the physical, philosophical, and spiritual aspects of Okinawan culture, providing a holistic conclusion to the Blue Zone exploration. Participants leave not just as tourists, but as honorary members of the Okinawan community, carrying with them the island's spirit of longevity, harmony, and connection.

