

# SHISHI-IWA — HOUSE

## Shishi-Iwa House Launches Exclusive Exploration Program Through Japan Alps

*Guided Walking and Hiking Trails Revealing the Splendour of Nagano's Mountains*



**KARUIZAWA, JAPAN, 18 December 2024** – Shishi-Iwa House, an award-winning retreat with One-Michelin Key, launches a series of guided hiking trails and walking programs in Japan Alps in Nagano Prefecture starting January 2025. The program is designed to promote the beautiful mountain ranges of Nagano where Shishi-Iwa House is located, and to dig deeper into the spiritual side of hiking in Japan which has been practiced by Shinto priests for centuries for meditation, self-reflection and mindfulness.

Tailored to cultivate holistic well-being, the meticulously curated hiking program offers a selection of ten distinctive trails each promising an intimate connection with wild nature and an unforgettable journey through the heart of Japan's storied landscapes and profound spiritual heritage. From serene waterfalls and volcanic parks to sacred shrines and tranquil ponds, the trails vary in difficulty and duration to cater to both novice hikers and seasoned adventurers. All selected trails are located within 2.5 hours drive from the retreat. The guided explorations are available in all seasons and conducted in English and Japanese.

Reflecting a new kind of luxury adventure experience in Japan, Shishi-Iwa House will provide accommodation, transport, nutritious meals and snacks, gear and equipment, expert guides, translation and post-hiking recovery treatments such as onsen and shiatsu massage.

# SHISHI-IWA — HOUSE

Trail highlights include:



**Sengataki Waterfall:** Immerse in the tranquillity of forest bathing where the cascade's gentle flow complements the peaceful woodland atmosphere. (1 hour, Easy)



**Ko-Asama Trail:** Around the base of Mount Asama, traverse the rugged volcanic terrain shaped by a historic 1783 eruption, which evokes a sense of the earth's raw power and ancient spirit. Through peaceful forests of birch and pine and vibrant wildlife, the trail offers not only breathtaking views but also a deep meditative journey inward. (2 hours, Moderate)

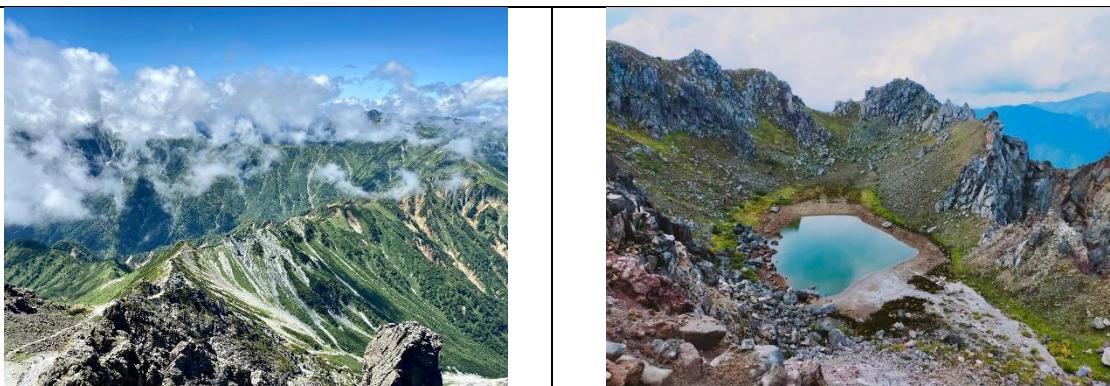


**Miyojin Pond-Kamikochi:** Discover the purifying powers of the sacred site closely associated with the nearby Hotaka Shrine that honors the mountain deity Hotaka. The trail begins in the lush Kamikochi Valley, passing through a tranquil forest and leads to the revered Myojin Pond. (2 hours, Easy)

## SHISHI-IWA — HOUSE



**Sainokawara-Asama:** Engage in a spiritual exploration through rugged terrains and splendid shades of autumn foliage, which tell stories of the divine presence believed to inhabit the mountain and guide hikers to reflect on the sacred relationship indigenous people have with the land. (6 hours, Moderate)



**Yakedake-Kamikochi:** Take the adventure up to the summit of Yakedake, Kamikochi's iconic active volcano, at 2,455 meters. Starting from Yakedake Onsen, the trail covers 6km, rising steeply through cedar and birch forests before giving way to rugged, open terrain with breathtaking views of Kamikochi Valley and the towering Hotaka range. Near the summit, steaming fumaroles add a touch of volcanic mystery. (7-hours, Moderate/ Advanced)

According to Shishi-Iwa House founder, Huy Hoang, "the enhancement of physical and mental health lies at the heart of the Shishi-Iwa House experience. Guests get more than just a retreat, but an active cultural journey through the landscape that activates the body and enriches the soul. Our exploration program invites guests to go deeper into an incredible world of Japan's remote mountains, forests and rivers and its important relationship with the local community since the Jomon prehistoric era."

Expert guides, trekking gear and equipment, transportation, meals, and overnight accommodation are seamlessly handled by Shishi-Iwa House for an enriching adventure. Similar to the retreat's monthly activity program, guests can book any of these trails during their stays.

In addition to individual trails, Shishi-Iwa House also offers a flexible four-day/three-night trekking package in which guests can explore unlimited trails of any combination at JPY

# SHISHI-IWA — HOUSE

130,000++ per person per night based on double occupancy. The package includes accommodation for four days/three nights, all meals and activities, transportation, expert guides, gear and equipment, shiatsu massage, onsen, and roundtrip transfers from Karuizawa stations.

For more information about Shishi-Iwa House, please visit  
[www.shishiiwahouse.jp](http://www.shishiiwahouse.jp)

For high-resolution press images, please access:  
<https://finnpartners.box.com/s/knqxv8xiqm3vbkcc2jbaqn6jxxmwxc42>

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## About Shishi-Iwa House

Shishi-Iwa House is an international hospitality brand deeply rooted in Japan. It is a collection of intimate crafted retreats, fusing a mastery of contemporary architecture, design, and art with culinary tastemaking and a deep connection with nature. With a monthly schedule of SSH Program, Shishi-Iwa House carefully curates bespoke events, tours and activities from art and architecture tours, organic farm visits, bespoke trail experiences, to insider introductions and fireside talks. A sponsor of sustainability architecture and its positive impacts on human emotions and the environment, Shishi-Iwa House's first retreat is in the national parks of Karuizawa where it is home to three architectural masterpieces. SSH No.01 and SSH No.02 by Shigeru Ban; and SSH No.03 by Ryue Nishizawa. SSH No.04 by Kazuyo Sejima is scheduled to open in late 2026 in Hakone Japan. SSH No.05, a wellness and event centre in Karuizawa will be designed by Junya Ishigami and is expected to open in 2027. International locations are currently being planned for opening thereafter.

For more information about Shishi-Iwa House, please visit:  
<https://www.instagram.com/shishiiwahouse/>.  
[https://www.shishiiwahouse.jp](http://www.shishiiwahouse.jp)

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