

MJH-03

CENTRAL HIGHLANDS
JOURNEY



MOVE JAPAN

日本任我行 | 自由探索 · 隨心出發

INSPIRE YOUR JOURNEY

中央高原之旅

CENTRAL HIGHLANDS JOURNEY

HIGHLANDS | FORESTS | HIDDEN JAPAN



3 DAYS 2 NIGHTS



TOKYO DEPARTURE

TOUR CODE

MJH-03

DISCOVER
JAPAN'S
HIDDEN
HIGHLANDS



TOKYO → KARUIZAWA → NAGANO → TOGAKUSHI HIGHLANDS →
→ MATSUMOTO → NAGOYA

ROUTE HIGHLIGHTS



輕井澤

KARUIZAWA

Highland Resort



善光寺

ZENKO-JI TEMPLE

Historic Temple



戶隱高原

TOGAKUSHI
HIGHLANDS

Sacred Forests



松本城

MATSUMOTO CASTLE

National Treasure



中央高原風景公路

CENTRAL HIGHLANDS
SCENIC DRIVE

Scenic Landscapes



輕井澤 KARUIZAWA



善光寺 ZENKO-JI TEMPLE



戶隱高原 TOGAKUSHI HIGHLANDS



松本城 MATSUMOTO CASTLE



小團出發
Small Group



專車接送
Private Transfer



深度探索
In-Depth Experience



精彩旅程
Memorable Journey

MJH-03

CENTRAL HIGHLANDS
JOURNEY



中央高原之旅

CENTRAL HIGHLANDS JOURNEY

HIGHLANDS | FORESTS | HIDDEN JAPAN



MOVE JAPAN
日本任我行 | 自由探索 · 隨心出發
INSPIRE YOUR JOURNEY

旅程介紹

JOURNEY OVERVIEW



這是一條結合日本高原風景、森林文化、歷史古城與地方生活節奏的深度旅遊路線。

This journey combines Japan's highland scenery, forest culture, historic castle towns, and regional lifestyles into a unique travel experience.



旅程由東京出發，首先前往日本最著名的高原度假區之一輕井澤，感受森林景觀、悠閒街道與山區氣氛。

Beginning in Tokyo, the journey first travels to Karuizawa, one of Japan's most famous highland resort destinations, known for its forests, mountain atmosphere, and relaxed lifestyle.



旅客將探索擁有超過一千四百年歷史的善光寺，並深入戶隱高原、森林地區，感受日本神社文化與自然景觀交織而成的獨特魅力。

Travelers will visit the 1,400-year-old Zenko-ji Temple and explore the forests of Togakushi Highlands, where nature and shrine culture come together in a uniquely Japanese setting.



旅程最後來到日本國寶松本城，欣賞城下町風景與北阿爾卑斯山景，並於名古屋完成旅程。

The journey concludes at the National Treasure Matsumoto Castle before arriving in Nagoya, offering views of both historic castle towns and the Northern Alps.



與一般大型旅行團不同，MOVE JAPAN 採用 Smart Free Travel 旅遊概念，透過舒適交通安排及合理停留時間，讓旅客能夠更深入體驗日本地方風景與文化。

Unlike traditional large-group tours, MOVE JAPAN follows a Smart Free Travel concept, combining comfortable transportation with flexible exploration time and deeper regional experiences.



整個旅程的重點不只是景點本身，更包括沿途高原公路、森林景觀、山區風光以及日本地方生活節奏。

The journey focuses not only on destinations, but also on the experience of travelling through mountain roads, forests, highlands, and regional communities.



從高原度假區到神秘森林，從千年古寺到國寶古城，旅客將體驗一個更真實、更深入的日本。

From highland resorts and sacred forests to ancient temples and historic castles, this route offers a deeper and more authentic side of Japan.

行程亮點

ROUTE HIGHLIGHTS



輕井澤

KARUIZAWA
Highland Resort



善光寺

ZENKO-JI TEMPLE
Historic Temple



戶隱高原

TOGAKUSHI HIGHLANDS
Sacred Forests



松本城

MATSUMOTO CASTLE
National Treasure



中央高原風景公路

CENTRAL HIGHLANDS
SCENIC DRIVE
Scenic Landscapes

旅遊特色

TRAVEL STYLE



小團旅遊

Small Group Travel



舒適交通

Comfortable Transportation



自由探索

Flexible Free Time



高原風景公路

Scenic Highland Journey



深度日本體驗

Hidden Japan Experience



輕井澤

KARUIZAWA
Highland Resort



善光寺

ZENKO-JI TEMPLE
Historic Temple



戶隱高原

TOGAKUSHI HIGHLANDS
Sacred Forests



松本城

MATSUMOTO CASTLE
National Treasure



東京 → 輕井澤 → 長野

TOKYO → KARUIZAWA → NAGANO



DAY 1



行程地點

東京 · 輕井澤 · 長野

Tokyo · Karuizawa · Nagano



住宿

長野市

Nagano City



餐食安排

午餐：輕井澤自理

晚餐：長野市區自理

Lunch: At your own in Karuizawa

Dinner: At your own in Nagano



08:00

東京出發

Depart Tokyo

指定地點集合，乘坐舒適專車出發。

Meet at the designated location and depart by private coach.



10:00

抵達輕井澤

Arrive in Karuizawa

抵達日本著名高原度假區輕井澤，開始悠閒的高原探索。

Arrive at Japan's famous highland resort, Karuizawa, and start your relaxed exploration.

10:00-
15:00

輕井澤自由探索

Free Time in Karuizawa

自由漫步舊輕井澤銀座通、聖保羅教堂、雲場池等景點，享受高原悠閒時光。

Explore Kyu-Karuizawa Ginza Street, St. Paul's Church, Kumoba Pond and other highlights at your own pace.



15:00

前往長野

Depart for Nagano

乘車前往長野市區。

Transfer to Nagano City.



17:00

抵達長野 · 入住酒店

Arrive in Nagano & Check-in

抵達長野市區，入住酒店，自由於市區晚餐及休息。

Arrive in Nagano City, check in to the hotel and enjoy free time for dinner and rest.



輕井澤 Karuizawa Highland Resort

輕井澤位於海拔約1000米的高原地帶，夏季涼爽宜人，是日本著名的避暑勝地。這裡有森林、湖泊、教堂、舊街道及購物區，是深受旅客喜愛的度假小鎮。

Karuizawa sits at an altitude of about 1,000 meters, offering cool summers and beautiful nature. It is one of Japan's most popular highland resorts with forests, lakes, churches, historic streets and shopping areas.



舊輕井澤銀座通

Kyu-Karuizawa Ginza Street

充滿特色商店與咖啡館的舊街道。Charming old street with shops and cafés.



聖保羅教堂

St. Paul's Church

輕井澤著名教堂，充滿歷史感。A historic church and one of Karuizawa's famous landmarks.



雲場池

Kumoba Pond

如鏡般的美麗池塘，四季景色各異。A beautiful pond with mirror-like reflections in every season.



長野市 Nagano City

長野市是信州地區的中心城市，擁有豐富的歷史文化與自然景觀。今晚可於市區自由享受當地美食與溫泉設施。

Nagano City is the heart of Shinshu, rich in history, culture and nature. Enjoy local cuisine and relax in onsen facilities in the evening.



善光寺 (夜景)

Zenko-ji Temple (Night View)

千年古寺的夜晚氛圍靜謐而莊嚴。The 1,400-year-old temple with a peaceful night atmosphere.



長野表參道

Omotesando Street

充滿傳統店舖與當地風味的小街。A charming street with traditional shops and local delicacies.



溫泉設施

Onsen Facilities

享受信州溫泉，放鬆身心。Relax and unwind in Shinshu's natural hot springs.

★ 今日亮點

- 日本著名高原度假區 · 輕井澤
- 悠閒漫步高原小鎮 · 感受森林與湖泊景觀
- 抵達長野市 · 感受信州城市氛圍

Highlights of the Day

- Visit Japan's renowned highland resort, Karuizawa
- Enjoy a relaxing stroll in a forested resort town
- Arrive in Nagano City and experience Shinshu atmosphere

MJH-03

中央高原之旅 CENTRAL HIGHLANDS JOURNEY



DAY 2 松本城・高原美景・

上高地輕健行

Matsumoto Castle, Highland Views & Kamikochi Nature Walk



MOVE JAPAN

日本任我行 | 自由探索・隨心出發

INSPIRE YOUR JOURNEY

今天前往國寶松本城，欣賞歷史建築之美，隨後前往上高地，在大自然中享受輕鬆健行與純淨空氣。

Today, visit the national treasure Matsumoto Castle and admire its historic beauty.

Then head to Kamikochi for a refreshing nature walk surrounded by stunning alpine scenery.



08:00 酒店出發
Depart from Hotel

09:00 松本城 (國寶)
Matsumoto Castle (National Treasure)
參觀日本現存最古老的五層六階天守，欣賞壯麗的黑色城堡。
Explore Japan's oldest original five-tiered, six-storied castle and its striking black exterior.
約90分鐘 90 mins



松本城 (國寶)

Matsumoto Castle (National Treasure)

日本現存最古老的五層天守之一，因其黑色外觀被稱為「烏城」，是松本市最具代表性的歷史地標。

One of Japan's oldest surviving castles, famous for its black exterior known as "Crow Castle." A must-visit historic landmark in Matsumoto.

10:30 前往上高地
Transfer to Kamikochi
約80分鐘 80 mins

11:50 上高地自然散策
Kamikochi Nature Walk
在梓川沿岸散步，欣賞清澈溪流、河童橋與壯麗山景。
Enjoy a relaxing walk along the Azusa River, with views of Kappa Bridge and magnificent mountain scenery.
約150分鐘 150 mins



上高地

Kamikochi

日本北阿爾卑斯山中的秘境，以壯麗的山岳景觀、清澈的溪流和豐富的自然生態聞名，是健行與放鬆身心的絕佳去處。

A breathtaking highland valley in the Japanese Alps, known for its stunning mountain scenery, crystal-clear rivers, and rich natural environment.

14:30 上高地午餐 (自由活動)
Lunch at Kamikochi (Free Time)
自由享用當地餐廳或自備午餐。
Enjoy lunch at your own pace, or dine at local restaurants.
約60分鐘 60 mins

15:30 返回松本市區
Return to Matsumoto
約40分鐘 40 mins

17:00 酒店入住・自由時間
Check-in Hotel & Free Time



梓川 Azusa River

清澈見底的溪流，水質純淨，可見魚兒悠游。
Crystal-clear river with pure, fresh water and abundant aquatic life.



河童橋 Kappa Bridge

上高地的代表性景點，是觀賞絕高連峰的最佳位置。
The iconic bridge of Kamikochi and one of the best spots to view the Hotaka Range.



自然散策 Nature Walk

沿著平緩步道輕鬆健行，享受森林浴與高原的清新空氣。
A peaceful nature walk on gentle trails, perfect for relaxing and recharging.

★ 自由活動建議 OPTIONAL ACTIVITIES



松本城下町散策

Matsumoto Castle Town Walk
漫步古色古香的城下町，感受松本的历史氛圍。

Stroll through the charming castle town and feel the history of Matsumoto.



當地咖啡店體驗

Local Café Experience
在松本的特色咖啡店小憩，享受悠閒的午後時光。

Take a break at a local café and enjoy a relaxing afternoon.



在地工藝品選購

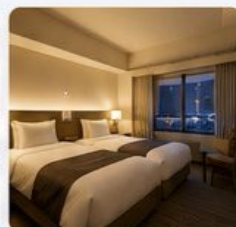
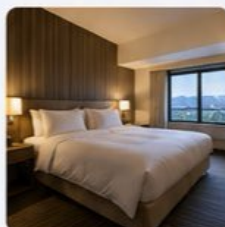
Local Crafts Shopping
選購長野在地工藝品或紀念品，帶回美好回憶。

Shop for local crafts and souvenirs to take home great memories.

🏠 住宿地點 (松本市區) STAY IN MATSUMOTO AREA

精選舒適酒店，方便探索松本市區的景點、餐廳與購物。

Selected comfortable hotels in Matsumoto City, convenient for sightseeing, dining and shopping.



MOVE JAPAN

INSPIRE YOUR JOURNEY





長野 · 松本 · 名古屋

NAGANO → MATSUMOTO → NAGOYA

長野 NAGANO



DAY 3



行程地點

長野 · 松本 · 名古屋

Nagano · Matsumoto · Nagoya



住宿

—

No Accommodation
(Tour ends in Nagoya)

餐食安排

早餐：酒店內

午餐：松本當地料理

Breakfast: At hotel

Lunch: Local cuisine in Matsumoto



09:00 長野出發

Depart Nagano

從酒店出發，前往松本市。

Depart from the hotel
and head to Matsumoto City.

10:30 抵達松本

Arrive in Matsumoto

抵達松本市，展開松本城與
城下町探索。Arrive in Matsumoto and begin
your exploration of the castle town.

10:45 - 松本城參觀

12:30 Visit Matsumoto Castle

參觀日本國寶松本城，欣賞其
優美的天守閣與護城河景色。
Visit Matsumoto Castle, one of
Japan's National Treasures,
famous for its elegant black
keep and moat.

12:30 - 松本地區午餐 · 自由時間

14:00 Lunch & Free Time

享用松本當地料理，並自由探索
城下町商店街。Enjoy local cuisine in Matsumoto
and explore the castle town
at your own pace.

14:00 松本出發

Depart Matsumoto

沿中央高原風景公路前往名古屋。

Depart Matsumoto and travel
towards Nagoya via the
Central Highlands Scenic Drive.

16:30 - 抵達名古屋 · 行程結束

17:00 Arrive Nagoya · Tour Ends

抵達名古屋，行程完美結束。
Arrive in Nagoya.
Tour concludes.

松本城 Matsumoto Castle

松本城是日本現存最古老的五重六階天守之一，
以其黑色外觀而聞名，有「烏城」之稱。
在背景是北阿爾卑斯山的襯托下，更顯壯麗。Matsumoto Castle is one of Japan's oldest
original castles, known as "Crow Castle"
for its black exterior. It stands beautifully
with the Northern Alps in the background.天守閣內部
Inside the Keep探索古老木造結構與展望景色。
Explore the wooden structure
and stunning views.城內庭園
Castle Garden四季景色不同的美麗庭園。
A beautiful garden with
seasonal scenery.城下町街道
Castle Town Streets充滿懷舊氛圍的歷史街道。
Historic streets filled with
charming atmosphere.松本城下町 · 自由探索
Matsumoto Castle Town松本城下町保留了江戶時代的街道風貌，
有各種傳統商店、咖啡店與特色小店。The castle town of Matsumoto retains the
charm of the Edo period, with traditional
shops, cafes, and unique boutiques.當地美食
Local Cuisine品嚐信州蕎麥麵與地方料理。
Enjoy Shinshu soba noodles
and local dishes.特色甜點
Local Sweets松本特色和菓子與甜點。
Try Matsumoto's famous
Japanese sweets.特色小店
Boutique Shops尋找手工藝品與紀念品。
Find unique handicrafts
and souvenirs.

中央高原風景公路

Central Highlands Scenic Drive

沿途欣賞高原風景、山脈與田園景色，
感受信州自然之美。Enjoy breathtaking highland scenery,
mountain views, and countryside landscapes
on the way to Nagoya.

★ 今日亮點

- 參觀日本國寶松本城
- 探索松本城下町，享受自由時間
- 沿中央高原風景公路前往名古屋

Highlights of the Day

- Visit Matsumoto Castle, a National Treasure
- Explore the castle town and enjoy free time
- Scenic drive through the Central Highlands towards Nagoya



16:30 - 17:00

Arrive Nagoya

感謝您的參與，期待與您再次一同探索更多日本的美好！

Thank you for joining us. We look forward to traveling with you again!

MJH-03

CENTRAL HIGHLANDS
JOURNEY



MOVE JAPAN

ROUTE NETWORK



MOVE JAPAN

日本任我行 | 自由探索 · 隨心出發

INSPIRE YOUR JOURNEY

日本本州路線網絡 JAPAN ROUTE NETWORK

一個旅程 · 多種可能 · 深度連接日本

One Journey · Multiple Possibilities · Deep Connections in Japan

MOVE JAPAN 精選多條深度旅遊路線，連接日本主要城市與特色地區。自由組合 · 靈活接駁 · 打造屬於您的日本之旅。

MOVE JAPAN offers a variety of in-depth routes that connect major cities and unique regions across Honshu, Japan.

Mix & Match · Flexible Connections · Your Journey, Your Way.



自由組合 · 靈活接駁 · 深度探索日本

FLEXIBLE CONNECTIONS · IN-DEPTH EXPLORATION



多條路線選擇

Multiple Route Options

精選多條深度路線，滿足不同旅遊喜好。

A variety of in-depth routes for different travel styles.



靈活接駁

Flexible Connections

路線之間可靈活組合，輕鬆延伸旅程。

Routes can be easily combined to extend your journey.



自由安排行程

Flexible Itinerary

自由選擇停留時間，深度體驗每個地方。

Choose your pace and stay longer in the places you love.



深度探索日本

In-Depth Exploration

連接日本特色地區，發現更多隱藏之美。

Connect to unique regions and discover the real Japan.



專屬旅程體驗

Your Journey, Your Way

打造屬於您的日本旅程，留下難忘回憶。

Create your own Japan journey and make unforgettable memories.

推薦組合方式

RECOMMENDED COMBINATIONS



東京進 · 名古屋出
Tokyo In · Nagoya Out
經典 + 高原之旅，深度體驗日本自然與文化。
Classic + Highlands Journey, experience the best of nature and culture.



大阪進 · 名古屋出
Osaka In · Nagoya Out
關西文化 + 森林宿場町之旅，歷史與文化交織。
Kansai Culture + Forest & Post Town, a journey through history and tradition.



名古屋進 · 東京出
Nagoya In · Tokyo Out
飛騨秘境 + 富士箱根之旅，自然美景之選。
Hidden Hida + Mt. Fuji & Hakone, the perfect nature escape.

MJH-03

CENTRAL HIGHLANDS JOURNEY



MOVE JAPAN FEATURED ROUTES

精選延伸路線

Explore More with MOVE JAPAN

自由組合 · 靈活接駁 · 深度探索日本

MOVE JAPAN
日本任我行 | 自由探索 · 隨心出發
INSPIRE YOUR JOURNEY



D ROUTE



Wakayama Cat Station Master Journey

和歌山貓站長鐵道之旅

走訪全球著名的貓站長「小玉」故鄉，體驗和歌山電鐵與貓文化，感受溫馨可愛的地方魅力。

Visit the hometown of the world-famous cat station master Tama, ride the Wakayama Electric Railway and enjoy the charming cat culture.

Highlights 精選景點

- 貴志站 Kishi Station
- 貓站長文化 Cat Culture
- 和歌山電鐵 Wakayama Electric Railway
- 和歌山城 Wakayama Castle



E ROUTE



Kansai Coastal Hidden Journey

關西海岸秘境之旅

探索日本海岸線秘境，造訪天橋立、伊根舟屋，欣賞迷人的海岸風光與傳統漁村風情。

Explore hidden gems along the Sea of Japan coast, including Amanohashidate and Ine Funaya, and enjoy stunning coastal scenery and traditional fishing villages.

Highlights 精選景點

- 天橋立 Amanohashidate
- 伊根舟屋 Ine Funaya
- 日本海海岸 Sea of Japan Coast
- 鳥取砂丘 Tottori Sand Dunes



F ROUTE



Hiroshima Setouchi Journey

廣島瀨戶內海之旅

走訪廣島和平紀念公園，感受歷史意義，並遊覽瀨戶內海沿岸城市，體驗豐富的文化與自然景觀。

Visit Hiroshima Peace Memorial Park, experience its history and meaning, and explore the beautiful Setouchi coastal cities rich in culture and nature.

Highlights 精選景點

- 廣島和平公園 Hiroshima Peace Memorial Park
- 原爆圓頂館 Atomic Bomb Dome
- 尾道 Onomichi
- 吳市 Kure City
- 岡山 Okayama



G ROUTE



Hida Mountain Journey

飛驒山岳之旅

造訪飛驒高山與白川鄉合掌村，沉浸於日本山岳風景與傳統村落文化，感受純樸寧靜的山間生活。

Visit Hida Takayama and Shirakawa-go Gassho Village, and immerse in Japan's mountain scenery and traditional culture.

Highlights 精選景點

- 飛驒高山 Hida Takayama
- 白川鄉 Shirakawa-go
- 合掌村 Gassho Village
- 日本阿爾卑斯山景 Japanese Alps Scenery



ONE JOURNEY · MULTIPLE POSSIBILITIES

自由組合 · 靈活接駁 · 深度探索日本



小團出發
Small Group
Travel



舒適交通
Comfortable
Transportation



自由探索
Flexible
Free Time



深度體驗
Hidden Japan
Experience



★ 聰明旅遊 · 自在體驗 SMART TRAVEL STYLE



小團出發 Small Group Travel



精緻小團，氛圍輕鬆，旅程更靈活。
Small groups for a relaxed atmosphere and greater flexibility.



舒適交通 Comfortable Transportation



安排舒適車輛，長途路程更舒適。
Comfortable vehicles for a more enjoyable journey.



自由時間 Flexible Free Time



預留自由時間，按自己的節奏探索。
Free time to explore at your own pace and interests.



深度體驗 Hidden Japan Experience



走訪秘境景點，體驗不一樣的日本。
Discover hidden gems and experience the real Japan.



體能與步行需求 MOBILITY & WALKING REQUIREMENT



建議參加 RECOMMENDED

- ✓ 可步行約 1-3 公里
Able to walk approx. 1-3 km
- ✓ 可自行上下車
Able to get on/off the vehicle unaided
- ✓ 可自行處理行李
Able to handle your own luggage
- ✓ 可應付樓梯及斜坡
Able to manage stairs and slopes



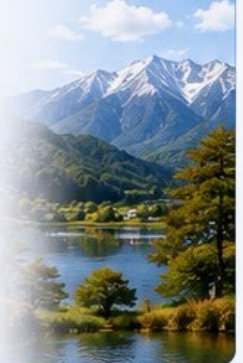
不建議參加 NOT RECOMMENDED

- ✗ 全程輪椅旅客
Full-time wheelchair users
- ✗ 無法長時間步行人士
Persons unable to walk for extended periods
- ✗ 需要持續照顧人士
Persons requiring constant assistance or care



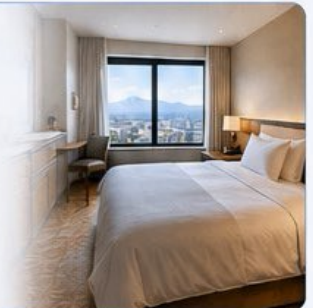
天氣與季節提示 WEATHER & SEASONAL NOTES

- 高原地區早晚溫差較大，建議攜帶外套。
Temperatures in highland areas vary greatly between day and night. A jacket is recommended.
- 雨季建議攜帶雨具。
Rain gear is recommended during the rainy season.
- 冬季部分地區可能有積雪，請注意保暖。
Snow may occur in some areas during winter. Please keep warm.



住宿提示 ACCOMMODATION NOTES

- 以日本商務酒店為主。
Mainly standard business hotels in Japan.
- 房間面積較香港及歐美酒店小。
Room size is generally smaller than in Hong Kong and Western countries.
- 入住及退房時間依酒店安排。
Check-in and check-out times are subject to hotel arrangements.



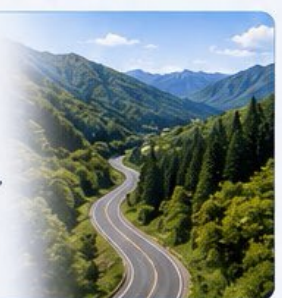
餐飲提示 DINING NOTES

- 部分餐食由於安排，請您有更多選擇。
Some meals are at your own arrangement, giving you more choices.
- 可自由體驗地方特色料理。
Enjoy local specialties and authentic cuisine.
- 特殊飲食需求請提前通知。
Please inform us in advance for any special dietary requirements.



行程調整說明 ITINERARY ADJUSTMENT NOTICE

本行程時間及景點順序可能因交通、天氣或其他不可抗力因素作適當調整，以確保旅程安全及順利。
The itinerary, including the times and order of attractions, may be adjusted due to traffic, weather, or other unforeseen circumstances to ensure the safety and smooth operation of the tour.



自由組合 · 靈活接駁 · 深度探索日本

FLEXIBLE CONNECTIONS · IN-DEPTH EXPLORATION · YOUR JOURNEY, YOUR WAY!



多條路線選擇
Multiple Route Options
滿足不同旅行需求
A variety of in-depth routes for different travel styles.



靈活接駁組合
Flexible Connections
貼臉之即可靈活組合，
輕鬆延伸旅程。
Routes can be easily combined to extend your journey.



深度在地體驗
In-Depth Experiences
發掘日本不為人知的美好
Discover the real Japan beyond the guidebooks.



小團出發 · 舒適旅程
Small Group Travel
精緻小團，行程舒適，
更彈性自在。
Travel in small groups and flexibility.



您的旅程 · 由您決定
Your Journey, Your Way
自由探索，創造專屬回憶
Explore your own Japan
unforgettable memories.

MJH-03

CENTRAL HIGHLANDS
JOURNEY



中央高原之旅

JAPAN



MOVE JAPAN

日本任我行 | 自由探索 · 隨心出發

INSPIRE YOUR JOURNEY

THANK YOU
FOR TRAVELLING WITH
MOVE JAPAN!

感謝您與我們一起探索日本

One Journey • Multiple Possibilities

自由組合 · 靈活接駁 · 深度探索日本

Explore Japan Beyond Tokyo & Kyoto

發現更多日本地方風景與文化



小團出發
Small Group
Travel



舒適交通
Comfortable
Transportation



自由探索
Flexible
Free Time



深度體驗
Hidden Japan
Experience



高原風景之旅
Scenic Highland
Journey



MOVE JAPAN

日本任我行 | 自由探索 · 隨心出發

INSPIRE YOUR JOURNEY

Every Journey Tells a Story.