

MOVE JAPAN

—— 日本任我行 ——

自由探索 · 隨心出發

# 飛驒山城之旅

Hida Mountain Journey

高山古城 | 白川鄉 | 流水素麵體驗

Takayama | Shirakawa-go | Nagashi Somen



名古屋出發

Depart from Nagoya



高山住宿1晚

1 Night Stay  
in Takayama



5-9月限定  
流水素麵體驗  
May-Sep Seasonal  
Nagashi Somen  
Experience

# 探索飛驒 Discover Hida

探索飛驒地區的山城文化、自然風景與特色體驗。  
Experience the cultural charm, mountain scenery and local traditions of Japan's Hida region.



## 高山古城漫遊

### Takayama Old Town Exploration

高山被譽為「飛驒小京都」，保存著完備的傳統木造街道與歷史建築。旅客可自由探索古街、美食及特色商店，感受飛驒山城獨有的人文氣息。

Takayama is often known as the "Little Kyoto of Hida," featuring beautifully preserved wooden streets and traditional merchant houses. Enjoy free time to explore local shops, cafés and regional cuisine while experiencing the unique charm of this historic mountain town.



## 流水素麵體驗 (5-9月限定)

### Nagashi Somen Experience (May-September)

流水素麵是日本夏季最具代表性的傳統活動之一。清涼山泉水沿著竹製水道流動，參加者以筷子接住順流而下的素麵，感受日本鄉村文化與夏日樂趣。

Nagashi Somen is one of Japan's most popular summer traditions. Cold noodles flow through a bamboo channel filled with fresh mountain water, and participants use chopsticks to catch them while enjoying a fun and refreshing cultural experience.



## 世界文化遺產白川鄉

### Shirakawa-go World Heritage Village

探索日本最具代表性的合掌造村落。群山環繞的田園景觀與傳統茅草屋建築，共同構成白川鄉獨特而迷人的世界遺產風景。

Discover one of Japan's most iconic UNESCO World Heritage sites. Surrounded by mountains, Shirakawa-go is famous for its traditional gassho-style farmhouses and beautiful rural scenery.



## 飛驒山區 Scenic Drive

### Hida Mountain Scenic Drive

穿越日本中部高原與山區公路，沿途欣賞森林、河谷與鄉村風光，享受不同於城市旅遊的自然旅程。

Travel through the scenic mountain roads of central Japan, passing forests, rivers and picturesque countryside landscapes.



## 飛驒地道美食

### Local Hida Cuisine

自由品嚐著名飛驒牛、高山拉麵及地方特色美食，體驗飛驒地區豐富的飲食文化。

Enjoy local specialties including Hida Beef, Takayama Ramen and a variety of regional dishes unique to the Hida area.



## 高山住宿一晚

### Overnight Stay in Takayama

入住高山市區，白天探索古城，夜晚感受寧靜山城氛圍，以更悠閒的步調體驗飛驒之美。

Stay overnight in Takayama and experience the town's unique atmosphere after the daytime crowds have departed.

## 旅程亮點 HIGHLIGHTS



名古屋出發及解散  
Depart & Return  
in Nagoya



高山古城  
Takayama  
Old Town



流水素麵體驗  
Nagashi Somen  
Experience  
(Seasonal)



白川鄉世界遺產  
Shirakawa-go  
World Heritage  
Village



高山住宿一晚  
1 Night Stay in  
Takayama



# 第一天 高山古城・流水素麵體驗

## Day 1 Takayama Old Town & Nagashi Somen Experience

名古屋出發・探索飛驒山城文化・品味夏日風情

Depart from Nagoya and explore the cultural charm of Hida – an unforgettable summer experience.



08:00

名古屋出發

Depart from Nagoya

於名古屋車站集合後出發，前往飛驒地區，展開兩天的山城文化之旅。

Gather at Nagoya Station and depart for the Hida region. Begin your two-day journey through the charming mountain culture.



11:30 – 13:00

高山古街自由探索

Takayama Old Town Exploration

高山被譽為「飛驒小京都」，保存著完整的傳統木造街道與歷史建築。旅客可自由探索古街、美食及特色商店，感受飛驒山城獨有的人文氣息。

Takayama is often known as the "Little Kyoto of Hida," featuring beautifully preserved wooden streets and traditional merchant houses. Enjoy free time to explore local shops, cafés and regional cuisine while experiencing the unique charm of this historic mountain town.



13:30 – 15:00

流水素麵體驗  
(5 – 9月限定)

Nagashi Somen Experience  
(May – September)

流水素麵是日本夏季最具代表性的傳統活動之一。清涼山泉水沿著竹製水道流動，參加者以筷子接住順流而下的素麵，感受日本鄉村文化與夏日樂趣。

Nagashi Somen is one of Japan's most popular summer traditions. Cold noodles flow through a bamboo channel filled with fresh mountain water, and participants use chopsticks to catch them while enjoying a fun and refreshing cultural experience.



15:00 – 17:30

自由探索 & 購物時間

Free Time & Shopping

旅客可自由探索高山古城，參觀宮川朝市、三町古街、特色咖啡店及當地手信店，享受悠閒時光。

Enjoy your free time exploring Takayama Old Town. Visit Miyagawa Morning Market, Sannomachi Street, cafés and souvenir shops at your own pace.



18:00 – 19:30

高山古城夜遊

Takayama Evening Stroll

夜晚漫步在燈光點綴的古街，感受高山古城的寧靜與浪漫氛圍，享受與白天不同的山城魅力。

Stroll through the illuminated streets of Takayama Old Town and enjoy the peaceful and romantic atmosphere of the mountain town at night.



19:30

入住高山酒店  
(市區酒店)

Check-in at Hotel in Takayama  
(City Area)

入住高山市區酒店，舒適休息為翌日行程作準備。

Check in to your hotel in Takayama city area and enjoy a comfortable rest for the journey ahead.



餐食安排  
MEALS

午餐：流水素麵體驗  
晚餐：自理  
Lunch: Nagashi Somen Experience  
Dinner: At your own arrangement



住宿安排  
ACCOMMODATION

高山市區酒店一晚  
(雙床房為主)  
1 Night in Takayama City Area  
(Twin Room Basis)



步行程度  
WALKING LEVEL

輕鬆 – 需步行探索古街及景點  
Easy – Walking required for exploring the town and attractions

### 備註 NOTE

行程時間及景點順序可能因交通及天氣情況作出調整。

The itinerary and order of attractions may be adjusted due to traffic and weather conditions.

## 第二天 白川鄉世界遺產·返回名古屋

### Day 2 Shirakawa-go World Heritage Village & Return to Nagoya

走進世界遺產白川鄉，感受合掌造村落的寧靜之美，並返回名古屋。  
Discover the beauty of Shirakawa-go, a UNESCO World Heritage Village, and return to Nagoya with wonderful memories.



07:00 – 08:00

酒店早餐

Hotel Breakfast

在酒店享用早餐，為今天的行程補充能量。

Enjoy breakfast at the hotel and get ready for another exciting day.



08:30 – 10:00

飛驒山區景觀路線

Scenic Drive through the Hida Mountains

穿越飛驒山區，欣賞壯麗的山川景色、清澈的溪流與鄉村風光，享受大自然的寧靜之美。

Travel through the beautiful Hida mountain roads and enjoy stunning views of mountains, rivers and charming countryside.



10:00 – 12:30

白川鄉合掌村自由探索

Shirakawa-go Village Exploration

探索世界文化遺產白川鄉合掌村，欣賞傳統茅草屋建築、田園景色及特色商店，感受日本鄉村文化的獨特魅力。

Explore the UNESCO World Heritage Village of Shirakawa-go. Admire the traditional gassho-style houses, scenic landscapes and local shops.



13:00 – 14:00

自由午餐時間

Lunch at Your Own Arrangement

自由享用午餐，品嚐當地特色美食或在村內餐廳、咖啡館休息。

Enjoy lunch at your own arrangement. Try local specialties or relax at one of the village cafés.



14:00 – 16:00

返回名古屋

Return to Nagoya

集合後乘車返回名古屋，沿途欣賞飛驒山區的自然景色。

Meet at the designated location and return to Nagoya, enjoying the scenic mountain views along the way.



16:30 – 17:00

抵達名古屋·行程結束

Arrival in Nagoya & Tour Dismissal

抵達名古屋車站，行程結束。感謝參加MOVE JAPAN，期待與您再次同行！

Arrive in Nagoya Station. Thank you for joining MOVE JAPAN. We look forward to traveling with you again!



交通工具

TRANSPORTATION

專屬旅遊車  
Private Tour Vehicle



成團人數

MINIMUM GROUP SIZE

最少 2 人成團  
Minimum 2 people  
required to depart



行車時間 (約)

TOTAL DRIVING TIME  
(APPROX.)

約 3.5 – 4 小時  
Approx. 3.5 – 4 hours



備註 NOTE

行程時間及景點順序可能因交通及天氣情況作出調整。  
The itinerary and order of attractions may be adjusted due to traffic and weather conditions.

讓旅程更輕鬆、更舒適，享受飛驒山城之美。

Helpful tips for a comfortable and enjoyable journey in the Hida region.



## 步行需求

### Walking Requirements

此行程需步行探索高山古街及白川鄉村落，建議穿著舒適鞋履及輕便服裝。部分路段為石板路或斜坡，請依個人身體狀況量力而行。

This tour involves walking in Takayama Old Town and Shirakawa-go Village. Please wear comfortable shoes and light clothing. Some areas have stone-paved roads or slopes, so please walk at your own pace.



## 酒店資訊

### Accommodation Information

行程包含於高山市區酒店住宿一晚，以雙床房（Twin Room）為主。如需大床房或單人房，請於報名時提前告知，我們將盡力安排。

One night accommodation in Takayama city is included. Twin rooms are provided as standard. If you prefer a double room or single room, please inform us at the time of booking and we will do our best to arrange.



## 天氣與季節

### Weather & Seasons

飛驒地區四季分明，春櫻、夏綠、秋楓、冬雪各具魅力。請根據季節攜帶適當衣物及雨具，以應對天氣變化。

Hida has four distinct seasons, each with its own beauty—cherry blossoms in spring, lush green in summer, colorful leaves in autumn, and snow in winter. Please bring appropriate clothing and rain gear for changing weather.



## 地方美食體驗

### Local Food Experience

推薦品嚐飛驒牛、高山拉麵、朴葉味噌等當地特色美食。行程中安排自由用餐時間，讓您自選喜愛的餐廳與美食。

We recommend trying local specialties such as Hida Beef, Takayama Ramen and Hoba Miso. Free meal times are arranged so you can choose your favorite restaurants and dishes.



## 出發前準備

### Before You Go

請提前檢查集合時間及地點，攜帶護照或有效身分證明文件。建議準備少量日圓現金，以備購物或自費餐飲使用。

Please check the meeting time and location in advance and bring your passport or valid ID. We recommend bringing some Japanese yen in cash for shopping or personal expenses.



## 小貼士 Tips

- ✔ 建議攜帶環保購物袋，方便購物使用。
- ✔ 夏季（5-9月）參加流水素麵體驗時，建議準備防水袋或毛巾。
- ✔ 請保持自身整潔，尊重當地文化與禮儀。

- ✔ Bring a reusable bag for shopping.
- ✔ For Nagashi Somen Experience (May-September), consider bringing a waterproof pouch or towel.
- ✔ Please maintain good personal hygiene and respect local culture and customs.



請在參加行程前仔細閱讀以下注意事項。

Please read the following information before joining the tour.



## 成團人數

### Minimum Group Size

本行程最少 2 人成團。  
如未能成團，將於出發前  
3 天以電郵或訊息通知，  
並安排全額退款。

The minimum group size  
for this tour is 2 people.  
If the tour cannot depart,  
we will notify you by email  
or message 3 days in  
advance and issue a full  
refund.



## 集合時間與地點

### Meeting Time & Place

請提前 10 分鐘到達  
集合地點。  
逾時不候，亦不設退款。  
具體集合時間及地點  
將於出發前 1 天通知。

Please arrive at the  
meeting point 10 minutes  
early. We will depart on  
time and late arrivals  
will not be refunded.  
The exact meeting time  
and place will be notified  
1 day before departure.



## 行程調整

### Itinerary Adjustment

行程可能因天氣、交通或  
其他不可抗力因素而調整  
或更改景點，恕不另行  
通知，敬請理解。

The itinerary may be  
adjusted or attractions  
may be changed due to  
weather, traffic or other  
unforeseen circumstances  
without prior notice.  
Thank you for your  
understanding.



## 交通狀況

### Traffic Conditions

如遇交通擠塞或道路封閉，  
行程時間可能延遲或部分  
景點取消，敬請見諒。

In case of traffic congestion  
or road closures, the  
schedule may be delayed  
or some attractions may  
be canceled. Thank you  
for your understanding.



## 行李與物品

### Luggage & Belongings

請自行保管好個人行李及  
貴重物品，如有遺失或損壞，  
本公司恕不負責。

Please take care of your  
own luggage and personal  
belongings. We are not  
responsible for any loss  
or damage.



## 餐食安排

### Meals

行程中的餐食安排可能因  
餐廳營業時間或預訂情況  
而調整，恕不另行通知。

Meal arrangements may  
be adjusted depending  
on restaurant availability  
or reservation status  
without prior notice.



## 特別協助

### Special Assistance

如有飲食限制、身體狀況  
或需要特別協助，請於報名  
時提前告知，以便安排。

If you have any dietary  
restrictions, health  
conditions or require  
special assistance, please  
inform us at the time  
of booking.



## 證件與簽證

### Travel Documents

請確保您攜帶有效的護照  
或身分證明文件，並符合  
日本入境要求。  
本公司不負責因證件問題  
導致的行程影響。

Please ensure you bring  
a valid passport or ID  
that meets Japan's entry  
requirements. We are not  
responsible for any impact  
caused by invalid documents.



## 重要提醒 IMPORTANT REMINDER



最少 2 人成團  
Minimum 2 people  
required to depart



請提前 10 分鐘  
到達集合地點  
Please arrive at the  
meeting point  
10 minutes early



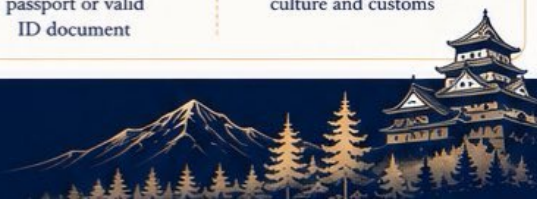
行程可能因天氣及  
交通狀況調整  
Itinerary may be  
adjusted due to weather  
or traffic conditions



請攜帶護照或  
有效身分證明文件  
Please bring your  
passport or valid  
ID document



請尊重當地文化  
與風俗習慣  
Please respect local  
culture and customs





### 主要出發城市 Gateway Cities

由主要城市出發，輕鬆展開精彩旅程  
Start your journey easily from our gateway cities.



東京  
Tokyo



名古屋  
Nagoya



大阪  
Osaka

### 旅遊路線網絡 MOVE JAPAN Routes

多條精選路線，連結日本不同地區的自然風景、文化遺產與在地體驗  
Multiple curated routes connecting Japan's nature, culture and local experiences.



### 為什麼選擇 MOVE JAPAN?

#### Why Choose MOVE JAPAN?



小團出發 · 彈性行程  
舒適交通 · 輕鬆出發  
Small group departures,  
flexible itineraries and  
comfortable travel.



多條路線 · 自由組合  
打造專屬您的日本旅程  
Multiple routes and  
combinations to create  
your ideal Japan journey.



深入在地 · 文化體驗  
感受日本真正魅力  
Immerse in local culture  
and experience the real  
charm of Japan.



走訪秘境 · 絕美風景  
發現不一樣的日本  
Explore hidden gems and  
breathtaking scenery  
off the beaten path.



自由時間 · 自由選擇  
按照您的步調旅行  
Free time and nit choices  
to travel at your  
own pace.



Discover some of MOVE JAPAN's most popular journeys across Japan.

探索 MOVE JAPAN 最受歡迎的特色路線。

M  
ROUTE

Japan Golden Route  
日本黃金路線



東京 Tokyo    富士山 Mt. Fuji    箱根 Hakone  
名古屋 Nagoya    京都 Kyoto    大阪 Osaka

經典人氣路線，串連東京、富士山、箱根、名古屋、京都及大阪，體驗日本文化、歷史與自然之美。

A classic and most popular route connecting Tokyo, Mt. Fuji, Hakone, Nagoya, Kyoto and Osaka. Experience Japan's culture, history and stunning nature.

📅 8 Days

G  
ROUTE

Hida Mountain Journey  
飛驒山城之旅



高山 Takayama    白川鄉 Shirakawa-go    流水素麵體驗 Nagashi Somen Experience

走進飛驒高山與世界文化遺產白川鄉，感受山城古鎮魅力，並體驗夏季限定流水素麵活動。

Explore Takayama and the UNESCO World Heritage Shirakawa-go. Enjoy the charm of mountain towns and try the refreshing Nagashi Somen experience in summer.

📅 2 Days 1 Night

H  
ROUTE

Central Highland Journey  
中部高原之旅



輕井澤 Karuizawa    戶隱 Togakushi    長野 Nagano  
諏訪湖 Lake Suwa    名古屋 Nagoya

深入日本中部高原地區，走訪避暑勝地、神社秘境與湖泊美景，感受四季不同風貌。

Discover the beauty of Japan's Central Highlands. From cool retreats to sacred shrines and scenic lakes, enjoy the region's four seasons.

📅 4 Days 3 Nights

R  
ROUTE

Japan Inland Traverse Journey  
日本內陸縱走之旅



東京 Tokyo    富士山 Mt. Fuji    名古屋 Nagoya  
大阪 Osaka    長野 Nagano

穿越日本內陸，連結名城、自然與傳統文化，體驗多元風景與在地風情的深度旅程。

Traverse Japan's inland regions, connecting major cities, stunning nature and traditional culture for an enriching and diverse journey.

📅 8 Days



MORE ROUTES AVAILABLE  
更多特色路線持續推出



A  
Route



C  
Route



D  
Route



E  
Route



F  
Route

Find the route that fits your style.  
找到最適合您的旅程！

### WHY TRAVEL WITH MOVE JAPAN?



Smart Travel Style  
智能旅遊方式



小團出發，舒適交通，輕鬆出遊  
Small group departures, comfortable vehicles, and stress-free travel.



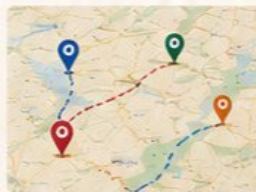
Authentic Experiences  
真實在地體驗



深入在地，文化體驗，感受日本真實魅力  
Immerse in local culture and experiences that reveal the real Japan.



Flexible Route Network  
彈性路線網絡



多條路線，自由組合，打造專屬您的日本旅程  
Multiple routes and combinations to create your ideal Japan journey.



Beyond Tourist Spots  
探索秘境景點



走訪秘境，絕美風景，發現不一樣的日本  
Explore hidden gems and breathtaking scenery off the beaten path.



Travel Your Way  
旅程由您主導



自由時間，自由選擇，按照您的步調旅行  
Free time and choices to travel at your own pace.





# MOVE JAPAN

—— 日本任我行 ——

自由探索 · 隨心出發

Inspire Your Journey



Explore Japan Beyond The Ordinary

探索不一樣的日本