

Premium Shinrin-yoku & Edo Castle History Tour in Kitanomaru Garden

Experience a unique tour combining Shinrin-yoku (forest bathing) with the fascinating history of Edo Castle in the beautiful natural surroundings of Kitanomaru Garden in central Tokyo.

Saturday
December 5 2026
14:00 - 16:30 (2.5Hours)

Sunday
December 6 2026
9:30 - 12:00 (2.5Hours)

Tour Highlights

Expert-Led Guided Tour

The tour will be personally guided by Kiyotaka Segami, M.D., Ph.D., Professor of Medicine and Chairman of the Forest Therapy Society.

Exclusive Small-Group Experience—Limited to 5 Participants

With a maximum of only five participants per day, this intimate tour offers a relaxed atmosphere and plenty of time to enjoy the experience.

Guided in English

The entire tour will be conducted in English, making it ideal for visitors from overseas.

Tour Details

Route	Kitanomaru Garden to Edo Castle Ruins
Capacity	Limited to 5 participants per day
Fee	¥30,000 per person (Advance payment required)
Guide	Kiyotaka Segami, M.D., Ph.D. Professor of Medicine Chairman, Forest Therapy Society

How to Apply

Application Period : October 1–November 30, 2026
(First come, first served.)

How to Entry : Scan the QR code to apply

Important Information

- Access : Please use public transportation, such as trains and subways, to reach the tour venue.
- In Case of Rain : The tour will be canceled in the event of rain. If canceled, the full fee will be refunded. A decision regarding cancellation will be communicated three days before the tour.
- Cancellation Policy : A cancellation fee may apply to cancellations made for personal reasons. Please review the cancellation policy when applying.
- Waiver & Disclaimer : Please review the waiver and disclaimer before applying. Participants will be asked to sign a waiver on the day of the tour.

Organized by : NPO Forest Therapy Society
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