

Japan: The Leaf-Peepers Paradise

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It's all about the seasons in Japan. The spring cherry blossom is well known and documented, but it doesn't get much more spectacular than autumn. With beautiful weather and vivid colours, this is one of the very best times to visit the country and InsideJapan have created a new Self Guided Adventure to get the most out of it....and it's not all about the leaves.

Koyo is the autumn equivalent of spring's hanami (blossom-viewing): a chance to admire the reds and golds of the changing leaves. From the gardens of central Tokyo to the mountainsides of the Japanese Alps, the leaves brighten up any scene from late September to early December. People head to their favourite autumn leaf spot to admire the beauty of nature and the spectacular colours on display... **but the autumn is not just about the leaves.**

World Heritage leaves

Beyond [Nikko's](#) impressive Toshogu temple complex which celebrates the Autumn Grand Festival with Yabusame horseback archery (October 16-17), the leaves around the mountain top Lake Chuzenji are impressive. The bus ride back down the Irohazaka winding mountain road provides some of the most impressive foliage flanking the 48 hairpin bends
(Leaves change from mid-October – early November)

National Park leaves

Japan is 70% mountains and [Kamikochi](#) national park has some of the most impressive with the Azusa River cutting through towering peaks covered in Japanese Maples. Kamikochi begins to close to visitors with a blessing ceremony on November 15th as the snow begins to arrive.
(Leaves change from mid-October – early November)

Festive Fall

[Kyoto](#) is home to thousands of temples and gardens, each transformed by the vermilion leaves of Autumn and there is plenty of accompanying traditional festive fun. The huge Jidai festival celebrates the city's history (October 22) with the Shichi-Go-San childrens festival taking place all over (November 15) and Autumn Geisha dances also celebrating the season (November 1-10).
(Leaves Change from late November – early December)

Foodie Fall

Amongst [Tokyo's](#) neon and modern architecture there are pockets of serenity with traditional gardens such as Rikyu Gardens lit up in the day by the glow of red leaves and literally at night for extra koyo opportunity. Tokyo also celebrates one of its favourite dishes with the Tokyo Ramen Show (October 27-November 6) .
(Leaves Change from mid November – early December)

And where are the best places to see the leaves in Japan? Here are some of [InsideJapan's ten favourite spots](#).

The new 13 night '[Autumn Splendour](#)' Self Guided Adventure costs from £2750pp (based on twin share and excluding international flights) and travels from Tokyo to Kyoto via Nikko, Kamikochi and the alpine towns of Matsumoto and Takayama.

The trip includes all accommodation, breakfast everyday, a number of evening meals, all transport between destinations, private guiding in Tokyo and Kyoto, airport transfers and a number of cultural experiences.

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