



安泰医旅  
Antai Medical Tourism

# 深行 关西

伊势熊野·山海探访

# Cultural Immersion Kansai

Refined Exploration



# 行程速覽

D1	机场接机-市区酒店
D2	鸟羽水族馆-御本木珍珠岛-海女表演 餐：早/午/晚
D3	伊势神宫-托福横丁街-牡蛎养殖场品尝海鲜美味 餐：早/午/晚
D4	那智瀑布-能野飞龙神社-鬼之城 餐：早/午/晚
D5	酱油工厂+黑潮市场+和歌山城 餐：早/午/晚
D6	乌形船览岚山美景-小火车穿梭嵯峨野竹林-漫步渡月桥 餐：早/午/晚
D7	专车送机-关西机场 餐：早



# Itinerary

D1	Arrival – Kansai International Airport → Hotel
D2	Toba Aquarium – Mikimoto Pearl Island – Ama Diver Performance
D3	Ise Grand Shrine – Okage Yokochō – Premium Oyster Tasting
D4	Nachi Waterfall – Kumano Nachi Taisha – Onigajo Cliffs
D5	Yuasa Soy Sauce Factory (Hands-on Experience) – Kuroshio Market – Wakayama Castle
D6	Arashiyama River Boat – Togetsukyo Bridge – Sagano Bamboo Grove – Arashiyama Scenic Train
D7	Hotel → Kansai International Airport (Private Transfer)



# 山海探访

## 现在出发

<b>DAY1</b>	全国✈️关西国际机场 抵达日本后司机接机前往酒店休息，开启美好的日本关西之旅。		
	早餐：/	午餐：/	晚餐：/
	优先预定以下酒店： 淀屋桥京阪酒店（17年建立酒店较新，地理位置优越，步行可达北滨站和淀屋桥站，交通便利） 难波元町东方酒店（坐落于大阪中心地段，距离难波八坂神社仅有数步之遥，步行前往道顿堀也只需 13 分钟） 微笑酒店PREMIUM大阪本町（位于心斋桥和道顿堀附近，步行可达多个地铁站，周围有超市和餐厅，便利性高） 大阪黑门水晶酒（距离黑门市场仅约1分钟步行路程，距离大阪市内重大交通枢纽日本桥站约3分钟步行可达，交通便利） 或同等级  房间：双床房		

# Now Begins the Journey From Mountains to Sea

<b>DAY1</b>	<b>Arrival – Kansai International Airport → Hotel</b>
	None
	Accommodation (or similar standard) <ul style="list-style-type: none"><li>• Hotel Keihan Yodoyabashi</li><li>• Hotel Monterey Osaka</li><li>• Smile Hotel PREMIUM Osaka Hommachi</li><li>• Hotel Granvia Osaka</li></ul> Room Type: Twin Room

## DAY2

## 鸟羽水族馆-御本木珍珠岛-珍珠海女表演



早餐：酒店早餐

午餐：日式料理

晚餐：日式料理



优先预定以下酒店  
鲸望庄海滨酒店(Tabinoyado Ushionoakari Geiboso)  
Fiore志摩酒店(Fiore Shima)  
科科帕度假俱乐部酒店(Cocopa Resort Club)  
或同等级  
  
房间：双床房



鸟羽水族馆

来鸟羽水族馆，看“职业反差萌”！这里住着全球唯一会翻筋斗的花园鳗，还有上班摸鱼的海獭抱着贝壳躺平。最耀眼的明星是儒艮“塞尔娜”，这位“美人鱼原型”每天淡定吃草，仿佛对游客的惊叹一无所知。



御本木珍珠岛

欢迎来到珍珠的“黄埔军校”！御本木珍珠岛不仅是博物馆，更是活的珍珠实验室。在这里，你可以围观海女潜水采贝的百年技艺，再亲眼看见技师如何将一粒沙“种”成一颗珠。离开前别忘了尝尝珍珠奶茶一杯底真的有一颗小珍珠，致敬这趟闪闪发光的旅程。



海女潜水表演

她们是海的女骑士！鸟羽的海女们身着白衣潜入波涛，不用任何氧气设备，仅凭一口气在海底狩猎。每一次浮出水面换气的哨声，都是千年传承的海洋密语。看她们手捧鲜活鲍鱼的样子——这不仅是表演，更是人与海签订的古老生存契约。

## DAY2

Experience Japan's largest aquarium featuring rare marine life, visit Mikimoto Pearl Island to learn about pearl cultivation, and enjoy a traditional Ama diver performance showcasing Japan's ancient ocean culture.



**Meals: Breakfast / Lunch / Dinner**



Accommodation (or similar standard)

- Tabinoyado Ushionoakari Geiboso
  - Fiore Shima
  - Cocopa Resort Club
- Room Type: Twin Room



Toba Aquarium

Toba Aquarium offers a unique twist! It's not about size, but rare wonders—like the only dugong exhibit in Japan. Meet playful seals, deep-sea giants, and even fish that “walk.” A compact, charming escape into the weird and wonderful side of the ocean.



Mikimoto Pearl Island

where pearls meet innovation. See the legendary “Ama” divers in action, explore the fascinating history of cultured pearls, and witness the delicate art of pearl extraction. A sparkling blend of tradition, craftsmanship, and natural beauty.



Ama divers show

See the iconic Ama divers in action and discover how legendary pearls are born. A perfect blend of living tradition, craftsmanship, and sparkling beauty.

# DAY3

## 伊势神宫-托福横丁街-牡蛎养殖场品尝牡蛎



早餐：酒店早餐

午餐：海鲜套餐

晚餐：天妇罗套餐



优先预定以下酒店

南海和歌山光芒酒店 (CANDEO HOTELS) (CANDEO HOTELS Nankai Wakayama)

和歌山大和ROYNET酒店 (Daiwa Roynet Hotel Wakayama)

和歌山天然温泉多米高级酒店 (Dormy Inn Premium Wakayama Natural Hot Spring)

和歌山串本美居温泉度假酒店 (Mercure Wakayama Kushimoto Resort & Spa)

或同级

房间：双床房



伊势神宫

走进日本人的“心灵原点”。伊势神宫每二十年一次“式年迁宫”，在毗邻空地完全重建，让神明永远住进崭新的家。参拜前记得在五十铃川洗手—这不是仪式，是和两千年前同样的水流握手。当你穿过那道朴素的木鸟居，会突然明白：原来最神圣的事物，连时光都舍不得让它变旧。



托福横丁街

穿越到昭和食堂街！托福横丁街藏着50多家迷你老铺，每家只卖一道拿手菜：比拳头大的伊势乌冬、现烤的赤福饼、滋滋作响的松阪牛…钻进烟雾缭绕的巷子，像翻开一本活的美食漫画。记住，饿着肚子来是“违法行为”—这里连空气都沾着酱汁香！



牡蛎养殖场品尝牡蛎

欢迎来到牡蛎的“五星级疗养院”！在伊势湾清澈的海水里，佐藤养殖场的牡蛎们听着潮汐音乐慢生长。主人会教你如何像开香槟一样“啵”地撬开蚝壳，露出肥美饱满的肉身。现剥现吃，海水的咸鲜在口中炸开—这才是太平洋最直白的告白。（备注：每个星期二将会关闭，行程将改成海女小屋品尝海鲜午餐。）

## DAY3

Step into the spiritual heart of Japan at Ise Grand Shrine, stroll through the nostalgic streets of Okage Yokocho, and savor premium locally farmed oysters from Ise Bay.



**Meals: Breakfast / Seafood Lunch / Tempura Dinner**



Accommodation (or similar standard)

- CANDEO HOTELS Nankai Wakayama
- Daiwa Roynet Hotel Wakayama
- Dormy Inn Premium Wakayama Natural Hot Spring
- Mercure Wakayama Kushimoto Resort & Spa

Room Type: Twin Room



Ise Jingu

Experience Japan's spiritual heart. Walk through ancient, sunlit forests to sacred shrines renewed every 20 years. A timeless ritual where nature, tradition, and pure serenity meet.



Tofu Yokochō (Tofu Alley)

it's a bite-sized journey into Ise's soul. Nestled near the grand shrine, this lively lane is where tradition meets your taste buds. From savory fried tofu skewers to sweet soybean desserts, every stall tells a story. Come hungry, leave with a full heart and a deeper flavor of Japan.



Sato Oyster Farm

Nestled in the clean waters of Ise Bay, this family-run farm uses traditional "raft culture" to raise plump, briny oysters. Join a tour to see how they're harvested, then taste them freshly shucked—pure ocean sweetness in every bite. A true farm-to-sea table experience.

# DAY4

## 那智瀑布-飞龙神社-鬼之城



早餐：酒店早餐

午餐：和式料理

晚餐：和式料理



优先预定以下酒店

南海和歌山光芒酒店 (CANDEO HOTELS) (CANDEO HOTELS Nankai Wakayama)

和歌山大和ROYNET酒店(Daiwa Roynet Hotel Wakayama)

和歌山天然温泉多米高级酒店(Dormy Inn Premium Wakayama Natural Hot Spring)

和歌山串本美居温泉度假酒店(Mercure Wakayama Kushimoto Resort & Spa)

或同级

房间：双床房



那智瀑布

它是日本落差第一的“神之瀑布”！那智瀑布从133米高的绝壁倾泻而下，像一匹永不疲倦的素练。站在青岸渡寺的三层塔前遥望，你会发现瀑布、朱红寺塔与苍翠森林共同构成了一幅活的“日本美学三重奏”。据说修行者曾在瀑下打坐—那飞溅的水雾，至今藏着空海的呼吸。



熊野飞龙神社

爬上538级石阶，只为见证一条“飞龙”盘踞神社之上！这座罕见龙形神社藏在熊野山林中，龙尾是入口，龙身是参道，龙首则衔着真正的瀑布。登上龙脊时云雾缭绕，仿佛被神兽驮着飞行—原来朝圣之路，本应如此奇幻。



鬼之城

小心，这里住着温柔的“鬼”！鬼之城不是城堡，是怒涛千年雕琢的断崖海岸。海浪在奇岩间咆哮时，像万千鬼怪在合唱。但夕阳西下时，整片海岸会染上金红色—原来“鬼”们最擅长的，是把最狂暴的风景，酿成最壮丽的黄昏。

## DAY 4

Marvel at Nachi Falls, Japan's highest sacred waterfall, visit the ancient Kumano Nachi Shrine, and explore the dramatic coastal rock formations of Onigajo, sculpted by nature over centuries.



**Meals: Breakfast / Japanese Set/ Japanese Dinner**



Accommodation (or similar standard)

- CANDEO HOTELS Nankai Wakayama
- Daiwa Roynet Hotel Wakayama
- Dormy Inn Premium Wakayama Natural Hot Spring
- Mercure Wakayama Kushimoto Resort & Spa

Room Type: Twin Room



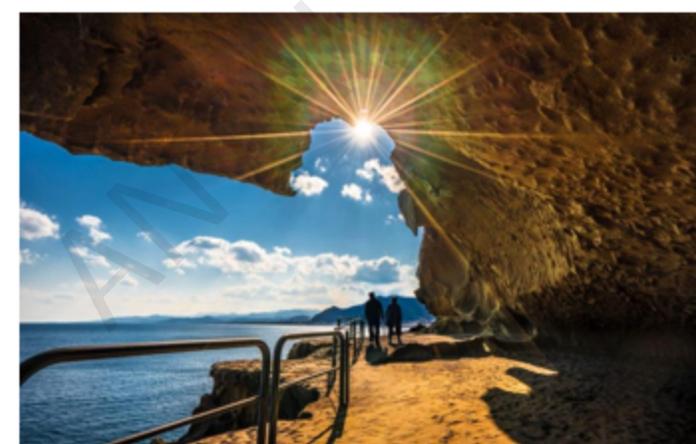
Nachi Falls

Japan's tallest single-drop waterfall, cascading 133 meters amidst lush, sacred mountains. More than a natural wonder—it's a living shrine, where mist, myth, and meditation meet. Feel its power from the viewing platform, or witness it framed by the iconic red gates of nearby Kumano Nachi Taisha.



Kumano Hayatama Shrine

A vibrant power spot where the Kumano River meets the sea. Known for its striking vermilion gate and legendary "Gotobiki-iwa" sacred rock, it's a place where ancient mythology feels alive—a gateway to nature, spirit, and renewal.



Kishi Castle, Wakayama

Step into a realm of myth and mystery—a seaside fortress where dramatic cliffs meet roaring waves. Known as "Demon's Castle," its rugged coastal trails and legendary rock formations feel like entering an ancient Japanese folktale carved by wind and sea. Adventure, awe, and wild nature await.

## DAY5

## 浅汤酱油工厂（搅拌体验赠送酱油冰激凌）+黑潮市场+和歌山城



早餐：酒店早餐

午餐：海鲜套餐

晚餐：日式料理



优先预定以下酒店

淀屋桥京阪酒店（17年建立酒店较新，地理位置优越，步行可达北滨站和淀屋桥站，交通便利）

难波元町东方酒店（坐落于大阪中心地段，距离难波八坂神社仅有数步之遥，步行前往道顿堀也只需 13 分钟）

微笑酒店PREMIUM大阪本町（位于心斋桥和道顿堀附近，步行可达多个地铁站，周围有超市和餐厅，便利性高）

大阪黑门水晶酒（距离黑门市场仅约1分钟步行路程，距离大阪市内重大交通枢纽日本桥站约3分钟步行可达，交通便利）

房间：双床房



### 浅汤酱油工厂

连空气都发酵成琥珀色！在浅汤酱油工厂，百年木桶里躺着正在沉睡的豆曲。你会看到老师傅用传统“压榨机”缓缓挤出酱油，像给时间本身调味。尝一口刚酿成的生酱油—原来大海的鲜与阳光的香，早就被封存在这滴黑色黄金里。



### 黑潮市场

海鲜界的“速度与激情”！黑潮市场每天三次的金枪鱼解体秀，师傅手起刀落，一条巨鱼瞬间变成艺术品。但真正的宝藏是市场深处：炭烤鲍鱼在壳里滋滋跳舞，现开海胆甜得像海洋布丁。记住，在这里饿肚子是罪过—连猫都等着接你漏掉的鱼屑。



### 和歌山城

白墙黑瓦的“天空之虎”！和歌山城盘踞虎伏山巅，坐拥制霸纪州的视野。乘缆车上城像被巨兽衔入空中，樱花季满山粉雪，秋天则披上枫叶铠甲。天守阁里藏着秘密：战国武将的盔甲静静站立，仿佛下一秒就要为丰臣秀吉再次出征。

## DAY 5

Discover the birthplace of Japanese soy sauce, enjoy an interactive brewing experience, explore Kuroshio Market's vibrant seafood scene, and visit Wakayama Castle overlooking the city.



**Meals: Breakfast / Seafood Lunch / Japanese Dinner**



Accommodation (or similar standard)

- Hotel Keihan Yodoyabashi
- Hotel Monterey Osaka
- Smile Hotel PREMIUM Osaka Hommachi
- Hotel Granvia Osaka

Room Type: Twin Room



Asayu Soy Sauce Brewery

A family-run brewery where time-honored craftsmanship meets rich, natural flavor. Using traditional cedar barrels and centuries-old methods, they slowly ferment soy sauce over seasons. Taste the deep umami that only time and patience can create—a true legacy in every drop.



Kuroshio Market

Feel the pulse of Wakayama's freshest seafood hub. Watch thrilling tuna-cutting shows, savor just-grilled shellfish, and explore stalls brimming with local flavor. More than a market—it's a vibrant feast by the sea, where every catch tells a story.



Wakayama Castle

Perched atop Mount Torafusu, this iconic "Crow Castle" offers panoramic views of the city and sea. Wander through elegant black-walled keeps, serene gardens, and history-rich gates—where samurai legacy meets cherry blossom tranquility in the heart of Wakayama.

# DAY6

## 岚山乌形船-渡月桥-嵯峨野竹林-岚山小火车



早餐：酒店早餐

午餐：传统豆腐料理

晚餐：寿喜锅套餐



优先预定以下酒店

淀屋桥京阪酒店（17年建立酒店较新，地理位置优越，步行可达北滨站和淀屋桥站，交通便利）

难波元町东方酒店（坐落于大阪中心地段，距离难波八坂神社仅有数步之遥，步行前往道顿堀也只需 13 分钟）

微笑酒店PREMIUM大阪本町（位于心斋桥和道顿堀附近，步行可达多个地铁站，周围有超市和餐厅，便利性高）

大阪黑门水晶酒（距离黑门市场仅约1分钟步行路程，距离大阪市内重大交通枢纽日本桥站约3分钟步行可达，交通便利）

房间：双床房



岚山乌形船

跳进一张活的浮世绘！岚山乌形船是漂流在保津川上的黑色诗笺。船夫用一根竹竿撑开两岸的春夏秋冬—樱花洒落时像绯雪，枫叶燃烧时似流火。当船穿过激流，别忘了抓紧船沿大笑，这是千年航道独一份的“颠簸浪漫”。



渡月桥

它是架在桂川上的一弯月亮！渡月桥的名字出自鎌仓时代，一位天皇叹道“犹如明月渡桥”。站在桥上，春樱秋枫在两侧流淌，嵯峨野的山风穿桥而过。傍晚灯亮时，整座桥变成浮光走廊—原来月亮从未离开，它只是换了个方式，卧在水面发光。



嵯峨野竹林

钻进竹海的心脏！嵯峨野竹林的小径是一条绿色隧道，阳光碎成金箔洒在苔藓上。当风穿过万竿修竹，沙沙声像神仙们的窃窃私语。别忘了寻找那些刻着俳句的石碑—在这里，连呼吸都带着《源氏物语》的诗意。小心，竹林会偷走时间。



岚山小火车

跳上这列“穿越峡谷的移动电影院”！岚山小火车沿着保津川缓缓行驶，车厢本身就是观景台。春天樱花隧道粉雪纷飞，秋天枫叶峡谷燃成烈火。当红色火车驶过铁桥，下方激流中的漂流船夫会朝你挥手—这是山与河之间传承百年的浪漫暗号。

## DAY 6

Cruise along the Hozu River, walk across the iconic Togetsukyo Bridge, wander through the tranquil bamboo forest, and enjoy a nostalgic scenic train ride through Kyoto's countryside.



**Meals: Breakfast / Traditional Tofu Lunch / Sukiyaki Dinner**



Accommodation (or similar standard)

- Hotel Keihan Yodoyabashi
- Hotel Monterey Osaka
- Smile Hotel PREMIUM Osaka Hommachi
- Hotel Granvia Osaka

Room Type: Twin Room



Arashiyama Cormorant Fishing Boats

Glide into a Kyoto summer night aboard a traditional wooden boat, illuminated by glowing fires. Watch masterful "ukai" fishermen guide cormorants to catch river fish—a living tradition over a thousand years old. Silence, stars, and the gentle splash of history on the water.



Togetsu Bridge

More than a crossing—it's a frame for Kyoto's changing soul. Stroll across this iconic wooden bridge with mountains behind and river below, where cherry blossoms blaze in spring and maple leaves burn in autumn. Here, nature and human craft meet in perfect, timeless harmony.



Sagano Bamboo Grove

Step into a world of whispering green. Sunlight filters through towering bamboo, casting shifting shadows along the path. The rustle of leaves becomes a natural symphony—a place where time slows, and calm takes root. Walk gently; you're moving through a living Kyoto postcard.



Sagano Romantic Train

Journey through Kyoto's postcard-perfect landscapes on this vintage open-air train. Gently rolling along the Hozu River, it offers stunning views of lush gorges, cherry blossoms, and autumn maples—a slow, scenic escape into nature's embrace.

**DAY7**

关西国际机场→温暖的家  
司机提前4小时抵达贵宾酒店，送机前往机场



早餐：酒店早餐

午餐：/

晚餐：/

\* 我社有权根据实际情况、在不减少行程的基础上调整行程先后顺序！以上行程根据当地情况有所变更及调整，最终以出团通知为准！（行程中的图片仅供参考）

## 报价包含：

1. 全程正规商务绿牌阿尔法/海狮/中型以上巴士
2. 日本当地标准住宿（如旺季期间所安排酒店标间爆满，优先安排上述酒店其他房型大床房或者全单间，如遇以上酒店满房无法预定的情况，则调整至相同等级的同类型房型）

**注1：小孩不占床费用-600/人（日本酒店新规，6岁以上儿童必须占床！）**

日本因为土地资源有限，酒店房间面积普遍比较小，大多数酒店标间大概15平米-17平米，标间一般是2张大概70-100cm宽的单人床，大床房基本上会比标间略微小一些，一般是140-160cm宽的床。温泉酒店日式榻榻米房间可容纳2-4人，1个房间有3-4张1m的榻榻米地面床铺，以家庭为单位可住一间房，如需更换其他房型，请自行补房差。

**注2：全程单房差（2500元）酒店单人间为一张单人床，单房差指一个单人间产生的差价而非双人间单人利用的差价！**

3. 行程中所列餐食（6次早餐+5次午餐+5次晚餐）
4. 行程中所列景点首道大门票
5. 全程司导服务费（走行程部分含导游服务）
6. 赠送一份日本灾害补偿险【被保年龄为2周岁（不含）以上--69周岁（含）以下客人，超出此范围敬请自理】

**DAY7**

**Hotel → Kansai International Airport (Private Transfer)  
Driver arrives 4 hours prior to departure**



Meals: Breakfast

**Important Notes**

- The company reserves the right to adjust the itinerary order without reducing attractions
- Images are for reference only
- Final arrangements are subject to local conditions

**Tour Price Includes:**

1.Private transportation throughout the tour.

Licensed Japanese commercial vehicles (Alphard / Hiace / mid-size bus)

2.Hotel accommodation

Standard Japanese hotels (rooms may be compact by international standards)

Notes:

- Children aged 6 and above must occupy their own bed
- Due to land constraints in Japan, hotel room sizes are generally smaller than overseas standards
- Single travelers are required to pay a single room supplement (JPY 2,500)

3.Meals as listed in the itinerary(6 breakfasts, 5 lunches, 5 dinners)

4.Admission tickets to all listed attractions

5.Professional guide service

(Driver and guide service up to 8 hours per day)

6.Complimentary Japan travel accident insurance

(Coverage for guests aged 2–69; outside this range, insurance must be purchased independently)