



Wellness Tour Celebrating Longevity Launches in Okinawa, Japan

New tour uncovers Okinawa's healthy living secrets in the spectacular Yambaru Forest, a UNESCO World Natural Heritage Site



[A selection of images can be downloaded here.](#)

February 05 2025: A new holistic wellness tour has launched in Japan's subtropical and southernmost prefecture, Okinawa, which is widely considered as one of only five Blue Zones in the world where people live exceptionally long lives. The 4-day **Yambaru Miracle Forest Blue Zones Premium Tour** from [Okinawa Adventures](#) explores the region's connections to longevity, uncovering the nine secrets of healthy living attributed to Okinawa, which include embracing ikigai – or 'life's purpose', eating more plant-based meals, maintaining community bonds and growing a medicinal garden.

The tour is based in the north of Okinawa's main island, an area of incredible natural beauty and home to the Yambaru Forest – a UNESCO World Natural Heritage Site. Here, guests have the chance to meet with elders and locals in some of Okinawa's oldest villages, alongside taking part in a variety of longevity-themed activities for a holistic wellness escape.

To begin the tour, guests are collected from Naha Airport before visiting Shioya Villiage to discover the importance of neighbourly relations at a community centre, followed by dinner at a local restaurant specialising in seasonal produce sourced from the forest.

On day two, participants meet a local craftsman whose ikigai — or purpose in life — is to continue the tradition of making Sabani boats, with guests then offered the chance to experience sailing upon one across the crystal-clear and serene waters of an inland sea. Day two also includes exploring the secrets of longevity foods as guests can enjoy the taste of freshly picked vegetables at a farmhouse in Ogimi, the village of longevity, and savor traditional yushi-tofu, which is a healthy Okinawan dish made from soybeans, at the home of a local elderly couple.

Day three begins with a kayaking and trekking experience in the Yambaru Forest to discover the region's spectacular nature before visiting a small-scale farmer to learn more about the future of agriculture in Okinawa and its importance to healthy living. The day ends with a stay at the remotely located Ada Garden Hotel for some rest and relaxation in the lush forest.

The final day of the tour includes a visit to a local Utaki – or sacred place – to learn more about the deeply rooted traditions and beliefs of the local people before enjoying a final lunch made with foraged wild herbs. Guests are then transported back to Naha Airport to end the tour.

The tour is available from 328,000 JPY (approximately £1,703) per person, based on two adults sharing a room on a 6-person tour, and includes transfers from Naha Airport, 3-nights accommodation, a 4-day itinerary inclusive of 3 breakfasts, 3 lunches and 3 evening meals, activity fees and an English-speaking interpreter-guide.

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About Okinawa:

Japan's southernmost prefecture, Okinawa, comprises 160 subtropical islands boasting a year-round warm climate comparable to Hawaii, Miami and Cancun. Just 3 hours by air from Tokyo and blessed with incredible natural beauty, from lush forests to crystal blue waters with abundant coral and golden sands, Okinawa is perfect for beach lovers and sports enthusiasts alike whilst still appealing to culture seekers thanks to its unique history and heritage. Using the bountiful fresh produce its natural environment produces, Okinawa's culinary culture is also unique and is believed to be a key factor in Okinawa's status as one of only five blue zones in the world recognised for longevity.

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About Okinawa Adventures / Japan Adventure Travel:

Okinawa Adventures is a tour operator and part of Japan Adventure Travel, which is a destination management company (DMC) operated by Nature Travel Japan Inc. located in Nago City, Okinawa. At the heart of Japan Adventure Travel is a commitment to showcase Japan's diverse regions and cultures through thoughtfully designed itineraries for members of the travel industry. Japan Adventure Travel builds travel experiences that are not just seen, but felt - journeys that ignite the imagination and resonate with the soul. Included in all of the company's tours is a promise to respect both the environment and the communities they visit, using local guides who enrich the experience with their deep-rooted knowledge and insights.

Japan Adventure Travel believes that adventure is about exploring new places, but it is also more than that: it's about connecting with them on a deeper level. For those who are curious, adventurous, and eager to expand their horizons, Japan Adventure Travel's tours will deliver an authentic and enriching encounter with Japan.

For more information, contact: info@japanadventure.travel or visit www.japanadventure.travel