

# PERENNIAL GATHERING

Karuizawa, Japan | June 1-4, 2026

## Delegate Guide

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[perennialgathering.org](https://perennialgathering.org)

# Welcome

The Perennial Gathering is not just a conference. It is a return to what matters: how we relate, how we care, how we co-create what endures.

This guide has been prepared to help you arrive in Karuizawa feeling fully prepared, unhurried, and ready to be present. Please read it in full and reach out if anything is unclear.

**Dates: June 1–4, 2026**

Venue: Karuizawa Prince Hotel West

Address: 1016-87 Karuizawa, Karuizawa-machi, Kitasaku-gun Nagano, 389-0193 Japan

Location: Karuizawa, Nagano Prefecture, Japan

Contact: [dewa@perennial.org](mailto:dewa@perennial.org) | WhatsApp: +1 (319) 541-7590

The Gathering officially opens on the evening of Monday, June 1. Please plan your arrival for earlier that day so you have time to settle in before we begin. Our closing session wraps on the morning of Thursday, June 4.

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## What to Expect

This is not a conventional conference built around panels, keynote performances, or a packed agenda of presentations. The Perennial Gathering is designed more like an unconference in spirit: connection comes before performance, and conversations are intended to be participatory, honest, and generative.

No keynotes. No PowerPoints. Just remarkable leaders showing up fully, connecting in community, and learning from one another.

## How the Days Are Shaped

Each day of the Gathering is built around six recurring elements. Together, they create a rhythm that balances depth with spaciousness—and structure with room to breathe.

### Morning Practices/Fallow Time

This time is intentionally left spacious for individual practice, movement, and wellbeing. Participants are invited to begin the day with presence—through walking, running, breathwork, meditation, Shinrin-yoku 森林浴 Forest Bathing, quiet reflection, or rest. Practices may happen individually or informally in community. Nothing is formally organized during this time. The invitation is to begin the day with intention and care.

### **Soil Building**

The daily anchor. A shared start built around the Gathering's core principles of time, space, and relationships. This is a facilitated time of both reflection and connection—to self, to others, to your work, and to your leadership. Each day opens here.

### **Conversations for Change**

Participant-hosted content dialogues organized around the Gathering's six themes of inquiry:

- Well-Being and Inner Work
- Climate and Nature
- Human Systems
- AI and Technology
- Catalytic Capital
- Regenerative Prosperity

These sessions do not take the form of conventional panels or slide deck presentations. They are interactive and dialogic, with the purpose of meaningful exchange: questions opened, ideas tested, insight built between people in the room.

### **Presencing**

Presencing activities are opportunities to practice being fully mindful and present in whatever we are doing. While we cannot slow down the clock, we can slow down our experience of time by bringing more awareness to the moment we are in. These practices help us notice more—in ourselves, in others, and in the world around us—so that we can arrive with greater clarity, spaciousness, and presence.

### **Evening Practices**

Like the morning, this time is intentionally left spacious for rest, reflection, and integration. Participants are invited to close the day in a way that supports their wellbeing—whether through quiet conversation, journaling, a walk, onsen, meditation, or simply resting. Suggested evening practices will be introduced during the opening plenary, but nothing is formally organized. The invitation is to end the day with intention and care.

#### **A helpful mindset**

Come prepared not only to attend sessions, but to participate, listen deeply, and enter conversation. The value of the Gathering often emerges in the spaces between formal program blocks.

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## **Schedule**

The full schedule is live on our website: [perennialgathering.org/schedule](https://perennialgathering.org/schedule)

#### **Monday, June 1**

Arrival day. Settle in. The Gathering opens in the evening with a welcome reception and dinner.

#### **Tuesday–Wednesday, June 2–3**

Full program days: Morning Practices, Conversations for Change, Presencing Activities, Evening Practices and shared meals.

#### **Thursday, June 4**

Closing session in the morning. Departures begin after.

#### **Good to know**

We recommend building in some buffer on your travel day. Japan's train system is extraordinarily reliable, but arriving relaxed is always worth the extra hour.

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## **Accommodation**

Your accommodation during the Gathering has been arranged for you. You will be staying at:

**The Prince Karuizawa**

1049-1 Karuizawa, Kitasaku District, Nagano 389-0102, Japan

Tel: +81-(0)267-42-1112

Check-in: June 1, 2026

Check-out: June 4, 2026

Your room is booked under your name. Please present your passport or government-issued ID at check-in.

The resort setting is one of the reasons this location works so well for the Gathering. Guest rooms, meeting spaces, and the surrounding natural environment are integrated rather than separated. Depending on your lodging arrangement, you may have easy access to walking areas and spa/onsen facilities within the broader resort campus.

If you are arriving earlier or departing later than the group block dates and need accommodation advice, we are happy to help. Just reach out.

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## Getting to Karuizawa

For most international travelers, the simplest route is to first reach Tokyo, then take the Hokuriku Shinkansen from Tokyo Station to Karuizawa Station. Karuizawa is well connected and relatively straightforward once you know the sequence.

### From Haneda Airport (HND)

Haneda is usually the easier airport if you are arriving directly into Tokyo and heading onward the same day.

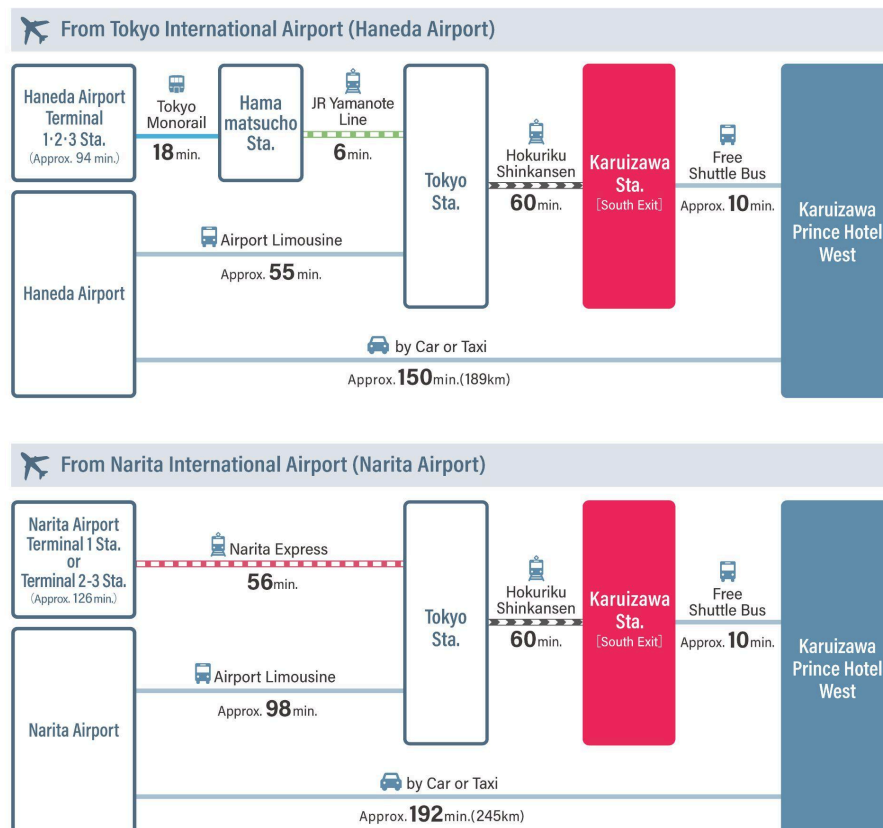
1. From your arrival terminal, follow signs for the Tokyo Monorail.
2. Take the monorail to Hamamatsucho Station.
3. Transfer to the JR Yamanote Line or JR Keihin-Tohoku Line and travel to Tokyo Station.
4. At Tokyo Station, follow signs for the Hokuriku Shinkansen.

- Board a train bound toward Nagano / Kanazawa / Tsuruga and get off at Karuizawa Station.
- From Karuizawa Station South Exit, take the hotel shuttle or a taxi to the resort.

## From Narita Airport (NRT)

Narita is farther from central Tokyo, so this route is usually a bit longer.

- From the airport station, take the Narita Express (N'EX) to Tokyo Station.
- At Tokyo Station, transfer to the Hokuriku Shinkansen.
- Board a train bound toward Nagano / Kanazawa / Tsuruga and get off at Karuizawa Station. Don't take the express train, as it doesn't stop in Karuizawa.
- From Karuizawa Station South Exit, take the hotel shuttle or a taxi to the resort.



\*The time required may vary depending on the time of day and traffic conditions.

## Arriving in Japan: Before You Land

To save time at immigration, register your details in advance through Visit Japan Web ([vjw.digital.go.jp](http://vjw.digital.go.jp)), the Japanese government's official digital immigration and customs service. Once registered, you'll receive a **Customs Declaration QR code** to save on your phone — have it ready alongside your passport at the immigration desk. Travelers with a QR code move through significantly faster than those completing paper forms on arrival.

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## At Immigration

Follow signs for "Foreign Visitors" and have your passport and QR code ready to show together. If you didn't complete Visit Japan Web in advance, paper customs forms are available at the airport, but allow extra time.

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## After Clearing Customs

Three things worth doing before you leave the arrivals hall:

- **Activate your eSIM or pick up pocket WiFi** — rental desks are located in the arrivals area at both Haneda and Narita. Getting connected before you reach the train platforms makes navigation much easier.
  - **Exchange a small amount of cash** — enough for transport, vending machines, and small purchases. Currency exchange counters are available in the arrivals hall; avoid the rates at dedicated exchange kiosks if possible.
  - **Check your onward route before you exit** — confirm which station or line you need before you step into the main terminal flow.
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## From Narita: Train Times to Tokyo

Once through customs at Narita, your two main options into central Tokyo are:

- **Narita Express (N'EX):** approximately 53 minutes to Tokyo Station — the most convenient option if you are connecting onward to the Shinkansen the same day.
- **Keisei Skyliner:** approximately 41 minutes to Keisei Ueno — slightly faster, but requires an additional transfer to reach Tokyo Station for the Shinkansen.

For the Karuizawa connection, the **Narita Express to Tokyo Station** is the simpler choice.

## From Karuizawa Station to the Resort

From the South Exit of Karuizawa Station, the resort operates a free shuttle bus running approximately every hour from 8:00 AM to 9:00 PM (approximately 10–12 minutes). Taxis are also readily available outside the South Exit and take about 5 minutes.

## Buying Your Shinkansen Ticket

The key long-distance leg is the Hokuriku Shinkansen from Tokyo Station to Karuizawa Station. We recommend buying this ticket in advance if you are arriving on the same day as the Gathering or traveling with luggage.

### Option 1: Reserve in advance online

1. Create an account with JR-EAST Train Reservation.
2. Search for a route from Tokyo to Karuizawa.
3. Select your train and seat.
4. Choose either a paper ticket pickup or a linked e-ticket option.

### Option 2: Buy at Tokyo Station

1. Go to a JR ticket office or reserved-seat ticket machine.
2. Look for the Hokuriku Shinkansen to Karuizawa.
3. Choose a reserved seat if available.
4. Allow extra time, especially during busy travel hours.

#### Important

An IC transit card such as PASMO or Suica is helpful for local trains and metros, but it is not the same as your Shinkansen reservation. For Tokyo–Karuizawa, you need a separate bullet train ticket or e-ticket reservation.

## Using the Train System in Japan

Japan's rail system is extremely reliable, but it can feel large at first. In practice, it becomes much easier once you know a few basics.

- **IC cards (Suica / PASMO):** Use for local trains, subways, and many buses. Tap in and tap out at the gates. Load funds in advance.
- **Shinkansen tickets:** Use a separate reserved ticket for long-distance bullet train travel such as Tokyo to Karuizawa.
- **Station signs:** Most major stations have clear English signs. Follow the line name first, then the platform number.

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## About Karuizawa

Karuizawa is a mountain resort town in Nagano Prefecture, at the base of Mt. Asama. It became well known in the late nineteenth century as a summer retreat, and over time developed a distinct reputation for cool weather, forested landscapes, and a quieter pace than Tokyo.

What to expect: fresh mountain air, a resort-town atmosphere, and a rhythm that feels slower than Tokyo. Comfortable walking shoes, a light jacket, and layers are usually more useful than formal city wear.

## Climate

Karuizawa sits at roughly 1,000 meters elevation and is known for being cooler than Tokyo, especially in the mornings and evenings. Early June brings changeable weather: daytime highs are typically around 18–22°C (64–72°F), but evenings can drop to 10–13°C (50–55°F), and afternoon rain is common.

### Weather tip

Do not dress for Tokyo alone. Even when Tokyo feels warm or humid, Karuizawa can feel brisk, particularly after rain or at night. Layers are strongly recommended.

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# What to Pack

## Clothing and Layers

The mountain weather rewards a layered approach. Bring a light to mid-weight jacket—you will want it for evenings, which are noticeably cooler than the day—along with a compact rain jacket or packable umbrella. A base layer or extra layer warmer than you think you'll need is always worth the space in your bag.

## What to Wear at the Gathering

Daytime attire does not need to be formal business wear. We recommend clothing that feels comfortable, thoughtful, and easy to move in. Layers are especially useful. Rather than suits, think relaxed professionalism—pieces that carry you naturally from a morning session to an afternoon walk to an evening dinner. Elegant and comfortable can coexist beautifully in this setting.

## Footwear

Comfortable walking shoes are a must. The venue has outdoor paths and natural spaces. If you'd like something slightly dressier for evening dinners, that is welcome—though comfort always takes precedence.

## Japan Practicalities

- **Cash:** Carry some Japanese yen. Karuizawa is less card-friendly than Tokyo. ¥10,000–¥20,000 is a comfortable amount to have on hand for taxis, small purchases, and station needs.
- **Power:** Japan uses Type A plugs (the same as the US) at 100V. Bring an adapter if needed for 3-prong grounded devices.
- **Data:** If your phone plan doesn't include Japan data, pocket WiFi devices are available for rental at the airport and work reliably throughout the journey.
- **Medications:** Pack any personal medications in advance, as international pharmacies can be limited outside central Tokyo.

## A Tip on Luggage

If you are spending time in Tokyo before traveling to Karuizawa, Japan's takkyubin luggage forwarding service is worth using. For approximately ¥2,000–¥3,000, your hotel's front desk can arrange to send your suitcase directly to the venue the day before you travel—leaving you free to board the Shinkansen unburdened. It is one of those things that feels like a small luxury and turns out to be one of the best decisions of the trip.

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## On Arrival

When you arrive at the Prince Karuizawa, your room will be booked under your name. Please present your passport or government-issued ID at check-in.

Once you have settled in, take some time to explore the resort grounds. The setting—surrounded by greenery, connected to meeting spaces and walking paths—is part of the experience.

## Getting Around the Resort and Town

The resort campus is designed for walking. Most of what you'll need during the Gathering is integrated into the property or a short walk away. For excursions into Karuizawa town, taxis are readily available from the resort, and the hotel shuttle runs regularly to and from Karuizawa Station.

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## Especially Helpful if This is Your First Time in Japan

Japan can feel large and unfamiliar at first. A few things that make it much easier:

- **Cash matters:** Despite growing card acceptance, cash is still useful, particularly in Karuizawa. There are ATMs at 7-Eleven and Japan Post locations.
- **Punctuality:** Japanese trains leave on the dot. Give yourself more transfer time than you think you need, especially navigating Tokyo Station for the first time.

- **English:** Major stations have clear English signage. The Shinkansen platforms are easy to find once you know what to look for.
  - **Onsen etiquette:** If you visit the spa or onsen facilities at the resort, tattoos may be restricted at some facilities. Check with the hotel if this is relevant to you.
  - **Water:** Tap water in Japan is safe to drink everywhere.
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## Staying Connected

### During Travel

If your phone plan doesn't include Japan data, pocket WiFi devices are available for rental at both Haneda and Narita airports. Alternatively, you can purchase a prepaid SIM card at the airport or at convenience stores.

### At the Venue

WiFi details for the Prince Karuizawa will be provided at check-in. The resort has reliable connectivity throughout the property.

### Reaching the Organizing Team

For any questions before or during travel, you can reach Dewa via email at [dewa@perennial.org](mailto:dewa@perennial.org) or WhatsApp at +1 (319) 541-7590.

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## Before You Travel

### Visa and Travel Documents

Please email Dewa your visa status and travel plans if you have not done so already. If your visa situation has changed or you have any travel concerns, please let us know immediately so we can support you.

## **Travel Insurance**

We recommend ensuring you have appropriate travel insurance for your journey to Japan, including coverage for medical emergencies and trip interruption.

## **Share Your Journey**

If you share photos or videos on social media as you make your way to Japan and Karuizawa, please be sure to tag us on Instagram @perennialleadership or on LinkedIn @perennialglobal. We would love to follow along on your journey.

## **A Final Note**

We have put a great deal of care into building an experience worthy of the people in this room. The conversations that happen at the Gathering will matter—and we cannot wait to be in them with you.

See you in Japan in June.

*With warmth,  
The Perennial Team*

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