

## Discover Japan & Hike Mt Fuji - AJDF

14 days: Tokyo to Tokyo

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Discover Moment: Kyoto
- Your Wellness Moment: Onsen Spa Visit, Kawaguchiko
- Higashi Geisha District visit (Kanazawa)
- Kenroku-en garden visit
- Nagamachi Samurai District walk (Kanazawa)
- Hida No Sato folk village visit (Takayama)
- Hiroshima Peace Park and Museum visit
- Miyajima Island excursion
- Nijo Castle and gardens visit (Kyoto)
- Kinkaku-ji Golden Pavilion visit
- Fushimi Inari Shrine visit
- 2-day Mt Fuji hike
- Kaiseki dinner
- Japan Rail (JR) pass (14 days)
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing August 19th, 2018 and onwards

### Itinerary Notes

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**Luggage size restriction - Effective from May 2020 onwards All G Adventures tours in Japan use the world-famous Shinkansen bullet trains, which have a restriction on maximum luggage size. Your luggage must be less than 160cm in total. This is roughly the size that most airline companies consider as "carry-on baggage" and allow in overhead storage compartments. We strongly recommend bringing a day pack or backpack to use during the day, in addition to your carry-on sized luggage. Please see "What to take" under Tour details for more information.**

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

#### Day 1 Tokyo

Arrive at any time.

We highly recommend booking pre- or post-accommodation in Tokyo to take full advantage of this spectacular city.

**Your Welcome Moment: Welcome Moment - Meet Your CEO and Group**

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

## **Day 2 Tokyo/Kanazawa**

Arrive in Kanazawa and explore the city's well-preserved geisha district.

Take a short train ride to Kanazawa. In the 17th century, this beautifully preserved castle town was Japan's wealthiest, and it became a thriving center for culture and arts.

Please note that the new JR Pass validation policy asks travellers to come to the office counter to activate their JR Pass.

### **Bullet Train**

Nagiso-eki – Kanazawa-eki 2h30m-3h40km

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

### **Higashi Geisha District Visit**

Kanazawa

Step back in time with a visit to the Higashi Chaya geisha district of Kanazawa. Learn about the geisha culture, prevalent in Kanazawa since the 17th century. Visit the traditional two-story wooden houses decorated with lattice and discover the traditions behind this iconic Japanese way of life.

## **Day 3 Kanazawa**

Stroll through Keroku-en, ranked one of the nation's top three gardens before exploring the historic Nagamachi samurai district.

After strolling through the expansive gardens of Kenrokuen, opt to stop at the massive Kanazawa castle next door.

Kanazawa is also home to many interesting museums, opt to visit one or learn more about local crafts. Loving the food in the city? Take a trip to the local seafood market to see where some of the fresh, tasty ingredients come from.

### **Kenroku-En Garden Visit**

Kanazawa

Walk around this breathtaking garden, ranked one of the top three in Japan. With unique bridges, ponds and fountains, pagodas and tea houses there's lots to see here in any season.

### **Nagamachi Samurai District Walk**

Kanazawa 30m

Step back in time with a visit to the Nagamachi Samurai district of Kanazawa. Take a walk through the historic samurai district located just below the Kanazawa Castle, where traditionally samurai and their families lived in mud huts.

### **Free Time**

Kanazawa Afternoon

Explore the city with some free time.

## **Optional Activities - Day 3**

### **Kanazawa Castle Visit**

Kanazawa

Free-320JPY per person

Visit the massive castle located beside the Kenrokuen Garden. At over 400 years old, the castle has a great history and is the perfect place to wrap up exploration of the gardens.

### **21st Century Museum of Contemporary Art**

Kanazawa

450-1200JPY per person

If you are interested in eccentric art visit this beautiful museum with unique exhibits and architecture. Capture a trippy underwater photo in the simulated swimming pool.

### **Myoryuji Ninja Temple Visit**

Kanazawa

1000JPY per person

Visit the famous Ninja Temple. While there's no evidence linking the temple to ninjas, the hidden doorways, passages and escape routes seem designed for stealthy attackers. Please leave all nunchucks with security.

## **Day 4 Kanazawa/Takayama**

Arrive in picturesque Takayama and relax in the traditional Japanese inn.

Arrive in Takayama in the afternoon and begin taking in the beautiful scenery of this traditional city.

### **Bullet Train**

Kanazawa – Takayama 2h

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

### **Free Time**

Takayama Afternoon

Explore this charming town with a free afternoon.

### **Optional Activities - Day 4**

#### **Sake Street Visit**

Takayama

300-400JPY per person

Stroll down this quaint road, lined with sake breweries and vendors, and learn more about this typical Japanese beverage made from fermented rice. Have a sample or two to test it out.

## **Day 5 Takayama**

Explore the Hida No Sato traditional folk village, and walk the quaint streets of the old town – lined with sake breweries and craft shops. Enjoy the rest of the day to explore the area.

Enjoy free time to explore this beautiful landscape. Discover traces of a feudal past in the thatched houses and rice fields. Opt to visit one of the markets or rent a bike and cycle out of the town centre and into the countryside.

### **Hida no Sato (Hida Minzoku Mura Folk Village) Visit**

Takayama

Visit the Hida Folk Village, an outdoor museum where various buildings from the 1600s are open to tour.

The steep, thatched roofs of the farmhouses are said to resemble praying hands. Take a peek inside to see tools and furniture from the original village.

### **Free Time**

Takayama Full Day

Use free time to enjoy the area, sample sake or visit a nearby hot spring for a soak.

### **Optional Activities - Day 5**

#### **Sake Street Visit**

Takayama

300-400JPY per person

Stroll down this quaint road, lined with sake breweries and vendors, and learn more about this typical Japanese beverage made from fermented rice. Have a sample or two to test it out.

### **Bike Rental**

Takayama

Rent a bike from a local shop and head out to explore.

## **Day 6 Takayama/Hiroshima**

Arrive in Hiroshima and visit the Peace Park and Museum to learn more about the tragic history of this city.

The large Peace Park in the centre of the city is an extremely moving place dotted with memorials of those killed by the atomic bomb and others who subsequently died. The burning flame in the park will only be extinguished when all nuclear weapons in the world have been destroyed. Take a tram ride through the city to reach Peace Park.

### **Hiroshima Park and Peace Memorial**

Hiroshima

Walk through the Peace Park in the centre of Hiroshima, a living memorial dedicated to the tens of thousands who died from the atomic bomb blast in 1945. Visit the statue of Sadako Sasaki, a young girl who died of leukemia as a result of the bomb blast, despite folding 1,000 origami paper cranes to appeal to the gods to make her well. See the frame of the Gembaku Dome, the sole building to withstand the explosion. Reflect, remember, and be reminded of the power we all hold to create peace.

### **Bullet Train**

Takayama – Hiroshima 5h

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

## **Day 7 Hiroshima**

Take a ferry to the sacred island of Miyajima to see the famous floating Torii Gate and meet the friendly local deer.

Take a short ferry ride to Miyajima Island, not far from the coast.

Here, view one of the most photographed sights in Japan— the floating Torii Gate. The shrine itself dates back to the 6th century and is designed in a pier-like structure.

Enjoy time to explore the island and its many shrines and temples. Sample local treats like maple leaf shaped cakes, and opt to hike up to the peak of the island, Mt Misen, to see spectacular views of the surrounding islands.

Please note the floating Torii Gate will be under construction until December 2022.

### **Ferry**

Hiroshima – Miyajima

Get to the next spot on your route aboard a convenient and efficient ferry boat.

### **Miyajima Island Visit**

Miyajima – Hiroshima

Take a trip to Miyajima Island, famed as one of Japan's most scenic spots, with a free afternoon to explore. See the famous floating Torii Gate, set out in the bay, which glows extraordinarily at sunset. The island is dotted with shrines and temples, populated by deer, and traversed with hiking trails for those who want to get some exercise. There are also lanes full of souvenirs and tasty treats. Visit Miyajima at your own pace, and have the option to hike up to the peak of the island, Mt Misen, to see spectacular views of the surrounding islands.

### **Free Time**

Miyajima Afternoon

Spend free time however you choose. Opt to hike, try the region's famed oysters, or check out the important sights and museums.

### **Ferry**

Miyajima – Hiroshima

Get to the next spot on your route aboard a convenient and efficient ferry boat.

## **Optional Activities - Day 7**

### **Mt. Misen Visit**

Miyajima 2-6km

Free-1840JPY per person

Set out for the summit of Mt. Misen, Miyajima's highest peak at 500m (1,640 ft) above sea level. Opt to hike one of three trails through the forest and keep an eye out for wild deer or catch a ride on the ropeway and walk the remaining distance to the top. Take in great views of the Seto Inland Sea and on a clear day see as far as the city of Hiroshima.

## **Day 8 Hiroshima/Kyoto**

Travel to historic Kyoto. Explore the marvellous Fushimi Inari shrine and walk under thousands of torii gates.

Continue on to Kyoto, the former imperial capital and home of the country's most treasured remnants of Japanese imperial life.

Walk around Gion and perhaps catch a glimpse of a geisha going from teahouse to teahouse.

### **Bullet Train**

Hiroshima – Kyoto 1h30m-2h

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

### **Fushimi Inari Taisha Shrine Visit**

Kyoto

Visit the Fushimi Inari shrine, located just outside of Kyoto. Walk under the thousands of iconic torii gates (as seen in the film *Memoirs of a Geisha*) and enjoy the peaceful atmosphere. The shrine itself is at the base of the Inari mountain but includes many trails up to smaller shrines in the area.

## Day 9 Kyoto

Wander the impressive Nijo Castle and gardens before visiting Kyoto's iconic Kinkaku-ji Golden Pavilion.

### Kinkaku-ji Golden Pavilion Visit

Kyoto

Explore Kinkaku-ji or the Golden Pavilion, named for the temple's top two floors that are covered in gold leaf. The temple is surrounded by trees and sits on a reflective pond, making this must-see in Kyoto a perfect place for photos. While the temple can be busy, there are gardens around the area to explore once you've had enough of the view.

### Nijo Castle and Gardens Visit

Kyoto

Visit the Nijo Castle, the residence of the first shogun of the Edo Period built in 1603. Now a UNESCO World Heritage Site, the property is divided into three areas: the Honmaru (main circular fortification), Ninomaru (secondary circle of defense), and the gorgeous gardens that surround both.

### Free Time

Kyoto Afternoon

Discover more of this cultural city with some free time.

## Day 10 Kyoto

Spend a full free day discovering the Zen gardens, huge wooden temples, pagodas and shrines of Kyoto. Opt to enjoy the Zen gardens of Ryoan-ji and the Silver Pavilion, and take a leisurely stroll down the lovely Philosopher's path to Nanzen-ji.

### Your Discover Moment

Kyoto Full Day

There's plenty to see and do in Kyoto, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting the Kiyomizu-dera Temple, taking part in a traditional costume photoshoot, and enjoying a tea ceremony. Your CEO has more ideas if you need them. Just ask!

### Optional Activities - Day 10

#### Zen Gardens of Ryōan-ji

Kyoto

500JPY per person

The Ryōan-ji garden is one of the best examples of kare-sansui, or dry landscape, a type of Zen garden. Fifteen large rocks are placed within a sea of white pebbles raked into linear patterns to facilitate meditation. Stand on the platform to get the best view from above. Stroll the grounds around the Ryoan-ji Temple and along the Kyoyo-chi pond.

### Gion Walk

Kyoto

Free

Walk through Gion, Kyoto's most famous geisha district. Visit shops, restaurants and ochaya (teahouses), where geiko (Kyoto dialect for geisha) and maiko (geiko apprentices) entertain.

### Daisen-in Zen Rock Garden Visit

Kyoto

400JPY per person

Take a walk through the gardens around Daisen-in Temple. This zen garden uses gravel, sand and stones to recreate a river and ocean, symbolizing the Buddhist journey through life.

## Day 11 Kyoto/Fujikawaguchiko

Visit Lake Kawaguchi and go for some optional walks. Enjoy an amazing multi-course Japanese kaiseki dinner and prepare for the next day's hike.

Leave Kyoto and travel to Kawaguchiko arriving mid afternoon. Take the rest of the afternoon to visit the Onsen Spa before dinner.

Please note that climbing season is subject to weather conditions but is typically July 1 to Sep 2nd each year. The itinerary can change at any time due to weather.

### Bullet Train

Kyoto – Fujikawaguchiko 5h30m

There are multiple train changes during this ride and a short taxi ride at the end.

### Your Wellness Moment: Onsen Spa Visit

Visit the natural hot springs in traditional style and soak in the waters and feel all your troubles float away.

### **Meals included: Dinner**

### **Day 12 Fujikawaguchiko/Mount Fuji**

Arrive at Station 5 and begin your ascent of this sacred mountain. To slow the pace and help with acclimatization, overnight at Station 8 and rest up before the final push to the summit in the morning.

The total hike to the summit is about 5-6 hours, broken up with an overnight stay at Station 8. Accommodation on the mountain is a basic dormitory-style hut with few facilities.

Luggage can be stored at the hotel during the climb. Bring only an overnight bag with items required for the climb.

A light dinner is included at the mountain hut. As resources are limited on the mountain, dietary restrictions cannot be accommodated – be sure to bring your own food if necessary.

### **Local Bus**

Fujikawaguchiko – Mount Fuji 1h

Travel from the bus platform in town to Station 5 to start the hike.

### **Mt Fuji Hike Day 1**

Mount Fuji 5h

Drive to Station 5 and start the ascent up Mt Fuji towards Station 8. The climb itself isn't difficult but the rapid ascent, constant incline and altitude can be challenging for hikers. The 1,396m (4580 ft) to the summit takes 5-6 hours in total, stop at Station 8 tonight to rest and prepare for the rest of the climb.

### **Meals included: Breakfast | Dinner**

### **Day 13 Mount Fuji/Tokyo**

Wake up early for the final stretch of the hike and reach Japan's tallest peak – 3,776m (12,388 ft) – in time for sunrise. Take in the views from the summit before hiking down. Later, travel by train to Tokyo for one final night in the city.

After the arduous push to the summit, enjoy sunrise before hiking back down. Pick up your bags and travel by van to Kawaguchiko before a train to Tokyo.

Today you can take in some more sights, visit the museums and gardens or do some shopping. Meet with the group later tonight for our last dinner together.

### **Mt Fuji Hike Day 2**

Mount Fuji 2h30m

Start hiking towards the summit before dawn, there will be some rough patches that will only be visible with flashlights. Tread carefully, don't rush and drink plenty of water. Watch the sunrise atop the mountain and celebrate a successful climb. Hike back down to retrieve your bags.

It's about 2.5-3.5 hrs to summit. After watching the sunrise, slowly head back down about 3 more hrs.

### **Local Bus**

Mount Fuji – Fujikawaguchiko 1h

Climb aboard, grab a seat, and enjoy the ride.

### **Train**

Fujikawaguchiko – Tokyo 3h-3h

Climb aboard, take a seat, and enjoy the ride.

### **Free Time**

Tokyo Afternoon

Use free time in Tokyo to visit any must-see sights you missed, tour a museum or shop for souvenirs for yourself or friends back home.

### **Optional Activities - Day 13**

#### **Meiji Shrine (Meiji Jingū) Visit**

Tokyo

Free-1000JPY per person

Visit this shrine dedicated to the 123rd emperor of Japan, Emperor Meiji and his wife. The shrine is a great place to escape the bustle of the city and wander the grounds along the wide walking paths.

#### **Sensō-ji Temple Visit**

Asakusa

Free

Explore Sensō-ji Temple, a colourful Buddhist temple and the oldest temple in the entire city. Leading up to the temple the street is lined with shops selling yummy food and great souvenirs.

### **Ginza Shopping**

Tokyo

Free

The Ginza district is Tokyo's equivalent of Fifth Avenue in New York. Window shop at Chanel, Dior, Gucci and Louis Vuitton, then check out the latest electronics at the Sony showroom or Apple store. Visit the Wako department store with its historic clock tower, housed in a building that dates back to 1894. If you are there on a weekend, head to Ginza's main street where pedestrians rule without Tokyo's traffic.

### **Ueno Park Visit**

Tokyo

Free

As Japan's most popular city park, Ueno is known for its museums and cherry blossoms. Stroll the pathways, admire the thousands of trees, including approximately 800 Somei-yoshino cherry trees, look for lotus on the pond, or opt to visit the temples and museums (entrance fees).

### **Meals included: Breakfast**

### **Day 14 Tokyo**

Depart at any time. We highly recommend booking post-accommodation to fully experience this vibrant city.

### **Departure Day**

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## **What's Included**

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Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your Discover Moment: Kyoto

Your Wellness Moment: Onsen Spa Visit, Kawaguchiko. Higashi Geisha District visit (Kanazawa). Kenroku-en garden visit. Nagamachi Samurai District walk (Kanazawa). Hida No Sato folk village visit (Takayama). Hiroshima Peace Park and Museum visit. Miyajima Island excursion. Nijo Castle and gardens visit (Kyoto). Kinkaku-ji Golden Pavilion visit. Fushimi Inari Shrine visit. 2-day Mt Fuji hike. Kaiseki dinner. Japan Rail (JR) pass (14 days). All transport between destinations and to/from included activities.

## **Highlights**

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Experience the past in Takayama's folk village and Kyoto's historic centre, lose yourself in the picturesque Kenroku-en Garden, marvel at Miyajima's iconic floating torii gate, hike to the peak of sacred Mt Fuji.

## **Dossier Disclaimer**

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## **Itinerary Disclaimer**

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Itinerary Notes

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Luggage size restriction – Effective from May 2020 onwards

All G Adventures tours in Japan use the world-famous Shinkansen bullet trains, which have a restriction on maximum luggage size. Your luggage must be less than 160cm in total. This is roughly the size that most airline companies consider as "carry-on baggage" and allow in overhead storage compartments.

We strongly recommend bringing a day pack or backpack to use during the day, in addition to your carry-on sized luggage. Please see "What to take" under Tour details for more information.

## Important Notes

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### 1. Hiking Mt Fuji

Typically, Mt Fuji is open for hiking from July 1 to August 30 each year (weather dependent).

### 2. Japan Rail Pass

Please note that only foreigners traveling as a tourist are able to use a Japan Rail Pass. If you are a Japanese citizen/resident or traveling on a student/business/military/diplomatic visa, please advise us at time of booking as you will not be able to take advantage of the rail pass.

### 3. Tattoos

Tattoos are not common or widely accepted in Japan. There is no cause for concern, but do your best to cover your tattoos when possible and note that you may not be permitted to enter public spas or onsens (hot springs).

### 4. Luggage size restriction – Effective from May 2020 onwards

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## Group Leader Description

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All G Adventures group trips are accompanied by one of our Chief Experience Officer (CEO). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are traveling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

## Group Size Notes

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Max 15, avg 12

## Meals Included

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2 breakfasts, 2 dinners

## Meals

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Eating is a big part of traveling. G Adventures knows that worldwide, local cuisines define the cultures. We think sampling regional delicacies are intrinsic to truly experiencing the country. We want you to be able to try foods according to your individual tastes, comforts, and budgets.

Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility. At times, meals will be taken together as a group. Other times, your CEO will point you in the direction of several delicious options, and you will have free time to pick and choose at will. Often in Japan it is fun to get some snacks and beverages with the salarymen in the evenings at small restaurants, and other times it is fun to sit with a few friends at a sushi train.

Your CEO will always strive to cater for all dietary requirements/preferences, but please keep in mind that Vegetarianism/Veganism is very uncommon in Japan so this may mean a more limited selection for you.

Please refer to the Meals Included and Budget Information for information regarding included meals on your trip. Japan's kitchen is at your fingertips!

## Transport

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Bullet train, tram, ferry, public bus, walking.



## About our Transportation

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On our tours in Japan we use public transport, making use of Japan's world famous transport system. From the super fast Shinkansen Bullet Train to Kyoto's extensive local bus network, we ride with the locals.

## Local Flights

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There are no internal flights on this trip itinerary.

## Solo Travellers

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

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Hotels (9 nts), traditional inn (1 nt), traditional inns (2 nts, shared facilities), mountain hut (1 nt, multi-share).

## About Accommodation

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Japan is one of the most populous countries in the world and space is at a premium. Therefore, hotel rooms are small! Additionally, most Japanese hotels do not have designated non-smoking rooms. Therefore, we ask hotels to deoderise rooms before check in.

Ryokan are traditional inns found across Japan. Featuring tatami floors (soft mats of woven straw), futon beds, Japanese-style baths, cotton kimono (casual robe worn to lounge around or to head to the bath), and elaborate meals (often served in the comfort of your own room), a ryokan is the perfect place to experience traditional customs and hospitality. As ryokan are usually top tier accommodations, most guests stay only one night, often to celebrate a special occasion or holiday. Don't be intimidated by the formalities inherent to a stay at a ryokan, your hosts will welcome you the same way they do all their guests. Have fun and enjoy this relaxing opportunity to learn more about Japan's unique customs.

Minshuku are Japan's answer to the Western bed and breakfast. Similar to ryokan, they have traditional features like tatami floors, futon beds, and Japanese-style baths. Minshuku are often family-run, and as such they offer a great opportunity to interact with local people and learn more about the nation's customs. More affordable and simpler than ryokan, minshuku tend to have smaller guestrooms, shared bathroom facilities, and any included meals (traditional, local, and delicious) are served in a communal dining room.

Please note that some of the traditional Japanese inns used on this tour only offer shared bathing facilities. This means that individual shower stalls will not be available, instead several shower stations are available in an open, same-sex bathing area. Shared bathhouses and onsen (hot springs) are an essential part of Japan's culture, traditionally serving as a place for men or women to gather, relax, and discuss the days happenings.

## Joining Hotel

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For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## Joining Instructions

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Hotel B Ikebukuro

Nearest station is Ikebukuro Station East Exit – Approximately 3 minutes walk to hotel B Ikebukuro. Take the east exit and turn left. You will see a Bic Camera and Yamada Denki on your left. Continue follow the road on Meiji Street a little farther on and you should see the Hotel on your left. It takes about 3 minutes from the station.

From Narita Airport, please take JR Narita Express for approximately 1 hour 30 minutes to JR Ikebukuro Station East Exit, or From Narita Airport You can also take Keisei Skyliner for approximately 1 hour 35 minutes to Nippori Station and transfer to JR Yamanote Line and get off JR Ikebukuro Station East Exit and walk for 3 mins.

From Haneda Airport – please take Keikyu Airport Ltd. Express to Shinagawa Station and then transfer to JR Yamanote Line and get off at Ikebukuro Station East Exit and walk for 3 mins to hotel.

If you have booked an arrival shuttle bus service with us:

Our local representative will be waiting for you with a sign with your name on it outside of the luggage hall.

Emergency Phone number : +81(0)479-85-7522

Transfer time from Narita airport to the hotel is approx. 2 hours, and from Haneda airport is approx. 1.5 hours, depending on the number of stops and current traffic conditions.

Luggage restrictions on the included shuttle bus:

Maximum 2 suitcases or boxes per person are allowed to be accommodated except below items:

- Ski equipment
- Golf set
- Snowboard

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting on Day 1, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be handed to you upon check in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Japan)

During office hours, Mon-Fri (Excluding national holidays) 9:00-18:00 Local Time

From outside Japan: 1st contact +81 3-6659-9074 (2nd contact +81 80 6779 1851)

From within Japan: 1st contact +81 3-6659-9074 (2nd contact +81 80 6779 1851)

After office hours emergency number

Primary phone: +81 80 6779 1851 (from within Japan: 080 6779 1851)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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It's essential to pack as lightly as possible for rail travel in Japan. All G Adventures tours use the world-famous Shinkansen bullet trains, which have a restriction on maximum luggage size.

Any luggage brought on board must be less than 160cm in total (calculated as the sum of the height + width + depth of your luggage). This is roughly the size that most airline companies consider as "carry-on baggage" and allow in overhead storage compartments. We strongly recommend bringing a day pack or backpack to use during the day (for daily essentials like water, cameras, passport, etc.).

Please note that travellers who bring luggage that exceeds this restriction will be directly penalized by the Central Japan Railway Company. Any luggage between 160–250cm will require a fee of 1,000 JPY per luggage, for each leg of your train journey, and is strictly subject to availability. Any luggage over 251cm in total is prohibited on the Shinkansen trains.

If you absolutely must bring more than what fits into a single carry-on bag plus day pack, you may bring a second carry-on bag which also must be less than 160cm in total. Please note, however, that as with all G Adventures tours, you must be able to carry your luggage unassisted.

You will also be walking with your luggage in busy public train stations to catch connecting trains, so it is highly recommended that you travel light and have easy to handle luggage and capable of walking up and down the stairs with your luggage without any assistance. A large bag will be an inconvenience to you and will slow you down!

We recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size. You will also need a day-pack/rucksack to carry daily essentials like water, cameras, passport, i-pods etc.

Luggage Transfer - Japan's takuhaibin service is a convenient and reliable way to transfer luggage from one location to another throughout the country. Pick-up/drop-off/delivery dates and times can be easily scheduled (usually overnight) and costs are moderate. Service can be arranged at most hotels and airports. Using Takuhaibin to send your luggage between hotels, or from hotel to airport, is a great way to travel light and avoid hauling large bags on crowded trains or up and down stairs – just be sure to pack an overnight bag with everything you'll need until you're reunited with your luggage the following day.

## Packing List

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### Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

### Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

### Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts

- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

#### Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Sleeping bag liner/sleep sheet

#### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: During the colder months (Nov-Apr) the mountains can be very cold, so please make sure you pack warm clothes. During summer (Jun-Sep) temperatures be very hot and humid. Lightweight breathable clothing is recommended.

Note: Hand sanitizer is a rare commodity in Japan, so it is best to bring this with you.

## Laundry

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Laundry facilities are offered by some of our hotels but this is very expensive. Your leader can show you self service coin laundries in larger cities. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Detailed Trip Notes

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Travel in Japan is easy, clean, fast and efficient, however please be aware that English is still not widely spoken, however a lot of patience, a sense of humour and a respect for the local culture goes a long way in any Asian country and will greatly enrich your experience.

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com). As of April 2011 the exchange rate for JAPAN was 1 USD = 80 (Japanese Yen).

Every Post Office and 7-11 Convenience store has an ATM machine that accepts Visa, Mastercard and Debit Cards. At times, Maestro/Master Card/Cirrus have been problematic at these machines, so please bring a back-up card.

Credit Cards should not be relied upon for purchases as they are not widely accepted, except in some restaurants and department stores. Money can be exchanged at Post Offices and some banks and hotels in major cities, however it can be a very slow process.

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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Departure Tax is included in all International and Domestic tickets.

## Tipping

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Tipping is not practiced in Japan. Leaving money at restaurants, in taxis etc will simply cause confusion!

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is highly appreciated. The amount is entirely a personal preference, however as a guideline \$5 USD per person, per day can be used.

## Optional Activities

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### Kanazawa

- Myoryuji Ninja Temple Visit (1000JPY per person)
- Kanazawa Castle Visit (Free-320JPY per person)
- 21st Century Museum of Contemporary Art (450-1200JPY per person)

### Takayama

- Sake Street Visit (300-400JPY per person)
- Bike Rental

### Miyajima

- Mt. Misen Visit (Free-1840JPY per person)

### Kyoto

- Gion Walk (Free)
- Zen Gardens of Ryōan-ji (500JPY per person)
- Daisen-in Zen Rock Garden Visit (400JPY per person)

### Tokyo

- Ueno Park Visit (Free)
- Ginza Shopping (Free)
- Meiji Shrine (Meiji Jingū) Visit (Free-1000JPY per person)

### Asakusa

- Sensō-ji Temple Visit (Free)

## Health

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You should consult your doctor for up-to-date medical information pertaining to the country you are travelling to well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as a full supply of any personal medical requirements. In Asia, you will not find the same drugs as you get at home. Please be aware that sometimes we are in remote areas and away from medical facilities. Also note that for legal reasons our Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if, in the reasonable opinion of the CEO, they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable

items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

**Protests and Demonstrations-** Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## **Trip Specific Safety**

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We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## **A Couple of Rules**

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## **Travel Insurance**

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**Travel Insurance:** Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## **Planeterra Foundation - the non-profit partner of G Adventures**

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Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries.

globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

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## Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples, mosques or other holy sites.

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## Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

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## Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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## Special Comments

14 day Japan Rail Pass now included in the price of the trip.

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## Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

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## International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.