



Tailor-made itinerary to Japan

for Jane and Ian

AUDLEY

TAILOR-MADE JOURNEYS FOR THE DISCERNING TRAVELLER



We are very proud to have received a number of awards over recent years from The Times, The Guardian and Observer, The Telegraph newspaper and Ultratravel magazine, and Wanderlust, as voted by their readers. We are a Which? Recommended Provider and have also won awards with The Sunday Times Travel Magazine including top Tour Operator in the Value for Money awards and Condé Nast Traveller. Additionally, we have achieved recognition from the Best Company organisation for our great working environment.

These awards are widely recognised as being the most respected in the travel industry as they are professional surveys of the publications' readerships. With over 500 travel companies for you to choose from in the UK alone, we hope you find these awards are an additional reassurance of the quality of service you can expect from Audley.

Important information for your trip

Your itinerary reference

TF600001-A

Thank you for choosing to travel with Audley – we hope you have a fantastic trip and return with some wonderful memories. We can happily say that the vast majority of tours are trouble-free. If you do encounter any problems we find that in most cases they can be resolved quickly and easily on the ground by following the steps below.

Local guide

If you have a local guide, speak to them about the problem. They are authorised to deal with most situations and we would far prefer you to sort out any problems with them on the spot than allow them to spoil your holiday.

Local agent

If the guide is unable to assist or is the source of your concern, please contact our local agent (see details below). These agents are Audley's representatives in the country, have English speaking contacts and will be able to help you with the advantage of being in the same time zone.

The below numbers include the international dialling codes. If you are calling from within the country, please start with the number in brackets.

Japan

Name of agent: Exo Travel Japan

Name of contact: Duty Manager

Emergency telephone: +81 (0) 80 4068 4251 (from a UK/European number), 011 81 80 4068 4251 (from a North American number), 080 4068 4251 (Within Japan)

Important information for your trip

Contact Audley

If the problem still cannot be resolved or is more significant, please either phone or email our UK office and we will do all we can to help you.

It is best if you can call us within our office hours when we are best equipped to deal with the situation. Our office hours are shown in GMT below:

09:00 – 18:00 Monday to Thursday

09:00 – 17:30 on Friday

09:30 – 16:30 on Saturday

09:30 – 16:30 on Sunday

Within these hours you can either call your specialist directly or call the general office number shown below. You can also email non-urgent issues to the email address shown below.

Office telephone: (+44) 1993 838 000 (During office hours)

Email: japan@audleytravel.com (For non-urgent issues only, as not checked outside office hours)

In the instance that an emergency does occur outside of these hours you can call our emergency number (shown below). The emergency number will be answered by a messaging service and you should leave the following information:

- Your name
- Your Itinerary reference: TF600001-A
- The lead client name on the booking: Mrs Celia Wormleighton
- Your contact telephone details
- When you will be available for us to call
- An overview of the problem

The Audley Duty Manager will then call you back.

Emergency Number: (+44) 1993 838 837 (Outside office hours)

Note: depending on the nature of the problem, you may need to contact the relevant Embassy or Consulate. For medical emergencies you should call the relevant emergency telephone number on your insurance policy.

Important information for your trip

Contacting you whilst abroad

Many people like to leave their trip details that are provided in the 'Other' section at the back of your travel organiser with relatives, work contacts, etc. From experience we have found that it is best for them to contact our office with a message if they need to get hold of you. We will then route the message to you by the most appropriate method depending on where you are at the time. If the matter is important then we can usually obtain confirmation that the message has reached you. If people try to reach you by calling/faxing hotels etc it can be extremely difficult to get through in certain destinations because the lines are often poor or receptionists may have poor English, for example.

Travel insurance

It is your responsibility to ensure that you are fully and adequately insured for the duration of your holiday. Please take the time to confirm that all activities, excursions and destinations in your itinerary are included in your travel insurance policy.

Passports

Please double check your passport is valid for six months beyond the date of return from your trip.

We recommend that you take photocopies of your passports, driving licences, insurance and other important documents and keep them separately from the originals. This can be helpful if the originals are lost while abroad.

Visas

Japan

When travelling for leisure purposes, British, Canadian and US nationals, among many other nationalities, can stay in Japan for up to 90 days without a visa.

Nationalities of other countries should check their visa requirements.

Your passport **must be valid** for the entire duration of your stay in Japan.

Important information for your trip

Health

Japan

It is essential that you visit your doctor or travel clinic prior to travel. Even if time is short, an appointment is still worthwhile. This will ensure that you have taken all the necessary health precautions, taking into account the destinations you are travelling to, planned activities and your own medical history. For those with pre-existing health problems, an earlier appointment is recommended as some vaccinations and anti-malarials can be incompatible with certain medicines or medical conditions.

Your doctor will be able to provide up-to-date advice on inoculations for Japan, but at the current time only tetanus is recommended.

There is no risk of malaria or yellow fever in Japan and there are no certificate requirements for those heading to Japan arriving from countries with risk of yellow fever transmission.

Healthcare in Japan is of a high quality but is expensive. Medication and drugs are of a similar standard to the West, but are expensive, so it's recommended to take any prescription drugs with you. However, please be aware that it is prohibited to take certain medicines into Japan. Drugs containing **1% Codeine Phosphate** and **10% Pseudoephedrine** (commonly found in *Sudafed*, *Vicks* inhalers and some over-the-counter allergy medicines) are not allowed into the country (although can be purchased in-country). If you have any other prescription medicines that you need to take into Japan, you should bring a copy of the relevant prescriptions. You should keep the original packaging and not 'decanter' into travel pill boxes or something similar.

Diarrhoea is the most common travel-related ailment in tropical countries. The key to prevention is taking effective food and water precautions. The tap water in Japan is considered safe to drink but will be different to the tap water you are used to, so you may wish to use bottled water instead. If you are unlucky and do suffer from diarrhoea, rehydration with clean fluids and oral rehydration solutions are the best treatment. Seek medical attention if symptoms are severe and do not resolve after a few days.

Make sure hot food is thoroughly cooked. Generally hygiene standards in Japan are incredibly high and it's very rare to suffer from upset stomachs although it is worth mentioning the sporadic use of MSG (monosodium glutamate) to enhance the *umami* taste in foods which is said to have some side effects (headaches, feelings of discomfort) when consumed in larger quantities.

Japanese rail information & personalised public transport timetable

How to use your Japan final itinerary

This final itinerary pack is fairly comprehensive but below are some guidelines which should help you navigate through and make the most of the information within.

Japanese transport information:

All information about your trains is found towards the beginning of the pack, in the 'Japan transport information' section. Within here you will find –

- General information about your train and bus tickets
- Information about the PASMO card for use within Tokyo and Kyoto
- Information about transferring luggage from place to place
- Your personalised train journeys are detailed within your day by day itinerary

In brief itinerary:

This is just a brief overview of what you will be doing each day, for use as a quick reference check.

Day-by-day itinerary:

This is where you'll find more detailed information about your itinerary including –

- **Introductory information about each place you visit.** This will be found on the first day that you travel to a new place. Depending on the size of the destination in question, this information section can be fairly long: Tokyo, for example, has information about each of the different districts, as well as restaurant recommendations which include maps and addresses.
- **Detailed information about each excursion and transfer,** such as precisely what it entails, timings and (if applicable) where you will be met. Descriptions are split into two sections: general information; and then more detailed information which may include directions, opening times, Japanese characters, hints and tips etc.
- **Train timetabled journeys,** this will include the stations, scheduled departure/arrival, platform (if available), train line, train number and detail for any included tickets.

Japanese rail information & personalised public transport timetable

- **Sightseeing suggestions.** We recognise that in Tokyo & Kyoto especially, there is an abundance of things to do and sights to see, and that you certainly will not be able to do it all. As such, we have created a number of suggested routes to follow in a day, which encompass some of the highlights. Please bear in mind:
 - These are suggestions only, so you may find that you do not want to follow the route suggested in its entirety. We would prefer that you pick and choose from the information given.
 - Each suggested route is based on a fairly average walking speed, spending an average length of time at each place. You may therefore find that you finish the route in less than the time specified, or alternatively find that you aren't able to visit everything in the time you have.

Accommodation: Although your accommodation for each evening is listed next to each day in both the 'in brief' and 'day-by-day' itinerary sections, further details including an address and often a map, are listed towards the back of the pack, in the 'accommodation' section. Please refer to this section when trying to find your hotel.

Country fact sheet: This is held towards the back of the pack in the 'country facts' section. This contains useful information about Japan such as:

- Expenses & money
- Time difference
- Geography
- Climate
- Passport requirements & visa information
- Tipping
- Health
- Communications
- Public holidays & festivals
- Recommended reading
- Electricity voltage
- Useful apps to download
- Snack foods in Japan

Etiquette guides: Again, these are held in the 'country facts' section at the back of the pack. These include sections on:

1. Food, drink & dining etiquette
2. Bathing etiquette (onsen)
3. Ryokan stays

The Japan Rail network

The Japanese Rail network rightly enjoys a worldwide reputation for the punctuality, speed and efficiency of its train services. The majority of the services are operated by Japan Rail (JR), including the famous *shinkansen* and super express trains, which travel on special tracks from Hokkaido up in the far north all the way through to Kyushu in the south. These 'bullet trains' have platforms in a separate sub-section of the major stations, and you will need to proceed through a second ticket barrier to get to your train.

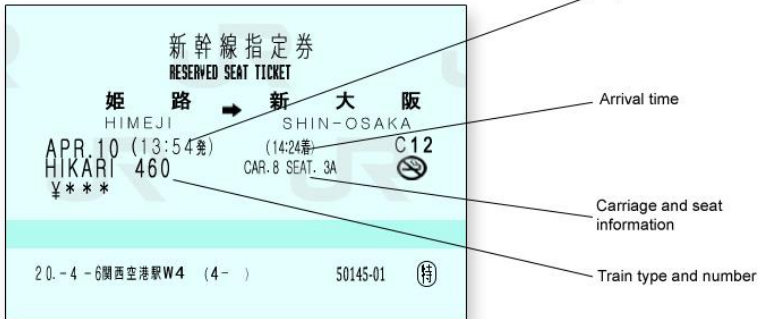


A *shinkansen* or bullet train

As with most trains, the shinkansen will have different carriages designated as either Reserved (*shitei-seki* 指定席) or Non-reserved (*jiyu-seki* 自由席). Reserved seating is normally toward the front of the train, with unreserved carriages toward the rear. Your reserved seat ticket will specify a carriage and the point where the doors open for this particular carriage is clearly marked on the platform edge or on a sign above your head. The *shinkansen* can be guaranteed to stop at exactly the right point, at exactly the correct time. Finding your seat is then merely a formality.

Japanese rail information & personalised public transport timetable

Himeji to Shin Osaka Reserved Seat ticket
(sample)



An example of a seat reservation ticket showing the name of train and seat and carriage numbers. All tickets are in English and Japanese as shown

JR also operates the majority of the local lines, including the *Limited Express* or *Special Express* services, and again your seat is clearly indicated, with the carriage specified on the ticket and on the platform (if you have reserved a seat in advance).

Most trains are now all non-smoking although on occasion long distance *shinkansen*, they may have a small smoking section. Refreshments are normally available on-board, in station concourses and on the platform. Announcements on all major routes will be made both in English and Japanese. Station signs depicting the station name are almost all in both languages, and at the bottom left and right corners you will see written the preceding and following station names, which will help you in knowing when your stop is coming up.



Important Note: Luggage space is limited to the overhead racks, which can accommodate small suitcases, and the space in front of your seat. Although legroom is usually very generous, carrying large cases may prove problematic and uncomfortable, so it is always better to travel as light as you possibly can. The dimensions of the large, coin operated luggage lockers at most train stations are approximately 84cm (height) x 57cm (depth) x 35cm (width) and will accommodate a standard sized suitcase. Please see the section on forwarding your luggage overleaf to use the 'takkyubin service'.

Japanese rail information & personalised public transport timetable

Your Japan Rail Pass Voucher (in your info pack on arrival)

Your Japan Rail Pass voucher which will be in your info pack and given to you on arrival is an excellent way to explore the country using the Japan Rail network. It is only available to those entering Japan on a tourist visa and does require validation once passports have been stamped.

JTB EXCHANGE ORDER NOT GOOD FOR PASSAGE EXCHANGE COUPON [引換用紙] 引換紙		ISSUED BY 発行者 JTB Corp.	
NAME OF PASSENGER 氏名 NOT TRANSFERABLE 譲渡禁止		DATE OF ISSUE 発行日 EXCHANGED BY 引換職	
TYPE OF SERVICE FOR WHICH ISSUED JAPAN RAIL PASS ORDINARY (1 MOYAYS) / ADULT		EXCHANGED BY 引換職	
-EXCHANGE- Must be exchanged for pass within 3 months of the date of issue. Exchange is only available when the exchange office is open. Please check the exchange office hour in advance. AMOUNT IN LETTERS 引換額			
VALUE FOR EXCHANGE EQUIVALENT AMOUNT PAID IN FIGURES 引換額		CURRENCY 通貨 JPY GBP	
TO JAPAN RAILWAYS GROUP		IN JAPAN	
RESERVATION DATA 予約番号		RATE OF EXCHANGE 交換率	
REMARKS 備考 <VALIDITY> Foreign Tourist / Admitted under entry status "TEMPORARY VISITOR".		ENDORSEMENTS	

Your Japan Rail Pass (in-country)

Once your voucher is validated, you are now able to use your rail pass to enter the platform concourse areas. It's essential to show your pass at a manned turnstile as they will wave you through. In Tokyo in particular, you may also need to show your passport. On board, ticket conductors will ask to see your pass too.



A validated bi-fold Japan Rail Pass

In order to make full use of your rail pass, we have set out a timetable relating to your journey through Japan. Our recommended seat reservations for your Japan Rail journeys are also listed, but please note that these are **by no means fixed**, and you can request any other times as you see fit. This can be done on arrival in Japan or anytime during your trip. You may also change a seat reservation free of charge once, and there is **no obligation to use a reserved seat** if you change your mind at the last minute you are able to board a non-reserved carriage whenever.

PLEASE NOTE: there are a number of private railway lines in Japan, these will be shown in your timetabled journeys as separate tickets found in your info pack.

Japanese rail information & personalised public transport timetable

Your Info Pack (on arrival in Japan)

Your info pack (a separate pack on arrival into Japan with your airport representative or at the hotel) will contain amongst other things, your Japan Rail Pass voucher, separate rail and bus tickets, a handy *PASMO* card for use on the metro network in most Japanese cities and final general information relating to your trip. You will also have a choice of either a fan or some socks.



An info pack on arrival into Japan

Japan Rail Pass: 14 Day Ordinary Pass

Rail pass voucher will be in your info pack on arrival

Your Japan Rail Pass offers wonderful value for money in a country where getting from A to B is often one of the major expenses. It is only available to those on a temporary visa status and unhindered travel on all JR express and local lines INCLUDING the bullet train (**shinkansen**) lines, except for the *Mizuho* (Shin-Osaka-Kagoshima) and the *Nozomi* (Hiroshima-Tokyo) super fast bullet trains - only 2 of seven *shinkansen* trains that ply the busy Tokaido/Sanyo lines running between Tokyo, Osaka, Hiroshima and Hakata in Kyushu.

On these lines, you will need to stick to the *Hikari* (and *Hikari Rail Star*), *Sakura*, *Tsubame* or *Kodama* bullet trains, which are only marginally slower (as they make a few more stops rather than a notable speed difference). For bullet trains and longer journeys, it is recommended to travel with a seat reservation although each train will have reserved and non-reserved carriages. For all local trains, the carriages are non-reserved.

The rail pass can also be used on local lines of JR bus companies and ferries where the JR (Japan Rail) logo is shown.

For a useful reference of up-to-date train times in English, please visit www.hyperdia.com or download the app for free (Android) or 1 month free (IOS).

i The cost of your pass is included in the total cost of the trip, and a voucher is enclosed within this pack to be exchanged in Japan for the actual pass itself (please see the 'Important Information' section of this travel pack for more information). The voucher can be exchanged at designated counters within most major stations, or, if time allows, at the airport if you are not too tired as most airports in Japan will accommodate seat reservations (dependent on peak periods) which can be useful to organize with your meet and greet representative on arrival. You can postdate the actual start of the pass' validity in order for it to start in few days later. You will need to show your passport to demonstrate your 'tourist' status.

You can now take the pass to any JR ticket reservation counter and reserve seats on the trains you require. You may also change a seat reservation free of charge once, and there is no obligation to use a reserved seat if you change your mind at the last minute.

Japanese rail information & personalised public transport timetable

PASMO Card

Travel card in your info pack on arrival - preloaded with 1500 yen (one card per person)

PASMO is a smart card that can be used in place of a metro or bus ticket (or cash), helping to make your travel experience smoother and more convenient. In addition to using the same PASMO card on trains and buses, you can also use PASMO to purchase goods and services from stores that accept electronic money payments. You can use PASMO wherever you see this logo:



Increasingly more cities around Japan are being added to the PASMO network so not only in Tokyo but in many major cities such as Kyoto and Osaka it is possible to travel by bus or train simply by touching the card to the card reader on ticket gates and buses.

Japanese rail information & personalised public transport timetable

- i** Your card - one per person - is pre-loaded with **1500yen**. The average one-way journey on the Tokyo Metro is approximately 130–150 yen.

Touch your card against the card reader to pass through the gate:

Using PASMO with a ticket gate



Quick ticket machine



If you pass through the barrier and the amount is too low to pay on exiting, you can use the top-up machine before the gate to top up then exit.

Japanese rail information & personalised public transport timetable

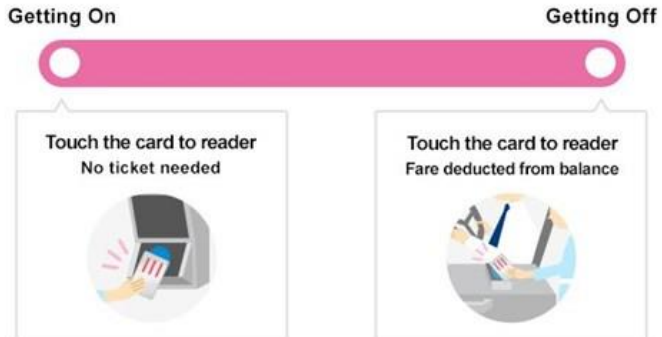
When using the bus, there are two methods of using your PASMO; card reader only on boarding, card reading on boarding and exiting:

Using PASMO on a bus

– Prepayment system (fares are paid when boarding the bus)



– Post-payment system (fares are paid when departing the bus for the portion traveled)



***When you have finished with your card, should there be any credit remaining, the ticket office of a station will happily refund this and the 500 yen holding deposit on the card too.*

Japanese rail information & personalised public transport timetable

Luggage Transfer Information (locally payable)

In Japan, there are a number of companies that provide a fast and simple postal service for you to send on your luggage to your next destination. This is the ideal way to travel unencumbered on Japan's excellent transport service. Please note that in the majority of cases, this is an overnight service so you will need to prepare a small overnight bag (usually your hand luggage) for the time you are without your main cases.

To make use of this overnight service simply make a request at the front desk of your hotel or ryokan the night before, showing them the address of the accommodation you wish to have the luggage delivered to, in English or Japanese. Before you depart, deposit your luggage with the staff and make sure you take the receipt for the service to show the staff at the following hotel (below).

The image shows a Japanese luggage transfer receipt form. It includes fields for sender and recipient information, tracking number, date, and item details. The form is filled out with the following information:

- Tracking Number: 11-9825 1634-5678-9123
- Sender: [1] 5 9 * N N N N N, [2] 06 (NNNN)NNNN, N-N-N Someya, [3] uminoe-ku, Osaka
- Recipient: [4] Taro Yamato, [5] 0 4 * N N N N N, [6] 03 (NNNN)NNNN, [7] N-N Ginza, Chuo-ku, Tokyo, [8] Hanako Yamato
- Item: [9] CLOTHES, [10] Frozen / Refrigerated
- Date: [11] N / N, [12] Before Noon, 12:00-14:00, 14:00-16:00, 16:00-18:00, 18:00-20:00, 20:00-21:00

The majority of hotels/ryokan use one of the three main providers, Kuroneko (Yamato), Sagawa and Yu-bin (JP Post):



Money

Japan was once a very cash-heavy society and to a certain extent this still exists in a number of establishments however by and large credit card usage is becoming more and more prevalent in hotels, shops and restaurants.

Despite this, it can still be problematic to withdraw cash from your international bank card in any of the Japanese-based banks therefore we would suggest taking enough cash with you for the odd occasion when it is necessary.

We would recommend any withdrawals of cash to be done either at a Japan Post or 7 Eleven convenience store ATM, both of which do accept international VISA/Mastercards and have English interfaces too. Their logos (below) are instantly recognisable and are found the length of the country, even in more remote areas too. Most 7 Elevens are also 24 hours.



We would also suggest taking yen with you to Japan rather than looking to change your local currency in-country due to often lower exchange rates and lack of currency exchange spots or compliance to banks' business hours. Checks/cheques are now almost obsolete.

Your health and safety while travelling

Your health and safety while you are travelling is of the utmost importance to us. We operate in many diverse countries around the world. All of these countries, and in many cases the regions within them, have differing standards of health and safety and different regulations by which they have to abide. These will not always reach the health and safety standards set in the UK or the EU. Please read the guidelines below to help ensure you have a safe trip.

Fire safety

When you arrive in a hotel take a moment to familiarise yourself with the procedures in case of a fire, your escape routes and the nearest fire exits.

Balconies

Balcony heights and the distance between balcony uprights can vary considerably from country to country. Do take care around balconies, particularly if you are travelling with children. If you are unhappy with the balcony then you should request an alternative room.

Swimming pools

Hotel pools may not have lifeguards, depth markings or non-slip surfaces around them. Take a moment when you first use the pool to familiarise yourself, and any children with you, with the layout and depth of the pool, making special note of any submerged objects. In the event of an emergency know how to get help or reach any lifesaving equipment provided.

Activities and excursions

The local safety standards that apply to activities you undertake whilst away will not always be the same as they would be in the UK and may be significantly lower. You should always follow the instructions of your guide.

If you ever feel nervous about the safety of an activity or excursion then do not participate and report your concerns to Audley at the earliest opportunity.

Vehicles and driving standards

We insist on our suppliers using high standards of vehicles and drivers. If you are unhappy about any aspect of the vehicle or the standard of driving, please advise the driver, our local agent or Audley immediately.

Please be aware that in many of the countries that we operate it is not a legal requirement to have seatbelts fitted in the back of vehicles. We ask our suppliers to use vehicles that do have rear seatbelts whenever possible but this cannot be guaranteed and you may have to travel in cars without rear seatbelts fitted.

If you are travelling by hire car ask about the local speed limits and traffic laws before setting off if you are not informed as a matter of course. Always obey the speed limits. Never drink and drive. Drive in the daylight where possible.

Your health and safety while travelling

Trips and slips

Physical guards and warnings of wet floors, uneven steps, holes or other trip hazards may not be provided whether you are inside a building or out on the street.

Plate glass

Be aware that large plate glass windows may not have safety markings on them to help indicate that they are there. If an accident does occur where someone walks in to one of these they may shatter. Be particularly careful in bright sunlight.

Food and drink

Use your common sense when selecting where and what to eat. Drink bottled water and avoid ice in your drinks. Always wash your hands before eating.

Gas safety

Carbon Monoxide (CO) has no colour, taste or smell. It is extremely poisonous and can be fatal even at low levels. Gas stoves, fires and boilers, gas powered water heaters, paraffin heaters, solid fuel powered stoves, boilers, and room heaters are all capable of producing carbon monoxide if they are not installed properly and maintained. A yellow/orange flame is evidence of possible carbon monoxide presence. You can usually tell if an appliance is working properly by observing the flame. A 'healthy' flame should be crisp, vibrant and blue. Open fires and wood-burners can also pose a risk as a blocked flue or chimney can prevent carbon monoxide escaping, allowing it to reach dangerous levels.

Symptoms of carbon monoxide poisoning can easily be confused with flu or a consumption of excess alcohol: severe headaches, nausea, dizziness and general lethargy. Severe poisoning makes the body change to a cherry red colour. If you suspect carbon monoxide poisoning get out into fresh air quickly and call for medical help. Portable battery-operated carbon monoxide alarms are easily available for around £20 at hardware and DIY stores in the UK. It is important to choose an alarm which will wake you up if you are asleep. These alarms are lightweight, easy to operate and can become part of every traveller's standard packing list, not just for overseas travel but also for local holidays in self-catering cottages, campervans, caravans, tents and boats.

Wildlife

Plants and animals are unlikely to be as harmless as those found in the UK. If setting out along trails alone seek local advice before doing so. If your trip involves excursions specifically designed for animal observation then please remember that these animals are wild and can be unpredictable. In all situations please take care and always follow the advice of your guide.

Getting around

If travelling by foot be careful when crossing roads, particularly in cities. Traffic may not stop as a matter of course at pedestrian crossings and the traffic may be coming

Your health and safety while travelling

from an unfamiliar direction. When travelling by taxi make sure it is licensed; ideally ask your hotel or restaurant to call one for you. When travelling by coach or minibus, if there are no seatbelts, avoid sitting on the front seats, seats behind emergency exits or the middle seat at the back. When travelling by train familiarise yourself with the safety procedures on board and locate your emergency exit route.

Deep-Vein Thrombosis

When travelling on long haul flights (especially those over eight hours) there are a number of recommendations that are believed to reduce the risk of DVT. These include keeping well hydrated, stretching and moving around, wearing compression stockings, avoiding alcohol and avoiding taking sleeping tablets if you will be sleeping in a sitting position.

General safety

Take note of what is going on around you and keep away from situations where you do not feel comfortable. Always seek local advice from your guide or staff at your accommodation if heading out without a guide. Leave your jewellery and valuables at home if you can. Only carry as much money as you need for the day. Respect local customs particularly when visiting religious sites, markets and rural communities.

Letting Audley know

You should always use your common sense whilst travelling. If you ever feel nervous about the safety of an activity, excursion, mode of transport or hotel then please report it immediately. Report your concerns to the supplier (hotel manager, excursion operator etc), the local ground handling agent (you will have their contact details in the final itinerary) and your Audley Country Specialist at the earliest opportunity.

Additional health and safety information

Additional information on Carbon Monoxide Awareness: Solid Fuel Stoves and Open Fires

Accommodation in cooler parts of the world often features stoves or fireplaces in guest bedrooms. Carbon monoxide is produced when fossil fuels burn without a sufficient supply of air. We are working with our suppliers and hotels to raise awareness but it is not yet common practice to provide carbon monoxide detectors. Regular cleaning and maintenance of flues and chimneys should be carried out but if you have any concerns, do not use the stove and notify the property manager straight away. Please also bear in mind the following advice:

- If you light the fire but it smokes excessively, smoulders very slowly or causes condensation in the room, you should put it out as soon as possible and open the windows.
- Always ensure that the fuel has burned out before you go to bed. Open the air vents fully to ensure that any residual smoke and fumes are released up the chimney.
- If the property has not provided you with fuel to use and you are required to buy your own, please only use fuel which is specifically designed for burning indoors.
- Symptoms of carbon monoxide poisoning may be confused with flu or food poisoning but can include: headaches, dizziness, tiredness and nausea.
- If you think you are suffering from carbon monoxide poisoning open the windows and go outside into the fresh air. If symptoms are serious, go straight to a doctor or hospital. Tell them that you suspect carbon monoxide poisoning. As these symptoms can be confused with those caused by other illnesses, they may not be diagnosed and the only way to test for carbon monoxide poisoning is by a blood or breath test specifically designed for this purpose.

Please inform your local guide and Audley Travel of any concerns.

Consider travelling with a portable carbon monoxide alarm. These are available in most DIY and hardware shops or online.

Flight tickets

E-ticket flights issued by Audley

The E-ticket has now replaced the traditional paper ticket which has been entirely phased out. Simply take your passport and the e-ticket details below to the check-in desk and the staff will locate your booking on their system. Please ensure that you keep your e-ticket for the duration of your trip.

Mr Ian Harris

Dep. date	Flight no.	Operated by	From	Dep. time	To	Arr. time	Airline ref. no.
18-10-2018	NH 212	All Nippon Airways	London Heathrow - Terminal 2	19:00	Tokyo Haneda - Terminal 1	14:40 +1	
07-11-2018	NH 211	All Nippon Airways	Tokyo Haneda - Terminal 1	11:40	London Heathrow - Terminal 2	15:25	

Flight tickets

Mrs Celia Wormleighton

Dep. date	Flight no.	Operated by	From	Dep. time	To	Arr. time	Airline ref. no.
18-10-2018	NH 212	All Nippon Airways	London Heathrow - Terminal 2	19:00	Tokyo Haneda - Terminal 1	14:40 +1	
07-11-2018	NH 211	All Nippon Airways	Tokyo Haneda - Terminal 1	11:40	London Heathrow - Terminal 2	15:25	

The Arrival Time information shown above assumes same day arrival unless the following symbol is used:

+1 - Arrive following day

Flight information for your trip

Missed flight departure

Whilst on your trip, should you not be able to make a flight for any reason, please ensure that you let your ground agents or Audley know as soon as possible. In most cases if the airline is not provided with forewarning it will result in the cancellation of other flights with the same airline later in your itinerary.

Carbon offsetting

We make an annual contribution to ClimateCare's offsetting scheme to compensate for the carbon emissions from our Country Specialists' research trips. We encourage you to consider compensating for the effects of your own flight. If you have not already contributed towards carbon offsetting and would like to do so please visit: www.audleytravel.com/offset

Seat requests

Please note that all airlines reserve the right to amend or cancel seat requests, pre-paid or otherwise, at any time prior to travel.

All Nippon Airways

Seat maps are available until 48 hours prior to departure, if advanced seat selection is available for your flight this can be done on the All Nippon website (www.ana.co.jp).

Check-in information

On receiving your flight e-ticket please review the flight times to ensure you are aware of the most up-to-date information as some timings may have changed. We recommend that you allow yourself enough time to check-in for your international flights at least three hours prior to departure. Further information regarding check-in applicable to the airlines you are travelling with is shown below:

All Nippon Airways

Online check-in is available for international flights. On most flights, if information is filled out more than 24 hours before departure you can be automatically checked in 24 hours in advance. All Nippon will send an email with boarding passes 24 hours prior to departure which you should bring with you to the airport.

Luggage allowance

Please be aware that there may be a significant difference in the luggage allowance between your international flights and your internal flights, particularly if you fly in a premium cabin internationally and economy class internally. The current allowances for the airlines in your itinerary are set out below.

Flight information for your trip

All Nippon Airways

On international flights Economy and Premium Economy Class passengers on All Nippon get up to two pieces of checked luggage per person, up to 23 kg/50 lb per piece. Business Class passengers are also allowed two pieces, each weighing up to 32 kg/70 lb. First Class passengers can have one additional piece of luggage, with the same weight restrictions per piece as business class. All passengers are allowed one personal item such as a handbag and one carry on item weighing no more than 10 kg/22 lb in total.

Please note if you are taking a light aircraft flight at any point your luggage allowance is likely to be restricted and there may be specifications around the type of luggage you can take. Please check with your Country Specialist for any specific restrictions that apply to your itinerary.

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
1	Thu, 18 Oct, 2018	<p>Your Japan experience begins at the Queen's Terminal in Heathrow. You will be travelling in Business Class with ANA, Japan's first 5 star airline offering attentive service, delicious food and fully flat beds. Your flight departs from Terminal 2 at 19:00 and will arrive into Tokyo Haneda at 14:40 tomorrow, local time. I can select seats onboard for you at no extra charge.</p>	Onboard Aircraft - fully flat bed
2	Fri, 19 Oct, 2018	<p>Yokoso Nihon - Welcome to Japan! Now begins a great adventure.</p> <p>Once you have passed through customs you will be greeted by a guide (look out for the name plaque) and handed your information pack containing maps, your PASMO card and Rail Pass.</p> <p>They will then escort you to the departure point for your private transfer to your hotel. I have recommended wonderful Park Hotel - our number one client-rated accommodation in Tokyo.</p> <p>Spend this evening relaxing after your journey.</p>	Park Hotel, Tokyo 1 x Premium room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
3	Sat, 20 Oct, 2018	<p>This morning you'll have a private Tokyo Orientation with a local guide, who will help you validate your rail pass, make seat reservations, show you how the metro works with your Pasma card, and answer any general questions. They'll also show you some of the sights and facilities of the local area- it's a great way to get acquainted with the country and culture!</p> <p>The orientation will last 4 hours, after which the day is yours for exploring - I have made some key sightseeing suggestions for you.</p>	Park Hotel, Tokyo 1 x Premium room for 2 (Double) - Breakfast is included
4	Sun, 21 Oct, 2018	<p>For your final day in Tokyo, I have recommended a visit to the fascinating Nezu Museum, which has the best collection of Japanese and Asian premodern art in the country, as well as a stunning traditional Japanese garden.</p> <p>You may also wish to explore some of Tokyo's lesser known, but equally charming neighbourhoods at your leisure. I personally recommend Daikanyama, which has some lovely shops and cafes, and a vibrant arts scene.</p>	Park Hotel, Tokyo 1 x Premium room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
5	Mon, 22 Oct, 2018	<p>**FORWARD YOUR LUGGAGE TO TAKAYAMA THIS MORNING AND TAKE A SMALLER BAG WITH YOU TO TSUMAGO**</p> <p>Your Japan Rail Pass starts today and will be valid for 14 days.</p> <p>Leave Tokyo today and travel seemingly back in time to the traditional post town of Tsumago. Located on the Nakasendo Highway, an ancient trading route for Samurai, this preserved town showcases the Japan of the past - a world away from bustling Tokyo. On arrival at Nagiso station (near to Tsumago), take a local taxi to your ryokan, the beautiful Fuki no Mori. Relax this afternoon and enjoy the calmness of your surroundings.</p>	<p>Fukinomori Ryokan , Nagiso 1 x Standard Japanese room for 2 (Futon) - Breakfast and dinner are included</p>

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
6	Tue, 23 Oct, 2018	<p>I recommend enjoying a walk on the Nakasendo Highway today. Take a local taxi to the next village of Magome, another place full of preserved architecture. From here, walk the beautiful trail back to Tsumago. The walk is about 7 kilometres, the first 2.5km are up then the rest is gently downhill, and takes about 3 hours. Please take suitable walking shoes or trainers. The walk meanders through forests and preserved historical hamlets - it's an authentic and incredible insight into old Japan. Once in Tsumago, have a look around - there are some lovely local craft shops and I recommend the local 'Kuri' (chestnut!) ice cream, before returning to Fuki no Mori by taxi for your evening meal.</p>	<p>Fukinomori Ryokan , Nagiso 1 x Standard Japanese room for 2 (Futon) - Breakfast and dinner are included</p>

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
7	Wed, 24 Oct, 2018	Journey further into the Japanese Alps today, to the picturesque town of Takayama. Travelling by train via Nagoya, the journey should take about 4 hours, so relax and enjoy the scenery. Takayama is famed for it's scenery, it's morning river market and it's arts and crafts shops. Explore this afternoon with our recommendations.	Best Western Hotel, Takayama 1 x Standard room for 2 (Hollywood Twin) - Breakfast is included
8	Thu, 25 Oct, 2018	<p>**FORWARD YOUR LUGGAGE TO KYOTO AND KEEP A SMALL BAG WITH YOU OVERNIGHT TONIGHT**</p> <p>This morning, you'll enjoy a small group tour of Takayama, which will lift the lid on the local culture for you. The tour includes the opportunity to sample local cuisine and produce (the fruit and veg in this region are delicious!) as well as a chance to drink locally prepared Sake - enjoy! The rest of the day is yours to enjoy at your leisure.</p>	Best Western Hotel, Takayama 1 x Standard room for 2 (Hollywood Twin) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
9	Fri, 26 Oct, 2018	<p>Head Southwest from the Alps today to Kyoto, Japan's beautiful ancient capital, famed for it's shrines and gardens. Kyoto is home to some of Japan's most revered cultural treasures, both material and intangible.</p> <p>Drop off your bags at your hotel and embark on a private 4 hour city with a knowledgeable local guide. The guide will meet you in your hotel lobby.</p>	Hyatt Regency, Kyoto 1 x Guest Room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
10	Sat, 27 Oct, 2018	<p>This morning, head to the Women's Association of Kyoto for a traditional 'Sadou' green tea ceremony. The Sadou holds an almost spiritual significance in Japanese culture, and every element of the ceremony is highly ritualised. It's an insightful one-hour class, and you have the chance to enjoy delicious 'matcha' green tea afterwards.</p> <p>This afternoon head a little out of Kyoto to visit the iconic Fushimi-inari Shrine. Here you will find vermilion 'torii' gates winding their way up the mountain and you can receive your own English 'omikujii' (fortune). This really is a special place to visit and offers a good opportunity to try some Japanese street food. The shrine gets busy, particularly near the entrance, so I recommend following the tunnel paths further up the hill, where it quietens down significantly.</p>	Hyatt Regency, Kyoto 1 x Guest Room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
11	Sun, 28 Oct, 2018	<p>Kyoto is home to some of the most beautiful gardens in Japan, which are structured meticulously along strict philosophical principles to enhance both the garden and the surrounding landscape. The sense of peace and harmony is a delight to experience, so enjoy exploring some of our favourites today.</p> <p>This afternoon, you will enjoy a private guided Geisha Walk. Your guide will collect you from your hotel and escort you to the district of Gion, where the Geisha live and work. Catching a glimpse of them in their elegant kimono is mesmerising.</p>	Hyatt Regency, Kyoto 1 x Guest Room for 2 (Double) - Breakfast is included

Your itinerary in brief

12 Mon,
29 Oct,
2018

****FORWARD YOUR LUGGAGE TO THE AMAN AND TAKE A SMALLER BAG TO MT.KOYA/OSAKA****

Ekoin, Mount Koya
1 x Japanese room with en-suite for 2 (Futon) - Breakfast and dinner are included

Leave Kyoto today to make your way up to Mt. Koya. Travelling via Osaka, this is a picturesque journey via train and funicular, taking about 4 hours.

Mt. Koya is a very special place. As the home of Shingon Buddhism, it's a site of pilgrimage for Buddhists around the world. Here you can retreat from the world, enjoy the hospitality of Shingon Monks in a working temple, and relax in a tranquil atmosphere. The food here is Shojin Ryori which is surprisingly delicious Buddhist vegetarian food, and the experience of seeing the Monks' perform their rituals is mesmerising, even for the no-spiritual guest. Tonight you'll enjoy one of my favourite experiences in Japan - a night time walk through the Okuno-In cemetery. Led by an Ekoin monk, Tamura-San, this insightful walk finishes at the lantern-lit mausoleum of Kobo-Daishi, the enigmatic founder of Shingon Buddhism who the

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
		monks believe is still alive and meditating within the mausoleum. This is a moving and atmospheric experience.	
13	Tue, 30 Oct, 2018	Explore Mount Koya at your own pace today. The town is home to hundreds of shrines, temples and gardens, and the excellent Reihokan Museum which showcases local artefacts.	Ekoin, Mount Koya 1 x Japanese room with en-suite for 2 (Futon) - Breakfast and dinner are included
14	Wed, 31 Oct, 2018	Head back down the mountain to the cosmopolitan city of Osaka today. Enjoy a day exploring the city, and I highly recommend visiting the Dotonburi district this evening, where you can sample some of the best street food and seafood in the country.	Ritz Carlton Osaka , Osaka 1 x Skyview superior room for 2 (Double) - Breakfast is included
15	Thu, 01 Nov, 2018	Your next five nights will be spent in blissful relaxation. Included in your package is 5 nights at the impeccable Amanemu. You know the Aman brand - it's among the best in the world, and your suite here is spacious, with a private terrace and Japanese onsen bath. The Aman offers exceptional wellness and spa treatments so you can truly unwind. Your room here includes breakfast only.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
16	Fri, 02 Nov, 2018	At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
17	Sat, 03 Nov, 2018	At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
18	Sun, 04 Nov, 2018	At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
19	Mon, 05 Nov, 2018	**FORWARD YOUR LUGGAGE TO TOKYO THIS MORNING AND KEEP A SMALLER BAG WITH YOU OVERNIGHT TONIGHT** At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
20	Tue, 06 Nov, 2018	Return to Tokyo by train today. You final afternoon is at leisure, I have recommended some ideas for sightseeing if time permits.	The Gate, Tokyo 1 x Classy room for 2 (Double) - Breakfast is included
21	Wed, 07 Nov, 2018	After an early breakfast, you'll be collected by private car and taken back to Haneda Airport for your flight home. The flight departs at 11:40am and will arrive into London at 15:25 this afternoon local time. I hope it's been a spectacular trip for you both.	Home

Your full day by day itinerary

Thursday 18 October 2018

London Heathrow Terminal: 2 to Tokyo Haneda Terminal: 1

All Nippon Airways - Flight No: NH 212 - Dep: 19:00 - Arr: 14:40 - (next day) -

Duration: 1 1 hr 40min

Business Class; Non-stop flight



Notes

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Your full day by day itinerary

Friday 19 October 2018

Welcome to Japan

meet and greet guide and private airport transfer

Welcome to Japan! In order to start your trip on the right foot, you will be met at the arrival area of the airport by your airport representative. The assistant will escort you through the terminal and to your waiting private transfer into the city. Before bidding you farewell, the guide will hand you an **infopack** too which will include maps, guides, any applicable hotel vouchers and private line rail tickets too.

-  Please note that the airport reps are employed by Japan's airports. As such we do not have control over who is specifically used. Your airport rep may not speak perfect English but they are very accustomed to the type of assistance passengers need upon arrival. They are there to facilitate your arrival and assist you in finding the pickup point for the transfer to your hotel.
-  Yokoso Nihon - Welcome to Japan! Relax after your journey this evening.

Your full day by day itinerary

Tokyo Introduction

Tokyo is a city that is hard to introduce. If you speak to people who have either lived in or visited the city, each person will have a very different impression from the others. Some will use words like 'amazing' and 'fantastic', while others will be more cautious, warning of crowded trains and perpetual hustle and bustle. However, all will share one thing in common: the experience of seeing one of the world's most diverse and exciting cities, where the ultra-modern vies for attention with the historical past, Michelin starred restaurants sit alongside back-street noodle bars and smoky temples are nestled between glittering skyscrapers. Tokyo is a city of juxtaposition and contradiction and is certainly not to be missed.



Getting around:

The practicalities of making your own way around Tokyo can be simplified down to one basic - the 'Yamanote' 山手線 Line, which loops the city and is colour coded as the green line. Travel on the Yamanote Line is covered by your JR Pass if valid, or your PASMO card if not. There are then several other subway and private lines, all colour coded, which connect the rest of the city, tickets for which will need to be paid for. Tokyo is actually made up of many smaller cities, most of which have a station on the Yamanote Line.

To do a full loop around the Yamanote Line takes just over an hour. For those passing through Tokyo Station, please note that the station is on several levels, with the Narita Express platforms on a lower basement floor and the shinkansen bullet train platforms in a separate section on the first floor level. Though a little confusing when busy, the signs are quite clear and should be easy to follow. If you have any difficulties, do ask a member of the station staff, who will do their best to assist.

The following are the main districts of Tokyo:

Shinjuku 新宿

Home to the busiest train station in the world, where it is said the equivalent of the entire population of Canada passes through each day, Shinjuku is the epitome of 'cosmopolitan'; well-known for its bustling streets, bright neon lights, famous department stores and towering skyscrapers. The peaceful Shinjuku Gyoen Park - one of Tokyo's largest parks - can also be found here, along with the Metropolitan Government Buildings, which have excellent observatories on their 45th Floor. At 202 metres high, these observatories offer fantastic panoramic views across the city and are completely free to visit.

Asakusa 浅草

Your full day by day itinerary

Asakusa is a glimpse into Tokyo's historical heart, not least because of the oft visited and photographed Asakusa Kannon (or Senso-ji) Temple, which is marked by the huge red lantern hanging in the Kaminarimon entrance gate. It is also the stop for the Sumida river boat cruises which wind their way along the Sumida gawa to Hamarikyu Gardens, passing by the interesting Asahi Building with its distinctive architecture by Philip Starck along the way. Also of interest is the Taiko (drum) Museum, which houses drums from all over the world. This is located on the first floor of the Miyamoto Unosuke Nishi Asakusa store on Nishi Asakusa Street, and is closed on Mondays and Tuesdays.

Shopping in Asakusa is along Kappabashi-dori Street and although primarily a wholesale district for the restaurant industry (note the array of plastic food display items), plenty of kitchen hardware and ceramics can be bought here at a reasonable cost. On the intersection between Kappabashi-dori and Asakusa Street is a wonderful pottery shop called Den-Gama, which stocks ceramic, wood and lacquer items ranging from chopsticks to sake bottles and tea cups. The store is around 20 minutes on foot from Ueno Station, 30 minutes from Asakusa and close to the Tawaramachi Station (Ginza Line).

Address: Nishiasakusa 1-4-3, Tokyo 111-0035.

Harajuku 原宿 and Shibuya 渋谷

This is Tokyo's youth-culture dominated 'chic' shopping neighbourhood. Shibuya is a sci-fi shopping mecca popular with teens, where you can people watch for hours, particularly from the Starbucks coffee shop opposite the station, which overlooks the seemingly chaotic Hachiko pedestrian crossing. In Harajuku, the shopping opportunities range from the excellent souvenir-orientated Oriental Bazaar, to the brand-name emporium that is Omotesando Hills. For the more culturally-minded, Harajuku is also home to the historic Meiji Jingu Shrine - an oasis of calm in this bustling city - and Yoyogi Park, which at the weekends plays host to hordes of weirdly attired teens out to 'rebel' against the usual Japanese conformity.

Ginza 銀座

Your full day by day itinerary

Tokyo's most up-market district, Ginza is famed for its classy shops and restaurants; many of which are now Michelin starred. Please see your country dossier for some Ginza restaurant suggestions. To the southeast are the lively Tsukiji Fish Market and the Japanese-styled Hamarikyu Gardens, while to the northwest is the Imperial Palace, home to the Emperor and his family; the Outer Gardens are open to the public but the main buildings are shrouded behind impressive walls. Near to Tokyo Station you can also find the interactive Sony Building, which displays the newest technologies on the market. The Mikimoto Pearl shop near Ginza Station is a tourist attraction in its own right, and many of the designer shops along the main Ginza shopping street have fabulously over-the-top facades.

Akihabara 秋葉原 and Ryogoku 両国

Otherwise known as 'electric city', Akihabara is the place to go for anything electronic, from cameras to computers to spare parts. It is also famed amongst Japanese and foreigners alike for its wealth of noisy and animated gadget shops and intriguing 'maid' cafes. For gadget and gizmo hunters, the department stores of Loax and Yodobashi Camera have outlets here and are suitably flashy, noisy and gaudy. Nearby Ryugoku is home to the excellent Edo-Tokyo Museum, which details the history of the city up until the late 1800s; the Meiji Restoration; and the Sumo Museum and tournament hall. Many of the stars of the sumo wrestling world live and train in this area. Sumo tournaments are held in May and September in Tokyo.

Ueno 上野

Ueno has a very large park and many interesting museums; including the Tokyo National Museum, the National Museum of Western Art and the Tokyo Metropolitan Art Museum, in addition to the small but fascinating Shitamachi Museum, which preserves a section of Tokyo as it was in the Edo period. Also of interest - particularly for those with children - are the National Science Museum and Ueno Zoo. There is a lively shopping arcade called Ameyoko near the station, which sees clothes stores, hardware and foodstuffs all jostling for space along the narrow street.

Roppongi 六本木

Roppongi is the place to see and be seen and is home to much of Tokyo's expat community. There are hundreds of restaurants, bars and clubs in the area, as well as some galleries and museums; including the Mori Art Museum. Nearby, Tokyo Midtown offers a similar sort of vibe, and the iconic Tokyo Tower is to the east of central Roppongi.

Odaiba お台場 and Tokyo Bay

Your full day by day itinerary

This is Tokyo's playground, with a monorail, wide open boulevards, a replica Statue of Liberty, a huge onsen theme park and some fascinating museums. Odaiba is a great place to come with children or to experience something totally contrasting to traditional Tokyo. Be sure to visit the observation deck of the Fuji TV Building. Among Odaiba's other attractions are Japan's largest game centre - Sega Joypolis, and the Giant Ferris Wheel, which at 115 metres is one of the world's tallest and offers great views across the Tokyo skyline; especially good at sunset! The Museum of Emerging Science & Technology, known as the Miraikan, is also definitely worth a visit as multilingual staff conduct demonstrations of cutting edge Japanese technology. Asimo (the Honda robot) is one of the star attractions and gives daily performances. Tokyo Mega Web, located in the Pallet Town shopping centre, is an enormous car show room which exhibits all Toyota's finest creations in six fun exhibits, some of which resemble theme park attractions.

Other areas of interest are Ikebukuro 池袋 (home of the 'Sunshine City' shopping mall, a city within a city and with an aquarium on the roof), Ebisu 恵比寿 and Daikanyama 代官山 (for cool bars and independent boutique shopping), Kichijoji 吉祥寺 (for the quiet Inokashira Park and nearby Studio Ghibli Museum) and Shimo Kitazawa 下北沢 (the most up and coming neighbourhood in Tokyo and popular with the younger generation), all easily accessible by JR or subway line trains.

Restaurant recommendations:

Tokyo caters for every taste. Wandering the streets of Ginza, Roppongi and Shinjuku will bring with it a host of tastes and restaurants suited to every budget, some with English menus, some with plastic food displays and some with no menu at all. If in doubt, point at another diner's plate and simply say *onaji mono o kudasai* ('I'll have what they're having please'). The Gourmet Navigator website has some good recommendations on <http://www.gnavi.co.jp/en/> and here are some of our own and past clients' favourite Tokyo eateries:

Gonpachi

A chain restaurant which has various outlets in the city, our favourite being the Ginza branch. The restaurant serves up a mixture of charcoal grilled skewers and grilled fish, along with sushi in a side room. It is fun to sit in the main restaurant though, with the waiters, many of whom are non-Japanese, shouting welcomes and orders loudly across the room. Open for lunch 11am -3.30pm and dinner 3.30pm onwards. http://www.gonpachi.jp/sushi_gzone/?lang=en

Cuisine: Mixture of meat and vegetable skewers, fish, vegetable side dishes and sushi

Average price for dinner: ¥6000

Your full day by day itinerary

Address: G-Zone Ginza, 1-2-3 Ginza, Chuo-ku , 104-0061

Tel: 03 5524 3626

Address in Japanese: 104-0061 東京都中央区銀座1-2-3

Nearest station: Yurakacho, Takaracho, (Toei Asakusa Line) Exit A4 or Kyobashi, (Ginza Line) Exit 3. From Kyobashi Exit 3 head straight and just before the police 'Koban' box you will see a covered alleyway, Gonpachi is toward the end of this alley on the left side.

Yakitori Alley (see map on following page)

For a quick and inexpensive early evening snack, head to the train tracks just south of the Hibiya and Yurakucho Stations (near Ginza on the Yamanote Line). Here, small stalls and tiny shop fronts are crammed with smoky grills turning out moist skewers of chicken and leek, vegetables, beef and mochi rice cakes covered in a sweet soy based sauce or sprinkled with salt. The idea is to hop from one bar to the next, sampling the varying delicacies on offer and drinking a beer or two to wash it all down.

Cuisine: Yakitori

Average price per skewer: JPY600 - JPY1,000

Location: Yakitori Alley can be seen on the following map, stretching below the train tracks underneath Yurakucho Station. Andy's Shin Hinomoto is located on Yakitori Alley.

Nearest station: Ginza, Hibiya or Yurakucho

Tsunahachi (see map on following page)

This chain of tempura restaurants is one of the most successful in Tokyo and does not disappoint. A great lunch option as the set menus are very good value for money. The Ginza branch is located within the Matsuya department store.

Cuisine: Tempura

Average price for lunch: JPY2,000 to JPY4,500 pp for a set meal. A la carte options also available

Location: Ginza Matsuya Department Store. 8F

Nearest station: Yurakacho

The map indicates the location of the Gonpachi, Yakitori Alley (including Shin Hinomoto) and Tsunahachi Tempura (see below). It takes around 15-20 minutes to walk between Yurakucho and Shimabashi Stations.

Your full day by day itinerary

Andy's Shin Hinomoto (see map on following page)

Run by expat Andy Lunt, this little izakaya underneath the arches of the train tracks of Yurakucho Station is well known for its excellent atmosphere, service and food quality. Open 5pm to midnight.

Cuisine: Mixed Japanese and Western

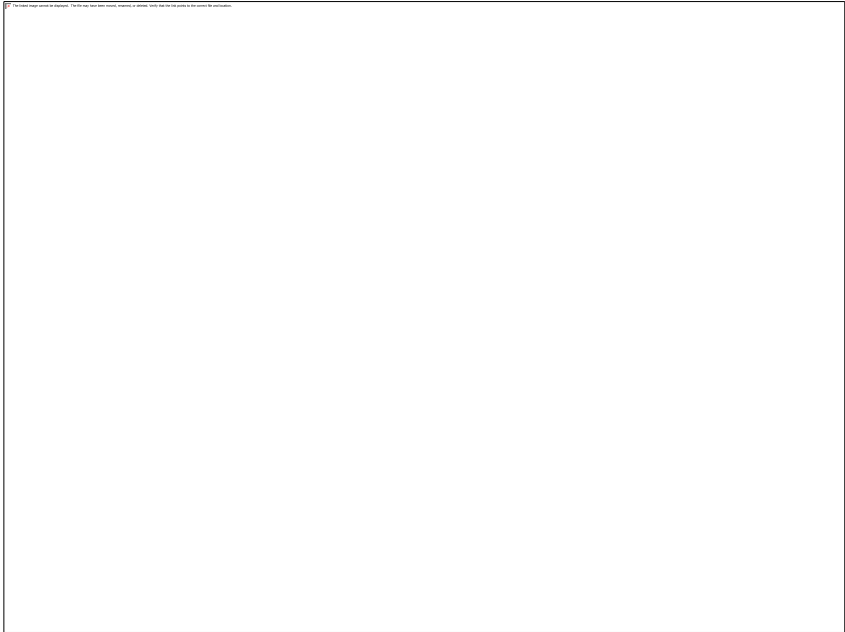
Average price for dinner: JPY2,500 pp for a selection of dishes and drinks

Tel: 03 3214 8021

Location: Underneath the Yamanote elevated tracks, across from the Yurakucho Denki Building. Hibiya, Exit A2 or Yurakucho, Exit A5

Nearest station: Ginza, Hibiya or Yurakucho

Yakitori Alley/Shin Hinamoto/Tsunahachi Map



Sakuratei - www.sakuratei.co.jp/en/

Your full day by day itinerary

Tucked away between two art galleries that feature cutting-edge works by Japanese artists, this funky restaurant is full of Harajuku's coolest people, with a décor to match. Sakuratei defies other conventions as well - namely that eating out doesn't mean you don't have to cook. At this do-it-yourself restaurant for *okonomiyaki* (a kind of savoury pancake made with egg, meat, and vegetables), you choose ingredients and cook them on the *teppan* (grill). Okonomiyaki is generally easy to make, but flipping the pancake to cook the other side can be challenging - potentially messy but fun. Fortunately, you're not expected to wash the dishes. Okonomiyaki literally means 'as you like it', so experiment with your own recipe. Keep an eye out for the restaurant's hanging red lantern to guide your way.

Cuisine: Okonomiyaki

Average price for lunch: JPY1,200pp and average price for dinner JPY2,500pp

Address: Sakuratei, 3 Chome-20-1 Jingumae, Shibuya, Tokyo 150-0001, Japan

Tel : 03-3479-0039

Hours of operation: 11am - 11pm (365 days a year)

Lunch: 11am - 3pm

Nearest station: Meiji-Jingumae, Exit 5 or Omotesando, Exit A2

Umay - www.r.gnavi.co.jp/g728900/lang/en/

This restaurant is under the direction of famed *Kabuki* (Japanese classical dance-drama) actor Ennosuke Ichikawa, one of the great performers of the reform school of Kabuki. The first floor has seating for 70 people, with the second floor accommodating up to 80. Despite its city location, the restaurant nestles in a green oasis, with both the exterior and interior emanating a true sense of Japan. Seating is available in a variety of configurations, depending on customer requirements, including table, terrace and private room seating. The restaurant is conveniently located close to many first-class hotels in an excellent location. Ingredients are all sourced from the southern island of Kyushu.

Cuisine: Japanese style (Kyushu local cuisine)

Average price for lunch: JPY1,500 pp and average price for dinner JPY7,000 pp

Address: Umay Akasaka, 4 Chome 2-32 Akasaka, Minato, Tokyo

Tel: 03-6229-1661

Nearest station: Akasaka Mitsuke, Side Exit

Robotaya - www.roppongi-robotaya.com/english/

Your full day by day itinerary

Located down a backstreet in Tokyo's vibrant Roppongi district, this rustic izakaya style restaurant serves up authentic Japanese food and entertainment. The 27 seats are arranged around the counter, and the stars of the show are the chefs; as they prepare the food, serve drinks and entertain throughout the night. There is no menu, as all the food is bought fresh at the markets every day, and Robotaya offer a great selection of sake and Japanese beer. Not open for lunch.

Cuisine: grilled Japanese cuisine

Average price for dinner JPY15,000 pp

Address: Robotaya, 106-0032, 4-4-3 Roppongi, Minato, Tokyo

Tel: 03-3408-9674

Nearest station: Roppongi, Exit 7 if coming from the Oedo Line or Exit 6 if coming from the Hibiya Line

Shunju

Situated on the 27th floor of a high rise building in Nagatacho - the political heart of Tokyo - Shunju offers fine night views of the city. This stylishly designed restaurant centres on an open kitchen, and offers table seating as well as private Japanese style rooms. Seasonal ingredients form the bedrock of the menu, with the chefs directly involved in growing and harvesting the produce used in each dish.

Cuisine: modern Japanese

Average price for lunch: JPY1,500 pp and average price for dinner JPY10,000 pp

Address: Shunju Tameikesanno, Sanno Park Tower 27th floor, 2-11-1 Nagatacho, Chiyoda, Tokyo

Tel: 03-3592-5288

Heiroke Sushi

Comfortably sandwiched between colourful Harajuku and sleek Omotesando is Heiroke sushi, a cheap but good quality conveyor belt sushi joint. If you want a quick and delicious lunch but are not looking to blow the bank, then this is a great option. You can grab anything that takes your fancy from the conveyor belt, or order from the chefs (who can, by-and-large, communicate in English.)

Address: 5 Chome-85 Jingumae, Shibuya

Tel: 03-3498-3968

Your full day by day itinerary



Park Hotel, Tokyo
Breakfast is included



Notes

Your full day by day itinerary

Saturday 20 October 2018

Orientation - your first 24 hours


rail pass validation and introductory tour with your private guide

Services included on Saturday, 20 October:

English-speaking guide, four hours Orientation	Guide: TBA Mobile: TBA Meeting Time: 09:00 Meeting Place: Hotel Lobby <i>*Public transportation included</i>
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Your guide will meet you today in the hotel lobby to run through your trip and offer any local advice so you can enjoy the country with confidence. In the first section the guide will explain your itinerary in more detail and answer any questions you might have.

You will have some time after this to get a feel for the immediate vicinity with the help of your guide who will happily point out some useful points of interest including **recommended restaurants, ATM locations and shopping areas**, where the **nearest subway station** is to get around the city and how to use your **PASMO card** to make the most of your time in the city.

 You have 4 hours with your guide to get to grips with the country. The time for each section will be dependent upon waiting times at the rail desk for example so we ask that you have a certain degree of flexibility. You can of course cut the orientation short if you so wish.

**Free-time suggestion: Tokyo for the first time
recommendations for your free time**

There is an enormous selection of things to do in Tokyo and you certainly won't have time to do everything. We have put together a few suggestions for you based on our travel experiences in the city, although you may find that you don't wish to do everything!

Perhaps start today with a visit to the **Imperial Palace**, home to Japan's current Emperor and Empress. Although you can't visit the Palace itself (it is only open two days a year) you can walk around the outskirts and visit the gardens. The palace is close to Tokyo central station, so is in a convenient location for your onward sightseeing. From Tokyo station travel by subway to the **Hamarikyu Gardens**. If you have been to **Tsukiji**, then the Hamarikyu gardens are a short walk away. Once a

Your full day by day itinerary

shogunal palace, this is one of Tokyo's iconic gardens in the heart of the city and by the water's edge, and features manicured trees, some of which are hundreds of years old. The garden is also home to a charming tea pavilion, where you can easily conjure up images of old Tokyo, or Edo, as it was formerly known, and yet just beyond the garden, dominating both the duck pond and the tea pavilion is a spectacular row of new skyscrapers, making sure you haven't forgotten you're in one of the busiest cities on the planet.

Having strolled around the gardens, make your way to **Asakusa** where you will find the atmospheric Asakusa Kannon Temple, or Sensoji Temple, as it is known by the locals. Sensoji is Tokyo's biggest temple and the site of many festivals and celebrations throughout the year. The lead up to the temple is along the relatively kitsch **Nakamise shopping street**, which will give you a first introduction to the vast array of souvenirs on offer in Japan. You enter the temple through the Kaminarimon gate, with its distinctive large red paper lantern hanging overhead.

Taking the boat from Hamarikyu along the Sumida river to Asakusa is an interesting alternative to the subway. After an hour or so spent exploring the temple complex, perhaps stop for lunch at one of the many traditional sushi or noodle restaurants around the temple. Many have English language menus or replica food in the window.

After lunch, leave Asakusa behind and make your way to **Meiji Jingu Shrine** in Harajuku, one of Tokyo's busiest and most popular sights. Excellent for seeing both the cherry blossom and the autumnal leaves, you can while away an hour or two exploring your peaceful surrounds. From here, wander through the shopping streets of **Harajuku** and **Ometesando**, then take the subway to Ginza for drinks, karaoke and some of the best food in the country - from cheap and cheerful chicken skewers in the atmospheric 'Yakitori Alley' to exquisite Michelin starred gourmet restaurants.

Directions and details:

The Imperial Palace Plaza and the outer garden (Higashi Gyoen) are accessed from Tokyo station on the Yamanote line (leave by the west exit and walk directly westwards until you meet the wide-open Imperial Palace Plaza), or by the Marunouchi, Chiyoda or Tozai subway lines which all stop at Otemachi station. This station is opposite the main entrance to the gardens; turn southwards for the Imperial Palace Plaza with its one tiny glimpse of the entrance to the Palace.

Hamarikyu Gardens are accessible on the Toei Oedo line to Tsujiki-Shijo, take exit A2. The gardens are open daily from 09:00 through to 17:00 (last entry 16:30) and cost JPY300.

Your full day by day itinerary

The Sumida River cruise, operated by the Suijo Bus company, costs JPY720 and will take you from Hamarikyu to Asakusa's Azumabashi or vice versa. From Hamarikyu Gardens follow signs for the boarding point. If taking the boat from Asakusa take exit 5 of the Asakusa subway line or exit 4 of the Ginza subway line. It is also possible to cruise between Azumabashi and Odaiba, across Tokyo Bay. Boats leave once or twice per hour between 09:45 and 18:30 (until 19:10 on Saturdays and Sundays) and English leaflets describe the dozen or so bridges you'll pass under en-route.

Asakusa Kannon Temple is reached from Asakusa station on the Ginza subway line. Leave by the west exits (1 to 3) and walk west along Kaminarimon-dori until you spot the enormous red gate with its impossibly huge lantern on your right. Through this gate is the parade of slightly tacky tourist shops that lead the way to the temple itself. For the more discerning souvenir hunter, the streets around the temple are home to a selection of wonderful traditional craft shops, producing high quality objects often associated with the world of the Geisha, including exquisite kimono, fans, combs and footwear.

To get to Harajuku, take the Yamanote line to Harajuku station. Upon exiting JR Harajuku station, turn right and walk round the corner - this is where a lot of the kids hang out and they are usually friendly and happy to be photographed! Meiji Jingu shrine is located behind Harajuku station - turn right out of the station entrance and walk a short way until you can veer off to the right towards the park area. The entrance to Meiji Jingu is to your right, and the entrance to Yoyogi Park is to the left.

To reach the shops, cross the road, turn left and then right onto Takeshita-dori to join the tight main street through Harajuku. Having come out the other end turn right and continue along Meiji-dori, through Omotesando all the way to Shibuya. Off each side of the main street you can find pleasant streets for strolling, with some great restaurants.

For souvenirs, try the Oriental Bazaar (not open Thursdays), a shopping emporium geared to foreign visitors where you can pick up a vast array of reasonably-priced souvenirs. The shop is located in Omotesando but if you are coming from elsewhere then take the Chiyoda line to Meiji-jingumae (exit 4).

Shibuya is one stop south of Harajuku on the Yamanote line or a pleasant 20 minute walk through the designer shopping streets of Omotesando.

A little further along the Ginza subway line is Ginza, Tokyo's famed upmarket shopping district. The Sony building and museum is a few minutes' walk northwest of Ginza station on this line - walk along Harumi Dori and the Sony building is on your left.

Your full day by day itinerary

Please note: In preparation for the shrine's 100th anniversary in 2020, renovation works are carried out on some of the shrine's buildings from spring 2016 to October 2019. Efforts are made to keep the impact on visitors very low.




Park Hotel, Tokyo
Breakfast is included

Your full day by day itinerary

Sunday 21 October 2018

**Free-time suggestion: Nezu museum
recommendations for your free time**

The Nezu Museum has a collection of East Asian artwork that includes various objects from Japan, China and Korea. The museum building and exhibition rooms have a simple and elegant design and there is a large traditional Japanese garden outside the building that can be explored. The museum houses the private collection of Nezu Kaichirō.

 The Nezu Museum is located around seven minutes' walk from **Omotesando Station**, in the Minato district of Tokyo.



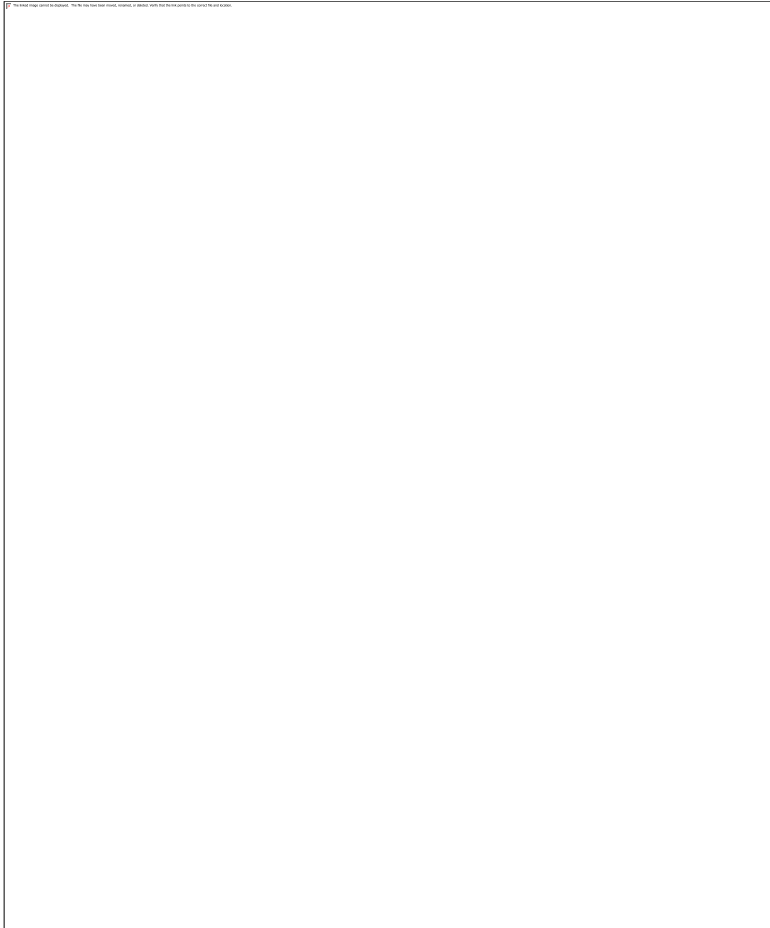
Please use **Exit A5** (stairs only) or **B4** (escalator available)

Address: 6-5-1 Minamiaoyama, Minato, Tokyo, 107-0062

Opening hours: 10am to 5pm daily, closed on Mondays

Admission fee: JPY 1,000 (1,200 for special exhibitions)

Your full day by day itinerary



Free-time suggestion: Tokyo behind the scenes ***recommendations for your free time***

You may want to explore some of the districts out of 'central' Tokyo, including Shimo-Kitazawa, Kichijoji, Ebisu and Daikanyama. This suggested itinerary leads you out of the city centre into some less explored areas.

Each neighbourhood has a distinct character and atmosphere, with focus primarily on shopping and nightlife. **Ebisu** and **Daikanyama** play host to many a cool cafe and boutique store, along with the Beer Museum Yebisu (with a cheap tasting room!) and the Sapporo Beer headquarters. Close to Shibuya and Roppongi, Ebisu is just as young

Your full day by day itinerary

and trendy but has managed to escape the built up, flashy chain stores that pepper the streets in neighbouring districts.

For those wanting a breath of fresh air, Tokyo has several parks and gardens including **Inokashira Park** in Kichijoji, a great place to see the blossoming cherry trees in the spring or to simply elude the hordes of Tokyoites when it all gets a bit too much! The park is best visited at weekends and is also close the Ghibli Studio Museum.

For more open spaces, try the **Rikugien Park** in north Tokyo, near Komagome Station, a lovely park in which to see the weeping cherry blossoms in March and Azalea blossoms in April. The park dates back to the Edo period (1600-1800s) and has a large central pond, surrounded by trees.

Directions and details:

Shimo-Kitazawa is west Tokyo, on the Odakyu Odawara Line (non JR) and also walkable from Shinjuku and Shibuya. To get to Ebisu, either walk from JR Yamanote Shibuya Station (to the south) or take the Hibiya Line to Ebisu Station. Daikanyama is the next stop along from Ebisu.

Inokashira Park in Kichijoji is a short walk from Kichijoji Station on the Chuo Line. Leave by the South Exit and continue to walk south down some pleasant side streets until you hit the park.

Komagome Station for Rikugien Park is in the north of the city, on the Yamanote Line.



Park Hotel, Tokyo
Breakfast is included



Notes

Your full day by day itinerary

Monday 22 October 2018

**** Your Japan Rail Pass starts today ****

Your trip will be covered from today for the duration noted on your pass

Tokyo to Tsumago via Nagoya by train
unaccompanied by bullet, express and local trains

Suggested train timetable from Shinagawa Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Shinagawa	Nagoya	09:40	11:17		JR Shinkansen Hikari #507	Japan Rail Pass
Nagoya	Nakatsugawa	12:00	12:48		JR Ltd. Exp Wideview Shinano #11	
Nakatsugawa	Nagiso	13:00	13:19		JR Chuo Main Line	

From Nagiso station, you can board the hotel shuttle to your accommodation. The shuttle bus leaves from Nagiso station at **16:00** and **17:00**. **Reservation required. Please contact the hotel in advance if necessary.*

From Tokyo, the bullet train will hurtle west, past Fuji on your right-hand side, onto Nagoya, one of the industrial powerhouses of the country. It's a main line station for the shinkansen between Tokyo and Osaka as well as access into the Alps. From here, once you are out of suburbia, the landscape becomes remarkably different with verdant hills and picturesque valleys. It will take roughly 4.5 hours to reach Nagiso, the closest station to Tsumago. There is a bus journey to take you the final stretch of the way to the village.

Bullet train , followed by

Your full day by day itinerary


Tokyo to Tsumago 妻籠 by train, via Nagoya 名古屋

The *shinkansen* platforms are to be found separately from the local train platforms, and the entrance to the shinkansen platforms is clearly signed in English in the station. At **Nagoya Station**, change on to the **Shinano/Chuo Line** for **Nagiso** 南木曾 (*Platform 10, in the direction of Nagano*).

Please note that some of the Shinano Express trains stop directly at Nagiso but other will go to **Nakatsugawa** 中津川 (50 minutes from Nagoya) where you need to take the local Chuo Line further up to Nagiso.

Complimentary hotel shuttle transfer

From Nagiso station to hotel

 Relax and enjoy the peace and serenity of the ryokan and onsen tonight

Tsumago Introduction

Hidden in the beautiful Kiso Valley lies one of the finest traditional post towns in Japan. Tsumago lies midway along the ancient Nakasendo Highway, the main route linking Kyoto and Edo (modern day Tokyo) in the days of the Shogun. As the route passed in to disuse, the post towns lining the road became backwaters, cut off from the progress that was changing the rest of Japan, and leaving a tangible reminder of a different day.

In the 1960s, to counter the inevitable collapse of the town's Edo-period houses, the locals of Tsumago banded together to preserve its unique character, and restore the town's buildings. This led to Tsumago gaining protected status, and was one of the first instances of cultural preservation in modern Japan.

The preservation has been enhanced by the banning of any external appearances of the modern world; no TV antennas or telephone pylons are allowed in the village centre to ruin the illusion, leaving visitors with a similar view that would have greeted travellers on the Nakasendo Highway in its prime, hundreds of years ago.

 **Directions and details:**

Your full day by day itinerary

Tsumago should be fairly easy to find your way about, as the village is laid out along two main streets, which run in a straight line, with the Tourist Office at the centre. If you take a left coming out of the Tourist Office, and head down the hill, you will be at the 'Magome' end of the village, where the Nakasendo Trek starts/finishes. If you take a right coming out of the Tourist Office, you will be at the 'Nagiso' end. Passing the Nagiso-Machi Museum on your left, a bit further along you will come across the narrow alley which runs down to the main bus stop: there is an English sign to help you along.

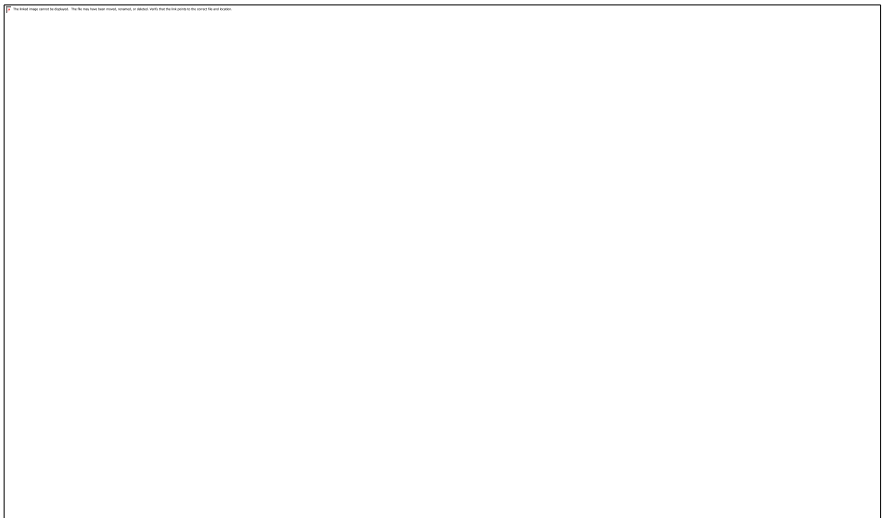
If you are travelling to/from Nagiso or Magome by bus, this is where you will be picked up/dropped off. Tsumago is also attractive after dark, when the houses and shops are lit by traditional hanging lanterns. The absence of any other street lighting adds to the atmosphere, but it can be very dark, so take care! Be aware that many such streets in Japan often have rainwater gulleys running alongside, which can be difficult to see after dark.

Below is the bus timetable for Nagiso (train station), Tsumago and Magome:

You can also check the most up-to-date timetable with the station staff on arrival at Nagiso station.

If you have time, and want to buy a few supplies before leaving Nagiso, there is a supermarket; just take a left from the station, and it is a five-minute walk.

Nagiso Station to Magome, via Tsumago



Valid from 1 April, 2018

A = operates daily

Your full day by day itinerary

B = operates daily, except December 31 to January 3

Z = operates only during Golden Week and from mid July through August



Fukinomori Ryokan , Tsumago
Breakfast and dinner are included



Notes

Your full day by day itinerary

Tuesday 23 October 2018

Walking the Nakasendo Highway ***unaccompanied half-day walk***

The Nakasendo Highway was established in the 8th century, one of several roads which linked the areas around the then capital Nara, formed with the notion of helping to unite the growing state. The Highway did not reach its peak of development, however, until the Edo period, by which time the political centre of the country had moved to present day Tokyo. During this time, several highways - of which the Nakasendo was one - were selected to be used as a communications system, to allow rulers to quickly send messages, goods, personnel and spies across the empire.

Villages at certain intervals along the Highway were chosen to be post towns, responsible for the upkeep of the road and to provide food and lodging for official travellers. As peace was established, the Nakasendo Highway became used more for trade, and increasingly, religious pilgrimage. However, not everyone could afford to travel so for this reason artists and writers were commissioned to write about or paint the journey. The most famous of the subsequent results is the '69 Stations of the Nakasendo', a series of woodblock prints by Eisen and Hiroshige.

The Highway itself covers 531 kilometres between mountain ranges, on paved and cobbled roads. The section we suggest tackling is only a small one, but is on well-maintained roads and has some fantastic scenery along the way.

We recommend taking the bus to Magome (25 minutes, JPY 600) and walking back to Tsumago along the Nakasendo Highway. The Nakasendo was once the principal route linking Kyoto and Tokyo, originally covering several hundred miles through the forested mountains of central Japan. The walk takes you along a small, scenic section of the road (7.7 kilometres) past sleepy farming villages and paddy fields, through forests of majestic cedars which link the old post towns that once served as refuge for the Daimyo Lords who passed with their great retinues along the route. The hike should take about three hours at a leisurely pace.

 Walking the Nakasendo Way from **Tsumago 妻籠** to **Magome 馬籠**

Getting up to Magome then walking back down the decline

Your full day by day itinerary

There are two ways to enjoy this gentle walk. The first is to make your way to the main bus stop at the end of the village in **Tsumago** 妻籠, where you can catch a bus to **Magome** 馬籠. There are five buses daily during Golden Week and from mid-July to the end of August, and only three daily at other times. A taxi from Tsumago to Magome will cost around JPY 3,000. When you get off the bus/out of the taxi at Magome, walk to where the cobbled path crosses the main road. The route back to Tsumago is up the cobbled path from here. Magome is a nice little village and it is worth having a look around. It may be worth picking up some refreshments for your walk as there are no shops en route, although there are a few vending machines (these are not always in use) and there are toilets and picnic areas. The first 2km (1.2 miles) are quite steep and there are a few sheer drops along the way so do take care.


Half way up the hill in Magome, you will find the tourist office on your right, slightly set back from the other buildings in a courtyard. Although they speak very little English you can pick up an English map here. There is also a small post office on the left before the tourist office where you can withdraw money from the ATM, just inside the automatic doors.

The route back to Tsumago is well marked and easy to follow; some of the signposts are in English but otherwise you need to follow the **Nakasendo** 中仙道 signs. Walking boots or good trainers are recommended.

Starting directly from Tsumago

The alternative way to take this journey is to simply start in Tsumago and walk to Magome, although this means that most of the walk is uphill. On arrival, make your way to the end of the town where you will find the bus stop to Tsumago 妻籠.

It is worth noting that this area of the Alps is home to Asiatic black bears. Although we have never heard of any bear sightings along this walk, you will nevertheless find 'bear bells' situated along the path.

-  I recommend taking a taxi from your ryokan to Magome, then walking the trek and exploring Tsumago.

Your full day by day itinerary

Exploring Tsumago

recommendations for your free time - not included

Tsumago is most pleasant early in the morning and in the evening. We highly recommend wandering the few back streets as well as the main road. Many of the old houses sell the area's famous lacquer ware and other interesting crafts.

The town has an interesting historical museum, which has exhibitions both on Tsumago's past and the history of the Nakasendo Highway. Close by is the ancient inn dedicated for government officials, the Tsumago-juku Honjin, the home of the village headman, which was reconstructed in the 1990s.

For an excellent view across the valley and a bird's eye view of Tsumago, it is worth the walk up to the former site of Tsumago Castle, which was destroyed in the 16th century.

A real treat here is the 'kuri' (chestnut) ice cream!



Fukinomori Ryokan , Tsumago
Breakfast and dinner are included



Notes

Your full day by day itinerary

Wednesday 24 October 2018

Tsumago to Takayama by train, via Nagoya
Unaccompanied journey by JR train

From your hotel, you can take the hotel shuttle to JR Nagiso station.
 Please liaise with your hotel staff upon check in.
 The shuttle leaves from Hotel Fukinomori at 09:00 and 10:00.

Suggested train timetable from Nagiso Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Nagiso	Nakatsugawa	09:54	10:14		JR Chuo Main Line	Japan Rail Pass
Nakatsugawa	Nagoya	10:20	11:35		JR Chuo Main Line Rapid	
Nagoya	Takayama	12:48	15:07		JR Ltd. Exp Wideview Hida #11	

Heading southwest by local train will take you to the 4th largest city in Japan, Nagoya - an industrial powerhouse for Japan and often overlooked for its lack of obvious sightseeing spot. It is however a major train interchange. At Nagoya, change to the scenic Hida Line heading up in to the Alps to Takayama. The journey will take about four hours.

i Tsumago to Takayama 高山 by train, via Nagoya 名古屋



Your full day by day itinerary

Take the bus or a taxi to **Nagiso Station** 南木曾 from outside the toilets in the bus park (10 minutes, JPY 270 by bus), and catch the train down to Nagoya. The line is the Chuo Line which is serviced by Chuo and the irregular but slightly quicker Shinano train. The local train will make a stop at **Nakatsugawa** 中津川 where you will need to change platforms. On arrival in Nagoya make your way across to the standard JR platform area, looking out for the Hida Line signage. It takes a further 2 hours to get up to **Takayama** 高山, and just prior to your arrival you pass through a long tunnel which marks the watershed between north- and south-flowing rivers. To the south all rivers empty in to the Pacific, and to the other side they head out to the Sea of Japan.

When the train pulls out of Nagoya, you are heading backwards in your seat (unusual in Japan) until you reach Gifu, where the train reverses direction to head forward for the bulk of the journey. The train crosses back and forth across the river on its way up in to the hills, so there is no particular benefit in sitting on one side over the other.

Directions to your accommodation - Back of travel pack

Please refer to the 'Accommodation' section for more details on how to get to your property

Takayama Introduction

Nestled in the Japanese Alps, Takayama is only a small city, but of significant historic importance in the Hida district. The built up area around the station belies the hidden charm of the streets to the east of Miwagawa River, which give way to the Sanmachi district, a warren of traditional shops, museums, galleries and sake breweries, all retaining their character in a country that otherwise has embraced the modern age. The oldest buildings that remain are some storehouses (*kura* in Japanese) built in the 17th century.

Most of the buildings in the Sanmachi district are from the late 19th century, although they retain the charm of times gone by. That said, Takayama has lost some of its charm over the past 20 years or so but the local architecture, ebullient atmosphere and culinary specialties keep visitors coming back year after year. Takayama also has an extensive wooded park and numerous shrines in the Teramachi district, which has often led to comparisons with Kyoto. Food wise, Hida beef and Japanese pickles are very delicious and popular here, with Kitchen Hida serving some of the best (but fairly expensive) steaks.

Your full day by day itinerary

- i** Just down the line from Takayama is another charming old town, Furukawa. It's a smaller and less famous town than Takayama, but it makes for a very pleasant half day trip, particularly if the crowds at festival time become too much in Takayama itself. To get there simply jump on any Toyama bound train and you'll be there in 15 minutes.

Cafes and restaurants

For a quick bite, **Soeur** is a warm and welcoming café overlooking the river which provides a pleasant rest stop. We can recommend the local 'Hida Apple Pie'!

Opening hours: 10:30am – 6:30pm

Address: 2-35 Honmachi, Takayama 506-0011

Tel: +81 577-35-2001

For something a bit heartier, we also recommend **Ajikura Tengoku Restaurant**, where you can order various different options of beef, vegetables and other dishes, which you then cook yourself on a little grill in your table. You can choose different grades of beef, so some cuts will be more expensive than others, but generally pricing is very reasonable and won't break the bank. Centrally located, this is a very good option for sampling some of Takayama's speciality, and to have some fun cooking it yourself!

Opening hours: 11am-2pm and 5pm-9pm)

Address: 〒506-0026 Takayama, 花里4-147

Tel: 81 577-37-1129

For something a little more akin to home, **Center4 Hamburgers** gets great feedback for a combination of great Western (and Japanese-style) hamburgers and the excellent beef produced in the local area. A pleasant change from Japanese food if you are feeling the crave! It is well worth trying the local 'hida' beef burger if it is in stock.

Opening hours: 11am - 2:30pm and 6pm - 9:30pm)

Address: 〒506-0844 Gifu Prefecture, Takayama, 上一之町94

Tel: 81 577-36-4527

Your full day by day itinerary

Free-time suggestion: Exploring Takayama recommendations for your free time - no excursions included.

Whilst Takayama is a small place, ensure you wear comfortable shoes as there is a lot of walking involved if you want to take a comprehensive look around. After exploring the old streets and museums of Sanmachi district, head out on the trail around the many temples of Teramachi, before strolling through Shiroyama Park. You should also attempt to fit in a visit to the open-air museum of Hida Folk Village.

There are two rivers running through the town, and the larger of the two, the cherry tree-lined Miyagawa, has a daily morning market along the eastern bank close to the central bridge (Nakabashi), which is well worth a visit. Both the Miyagawa and the smaller Enakogawa make for a very pleasant stroll at any time of year, especially in spring when the cherry blossom is in bloom.

i Directions and details:

The Hida Tourist Information office is located in a small wooden hut just outside the station building, and has very helpful English speaking staff who will be more than happy to give you maps, information and other guidance for the town and local area, as well as letting you use the internet for free!

The Sanmachi 三之町筋 district is within easy walking distance of here, and the free map of the Teramachi 寺町 walking tour around the temples and hills at the edge of town is particularly useful. The trail is marked on the ground by white arrows and signs that guide you between the secluded shrines and temples, and though it is not always clear, a few minutes exploration will soon get you back on track. The trail signs peter out in the wooded Shiroyama Park, but the paths here are clearly marked and easy to follow. The whole walk will take around an hour and a half, longer if you want to spend time exploring the temples en route.

The Takayama Festival Floats Exhibition Hall 高山屋台会館 (a great place to visit the festival floats) can be found on maps of the city and is located northeast of the Sanmachi district, a 25 minute walk from the train station. The hall is open from 8.30am to 5.00pm during summer, 9.00am to 4.30pm in winter, and admission costs JPY 820.

From the station you can get to Hida Folk Village 飛騨民俗博物館 by bus (approx 15 minutes). The bus leaves from bus stop 1 and will pick you up at the same point as you get dropped off. The 'Hida no Sato setto ken' ticket costs about JPY 930 and covers bus journeys both ways and the entrance fee to the open air museum. It can be bought at the bus ticket office close to stop 4. Ask for a timetable (jikokuhyou 時刻表) when purchasing your ticket, as this will also give you return bus times.

Your full day by day itinerary



Best Western Hotel, Takayama
Breakfast is included



Notes

Your full day by day itinerary


Thursday 25 October 2018

Shared half day morning culture tour of Takayama
private excursion with your guide

Services included on Thursday, 25 October:

<p>Cultural Experience 09:30 - 12:00</p>	<p>Food and Culture Walk Starting time: 09:30 Meeting Place: Takayama Jinya Main Gate *Please arrive 15 minutes before the activity time *Vouchers included in your info pack</p>
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A great way to see this small but ample town is naturally through its unique cultural sights, many of which have remained unchanged since the Edo-period and easily visible from the numerous side streets in the old town where you will find open shop fronts, street food stalls and sake breweries to name but a few. The town's rich history in food and drink as well makes this an ideal city tour with a twist of tasting along the way. You will visit the morning market of Miyakawa to see its array of seasonal vegetables, miso and tofu and 'wagashi' or homemade sweet food items, as well as sample a few of the different tipples of sake at some of the breweries along the way. This all leads nicely to lunch and working up an appetite to maybe enjoy some succulent Hida beef. Delicious!

 The meeting point for this shared tour is the Takayama Jinya; a prominent local building that had an illustrious past as the local government office in charge of the huge wealth generated by its timber resource. It's in the heart of the old town so easy to find.

***Although samples will be included, any purchases of items will be borne by yourselves.*

Free-time suggestion: Street food in Takayama
recommendations for your free time - not included


Compared to many parts of Southeast Asia, outside of seasonal festivals, Japan tends to lack in a 'street-food culture'. Takayama breaks those boundaries proudly and brings a delicious deluge of food stalls and street foods that go beyond expectation. Proud of its local specialties such as Hida beef (a well-regarded form of 'wagyu'), fresh sake, and *chuka soba* (or Chinese-style noodles), the possibilities are endless in the amount of snacking and experiences you can have.

Your full day by day itinerary

In the heart of Takayama lies the Old Town (*furu machi nami*), a neighborhood of houses that have been preserved for over 100 years. These streets house local breweries, souvenir shops, restaurants, cafes and food stalls. As things open and close in Takayama at intervals, it gives you more time to try other places. One of our personal recommendations would be Hida beef on a stick, a real mouth-watering treat. There are also *hida gyu man* (a steamed beef bun) for usually JPY500 or Hida beef croquets for JPY120 yen at Gyumaruya as a quick appetizer. For vegetarians one can also try the sesame and sweet bean flavour.

You can even try lots of different tasty ice creams like the very Japanese sweet bean and the intriguing “mystery” flavour. We also recommend trying some soy sauce dumplings (*mirayashi dango*), salty soy *senbei* rice crackers, as well as the Hida beef sushi which is made in front of you and served on said large *senbei*. During the morning markets (we recommend the Miyagawa Morning Market) you can try a variety of these things as well as local specialties such as pickled vegetables.

Most shops tend to close a little earlier than usual in this Alpine town but there are still plenty of izakaya where you can enjoy the delights of Hida beer and some *yakitori* sticks to swill it all down with.

 Our favorite stop was Flame Bar (although the owner, Mishima, is hesitant over the name) and we recommend trying a few shots of the local sake with a side of Mishima’s hand- made dishes such as *Tororo chiizu* (Japanese mountain yam with cheese). He brings together a great place that offers good music, good food, and conversation which is particularly enjoyable after a long day.



Best Western Hotel, Takayama
Breakfast is included



Notes

Your full day by day itinerary

Friday 26 October 2018

Takayama to Kyoto by train, via Nagoya

Unaccompanied journey by Hida scenic line and JR Shinkansen bullet train

From Takayama you trace the line back down the valley to Nagoya Station, where you jump on the bullet train to Kyoto. The total journey time should be no longer than three and a half hours.

Suggested train timetable from Takayama Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Takayama	Nagoya	08:00	10:34		JR Ltd. Exp Wideview Hida #4	Japan Rail Pass
Nagoya	Kyoto	11:09	11:45		JR Shinkansen Hikari #465	

i Takayama to Kyoto 京都 by train, via Nagoya 名古屋

At Nagoya Station, follow the signs to the Shinkansen bullet train and hop on a train heading for Kyoto (approximately 1 hour).

Directions to your accommodation - Back of travel pack

Please refer to the 'Accommodation' section for more details on how to get to your property

Your full day by day itinerary

Kyoto Introduction

Kyoto was the capital of Japan for over 1,000 years, and remains the most culturally important city in Japan. The city houses about 1,700 Buddhist temples and 300 Shinto shrines, as well as palaces, castles, canals and gardens. Here, modern architecture stands side by side with buildings steeped in history. Walking down narrow alleyways, you can still see the Japan of yesteryear, with women wearing kimonos, and tatami mats being hand-made. Kyoto is one of the most entertaining cities in the world, with some of the best restaurants in Japan, excellent shopping and a host of cultural shows that serve to amuse and inform. No visit to Japan is really complete without seeing Kyoto.

On arrival:

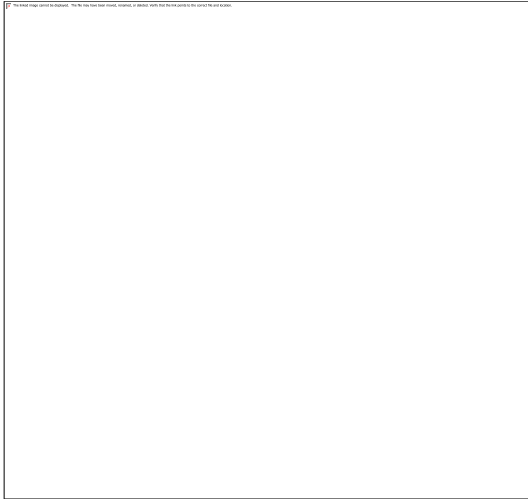
JR Kyoto train station is an enormous building, and quite a sight to behold upon arrival. It is a large, modern, glass structure, and quite the architectural feat. It opened in 1997 to mixed reviews; however, the sheer number of visitors to Kyoto each year necessitated a larger station. It also houses the Hotel Granvia, many shops and restaurants, as well as access to the subway station underground, and the city bus station directly outside. There are taxi ranks either side of the station. The subway is generally quite simple, with just a few lines, costing around JPY200 per journey. There are also several private-line trains operating in Kyoto, running out to the suburbs. You can get city maps and bus route maps from the information office on the second floor of Kyoto station. The Kyoto Tourist Information centre for Foreign Visitors can be found on the ground floor, between the station and the Isetan Department store. Staff speak good English, and can provide you with more maps. Open 10:00am - 6:00pm. Closed 2nd and 4th Tuesday of each month.

Transportation:

Kyoto is laid out on a grid system, and is therefore, for the most part, quite easy to navigate. Many of the areas of interest are located in clusters, particularly Gion and the temples that line the Higashiyama eastern hills, so strolling amongst them is quite comfortable. To get between these main areas, you can use the city's comprehensive bus network, or the easy to use, if somewhat limited, subway system. The Kyoto City Bus and the Raku Sightseeing Bus loop around all the major attractions within the city, and the fare is a flat JPY230. A day ticket is JPY500, so worthwhile if you plan on making more than two bus journeys.

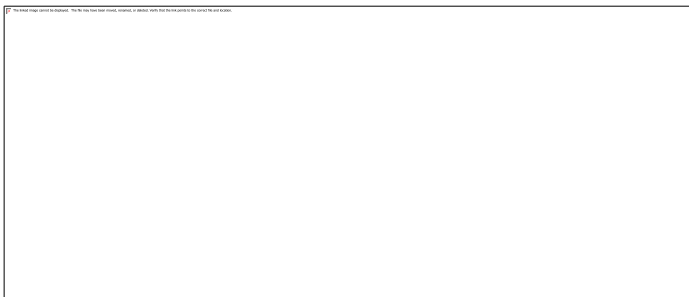
City Buses are identifiable by the white (rather than black) destination lettering on the front and side of the vehicle:

Your full day by day itinerary



To ride a non-City or Raku bus in Kyoto, enter by the rear doors and take a numbered ticket. When you reach your stop, press the buzzer and leave the bus via the front doors. The amount to pay will be indicated on an electronic board at the front of the bus. Pay the fare corresponding to your ticket number in to the machine next to the driver. If you do not have the correct amount in coins, you can change notes in this same machine, before inserting the correct change.

The Raku Bus service is designed to be tourist-friendly, and operates much the same route as the City Bus, with the same flat fare. The Raku Bus is more brightly coloured and easier to spot! Their three buses - the 100, 101 and 102 operate the routes detailed below.



The number 100 Raku Bus route: Kyoto Station, Higashiyama district, Sanjusangen-do Temple, Kiyomizu Temple, Yasaka-jinja Shrine, Okazaki district-Heian-jingu Shrine, Eikan-do Temple and Nanzen-ji Temple, and then up to the Silver Pavilion (Ginkakoku-ji). Departs every ten minutes.

Your full day by day itinerary

The number 101 Raku Bus route: Kyoto Station, Nijo Castle, Nishijin Textile Centre and the Golden Pavilion (Kinkaku-ji). Departs every 30 minutes.

The number 102 Raku Bus route: Silver Pavilion (Ginkaku-ji michi), Kyoto Imperial Palace, Nishijin Textile Centre, Golden Pavilion (Kinkaku-ji). Departs every 30 minutes.

Bus stops throughout central Kyoto will bear the following signs:



Shopping:

Kyoto is a shopper's haven! From traditional souvenirs to the latest designer-shopping and unusual foodstuffs, you can find pretty much anything in Kyoto. Most of the smaller fashion and craft stores can be found along the covered arcades in the area between Sanjo-dori street, Karasuma street and Nishiki-dori (the latter for the Nishiki food market). For traditional arts and crafts, the northern end of Teramachi-dori street is a good bet, with lots of *washi* (Japanese paper) and *ukiyo-e* (wood block printing) shops. The vast Kyoto Handicraft Centre in Higashiyama is a great place to stock up on traditional souvenirs of all kinds. There are also several large department stores around the Kawaramachi and Karasuma intersections.

Restaurant recommendations

****Please note that restaurants' day of closing varies wildly so it's best to get your hotel concierge to phone ahead in case it's closed. The more traditional places will have *noren* or a short curtain hanging from the door frame; an easy-to-spot sign that the restaurant is open for business. As is often the case in the backstreets of Japan, restaurants may not be as easy to find so do ask around if stuck.**

Kyoto is the home of elegant kaiseki cuisine, Japan's most esteemed form of dining, and the city does not disappoint in providing some of the best restaurants in the country. The Gourmet Navigator website also has links for Kyoto restaurants, as with Tokyo. See also .

Below are a selection tested by us, or recommended by our local guides in Kyoto:

Another C - www.anotherc.net

Your full day by day itinerary

This is a small restaurant serving excellent modern Japanese food. The chef - Dan Tominaga - is Japanese but trained in New York, and has brought a modern, international twist to his traditional Japanese creations. As he speaks such great English he can also explain what's gone into each dish, as well as chat to you about all things relating to Japanese cuisine.

Cuisine: Modern Japanese

Average price for dinner: Around JPY10,000 for a set menu

Address: 96 Nakajimacho, Kawaramachidori Sanjo Higashi-Iru, Nakagyo-Ku Sanjo Kiyamachi Building 4F, Kyoto 604-8004

Tel: +81 75 746 2438

Reservation: Preferred (your specialist can arrange this for you)

Location: It is on the crossroads of Sanjo-dori and Kiyamachi-dori above the Ogawa coffee shop on the 4th floor.

This is the building:



Yoshikawa - www.kyoto-yoshikawa.co.jp

Some of the best tempura in Japan is served here, in the beautiful surrounds of the Yoshikawa Ryokan. Dine at the counter to watch the chef in action. The tempura kaiseki set is highly recommended.

Your full day by day itinerary

Cuisine: Tempura

Average price for dinner: JPY6,300 - JPY21,000pp

Address: Yoshikawa Ryokan, Tominokouji, Oike-sagaru, Nakagyo-ku, Kyoto (〒604-8093 京都市中京区富小路通り御池下ル)

Tel: 075 221-5544

Reservation: Essential, we would recommend booking at least one week in advance during high and peak seasons.

Location: The Yoshikawa Ryokan is located just off Oike-dori street (running east to west), between Kawaramachi and Karasuma-dori streets (north to south). It is very well known, and taxi drivers will be able to take you there easily.

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Your full day by day itinerary

Itoh - itoh-dining.co.jp/kyoto

Located in an old merchant house beside the Gion district's Shirakawa River, Itoh serves up delicious Kobe and other breeds of beef in Teppanyaki style.

Cuisine: Teppanyaki (food cooked over an iron hot plate)

Average price for dinner: JPY10,000 pp for mid-priced set menu

Address: Sueyoshi-cho Kiridori Nishi-iru, Kitagawa, Hanamikoji, Higashiyama-ku, Kyoto 605-0085 (〒605-0085京都市東山区末吉町80番)

Reservation: Advised

Location: Just five minutes' walk from the Shijo subway station on the Keihan line. Open daily.

Café Indépendants - cafe-independants.com

A funky, laid-back café in the heart of the city with a distinctly bohemian feel to it. This is a good spot to stop for lunch during a busy day of sightseeing, and will be a quick and cheap way to stave off those hunger pangs. Often has live music in the evenings.

Cuisine: Western style sandwiches and salads

Average price for lunch: JPY1000-2000 pp

Address: Café Indépendants, Kyoto Sanjo Gokomachi, 1928 BLDG B1 (京都府京都市中京区三条通御幸町東入弁慶石町56 1 9 2 8ビル B 1 F)

Tel: 075 255 4312

Reservation: No

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Apollo Plus - www.kyo-apollo.jp

A small izakaya located in the Sanjo area of Kyoto, with a relaxed and lively atmosphere. If possible, try to get a seat at the counter, where the chefs will cook the food. Without a doubt, the best dish on the menu here is the fillet steak, which is likely to be one the best beef steaks you'll ever taste.

Cuisine: Grilled meats and fish, typical izakaya fare.

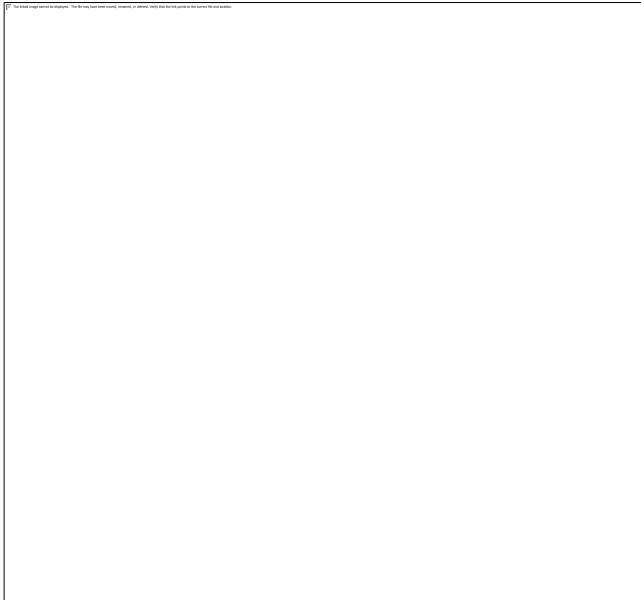
Average price for dinner: JPY2900-4350 pp

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Address: 〒604-8111 Kyoto Prefecture, Kyoto, Nakagyo Ward, 三条堺町東入る
栴屋町67

Reservation: Advised

Location: A little tricky to find in the heart of Gion. You will see Apollo + on the map below. The horizontal road is Sanjo-dori, vertical is Sakaimachi-dori; roughly 70-100m from Sanjo station.



Nozomi (Muromachi branch) 室町店 - www.bistro-nozomi.com (Japanese only)

This small, boutique restaurant offers traditional Japanese cuisine and specialises in sushi.

Cuisine: Sushi and other Japanese specialities

Average price for lunch: Nozomi offers excellent value for money with its 'Tegaru Lunch Set' 手軽ランチ which includes ten different varieties of sushi, a Japanese curry hotpot and a dessert for only JPY 1000.

Your full day by day itinerary

Reservation: Due to its small size and popularity, it is necessary to reserve a table at Nozomi. Your hotel concierge can help with this.

Location: Take a taxi to Nozomi, showing the below map and address to your taxi driver: 京都府京都市下京区室町高辻下る三軒目

Tel: 075-351 4211 If you do wish to take public transport there, it is on Muromachi-dori, next to the kimono shop.

Guilo Guilo (Giro Giro) - www.guiloguilo.com (Japanese only)

A tiny restaurant on the Takase canal serving delectable kaiseki cuisine, Giro Giro is a tremendous find in a city of great restaurants. The delicious, multi-course meals are a wonderful blend of traditional cuisine with a modern, creative twist, and are excellent value to boot. Ask for a seat by the counter so that you can watch the highly unusual chefs in action.

Cuisine: Kaiseki ryori

Average price: An eight-course kaiseki meal costs from JPY3,600 per person.

Reservation: Essential due to the small size

Location: Close to Matsubara bridge, off the canal adjacent. Address is 420-7 Nambacho Nishikiyamachidori Matsubara Sagaru, Shimogyu-ku, Kyoto

Address in Japanese: 〒600-8027 京都府京都市下京区西木屋町通松原下る難波町420-7

Tel: +81 75 343 7070

Other options:

Ganko Sanjyou Honten

A sushi bar with friendly staff and an English menu. The set lunch menu is very good value and the sushi and sashimi are good. There is no need to book in advance, you can simply turn up and write your name on the list.

Address: 484-6, Higashi Namasu-cho, Nijo-kudaru, Kiyamachi-dori, Nakagyo-ku, Kyoto 604-0922

Omo Café

Located by the food market, this café does an excellent set lunch for around JPY1,500, including a plate with meat, fish, omelette, vegetables, miso soup and rice, with the ingredients changing daily.

Your full day by day itinerary

Address: 499 Umeyacho Nakagyo-Ku, Kyoto 604-8057

Sushi Kappo Tatsumihashi

Sushi Kappo Tatsumihashi is a fantastic sushi and fish restaurant in the heart of Kyoto's atmospheric geisha district. The simple, clean aesthetic creates a very elegant atmosphere and augments your appreciation of the delicious food. The chef is renowned and extremely talented, and the service is of a fantastic level. Staff will really go out of their way to ensure that you enjoy their restaurant and food and, despite speaking little English, do their best to communicate and explain to you what you're eating. But of course, the real star of the show is the food. Fresh, high quality ingredients, prepared by extremely skilled chefs will make for a very memorable meal.

Address: Kiyomotocho Higashiyama-ku, Kyoto

Telephone number: +81 75 531 184

Chihana

Chihana serves traditional and seasonal kaiseki cuisine in very nice surroundings. It has been run by the Nagata family since 1942. Quite be a little pricey though and a reservation is recommended.

Address: 584 Minamigawa, Gionmachi, Higashiyama-ku, Kyoto, 605—0074

Tel: 075—561—2741

(Walk 10 minutes in an easterly direction from Gion-Shijo station)

Your full day by day itinerary

Private half day tour: Classic Kyoto

private excursion with your guide using public transport

Services included on Friday, 26 October:

English-speaking guide, four hours	Guide: TBA Mobile: TBA Meeting Time: 14:00 Meeting Place: Hotel Lobby <i>*Public transportation included</i>
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Begin your tour with your private guide with a visit to **Nijo Castle**, an ornamental castle that was originally built in 1603 to serve as the private villa and the official residence of one of Japan's first shogun leaders. It was built as a symbol of power and was an ostentatious display of wealth displayed by its Momoyama-style of architecture. It's perhaps best known for its inventive 'nightingale' floors, which were fitted with a device to make them squeak, thus safeguarding the castle's occupants from intruders. The palace garden is also beautiful, designed and executed by tea master and architect Kobori Enshu.

Next on the list is the serene **Ryoan-ji Temple**, which is famous for its well-maintained rock garden and known to be the home of the Myoshinji School of the Rinzai Buddhist sect. Just a short distance from Ryoan-ji is the stunning golden pavilion collectively known as **Kinkaku-ji Temple**, a three storey pavilion covered in gold leaf originally built in the 1390s but burnt down by a disgruntled monk in 1950 and subsequently rebuilt five years later. As Kyoto's number one tourist attraction, Kinkakuji usually is busy given that the temple grounds are relatively smaller than that of most temples and shrines in Kyoto, but what is undoubtedly impressive is the pavilion that is completely covered in handmade gold leaf.

Applicable entrance fees and a taxi budget during some of the tour are included especially as public transport in Kyoto can be quite limiting on time particularly during peak periods.

Note that city tours are fully flexible therefore if you have any specific requests, then please do let your private guide know.



Hyatt Regency, Kyoto
Breakfast is included



Notes

Your full day by day itinerary

Saturday 27 October 2018

Shared cultural experience - Tea ceremony
shared excursion with instructor

Services included on Saturday, 27 October:

<p>Cultural Experience 10:00-11:00</p>	<p>Tea Ceremony Venue: WAK Japan (Wakwak-kan) Pick-up from Hotel: 09:30 <i>*Vouchers included in your info pack</i> <i>*Please be at the Hotel Lobby 10 mins before</i></p>
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Today you have the opportunity to learn more about arguably Japan's most famous art forms, *sado*, the way of the green tea ceremony.

Although tea has been drunk in Japan since around the 9th century, when it was introduced from China, today's highly ritualized tea ceremony evolved during the Muromachi period (c.1336 to 1573). The third shogun of the Ashikaga shogunate, Yoshimitsu (1358-1408) - a resident of Kyoto - developed many of the delicate intricacies of the traditional tea ceremony and is widely cited as the father of the refined and elegant Japanese culture that is famous around the globe. Your course will teach you the basics of what is a complex process that takes many years to perfect. Your teacher will talk about the different 'matcha' tea powders available and show you how they are whisked into the perfect cup of green tea and the very specific way in which the tea should be consumed. You will then have the opportunity to try the process yourself and drink some tea. The lesson will last 1 hour and is run in a traditional townhouse by the Kyoto Women's Association; set up to introduce visitors to Kyoto to just some of the many traditional pastimes of Japanese society. The ladies have honed their skills over many years and are now very happy to help guests to learn about them.

i ****For experiences starting at 10am / 12:30pm / 3pm, the activity will take place at **WAKUWAKU-KAN******

WAKUWAKUKAN

Address 761 Tenshucho, Takakura-dori, Nijo-agaru, Nakagyo-ku, Kyoto, Japan
604-0812

Tel 0081 (0)75 212 9993

Your full day by day itinerary

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Please ensure you arrive at least 10 minutes before your class starts. As the classes are shared, they cannot be put on hold in the event you are delayed.

Please show this Japanese sentence to the driver should you wish to arrive by taxi:

ドライバーさんへ

高倉通り二条上る東側の（ガレージの北隣）の町家につけてください

Please note that depending on when you cancel there are likely to be cancellation costs and therefore it is imperative to cancel at your earliest convenience.

Your full day by day itinerary

Sightseeing suggestion: Fushimi-inari Taisha Shrine unaccompanied excursion by local Nara Line train

Momoyama is located in the southern-most hills of the Higashiyama-rempo Mountains, in the south of Kyoto, with the Uji Gawa River to the south. Momoyama developed as an important strategic point for land and river transportation, connecting Osaka, Nara and Kyoto. Fushimi Castle was built by Toyotomi Hideyoshi, a famous warrior of the 16th century. However it was torn down 20 years later by Tokugawa Ieyasu, who unified Japan. After that, many peach trees were planted in the ruins of the castle, and thus the hills came to be known as Momoyama, or 'Peach Hills'.

People pray at the Fushimi-inari Taisha Shrine for success in business, good luck and better skills. The shrine is also the head shrine for 40,000 Inari-jinja Shrines all over Japan. Red torii gates (shrine gates) donated by worshippers, line the path so close together that they resemble a tunnel, all the way to the top of Mount Inaris, rising high within the grounds. The winding four-kilometre path to the summit is called the Oyama-meguri (Oyama tour) and is always crowded with worshippers.

From ancient times, Fushimi has been an area rich in good-quality spring water, and thus is known for Japanese sake (rice wine) brewing. More than 40 sake cellars still stand along the moat today, and retain the atmosphere of the town in the Edo Period, which lasted from the 17th to the 19th century. Streets with bars and restaurants unique to this brewing town, are another attraction for tourists.



JR Nara Line - every 9-10 mins - Kyoto 京都 <5 mins> Inari 稻荷

Take a JR line train from Kyoto to **Inari Station**. This is a five minute journey.

When you arrive, exit the station and cross the road - the entrance to the shrine is directly in front of you. It is free to get in, and there are English signs to help you find your way. Continue along the path through the thousands of shrine gates. For the sake houses, they are all along the road snaking up to the temple.

Your full day by day itinerary

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Hyatt Regency, Kyoto
Breakfast is included



Notes

Your full day by day itinerary

Sunday 28 October 2018

**Free-time suggestion: Exploring Kyoto's gardens
recommendations for your free time in the city**

One of Kyoto's greatest delights is the huge number of beautiful and fascinating gardens of all shapes, sizes and styles. Due to the spread out nature of the city and the sheer number of gardens, it would be impossible to visit all of the main ones in a single day, but we have provided you with some suggestions of our favourites that you might like to visit during your time in Kyoto.

Early gardens in Japan were strongly influenced by those developed by the imperial courts of China. Few of these Heian-period gardens remain today, but you can experience their typical emphasis on water, islands and bridges at Shinsen-en, the remnants of the first Imperial Garden in Kyoto. In the early Kamakura period, Zen gardens emerged, designed to provide a contemplative setting in which to meditate and usually intended to be admired from within a building, such as a teahouse.

The Muromachi period saw the development of the *karesansui* (dry gravel) garden, which is now so identified with Zen temples. Ryoan-ji Temple offers the most celebrated example of this type of garden, while nearby Daisen-in uses the *karesansui* technique in a pictorial manner to symbolise water. Another famous Muromachi-period garden is to be found in the Eastern Hills at the Ginkaku-ji Silver Pavilion, while south of here are several Edo-period *karesansui* gardens. Nanzen-ji has a beautiful abstract dry gravel garden, while Konchi-in (designed by the master Kobori Enshu) exemplified a new trend in Zen gardens by diminishing the importance of rocks and favouring plants instead. The Edo period also witnessed the emergence of stroll gardens, designed to be experienced in time as well as space by hiding and then revealing vistas and viewpoints on the visitor's journey around the garden. Stroll gardens are limited to the Sento Gosho in Kyoto - part of the Imperial Palace - which requires advance notice to enter and can be notoriously hard to obtain.

After the Meiji Restoration in 1868, gardens began to be Western-influenced, as can be seen in the unusual naturalness of Murin-an. Finally, Showa period gardens began to introduce elements of modern art into gardens, and Tofuku-ji Hojo is one of our favourite examples of this in Kyoto.

Your full day by day itinerary

i **Ryoanji** is in the northwest part of Kyoto and is not far from Kinkakuji (the Golden Pavilion) - to get there, take city bus 205 or Raku bus 101 from Kyoto station, alighting at Ryoanji-mae bus stop. The stunning gardens at nearby **Ninnaji Temple** are only a ten minute walk west of Ryoan-ji Temple and just a few steps from Omuro Station on the Keifuku Kitano Line, a small, tram-like train which connects Arashiyama with the Kitano district. **Murin-an** is close to Nanzen-ji on the opposite side of town - walk back down the main approach from Nanzen-ji down to the main road, and Murin-an is just around the bend on the right-hand side of the road. **Shinsen-en** is just south of Nijo Castle - take the Tozai subway to Nijo-mae and walk slightly to the west, and the garden is on the opposite side of the road to the castle. **Sento Gosho** is located in the Imperial Park around the palace, but you must book in advance through the Imperial Household Agency, whose office is located on the west side of the park. Bookings should be made in person and you must take your passport with you. Tofukuji-Hojo is one stop on the Nara line from Kyoto station, or on bus routes 208, 202 and 207. From Tofukuji station, turn right and walk along this road for about 500 metres until you see a big gateway to the temple on your left.

The other gardens are all outside of central Kyoto. To get to Daisen-in, take bus 12 from the centre or buses 204 or 205 from the station and alight at Daitokuji-mae. Daisen-in is just to the north of Daitokuji temple. Shoden-ji is a longer journey - take a subway to Kitaoji station and take bus 1 to Jinko-in-mae.

Private evening geisha walk *private excursion with your guide*

Services included on Sunday, 28 October:

English-speaking guide, four hours	Guide: TBA Mobile: TBA Meeting Time: 14:00 Meeting Place: Hotel Lobby <i>*Public transportation included</i>
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The image of a geisha dressed in silk kimono and teetering on wooden *geta* sandals is one of the most iconic yet perhaps misunderstood symbols of Japan. Having spent many years in an *okiya* training to become a geisha, their primary role is as a hostess at exclusive private functions, where they entertain their guests by serving food and performing a range of Japanese arts such as classical music, dance and games. In their heyday, there were 80,000 geisha in Japan, but now there are fewer than 2,000.

Meet the guide at the hotel, and depart for **Gion**, the old geisha district of Kyoto. Stroll around the neighborhood as the guide explains about *geiko*, the local name for

Your full day by day itinerary

Kyoto's geisha, and their *maiko*, or apprentices. Then explore the atmospheric streets, walking past local shops and restaurants on the way to **Yasaka Shrine**. From here continue to **Hanami-koji** where lavish tea shops line the roadside. Later cross Kyoto's famous **Tatsumi Bashi Bridge**, passing a legendary teahouse and small street shrine along the way. Arrive at **Shirakawa Canal** for a walk along the streets which are lined with cherry trees and brimming with charm. The guide can escort you back to the hotel, or you can continue to enjoy the rest of the evening at your own pace in Gion where there are plenty of bites to eat.

Applicable entrance fees and a taxi budget during some of the tour are included.

Please note that depending on the evening, the walking tour may include different sights.



Hyatt Regency, Kyoto
Breakfast is included



Notes

Your full day by day itinerary

Monday 29 October 2018

Kyoto to Mount Koya via Osaka

unaccompanied by JR and private trains, and cable-car - tickets for private line are included in your infopack

Suggested Train timetable from Kyoto Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Kyoto	Osaka	09:00	09:28		JR Special Rapid	Japan Rail Pass
Osaka	Shin-Imamiya	09:53	10:09		JR Yamatoji Rapid	
Shin-Imamiya	Hashimoto	11:04	11:50		Nankai Koya Line Rapid	Included in info pack
Hashimoto	Gokurakubashi	12:05	13:06		Nankai Koya Line	

After disembarking you will take a short cable car up to the top of the 900m Mount Koya.

From Gokurakubashi station, board the Cable car to Koyasan station (approx. 5 min). **Tickets included in your infopack.*

Take the JR train from Kyoto to Osaka, where you join the private Koya Line to Mount Koya. The entire journey should take about four very pleasant hours, with some spectacular scenery in the latter part of your journey.

Kyoto to Mount Koya 高野山, via Osaka 大阪

There are numerous trains (and bullet trains) linking Kyoto and Osaka cities. Although longer, the **JR Special Rapid Service** links Kyoto and Osaka Stations in about 28 minutes, and is the easiest way to join the **Osaka Loop line to Shin-Imamiya Station**. This is covered by the Japan Rail Pass. Here you will need to head to the **Nankai-Koya Line** for trains to Koya-san (Mount Koya).

The private line tickets in your infopack cover the train to **Gokurakubashi 極楽橋** and funicular railway ('cable car' in Japanese) to **Koya Station**.

Your full day by day itinerary

On the train from Shin-Imamiya, it is best to sit in the first four carriages, as on some of the trains, the remaining carriages will not travel all the way to Gokurakubashi. On arrival at Koya Station, you will need to take the bus to 'Daimon' down the winding road that leads in to town. Show the address of your lodgings to the bus driver, and he'll indicate where best to get off.


Directions to your accommodation - Back of travel pack

Please refer to the 'Accommodation' section for more details on how to get to your property

Mount Koya Introduction

Mount Koya effuses the most traditional image of Japan - that of wooden temples nestled in among ancient trees, shaven-headed monks, religious chanting, and the scent of incense hanging in the air. This area is one of the most sacred places in Japan and is the heart of the Shingon Esoteric sect of Buddhism. There are 120 temples scattered through the forests and 50 of these offer simple accommodation (*shukubo* or temple lodgings), making it perhaps the best place to witness temple life. During the day the town is busy with tourists, cars, school groups and even buses, but come dusk when all of these have departed and with stone lanterns lighting the way, a stroll through the **Okonoin Cemetery** is an eerie, profound and very memorable experience.

***Please note that the stay at a shukubo is basic and this will even come down to very basic heating during the colder months too, particularly given its higher elevation. It is worth taking a good number of layers with you anytime of the year. As the buildings are old, heat does escape easily and some of the shukubo do use kerosene heaters to warm the property so a stay here does come with a few caveats. As the journey to the top of the mountain from the central areas of Kyoto and Osaka can be quite arduous, please balance the experience against the toil of reaching here before you decide to commit to Mount Koya.*

-  The monks at your Shukubo have visitors' maps of the village. Be sure to ask for one, and follow the suggested walking routes. If you would like to join one of the ceremonies that occur most days in the town's main temples ask the monks at your Shukubo, and they should be able to advise you. Most of the main temples are open between 8.30am and 4pm.


Your full day by day itinerary

Night Tour of the Okuno-in Cemetery - suggestion for your free time *shared excursion with guide*

Take a guided tour along the winding, lantern-lit paths of the Okuno-in Cemetery for a uniquely atmospheric experience.

Nobuhiro Tamura, the guide, is the founder of the tour and has been a Monk for many years at the Ekoin Temple in Mount Koya. Nobuhiro's English is excellent so feel free to ask questions as you go along, if you can sneak to the front, you can talk to him one on one on route to the next point.

The tour begins at the Ekoin Temple before walking the short distance to the Okuno-in Cemetery. Nobuhiro will stop at different spots along the way to explain more about the unusual grave stones, statues and Buddhist teachings. He will also include some eerie ghost stories to keep the adrenaline pumping as you listen in the darkness. When you arrive at Kobo Daishi's Mausoleum he will tell you more about his importance to Japanese people and ask everyone to bow whilst making a wish, while he begins chanting in prayer. This is where the tour ends and you can wander back at your own leisure and taking photographs if you wish.

 You will need to book yourself onto the tour by either visiting the Ekoin Temple next to the Cemetery or by calling ahead - your *Shukubo* host will be happy to do this on your arrival. The tour runs most evenings, but is weather dependent and at a cost of around 1,500 yen per person but well worth the money. The tour lasts just over two hours and it is important to check if you have a curfew and know how to get back into your accommodation.



Ekoin, Mount Koya
Breakfast and dinner are included



Notes

Your full day by day itinerary

Tuesday 30 October 2018

Exploring Mount Koya

Ideas only - no excursions included.

A definite must is the mausoleum of the revered Kobo Daishi, who founded the Shingon sect of Buddhism and set up the community on Mount Koya. The mausoleum is buried deep within the Okunoin Cemetery and is best visited between 3 and 4pm, as entrance to the mausoleum closes at 5pm.

The Garan, near the centre of town, is the site of Kobo Daishi's first monastery and contains a collection of interesting buildings dating from various times over the centuries. Across the road from the Garan is Kongobuji, the headquarters of the Shingon sect and the main monastery on Mount Koya.

Aside from these three major points of interest, the main attraction of Koya-san lies in wandering at leisure, visiting temples along the way and soaking up the atmosphere, which is best appreciated early in the morning or from the late afternoon when the mountain's day visitors have returned home.

Directions and details:

The Garan and Kongobuji are opposite each other near the centre of town. Okunoin cemetery is a 20 minute walk away along the main street. The monks in your shukubo will be able to provide you with a map of the town.

If you enjoy a little bit more strenuous walking, there are a couple of great routes starting from the Daimon (Great Gate). A nice circular walk commences through the torii gates behind the Daimon, and leads up to the summit of the hill above town, before dropping back to the Nyonin Temple - this route should take a couple of hours. Another route leads down the hill opposite the Daimon along one of the original roads leading to Koya. Please note that this is a little rough and steep in places, and shoes with good grip are recommended.

Your full day by day itinerary

Recently, the Mount Koya tourist association has made available multi-lingual guides for visitors to use, guiding them around the most important sites. The audio guide looks like an i-pod and is easy to operate. Available in English, French, Chinese, Korean and Japanese, it describes tourist sites corresponding to a numbered guidebook. Full appreciation of the corresponding sites along the audio route takes about seven hours. The audio guide can be rented for just JPY 500 per person per day, and major credit cards are accepted. To rent, simply visit the Chuo or Ichi-no-hashii Koyasan Tourism Association (KTA) locations between the hours of 8.30am and 4.30pm, and to return go to any KTA location: Chuo, Ichi-no-hashii, Naka-no-hashii, or Koyasan Station. Those staying overnight and using the service beyond 4.30pm may return the guide first thing in the morning at no extra charge.



Ekoin, Mount Koya
Breakfast and dinner are included



Notes

Your full day by day itinerary

Wednesday 31 October 2018

Mount Koya to Osaka by private train line
Unaccompanied journey by private Nankai line

Please make your way to Koyasan station.

Please liaise with your hotel staff if you need any assistance.


Board the cable car from Koyasan station to Gokurakubashi station (approx. 5 min). **Tickets included in your infopack.*

Suggested Train timetable from Gokurakubashi Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Gokurakubashi	Nankai Namba	10:47	12:25		Nankai Koya Line Rapid	Included in info pack

Upon arrival at Namba, make your way to the Metro Yotsubashi Line platform 2, and take any train to Nishi-Umeda Station. (approx. 10 mins walk + 8 mins train)
**230 Yen at you own expense / Use your PASMO.*

Your hotel is about 5 mins walk from Nishi-Umeda Station.

-  Return to Namba and take the subway to Shin-Osaka 大阪 if continuing on from Osaka or the loop line for destinations within the city.

Directions to your accommodation - Back of travel pack

Please refer to the 'Accommodation' section for more details on how to get to your property

Your full day by day itinerary

Osaka Introduction

Osaka is almost like Tokyo's fun-loving younger brother (although it is in fact Japan's third city, after Yokohama), with a definite taste for all the good things in life. It may not be the one of the world's most beautiful cities, but it has an easy-going swagger and a vibrant street life. Dominating the heart of the city is the handsomely restored Osaka-jo Castle, although if you ask a local what characterises their city they would be sure to mention the wonderful local cuisine, including takoyaki (fried, battered octopus).

Free-time suggestion: Exploring Osaka recommendations for your free time

Osaka is Japan's third largest city and its energy is one of its biggest attractions. However, this does mean travelling some distance to get round all the city's major sights. The castle is a definite must. Ransacked during the rise of the Tokugawa shogunate, it was soon rebuilt once the shogun's power was consolidated and Osaka no longer posed a threat. The stone towers on the west side of the castle date from this time, and the castle contains an interesting museum and offers great views of Osaka.

Nearby is the Osaka Museum of History, where the English signage is frustratingly limited, but the displays include an interesting exhibition on Japan's modernisation after the Meiji Restoration. Also worth visiting is the atmospheric temple Isshin-ji, as well as the unusual Museum of Liberty Osaka, one of the few places where you can learn about the Burakumin, Japan's little-known underclass.

For those interested in arts and crafts, the Museum of Oriental Ceramics and Osaka Municipal Museum of Art are both worth a visit, although again the lack of English signs makes them only for the enthusiast.

One of Osaka's main attractions is its shopping opportunities, and the best place for fashionable clothing and jewellery is undoubtedly the Hep 5 department store in Umeda. The store's other main attraction is the large red Ferris wheel at the top of the building, which offers great views over the city from a daunting height. Umeda is also a great district for eating out, with a wealth of Japanese and Western restaurants lining its many covered shopping arcades.

Other areas of note are the Osaka Aquarium down by the harbour, and in the south of central Osaka the Namba and Shinsaibashi districts are great places to spend an evening experiencing Osaka's famous nightlife.

For the young and very trendy, head to America Mura, or the American Village, in Shinsaibashi - weird and wonderful second-hand clothing shops abound and some of the best bars can be found hidden amongst the shops, tattoo parlours and comic stores that apparently give this area of the city its American feel!

Your full day by day itinerary

Finally, not to be missed is Osaka's principal attraction - the Osaka Sky Building, which towers 173 metres above the city. Its two glass towers are connected by inter-crossing escalators which you must use to ascend to the 'floating garden observatory' at the very top of the building. The view from the escalators is breathtaking if not a little unnerving!

i Osaka has a JR loop line that you can use your rail pass on, as well as an extensive subway network that is easy to use but not free to rail pass holders. You can get a one-day pass for the subway (No-my-car ticket) from the ticket machines at the stations. To get to the castle take the subway to Tanimachi-yonchome station and leave by exit 9 - the castle is in front of you to the left, and the Osaka History Museum is to the left of you.

For Isshin-ji take the loop line to Tennoji station. Isshin-ji is located at the north end of Tennoji-koen Park, which is just across the road to the west of the station, and the Osaka Municipal Museum of Art can also be found in the park.

Liberty Osaka is a little tricky to find. Take the loop line to Ashiharabashi Station and leave by the exit to the south. Cross the road and walk southwards until you reach a big junction that has a sign in English to the museum on the pedestrian bridge. You turn right here and the museum is on the left a couple of hundred yards down this road. The museum is closed on Mondays and the fourth Friday of each month.

The Museum of Oriental Ceramics is located on an island in the middle of the river and is best reached by subway - alight at Yodobashi, cross the river on Midosuji-dori and turn right, following the road along the side of the river until you see the museum in front of you.

To get to the aquarium, take the subway Chuo Line to Osakako and follow the signs from the station.


The Hep 5 department store can be found via the Hankyu Umeda private line train station (opposite the JR Umeda station), simply follow the signs for the store.


The entrance for the Ferris wheel is on the top floor of the building opposite the Starbucks coffee shop.

To reach the Osaka Sky Building alight at JR Umeda train station and you will be able to see the building. Walk towards it until you reach the underpass, which takes you directly to the building's entrance. Entrance to the building costs JPY700.

Your full day by day itinerary

America Mura is located in Namba, about a ten minute walk from the subway station; however, it is Namba itself that is worth a visit. The main bulk of the shops and restaurants are just off the main road to the left. Here you will find the neon lights Japan is famed for, as well as alleyways filled with popular restaurants serving delicious cuisine. We would recommend dining here in the evening to fully experience the vibrancy of this fascinating neon-lit district.


 The Dotoburi District has some amazing street food - head there tonight!

 Ritz Carlton Osaka , Osaka
Breakfast is included

 **Notes**

Your full day by day itinerary

Thursday 01 November 2018

 Continue by train this morning to the Amanemu for the next five nights.

Make your way to Osaka Station. Please liaise with the hotel staff if necessary.

From Osaka Station, take the Osaka Loop Line (outer loop) from platform 2 to Tsuruhashi Station (approx. 17 mins). **Covered by JR Pass.*

Train timetable from Tsuruhashi Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Tsuruhashi	Kashikojima	10:16	12:44		Kintetsu Osaka Line Ltd Exp	Included in info pack

From Kashikojima you will be collected by the Amanemu arranged transfer, direct to the property. Please make sure to keep to these times.

Shima Introduction

Shima is a city on the beautiful Shima Peninsula, known for its rugged coastline with myriad coves and bays. This part of Japan is also famous for its *ama*, female free divers who dive for pearls, abalones, shells and seaweed. Matoya Bay in Shima is known for its excellent oyster cultivation, while nearby Ago Bay is also replete with floating oyster rafts, but for pearls instead.




Amanemu, Shima
Breakfast is included




Notes

Your full day by day itinerary

Friday 02 November 2018


 At leisure in the Amanemu


 Amanemu, Shima
Breakfast is included

 **Notes**

Your full day by day itinerary

Saturday 03 November 2018


 At leisure in the Amanemu


 Amanemu, Shima
Breakfast is included

 **Notes**

Your full day by day itinerary

Sunday 04 November 2018


 At leisure in the Amanemu


 Amanemu, Shima
Breakfast is included

 **Notes**

Your full day by day itinerary

Monday 05 November 2018

 At leisure in the Amanemu

 Amanemu, Shima
Breakfast is included

 **Notes**

Your full day by day itinerary

Tuesday 06 November 2018

- i** Take the train from Kashikojima to Tokyo today for your final night in Japan. Again, you will be transferred to Kashikojima station by the Amanemu transfer.

Train timetable from Kashikojima Station:

From	To	Dep.	Arr.	Platf.	Train	Tickets to use
Kashikojima	Kintetsu-Nagoya	10:30	12:37		Kintetsu Shima Line Ltd Exp	Included in info pack
Nagoya (JR)	Shinagawa	13:12	14:46		JR Shinkansen Nozomi #126	

Upon arrive at Shinagawa station, board the Keikyu Main Line (bound for **Imba Nihon-Idai** or **Keisei-Takasago**) to Asakusa station (approx. 22 minutes). *410 JPY per person under own expense.

Free-time suggestion: Happo-en Japanese garden and tea house recommendations for your free time

Located just 12 minutes from Shinjuku on the JR line, the small Happo-en Garden is an excellent example of old Japan-style landscaping, and the name its self means "beautiful from any angle". From the traditional stone lanterns, monuments and miniature trees throughout its rolling 50,000 square acres the gardens are designed to evoke the sense of Edo and the Japan of old. You can also for a small fee sample traditional Japanese green tea and sweets, and for lunch why not dine at one of the little restaurants on site that offers a wide variety of cuisine, Western and Japanese. With cherry blossoms in spring, colourful azaleas and rhododendrons in summer, fiery red trees in autumn and the still-white of winter, it is pleasant to visit all year round. For hundreds of years, Happo-en's elegant and simple beauty has made it a favourite among visiting foreign dignitaries and Japanese alike.

- i** To reach Happo-en you can either get off at **JR Meguro station** (5 min walk) and walk down the road to the gardens, or get off at **Shirokanedai Subway Station**, which is almost opposite.

Your full day by day itinerary

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The Gate, Tokyo
Breakfast is included



Notes

Your full day by day itinerary


Wednesday 07 November 2018

Private transfer from hotel to Haneda airport
transfer by private vehicle with driver only

Services Included on Wednesday, 7 November:

Transport:	Transfer by private car from your hotel to Haneda Airport Phone Number: 03-6880-1290 Pick-up time: TBA Pick-up location: Hotel Lobby <i>*Please be at the lobby 15 minutes before the departure</i> <i>*No voucher included. Please liaise with your hotel staff</i>
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Your driver will come meet you at your hotel a few hours before your flight in order to arrive punctually at the airport. The expressway down to Haneda airport from the city is generally clear although it will depend on the time of day of your flight.

 The exact time of pick-up will be given to you in your welcome pack on arrival.

Tokyo Haneda Terminal: 1 to London Heathrow Terminal: 2

All Nippon Airways - Flight No: NH 211 - Dep: 11:40 - Arr: 15:25 - (same day) -

Duration: 12hr 45min

Business Class; Non-stop flight



Notes

Accommodation information

Park Hotel, Tokyo

First Class

Park Hotel

Shiodome Media Tower

1-7-1 Higashi Shimbashi

Minato-ku 105-7227

Tokyo

Tel (Day) 0081 362521111

Fax 0081 362521001

<http://www.parkhoteltokyo.com/>

info@parkhoteltokyo.com



Located in the Shiodome area of the city, the Park Hotel is close to many of Tokyo's main attractions, including Ginza, Tsukiji Fish Market and the tranquil Hamarikyu Gardens. Starting on the 25th floor, rooms are small but tastefully decorated and well equipped; some with excellent views of Tokyo Tower. They are all en suite, although bathrooms are on the small side. The hotel also boasts three restaurants, shops, a fitness centre and a cafe, as well as a pillow fitting service to ensure an excellent night's sleep.



Your nearest stations are:

Shiodome subway station



Shimbashi JR and subway station

Accommodation information

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Address in Japanese:

パークホテル東京

〒105-7227

東京都港区東新橋1-7-1 汐留メディアタワー

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Accommodation information

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Accommodation information

Fukinomori Ryokan , Nagiso

Medium

Fukinomori Ryokan

4644-7 Azuma

Nagiso-machi

Kiso-gun

Nagiso

399-5302

Tel (Day) 0081 264 582 288

www.fukinomori.com/english/index_english.php



Located in Kisoji between Nagiso and Iida, the Fukinomori is a small, Japanese-style hotel which offers a nice escape and prides itself on the natural hot springs and cypress bath tubs which are famous in the area. The ryokan also has excellent *kaiseki* food in the evening and offers some Western-style rooms with beds for those that prefer not to sleep on tatami.

Our opinion

Despite being outside of Tsumago, it's a comfortable base away from the crowds with inviting valley views. We particularly like the lovely star-viewing deck for some clear night-time sky watching!

i The hotel offers a complimentary shuttle pick-up service from **Nagiso Station** at 4:00 pm and 5:00 pm **ONLY**. If you are planning to take the shuttle, be ready and waiting in the Nagiso station car park by 3:50 pm or 4:50 pm respectively. Otherwise it's best to reach by taxi from the station (¥4500 - about 25 mins). There is a shuttle from the ryokan to the station at 9:00 am and 10:00 am **ONLY**. The shuttle makes a stop in Tsumago in each direction.

The address in Japanese is:

ホテル富貴の森

〒399-5302 長野県木曾郡南木曾町吾妻4644-7

On the map you can see A (Tsumago Town) and B (Fukinomori) roughly 15 minutes away. The hotel's shuttle will run you to town and back.

Accommodation information

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Accommodation information

Best Western Hotel, Takayama

Medium

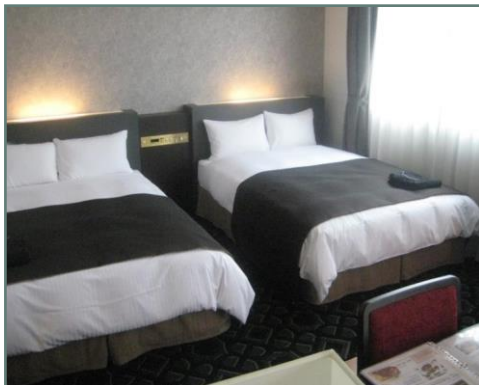
Best Western Hotel

Gifu, Takayama, Hanasatomachi 6-6

Takayama

506-0026

Tel (Day) +81 (0)577 37 2000



The Best Western in Takayama provides exactly the service you'd expect from this international chain. It is clean, friendly and the rooms are of a comfortable size, though the hotel does lack a little in the way of facilities and character. In terms of location it's unbeatable, situated just a minute's walk from the station, and only five minutes away from the shops, restaurants and night life of the town centre.

Our opinion

The Best Western hotel has little character to it, but offers clean and comfortable rooms in a fantastic location, right opposite the train station and a five minute walk from the morning market. This is a great option if you would prefer to have Western amenities whilst staying in Takayama.

i To get to the hotel from the station, walk up the street opposite the station entrance and turn left at the first turning. The hotel is on the right.

ベストウエスタン高山

〒506-0026 岐阜県高山市花里町6-6

Accommodation information

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Accommodation information

Hyatt Regency, Kyoto

First Class

Hyatt Regency

644-2 Sanjusangendo Mawari-cho

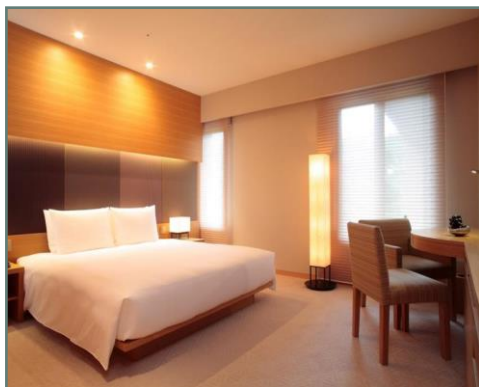
Higashiyama-ku

Kyoto

Kyoto

Tel (Day) +81 (0) 75 541 1234

www.kyoto.regency.hyatt.com/en/hotel/home.html



This hotel is part of the famous Hyatt chain of luxury accommodation options. Located on the eastern side of Kyoto, close to the Higashiyama mountains and the celebrated Sanjusangendo Temple, you are only minutes by taxi from the main JR station in the city.

Amenities include a beautiful spa and fitness centre, and a number of excellent, stylish restaurants offering both Japanese and western cuisine. Rooms are decorated in a fresh, contemporary Japanese style, with each boasting a unique display of traditional kimono fabric. They each overlook either the nearby museum or the central Japanese garden, which dates back several hundred years, with the building constructed around it.

Please be aware that some clients have found the rooms in the Hyatt Regency to be smaller than average.

Our opinion

A welcome addition to Kyoto's luxury hotel market, offering one of the smartest and most convenient accommodations in town.

Note: The shower areas of the bathrooms all have frosted glass which some guests may find a little too visible.

i On arrival, please take a taxi from the station to the hotel (approximately five minutes, JPY 1,000) showing the driver the address below:

ハイアットリージェンシー京都

〒605-0941 京都市東山区三十三間堂廻り644番地2

Accommodation information

Ekoin, Mount Koya

Simple

Ekoin

497 Koyasan, Koya-cho

Ito-gun, Wakayama-ken

Mount Koya

Tel (Day) + 81(0) 736 56 2514



The Ekoin Monastery is a great place to stay in Mount Koya to really get a feel for Buddhism, which is so important on the mountain. The Ekoin is centrally located, so it is easy to visit the sights of the area, and although the accommodation is simple, the Syojin Ryori (traditional vegetarian Buddhist cuisine) served for dinner is delicious. Guests can learn more about Buddhism in the form of either meditation or sutra writing.

Our opinion

The Buddhist monks and staff are friendly and beyond respectful. The morning Buddhist chants and meditation room are what make this a special, authentic place to stay.

i Please note, we are aware that the Ekoin occasionally provides kerosene heaters for rooms in the winter. If you do wish to use it, please make sure that your room is properly ventilated.

Ekoin is a 10-15 minute taxi ride away from Koyasan Station. The journey should cost around JPY1,500. You can show the driver the address below:

宿坊 準別格本山 恵光院

648-0211

和歌山県伊都郡高野町高野山497

Alternatively, you can take the bus into the centre of Koyasan, costing around JPY300. The bus stop will be on your left when you exit the station. You will need to get the bus heading for Okunoin - there should be two or three departing the station every hour. Please see the map below for bus stops in Koyasan and the location of Ekoin.

Accommodation information

For more information on this form, please refer to the user manual or contact your local support team.

For more information on this form, please refer to the user manual or contact your local support team.

Accommodation information

Ritz Carlton Osaka , Osaka

Deluxe

Ritz Carlton Osaka

2-5-25 Umeda,

Kita-ku

Osaka

Osaka

530-0001

Tel (Day) +81 6 6343 7000

<http://www.ritzcarlton.com/en/hotels/japan/osaka?scid=bb1a189a-fec3-4d19-a255-54ba596febe2#Hotel>



Located in the busy Umeda shopping and entertainment district of Osaka, this hotel offers a superb range of facilities and service levels. Rooms are spacious, with good views of downtown Osaka. The location of the hotel makes it an excellent choice for onward travel from Osaka, or as a sightseeing base for the city itself.

i **Address in Japanese:** 25, 学情梅田コンパス 2丁目-5-10 梅田 北区
大阪市 大阪府 530-0001

From Shin-Osaka station it is approximately a 15 minute taxi ride. Alternatively, take the JR line to Osaka station (5 minutes, trains depart regularly), and follow signs for the South Central Exit. Turn right at the main street and follow the road down. The hotel is just past the Herbis Ent building. You can also access Osaka's subway from the hotel.

Accommodation information

Amanemu, Shima

Opulent

Amanemu

2165 Hazako Hamajima-cho

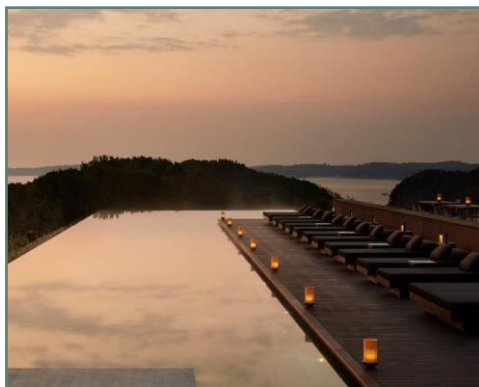
Shima-shi, Mie

Shima

517-0403

Tel (Day) +81 (65) 6715 8855

www.aman.com/resorts/amanemu



Overlooking the beautifully undisturbed Ago Bay, Aman's latest addition to its portfolio is the stunning Amanemu. The villas and suites are carefully designed using natural materials and inspired by the traditional minka homes, or a 'house of the people'. The resort itself is all about fine dining, relaxing and unwinding, and pure simplicity of its natural setting and beautiful coastline scenery.

The 24 suites each have their own private onsen, as do the villas that can accommodate up to 6 guests. Each 375sqm two bedroom villa also has its own kitchen and powder room too.

- i** As the Amanemu is new, no one from Audley has been to inspect it currently. The closest station is Kashikojima reached by local train from the cities of Osaka or Nagoya. Staff will be waiting to take you to the resort. Those flying in and out of the Amanemu will find Nagoya Chubu Airport 2.5 hours away by car, or a 25 minute helicopter transfer.

Address in Japanese:

〒517-0403三重県志摩市浜島町迫子2165

Accommodation information

The Gate, Tokyo

First Class

The Gate

2-16-11 Kaminarimon,

Taito-ku

Tokyo

Tel (Day) +81 358263877

www.gate-hotel.jp/english/



This hotel is a very uniquely designed hotel, appealing to those who want something a little bit different in the city, and also aimed at both domestic and foreign tourists alike.

It is only a 15-minute walk from the world-famous Tokyo Sky Tree, and is based in Asakusa, where you can enjoy the Edo culture of Tokyo. There are 14 floors above ground (hotel is from the 3rd floor to the 14th floor), with 137 rooms.

Some of the facilities include a restaurant, bar and rooftop terrace, with some great views.

Our opinion

Located in Asakusa, The Gate hotel is in a great location to explore this cultural side of the city. The rooms are tasteful and of reasonable size, but the best part of the property is the fantastic rooftop seating area with fabulous views over the city.

i **Address in Japanese:** 〒111-0034 東京都台東区雷門2-16-11 ザ・ゲートホテル雷門

Maps of the region



Country Fact Sheet: Japan

Key facts:

Population: 127.82 million

Currency: Japanese Yen

Land area: 377.84 thousand square kilometres

Time difference: GMT+9 hours

Capital city: Tokyo

Major languages spoken: Japanese

Japan Introduction

The archetypal image of the sleek bullet train gliding past snow-capped Mount Fuji encapsulates the magic of Japan in one freeze frame: natural beauty and modern infrastructure and innovation merging in harmony.

Japan's four main islands contain a wealth of contrasts and spectacle; from the thronging cities of Tokyo and Hiroshima to the provincial spa towns, neatly tended farming regions and rugged wilderness beyond. Delve into Japan's rich cultural heritage in Kyoto to witness traditional ceremonies, dress and theatre, and take a glimpse into the closed world of the Geisha. Enjoy, too, the delectable cuisine; taking time to sample the numerous local and seasonal delicacies to be found in every city and town.

The appeal of Japan encompasses all tastes and ages, whether your interest lies in embracing modern pop culture, discovering ancient spirituality in secluded Buddhist retreats, or communing with nature in steamy jungles or high mountain peaks. Whether relaxing on star-sand beaches in southerly Okinawa or whale watching in wintry Hokkaido, the scope of experience is truly immense. In Japan, a striking backdrop of mountain scenery and crystal lakes, neon lit skyscrapers, landscaped gardens, steaming volcanoes and traditional architecture forms a magical world that will amaze you on each step of your journey.

Climate

With the exception of Hokkaido and the subtropical Okinawa region, the weather in Japan is mostly temperate; with four distinct seasons. Winter months (January - March) are cool and sunny in the south, cold and sunny around Tokyo (which occasionally has snow), and very cold and snowy in north Honshu and Hokkaido. Summer months (June - September) range from warm to very hot but see the most rainfall of the year, while spring and autumn are generally mild throughout the country. Spring and autumn are the best times to visit; with mild temperatures and wonderful colours displayed in the cherry blossom and changing leaves.

Language

Japanese is the official language. Some English is spoken in major cities.

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Tipping

There is no culture of tipping in Japan, and nobody expects it. The only exception is in high class ryokan; where a token of JPY2,000 might be left in an envelope for the room attendant. Compulsory service charges are levied in some hotels and restaurants.

Communications

Keeping in touch with friends and family back home, or even with others in Japan, can present some problems for the foreign visitor as not all mobile phones will work. Having said this, more modern phones such as iPhones or smart phones should work; however, your network provider will need to have a roaming agreement with a Japanese carrier and those roaming charges are likely to be hefty. We would strongly recommend that you check with your provider to see what the charges are first.

Now Wi-Fi hotspots are much more commonplace than they used to be in Japan and nearly all hotels offer wired or wireless connections, so using laptops, tablets and phones for email or VOIP applications such as Skype to keep in touch will usually offer the most effective and economical methods of keeping in touch. You should be able to hire a LAN cable from reception.

If you want to limit costs, one option is to order a rental Japanese phone handset in advance via the internet or from the airport upon arrival (there are several options available). A handset, complete with Japanese phone numbers, can be rented and used for the duration of your trip, and you would then be billed for the handset rental and any calls you subsequently make. We have been told of a company called Mobal; which if booked online in advance, rents these handsets for free, with the handsets able to be collected from Terminal 1 at Narita Airport (<https://www.mobalnarita.com/>). Japanese phones all come with email function as standard rather than SMS. Prepaid cards for mobile phones are also available and work in much the same as pay-as-you-go cards. The phone company keeps a record of your credit cards details and will usually charge your card once your trip is over. Another option is to rent a compatible Japanese handset to use with your own SIM card and the usual international call charges will be applied to your monthly bill or taken off your prepaid credit. Please note, you will need to unlock your phone before using this SIM, and you'll need to contact your provider to do this. The SIM will allow you to connect your device to mobile internet with up to 2GB data traffic. Please let us know your device brand and model at the time of booking and we can arrange this for you at a cost of JPY4,500 per SIM card. This must be arranged more than two weeks prior to arrival.

Another useful tool we have had very good feedback on is the pocket Wi-Fi service from Japan Wireless. With this service you rent a pocket sized internet router, which you can easily store in your day bag and allows you to connect your smartphone or tablet to Wi-Fi while you are out and about. Wi-Fi will be available in nearly all the

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hotels and on your travels. Having a pocket Wi-Fi router will enable you to use mapping tools and phone apps like Skype on the go. It is recommended that you make arrangements for your pocket Wi-Fi rental before you depart for Japan to ensure your device is waiting for you at your first hotel. If you are travelling to more remote areas, such as Koyasan or Hakone, you may want to choose the service plan that has a wider coverage. See <http://japan-wireless.com/> for more information.

If you are keen to use your smartphone when you are exploring in Japan, an excellent app or website to use around Tokyo is **CITYMAPPER**. Its real benefit is having live public transportation information to plot your journey for that day around the capital, as it offers real-time maps and detailed information for getting from A to B. Even without a mobile network or international roaming, this tablet or smartphone app allows you to save forthcoming journeys, which you can then pull up while on the go.

If you are unsure about the options available to you, please ask your Japan specialist, who will be happy to guide you.

The international code for Japan is +81. Remember to drop the (0) off if calling with the international code.

Money & Expense

Despite the high levels of technology and development, Japan remains a largely cash-dependent culture, (thanks to the low crime rates that still prevail), although we are now experiencing a more widespread use of credit cards. Do not be afraid to carry cash on your person as Japan is an extremely safe and honest country. Present exchange rates for the Yen are approximately £1 = JPY145/ US\$1 = JPY120/ CA\$1 = JPY90. Notes are in denominations of JPY 10,000, 5,000, 2,000 and 1,000. Coins are in denominations of JPY 500, 100, 50, 10, 5 and 1. In terms of day-to-day living expenses, allow £40 - £70/US\$65 - US\$110/CA\$75 - CA\$130 per person per day for basic daily expenses (drinks, meals, etc.). A local beer will normally cost around JPY500, a set lunch around £15/US\$20/CA\$22 and dinner £40/US\$50 - US\$65/CA\$55 - CA\$73, although it can vary wildly on the ambience and rating of said restaurant, including service charges which is common.

You can use your credit cards to pay for larger purchases, such as in department stores/hotel and restaurant bills. Japanese people tend to carry enough cash with them for the day for everyday smaller transactions. Some shops will ask if you would like to pay for your goods *ikkai*, or once in full, which is recommended.

The ubiquitous vending machine in Japan is everywhere selling a huge range of items, not just cans of soft drink. At one of these, or in a convenience store, it is not unusual to hand over a JPY 10,000 note to pay for a drink!

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Food & Drink

Japan has one of the world's most sophisticated food cultures, with cuisine based upon subtle aromas, fresh seasonal ingredients and an absence of richness. Please see the following food and drink pages, which detail types of Japanese meals/beverages and approximate prices. Waiter service is common in bars and there are no licensing hours. It is seen as very bad etiquette in Japan if you make a reservation and then do not turn up, so please make sure you cancel any bookings you don't intend to make. It is wildly accepted in high-end restaurants to take some form of payment to secure your table and to choose from their set-menu beforehand.

Geography

Japan is made of up of four main islands: Honshu, Shikoku, Hokkaido in the north, and Kyushu in the south. About 70% of the country is covered by forested hills and mountains; a number of which are active or inactive volcanoes. A series of mountain ranges run from northern Hokkaido to southern Kyushu. The Japanese Alps (the most prominent range) run in a north-south direction through central Honshu. The highest mountain is Mount Fuji at 3,776 metres (12,388 feet). Stretching between Tokyo to the east and Fukuoka in the west is one of the most densely populated regions in the world, home to approximately 60 million people in a narrow strip along the south coast between the sea and the mountains.

Passport requirements

A valid passport is required by all.

Visa

A visa is not required for tourist visits to Japan of less than 90 days. A tourist visa stamp will be issued at airport immigration and forms will be handed out during the flight. It is worth filling in these forms in advance of you landing so you can proceed straight to immigration.

Health

It is essential that you visit your doctor or travel clinic prior to travel. Even if time is short, an appointment is still worthwhile. This will ensure that you have taken all the necessary health precautions, taking into account the destinations you are travelling to, planned activities and your own medical history. For those with pre-existing health problems, an earlier appointment is recommended as some vaccinations and anti-malarials can be incompatible with certain medicines or medical conditions.

Your doctor will be able to provide up-to-date advice on inoculations for Japan, but at the current time only tetanus is recommended.

There is no risk of malaria or yellow fever in Japan and there are no certificate requirements for those heading to Japan arriving from countries with risk of yellow fever transmission.

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Healthcare in Japan is of a high quality but is expensive. Medication and drugs are of a similar standard to the West, but are expensive, so it's recommended to take any prescription drugs with you. However, please be aware that it is prohibited to take certain medicines into Japan. Drugs containing **1% Codeine Phosphate** and **10% Pseudoephedrine** (commonly found in *Sudafed*, *Vicks* inhalers and some over-the-counter allergy medicines) are not allowed into the country (although can be purchased in-country). If you have any other prescription medicines that you need to take into Japan, you should bring a copy of the relevant prescriptions. You should keep the original packaging and not 'decanter' into travel pill boxes or something similar.

Diarrhoea is the most common travel-related ailment in tropical countries. The key to prevention is taking effective food and water precautions. The tap water in Japan is considered safe to drink but will be different to the tap water you are used to, so you may wish to use bottled water instead. If you are unlucky and do suffer from diarrhoea, rehydration with clean fluids and oral rehydration solutions are the best treatment. Seek medical attention if symptoms are severe and do not resolve after a few days.

Make sure hot food is thoroughly cooked. Generally hygiene standards in Japan are incredibly high and it's very rare to suffer from upset stomachs although it is worth mentioning the sporadic use of MSG (monosodium glutamate) to enhance the *umami* taste in foods which is said to have some side effects (headaches, feelings of discomfort) when consumed in larger quantities.

Time

GMT plus nine hours.

Public holidays and festivals

As the image of the 'salaryman' suggests, the Japanese work extremely long hours and take few holidays. They do, however, have a good number of national holidays. Where these fall together - such as in the 'Golden Week' period in late April, early May, and the Obon holiday in August - the Japanese travel en masse. It is best for visitors to avoid these periods, as tourist sights are packed and accommodation expensive.

Traditional festivals (*matsuri*) remain enormously popular; both the more famous, larger city versions and the local small town events. Many date back hundreds of years and are well worth a visit if time allows. Summer festivals are widespread across Japan; some of the more famous including the Gion Matsuri in Kyoto (16 - 17 July), the Aomori Nebuta Matsuri (1 - 7 August) and the Tanabata Festival in Sendai (6 - 8 August). In the north of Japan; where the winters are especially cold and snowy, snow festivals are numerous and offer warm and colourful relief from the harsh conditions.

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The most famous of these is the enormous Sapporo Snow Festival, which takes place annually in early February.

Social, ethical & environmental issues

Japanese manners and customs are vastly different from those seen in the West. A strict code of manners and politeness is very much observed and followed by almost all Japanese. While they are aware of the difference between themselves and the West and therefore do not expect visitors to be familiar with all their customs, they do expect them to behave formally and politely. Bowing is the customary greeting, but handshaking is becoming more common for business meetings with Westerners. The honorific suffix 'san' should be used when addressing adults; for instance, Mr Yamada would be addressed as 'Yamada-san', but should never be used when talking about oneself.

When entering a Japanese home or restaurant, it is customary to remove shoes. Usually the point at which this should occur is very clearly marked by a raised step and a rack where shoes are exchanged for indoor slippers. Use the slippers provided, but remember to swap into special toilet slippers when necessary. Forgetting to swap back can be embarrassing, though will almost certainly happen at least once during your stay!

One of Japan's most popular pastimes is *onsen* bathing in natural or man-made hot springs. We highly recommend experiencing this at least once during your stay, but be aware of the particular etiquette involved. Nowadays, the majority of baths are segregated, so first make sure you're going into the right one! Clothes are removed and placed in lockers or baskets, and you enter the bathing area naked except for a small towel/flannel. You then wash thoroughly at the shower cubicles before entering the bath. Never wash in the baths themselves.

Eating etiquette can largely be learnt from the principle of 'when in Rome' - sometimes you'll be surprised by the slurping of a fellow diner at a noodle bar, whereas at other times it seems somewhat more formal with a *ryokan* dinner. The principal thing to avoid - in common with most of northern Asia - is to leave your chopsticks sticking up vertically from your rice bowl. This is reminiscent of the incense burnt for the dead and is considered bad form.

In terms of dress code, it's often quite similar to other first-world countries and smart casual is expected at high-end restaurants and casual around town. Even in the height of summer though, ladies will often dress in long-sleeved clothing (to protect from the sun) and wouldn't wear shorts. When visiting temples, like much of the rest of Asia, it would be more appropriate to cover arms and legs. A good hint: pack slip-on shoes when moving around temples a lot otherwise it might get very tiresome taking them off each time!

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As a whole, Japan is very keen on recycling. There are abundant recycling bins for cans and pet bottles but comparatively few general bins or trash cans.

One point to watch out for:

Although the majority of Japan is incredibly safe, even in many parts of Tokyo, it is worth mentioning that there are certain bars, namely in the ***kabuki-cho*** area of Shinjuku and around the bars of Roppongi, attached to which are certain unscrupulous bar promoters who will try and coax young affluent-looking single males into bars with the offer of free drink. This will most certainly be a scam to swindle money from you, and in some reported cases, by way of the drug, Scopolamine, in order to cause short-term memory loss to extort money without your knowing. It is worth being on your guard wherever you are, but for the most part, clients will travel to Japan trouble-free.

Electricity voltage

The voltage in Japan is 100v, compared to the central European voltage of 220v and the North American voltage of 120v. Japanese electrical plugs have two, non-polarised flat pins.

Recommended reading

Please see your country dossier for more literature and film recommendations:

'Lost Japan' by Alex Kerr - an account of the author's experiences in Japan over 30 years, witnessing the gradual disappearance of the traditional way of life.

'Hokkaido Highway Blues' by Will Ferguson - a hilarious account of Will's journey from the south of Japan in pursuit of the cherry blossom.

'The Roads to Sata' by Alan Booth - Follows the author's four month walk from Hokkaido to Sata; the southern tip of Kyushu.

'The Eyewitness Travel Guide to Japan' - a easy-to-use pictorial guidebook to the highlights of Japan

'Japan by Rail' by Ramsey Zarifeh - perfect for train-lovers, this highly detailed book plots train routes across the whole country.

'Sushi and Beyond' by Michael Booth - for those interested in food, this book offers a wonderful culinary journey from Hokkaido all the way to Okinawa.

'1,000 Autumns of Jacob de Zoet' by David Mitchell - an insight into 18th century Japan and a story of espionage, corruption, power and love.

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Hotel check in time

Please note check in time for most Japanese hotels is between 2pm and 3pm. Your room may not be ready before this, but you will be able to leave any luggage with the concierge.

Japanese-owned hotels that have a swimming pool and gym will more often than not charge guests for using the facilities, and these charges can be on the high side; up to £12 - £15/US\$18 - US\$23/CA\$22 - CA\$27 per day. International chains will most likely not charge to use the leisure facilities. Hotels with hot spring baths usually do not charge for usage.

Japanese cuisine and etiquette



Introduction

Many people are apprehensive of travelling to Japan simply because they are concerned that they will find nothing to eat but raw fish. Of course, Japan is renowned for its fantastically fresh and delicate sushi and sashimi, but the country offers a wealth of other dishes to satisfy any palate. Part of the fun and indeed challenge of travelling to Japan is to try out some of the unusual tastes of *nihon ryori* (Japanese cuisine) and the many regional and seasonal variations of which the locals are rightly proud. One thing to bear in mind when dining out in traditional restaurants is that they will usually serve one type of Japanese food, i.e. a sushi restaurant would not serve *okonomiyaki* pancakes as well. So when eating out, first decide what you want to eat and then find a restaurant that serves it. There is far too much on offer in Japanese restaurants to detail here - indeed in a two week trip to Japan you will be hard pushed to try everything on our list, but we challenge you to broaden and enhance your culinary horizons whilst in Japan and you may just find that your trip becomes unforgettable for a few tasty reasons.

Tea 茶 & Coffee コーヒー

Tea was introduced to Japan over a thousand years ago from China and has since developed into a basic of the Japanese diet. The standard word for tea is *cha* and there are several variations of tea: bitter, powdered *matcha* 抹茶 is used in traditional tea ceremonies, whilst weaker *sencha* 煎茶 or *bancha* 番茶 are served free of charge in restaurants at the end of a meal. Oolong tea *ウーロン* ちゃ is a popular soft drink sold in vending machines, as are bottles of cold *sencha*.

Coffee shops such as the ubiquitous Starbucks pepper Japanese streets these days but local versions such as *Doutour* and *Pronto* offer cheaper versions of filter coffee, lattes and so on as well as cheap breakfast and lunch set meals. There is one very good thing about Starbucks in Japan however, and that is the *matcha cream frappuccino* – a blended ice, cream and matcha tea drink which is thick, sweet, delicious and probably very bad for you!

Japanese cuisine and etiquette



Drinks 飲み物

Traditional Japanese drinks include sake 酒, rice wine drunk either hot or cold depending on the season, and shochu 焼酎, a strong aquavit, often mixed with soda (called chuhai チューハイ) or juice. Beer ビール was introduced in the late 19th century, and local brands Kirin, Sapporo, and Asahi are recommended. Whiskey ウイスキー is also very popular and Japan's Yoichi 20 whiskey, produced at the Yoichi Distillery near Sapporo on the northerly Hokkaido island, was recently crowned the world's best whiskey, beating its perennial Scottish rivals to the top prize.

Drinking is subject to long-standing rituals of politeness. The hostess will pour a drink for the visitor, and will insist on the visitor's glass being full. It is also appreciated if the visitor pours drinks for the host, but it is bad manners for a visitor to pour one for himself.

Dining: The Basics:

Rice ご飯

The staple of every Japanese meal! Steamed gohan (the Japanese word for cooked rice) is served as a side dish to traditional breakfasts, lunch and dinner and no meal is complete without it.

Onigiri おにぎり

Rice balls with a savoury filling and wrapped in nori seaweed sheets. A favourite with school children or as a mid morning snack

Mochi もち

Mochi is steamed rice pounded into a glutinous paste and used in a variety of dishes, including desserts - filled with sweet bean paste - or grilled and wrapped in seaweed.

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Miso soup 味噌汁

Another staple accompaniment to most meals, misoshiru is a light soup made from miso (soybean) paste, often served with tofu and spring onions. Miso soup is slurped from the bowl, using chopsticks not a spoon!



Dining: Main Meals

Sushi すし / 寿司 & Sashimi さしみ

Sushi comes in several forms, of which nigiri-zushi (a slice of raw fish placed on top of a ball of vinegared rice), maki-zushi (a sushi roll wrapped in seaweed) and inari-zushi (rice in a pocket of sweet, fried tofu) are the most common. Some variations involve cooked fish, such as eel (unagi うなぎ) and prawn (ebi 海老). The most common and cheapest way of eating sushi is by finding a kaiten-zushi (回転寿司) bar; here you sit at the counter and choose your dishes from the revolving conveyor belt. Prices are indicated by the colour of the plate and range from around JPY 100 a plate to JPY800+ a plate. You can also ask the chef to prepare a favourite dish or if you are not sure of what to choose you can ask for a sushi moriawase (a mixed set). Sashimi is simply raw fish served without rice and is often used as an appetiser for main meals. Both sushi and sashimi are served with shoyu (soy sauce) for dipping, hot, green wasabi paste (a type of horseradish) and slices of pickled gari (ginger). The most common sushi variations are:

Sweet prawn (ama-ebi 甘海老)

Abalone (awabi あわび)

Yellowtail (hamachi はまち)

Squid (ika いか)

Salmon roe (ikura イクラ)

Scallop (hotate ホタテ)

Crab (kani かに)

Tuna (maguro まぐろ / マグロ)

Fatty belly tuna (toro とろ)

Octopus (tako たこ)

Horse mackerel (aji あじ)

Sweet egg (tamago 玉子 / たまご)

Sea bream (tai たい)

Salmon (salmon or sake サーモン)

Flounder (hirame ひらめ)

Japanese cuisine and etiquette



Sushi rolls include:

Cucumber rolls (kappa-maki かつぱ巻き)

Egg and vegetable rolls (futo-maki 太巻き)

Raw tuna rolls (tekka-maki てっか巻き)

Tuna mayonnaise rolls (tuna-maki ツナ巻き)

Tempura 天ぷら

Tempura is the general name for any vegetable, portion of fish or prawn fried in a light, crispy batter. Tempura is usually served in a lacquer-ware box with dipping sauce and grated daikon (white radish) or tempura salt and comes with rice and crunchy pickles.



Yakitori 焼鳥

Skewers of grilled chicken and leek coated in a slightly sweet, sticky sauce; a great accompaniment to a cold beer in the summer or warm sake in the winter. Yakitori is more of a snack than a sit down meal and is reasonably priced. Prices are usually per skewer. Expect to pay around JPY3000 for a selection of skewers and a few drinks.

Japanese cuisine and etiquette



Sukiyakiすき焼 & **Shabu-Shabu**しゃぶしゃぶ

Both sukiyaki and shabu-shabu are popular dishes with foreign visitors to Japan and are fairly similar to the untrained eye, with restaurants usually serving both. A pot of simmering water flavoured with sake, soy sauce and sugar is placed on a sizzling hotplate at your table. A waiter then brings you out a selection of thinly sliced raw beef, vegetables and noodles which you proceed to cook in front of you. The cooked ingredients are then dipped in raw egg (very safe in Japan) before being eaten. Shabu-shabu uses goma (sesame) or ponzu (citrus) dipping sauces instead of raw egg. This a fun and sociable dining experience with prices ranging from JPY 3000 to JPY10000, depending on the grade of beef used. Particularly great with delicious Kobe beef (gyuu).



Tonkatsuとんかつ

Tonkatsu is a cutlet of pork deep-fried in breadcrumbs. It is usually served as a set lunch (teishoku 定食), with a special tonkatsu dipping sauce (slightly like HP Fruity

Japanese cuisine and etiquette

sauce!), oodles of shredded cabbage and steaming rice.



Yakiniku焼肉

Yakiniku, or Korean barbeque as it is also known, is another sociable dining experience. Various cuts of beef including rump, tongue, stomach and fillets are dipped in a rich dark sauce and cooked at your table (by you) on a small grill. Originating in Korea, the meat dishes can be accompanied by bibinba - which is a tasty and healthy Korean rice dish cooked quickly to lock in freshness and often served in sizzling stone bowls so hot they actually cook the ingredients in front of you, and kimchi - spicy Korean pickles. Again, Kobe beef is excellent for yakiniku as the beef is extremely tender and succulent.



Donburi 丼 / **Katsu-don**カツ丼 /

Oyako-don親子丼 / **Una-don**うな丼

Donburi is basically any rice dish with a topping - favourites include katsu-don (see tonkatsu above), oyako-don (chicken and egg - oya meaning parent and ko meaning child) and una-don (grilled eel). A quick and satisfying lunch option, costing around

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JPY600



Ramen らーめん / ラーメン

Now a staple of the Japanese menu, ramen is actually a hearty Chinese dish in origin. There are countless variations, especially regionally, but the basic concept of ramen is a bowl of noodles in a flavoured broth (most commonly miso paste or soy sauce) topped with vegetables and meat, usually pork. Ramen is best accompanied by delicious gyoza 餃子-steamed or grilled Chinese dumplings stuffed with vegetables and pork or prawn. Ramen is another cheap lunch option.



Ramen



Gyoza

Udon うどん & Soba そば

Udon and soba are the two main types of noodle that are one of the staples of the Japanese diet. Udon are thick wheat noodles usually served in a broth with tempura or vegetables or as an accompaniment to sukiyaki or shabu-shabu. Soba noodles are thinner but are served in the same way. A popular way to eat either udon or soba is zaru- meaning basket, where the noodles are served chilled on a wicker basket with a topping of soy sauce, grated ginger, wasabi, shredded nori seaweed and spring onions.

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Udon



Zaru-Soba

Kaiseki Ryori懐石料理

Perhaps the most elegant and esteemed meal in Japan, Kaiseki ryori originates from Kyoto and is the original accompaniment for tea ceremony. It now consists of many light courses of a range of delicacies, chosen for their seasonality and freshness. Presentation is highly important when serving Kaiseki dishes. Prices range from a reasonable JPY5000 per person to in excess of JPY25000, depending on the quality and size of meal you choose.



Izakaya restaurants 居酒屋

An izakaya is the Japanese version of a pub and serves a wide selection of casual dining options, both Japanese and Western, along with lots of beer and sake. Izakaya restaurants are great fun, good value and easy to spot- they will often have red lanterns bearing the above characters or the name of the restaurant, extensive menus outside and there will be plenty of noise (and cigarette smoke, unfortunately) coming from within.

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Teppanyaki 鉄板焼き & **Okonomiyaki** お好み焼き

Teppanyaki dishes are cooked by a skilled chef on a piping hot iron plate in front of you or at the head of the restaurant. Assorted vegetables and a selection of beef, chicken and seafood are the most common ingredients, along with egg, noodles and rice. Teppanyaki is a more modern addition to traditional Japanese cuisine and there are many Teppanyaki restaurants in the UK. Okonomiyaki is a quick lunch option cooked on a similar iron plate and is often called a Japanese pancake. A variety of ingredients are squashed together to form a flat, filled patty and then served with a rich sauce. Hiroshima style okonomiyaki is particularly renowned and is served with a fried egg.



Ryokan ryori 旅館料理

If you stay in a traditional Japanese inn during your time in Japan, dinner will most likely be included as part of the package. Meals in ryokan inns can be a little daunting but will (mostly!) be palatable to western taste buds. Both breakfast and dinner will be at set times and, depending on the type of inn you are at, will be served to you in your room. Sometimes a communal dining hall is used instead.

Japanese breakfast consists of several small plates of food in which miso soup, rice, grilled fish, pickles and dried seaweed will feature. This sort of meal can be quite filling for those used to a bite of toast and quick coffee in the morning, but is very nutritious

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and satisfying.

Dinner is a grander affair, consisting of lots of small courses, typically up to seven or eight. The meal starts with an assortment of appetizers, followed by sashimi, a cooked fish and/or meat dish (sometimes on a hot plate or bubbling “nabe” pot), tofu, pickles, rice and fruit. All of the cuisine will have been chosen according to the season and each day you stay you will receive a different variation on the meal. Often you won’t know what it is that you are eating as some things seem to be untranslatable, but rest assured that it will all be local and fresh. If you do not like something, then please don’t feel obliged to eat it; your hosts are used to foreign guests being not quite ready for some of the more unusual Japanese dishes. Special dietary requirements can be catered for in most cases.



Japanese cuisine and etiquette

Bathing Etiquette in Japan

The Japanese are very proud of their long-standing tradition of hot-spring onsen bathing, and rightly so - a visit to the baths is truly a highlight of any trip to Japan, not just for its cultural importance but for the simple pleasure of soaking in a steaming hot bath, which can be especially welcome after the rigours of travel. Unlike the baths we have in the UK, Japanese baths are deep enough for you to sit comfortably up to your neck, and are usually large enough for a number of people to bathe at once. The bath is filled to the top with very hot water which can either be normal tap water, or if you are at an onsen resort, will be mineral-rich onsen water. This type of water is incredibly good for you and is easily recognised by its strong sulphur smell, as well as by its cloudy appearance.

There are a number of options for taking your first bath, be it in your accommodation or during the daytime at a specific onsen resort. If you do decide to visit an onsen resort, places with onsen baths can be identified by the following characters: 湯 or 湯 or 温泉, or alternatively the symbol: ♨. There may also be an open air bath, called a rotemburo 露天風呂, and this is particularly worth trying (don't disregard it if it's raining or snowing either, because this just adds to the fun).



Outdoor rotemburo

Taking your first Japanese-style bath can be a little bewildering at first, but the principle is always exactly the same, regardless of whether you are taking a dip in an onsen, a rotemburo, or a hot bath. We have put together a short and simple guide which we hope you will find useful, but most important of all, just relax and enjoy the experience.

Bathing Guide

If you are using the baths in your ryokan, then you will have been supplied a yukata (cotton kimono) in your room, and you can change into this before you leave your

Japanese cuisine and etiquette

room, fastening the left side of the robe above the right. If there is no yukata, or you are not staying in the ryokan, then it's also fine to enter the changing rooms in your own clothes. Take the small towel supplied with your yukata with you.

There will be separate changing rooms for men and women, the men's is usually covered by a blue curtain and indicated by the character: 男 or 殿; the women's is usually covered by a red curtain and indicated by the character: 女 or 姫. Check with staff if you are unsure which room to enter. Once inside the changing room, remove all your clothes/your yukata and put them inside one of the baskets provided on the shelf. It is advisable to remove all jewellery as onsen water can cause tarnishing – ideally leave your valuables in your hotel room beforehand.



Onsen curtains, helpfully labelled in English and Japanese

Enter the bathroom naked (apart from a small towel which you can purchase on entry or which may have been provided in your hotel room and which can be used to cover your modesty!). Swimming costumes are not allowed. You can take your own shampoo and soap into the room if you like, although generic brands will be provided for you.

Before entering the bath itself, you must wash yourself first. Shower attachments may be provided at the side of the bath, so you should take a shower outside of the bath or wash yourself with water from the bath, scooping the water out using the bucket provided.

Once you are sure you have rinsed off all soapsuds, enter the bath slowly – it will be hot! Do not take the small towel into the bath with you – you may see some bathers putting it on their heads, so do the same if you like, or leave it at the side. Relax and enjoy the bath.

Japanese cuisine and etiquette



Indoor onsen

When you wish to get out, exit the bath and get dressed in the changing room. We advise taking your time getting out, as the hot water can make you feel quite light headed.

Notes: men and women normally bathe separately, apart from in some remote country areas where traditional communal bathing can still occasionally be found.

Japanese cuisine and etiquette

Staying in a Ryokan

One of the real delights of a trip to Japan is the experience of traditional Japanese hospitality, and if you have opted to spend the night in a ryokan or minshuku you are in for a treat. Having said that, it can sometimes be difficult to know what is expected of you whilst you are there. Whilst part of the fun is to pick it up as you go along, we have put together a short guide to etiquette in the ryokan which we hope you will find useful and informative.

When you arrive at the ryokan, enter through the main door where you will be greeted with a bow by the attentive staff. If no one is around, a shout of Gomen Kudasai or Sumimasen (or alternatively, 'hello' will do) will alert the staff to your presence. You will notice a raised step at the entrance and a set of shoes neatly stacked by the door. It is customary to remove your shoes at this point and you will be provided with a pair of slippers to wear around the ryokan itself. Let your host show you what to do – they won't be expecting you to be experts! Your hosts may not speak much English but with gestures and smiles you should be able to communicate enough.

Follow your host down the corridor to your room. Usually the corridors in a ryokan are wooden or perhaps carpeted, but when you get to your own room the floor will be made of tatami mats, and you should take your slippers off and leave them by the door. Enter the room in just socks/bare feet.



A typical Japanese style room – you can just about see the futon rolled out on the floor in the background

When you are shown to your room, your maid will show you the facilities and how to use them.

Most ryokans have televisions, hairdryers etc, although they may be well hidden in

Japanese cuisine and etiquette

your room – ask your maid if there is anything that you need and cannot find. Sometimes appliances are available to borrow from the front desk. She may also ask what time you would like your evening meal and whether you would like to use the communal bath (if there is one).

Your meals will be served to you either in your room or in the restaurant, and the food will be a set menu comprised of delicious, seasonal food. Meals are usually served at fixed times. At mealtimes, you will often sit on the floor with food brought to you at your low table, be this in your room or in the restaurant, in the traditional Japanese style. If you eat in the restaurant you will notice that many guests at the ryokan will come down to the dining room wearing their yukata after their evening bath, and this is perfectly fine if you wish to do the same.

NB: If sitting on the floor is a problem for you, then do try to let us know in advance and we will try to arrange a table and chairs for you – but please bear in mind that this may not always be possible.



Mealtimes, Japanese style

Whilst staying in a ryokan you will sleep on comfortable futons, but these will not be evident in your room when you first enter (unless you arrive very late). The beauty of Japanese accommodation is that every inch of space is used wisely, and the futons will be kept out of the way to give you maximum space during the day (this is typical in the Japanese home too, where space is almost always at a premium). Your futons will be rolled out at bedtime for you by your maid so do not attempt to roll them out yourself. Your maid will also clear away your futons for you in the morning so again, there's no need to do this yourself – you are on holiday!

You may find in some of the more rural ryokans that the rooms do not have keys. This is quite common in Japan. If this is the case, there is usually a small safety deposit box within the room, or you can hand your valuables over to reception for safekeeping.

Japanese cuisine and etiquette

You will notice that many of the walls in the ryokans are quite thin (they are mainly made of paper and wood). Bear in mind that your neighbours may be able to hear you, and you them, whilst you are in your room.



Serving tea at the Sumiyoshi Ryokan, Takayama

Smaller ryokans also may not have ensuite bathrooms, and in this case there will be shared toilet facilities nearby. When using the toilet, there will always be toilet slippers provided. Put on the toilet slippers (they are usually plastic, in garish colours) whilst you are inside the room, but be sure to remove them on exiting and leave them for the next person. It is quite a faux pas to be seen in public wearing toilet slippers, although you will be sure to give the person who sees you a bit of a giggle! Most ryokans do have Western style toilets, but don't be surprised if there are also Japanese style squat toilets. Some more remote places may have Japanese style toilets only.

If there is a communal bath, it may be possible to use it on a private basis – if so, your maid will let you know. It's always best to check with your maid before using the shared bathing facilities.

Tipping – as you may know, there is no culture of tipping in Japan, but there is always an exception to every rule! If you feel you have received excellent service from your maid, you may like to leave a tip. If you decide to do so, then a sum of around JPY2000 is a good amount; you should always enclose it in an envelope and leave it behind in the room when you leave to avoid embarrassment. Japanese people will feel incredibly embarrassed if you hand cash directly to them.

Contact details for family or friends

Your itinerary reference

TF600001-A

This section provides details of the itinerary for Mrs Wormleighton & Mr Harris and a list of all the accommodation which will be used during the holiday should it be necessary to get in touch.

Contact Audley

If the problem still cannot be resolved, please either phone or email our UK office and we will do all we can to help you.

It is best if you can call us within our office hours when we are best equipped to deal with the situation. Our office hours are shown in GMT below:

09:00 – 18:00 Monday to Thursday

09:00 – 17:30 on Friday

09:30 – 16:30 on Saturday

09:30 – 16:30 on Sunday

Within these hours you can either call your specialist directly or call the general office number shown below. You can also email non-urgent issues to the email address shown below.

Office telephone: (+44) 1993 838 000 (During office hours)

Email: japan@audleytravel.com (For non-urgent issues only, as not checked outside office hours)

In the instance that an emergency does occur outside of these hours you can call our emergency number (shown below). The emergency number will be answered by a messaging service and you should leave the following information:

- Your name
- Your Itinerary reference: TF600001-A
- The lead client name on the booking: Mrs Celia Wormleighton
- Your contact telephone details
- When you will be available for us to call
- An overview of the problem

The Audley Duty Manager will then call you back.

Emergency Number: (+44) 1993 838 837 (Outside office hours)

Contact details for family or friends

Note: Depending on the nature of the problem, you may need to contact the relevant Embassy or Consulate. For medical emergencies you should call the relevant emergency telephone number on your insurance policy.

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
1	Thu, 18 Oct, 2018	<p>Your Japan experience begins at the Queen's Terminal in Heathrow. You will be travelling in Business Class with ANA, Japan's first 5 star airline offering attentive service, delicious food and fully flat beds. Your flight departs from Terminal 2 at 19:00 and will arrive into Tokyo Haneda at 14:40 tomorrow, local time. I can select seats onboard for you at no extra charge.</p>	Onboard Aircraft - fully flat bed
2	Fri, 19 Oct, 2018	<p>Yokoso Nihon - Welcome to Japan! Now begins a great adventure.</p> <p>Once you have passed through customs you will be greeted by a guide (look out for the name plaque) and handed your information pack containing maps, your PASMO card and Rail Pass.</p> <p>They will then escort you to the departure point for your private transfer to your hotel. I have recommended wonderful Park Hotel - our number one client-rated accommodation in Tokyo.</p> <p>Spend this evening relaxing after your journey.</p>	Park Hotel, Tokyo 1 x Premium room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
3	Sat, 20 Oct, 2018	<p>This morning you'll have a private Tokyo Orientation with a local guide, who will help you validate your rail pass, make seat reservations, show you how the metro works with your Pasma card, and answer any general questions. They'll also show you some of the sights and facilities of the local area- it's a great way to get acquainted with the country and culture!</p> <p>The orientation will last 4 hours, after which the day is yours for exploring - I have made some key sightseeing suggestions for you.</p>	Park Hotel, Tokyo 1 x Premium room for 2 (Double) - Breakfast is included
4	Sun, 21 Oct, 2018	<p>For your final day in Tokyo, I have recommended a visit to the fascinating Nezu Museum, which has the best collection of Japanese and Asian premodern art in the country, as well as a stunning traditional Japanese garden.</p> <p>You may also wish to explore some of Tokyo's lesser known, but equally charming neighbourhoods at your leisure. I personally recommend Daikanyama, which has some lovely shops and cafes, and a vibrant arts scene.</p>	Park Hotel, Tokyo 1 x Premium room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
5	Mon, 22 Oct, 2018	<p>**FORWARD YOUR LUGGAGE TO TAKAYAMA THIS MORNING AND TAKE A SMALLER BAG WITH YOU TO TSUMAGO**</p> <p>Your Japan Rail Pass starts today and will be valid for 14 days.</p> <p>Leave Tokyo today and travel seemingly back in time to the traditional post town of Tsumago. Located on the Nakasendo Highway, an ancient trading route for Samurai, this preserved town showcases the Japan of the past - a world away from bustling Tokyo. On arrival at Nagiso station (near to Tsumago), take a local taxi to your ryokan, the beautiful Fuki no Mori. Relax this afternoon and enjoy the calmness of your surroundings.</p>	<p>Fukinomori Ryokan , Nagiso 1 x Standard Japanese room for 2 (Futon) - Breakfast and dinner are included</p>

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
6	Tue, 23 Oct, 2018	<p>I recommend enjoying a walk on the Nakasendo Highway today. Take a local taxi to the next village of Magome, another place full of preserved architecture. From here, walk the beautiful trail back to Tsumago. The walk is about 7 kilometres, the first 2.5km are up then the rest is gently downhill, and takes about 3 hours. Please take suitable walking shoes or trainers. The walk meanders through forests and preserved historical hamlets - it's an authentic and incredible insight into old Japan. Once in Tsumago, have a look around - there are some lovely local craft shops and I recommend the local 'Kuri' (chestnut!) ice cream, before returning to Fuki no Mori by taxi for your evening meal.</p>	<p>Fukinomori Ryokan , Nagiso 1 x Standard Japanese room for 2 (Futon) - Breakfast and dinner are included</p>

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
7	Wed, 24 Oct, 2018	Journey further into the Japanese Alps today, to the picturesque town of Takayama. Travelling by train via Nagoya, the journey should take about 4 hours, so relax and enjoy the scenery. Takayama is famed for it's scenery, it's morning river market and it's arts and crafts shops. Explore this afternoon with our recommendations.	Best Western Hotel, Takayama 1 x Standard room for 2 (Hollywood Twin) - Breakfast is included
8	Thu, 25 Oct, 2018	<p>**FORWARD YOUR LUGGAGE TO KYOTO AND KEEP A SMALL BAG WITH YOU OVERNIGHT TONIGHT**</p> <p>This morning, you'll enjoy a small group tour of Takayama, which will lift the lid on the local culture for you. The tour includes the opportunity to sample local cuisine and produce (the fruit and veg in this region are delicious!) as well as a chance to drink locally prepared Sake - enjoy! The rest of the day is yours to enjoy at your leisure.</p>	Best Western Hotel, Takayama 1 x Standard room for 2 (Hollywood Twin) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
9	Fri, 26 Oct, 2018	<p>Head Southwest from the Alps today to Kyoto, Japan's beautiful ancient capital, famed for it's shrines and gardens. Kyoto is home to some of Japan's most revered cultural treasures, both material and intangible.</p> <p>Drop off your bags at your hotel and embark on a private 4 hour city with a knowledgeable local guide. The guide will meet you in your hotel lobby.</p>	Hyatt Regency, Kyoto 1 x Guest Room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
10	Sat, 27 Oct, 2018	<p>This morning, head to the Women's Association of Kyoto for a traditional 'Sadou' green tea ceremony. The Sadou holds an almost spiritual significance in Japanese culture, and every element of the ceremony is highly ritualised. It's an insightful one-hour class, and you have the chance to enjoy delicious 'matcha' green tea afterwards.</p> <p>This afternoon head a little out of Kyoto to visit the iconic Fushimi-inari Shrine. Here you will find vermilion 'torii' gates winding their way up the mountain and you can receive your own English 'omikujii' (fortune). This really is a special place to visit and offers a good opportunity to try some Japanese street food. The shrine gets busy, particularly near the entrance, so I recommend following the tunnel paths further up the hill, where it quietens down significantly.</p>	Hyatt Regency, Kyoto 1 x Guest Room for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
11	Sun, 28 Oct, 2018	<p>Kyoto is home to some of the most beautiful gardens in Japan, which are structured meticulously along strict philosophical principles to enhance both the garden and the surrounding landscape. The sense of peace and harmony is a delight to experience, so enjoy exploring some of our favourites today.</p> <p>This afternoon, you will enjoy a private guided Geisha Walk. Your guide will collect you from your hotel and escort you to the district of Gion, where the Geisha live and work. Catching a glimpse of them in their elegant kimono is mesmerising.</p>	Hyatt Regency, Kyoto 1 x Guest Room for 2 (Double) - Breakfast is included

Your itinerary in brief

12 Mon,
29 Oct,
2018

****FORWARD YOUR LUGGAGE TO THE AMAN AND TAKE A SMALLER BAG TO MT.KOYA/OSAKA****

Ekoin, Mount Koya
1 x Japanese room with en-suite for 2 (Futon) - Breakfast and dinner are included

Leave Kyoto today to make your way up to Mt. Koya. Travelling via Osaka, this is a picturesque journey via train and funicular, taking about 4 hours.

Mt. Koya is a very special place. As the home of Shingon Buddhism, it's a site of pilgrimage for Buddhists around the world. Here you can retreat from the world, enjoy the hospitality of Shingon Monks in a working temple, and relax in a tranquil atmosphere. The food here is Shojin Ryori which is surprisingly delicious Buddhist vegetarian food, and the experience of seeing the Monks' perform their rituals is mesmerising, even for the no-spiritual guest. Tonight you'll enjoy one of my favourite experiences in Japan - a night time walk through the Okuno-In cemetery. Led by an Ekoin monk, Tamura-San, this insightful walk finishes at the lantern-lit mausoleum of Kobo-Daishi, the enigmatic founder of Shingon Buddhism who the

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
		monks believe is still alive and meditating within the mausoleum. This is a moving and atmospheric experience.	
13	Tue, 30 Oct, 2018	Explore Mount Koya at your own pace today. The town is home to hundreds of shrines, temples and gardens, and the excellent Reihokan Museum which showcases local artefacts.	Ekoin, Mount Koya 1 x Japanese room with en-suite for 2 (Futon) - Breakfast and dinner are included
14	Wed, 31 Oct, 2018	Head back down the mountain to the cosmopolitan city of Osaka today. Enjoy a day exploring the city, and I highly recommend visiting the Dotonburi district this evening, where you can sample some of the best street food and seafood in the country.	Ritz Carlton Osaka , Osaka 1 x Skyview superior room for 2 (Double) - Breakfast is included
15	Thu, 01 Nov, 2018	Your next five nights will be spent in blissful relaxation. Included in your package is 5 nights at the impeccable Amanemu. You know the Aman brand - it's among the best in the world, and your suite here is spacious, with a private terrace and Japanese onsen bath. The Aman offers exceptional wellness and spa treatments so you can truly unwind. Your room here includes breakfast only.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included

Your itinerary in brief

Day	Date	Itinerary in brief	Accommodation
16	Fri, 02 Nov, 2018	At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
17	Sat, 03 Nov, 2018	At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
18	Sun, 04 Nov, 2018	At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
19	Mon, 05 Nov, 2018	**FORWARD YOUR LUGGAGE TO TOKYO THIS MORNING AND KEEP A SMALLER BAG WITH YOU OVERNIGHT TONIGHT** At leisure.	Amanemu, Shima 1 x Mori Suite for 2 (Double) - Breakfast is included
20	Tue, 06 Nov, 2018	Return to Tokyo by train today. You final afternoon is at leisure, I have recommended some ideas for sightseeing if time permits.	The Gate, Tokyo 1 x Classy room for 2 (Double) - Breakfast is included
21	Wed, 07 Nov, 2018	After an early breakfast, you'll be collected by private car and taken back to Haneda Airport for your flight home. The flight departs at 11:40am and will arrive into London at 15:25 this afternoon local time. I hope it's been a spectacular trip for you both.	Home

Flight details

Dep. Date	Flight No.	Operated by	From	Dep. Time	To	Arr. Time	Client(s)	Airline Ref. No.
18-10-2018	NH 212	All Nippon Airways	London Heathrow	19:00	Tokyo Haneda	14:40 +1		
07-11-2018	NH 211	All Nippon Airways	Tokyo Haneda	11:40	London Heathrow	15:25		

Hotel contact information

Hotel	Contact details	Check in / Check out dates
Park Hotel Shiodome Media Tower 1-7-1 Higashi Shimbashi Minato-ku 105-7227 Tokyo	Tel (Day) 0081 362521111 Fax 0081 362521001 http://www.parkhoteltokyo.com/ info@parkhoteltokyo.com	Fri 19 October 2018 - Mon 22 October 2018
Fukinomori Ryokan 4644-7 Azuma Nagiso-machi Kiso-gun Nagiso 399-5302	Tel (Day) 0081 264 582 288 www.fukinomori.com/english/index_english.php	Mon 22 October 2018 - Wed 24 October 2018
Best Western Hotel Gifu, Takayama, Hanasatomachi 6-6 Takayama 506-0026	Tel (Day) +81 (0) 577 37 2000	Wed 24 October 2018 - Fri 26 October 2018
Hyatt Regency 644-2 Sanjyusangendo Mawari-cho Higashiyama-ku Kyoto	Tel (Day) +81 (0) 75 541 1234 www.kyoto.regency.hyatt.com/en/hotel/home.html	Fri 26 October 2018 - Mon 29 October 2018
Ekoin 497 Koyasan, Koya-cho Ito-gun, Wakayama- ken Mount Koya	Tel (Day) + 81(0) 736 56 2514	Mon 29 October 2018 - Wed 31 October 2018
Ritz Carlton Osaka 2-5-25 Umeda, Kita-ku Osaka 530-0001	Tel (Day) +81 6 6343 7000 http://www.ritzcarlton.com/en/hotels/japan/osaka?scid=bb1a189a-fec3-4d19-a255-54ba596febe2#Hotel	Wed 31 October 2018 - Thu 01 November 2018

Hotel contact information

Hotel	Contact details	Check in / Check out dates
Amanemu 2165 Hazako Hamajima-cho Shima-shi, Mie Shima 517-0403	Tel (Day) +81 (65) 6715 8855 www.aman.com/resorts/amanemu u	Thu 01 November 2018 - Tue 06 November 2018
The Gate 2-16-11 Kaminarimon, Taito-ku Tokyo	Tel (Day) +81 358263877 www.gate-hotel.jp/english/	Tue 06 November 2018 - Wed 07 November 2018

The Audley Traveller's Code

Here are some suggestions from our specialists to ensure that your trip is not only rewarding but has a positive effect on the destination you are visiting. Do speak to your specialist if you have any questions.

Observing local cultural sensitivities will help you engage with local people and avoid embarrassment or even offence. Your pre-trip notes will advise on those particular to your destination.

Learning a few words in a local language can be greatly appreciated and can open the doors to a more authentic experience.

Always ask if it's OK to take a person's photograph, and be aware that flash photography can be damaging to artwork.

Aim to recycle what you can. Water bottles can often be refilled hygienically. Try to throw away or recycle any extra packaging you may have before you travel, and bring items such as batteries home to be recycled if they can't be locally.

If your hotel has a policy for reusing sheets or towels, try to support this as often as you feel you can. Remember to turn off lights and electrical equipment in your room if you're not using them, and turn off air conditioning units when they're not needed or when you leave the room. Water can be a precious resource, so try to keep your usage of it to a minimum, both in your hotel room and whenever possible throughout your trip.

When visiting national parks and nature reserves, stick to set paths in order to preserve natural habitats and leave animals undisturbed. Keeping noise to a minimum also helps, and allows you and others to enjoy the sights and sounds of nature or the peace and quiet.

Relics and products made from endangered animals and plants were probably acquired illegally. Refusing to buy them is not only in the interests of the local people, the environment and future visitors, it could also help you avoid getting into trouble with police and customs.

It's estimated that as much as 90% of what visitors spend can leave the destination country. We try to ensure that as much as possible stays in the local area by supporting community-run and locally-owned businesses. Try to eat in locally owned restaurants and order local drinks and produce rather than international brands. You can encourage community initiatives such as handmade crafts by buying locally produced souvenirs.

The Audley Traveller's Code

Different cultures have different attitudes to tipping and bartering – your pre-trip notes will provide details, or ask your guide for advice so as not to offend. Keep a light heart and a big smile when bargaining, and try to remember that small amounts can mean a lot more to the vendor than to you.

It sometimes takes a hard heart not to give money to beggars, but if a person earns more than someone who works for a living it may encourage the practice and cause problems for the local economy. Giving money to children might dissuade their parents from sending them to school. If you'd like to make a donation to the country you have visited, please talk to our specialists. We'll be able to recommend a charity or project that will welcome your donation.

If you've not already done so, you may wish to offset the carbon emissions from your flights. ClimateCare (climatecare.org) invests in initiatives that not only lower carbon emissions but also help improve lives.