



## **Active Northern Japan: Tokyo & Hokkaido**

11 days, Tokyo to Sapporo

Trip code AJTH

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Ryokan Stay, Akan-ko

- Your Foodie Moment: Ramen Dinner in Asahikawa, Asahikawa
- Asakusa Sensō-ji Temple
- Nakamise shopping street
- Imperial Palace visit
- free time in Tokyo
- Shiretoko Five Lake trek
- Furepe waterfall hike
- Primeval Forest hiking
- Sulphur mountain visit
- Lake Kussharo hot spring beach
- Lake Mashu Observation Deck
- Akan Ryokan stay
- Asahikawa Ramen dinner
- Asahidake Ropeway
- Sugatami Pong hike
- free time in Sapporo
- Nijo Market visit
- Sapporo Beer Museum and beer sample
- CEO
- all transportation between activities

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

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

**VALIDITY:** Valid for all trips departing July 18th, 2024 and onwards

# Itinerary

---



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

Day 1

## Tokyo

Welcome to Japan! Arrive at anytime. Then meet your group and CEO this evening for a welcome meeting.



### Accommodation

Toyoko Inn Kawasaki Ekimae Shiyakusho-dori (or similar)

Hotel



### Today's Activities

#### ACTIVITY

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

Day 2

## Tokyo

Today you have the chance to see the biggest city in Japan on a tour with your CEO. See highlights of this amazing city like Asakusa Sensoji Temple and Asakusa neighbourhood, Nakamise shopping street and the historic Meiji Shrine. In the afternoon, spend your time in Tokyo how you'd like. Opt to visit cool neighborhoods like Akihabara or Harajuku. Or find some green space in the famous Ueno Park.



### Meals included

Breakfast



### Accommodation

Toyoko Inn Kawasaki Ekimae Shiyakusho-dori (or similar)

Hotel



### Today's Activities

Sensō-ji Temple Visit

Asakusa

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

Meiji Shrine (Meiji Jingū) Visit

Tokyo

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

Free Time

Tokyo

Enjoy a free afternoon in Tokyo.



### Optional Activities - Day 2

Akihabara Visit

Tokyo

Free

Tokyo's Akihabara district is a cultural centre and shopping district for video games, anime, manga, and electronics.

Harajuku Visit

Tokyo

Free

The Harajuku district is known as the centre of Japanese youth culture and fashion. Here, find dozens of shopping and dining options including independent boutiques and larger international luxury stores.

Ueno Park Visit

Tokyo

Free

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

Day 3

## Tokyo/Shiretoko

There's no time to waste as you join your fellow travelers in the morning and head towards the airport to board your flight to Memanbetsu airport in Hokkaido. Upon arrival, head to your hotel outside Shiretoko National Park and enjoy dinner together with your CEO and travel mates.



### Meals included

Breakfast | Dinner



### Accommodation

Shiretoko Daiichi Hotel (or similar)

Hotel



### Today's Activities

Plane

Tokyo - Hokkaidō

1h45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Day 4

## Shiretoko

After a filling breakfast, depart the hotel en route to the Five Lakes area of Shiretoko National Park. This area is famous for its namesake five lakes that were formed years ago by the eruption of Mount Lo. The area now offers picturesque views of the mountains and the wilderness all around. In the afternoon, take a short walk to the Furepe Waterfall, a waterfall cascading into the Okhotsk Sea.



### Meals included

Breakfast | Dinner



### Accommodation

Shiretoko Daiichi Hotel (or similar)

Hotel



### Today's Activities

Furepe Waterfall

Shiretoko

1h30m

3km

Hike to this waterfall that plunges down the side of the emerald cliffs into the sea. This forest hike with a 64 m elevation gain is will have you seeing blue water year round and reflective rainbow when the sun hits just right.

Shiretoko Five Lakes Hike

Shiretoko

3h

4km

Hike through the Shiretoko Five Lakes. On this 4.8 km loop with an elevation of 43 m, walk by reflective lakes and stunning green mountainous scenery. Admire bright green foliage in the summer, gorgeous flower covered mountains in spring and impressive fall colors in autumn.

Day 5

## Shiretoko

Another morning hike in the UNESCO World Heritage Site of Shiretoko Peninsula awaits. Embark on a guided three to four hour hike through the Primeval Forest area of the park. Be sure to bring binoculars if you are a keen animal enthusiast, as there is ample opportunity to spot various species from the Steller's sea eagle to Japanese deer. The scenery is equally as dramatic as you witness the cliff edges hang over the turquoise water of the sea. The afternoon is at leisure, and you can choose to relax at your hotel bathing facilities, or walk into the village area some 20 minutes away.



### Meals included

Breakfast | Dinner



### Accommodation

Shiretoko Daiichi Hotel (or similar)

Hotel



### Today's Activities

Free Time

Shiretoko

Spend a free afternoon exploring Shiretoko how you'd like.

Primeval Forest Hike

Shiretoko

3h

1km

Hike through this part of Shiretoko, seemingly untouched by man. Walk through the forest and be on the look out for foxes and deer while admiring the incredible forest and cliff side views. You may even have the chance to see bear markings on the trees.



### Optional Activities - Day 5

Hot Springs Village

Shiretoko

After a couple days of hiking, enjoy a relaxing soak in an onsen, a Japanese hot spring.

Shiretoko World Heritage Conservation Centre

Shiretoko

Learn about the amazing natural environment of Hokkaido at the Shiretoko World Heritage Conservation Centre. Visit the animal photograph exhibit, watch the short film about Shiretoko and learn the norms for how to help support the area during your visit.

Depart the Shiretoko area this morning and head slightly inland towards Lake Akan. En route stop to visit active volcano Mt Lo, which sits inside the Kussharo caldera. Watch the sulfurous smoke and steam rise from the craggy landmass. From there continue on to the shore of Lake Kussharo, where you can take a moment to get your hands dirty digging into the sandy shore and actually hitting hot spring water. Dig your own personal Onsen! Yet another sign of the volcanic activity still present underground in this area. Make a final stop at the observatory deck to take in views of Lake Kussharo and Lake Mashu before continuing on your overnight stay at a Ryokan. After a dinner with your fellow travelers, enjoy a cultural performance in tribute to the history of the local Ainu people of the region. Akan Yukar Lost Kamuy is a presentation of Ainu ancient ceremonial dance, contemporary dance and digital art.



## Meals included

Breakfast | Dinner



## Accommodation

New Akan Hotel (or similar)

Hotel



## Today's Activities

Lake Mashu Observatory Deck

Akan Mashu National Park

Visit the impressive caldera lake within Akan Mashu National Park. Take in the views from the best spot to see what's considered the clearest lake in the world.

### ACTIVITY

Experience traditional Japanese life with a night at a traditional Japanese Inn. Stay in tatami-matted rooms and enjoy a glimpse into Japanese culture and history.

Private Vehicle

Shiretoko - Akan Mashu National Park

2h

94km

Settle in and scan the scenery from the convenience of a private vehicle.

Sulphur Mountain & Lake Kussharo

Akan-ko

Visit the otherworldly sulphur mountain and breathe in the hot air. See the greenish yellow algae that grows around the fumaroles with a steady stream of steam released across the mountain. The head to Lake Kushharo. With a hot spring under the sand, dig a hole and relax in your hand-dug beachy hot spring.

Ainu Kotan - Ainu Culture Dance

Akan-chō

Visit the Ainu Kotan Village. There are only two indigenous groups remaining in Japan and Akanko Ainu Kotan is one of the largest settlements still remaining in Hokkaido. During our visit, we'll see the village and experience their cultural performance in the evening.

Day 7

## Akan-ko/Asahikawa

Enjoy a leisurely start to the morning to spend the morning hours enjoying the Ryokan hot springs a second time. Or choose to join your CEO for a walk around Lake Akan. Then make your way towards Asahikawa. Don't fill up too much during the day, because dinner this evening is the famous Asahikawa ramen. This ramen is famed throughout Japan as one of the best in the country.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Accommodation

Hotel Amanek Asahikawa (or similar)

Hotel

---



### Today's Activities

Private Vehicle

Akan-ko - Asahikawa

Settle in and scan the scenery from the convenience of a private vehicle.

#### ACTIVITY

Nearly every region of Japan has their own style of ramen, so a trip to Hokkaido wouldn't be complete without trying Asahikawa specialty ramen. With thin noodles and savory broth, this is a dish you won't want to miss.

Day 8

## Asahikawa

It's time to rise and shine and strap on those hiking boots once again. This morning, head to the Daisetsuzan Asahidake Ropeway. Board the ten minute gondola ride up to the start of the walk. Spend a couple of hours exploring the area on foot, and hope for glimpses of the mountain ranges as the fog comes and goes.

It's important to note that in Spring and Fall, its common to still have snow on the ground at Asahidake, so itinerary adjustments may be made. Cold weather clothing should be packed during this season.



### Meals included

Breakfast



### Accommodation

Hotel Amanek Asahikawa (or similar)

Hotel



### Today's Activities

Daisetsuzan Asahidake Ropeway & Hike

Asahikawa

1h30m

1km

Visit Daisetsuzan National Park and ride the gondola up to start your hike around Sugatami Pond Loop. This easy, loop hike will give you astounding views of volcanic rock and Mount Asahi-dake, the tallest mountain in Hokkaido reflecting off ponds. After the hike, take the gondola back down.

Day 9

## Asahikawa/Sapporo

Sapporo, the capitol of Hokkaido, is home to some of the island's most interesting spots. With a day at leisure, choose to join your CEO to visit the Hill of the Buddha, a incredible and huge shrine. Or, choose to explore the Hokkaido Jingu shrine, a shinto shrine honoring 4 deities.



### Meals included

Breakfast



### Accommodation

The B Sapporo (or similar)

Hotel



### Today's Activities

Local Train

Asahikawa-eki - Sapporo Station

Climb aboard, take your seat, and get around like the locals do.

Free Time

Sapporo

Spend a free afternoon in Sapporo.



### Optional Activities - Day 9

Hokkaido Jingu Shrine

Sapporo

Visit the important Hokkaido Jingu Shrine, the resting place of four different kami (deities) of the Shinto religion. Come to the shrine and walk through torii (Japanese gates), write your wish on a wooden plaque and buy a lucky charm. This shrine is one of the best places to witness the four season of Japan. As one of the most renowned places to see cherry blossoms in the spring, fall leaves in autumn, green and colorful in the summer and snow covered in the winter.

Hill of the Buddha

Sapporo

Visit the beautiful and massive Hill of the Buddha outside Sapporo. A metro ride and bus ride brings you to this incredible location. Covered in snow in the winter or covered in flowers in the spring, this place is a must see no matter the season.

Day 10

## Sapporo

Spend today getting well acquainted with the city of Sapporo, home of the world famous beer. Begin your day with a visit to the Nijo Market. Walk through the stalls full of fresh seafood, most caught right of the coast of Hokkaido. You'll see crabs, fish and things you may have never seen before like fresh urchin and fish eggs. Afterwards, head to the home of the first Japanese made beer, Sapporo Beer Museum, and sample beer that can only be found at this location.



### Meals included

Breakfast



### Accommodation

The B Sapporo (or similar)

Hotel



### Today's Activities

Nijo Market

Sapporo

Visit Nijo Market, a market over 100 years old. You'll see fresh local seafood like urchins and salmon eggs, and other local vendors.

Sapporo Beer Testing

Sapporo

Visit the Sapporo Beer Museum for a tour and tasting of the popular brew. Known as the first beer made in Japan, we'll have a chance to sample a beer that can only be found at the museum. Opt for a fun all-you-can-eat-and-drink meal in the Beer Hall.

Depart at any time.

---



## Meals included

Breakfast

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Ryokan Stay, Akan-ko
- Your Foodie Moment: Ramen Dinner in Asahikawa, Asahikawa
- Asakusa Sensō-ji Temple
- Nakamise shopping street
- Imperial Palace visit
- free time in Tokyo
- Shiretoko Five Lake trek
- Furepe waterfall hike
- Primeval Forest hiking
- Sulphur mountain visit
- Lake Kussharo hot spring beach
- Lake Mashu Observation Deck
- Akan Ryokan stay
- Asahikawa Ramen dinner
- Asahidake Ropeway
- Sugatami Pong hike
- free time in Sapporo
- Nijo Market visit
- Sapporo Beer Museum and beer sample
- CEO
- all transportation between activities

## **What are the main highlights of this trip?**

Explore the highlights of Tokyo, Hike the Five Lakes of Shiretoko and visit Furepe Waterfall, Take the gondola up Asahidake and sample local Sapporo beer.

## **What are the main highlights of this trip?**

Explore the highlights of Tokyo, Hike the Five Lakes of Shiretoko and visit Furepe Waterfall, Take the gondola up Asahidake and sample local Sapporo beer.

## **How large will the group be?**

Max 16, avg. 14

## **What meals are included in this trip?**

10 breakfasts, 1 lunch, 5 dinners

## **What are the modes of transportation on my trip?**

Plane, private vehicle, local train, walking.

## **Where will we stay during the trip?**

Hotels (9nts), Ryokan stay (1nt)

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## What are the joining instructions?

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

If you would like to book an airport Arrival shuttle for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival shuttle, our driver will be waiting for you with a sign with your name on it outside of the luggage hall. If for any reason you are not met at the airport, please call Emergency Phone number: +81 90 1223 2336 or +81 80 6779 1851

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), join your group and CEO for a Welcome Meeting in the evening around 6:00 pm.

Please ensure you arrive on time for the welcome meeting and bring your passport so your CEO can collect the required information for your train tickets.

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

# Who should I contact in case of an emergency?

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

## AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

## EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Japan)

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

From outside Japan: 1st contact +81 3-6809-1212. (2nd contact +81 90 1223 2336 or +81 80 6779 1851)

From within Japan: 1st contact 03-6809-1212 (2nd contact 090 1223 2336 or 080 6779 1851)

After office hours emergency number

Primary phone: +81 90 1223 2336 or +81 80 6779 1851 (from within Japan: 090 1223 2336 or 080 6779 1851)

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

# What should be on my packing list?

## Cold Weather:

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

## Documents:

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

## Essentials:

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

**Health & Safety:**

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

**Warm Weather:**

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

## What are the visas and entry requirements for my trip?

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

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

## Should I be tipping on my trip?

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

Tipping within the travel industry is standard to recognize the guide for a great experience. Our CEOs work hard to make your trip special. If you're happy with their service, a tip of \$5-\$7 per day is a great way to say thanks, though the final amount is completely up to you.

## What activities are optional on this trip?

### Tokyo

- Akihabara Visit (Free)
- Harajuku Visit (Free)
- Ueno Park Visit (Free)

### Shiretoko

- Hot Springs Village
- Shiretoko World Heritage Conservation Centre

### Sapporo

- Hokkaido Jingu Shrine
- Hill of the Buddha

## How old must I be to join this trip?

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

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

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

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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