



## **Active Japan: North to South Adventure**

18 days, Tokyo to Ishigaki

Trip code AJST

### **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
- 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 visit and beer tasting
- Kurama to Kibune trek & shrine visits
- Fushimi Inari Taisha hike
- Okinawa Rail Observation & Ibe-dake Forest Trail Trek
- Yasuda Sea Kayaking excursion
- Traditional Sabani Boat tour
- Taketomi island cycling excursion
- Mangrove kayak and hike on Iriomote Island
- Internal flights
- All transportation to/from included activities

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

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

**VALIDITY:** Valid for all trips departing December 31st, 2025 and onwards

# Itinerary

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

Day 1

## Tokyo/Shiretoko

Welcome to Tokyo, Japan. There's no time to waste as you join your fellow travelers in the morning for a welcome briefing with your CEO 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 new travel mates.

This tour departs from Tokyo today, so if you want to spend more time in Tokyo, consider joining the Active Northern Japan: Tokyo & Hokkaido adventure.

Please note this tour begins with a flight from Tokyo to Hokkaido. This internal flight is included in the cost of your tour. Please make sure to arrive at your meeting point hotel no later than 9:30 am to ensure you do not miss the flight.



### Meals included

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.

#### 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

## 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 3

## 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 3

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.

Day 4

## Shiretoko/Akan-ko

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 5

## 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 6

## 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 7

## 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.

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### Meals included

Breakfast

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### Accommodation

The B Sapporo (or similar)

Hotel

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### 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.

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### Optional Activities - Day 7

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 8

## 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.

Day 9

## Sapporo/Kyoto

Bid Sapporo and Hokkaido farewell and head southbound to Kyoto on a domestic flight. Upon arrival, the afternoon is at leisure and you can choose to join your CEO and fellow travelers for a dinner out in Kyoto.

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### Meals included

Breakfast

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### Accommodation

Prince Smart Inn Kyoto Shijo Omiya (or similar)

Hotel

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### Today's Activities

Plane

Sapporo - Kyoto

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

Day 10

## Kyoto

Start your Kyoto based explorations with one of the iconic hikes outside the Kyoto downtown area. Hike from Kurama village to Kibune-two villages that mark the start and endpoint of the hike. As you wind your way through the canopied forest, visit the Yuki shrine and Kurama-dera temple.



### Meals included

Breakfast



### Accommodation

Prince Smart Inn Kyoto Shijo Omiya (or similar)

Hotel



### Today's Activities

CEO-Led Hiking Tour from Kurama to Kibune

Kyoto

2h30m

Transfer by train and subway to Kurama Station and begin your CEO-led hike. Walk between these two picturesque, quaint villages in the Kitayama Mountains and follow the stone steps up into the verdant, mist-shrouded forests. Pass through the highland and visit smaller temples and search for spring water outlets flowing down the trail. Stop along the way at the Kurama-dera Temple—located atop the mountain with stunning views of the countryside, Yuki Shrine, Maoden, ending at Kibune Shrine. The total hike time will be 2.5 hours for a total of 3.9km and a total elevation gain of 584m.

Day 11

## Kyoto

The final day in Kyoto begins with the iconic visit to Fushimi Inari shrine. Walk for around 2 hours under the vibrant torii gates as you make your way along the various trails. Although this is a popular activity, it's worth it for the expansive views across Southern Kyoto.

Spend the afternoon at leisure in Kyoto.



### Meals included

Breakfast



### Accommodation

Prince Smart Inn Kyoto Shijo Omiya (or similar)

Hotel



### Today's Activities

Fushimi Inari Taisha Shrine Hike

Kyoto

Hike up Fushimi Inari through 10,000 stunning torii gates (as seen in the film *Memoirs of a Geisha*). The shrine itself is at the base of the Inari mountain but includes many trails up to smaller shrines in the area. The hike up is about 2 hrs.

Free Time

Kyoto

Enjoy a free afternoon in the beautiful town of Kyoto.



### Optional Activities - Day 11

Nijo Castle and Gardens Visit

Kyoto

600JPY

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

Kinkaku-ji Golden Pavilion Visit

Kyoto

500JPY

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

Zen Gardens of Ryōan-ji

Kyoto

500JPY

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

Day 12

## Kyoto to Yanbaru National Park

Let the island hopping begin. Board a domestic flight bound for Naha airport, in Okinawa. Naha is the main gateway for travelers in and out of Okinawa. Upon arrival, hop onto a private transport and make your way north towards Yanbaru National Park. This area is not popular on the tourist route due to its more remote location, and indeed feels a bit like a hidden gem.

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### Meals included

Breakfast | Dinner

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### Accommodation

Ada Garden Hotel (or similar)

Hotel

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### Today's Activities

Plane

Kansai International Airport - Naha Airport

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

Free Time

Kunigami

Spend a free evening after arriving to Okinawa.

Day 13

## Yanbaru National Park

Embark on a guided walk through part of Yambaru Forest, spotting native flora and fauna on the Ibe-dake Forest Trail Trek. After a picnic lunch, head towards to the seaside and join your local guide on a guided sea kayaking excursion to Yasuda island. After a busy day, enjoy a dinner out together.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Ada Garden Hotel (or similar)

Hotel

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### Today's Activities

Ibe-dake Forest Trail Trek

Yanbaru National Park

Trek along the Ibe-dake forest path through the Special Wildlife Protection Area and learn about the history and ancient wisdom of protecting this precious forest.

Yanbaru Sea Kayaking

Yanbaru National Park

Kayak to the uninhabited island of Yasuda off the coast of Yanbaru. Taking about 30 minutes one way, we'll glide over pristine reef and through crystal clear water, clear enough to see the colorful coral and bright fish. Explore Yasuda island's white sand and relax on the beach, where sea turtles sometimes visit, before paddling back to the coast.

Day 14

## Kunigami/Ishigaki

Another day, another island. Today, head even further south to Ishigaki island. Still part of Okinawa, Ishigaki technically sits closer to Taiwan than to mainland Japan. Join your CEO and fellow travelers for a delicious dinner sampling famous Okinawan ryōri (food).

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### Meals included

Breakfast | Dinner

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### Accommodation

Hotel Abianpana Ishigaki (or similar)

Hotel

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### Today's Activities

Plane

Naha Airport - Ishigaki Airport

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

Free Time

Ishigaki

Spend a free evening in Ishigaki before a group dinner.

Day 15

## Ishigaki

In the Hirakubo Peninsula in northern Ishigaki, hop aboard a Sabani, the traditional Okinawan sailboat, and cruise along the shores of the peninsula. Hop into the water to snorkel if you choose, or just admire the stunning untouched environment. These boats are hand carved in the traditional way from hollowed logs, and only hold 6 persons per boat. Enjoy this rare opportunity to enjoy a piece of Okinawan cultural heritage. During the paddle, we'll jump out of the boat for a chance to snorkel out above the coral reef.



### Meals included

Breakfast



### Accommodation

Hotel Abianpana Ishigaki (or similar)

Hotel



### Today's Activities

Sabani Boat

Ishigaki

Climb aboard a traditional wooden Sabani Boat. Local to Okinawa, we'll sail in this dugout-cedar boat and have a chance to snorkel in the blue water through colorful reefs.

Snorkeling from the Sabani Boat

Ishigaki

Jump out of the traditional Sabani boat with a snorkel mask and fins.. Glide above the tropical coral reefs and admire the colorful life below the sea. Your sabani boat guide will point out some of the amazing things you may see like puffer fish, sea stars or maybe even a sea turtle!

Free Time

Ishigaki

Spend your afternoon at leisure in the Ishigaki Port area.

Day 16

## Iriomote-Ishigaki National Park

The island hopping continues as you head west again towards Iriomote island. Spend the day kayaking in a mangrove area, spotting birds and local flora you can only find in this area. After an epic day exploring the island, choose to join your CEO and fellow travelers for a farewell dinner back in Ishigaki.



### Meals included

Breakfast



### Accommodation

Hotel Abianpana Ishigaki (or similar)

Hotel



### Today's Activities

Iriomote Kayak

Iriomote-jima

Glide through the Mangrove forest waterways in a kayak and learn about the importance of these amazing trees. You'll have the chance to observe the unique wildlife that the Mare and Hinai Rivers' ecosystem supports.

Ferry

Ishigaki - Iriomote-jima

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

Ferry

Iriomote-jima - Ishigaki

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

Day 17

## Taketomi Island

Just off the coast of the Ishigaki Port area is Taketomi Island, part of Iriomote-Ishigaki National Park. Surrounded by coral reef, the island is actually constructed of coral walls and structures, creating a unique architectural look within Japan. The central Ryukyu village is the most well known feature of the island, full of red tiled roof buildings and tropical flowers. There are plenty of ways to explore Taketomi, but in true G Adventures style we opt for a bicycle to be able to zip around and see as much as possible.



### Meals included

Breakfast



### Accommodation

Hotel Abianpana Ishigaki (or similar)

Hotel



### Today's Activities

Ferry

Ishigaki - Taketomi

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

Ferry

Taketomi - Ishigaki

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

Taketomi Cycling

Taketomi

Hop on a bicycle and explore Taketomi's noteworthy stops. Starting at the Yugafu-kan cultural center, we'll then bike to Nishi Pier for a perfect view of the sea, to the white sands of Kondoi Beach for a swim and a snorkel, and to the traditional village of Taketomi. This tour will bring you to experience the picturesque beaches of the island and its well preserved history.

Depart at any time.

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## Meals included

Breakfast

## What's included

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- Your Foodie Moment: Ramen Dinner in Asahikawa, Asahikawa
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- Internal flights
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## **What are the main highlights of this trip?**

Shiretoko Five Lakes and Furepe Waterfall treks, Spot Wildlife in Hokkaido's National parks, Sample local Sapporo beer from the source, Hike through Kyoto's trails in Fushimi Inari and Kurama to Kibune, Kayak, snorkel and bike through the islands of Okinawa.

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

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## **Is there an 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.

## **What is the group leader like?**

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

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

Max 16, avg. 14

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

17 breakfasts, 2 lunches, 8 dinners

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

Plane, local train, walking, private vehicle, gondola, public bus, bicycle, local metro.

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

Hotel (16 nts), 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 kind of accommodation can I expect on this trip?**

Standard Twinshare hotel, Ryokan Stay

## 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 the transfer company name "GREEN TOMATO" on it outside of the luggage hall. If for any reason you are not met at the airport, please call the Emergency Phone number: +81 90 1223 2336 or +81 80 6779 1851

### MEETING POINT:

Please refer to your Voucher for specific hotel meeting point

### WELCOME MEETING TIME: 09:30am

You will meet your group at the meeting point in Tokyo at 09:30am heading towards the airport to board your flight to Memanbetsu airport in Hokkaido. Make sure to arrive to Japan with ample time to arrive at the meeting point to ensure you don't miss the departure time. Enquire about booking a pre-night hotel if you choose to arrive the day before.

# 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 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](#)

## **How much spending money do I need for my trip?**

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

## **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?

## Shiretoko

- Hot Springs Village
- Shiretoko World Heritage Conservation Centre

## Sapporo

- Hokkaido Jingu Shrine
- Hill of the Buddha

## Kyoto

- Nijo Castle and Gardens Visit (600JPY per person)
- Kinkaku-ji Golden Pavilion Visit (500JPY per person)
- Zen Gardens of Ryōan-ji (500JPY per person)

# What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

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

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## 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.