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Sorry! There are no remaining departures for "Japan Hike, Bike & Kayak" (AJHB), [but here are some similar trips](#).



## **Japan Hike, Bike & Kayak**

13 days, Osaka to Tokyo

Trip code AJHB

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- All hiking routes along the Kumano Kodo Trail

- Wakayama Castle visit
- Kyoto sightseeing and walking
- Cycling along Shimanami Kaido
- Miyajima visit and sea kayaking
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing December 21st, 2015 - December 31st, 2016

# Itinerary



## Itinerary Notes

Luggage size restriction –  
Effective from May 2020  
onwards

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

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

**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

## Osaka

Arrive at any time.

We highly recommend booking pre-accommodation in Osaka to see more of this interesting city.

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### 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

## Osaka/Chikatsuyu

Take the train from Osaka to Chikatsuyu to begin the Kumano Kodo pilgrimage hike.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Local Train

Osaka - Chikatsuyu

1h

80km

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

Chikatsuyu Hike

Chikatsuyu

1h

1km

Hike along the famous Kumano Kodo pilgrimage route, with a circular hike from Chikatsuyu.

Day 3

## Chikatsuyu/Katsuura

Enjoy a day hike along the Kumano Kodo pilgrimage route. Reach the Hongu Taisha Shrine with the largest torii gate in Japan. Afterwards, board a bus for coastal Katsuura.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Local Bus

Chikatsuyu - Hongū

15m-30m

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

Kumano Hongu Taisha Hike

Hongū

3h-4h

7km

Hike to Kumano Hongu Taisha, marked at the entrance by the largest torii gate in the world. Walk along trails through forested areas and past various villages to reach the famous shrine.

Local Bus

Hongū - Katsuura

1h30m

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

Day 4

## Katsuura/Wakayama

Hike to Japan's largest waterfall and the Kumano Nachi Taisha, an ancient site along this pilgrimage trail, before heading to Wakayama for the night.

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### Meals included

Breakfast

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### Today's Activities

Kumano Nachi Taisha Hike

Katsuura

1h-2h

1km

Hike along woodland trails to reach the majestic Kumano Nachi Taisha, a shrine set alongside Japan's highest waterfall and surrounded by primeval forest.

Local Train

Katsuura - Wakayama

3h

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

Day 5

## Wakayama/Kyoto

Visit the impressive site of Wakayama Castle before transferring by train to Kyoto.

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### Meals included

Breakfast

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### Today's Activities

Wakayama Castle Visit

Wakayama

2h

The Castle has stood perched above Wakayama since the Edo period of the sixteenth century. Explore the nooks and crannys of this fortification and look down over the city below.

Local Train

Wakayama - Osaka

1h

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

Bullet Train

Osaka - Kyoto

1h30m

40km

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

Stroll along the Philosopher's Walk and explore the historic side of Kyoto, visiting the famous sites of the Golden and Silver pavillions.

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## Meals included

Breakfast

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## Today's Activities

Philosopher's Walk

Kyoto

This stone path through the northern part of Kyoto's Higashiyama district follows a canal lined by hundreds of cherry trees. These trees come to life during a period known as "Hanami", generally from the end of March to early May. Their iconic pink blossoms are one of the most famous symbols of Japan.

Kinkaku-ji Golden Pavilion Visit

Kyoto

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

Silver Pavilion Visit

Kyoto

The Ginkaku-ji, or Silver Pavilion, is another example of beautiful Japanese architecture. This elegant temple is surrounded by gardens set at the base of Kyoto's eastern mountains. Check the ceremonial tea room, thought to be the prototype for future tea ceremony rooms in the country.

Day 7

## Kyoto/Hiroshima

Travel to Hiroshima by train and visit the Peace Park and Museum to learn more about the tragic history of this city.

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



### Meals included

Breakfast



### Today's Activities

Local Train

Kyoto - Hiroshima

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

Hiroshima Park and Peace Memorial

Hiroshima

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

Day 8

## Hiroshima

Head out from Hiroshima to visit the island of Miyajima. Explore the temples and kayak out to the torii gate which floats in the bay.

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### Meals included

Breakfast

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### Today's Activities

Miyajima Island Visit

Miyajima - Hiroshima

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

Sea Kayaking

Miyajima

Enjoy a unique visit to the famous floating torii gate at Miyajima, paddling around the gate by sea kayak.

Day 9

## Hiroshima/Matsuyama

Transfer by ferry to Matsuyama, home to the oldest hot springs in Japan. Opt for a relaxing dip during some free time.

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### Meals included

Breakfast

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### Today's Activities

Ferry

Hiroshima - Matsuyama

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

Free Time

Matsuyama

Enjoy the fascinating city of Matsuyama, famous for the oldest hot springs in Japan.

Day 10

## Matsuyama/Ikuchi Jima

Enjoy a day of cycling across bridges and between islands in the south of Honshu. Explore small villages and spend the night on Ikuchijima.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Local Bus

Matsuyama - Imabari

1h15m

40km

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

Imabari City to Ikuchi Jima Cycle

Imabari - Ikuchi Jima

40km

Take to two wheels and cycle across the Shimanami Kaido, starting in the south of Honshu. Cross bridges and prepare for some challenging uphill climbs as you bike from Imabari City to Ikuchi Jima.

Day 11

## Ikuchi Jima/Onomichi

Cycle along the Shimanami Kaido towards Onomichi. Spend the night in this sleepy town and enjoy the satisfaction of completing the trail.

Please note the floating Torii Gate will be under construction from June 2019 to Aug 2020.



### Meals included

Breakfast



### Today's Activities

Ikuchi Jima Cycle

Ikuchi Jima - Onomichi

30km

Continue your journey along the Shimanami Kaido heading for quaint Onomichi. Enjoy the rural villages and great views along the route.

Day 12

## Onomichi/Tokyo

Transfer to Tokyo by train.

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### Meals included

Breakfast

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### Today's Activities

Bullet Train

Onomichi - Tokyo

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

Day 13

## Tokyo

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

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### Meals included

Breakfast

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### Today's Activities

Departure Day

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- All hiking routes along the Kumano Kodo Trail
- Wakayama Castle visit
- Kyoto sightseeing and walking
- Cycling along Shimanami Kaido
- Miyajima visit and sea kayaking
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Hike along the Kumano Kodo pilgrimage route, cycle between islands in rural Japan, walk along the Philosopher's Walk in Kyoto, explore Wakayama castle, kayak to the famous floating torii gate at Miyajima

## Itinerary Notes

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## What are the main highlights of this trip?

Hike along the Kumano Kodo pilgrimage route, cycle between islands in rural Japan, walk along the Philosopher's Walk in Kyoto, explore Wakayama castle, kayak to the famous floating torii gate at Miyajima

## **Is there a disclaimer I should read before booking this trip?**

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

## **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.

## **Are there Itinerary notes?**

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

## **What important notes should I be aware of before the trip?**

### **1. Luggage**

It is not possible to carry a large bag with you during the cycling portion of this tour (2 days), as such the cost of forwarding one large piece of luggage from Matsuyama to Onomichi is included. Ensure you bring only 1 large bag and 1 day pack/small backpack that will carry essential items for the cycle and 1 night stay en route. You will be responsible for the cost of forwarding any additional large bags, should you choose to bring them on tour.

During the hiking and kayaking portions of this tour luggage can be left at the hotels.

### **2. Tattoos**

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

### **3. Luggage size restriction – Effective from May 2020 onwards**

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

12 breakfasts, 3 dinners

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

Train, bus, bike, kayak, walking.

## **What transportation will we take on this trip?**

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

## **Are local flights included in the cost of the trip?**

There are no internal flights on this trip itinerary.

## **Is there an extra cost for travelling solo?**

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

## Where will we stay during the trip?

Hotel (9 nts), traditional inn (2 nts), traditional inn (1 nt, shared facilities).

## What kind of accommodation can I expect on this trip?

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

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

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

## What is the joining hotel?

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

# What are the joining instructions?

From Kansai Intl Airport (KIX) to Shin-Osaka Esaka Tokyu REI Hotel:

First, get some cash.

After passing through the customs, stop by a bank counter or an ATM machine on the first floor to get some Japanese Yen. This may be your last chance to exchange cash easily in Japan as only certain banks do currency exchange.

## Airport Limousine Bus

Buses run twice hourly to the Namba OCAT bus station near your hotel. Journey time is 48 minutes and costs 1050 Yen. The bus departs from Stop 11 at the International Arrival Lobby on the first floor of the airport. Tickets for buses can be purchased from vending machines located near the bus stops.

[http://www.kate.co.jp/pc/e\\_time\\_table/e\\_ocat.html](http://www.kate.co.jp/pc/e_time_table/e_ocat.html)

On arrival at OCAT, you can either take a taxi (recommended. 30min, 4000 Yen) or the subway. To take the subway you will need to walk to Namba subway station (NOT JR Namba station) and then ride the subway to Umeda Station. Follow the subway signs; you will walk through the OCAT Walk and Namba Walk underground shopping plazas. It should take about 5 minutes.

See the instructions below about getting to the hotel from Namba station.

## Nankai Line Train

The Nankai Line runs extremely regular trains to Namba station.

1. Follow the sign "Railways" to the second floor, exit the terminal building, then cross the pedestrian bridge outside to walk into Kansai Airport Station.
2. Go to Nankai Railways counters #1-3 under the orange sign "Ltd. Exp. Rapi:t Reservation Tickets and General Tickets" on your left.
3. Purchase a ticket for the next Rapi:t (pronounced 'rapeet') or Airport Express to Namba. The ticket costs 1390Yen for Rapi:t (44min) or 890Yen for Airport Express (38min) .
4. Go through a gate under the orange sign, which says "Nankai" by inserting the ticket into the gate. Retrieve the ticket, which will be returned to you at the other side of the gate. You will need it when leaving the Railway.
5. Go down to a platform, and get on the train. The seats are reserved on the Rapi:t and non reserved on the Airport Express. The departure time, car number and the seat number are written on the ticket.
6. Follow the signs for "Subway Sennichimae Line " down to the subway station.

## At Namba

1. After passing by the gates for the subway, you will find ticket vending machines.
2. Deposit 200 Yen or more (the machine will return any change) into the machine, and press the button displaying "200" to buy a ticket to Esaka.
3. Go to the gates with the Midosuji (red) Line sign. Go through a gate by inserting the ticket into it. Retrieve your ticket, which will be returned at the other end of the gate. You will need it when you leave the subway.
4. Take a train bound for Umeda/Shin Osaka. It is the next (and final) stop.
5. Get off at Esaka/Umeda Station
6. Walk 1 min to the Shin-Osaka Esaka Tokyu REI Hotel from Esaka Station on the Midosuji Subway Line or 11 minutes by Subway from Umeda Station

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

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

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## 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.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Japan)

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

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

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

After office hours emergency number

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

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What should I take on my trip?

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

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

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

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

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

To avoid additional costs during the cycling portion of this tour we recommend you only bring 1 large piece of luggage and 1 day pack/small backpack with you on tour. See "Important Notes" for more information.

# What should be on my packing list?

## Cold Weather:

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

## Conservative Dress:

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

## Documents:

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

**Essentials:**

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

**Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: During the colder months (Nov-Apr) the mountains can be very cold, so please make sure you pack warm clothes. During summer (Jun-Sep) temperatures be very hot and humid. Lightweight breathable clothing is recommended.

## **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](#)

## **Where can I read detailed notes about this trip?**

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

## **What activities are optional on this trip?**

- No optional activities

## 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 are the trip specific safety considerations?

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.

## 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.

## What is Planeterra?

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

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

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

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

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

## How can I share feedback about my trip experience?

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

## 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.