

# EXPEDITIONS



**SIGNATURE: JAPAN'S TOKYO,  
KYOTO & OSAKA**

12 days, Tokyo to Osaka

Trip code AJTONS

## WHAT'S INCLUDED

- Your G for Good Moment: A Day in the Hagi Community, Hagi
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Tokyo
- Your Local Living Moment: Sumo Experience and Chanko Lunch with the Wrestlers, Tokyo
- Your Foodie Moment: Tsukiji Market & Sushi Lunch, Tokyo
- Your Local Living Moment: Maiko Tea Ceremony, Kyoto
- Signature Moment: Expert-led Joju-ji Temple Zen Meditation, Kyoto
- Your Foodie Moment: Sake Tasting and Brewery Tour, Kyoto
- Your Foodie Moment: Okonomiyaki Dinner, Hiroshima
- Your Hands-On Moment: Swordsmith Workshop, Hiroshima
- Your Foodie Moment: Ramen Dinner, Osaka
- Your Foodie Moment: Teppanyaki Dinner, Osaka
- Arrival transfer
- Sumo Experience and Chanko Lunch with Wrestlers
- Asakusa city tour
- Tokyo city tour
- Sightseeing around Hakone-machi Port
- Japanese Kaiseki dinner
- Nijo castle visit
- Fushimi Inari visit
- Peace memorial park and museum visit
- Visit Osaka castle
- Visit Dotonbori
- Departure transfer
- Engaging Discussions with the National Geographic Expedition Expert throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- 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 October 21st, 2025 and onwards

## ITINERARY

---



### Itinerary Notes

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).

We strongly recommend bringing a day pack or backpack to use during the day, in addition to your luggage.

**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. Your expedition begins as you touch down in Tokyo, a city that pulses with electric energy. You will be met at the airport and transferred to your hotel, a sanctuary of calm above the metropolis. Watch the city lights flicker to life from your window or step out to feel the rhythm of the streets, preparing for the immersion into Japanese culture that awaits.

---



### ACCOMMODATION

Hilton Tokyo (or similar) Hotel

---



### TODAY'S ACTIVITIES

Arrival Transfer Tokyo

You will be met at the airport and transferred to the hotel to start your adventure.

Welcome Moment - Meet Your Expedition Leader Tokyo

Your first opportunity to meet your Expedition Leader and learn more about your tour before your first full day. Your Expedition Leader will be available at a dedicated hospitality desk at the hotel throughout the day to assist next-day schedule guidance, dining suggestions, and personalized support upon arrival.

Day 2

## TOKYO

Meet your National Geographic Expedition Leader and fellow travellers for a welcome presentation then step into the intense world of sumo. Witness the raw power and discipline of wrestlers during a morning training session. After, join the athletes for a hearty chanko-nabe—the traditional hotpot stew eaten daily and gain insight into their regimented lives. In the afternoon, shift gears to the serenity of old Tokyo. Wander the historic district of Asakusa, passing through the massive Thunder Gate to the ancient Sensō-ji Temple. Stroll Nakamise Street, inhaling the scent of roasted rice crackers and incense, before a welcome dinner at a local Japanese restaurant nearby.

---



### Meals included

Breakfast | Lunch | Dinner

---



### ACCOMMODATION

Hilton Tokyo (or similar) Hotel



## TODAY'S ACTIVITIES

### ACTIVITY

Begin with a welcome briefing and orientation led by your Expedition Leader, followed by an expert-led “Introduction to Japan” presentation.

Expert-led: Introduction to Japan Tokyo

Join an expert-led presentation about Japan to begin the journey.

### ACTIVITY

Witness the powerful training of former professional wrestler or amateur wrestler up close, then join them for a hearty chanko-nabe – the traditional hotpot they eat every day to build strength. During the meal, the wrestlers will share their personal stories, experiences, and unique insights into sumo life.

Asakusa Neighbourhood & Senso-ji Temple Tour Tokyo

Discover this historic entertainment district on a guided tour of the area with your Expedition Leader. Take in one of Tokyo's iconic sites with a stop at 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.

Day 3

## TOKYO

Immerse yourself in Tokyo's world-renowned culinary heritage. Visit Tsukiji market to see the day's fresh catch and fragrant food stalls. A sushi lunch follows for the chance to indulge in the Japanese specialty. In the afternoon, explore the dynamic contrasts of the city – moving from the historic Edo period fishing market to the futuristic pulse of Tokyo's modern districts. From the fashion-forward streets of Ginza to the bustling Shibuya Crossing and the serene Meiji Shrine, experience the innovation that defines contemporary Japan alongside your Expedition Leader. The evening is yours to explore the city's endless dining options.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Hilton Tokyo (or similar) Hotel



### TODAY'S ACTIVITIES

#### ACTIVITY

Visit the Tsukiji Fish Market, formerly known as the biggest fish and seafood market in the world, to get an idea of how important this industry is in Tokyo. Then enjoy a fresh sushi lunch at the local restaurant nearby.

Discover Tokyo's Captivating Contrasts

Tokyo

Join your Expedition leader to discover Tokyo's captivating contrasts – from the bustling Shibuya Crossing and the serene Meiji Shrine to the sophisticated elegance of Ginza. Experience how tradition and modernity coexist in perfect harmony.

Day 4

## TOKYO/HAKONE

Leave the neon behind for the tranquil Fuji-Hakone region—a landscape of ancient forests and crater lakes, with majestic Mount Fuji in the distance. Stroll the shores of Lake Ashi. Arrive at your traditional ryokan (guesthouse) in the late afternoon. Slip into a cotton yukata and find deep relaxation in the mineral-rich waters of the onsen (hot spring). Conclude the day with a multi-course Kaiseki dinner, a masterpiece of seasonal ingredients and artistic presentation.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Gora Onsen Setsugekka Bettei Suiun (or similar) Ryokan



### TODAY'S ACTIVITIES

Private Vehicle Tokyo - Hakone 2h 95km

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

Hakone Sightseeing Hakone

Stroll along the scenic lakeside at Hakone-Machi Port, enjoy views of the surrounding mountains and, on a clear day, Mount Fuji.

Ryokan Stay and Kaiseki Dinner Hakone

Experience the ancient traditions of Japan with a night at a ryokan, a traditional Japanese inn. The oldest hotels in the world are ryokans, a place for travelers of the 8th century to rest. Here you can soak in the rich mineral water of the onsen hot spring. For dinner indulge in a traditional kaiseki meal, a multi-course meal boasting seasonal ingredients, varied textures and a balance of flavors all tied together with precise presentation.

Day 5

## HAKONE/KYOTO

Start the day with a traditional Japanese breakfast and a final soak in the onsen. Then, experience the speed and engineering marvel of the shinkansen “bullet train” watching the countryside blur past on the ride to Kyoto. Enjoy a bento lunch on board. In Kyoto, step into a world of grace with an authentic tea ceremony led by a Maiko (apprentice geisha). Watch the precise, fluid movements during a traditional dance and learn the symbolism behind the kimono and gestures, gaining a rare, intimate glimpse into the city’s guarded geisha culture.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Dusit Thani Kyoto (or similar) **Hotel**

Dusit Thani Kyoto is a premier urban sanctuary that masterfully interweaves Thai hospitality with Japan’s ancient traditions. A two-time Michelin winner and Travel + Leisure Luxury Awards recipient, this retreat features a peaceful courtyard and design inspired by Ayutthaya. Guests can revitalise at Devarana Wellness with Thai massages or take a dip in the indoor pool. Its acclaimed restaurants serve the epitome of Thai and Japanese culinary craft, making it a sophisticated, flavour-focused base right in the heart of Kyoto.



### TODAY’S ACTIVITIES

Bullet Train **Hakone - Kyoto** 2h15m

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

#### ACTIVITY

Enjoy an authentic traditional tea ceremony hosted by a real Kyoto geisha, also called a geiko, or their apprentice called a maiko! Watch as they perform a traditional Japanese dance in a room where you and other guests will be allowed to take pictures. During the performance, learn the meanings and symbolisms of the outfits, and dance of the Geisha.

Seek stillness at Joju-ji Temple with an exclusive Zen meditation session. Guided by a local priest, learn the principles of zazen in a hall normally closed to the public, finding quiet amidst the rustling bamboo and moss gardens. After, share a shojin ryori (vegetarian) meal with the monks, engaging in conversation about their daily lives. In the afternoon, walk the "nightingale floors" of Nijo Castle, designed to chirp under footsteps to warn of intruders. Explore the elegant wooden corridors and painted screens of this Shogunate residence, as your Expedition Leader illuminates the history of the samurai who once walked these halls.



## Meals included

Breakfast | Lunch



## ACCOMMODATION

Dusit Thani Kyoto (or similar) **Hotel**

Dusit Thani Kyoto is a premier urban sanctuary that masterfully interweaves Thai hospitality with Japan's ancient traditions. A two-time Michelin winner and Travel + Leisure Luxury Awards recipient, this retreat features a peaceful courtyard and design inspired by Ayutthaya. Guests can revitalise at Devarana Wellness with Thai massages or take a dip in the indoor pool. Its acclaimed restaurants serve the epitome of Thai and Japanese culinary craft, making it a sophisticated, flavour-focused base right in the heart of Kyoto.



## TODAY'S ACTIVITIES

### ACTIVITY

Step off the busy street and into the quiet world of Joju-ji Temple. This significant Zen Buddhist temple, originally founded in 810 AD and rebuilt during the early Edo Period of 17th century, serves as a sacred place for the practice and teaching of the Zazen school of Zen Buddhism. Take part in a guided zazen meditation led by a Zen priest, held in a private temple hall not open to the public, offering a rare space for reflection and clarity away from the pace of everyday life. Enjoy a traditional lunch with the monks and continue the conversation to deepen your understanding of Buddhism in Japan.

Nijo Castle and the Samurai Era

**Kyoto**

Visit the Nijo Castle, the residence of the first shogun of the Edo Period built in 1603. Now a UNESCO World Heritage Site, the property is divided into three areas: the Honmaru (main circular fortification),

Ninomaru (secondary circle of defense), and the gorgeous gardens that surround both. Join your expedition leader to tour the grounds of the castle and hear stories of the historic samurai-era architecture and rule during the Edo Period.

Day 7

## KYOTO

Walk through the endless tunnel of vermilion torii gates at Fushimi Inari Taisha. Watch the sunlight filter through the orange pillars as you wind up the forested hillside, a place of deep spiritual energy dedicated to the Shinto god of rice. For lunch, immerse yourself in Kyoto's craftsmanship at the Kizakura Sake Brewery. Learn the brewing process and sample three premium sakes, paired with a lunch of sashimi and local delicacies. The remainder of the day is free for you to explore Kyoto's atmospheric alleyways or visit the Gion district at your own pace.

---



### Meals included

Breakfast | Lunch

---



### ACCOMMODATION

Dusit Thani Kyoto (or similar) **Hotel**

Dusit Thani Kyoto is a premier urban sanctuary that masterfully interweaves Thai hospitality with Japan's ancient traditions. A two-time Michelin winner and Travel + Leisure Luxury Awards recipient, this retreat features a peaceful courtyard and design inspired by Ayutthaya. Guests can revitalise at Devarana Wellness with Thai massages or take a dip in the indoor pool. Its acclaimed restaurants serve the epitome of Thai and Japanese culinary craft, making it a sophisticated, flavour-focused base right in the heart of Kyoto.



## TODAY'S ACTIVITIES

Fushimi Inari Taisha Shrine Visit

Kyoto

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

Free Time

Kyoto

During your free time, relax at your hotel or explore your surroundings.

### ACTIVITY

Visit a local sake brewery and learn more about this typical Japanese beverage made from fermented rice. Learn about traditional brewing techniques and sample a selection of premium sakes paired with a seasonal lunch. Discover how Japan's celebrated rice wine reflects Kyoto's craftsmanship and culture.

Day 8

## KYOTO/HIROSHIMA

Board the shinkansen “bullet train” for the journey to Hiroshima. The afternoon holds a deeply moving private meeting with an A-bomb survivor. Listen to their firsthand account and reflections on peace – a powerful, emotional encounter that connects you directly to the human history of the city. Afterward, walk through the Peace Memorial Park, pausing at the Atomic Bomb Dome and the cenotaphs. Gain insight into the city’s resilience before concluding the day with a traditional Hiroshima-style okonomiyaki dinner, watching the savory pancakes cooked on a hot griddle.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Hilton Hiroshima (or similar) Hotel



### TODAY'S ACTIVITIES

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.

Meeting with an A-Bomb Survivor Hiroshima

Have an intimate experience with a survivor of the atomic bomb. They will share their personal experience from the bomb dropping and a reflection of peace.

Bullet Train Kyōto - Hiroshima

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

ACTIVITY

Dig into the delicious Hiroshima-style okonomiyaki. This famous savoury dish is known as the "soul food" of Hiroshima. The city's specialty is to layer an abundance of cabbage and yakisoba (fried noodles) and meat, topped with a fried egg, sauce and aonori (dried seaweed flakes).

Day 9

## HIROSHIMA

Travel to the coastal samurai town of Hagi, a G for Good-supported community. Begin with a welcome ceremony before splitting into small groups to visit local homes. Join families to prepare a seasonal lunch, gaining a personal window into daily life and the warmth of Japanese hospitality. Try your hand at calligraphy and share stories over tea, supporting the preservation of the town's heritage. Return to Hiroshima in the evening for a light, tapas-style dinner, reflecting on the profound human connections made in Hagi.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Hilton Hiroshima (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Hiroshima - Hagi 2h45m 175km

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

#### ACTIVITY

Get to know a local family at this G Adventures for Good-supported community in Hagi, a farming, fishing and historical heritage town. In recent years, due to the rapidly aging population and limited income opportunities in many of the rural areas of Japan, many community members have had to leave Hagi in order to make a living. Feel the warmth of community with a welcome ceremony. Then learn about local history and customs while cooking a homemade meal with your hosts, try Japanese calligraphy and sip tea as you get to know your hosts.

Private Vehicle Hagi - Hiroshima 2h45m 175km

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

Day 10

## HIROSHIMA/OSAKA

Step into the heat and rhythm of a swordsmith's workshop for a rare look at an ancient craft. Watch the master forge a samurai blade, observing the sparks fly, and take the hammer yourself to strike the steel, feeling the reverence of the tradition. After a local lunch, board the shinkansen to Osaka. Arrive in the evening and settle in with a casual ramen dinner, savoring the rich broth and noodles of one of Japan's most beloved comfort foods in its culinary capital.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

W Osaka Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Bullet Train Hiroshima-eki - Ōsaka 1h30m

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

#### ACTIVITY

Visit a swordsmith's workshop for a rare, behind-the-scenes look at the ancient art of Japanese sword making – a craft that embodies Japan's spirit of discipline, precision, and beauty. Try your hand at striking the steel yourself, feeling the heat, rhythm, and reverence that defines this centuries-old tradition. During the visit, the swordsmith will also explain the process of forging and preserving Japanese swords, showcasing some of the beautifully maintained blades.

#### ACTIVITY

Slurp down a delicious bowl of ramen in Japan's foodie capital. Whether you prefer soy sauce, miso or pork broth based ramen, tonight is your night to dig in.

Day 11

## OSAKA

Stand before the majestic Osaka Castle, a symbol of power and resilience surrounded by massive stone walls and moats. Then, dive into the electrifying atmosphere of Dotonbori, Osaka's neon-lit foodie district, exploring at your leisure for lunch amidst the giant 3D signs and bustling street food stalls. In the evening, gather for a final presentation from the National Geographic Expeditions Expert, then enjoy a farewell Teppanyaki dinner. Watch as premium Wagyu beef is artfully grilled before your eyes – a culinary performance that marks a fitting finale to your trip.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

W Osaka Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Osaka Castle Visit Osaka

Visit Osaka Castle, a dramatic symbol of Japan's feudal legacy and resilience. Walk the vast park, admire the golden accents of the main keep, and gain insight into the nation's turbulent samurai past. Don't forget to climb to the observation deck for a breathtaking view of the Osaka skyline contrasted with the historic grounds.

Explore Dotonbori and Osaka's Best Neighbourhoods Osaka

Explore Osaka's vibrant culinary district, where neon lights and the aroma of sizzling street food fill the air. Take the opportunity to indulge in a restaurant of your choice in this vibrant part of town. Then continue on to wander through Osaka's lively shopping streets or pick up last-minute souvenirs.

Free Time Osaka

An afternoon at leisure allows you to check off your list of "must-see" spots in Osaka.

Expert-led Wrap up Presentation Osaka

Join a local expert for a wrap up presentation, reflecting on the journey and cultural insights gained throughout the trip.

ACTIVITY

Celebrate your final evening in Japan with an incredible dinner of teppanyaki, meaning broiled on a steel grill. Enjoy premium wagyu beef and other fresh seasonal ingredients that show off Japan's elevated culinary excellence.

Day 12

## OSAKA

Your expedition to Japan concludes today. After breakfast, individual transfers are provided to the airport at any time during the day.



### Meals included

Breakfast



### TODAY'S ACTIVITIES

Departure Transfer **Osaka - Kansai International Airport**

You will be met at your hotel and transferred to the airport at the end of your adventure.

Departure Day

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

## What's included

- Your G for Good Moment: A Day in the Hagi Community, Hagi
- Your Local Living Moment: Sumo Experience and Chanko Lunch with the Wrestlers, Tokyo
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Tokyo
- Your Foodie Moment: Tsukiji Market & Sushi Lunch, Tokyo

- Your Local Living Moment: Maiko Tea Ceremony, Kyoto
- Signature Moment: Expert-led Joju-ji Temple Zen Meditation, Kyoto
- Your Foodie Moment: Sake Tasting and Brewery Tour, Kyoto
- Your Foodie Moment: Okonomiyaki Dinner, Hiroshima
- Your Hands-On Moment: Swordsmith Workshop, Hiroshima
- Your Foodie Moment: Ramen Dinner, Osaka
- Your Foodie Moment: Teppanyaki Dinner, Osaka
- Arrival transfer
- Sumo Experience and Chanko Lunch with Wrestlers
- Asakusa city tour
- Tokyo city tour
- Sightseeing around Hakone-machi Port
- Japanese Kaiseki dinner
- Nijo castle visit
- Fushimi Inari visit
- Peace memorial park and museum visit
- Visit Osaka castle
- Visit Dotonbori
- Departure transfer
- Engaging Discussions with the National Geographic Expedition Expert throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Witness the power of sumo training up close and share traditional hotpot with wrestlers, Experience the grace of Kyoto at a private tea ceremony and dance by an apprentice geisha, Strike the steel yourself in a swordsmith's workshop to learn the rhythm of the craft, Find stillness at Joju-ji Temple with an exclusive meditation session led by a Zen priest, Cook and connect with local families in the samurai town of Hagi sharing stories over tea.

## Itinerary Notes

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).

We strongly recommend bringing a day pack or backpack to use during the day, in addition to your luggage.

## What are the main highlights of this trip?

Witness the power of sumo training up close and share traditional hotpot with wrestlers, Experience the grace of Kyoto at a private tea ceremony and dance by an apprentice geisha, Strike the steel yourself in a swordsmith's workshop to learn the rhythm of the craft, Find stillness at Joju-ji Temple with an exclusive meditation session led by a Zen priest, Cook and connect with local families in the samurai town of Hagi sharing stories over tea.

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

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 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 a travel disclaimer for my itinerary I should review before booking this trip?

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?**

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).

We strongly recommend bringing a day pack or backpack to use during the day, in addition to your luggage.

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

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up-to-date medical travel information well before departure.

We recommend that you carry a First Aid kit, hand sanitizer/antibacterial wipes, and a full supply of any personal medications. Always carry your prescription medication in original packaging with your doctor's prescription and ensure your medication is legal in Japan. In Asia, you will not find the same drugs as you get at home. Please be aware that sometimes we are in remote areas and away from medical facilities. Also note that for legal reasons our Expedition Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your tour, carefully read the itinerary and note the physical demand rating and assess your ability to cope with the demands of the tour and travel style.

G Adventures reserves the right to exclude any traveller from all or part of a tour without refund if, in the reasonable opinion of the Expedition Leader, they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## **What is the role of the group leader during this trip?**

All National Geographic Signature group trips are accompanied by one of our National Geographic Expedition Leaders throughout. The aim of the Expedition Leaders 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 22, avg. 18.

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

11 breakfasts, 8 lunches, 6 dinners

## **What are the meals like on this trip?**

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

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

Your Expedition Leader will always strive to cater for all dietary requirements/preferences, but please keep in mind that Vegetarianism/Veganism and Gluten Free Options are very uncommon in Japan, especially in rural areas, so this may mean a more limited selection for you.

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

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

Walking. Bullet Train. Private Vehicle.

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

On our tours in Japan we use a mix of private and public transport, making use of Japan's world famous transport system. From the super fast Shinkansen Bullet Train to Tokyo's extensive local train and subway network, we ride with the locals.

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

Yes, for those travelling solo there is a single supplement

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

Hotels (10 nts), Ryokan (1 nt).

## 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 deodorize 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 kaiseki meals that are pleasing both to the eyes and the pallet, 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.

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

## 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Signature Expeditions sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. 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), look for a note or bulletin board in the reception with a note from your National Geographic Expedition Leader. This note will give the details of your Welcome Meeting on day 2 (in the morning), where you will get a chance to meet your leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

## 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. Included arrival transfers are provided from the nearest airport to your starting location. 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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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

## What information should I be aware of as the itinerary draws to a close?

You will be met at your hotel and transferred to the airport at the end of your adventure.

# What should be on my packing list?

## 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.)

## **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](#)

## **What should I consider when planning my personal expenses and discretionary spending for this itinerary?**

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.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com). As of January 2026 the exchange rate for JAPAN was 1 USD = 156 Japanese Yen.

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

Credit Cards are widely accepted throughout Japan, but some places still only accept cash. . Money can be exchanged at Post Offices and some banks and hotels in major cities, however it can be a very slow process.

## **How much emergency money should I bring on this trip?**

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

## **Do I need to pay a departure tax?**

Departure Tax is included in all International and Domestic tickets.

## Should I be tipping on my trip?

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

For meals and activities not included in your itinerary, tipping for service is not practiced in Japan. Leaving money at restaurants, in taxis etc will simply cause confusion.

In addition, please note that tipping is not required or expected for the Expedition Expert.

## 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 Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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 Expedition Leaders 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 should I dress to respect local customs during the tour?

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

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

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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

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

## 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 National Geographic Signature Specialist 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.