



## **Solo-ish Japan**

11 days, Tokyo to Osaka

Trip code AJTS

### **What's included**

- Dinner Party: Dinner Party, Tokyo
- Your Welcome Moment: Meet Your CEO and Group

- We Day: Tokyo Highlights Tour: Temples, Shrines & Neon Signs, Tokyo
- G Day: Senso ji Temple and Asakusa Neighbourhood, Tokyo
- Your Local Living Moment: Zenkō-ji Temple, Nagano
- Your Local Living Moment: Ryokan Stay, Fukui
- Me Day: Kyoto Me Day, Kyoto
- Shared Arrival transfer
- Visit the Meiji Jingu Shrine
- Visit Shibuya crossing
- Explore Asakusa with your CEO
- Visit Snow Monkey Park
- Explore Matsumoto Castle
- Tour Takefu Knife Village
- Visit Hiroshima Peace Park
- Visit Miyajima Island
- Explore Gion with your CEO
- All transport to/from included activities

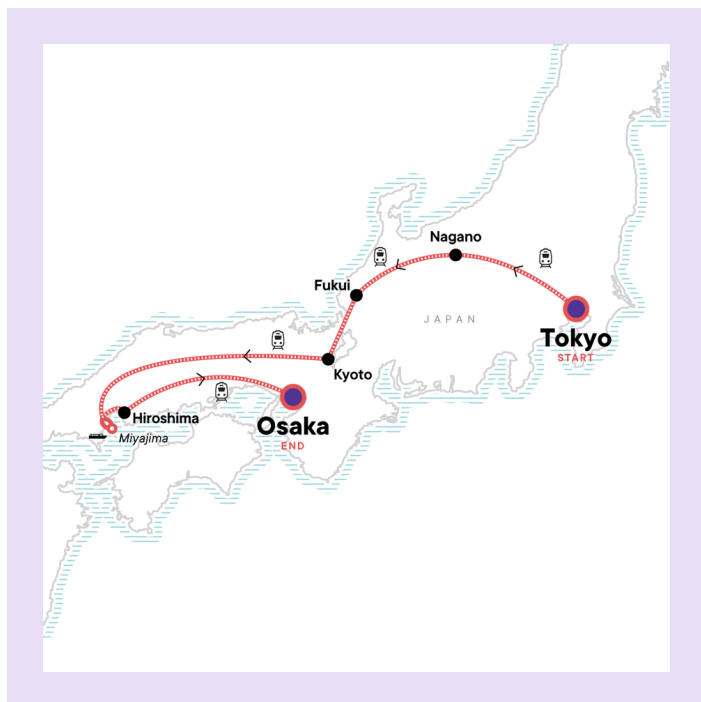
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 15th, 2024 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

## Dinner Party: Tokyo

Welcome to Japan! Meet your included arrival transfer at the airport to head to the hotel where you'll meet your other Solo-ish travellers and CEO for a welcome briefing. Then head off with your new travel mates for a dinner party in Tokyo! Together you'll cook some of Japan's most popular dishes like Japanese egg omelet, onigiri, teriyaki and seasonable vegetables. After working together to make the meal, have a seat next to another Solo-ish friend and enjoy the delicious Japanese food!

Make sure to arrive no later than 2:00 pm to make it to your welcome briefing and then head to your local cooking class.

The most convenient way to get around Japan is by public transportation and on foot. The country's train system is often considered one of the best in the entire world so the majority of our trips utilize this efficient train network. In this tour, you will need to be able to spend the majority of the day on your feet and carry your luggage through busy train stations and streets. On average, tours in Japan walk about 15,000 steps a day. Please ensure you are fit enough to carry your own luggage and spend most of the day on your feet.



### Meals included

Dinner



### Accommodation

The B Akasaka (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Japanese food is revered as the best food in the world by travelers and world renowned chefs alike. Dive head first into this top culinary country by making Japanese egg omelet, onigiri, teriyaki and seasonable vegetables, some of the most popular dishes in the country and internationally. Then sit down together to enjoy the meal and get to know your fellow solo-ish travellers.

## 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

## We Day: Tokyo

Experience the most fascinating sides of Tokyo with your amazing CEO as your guide. Walk through some of the most important neighborhoods in Tokyo like Shinjuku, Harajuku and Shibuya. Pop in and out of shops along Takeshita Street in Harajuku, and visit Meiji Jingu Shrine in Shibuya. Your CEO will teach you temizu, a way to symbolically purify your body and spirit before entering. Inside, learn how to read your Omikuji, a local fortune. Don't worry if your fortune is bad, your CEO will teach you how to tie it up and leave it behind!



### Meals included

Breakfast



### Accommodation

The B Akasaka (or similar)

Hotel



### Today's Activities

## ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Enjoy a day connecting with Japanese culture and city life with a tour of Tokyo's highlights and legendary neighborhoods. Admire the neon signs in Shinjuku. See the center of Japanese fashion and culture in Harajuku and visit the biggest shinto shrine in Tokyo, Meiji Jingu Shrine. Learn some of the shrine visiting etiquette called temizu, purification of the body and soul. Enter with respect and with your fellow Solo-ish travellers and CEO, learn to read your omikuji, Japanese fortune.

Start today off with a special surprise that is sure to bring you luck this trip! Then take a local train to Asakusa, one of Tokyo's more famous neighborhoods. On a tour with your CEO, visit the amazing Senso ji Temple, the oldest temple in Tokyo. Then spend some free time in Asakusa, soaking in this cultural gem. Opt to explore Nakamise shopping street, try some intense matcha ice cream or sit down at a cute mochi cafe. Feel free to ask your CEO for recommendations. After some exploration, take the bullet train to Nagano and check into your Temple stay for the night.

While we ride the bullet train, your main luggage will be sent on Japan's takkyubin service (luggage transfer) to the next destination. Please note, you will NOT have access to your main luggage for approximately 24 hours. You must pack an overnight bag with everything you'll need until you're reunited with your luggage the following day. Only one bag per passenger is permitted on the luggage transfer. If you have more, there will be an additional charge at the traveler's expense.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Shinshu Zenkoji Yakuoin (or similar)

Temple



### Today's Activities

#### ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the worlds coolest activities alongside new friends. It's not just an epic day of fun, its chock full of incredible experiences and a surprise G element along the way to take your day to 11. Join your CEO for a tour of the Senso ji Shrine in Asakusa. Many consider this shrine to be the most beautiful in all of Japan. After a tour, enjoy free time in Asakusa neighbor to explore the cute cafes, amazing restaurants and fun shops.

Bullet Train

Tokyo - Nagano

3h

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

#### ACTIVITY

Visit the enshrined Buddhist temple, in the heart of Nagano city, built almost 1500 years ago. Spend a night in this temple's shukubo, temple lodging, and learn how the Buddhist monks live in this beautiful temple.

Day 4

## Nagano

Rise with the sun this morning and join the monks for their morning prayer ritual in Zenkō-ji temple. You'll have the special opportunity to hear their chanting in the main temple hall. We'll have breakfast in the Shukubo temple before heading off to Yudanaka where we can see the Japanese Macaques bathing in the hot springs. Then head back to Nagano for the night.

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### Meals included

Breakfast | Lunch

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### Accommodation

Nagano Tokyu REI Hotel (or similar)

Hotel

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### Today's Activities

Zenkō-ji Oasaji

Nagano

Awaken early and join the monks for their sunrise morning prayer ritual. Listen to their chanting, their kansho bell ringing and enjoy the time in the oasaji, the main hall of the temple.

Local Train

Nagano-eki - Yudanaka-eki

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

Jigokudani Monkey Park Visit

Nagano

Visit the Jigokudani Monkey Park, where wild snow monkeys can be seen bathing in the natural hot springs. The pool where most of the monkeys soak is man made, fed by the hot springs. Along the walking paths up to the pools other monkeys tend to stop and watch visitors curiously.

Local Train

Yudanaka-eki - Nagano-eki

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

Day 5

## Nagano

Visit one of Japan's grandest castles in the country, Matsumoto Castle. Built in the 1500's, this six story tower still maintains its original wood and stone work. Walk along the moat and over the many bridges. Then enjoy a free afternoon to explore Nagano.

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### Meals included

Breakfast

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### Accommodation

Nagano Tokyu REI Hotel (or similar)

Hotel

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### Today's Activities

Matsumoto Castle Visit

Nagano

Visit Matsumoto Castle, one of Japan's most treasured castles, maintaining its original wooden interior and stone exterior. Take a tour of this castle where 16th century Samurai once roamed.

Free Time

Nagano

Enjoy free time in the city of Nagano.

After breakfast this morning, catch the bullet train to the town of Fukui. After arrival, visit the Eiheiji Temple, tucked deep in the mountains. A visit to this picturesque temple in the forest will help you start your day off on a peaceful foot. Then take a tour of Takefu Knife Village and watch as the steel-smith's wield knives with this 700 year old tradition. In the afternoon, arrive to your ryokan stay, a traditional Japanese Inn, where you'll sleep on traditional tatami mats and have a chance to soak in the onsen.

While we ride the bullet train, your main luggage will be sent on Japan's takkyubin service (luggage transfer) to the next destination. Please note, you will NOT have access to your main luggage for approximately 24 hours. You must pack an overnight bag with everything you'll need until you're reunited with your luggage the following day. Only one bag per passenger is permitted on the luggage transfer. If you have more, there will be an additional charge at the traveler's expense.



## Meals included

Breakfast | Dinner



## Accommodation

Awara Onsen Mimatsu (or similar)

Hotel



## Today's Activities

Bullet Train

Nagano - Fukui

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

Eiheiji Temple Visit

Eiheiji-temple

Feel like you've been transported to a Ghibli movie when visiting Eiheiji Temple, the Temple of Eternal Peace. Walk up the mossy steps through the forest to the picturesque temple on the hill.

## Takefu Knife Village Tour

Fukui

Visit the Takefu Knife Village and tour this historic knife factory. Japanese knives are famous around the world for being thinner, harder and sharper. Qualities that make a great kitchen knife. Watch as the sword-smiths shape the steel, the tradition used for Echizen blades for over 700 years, and learn about the history of these master sword and knife makers.

### 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. Enjoy the Japanese hot springs, onsen, and relax in the hot water.

Day 7

## Kyoto

Travel to the historic city of Kyoto by bullet train this morning. Opt to join your CEO for lunch in the Nishiki Fish Market before your afternoon adventures. Then join your CEO as they lead you on a tour of the famous Gion district. Walk through the streets that Geishas walk through daily and visit the Yasaka Shrine together.



### Meals included

Breakfast



### Accommodation

ibis Syles Kyoto Shijo (or similar)

Hotel



### Today's Activities

Bullet Train

Awara Onsen-eki – Kyoto

1h30m-2h

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

Yasaka Shrine

Kyoto

Visit the Yasaka Shrine, also known as the Gion Shrine, in the heart of Kyoto. Admire the beautiful architecture from over 1350 years ago and see the hundreds of lanterns.

Gion Walk

Kyoto

Walk through Gion, Kyoto's most famous geisha district. Visit shops, restaurants and ochaya (teahouses), where geiko (Kyoto dialect for geisha) and maiko (geiko apprentices) entertain.



### Optional Activities - Day 7

Nishiki Market Visit

Kyoto

Take a walk through the famous Nishiki Market renowned as the best place to get your hands on Kyoto's most famous street food.

Day 8

## Me Day: Kyoto

On your Me Day, spend it exactly how you want! If you're looking for some alone time, today is your day to do some solo adventures. Opt to hike Fushimi Inari Shrine or visit the Kinkaku-ji Golden Temple. If you'd rather spend the day with your CEO & fellow solo-ish travellers, opt to join your CEO for a zen garden visit, followed by a tour of Arashiyama Bamboo forest and Togetsukyo Bridge.

All activities today are optional and at the traveler's expense, including the activity accompanied by your CEO.



### Meals included

Breakfast



### Accommodation

ibis Syles Kyoto Shijo (or similar)

Hotel



### Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for an incredible activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.

Day 9

## Kyoto/Hiroshima

Another bullet train ride brings us to Hiroshima this morning. Arrive in the late morning, head to the hotel, then spend some free time for lunch. This afternoon, we visit the Hiroshima Peace Memorial Park, a park that was built on a field created by the explosion of the nuclear bomb. After some time there, enjoy a free evening in Hiroshima.

While we ride the bullet train, your main luggage will be sent on Japan's takkyubin service (luggage transfer) to the next destination. Please note, you will NOT have access to your main luggage for approximately 24 hours. You must pack an overnight bag with everything you'll need until you're reunited with your luggage the following day. Only one bag per passenger is permitted on the luggage transfer. If you have more, there will be an additional charge at the traveler's expense.



### Meals included

Breakfast



### Accommodation

Toyoko Inn Hiroshimaeki Shinkansenguchi II (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.

Bullet Train

Kyōto - Hiroshima-eki

2h45m

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

Day 10

## Hiroshima

Today we'll visit Miyajima, "Shrine Island." After taking a local train and a ferry ride to the arrive, we'll visit the beautiful Istukushima Shrine. This coastal shrine is almost 1500 years old. Spend some time admiring this historic structure before enjoying free time on the island. In the afternoon, take the ferry and local train back to Hiroshima. Opt to join your CEO for a farewell dinner over some local okonomiyaki.



### Meals included

Breakfast



### Accommodation

Toyoko Inn Hiroshimaeki Shinkansenguchi II (or similar)

Hotel



### Today's Activities

Istukushima Shrine

Miyajima

On the coast of Miyajima Island lives Itsukushima Shrine. Built in late 500 AD, this beautiful shrine boasts floating torii gates and beautiful prayer halls, all connected by a boardwalk.

Free Time

Miyajima

Enjoy free time exploring Miyajima Island.

Ride one last bullet train with your CEO & fellow solo-ish travellers to Shin Osaka station. Say goodbye to your fellow Solo-ish travellers as your tour ends upon arrival at the airport. You arrived a solo traveller and are leaving with many new friends!

For those continuing travels in Japan, your CEO will help you find the correct train in Shin Osaka Station. If you're headed to the airport, your CEO will accompany you from Shin Osaka to Kansai Airport (KIX).

Please book return flights no earlier than 4:00 pm.



## Meals included

Breakfast



## Today's Activities

Bullet Train

Hiroshima-eki - Ōsaka

3h

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

## What's included

- Dinner Party: Dinner Party, Tokyo
- Your Welcome Moment: Meet Your CEO and Group
- We Day: Tokyo Highlights Tour: Temples, Shrines & Neon Signs, Tokyo
- G Day: Senso ji Temple and Asakusa Neighbourhood, Tokyo
- Your Local Living Moment: Zenkō-ji Temple, Nagano
- Your Local Living Moment: Ryokan Stay, Fukui

- Me Day: Kyoto Me Day, Kyoto
- Shared Arrival transfer
- Visit the Meiji Jingu Shrine
- Visit Shibuya crossing
- Explore Asakusa with your CEO
- Visit Snow Monkey Park
- Explore Matsumoto Castle
- Tour Takefu Knife Village
- Visit Hiroshima Peace Park
- Visit Miyajima Island
- Explore Gion with your CEO
- All transport to/from included activities

## What are the main highlights of this trip?

Japanese cooking class, Visit Shibuya crossing, Explore Asakusa with your CEO, Overnight at a Japanese Temple, Explore Matsumoto Castle, Tour Takefu Knife Village, Overnight at a Japanese Ryokan, Visit Hiroshima Peace Park, Visit Miyajima Island, Explore Gion with your CEO

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Japanese cooking class, Visit Shibuya crossing, Explore Asakusa with your CEO, Overnight at a Japanese Temple, Explore Matsumoto Castle, Tour Takefu Knife Village, Overnight at a Japanese Ryokan, Visit Hiroshima Peace Park, Visit Miyajima Island, Explore Gion with your CEO

## 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.

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

### 1. 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).

### 2. Luggage size restriction

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.

3. 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.

### 4. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### 5. OVERNIGHT BAG

While we ride the bullet train, your main luggage will be sent on Japan's takkyubin service (luggage transfer) to the next destination. Please note, you will NOT have access to your main luggage for approximately 24 hours. You must pack an overnight bag with everything you'll need until you're reunited with your luggage the following day. Only one bag per passenger is permitted on the luggage transfer. If you have more, there will be an additional charge at the traveler's expense.

## What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officer's (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 traveling 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 12

## What meals are included in this trip?

10 breakfasts, 2 lunches, 3 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 CEO 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 CEO 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?

Bullet train, local train, private vehicle, walking.

## 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?

Hotels (twin-share 8nts), Temple stay (1nt multi-share), Ryokan stay (twin-share 1nt).

## Do any exceptions apply to Rooming or “My Own Room” on my tour?

Exception night 3 (temple stay) & 6.

## 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 G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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

Arrive to your start hotel no later than 3pm for your Welcome Meeting.

During your Welcome Meeting, you will get a chance to meet your CEO 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!

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

## 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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver at the exit point of the airport, in the arrival hall. Look for a driver holding a G Adventures sign with your name.

If you have still 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.

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

Please book departure flights no earlier than 4:00 pm.

## **Are there any additional packing suggestions I should consider?**

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

# 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.)

### **Warm Weather:**

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

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

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

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

## **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.

## **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?**

### **Kyoto**

- Nishiki Market Visit

## 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.

## 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.

## 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 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.