



Tokyo to Osaka: Neon-lit Cities & Tranquil Countryside

8 days, Tokyo to Osaka

Trip code AJTJ

What's included

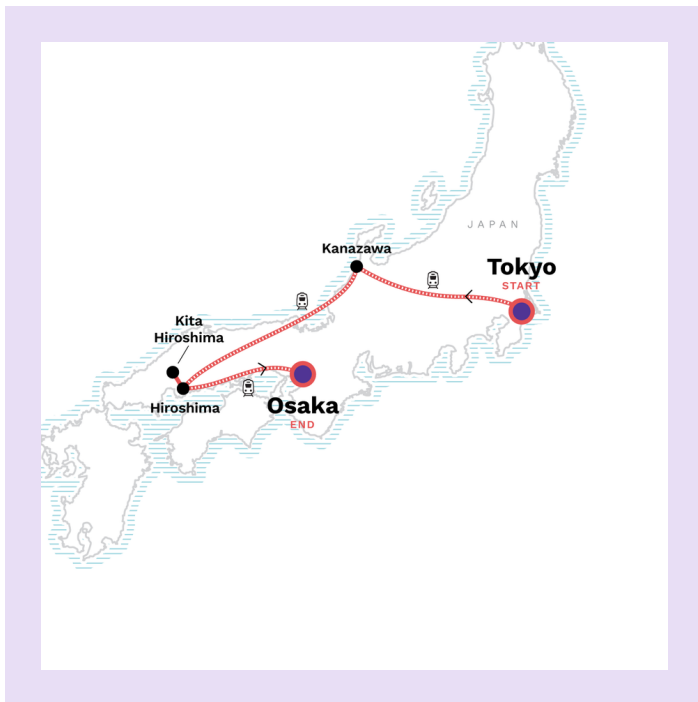
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Local Street Food Tour in Osaka, Osaka
- Free morning in Tokyo
- Visit Meiji Shrine and Harajuku
- Orientation walk in Kanazawa
- Guided visit to Higashi Chaya District
- Kanazawa city tour including Kenrokuen Garden
- Free afternoon in Kanazawa
- Miyajima Island visit including Itsukushima Shrine and Floating Torii Gate
- Free time in Hiroshima
- Hiroshima Peace Park and Museum visit
- Dotonbori street food and exploration
- Free day in Osaka
- Japan Rail (JR) pass
- 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 May 13th, 2026 and onwards

Itinerary



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

Arrive in the vibrant metropolis of Tokyo and head to your starting hotel around 4:00 pm, with the afternoon free to settle in and take in your first impressions of the city. There are no scheduled activities until the evening, giving you time to rest after your journey or explore the neighbourhood at your own pace.

There are no activities planned until an evening welcome meeting, so we recommend arrival time to be no later than 3PM. Please ensure you arrive on time for the welcome meeting and bring your passport so your CEO can collect the required information for your train tickets. Refer to your voucher for the most up to date welcome meeting time.

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.



Today's Activities

ACTIVITY

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

Head out to explore the serene grounds of Meiji Shrine and the vibrant streets of Harajuku, with free time for lunch at your own expense to sample the city's incredible food scene. Later, board the Shinkansen and journey through Japan at high speed. Arrive in Kanazawa and head out to explore. The evening is free for an orientation walk around the hotel area, with the option to join an optional group dinner or explore local restaurants independently at your own pace.

Please note that the new JR Pass validation policy asks travellers to come to the office counter to activate their JR Pass.



Today's Activities

Visit to Meiji Jingu and Harajuku

Tokyo

Step into the heart of Tokyo's cultural and creative spirit with a visit to the serene Meiji Shrine and the vibrant streets of Harajuku. Wander beneath towering torii gates and through peaceful forested pathways at Meiji Jingu, one of Tokyo's most important Shinto shrines, before emerging into the colorful energy of Harajuku. Here, trendy boutiques, quirky cafés, and fashionable streets like Takeshita Street showcase the city's cutting-edge youth culture and unique style.

Bullet Train

Tokyo - Kanazawa

2h30m-3h

400km

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

Free Time

Kanazawa

Spend the evening getting know Kanazawa. Opt to attend a group dinner at a local restaurant.

Spend the day uncovering the refined charm of Kanazawa, beginning in its beautifully preserved geisha quarter, where wooden teahouses and narrow lanes in the Higashi Chaya District evoke the atmosphere of a bygone era. Continue on to the breathtaking Kenrokuen Garden, widely regarded as one of Japan's most celebrated landscape gardens, where ponds, bridges, seasonal flowers, and sweeping pathways create a perfect harmony of design and nature. After exploring the gardens, you may choose to visit one of Kanazawa's many museums or dive deeper into the city's traditional crafts scene. For a taste of local flavour, head to the lively Omicho Market, where fresh seafood and regional specialties showcase the best of the city's culinary heritage.



Today's Activities

Higashi Geisha District Visit

Kanazawa

Step back in time with a visit to the Higashi Chaya geisha district of Kanazawa. Learn about the geisha culture, prevalent in Kanazawa since the 17th century. Visit the traditional two-story wooden houses decorated with lattice and discover the traditions behind this iconic Japanese way of life.

Kenroku-En Garden Visit

Kanazawa

Walk around this breathtaking garden, ranked one of the top three in Japan. With unique bridges, ponds and fountains, pagodas and tea houses there's lots to see here in any season.

Free Time

Kanazawa

Enjoy some free time to explore the vibrant streets and hidden corners of Kanazawa at your own pace. Wander through atmospheric neighbourhoods, discover local cafés and shops, or simply soak in the city's relaxed blend of tradition and creativity.



Optional Activities - Day 3

Kanazawa Castle Visit

Kanazawa

Free-320JPY

Visit the massive castle located beside the Kenrokuen Garden. At over 400 years old, the castle has a great history and is the perfect place to wrap up exploration of the gardens.

Nagamachi Samurai District Walk

Kanazawa

Step back in time with a visit to the Nagamachi Samurai district of Kanazawa. Take a walk through the historic samurai district located just below the Kanazawa Castle, where traditionally samurai and their families lived in mud huts.

21st Century Museum of Contemporary Art

Kanazawa

450-1200JPY

If you are interested in eccentric art visit this beautiful museum with unique exhibits and architecture. Capture a trippy underwater photo in the simulated swimming pool.

Myoryuji Ninja Temple Visit

Kanazawa

1000JPY

Visit the famous Ninja Temple. While there's no evidence linking the temple to ninjas, the hidden doorways, passages and escape routes seem designed for stealthy attackers. Please leave all nunchucks with security.

Enjoy a relaxed free morning in Kanazawa before continuing your journey south by train to Hiroshima. Opt to join a visit to the lively Omicho Market, where fresh seafood, seasonal produce, and local specialties offer a true taste of the region. Alternatively, enjoy your own independent adventure through Kanazawa's streets at your own pace before regrouping for the onward journey.

**Today's Activities**

Free Time

Kanazawa

Enjoy a relaxed free time to explore the charm and character of Kanazawa at your own pace.

Train

Kanazawa – Hiroshima

3h-3h30m

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

**Optional Activities - Day 4**

Omicho Market Tour

Kanazawa

Discover the vibrant heart of local food culture with a visit to the bustling Omicho Market in Kanazawa. Known as the city's kitchen, this lively market is filled with fresh seafood, seasonal produce, and regional delicacies. Wander through the energetic aisles, sample local flavours, and get a glimpse into the ingredients and traditions that shape Kanazawa's renowned cuisine.

Take a short ferry ride to Miyajima Island, not far from the coast.

Here, view one of the most photographed sights in Japan– the floating Torii Gate. The shrine itself dates back to the 6th century and is designed in a pier-like structure.

Enjoy time to explore the island and its many shrines and temples. Sample local treats like maple leaf shaped cakes, and opt to hike up to the peak of the island, Mt Misen, to see spectacular views of the surrounding islands.



Today's Activities

Ferry

Hiroshima - Miyajima

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

Miyajima Island Visit

Miyajima - Hiroshima

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

Free Time

Miyajima

Spend free time however you choose. Opt to hike, try the region's famed oysters, or check out the important sights and museums.

Ferry

Miyajima - Hiroshima

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



Optional Activities - Day 5

Mt. Misen Visit

Miyajima

Free-1840JPY

2-6km

Set out for the summit of Mt. Misen, Miyajima's highest peak at 500m (1,640 ft) above sea level. Opt to hike one of three trails through the forest and keep an eye out for wild deer or catch a ride on the ropeway and walk the remaining distance to the top. Take in great views of the Seto Inland Sea and on a clear day see as far as the city of Hiroshima.

Day 6

Journey to the Hiroshima Countryside

Start the day in Hiroshima with a meaningful visit to the moving Hiroshima Peace Memorial Park and the powerful exhibits at the Hiroshima Peace Memorial Museum, reached via local tram. Continue your journey beyond the city and travel into the countryside, arriving at Kitahiroshima Town, where you will be welcomed and transferred by your traditional village stay. Settle into your accommodation, take time to meet your hosts and get familiar with your surroundings. In the evening, share a homemade dinner with locals and experience everyday life in the countryside. After dinner, enjoy free time to relax, unwind, and soak in the peaceful atmosphere before bed.



Meals included

Dinner



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.

Hiroshima Countryside Village Stay

Hiroshima

Travel into the peaceful countryside surrounding Hiroshima for a memorable overnight stay in a traditional village stay. Here, you'll step into a slower rhythm of life, sharing dinner with locals, learning about their daily routines, and experiencing genuine rural hospitality firsthand. It's a rare opportunity to connect with the heart of Japan through its people, food, and countryside traditions.

Day 7

Arrive in Osaka

Wake up in the countryside and start your day with a relaxed walk around the old farmhouse, taking time to visit with local farmers and experience everyday rural life. Enjoy a slow, authentic start to the day before saying farewell to your hosts and boarding the bus back toward the city, where you will continue your journey by Shinkansen from Hiroshima to Osaka. On arrival, head out to explore the vibrant streets of Dotonbori. Enjoy a lively street food lunch, neon-lit canal views, and free time to wander Osaka's bustling entertainment district at your own pace.



Meals included

Breakfast | Lunch



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.

ACTIVITY

Head into the energetic heart of Osaka and dive into its famous street food culture with a local-style lunch on the go. Afterwards, explore the vibrant Dotonbori district, where neon lights, canal-side walkways, and endless food stalls create one of Japan's most iconic urban experiences. Sample local favourites, soak up the lively atmosphere, and enjoy free time to wander at your own pace through this buzzing entertainment hub.

Free Time

Osaka

Enjoy free time in the afternoon to explore Osaka at your leisure.

Depart at any time and enjoy the freedom to shape your final moments in Osaka at your own pace. We strongly recommend booking post-accommodation so you can linger a little longer and fully soak in Osaka's unforgettable energy before you move on.



Today's Activities

Departure Day

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

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Local Street Food Tour in Osaka, Osaka
- Free morning in Tokyo
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- Japan Rail (JR) pass
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Ride the Shinkansen from Tokyo to Kanazawa and wander its preserved Edo-period streets, Hike through the atmospheric Arashiyama Bamboo Grove on the outskirts of Kyoto, Cross to Miyajima Island and photograph the torii gate rising from the sea, Visit Hiroshima Peace Park – a deeply moving chapter in Japan's modern history, Swap city life for a night in a traditional rural farmhouse with a local family

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

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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. 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.

2. Japan Rail Pass

Please note that only foreigners traveling as a tourist are able to use a Japan Rail Pass. If you are a Japanese citizen/resident or traveling on a student/business/military/diplomatic visa, please advise us at time of booking as you will not be able to take advantage of the rail pass.

3. 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).

4. Luggage size restriction – Effective from May 2020 onwards

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

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

5. 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.

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

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

All G Adventures group trips are accompanied by one of our Chief Experience Officer (CEO). The aim of the group leader 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.

How large will the group be?

Max 15, avg 12.

What meals are included in this trip?

1 breakfast, 1 lunch, 1 dinner

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 is very uncommon in Japan 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, public bus, subway, tram, walking.

What transportation will we take on this trip?

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

Is there an extra cost for travelling solo?

We believe single 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 single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (6 nts), village stay (1 nt).

Will I get my own room?

Day 06 accommodation will be shared facilities

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

Day 06 accommodation will be shared facilities

What kind of accommodation can I expect on this trip?

Japan is one of the most populous countries in the world and space is at a premium. Therefore, hotels rooms are small! Additionally, most Japanese hotels do not have designated non-smoking rooms. Therefore, we ask hotels to deoderise rooms before check in. Please note rooms for couples usually still have two twin beds in Japan. Rooms with one large Queen or King bed are not common.

What are the joining instructions?

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

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

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

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

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

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

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

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.

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

Are there any additional packing suggestions I should consider?

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

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

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

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

You will also be walking with your luggage in busy public train stations to catch connecting trains, so it is highly recommended that you travel light and have easy to handle luggage and capable of walking up and down the stairs with your luggage without any assistance. A large bag will be an inconvenience to you and will slow you down!

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. You will also need a day-pack/rucksack to carry daily essentials like water, cameras, passport, i-pods etc.

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

What should be on my packing list?

Cold weather:

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

Conservative Dress:

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

Documents:

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

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm weather:

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels but this is very expensive. Your leader can show you self service coin laundries in larger cities. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

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](#)

Where can I read detailed notes about this trip?

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

What 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. As of April 2011 the exchange rate for JAPAN was 1 USD = 80 (Japanese Yen).

Every Post Office and 7-11 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 should not be relied upon for purchases as they are not widely accepted, except in some restaurants and department stores. 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?

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?

Kanazawa

- Kanazawa Castle Visit (Free-320JPY per person)
- 21st Century Museum of Contemporary Art (450-1200JPY per person)
- Myoryuji Ninja Temple Visit (1000JPY per person)
- Nagamachi Samurai District Walk
- Omicho Market Tour

Miyajima

- Mt. Misen Visit (Free-1840JPY per person)

Are there any health considerations I should know before travelling?

You should consult your doctor for up-to-date medical information pertaining to the country you are travelling to well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as a full supply of any personal medical requirements. 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 Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if, in the reasonable opinion of the CEO, they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes 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 use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: 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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. 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.

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/

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.

How old must I be to join this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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