



100%
CARBON
NEUTRAL
TOURS

Ready to say Kon'nichiwa to Japan? Let us show you how. Famed for futuristic cities, ancient traditions, drool worthy food and outstanding natural beauty, Japan is a country that will bring all your senses to life and send you home wanting more. Over 17 days visit Tokyo, Nagano, Hakone, Osaka, Koyasan, Kyoto, Nara and Hiroshima, where you'll learn to roll sushi, wield a sword like a Samurai, fall in love with enchanted castles, learn about Hiroshima's harrowing history, visit the local deer in Nara and Miyajima, and spend the night in the company of monks in a 1000-year-old Buddhist temple. Oh, and did we mention you'll be doing all this with an awesome group leader and crew of new mates? The trip of a lifetime just got even better...

TOKYO	→	OSAKA
Transport:		Trains, Shinkansen (Bullet Trains), Buses
Meals:		16B, 2L, 2D
Group size:		4 - 16
Age Range:		18 - 40's

HIGHLIGHTS

- Visit temples, shrines and castles as you deep dive into Japan's rich and fascinating history
- Get up close to the famous red faced snow monkeys of Jigokudani
- Cruise around Hakone by pirate ship and cable car, for outstanding views of Mount Fuji
- Learn how to wield a Samurai sword under the watchful eye of a Samurai master who's dedicated their life to the art of the sword
- Sleep in the company of monks in a 1000 year old Buddhist temple
- Pay a visit to Hiroshima's Peace Memorial Park & Museum
- Savour the rituals of a traditional matcha tea ceremony
- Meet the local deer and explore the beautiful scenery of Nara and Miyajima Island

INCLUSIONS

- ✓ 16 Nights Accommodation
- ✓ 20 Meals
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Tokyo City Tour
- ✓ Nightlife & Karaoke Bars
- ✓ Traditional Japanese Style Accom
- ✓ Ancient Temples & Shrines
- ✓ Sushi Class
- ✓ Origami Experience
- ✓ Roll Your Own Soba Noodles
- ✓ Jigokudani Snow Monkeys
- ✓ Shiga Kogen National Park (summer)
- ✓ Lake Ashi Pirate Ship Cruise
- ✓ Mount Fuji Cable Car Views
- ✓ Osaka Castle Visit
- ✓ Overnight Stay at Buddhist Temple
- ✓ Meditation & Night Cemetery Walk
- ✓ Morning Prayer & Fire Ceremony
- ✓ Night Tour of Kyoto's Geisha District
- ✓ Arishiyama Bamboo Forest
- ✓ Kinkakuji Golden Pavillion Temple
- ✓ Fushimi Inari Shrine
- ✓ Samurai Experience
- ✓
- ✓ Nara Deer Park & Temples
- ✓ Tea Ceremony
- ✓ Hiroshima Peace Museum & Atomic Dome
- ✓ Miyajima Island
- ✓ Help with Onward Travel

NOT INCLUDED:

Flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - ARRIVE IN TOKYO!

• **TOKYO** Kon'nichiwa and welcome to Tokyo! Today you'll arrive into one of the world's buzziest, most forward thinking cities. Checking in to your hostel, you'll then meet up with your travel crew and get excited for the adventures to come.

DAY 2 - TEMPLES & CULTURE

• **TOKYO** Today is all about discovering all that Tokyo has in store. First up, we'll pay a visit to one of the country's oldest temples, Senso-ji Temple, before checking out the Meiji Shrine. Colourful, eclectic and fashion forward Harajuku is up next, before we brave the iconic Shibuya Crossing, the world's busiest intersection. After dinner this evening, we'll then squeeze in to one of the tiny bars in of Shinjuku.

DAY 3 - SUSHI CLASS & ARCADES

• **TOKYO** First up today we're meeting with a sushi master to try our hand at the art of sushi rolling. With full bellies we'll have some free time to explore Tokyo before venturing over to the futuristic sights and sounds of Akihabara. Known locally as the 'Electric City', it's famous for its arcades, maid cafes, Japanese photo booths and game centres.

DAY 4 - BULLET TRAIN, ORIGAMI & ONSENS

• **NAGANO** Now's your chance to experience Japan's famous bullet train for real. Shooting out of Tokyo at over 200mph, we'll reach Nagano just in time to try out the ancient art of origami, followed by a relaxing dip in an Onsen, aka a volcanic hot spring. This evening we'll live like a local, settling in to our traditional Japanese Ryokan where we sleep on tatami mats and comfy futon bedding.

DAY 5 - NOODLES, MOUNTAINS & SNOW MONKEYS

• **NAGANO** This morning we're diving deeper into Japanese cuisine by learning how to make our own soba noodles. We'll then be venturing out into the mountains today to spot the region's famous snow monkeys, or Japanese Macaques. These red-faced troublemakers play amongst the trees in the summer months & warm by bathing in the natural hot springs once winter hits. Enjoying the fresh mountain air, we'll then take our time exploring the gorgeous lakes and forests of Shiga Kogen National Park (summer).

DAY 6 - NAGANO TO HAKONE

• **HAKONE** It's back on board the bullet train this morning, this time bound for Hakone. Famed for hot springs, natural beauty and (of course) Mount Fuji, we'll check in to our trendy accom that comes complete with its very own onsen.

DAY 7 - EXPLORING HAKONE

• **OSAKA** You might not be walking the plank, but you will be exploring Hakone by pirate ship (and cable car) this morning, keeping eyes peeled for views of snow capped Mount Fuji. We'll then journey on to Osaka, also known as the Nation's Kitchen. To celebrate, a BBQ dinner will be on us, where we fuel up for a night out - Osaka style! Karaoke, anyone?

DAY 8 - OSAKA CASTLE

• **OSAKA** This morning you'll have time to yourself to chill before we head out as a group to visit the 400 year old Osaka Castle. Looking like something straight out of a fairytale, you'll struggle not to get house envy as we explore the grounds and hear stories of Japanese history inside the castle museum, including of the country's most famous warriors - the Samurai. Then we'll head over to Dotonbori, the famous canal region home to the best food in Japan!

DAY 9 - BUDDHIST TEMPLE STAY

• **KOYASAN** Today we have an overnight stay in a 1000 year old Buddhist temple. We'll travel to the mountains for the town of Koyasan, where we'll be welcomed into the temple by the monks who live there. They'll teach us meditation and serve us their traditional foods. Tonight we will explore Japan's most famous cemetery.

DAY 10 - KOYASAN & KYOTO

• **KYOTO** It's an early start today, but well worth it to watch the Buddhist monks perform their morning prayer ritual and fire ceremony. We'll then be served breakfast before travelling on to our final destination, Kyoto. After checking into our boutique hostel, you'll have time to yourself to explore Japan's ancient capital. Tonight we'll learn about Japan's mysterious Geishas with a tour of the Gion district.

DAY 11 - KYOTO'S HIGHLIGHTS

• **KYOTO** Green, lush and vibrant, the insta-famous Bamboo Forest of Arashiyama is our first stop today. Photos snapped, we'll head to the luxurious Golden Pavilion, so named for being covered entirely in gold leaf. Tonight's a free evening to hit up a sushi restaurant, find an underground bar, or challenge your mates to a round of bowling at the arcades.

DAY 12 - FUSHIMI-INARI & SAMURAI EXPERIENCE

• **KYOTO** Today we'll visit the famous torii gates of Fushimi-Inari. One of Japan's most iconic shrines, we'll climb part way up the mountainside to see thousands of the magnificent orange gates. This afternoon, we'll learn how to wield a traditional samurai sword under the watchful eye of a samurai master.

DAY 13 - TEA CEREMONY & NARA

• **KYOTO** This morning, we're off to explore the beautiful neighbourhood of Sannenzaka, then throw ourselves into Japanese culture with a traditional tea ceremony experience. After savoring our cups of matcha tea, we'll catch a local train to spend the afternoon exploring the gardens and temples of Nara. After making friends with the local deer, we'll head back to Kyoto to get ready for our next destination.

DAY 14 - HIROSHIMA'S HISTORY

• **HIROSHIMA** Today we're travelling to Hiroshima via bullet train. Once we arrive, we'll pay a visit to the Peace Memorial Park and Museum, and the Atomic Bomb dome, which commemorate the tragic bombings of 1945. As we pause at memorials, we'll reflect on this crucial part of history to deepen our appreciation of Japanese society today.

DAY 15 - MIYAJIMA ISLAND

• **HIROSHIMA** We'll take the ferry over to Itsukushima - aka Miyajima Island - to see the famous floating Torii Gate. With temples, deer and hiking trails, we'll explore the island at our own pace. This evening, we'll head out to try Hiroshima's specialty okonomiyaki, then find a hidden whiskey bar.

DAY 16 - TRAVEL TO OSAKA

• **OSAKA** We're off back to Osaka at the speed of light (okay, maybe not that fast), for a final day of last minute shopping and sightseeing. This evening we're off to explore Shinsekai together, a retro neighborhood in downtown Osaka full of quirky restaurants and izakaya's where we'll eat our way through the streets and 'kanpai' to the amazing time we've had together!

DAY 17 - CHECK OUT

• **OSAKA** Your unforgettable adventure comes to an end today. Those flying home will make their way to the airport or extend your stay in Japan with our help and the new friends you've made.

FLIGHTS AND ARRIVAL INFORMATION

Japan Adventure starts in Tokyo. We will provide you with detailed information in the INTRO Travel App that explains how to get from the airport to your Tokyo accommodation. Your group leader will meet you at the accommodation for your arrival.

It's best to arrive on the actual start date, as that's when most people get in. While there are no activities on the first day, the group usually meets up for dinner around 7pm. If you do arrive early, you can book and pay for extra nights accommodation in the [Manage My Booking](#) area.

It's also recommended to have onward travel booked out of Japan before travelling there, as you may get asked for proof of this before boarding your flight to Japan.

AFTER JAPAN ADVENTURE

Japan Adventure 17 Day finishes in Osaka. The closest airport is Osaka (Kansai) Airport, which takes approx. 1 hour by train to get to from Osaka. If you plan to leave straight after the trip we'd recommend flying out of Osaka (so fly into Tokyo and out of Osaka if possible, for this tour).

If you're flying out of Tokyo and need to return to Tokyo straight after the trip it will take approx. 4 hours by bullet train. Your group leader can organise this for you in Japan and you can pay locally for it. Or you can prepay for this return journey with your travel agent if you like.

You can also fly from Osaka (Kansai) to Tokyo for around the same price as the train or possibly cheaper.

When booking your flights to Japan we recommend comparing your flight cost options versus the extra time it will take to return to Tokyo and decide what's best for your circumstances.

VISAS

Most nationalities including the UK, Europe, Australia, NZ, Canada, USA, Scandinavia and Brazil will generally receive a 90-day visa on arrival for free. If you're unsure of your visa requirements or need any help just contact us.

TRAVEL INSURANCE

Travel insurance for Japan is compulsory to join our trip. Your group leader will ask to see proof of your cover before your trip begins. You can organise travel insurance [here](#).



ACCOMMODATION GUIDE

TOKYO - GRIDS TOKYO UENO HOTEL & HOSTEL

3 NIGHTS

A modern hostel in the heart of Ueno.

Quad Share Rooms

Shared Bathroom

WiFi, Air Con & Laundry

2 NIGHTS

Traditional Ryokan with onsen facilities.

Quad Share Rooms

Ensuite

WiFi & Air Con

Japanese-style futon bedding on tatami mats.

1 NIGHT

New funky hostel with onsen facilities.

Quad Share Rooms

Ensuite

WiFi, Air Con, Laundry & Balcony

3 NIGHTS

A fun modern hostel in central Osaka.

Quad Share Rooms

Shared Bathrooms

WiFi, Air Con, Laundry & Indoor Games Area

1 NIGHT

Traditional Ryokan in a 1000 year-old Buddhist temple.

Quad Share Rooms

Shared Bathrooms

WiFi, Air Con & Onsen Facilities

The experience of a lifetime!

4 NIGHTS

Private rooms in an amazing boutique hostel.

Twin/Double Rooms

Ensuite

WiFi, Air Con, Laundry & Rooftop Terrace

HIROSHIMA - WEBASE HOSTEL

2 NIGHTS

Private rooms close to the history of Hiroshima.

Twin Rooms

Ensuite

WiFi, Air Con, Laundry & Lounge



NAGANO



HAKONE



OSAKA



KOYASAN



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

Occasionally at some accommodations that are multi-share, rooms may be mixed gender.

#SMALLCHANGE

SUSTAINABLE TRAVEL



PROTECTING THE ENVIRONMENT



SUPPORTING LOCAL COMMUNITIES



CULTURAL EXCHANGE & EDUCATION



ANIMAL WELFARE

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

FAQS



DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends!



HOW WILL I ACCESS MY MONEY WHILE I'M AWAY?

We recommend using a bank card local to your home country that has low or no transaction fees. Japan is also very cash heavy, so we highly recommend taking cash! There are ATM's available throughout Japan so it's easy to get access to cash.



CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [Japan](#).



IS THERE WI-FI THROUGHOUT THE TRIP?

All accommodations we stay at have free Wi-Fi available. Japans network quality is generally very good.



CAN I CHANGE MY START DATE?

Enjoy ultimate peace of mind and flexibility with INTRO. Should your travel plans change or be disrupted you can change your start date or tour for free up to 30 days before your start date.

Or simply transfer your booking to 100% travel credit that will never expire and can be used on any tour with us at any time in the future.



HOW ARE ROOMS ASSIGNED?

If you are travelling with others let us know and we will room you together. If you are travelling solo we will always place you in a room with someone of the same gender if it's a twin room. If any accommodations are multi-share rooms we will do our best to keep the same gender, however occasionally it may be mixed.



WHEN IS THE BEST TIME TO VISIT JAPAN?

The Japanese call Japan 'a country of four seasons' which basically means it's got four distinct seasons, all beautiful and amazing for different reasons. The winter months (Dec-Mar) are cold but bring snow-capped mountains and a magical winter wonderland feel, not to mention being the best time to see the famous Snow Monkeys. Spring (Apr - Jun) is popular for its colourful beauty and famous cherry blossoms. Summer (Jun - Aug) is hot, humid and great for outdoor activities and is the peak festival season. Autumn (Sep - Nov) again brings stunning colourful scenery such as the 'koyo' or Japanese autumn foliage.



TERMS & CONDITIONS

For the full set of terms & conditions for our tours including your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.

That's about it for now!

Once you've booked you'll get access to Manage My Booking and the INTRO Travel App, which will give you all the information you'll need on Japan and Japan Adventure, so you can just relax and enjoy the experience.

Of course if you have any more questions just contact us. We're happy to help!

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