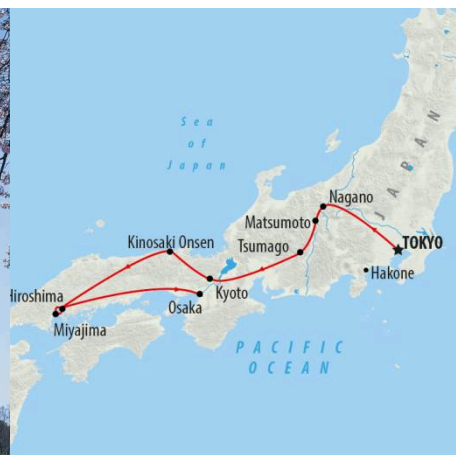


# Konnichiwa Japan

## 14 days | Tokyo to Osaka



*PRIVATE TOUR: After fully exploring Tokyo head to Nagano and Matsumoto before arriving in famous Kyoto. Carrying on, take a journey to Hiroshima and end in Osaka. Meet local people, experience efficient public transport and see the wonders that Japan has to offer!*

### HIGHLIGHTS AND INCLUSIONS

#### Trip Highlights

- Tokyo - Choose from exploring the historic district of Asakusa, cruising the Sumida River, strolling through Hamarikyu Gardens, discovering the fashion hub of Harajuku and taking in the bright lights of the Business District of Shinjuku
- Kyoto - Choose from visiting the Golden Pavillion Zen Temple of Kinakakuji, Kiyomizu Dera Temple, Higashiyama historic district, Fushimi Inari Shrine and Gion Geisha District
- Cooking Class - Learn how to prepare authentic Japanese cuisine with our hands on cooking class
- Nagano - Visit the famous Zenko-ji Temple, meet the snow monkeys of Yudanaka Onsen and discover Olympic buildings from the 1998 Winter Games

- Osaka - Choose from visiting the city aquarium, riding one of the big ferris wheels, exploring Osaka Castle or sampling the city's nightlife
- Matsumoto - Explore Matsumoto Castle, visit sake breweries, charming museums and try the local speciality, soba noodles
- Tsumago - Step back in time in this quaint post town and follow the old samurai trail
- Hiroshima - Choose from visiting the Peace Park and Museum, Hiroshima Castle, the baseball stadium, the Hiroshima Prefectural Museum of Art or the Shukkei-en Garden
- Miyajima Island - Enjoy the relaxed pace of life on this Japanese isle, take a cable car ride from Mount Misen, explore the island's many temples and shrines and do some shopping
- Kinosaki Onsen - Stay in a traditional Japanese inn, try local cuisine and visit the bathhouses and hot springs, for which it is famous for

#### What's Included

- Breakfast daily and 3 dinners
- 13 nights STANDARD hotels and ryokan. SUPERIOR and DELUXE hotel options are also available upon request. Accommodation rating – See Trip Notes for details
- Arrival transfer via shared public shuttle bus from Tokyo Airport

- Departure transfer via shared shuttle bus to Osaka Airport
- Full day of guided sightseeing in Tokyo
- Cooking class in Tokyo
- Full day of guided sightseeing in Kyoto
- 14 day Japan Rail Pass
- Train from Tokyo to Nagano
- Train from Nagano to Matsumoto
- Train from Matsumoto to Nakatsugawa
- Train from Nagiso to Kyoto
- Train from Kyoto to Kinosaki Onsen
- Train from Kinosaki Onsen to Hiroshima
- Train from Hiroshima to Osaka

#### What's Not Included

- Entrance Fees: USD\$50-65pp, paid locally in local currency
- International flights and visa
- Tipping - An entirely personal gesture

### DETAILED ITINERARY

#### Day 1 : Welcome to Japan!

Welcome to Tokyo! You will be met upon arrival at Tokyo Narita Airport and escorted by shuttle bus to your hotel in the city. Please note that as other people will be in the same bus there may be a few stops before you arrive at your hotel (maximum of 3 other stops). Journey time is around 2 hours and this is a comfortable and easy way to make today's transfer (hotel check in is generally after 14:00).

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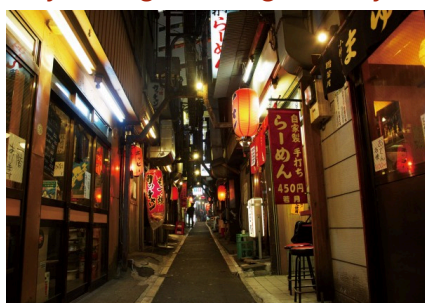
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# Konnichiwa Japan

Look out for some great views as you ride the elevated highways into town, and spend the rest of the day exploring the city at your own leisure. With its huge skyscrapers, underpasses, overpasses and crowds of pedestrians, Tokyo may not seem the most attractive city on the surface, but the city has a vibrant charm all of its own. The street level detail is what makes Tokyo such an incredibly interesting place to explore and at every turn you will be met with an array of sights, sounds and smells to enliven the senses.

## Overnight - Tokyo

### Day 2 : Sightseeing in Tokyo



Today enjoy a full day of guided sightseeing led by a local guide, offering a perfect introduction to the city. Travelling by public transport, as Tokyoites do, you will get a real feel for city life and your guide will help you discover aspects of Tokyo that you would not be able to find on your own. Rather than a fixed itinerary, you can enjoy the flexibility of seeing and doing exactly what you want.

Your guide will come to your hotel at around 9:00am (or any time you choose) to meet you and your day will proceed from there. Rather than fixing the itinerary in advance we like to give you the flexibility to see and do what takes your fancy. This means you will need to pay for your entrance fees on the day. You will also need to cover your local transport and that of the guides.

As a suggestion, you can start the day by visiting Asakusa, Tokyo's historic district. Here you can browse the bustling market place of Nakamise Dori, visit the famous Senso-ji Temple and explore the backstreets lined with Kabuki theatres, rustic bars and restaurants. From Asakusa you can take a river cruise on the Sumida River to the Hamarikyu Gardens, a peaceful oasis of greenery and exquisite

Japanese aesthetics in the heart of a bustling city.

A short train journey from here can take you to Harajuku, the focal point for Tokyo's teen culture where you will find teenagers hanging out wearing quirky and extreme fashions. Nearby you visit Meiji Jingu, one of the most famous and important shrines in Tokyo. Then why not end the day surrounded by the bright lights of Shinjuku, Tokyo's main business and entertainment district. Spend the rest of the evening discovering the city on your own.

Your day of guiding will finish at around 5:00pm, with the guide either dropping you back at your hotel or anywhere else in the city you wish to spend the evening.

## Overnight - Tokyo (B)

### Day 3 : Japanese Cooking Class

Today you will be learning about home cooked Japanese cuisine. By setting you up to cook, a Japanese person at the local cultural centre, this hands-on experience is cultural as well as culinary. For some, Japanese cuisine has earned the reputation as being fussy, demanding the sourcing and preparation of complicated ingredients. Not so in the average Japanese household, where recipes are deceptively simple, can be recreated at speed and most importantly taste ever-so-good. On this cooking course, hosted in a group environment, you'll learn how to prepare a hearty Japanese lunch using easy-to-identify ingredients which you'll be able to make for your friends back in your home country.

After meeting your instructor at 11:45 at their nearest station, they will first take you to a local market and together you'll shop for fresh ingredients. You'll then head to a kitchen, where you'll be shown how to prepare a traditional Japanese meal including classic dishes such as sushi, tempura or teriyaki chicken, which of course you can then enjoy for lunch. Vegetarian options are also available on request. The class takes place in the Yanaka area, a well-preserved and traditional district of Tokyo known for its artisans and craftspeople. The experience will end around 2pm.

Please be sure to let us know any dietary requirements that you have so that we can pass these on to your instructor in advance.

## Overnight - Tokyo (B)

### Day 4 : Tokyo to Nagano



Tokyo - Nagano. Today you will travel from Tokyo to Nagano. From Tokyo you will take the Shinkansen to Nagano, the main access point for many areas of the Japan Alps and the host city of the 1998 Winter Olympics. The 222km journey takes around 1 hour and 45 minutes.

Nagano has a history stretching back to the Kamakura period (1185-1333) when it was a temple town centred around Zenko-ji Temple. The temple is still Nagano's main attraction with more than 4 million visitors a year. Recently, the city has gained international fame as the host of the 1998 Winter Olympics. As well as a fair amount of debt, the games left a legacy of improved transport, great English tourist information, some wonderful Olympic buildings and a cosmopolitan atmosphere. Nagano Station was rebuilt for the Olympics and has two sides: East and Zenko-ji. Take the latter for the city centre and Zenko-ji Temple. Nagano makes a great base for day trips to Matsumoto Castle, as well as visiting the famous snow monkeys in Yudanaka Onsen.

## Overnight - Nagano (B, D)

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# Konnichiwa Japan

## Day 5 : Nagano to Matsumoto



Nagano - Matsumoto. Today journey southwest of Nagano to the alpine city of Matsumoto, surrounded by the towering peaks of the Japan Alps. The city is most famous for its original castle which is only a short distance from the station. This is one of the only original castles in Japan and really gives you a sense of ancient Japan and how the samurai used to live and fight. The city also boasts a number of sake breweries, hidden in the backstreets amongst the traditional buildings, a good museum of Ukiyoe woodblock prints, and is the home of soba noodles, the local speciality which is particularly delicious.

You could also try some of the city's other local delicacy - raw horse! The city has a really relaxed atmosphere and a cosmopolitan feel befitting of a city renowned for its musicians and authors. The famous violin teacher, Suzuki (of the Suzuki method) originated from Matsumoto and you will find a commemorative statue on the street opposite the station.

**Overnight - Matsumoto (B)**

## Day 6 : Matsumoto to Tsumago

Matsumoto - Nakatsugawa - Magome - Tsumago. Today you will use your Japan Rail Pass to take an express train from Matsumoto to Nakatsugawa, the gateway station for the villages of Magome and nearby Tsumago in the Kiso Valley. This is a beautiful journey through the mountains so do keep your eyes open!

On arrival to Nakatsugawa Station you will transfer to take a bus to Magome, before walking onward to Tsumago. There are regular buses from the station which are all

signed in English and take around 30 minutes to reach the small post town of Magome (540yen per person). After looking around the mountain town of Magome you can stroll the Old Post Road walk to Tsumago - a gentle hike of 8km which will take around 2 hours - take in the stunning scenery of this remote area of Japan. The path is well signed in English and Japanese and there are plenty of rest stops along the way with refreshments available. If the weather is poor or you simply aren't up for the walk, you can travel by bus to Tsumago.

Tsumago, the jewel of the Kiso Valley, was once a post town on the old Nakasendo highway linking the ancient capital of Kyoto with Matsumoto. Today, Tsumago is loved for the residents' efforts to preserve the town's Edo period ambiance. Power lines are hidden away and cars banned from the main roads during the daytime so that the beautiful, traditional buildings and flag-stone streets can be seen in their true glory. A stay in Tsumago is to step back in time to experience old Japan; a world away from the robots, gadgets and gizmos that many associate with modern Japanese cities. The walk along the old samurai trail from the neighbouring village of Magome through Tsumago and on to Nagiso is highly recommended.

**Overnight - Tsumago (B, D)**

## Day 7 : Tsumago to Kyoto



Tsumago - Kyoto. Today you will travel to Kyoto, Japan's ancient capital and the cultural centre of the nation. This morning you will need to make your way to Nagiso Station either by bus or taxi (around 10 minutes, pay on the day). Alternatively you can follow the Nakasendo hiking trail on foot to the station. This walk takes around an hour. From Nagiso Station you will take a limited express train to

Nagoya and then a Shinkansen to Kyoto. Total journey time is just under 2 hours.

Kyoto is one of the most culturally rich cities in Asia. Home to 17 UNESCO World Heritage Sites, over 1,600 Buddhist temples and 400 Shinto shrines, this ancient city showcases the heart and soul of traditional Japan. Spend the rest of the day at your own leisure exploring the city.

**Overnight - Kyoto (B)**

## Days 8-9 : Sightseeing in Kyoto

On day 8, enjoy a full day of sightseeing in Kyoto, travelling by public transport with a private guide. Your guide will come to your accommodation at around 9:00am and take you on tour that will encompass some of the more famous sights but also some lesser known places of interest. Today there will be no fixed itinerary and entrance fees and transport will be paid on the day (you'll also have to cover the guide's transport). This is to give you maximum flexibility to enjoy each place in your own time.

With no fixed itinerary and a knowledgeable local at your side, you will be set for a great day in this amazing city and are sure to discover things you might otherwise miss. You may like to start your day at Kinkakuji - Kyoto's famous Golden Pavilion Zen Temple which is decorated with gold leaf and stands over a tranquil pond. From Kinkakuji in the north of the city, you can then head to Kiyomizu Dera Temple in the east. This impressive wooden structure is perched on a hillside surrounded by woodland and looks out across the city.

The afternoon could be spent at Fushimi Inari Shrine in the south of the city. This shrine's appeal is the thousands of red torii gates which creates a network of pathways through the wooded forests of Mt Inari, linking the various buildings of the shrine together. You may want your guide to finish the day of sightseeing by taking you to the Gion Geisha District where, if you are lucky you will be able to see a Geisha shuffling through the streets between appointments.

Your day of guiding will finish at around 5:00pm either back at your accommodation

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# Konnichiwa Japan

or anywhere else in the city you wish to spend the evening. Spend day 9 at your own leisure in Kyoto.

**Overnight - Kyoto (B:2)**

## Day 10 : Kyoto to Kinosaki Onsen



Kyoto - Kinosaki Onsen. This morning take a direct limited express train to Kinosaki Onsen. The journey takes 2.5 hours and will take you through some stunning countryside before you arrive in the traditional hot springs town of Kinosaki Onsen. The town boasts seven bathhouses which sits amongst pretty streets of traditional wooden buildings and narrow bridges. Visitors to Kinosaki Onsen enjoy a stay in a Japanese inn where sumptuous cuisine is served at low tables in tatami rooms. Afterwards guests dress in provided 'yukata' and 'geta', light kimonos and wooden sandals, and take to the streets for a pleasant evening stroll around town.

Men and women separate and enter the bathhouses for several dips in the different hot springs. For the Japanese, onsen bathing has always been a spiritual experience, as cleanliness and purity are linked to Shintoism. There is certainly something magical about Kinosaki Onsen and the town has inspired Japanese poets and artists for centuries.

**Overnight - Kinosaki Onsen (B, D)**

## Day 11 : Kinosaki Onsen to Hiroshima

Kyoto - Hiroshima. From Kyoto you will head down the eastern seaboard west to Hiroshima by Shinkansen using your Japan Rail Pass. This journey of nearly 400km takes around 2 hours, during which time the train passes through several major cities along the coast, including Kobe, famous for its top-grade beef. Hiroshima is of course infamous for being the

site of one of two atomic bombs dropped on Japan at the end of the Second World War.

The Peace Park and Museum are a poignant reminder of the reason for Hiroshima's fame and everyone should spend an afternoon in this part of town. Other attractions in Hiroshima include Hiroshima Castle and the baseball stadium. Shukkei-en Garden is well worth an afternoon stroll with a number of tea houses dotted about the grounds, and the Hiroshima Prefectural Museum of Art contains some wonderful paintings by both Japanese and Western artists.

**Overnight - Hiroshima (B)**

## Day 12 : Day trip to Miyajima Island



Enjoy a day trip to Miyajima Island from Hiroshima. The island is perhaps best known for the red torii gate of Itsukushima Shrine which appears to be floating in the sea. In the evening, this gate and the shrine behind it (as well as other traditional buildings in the area) are floodlit and the atmosphere is magical. A cable car takes you to see fantastic views across the Inland Sea from Mount Misen, the highest point of the island. There are many pleasant walks on Miyajima among the temples and along the bustling shopping street in the island's small village.

You may also see some of the island's native fauna, the sacred deer are easy to spot as they roam freely, but you'll have to work a little harder to spot any of the resident monkey population - keep your eyes peeled! Miyajima is a wonderful place to slow down, unwind and relax, so take your time and let the magic of this island enchant you!

**Note: From June 2019 the floating Torii Gate is undergoing renovations.**

The iconic floating Torii Gate will be undergoing renovations from June 2019. During the renovation works the 'floating' torii gate will be covered by scaffolding. It is not known yet exactly how long the renovation will take.

**Overnight - Hiroshima (B)**

## Day 13 : Hiroshima To Osaka



Hiroshima - Osaka. This morning you will leave Hiroshima behind and travel to Osaka, Japan's second largest urban area and an extremely vibrant and lively place to stay. The city aquarium is world class and you cannot stay in Osaka without taking a ride on one of the city's several giant big wheels, perhaps the most dramatic of which is perched on top of the Hep 5 Department Store in the Umeda district of the city - just don't look down if you are afraid of heights! Osaka Castle is well worth a visit despite being a reconstruction as the original was burnt down during the firebombing at the end of World War II and you will find a variety of very interesting museums scattered throughout the city.

After dark, Osaka really comes alive and a walk through the bright lights of the Nanba District is a great way to take in the atmosphere, with some great people-watching opportunities. With literally thousands of restaurants, bars and entertainment spots to choose from, Osaka is perfect for a big night out, some hearty local food and the chance to let your hair down.

**Overnight - Osaka (B)**

## Day 14 : Goodbye Japan!

Today your adventure in Japan comes to an end. A departure transfer by shuttle bus will take you to Kansai Airport for your onward travel. **Overnight - Osaka (B)**

### Konnichiwa Japan - 14 days

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# Konnichiwa Japan

## HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

**Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.**

### Sunroute Plaza Shinjuku

Renovated in 2007, the chic Sunroute Plaza Shinjuku offers contemporary accommodation in Japan's capital. Guest rooms are tastefully furnished in a modern style with comfortable amenities. The hotel also offers a number of excellent dining options including the Villazza trattoria style restaurant and the Bar Ku Kon Shinjuku dining experience! Why not sip on a delicious cocktail by the crackling fire - a great way to spend the evening! Located in the west of the city - a short walk from Shinjuku train station.



### Zenkoji Fuchinobo

Located within the premises of Zenkoji Temple, Fuchinobo is a temple lodging which has a long history and tradition. Staying here offers an insight into the workings of a Buddhist temple - pilgrims have stayed in these lodgings for centuries and Fuchinobo guards the oldest Buddhist statue in Japan dating back almost 1,400 years. Guest rooms at the temple lodgings are simple Japanese-style - tatami mat flooring and futon mattresses. Rooms are not en-suite but there are communal baths (men and women separately). Breakfast and dinner are 'shojin ryori' - that's strictly vegetarian Buddhist cuisine that uses seasonal locally harvested ingredients. In the early morning (5.30am in summer, 7am in winter) guests are invited to join the temple's

morning meditation service. There's then a tour of the temple before breakfast.



### Richmond Hotel Matsumoto

A short walk from the train station, Richmond Hotel Matsumoto is a modern hotel with excellent facilities. Guest rooms are well furnished with high speed internet, complimentary Wi-Fi, comfortable beds and beautiful en suites. The property also boasts a restaurant serving an interesting breakfast menu and vending machines on the 2nd, 3rd and 7th floors. Located close to the Watch Museum and the River.



### Minshuku Daikichi

### Hotel Vista Premio

Nestled in the heart of Kyoto just a short walk from the Gion District, the Hotel Vista Premio offers travellers a wonderful combination of comfort and convenience. Guest rooms are contemporary in style with a few traditional aesthetic Japanese touches and all feature ensuite facilities with deep soaking bathtubs. The hotel benefits from two restaurants serving both local and international cuisine and complimentary WiFi is available in public areas.



### Yamamotoya Ryokan

Situated just a short walk away from Kinosaki Onsen Station, Yamamotoya offers travellers authentic Japanese-style accommodation in a central locale. Guest rooms consist of traditional tatami-mat flooring with futon bedding and free WiFi, while bathroom facilities are shared. The property benefits from its very own brewery and a hot-spring bath where guests can unwind after a day of sightseeing. There's also the opportunity for guests to try on Yukata robes and experience a Japanese tea ceremony.



### Sunroute Hotel

In the heart of Hiroshima, the Sunroute Hotel is a modern hotel. Guest rooms are well furnished and some offer excellent views over the city. The onsite restaurants serve a variety of dishes including traditional Japanese as well as tasty Italian. Free Wi-Fi is available throughout. Perfectly located across from the famous Peace Park and Atomic Bomb Museum.



### Cross Hotel

The Cross Hotel is a smart hotel located on Dotombori, one of the most famous and lively streets in all of Japan never mind just Osaka. The hotel has been recently refurbished in a sleek, modern design, giving it something of a boutique feel. Rooms are well designed and generously sized. The hotel is well located near a plethora of restaurants and bars in the surrounding streets.

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# Konnichiwa Japan



## Transportation

When travelling with us to Japan on a Private Tour you will be met upon arrival at the airport and escorted by shuttle bus to your start hotel. While our tours do include a day of guided sightseeing in Tokyo and Kyoto, the remainder of your tour is independently led, meaning you will be responsible for getting from place to place.

Thankfully, transportation in Japan is modern, punctual and easy to use. And to help you get started you will be provided with various travel vouchers which will cover most of the journeys you will make during your stay in Japan. These will then need to be exchanged for actual tickets upon your arrival.

### Exchanging your vouchers

You will need to exchange the vouchers for actual tickets after your arrival in Japan. We recommend making the exchange at a mainline station in Tokyo. Instructions on how and where to do this will be in the Japan Rail Pass pamphlet you will be provided with. Note that you will need to show your passport when you make the exchange, and when you make the exchange you will be asked to state the date you wish to start using the passes.

Please note that many ticket offices do not open until 9 or 10am, so be sure to make the exchange in advance if you plan on making an early start. Plus remember to check your Japan Rail Pass pamphlet received with the vouchers for specific ticket office opening hours.

### Reserving a seat for your journey

You can make seat reservations for no extra charge using your Japan Rail ticket – simply apply at any JR ticket office or at the time you make the exchange. You can reserve seats whenever you like; days in advance, the day before each journey; even just turn up at the station a few minutes before the train departs (subject to availability) and you can reserve seats. If you like to be very organised you can even make all your seat reservations right at

the start of your trip. You will not be penalised if you end up not using a reservation, though it is polite to turn the reservation in at a ticket office so that other people can use those seats. Alternatively, you can just turn up and travel in the unreserved seats carriage of any JR train.

## Accommodation ratings

On our Private trips, you can often choose your style of accommodation. The price quoted on our website is reflective of the included accommodation, please see the “included” section on the first page of this document for details. Should you opt for an alternative hotel category, this will be confirmed in writing with the respective price on your invoice.

For further details about the indicative hotels, please see the “hotels” tab on our website. Here we rank hotel’s in their respective country (REGIONAL CATEGORY) - but we also tell you how it ranks by Western standards (OUR CATEGORY).

**STANDARD** - Equates to a Western 3-star standard, always featuring en-suite rooms and usually a restaurant.

**SUPERIOR** - Equates to a Western 4-star standard, featuring en-suite rooms and usually a restaurant and often a swimming pool and/or a fitness centre.

**DELUXE** - Equates to a Western 5-star standard, usually featuring spacious, en-suite rooms, a restaurant, swimming pool and fitness centre and an array of amenities, excellent service and customer care.

**LUXURY** - Equates to a Western 5-star plus standard - the creme de la creme. Featuring spacious, en-suite rooms, a restaurant, swimming pool and fitness centre and an array of amenities, this accommodation is a cut above the rest. Sheer opulence!

## KNOW BEFORE YOU GO

### Japan Country Guide

## Visas & passports

Visa requirements are subject to change and visa procurement is the responsibility of the traveller and not On The Go Tours. Please also

ensure that your passport is valid for at least 6 months from your planned date of departure from Japan.

After booking your holiday, please provide us with your passport details as soon as possible so that we can proceed to book all services. Please be advised visa requirements are subject to change, therefore it is essential that you check current visa requirements with the embassy at least one month prior to travel. For information about visas, head to [www.onthegotours.com/Japan/Visas](http://www.onthegotours.com/Japan/Visas)

Please note: If you plan to renew your passport between now and your departure date, please let us know as soon as possible. For booking your accommodation and transportation, we must have the details of the passport that you will be carrying with you on your trip.

## Fitness & tour transportation

We utilise public transportation in Japan because it’s modern, punctual and easy to use. Japan’s bullet trains run at speeds of up to 320km/h so they’re undoubtedly the quickest way to get around the country. Additionally, we use buses, trains and our trusted feet for sightseeing within the cities. This provides a unique insight to how the locals do it and also means that we avoid heavy traffic and delays. We walk an average of 3.5–9km each day, with steps, slopes and often uneven ground at sites.

Please note: that there may be times when you may not get a seat and will need to stand for the duration of travel and that you will be required to carry your own luggage at stations.

With the above in mind, it makes a lot of sense to spend some time getting additional exercise in preparation for your holiday and to wear suitable footwear.

## Entrance fees

On most of our packages, the entrance fees are not included in the price of your holiday, although reasonably priced. We collect the entrance fees at the Welcome Meeting on day 1 (the amount is noted under exclusions on the

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# Konnichiwa Japan

first page of this document). A breakdown of the entrance fee total is provided upon arrival. Entrance fees are payable in local currency - Japanese Yen (JPY).

## Tipping

Tipping is an essential part of the culture. For a job well done, we would suggest for your tour guide: USD\$3-5 per traveller, for each day of sightseeing.

For any drivers or On The Go Representatives we'd recommend USD\$1-2 per traveller for each day of service. Tipping is an entirely personal gesture and ultimately the amount is up to you.

## Is this holiday right for you?

Travelling to far-flung corners of the earth often involves encountering lifestyles and conditions that are very different from what you are used to back home. As such it is important to come prepared for unusual situations, local inadequacies and unpredictable events as and when they occur. Foreign travel is definitely not suitable for people who expect everything to go precisely as planned, as things can and do change in foreign countries. The people, customs, creed and languages are different from one region to the next.

Japan is a country of unparalleled contrasts, a destination where you'll be afforded plenty of unique encounters, and if you can travel with an open mind you will have a wonderful time here. In return, please remember to demonstrate sensitivity and respect for local customs.

Please visit [www.onthegotours.com/Japan/Travel-tips-and-useful-info](http://www.onthegotours.com/Japan/Travel-tips-and-useful-info) for local customs, currency, WiFi and other helpful information to prepare you for your holiday.

## Health

You should seek medical advice for vaccinations and about medications before travelling. Water is safe to drink in all areas of Japan.

Some medication including the stimulant dexamphetamine (used to treat ADHD) and pseudoephedrine (found in some cold and

flu tablets) are banned. There are strict rules on the import of medication, and what can be brought into the country for personal use, check if your medication is legal and find out if any quantity restrictions or certification requirements apply. Consult your doctor about alternatives well in advance of travel.

## Packing

Please check local temperatures so you can pack accordingly. Visit [www.worldclimate.com](http://www.worldclimate.com)

One medium sized suitcase is recommended for travel around Japan and you will also want to take a small backpack or day pack for daily use. This small backpack will also come in use when your main suitcase has been forwarded ahead, such as when visiting Lake Kawaguchi on our groups tours or when travelling from Kanazawa to Kyoto on our Cherry Blossom tour.

Make sure you pack comfortable shoes as an extended time will be spent on your feet – high heels are not a nifty way to travel through Japan! Also, shoes will often be taken off and put back on, so something that is easy to put on and off easily is best!

- Comfortable walking shoes
- Universal travel adaptor
- DEET based mosquito repellent/ antihistamine cream
- First aid kit including Dioralyte
- Tour Voucher and a copy of your travel insurance policy, spare passport photos and a photocopy of your passport
- Camera and charger – Japan is a photographer's dream!
- Sunglasses, hat, sunscreen, swim costume, torch and money belt
- Either a rucksack or suitcase is suitable. A small daypack for your day-to-day needs

## Own arrangements

If you have made your own arrangements for accommodation, trains, planes or further sightseeing etc. independent of your holiday with us, our guides are more than happy to offer general information about your new adventure and point you in the right direction. That said, our guides are unable to become involved with these arrangements,

such as calling your hotel and speaking on your behalf, changing your reservation, or escorting you to your new location, as it puts them in a difficult situation if things do not go to plan.

## Free Wi-Fi in Japan

There are three nationwide services that make connecting to free Wi-Fi hotspots easier:

### Japan Connected-free Wi-Fi:

A smartphone app that unifies the registration process of over 150,000 free tourist hot-spots. Look for it in the AppStore, Google Play or visit the following link for more details: <http://www.ntt-bp.net/jcfw/en.html>

### Free Wi-Fi Passport:

Two weeks free access to approximately 400,000 Softbank hot-spots across Japan. To register, call a toll-free number from a foreign cellphone while connected to the Softbank roaming network. You are given to a password that can be used on up to five devices. Visit the following link for more details on how to sign up: <http://www.softbank.jp/en/mobile/special/freewifi/en/>

### Travel Japan Wi-Fi:

A smartphone app that provides two weeks free access to over 200,000 Wi2 hotspots in Japan. Look for it in the AppStore, Google Play or visit the following link for more details: <https://japanfreewifi.com/>

## Konnichiwa Japan - 14 days

[www.onthegotours.com](http://www.onthegotours.com)  
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 NZ 0800 44 77 69 CAN 1 866 890 7038  
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.