



From the neon lights of buzzing Tokyo to ancient temples on snowy mountain tops, Japan is a feast for the senses and INTRO is the most amazing way to experience it! You'll walk the streets of one of the world's busiest and most futuristic cities, watch monkeys bathe in hot springs, roll your own sushi, visit ancient shrines and castles, get taught to wield a sword by a Samurai master, stay overnight with monks in a 1000 year old Buddhist temple, experience incredible and unique accommodation and much more! With an awesome group leader from the moment you arrive at the hotel, an instant group of friends and help with all your onward travel. Get ready for the trip of a lifetime!

TOKYO → KYOTO

Transport:	Trains, Shinkansen (Bullet trains), Buses
Meals:	12B, 1L, 3D
Group size:	12 - 16
Age Range:	18 - 39
Local Fees:	None

HIGHLIGHTS

- Visit ancient temples, colourful shrines and majestic castles while learning about the country's incredible history.
- Get up close and personal with the famous red faced 'snow monkeys' of Jigokudani.
- Take in stunning mountain views from trains, pirate ships and cable cars as you explore the beauty of Hakone.
- Learn how to wield a Japanese sword and cut through rolled bamboo with the guidance of a descendant of the noble Samurai.
- Stay in a 1000 year old Buddhist temple with monks in the stunning mountains of Koyasan and watch the monks perform their fascinating morning ceremonies.

INCLUSIONS

- ✓ 12 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Tokyo City Tour
- ✓ Nightlife
- ✓ Traditional Japanese Style Accom
- ✓ Ancient Temples & Shrines
- ✓ Fish Markets
- ✓ Sushi Class
- ✓ Sake Tasting & Brewery
- ✓ Jigokudani Snow Monkeys
- ✓ Shiga Kogen National Park
- ✓ Lake Ashi Pirate Ship Cruise
- ✓ Mount Fuji Cable Car Views
- ✓ Osaka Castle Visit
- ✓ Overnight Stay at Buddhist Temple
- ✓ Meditation & Night Temple Walk
- ✓ Morning Prayer & Fire Ceremony
- ✓ Arishiyama Bamboo Forest
- ✓ Kinkakuji Golden Pavillion Temple
- ✓ Fushimi Inari Temple
- ✓ Samurai Experience

NOT INCLUDED:

Flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - WELCOME TO TOKYO!

Welcome to Tokyo! Once you arrive and check in at the hostel you'll then have plenty of time to recover from your flight and relax before you meet everyone in your group.

DAY 2 - TOKYO & NIGHTLIFE

First up is a visit to the Senso-ji Temple; Tokyo's oldest Buddhist temple, before heading over to the Meiji Shrine. Next up we discover colourful Harajuku as well as the iconic Shibuya Crossing (the world's busiest intersection!) Later we'll experience some of Japan's quirky restaurants and hilariously tiny bars in Shinjuku. **(B)**

DAY 3 - FISH MARKET, SUSHI CLASS & ARCADES

Today we'll discover the organised mayhem of the Tsukiji Fish Market, once one of the largest operating fish markets! Afterwards, a sushi master will teach you the art of rolling your own fresh sushi. This evening we'll head for the bright lights of Akihabara. From classic arcade games to the insanity of Japanese photo booths, you'll soon learn why they call this 'Electric City'. **(B, L)**

DAY 4 - NAGANO, SAKE TASTING & BREWERY VISIT

Today we board our first 'Shinkansen', the famous bullet train and rocket through the Japanese countryside at over 200mph! Once in Nagano we'll get a chance to taste locally brewed sake. Our home tonight is a traditional style Japanese accommodation located in the heart of the mountain village. **(B)**

DAY 5 - SNOW MONKEYS AND SHIGA KOGEN NATIONAL PARK

Today, we head into the mountains to see the famous snow monkeys. These Japanese Macaques play among the trees in summer, whilst in winter you'll catch these guys bathing in natural hot springs to escape the cold. We'll then explore the lakes and forests of the Shiga Kogen National Park, a beautiful site year round. **(B)**

DAY 6 - NAGANO TO HAKONE

Today we'll shoot off again by bullet train to the stunning Hakone, a spot famous in Japan for its jaw dropping views of Mount Fuji. **(B)**

DAY 7 - EXPLORING HAKONE

We'll spend the morning exploring the stunning region of Hakone by pirate ship and cable car, where on a clear day you'll have unrivalled views of Mount Fuji. Next up is Osaka, where we'll head out to the vibrant Dotonbori canal region for dinner and then party in the crazy neon nightlife. **(B, D)**

DAY 8 - OSAKA CASTLE

Spend the morning relaxing or exploring Osaka's awesome shopping. Later we'll visit the incredible Osaka Castle, first built over 400 years ago. Here we'll learn about Japanese history and Japan's ancient warriors, the Samurai. **(B)**

DAY 9 - KOYASAN TEMPLE STAY

We head back to the mountains today for a once in a lifetime experience – staying overnight in a 1000 year old Buddhist temple in the fascinating town of Koyasan. Here we'll be taught meditation by the monks, served their traditional cuisine and have a guided night-time stroll through Japan's largest cemetery. **(B, D)**

DAY 10 - KOYASAN & KYOTO

Today we wake up early for an unforgettable experience – watching the Buddhist monks perform their morning prayer service and fire ceremony. We will be served breakfast by the monks before travelling to our last destination, Kyoto, Japan's ancient capital. When we arrive there'll be time to chill in our awesome accommodation before heading out for dinner and drinks. **(B)**

DAY 11 - BAMBOO FOREST & THE GOLDEN PAVILION

Make sure your phone's charged today! First up is the Instagram famous Bamboo Forest of Arashiyama, perfect for shots surrounded by the towering bamboo. We then head to the beautiful Golden Pavilion, a temple covered entirely in gold, before visiting Gion, the famous home of Japan's beautiful and mysterious Geishas. **(B)**

DAY 12 - FUSHIMI-INARI & SAMURAI EXPERIENCE

Today the endless bright Torii gates of Fushimi-Inari await us! One of Japan's most iconic shrines will blow you away as we explore the winding trails of the ancient mountain. In the afternoon, we will be taught how to wield a traditional sword by a sensei descended from the Samurai. Experience the finesse of these weapons as you channel your inner warrior and slice through rolled bamboo. **(B, D)**

DAY 13 - CHECK OUT & ONWARD TRAVEL

Your amazing 13 day adventure comes to an end. You can either check out and make your way back home, stay on longer in Kyoto or continue your travels in Japan. **(B)**
Return to Tokyo options available.

FLIGHTS AND ARRIVAL INFORMATION

Japan Adventure starts in Tokyo. We will give you detailed information in your pre-arrival pack 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. There are no activities on the first day, so you can arrive at any time. If you do arrive early, we can help arrange additional nights at our accommodation.

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 finishes in Kyoto. The closest airport from Kyoto is Osaka (Kansai) Airport, which takes approx. 1.5-2 hours by train to get to from Kyoto and costs approx. \$50AUD / £25. 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. You will need to book any return flights yourself or with your travel agent.

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. If you need any further help or advice just contact us.

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

One of the real highlights of Japan Adventure is the unique mix of amazing accommodation you'll get to experience. From high end 'flashpacker' hostels and futuristic hotels to a beautiful traditional Japanese Inn known as a 'Ryokan' surrounded by natural hot springs. Plus a once in a lifetime stay at a 1000 year old Buddhist temple set high in the mountains!

TOKYO - &AND HOSTEL ASAKUSA

3 NIGHTS

A modern, smart hostel in the heart of Asakusa.

Twin/Double Rooms
Shared Bathroom
WiFi, Air Con, Laundry & Funky bar

NAGANO - AIBIYA LODGE

2 NIGHTS

Modern hostel with a Ryokan* style twist.

Quad Share Rooms
Shared Bathroom
WiFi, Air Con & Laundry
Japanese-style futon bedding on tatami mats.

OR

NAGANO - SHIBU HOTEL

2 NIGHTS

Traditional Ryokan* with onsen facilities.

Quad Share Rooms
Ensuite
WiFi & Air Con
Japanese-style futon bedding on tatami mats.

HAKONE - EMBLEM FLOW HOTEL

1 NIGHT

New funky hotel with cool bar and onsen.

Twin/Triple/Quad Share Rooms
Shared Bathroom
WiFi, Air Con, Laundry, Balcony & Bar

OSAKA - HENN NA HOTEL NISHISHINSAIBASHI

2 NIGHTS

A slick and modern hotel in central Osaka.

Twin/Double Rooms
Ensuite
WiFi, Air Con, Laundry & Unique Staff!

KOYASAN - EKOIN TEMPLE

1 NIGHT

1000 year-old Buddhist temple.

Quad Share Rooms
Shared Bathrooms
WiFi, Air Con & Onsen Facilities
The experience of a lifetime!

KYOTO - PIECE HOSTEL SANJO

2 NIGHTS

Private rooms in an amazing boutique hostel.

Twin/Double Rooms
Ensuite
WiFi, Air Con, Laundry & Rooftop Terrace



TOKYO



NAGANO - AIBIYA



HAKONE



KOYASAN



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

*A Ryokan is a traditional Japanese inn with tatami-matted rooms.

#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.

Small Change is our own socially conscious initiative aimed at making the world that little bit better place to explore!

Click [here](#) to learn more!

FAQS



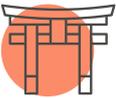
DO MANY PEOPLE TRAVEL ALONE?

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! Most of our accommodation is twin or triple share, so we will put you in a room with someone of the same gender.



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 your country.



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 stunning 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. So you're sure to have an amazing time any month of year!



HOW MUCH SPENDING MONEY WILL I NEED?

Japan is generally one of the more expensive countries in Asia. However all your activities, accommodation, transport and some meals are included, so you'll just need money for any extra meals, drinks, shopping and any onward travel. We recommend you bring at least £600 / \$1000 spending money.



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

It's best to take a Visa or Master Card debit, credit or travel money card. There are ATM's available throughout Japan so it's easy to get access to cash.



IS THERE WI-FI THROUGHOUT THE TRIP?

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



WHAT LUGGAGE DO YOU RECOMMEND?

We always recommend travelling with a backpack and packing light! 10-20kgs of stuff should be plenty. We will be using mainly trains for transport so dragging around a huge suitcase is not much fun. Depending on your onward travel plans there is luggage storage at the airports or at some accommodations if needed.



WHAT PLUGS DO THEY USE?

Japan generally uses a 2 pin flat socket the same as North America. It's always best to grab yourself an appropriate adaptor if needed before you go.

That's about it for now!

Once you've booked you'll get access to our online Check In Area 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 an more questions just contact us. We're happy to help!

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