



TRAVEL THERE CO

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Back Roads of Japan

Days: Tokyo to Kyoto

What's Included

Your G for Good Moment: Hagi Community Homestay, Hagi
Your Welcome Moment: Meet Your CEO and Group
Your Hands-On Moment: Traditional Paper-making Lesson, Mihomisumi. Modern Tokyo walking tour. Zenkoji Temple visit (Nagano). Jigokudani Monkey Park visit (Nagano). Matsumoto Castle visit. Hagi Community Homestay welcome ceremony. Hagi cycling tour. Tottori sand dunes visit. Tottori fish market visit. Fushimi Inari Taisha shrine visit. Japan Rail (JR) pass (7 days). 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 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

Highlights

Spot snow monkeys in Nagano, Relax in the healing waters of an onsen, Explore a 16th-century samurai castle, Cycle through the rural town of Hagi, Experience a homestay in a traditional Japanese community.

Dossier Disclaimer

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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.

Important Notes

1. 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.

2. 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).

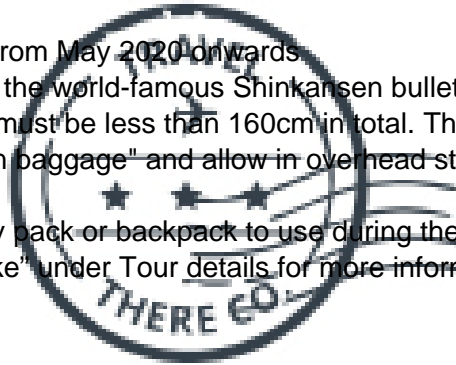
3. Overnight Bag

Please note that you'll need to prepare a overnight bag for a two-night stay in Hagi, as your main luggage will be sent on to Tottori.

4. Luggage size restriction – Effective from May 2020 onwards.

All Travel There Co 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.



Group Leader Description

All Travel There Co group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 15, avg 12

Meals Included

3 breakfasts, 3 dinners

Meals

Eating is a big part of traveling. Travel There Co understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. Should breakfast not be included, your CEO can

suggest some local options.

Travelling with Travel There Co you experience the vast array of wonderful food that is available out in the world. 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, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Bus, bullet train, local train, bicycle, walking.

About our Transportation

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.

Local Flights

Solo Travellers

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.

Accommodation

Hotels (7 nts), traditional inn (1 nt, shared facilities), homestay (2 nts, multi-share).

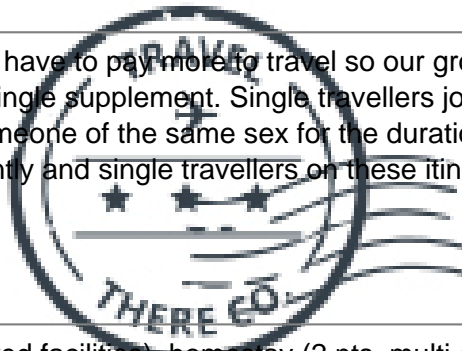
About Accommodation

Japan is one of the most populous countries in the world and space is at a premium. Therefore, hotel rooms are small! Additionally, many Japanese hotels do not have designated non-smoking rooms. Therefore, we ask hotels to deodorize rooms before check in.

Ryokan are traditional inns found across Japan. Featuring tatami floors (soft mats of woven straw), futon beds, Japanese-style baths, cotton kimono (casual robe worn to lounge around or to head to the bath), and elaborate meals (often served in the comfort of your own room), a ryokan is the perfect place to experience traditional customs and hospitality. As ryokan are usually top tier accommodations, most guests stay only one night, often to celebrate a special occasion or holiday. Don't be intimidated by the formalities inherent to a stay at a ryokan, your hosts will welcome you the same way they do all their guests. Have fun and enjoy this relaxing opportunity to learn more about Japan's unique customs.

Minshuku are Japan's answer to the Western bed and breakfast. Similar to ryokan, they have traditional features like tatami floors, futon beds, and Japanese-style baths. Minshuku are often family-run, and as such they offer a great opportunity to interact with local people and learn more about the nation's customs. More affordable and simpler than ryokan, minshuku tend to have smaller guestrooms, shared bathroom facilities, and any included meals (traditional, local, and delicious) are served in a communal dining room.

Please note that some of the traditional Japanese inns used on this tour only offer shared bathing facilities. This means that individual shower stalls will not be available, instead several shower stations are available in an



open, same-sex bathing area. Shared bathhouses and onsen (hot springs) are an essential part of Japan's culture, traditionally serving as a place for men or women to gather, relax, and discuss the day's happenings.

Joining Hotel

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

Joining Instructions

Getting to the Hotel B Ikebukuro:

Nearest station is Ikebukuro Station East Exit – Approximately 3 minutes walk to hotel B Ikebukuro. Take the east exit and turn left. You will see a Bic Camera and Yamada Denki on your left. Continue follow the road on Meiji Street a little farther on and you should see the Hotel on your left. It takes about 3 minutes from the station.

From Narita Airport, please take JR Narita Express for approximately 1 hour 30 minutes to JR Ikebukuro Station East Exit, or From Narita Airport You can also take Keisei Skyliner for approximately 1 hour 35 minutes to Nippori Station and transfer to JR Yamanote Line and get off JR Ikebukuro Station East Exit and walk for 3 mins.

From Haneda Airport – please take Keikyu Airport Ltd. Express to Shinagawa Station and then transfer to JR Yamanote Line and get off at Ikebukuro Station East Exit and walk for 3 mins to hotel.

If you have booked an arrival shuttle bus service with us.

Our local representative will be waiting for you with a sign with your name on it outside of the luggage hall.

Emergency Phone number : +81(0)479-85-7522

Transfer time from Narita airport to the hotel is approx. 2 hours, and from Haneda airport is approx. 1.5 hours, depending on the number of stops and current traffic conditions.

Luggage restrictions on the included shuttle bus:

Maximum 2 suitcases or boxes per person are allowed to be accommodated except below items:

- Ski equipment
- Golf set
- Snowboard

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A Travel There Co Representative will organize a short meeting on Day 1, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be handed to you upon check in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

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.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Representative (if one is listed below) or our Travel There Co 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.

EMERGENCY CONTACT NUMBERS

Travel There Co Local Office (Japan)

During office hours, Mon-Fri 9:30-18:00 Local Time

From outside Japan: 1st contact +81 3-6432-0195 (2nd contact +81 80 2725 5133)

From within Japan: 1st contact +81 3-6432-0195 (2nd contact +81 80 2725 5133)

After office hours emergency number

Primary phone (Tamaki): +81 70-3607-8937 (from within Japan: 070-3607-8937)

Alternate phone: +81 703 607 8936 (from within Japan: 070-3607-8936)

Travel There Co Asia Manager: Julie Fitzgerald

Travel There Co Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 381 5574

From within Thailand: 02 381 5574

After hours emergency number (SE Asia Manager)

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

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 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999



What to Take

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. You will 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 are capable of walking up and down the stairs with your luggage without any assistance.

We recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for Travel There Co trips. Most travellers carry a backpack or rolling bag of small to medium size. A large bag will be an inconvenience to you and will slow you down! You will also need a day-pack/rucksack to carry daily essentials like water, cameras, passport, i-pods etc.

It's essential to pack as lightly as possible for rail travel in Japan. All Travel There Co 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 Travel There Co tours, you must be able to carry your luggage unassisted.

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.

Checklist

Cold Weather:

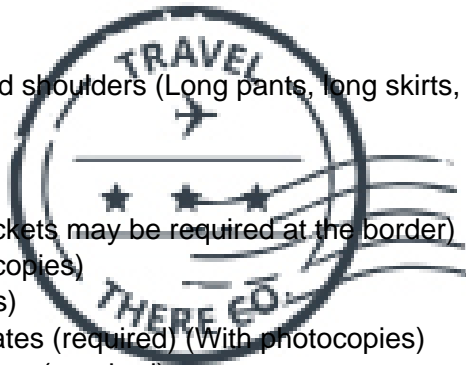
- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

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)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)



Essentials:

- 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
- 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
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

Warm Weather:

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

Note: During the colder months (Nov-Apr) the mountains can be very cold, so please make sure you pack warm clothes. During summer (Jun-Sep) temperatures be very hot and humid. Lightweight breathable clothing is recommended.

Note: Hand sanitizer is a rare commodity in Japan, so it is best to bring this with you.

Laundry

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.

Visas and Entry Requirements

Please note that visas are the responsibility of the individual traveler.

The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself.

For most travellers there will probably be a Japanese embassy or consulate in your home country.

JAPAN: Most nationalities receive A 90-DAY PERMIT ON ARRIVAL.

Spending Money

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.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com.

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.

Emergency Fund

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!

Departure Tax

Departure Tax is included in all International and Domestic tickets.

Tipping

Tipping is not practiced in Japan. Leaving money at restaurants, in taxis etc will simply cause confusion!

At the end of each trip, if you felt your Travel There Co CEO did an outstanding job, tipping is highly appreciated. The amount is entirely a personal preference, however as a guideline \$5 USD per person, per day can be used.

Optional Activities

Tokyo

- Meiji Shrine (Meiji Jing?) Visit (Free-1000JPY per person)

Asakusa

- Sens?-ji Temple Visit (Free)

Kyoto

- Kinkaku-ji Golden Pavilion Visit (400JPY per person)

- Kiyomizu Temple Visit (400JPY per person)

- Gion Walk (Free)

- Nijo Castle and Gardens Visit (600JPY per person)

- Samurai Spirit Full Kembu Lesson



Health

Safety and Security

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/

Trip Specific Safety

Medical Form

A Couple of Rules

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.

A Word of Warning

Travel Insurance

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.

Local Dress

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of

finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Minimum Age

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

International Flights

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.

Last updated: Sat 18 Jan '25

