



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:	9B, 2L, 2D
Group size:	4 - 16
Age Range:	18 - 40's
Local Fees:	None

HIGHLIGHTS

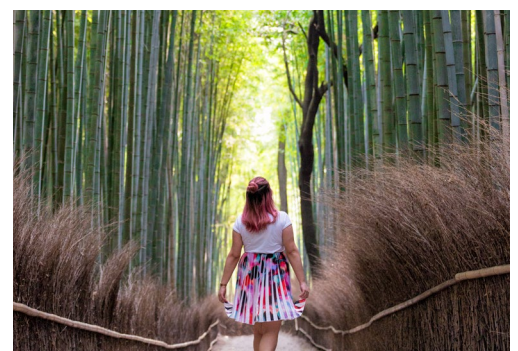
- Visit temples, shrines and castles as you deep dive into Japan's rich and fascinating history
- Get up close to the famous red faced snow monkeys of Jigokudani
- Cruise around Hakone by pirate ship and cable car, for outstanding views of Mount Fuji
- Learn how to wield a Samurai sword under the watchful 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

INCLUSIONS

- ✓ 12 Nights Accommodation
- ✓ 13 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
- ✓ Help with Onward Travel

NOT INCLUDED:

Flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - WELCOME TO TOKYO!

• **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

• **TOKYO** 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 tonight we'll experience some of Japan's quirky restaurants and hilariously tiny bars in Shinjuku.

DAY 3 - SUSHI CLASS & THE ELECTRIC CITY

• **TOKYO** We are starting our day with full bellies, learning the art of sushi rolling by a sushi master. Next up, we'll be exploring Tokyo with a bit of free time, followed by the futuristic sounds of Akihabara. This 'Electric City' is famous for its arcades, maid cafes, Japanese photo booths and game centres.

DAY 4 - BULLET TRAIN, ORIGAMI AND ONSENS

• **NAGANO** It's time to experience the 200mph famous bullet train! We'll reach Nagano just in time to try out the ancient art of origami, then take a relaxing dip in an Onsen (a volcanic hot spring!) This evening we'll live like the locals and settle in to our traditional Japanese Ryokan, sleeping on tatami mats and comfy futon bedding.

DAY 5 - NOODLES, MOUNTAINS & SNOW MONKEYS

• **NAGANO** This morning we'll dive deeper into Japanese cuisine, by learning to roll our own soba noodles. We'll then venture out into the mountains, spotting the region's famous snow monkeys, also known as Japanese Macaques. These red-faced troublemakers play amongst the trees in summer & warm by bathing in the natural hot springs in winter. We'll then take our time exploring the gorgeous lakes and forests of Shiga Kogen National Park (summer), enjoying the fresh mountain air.

DAY 6 - NAGANO TO HAKONE

• **HAKONE** Today we'll shoot off again by bullet train to the stunning Hakone, a spot famous in Japan for it's jaw dropping views of Mount Fuji.

DAY 7 - EXPLORING HAKONE

• **OSAKA** 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 for a BBQ dinner on us and fuel up for a night out, Osaka style. Get ready to bust out some karaoke classics!

DAY 8 - OSAKA CASTLE

• **OSAKA** 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. We'll finish up by heading over to Dotonburi, Osaka's famous canal region and home to some of the best food in the country!

DAY 9 - BUDDHIST TEMPLE STAY

• **KOYASAN** 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 and served their traditional cuisine. Later we'll have a night-time stroll through Japan's largest cemetery.

DAY 10 - KOYASAN & KYOTO

• **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 the traditional breakfast by the monks before travelling to our last destination, Kyoto, Japan's ancient capital. Tonight we get to learn about Japan's mysterious Geishas with a tour of Gion.

DAY 11 - BAMBOO FOREST & THE GOLDEN PAVILION

• **KYOTO** 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. Tonight's a free evening to hit up a sushi restaurant, find a bar, or challenge your mates to a round of bowling or games in the arcades.

DAY 12 - FUSHIMI-INARI & SAMURAI EXPERIENCE

• **KYOTO** Today the endless Torii gates of Fushimi-Inari await! 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 Samurai master who's dedicated their life to the art of the sword. Experience the finesse of these weapons as you channel your inner warrior and slice through rolled bamboo. Tonight we'll have our last dinner and drinks together to celebrate our time in Japan!

DAY 13 - DEPART KYOTO OR EXTEND YOUR STAY

• **KYOTO** 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. Return to Tokyo options available.

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. 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 that can be pre-paid with your agent or direct with us.

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. 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

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

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 HOSTEL

1 NIGHT

New funky hostel with onsen facilities.

Twin/Triple/Quad Share Rooms
Ensuite
WiFi, Air Con, Laundry & Balcony

OSAKA - IMANO OSAKA SHINSAIBASHI HOSTEL

2 NIGHTS

A clean hostel in central Osaka.

Quad Share Rooms
Shared Bathrooms
WiFi, Air Con, Laundry & Close to the action!

KOYASAN - EKOIN TEMPLE

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!

KYOTO - PIECE HOSTEL SANJO

3 NIGHTS

Private rooms in an amazing boutique hostel.

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



TOKYO



NAGANO



HAKONE



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. 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!



WE'RE PLANTING 10 TREES FOR EVERY INTRO TRAVEL BOOKING!

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!



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](#).



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.



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.



IS THERE WI-FI THROUGHOUT THE TRIP?

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



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.



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

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout Japan so it's easy to get access to cash.



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 ARE USED?

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.



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 an more questions just contact us. We're happy to help!