



JAPAN

14 DAYS // 13 NIGHTS

ONE LIFE ADVENTURES JAPAN ITINERARY

14 days, 13 nights
#exploremore



DAY 1 - ARRIVE

Touch down Japan! Welcome to the land of culture, a country with majestic mountains, crazy neon lights, world class food & ancient and fascinating history. A land where the sake is hot or cold, where the sun glistens off the snow covered peaks, where incense floats around temples & where the technological advances take the world by storm. Japan is a dream, a desired destination where all those who leave depart with a new found sense of wonder. Arrive into your traditionally designed Tokyo hostel in the beautiful Asakusa area to be greeted by your tour guide. Tonight we'll take you out to feast on Japanese cuisines and meet the rest of your group.

We'll then visit Senso-ji when the crowds have gone. This is one of the most important temples in Tokyo. This illustrious red temple is a feast for the senses.

- Meals - Dinner
- Accommodation: Twin Share with shared bathroom
- Included Activity - Welcome dinner
- Optional Activity - Tokyo Skytree (pictured), batting cages
- Physical Rating - Low

DAY 2 - CRAZY DISTRICTS, PARKS AND THE HOME OF ANIME

We'll start the morning off with a language and culture class with a Tokyo local. You'll learn simple Japanese customs and phrases to help you dictate your way across the country.

Once we have learned all we need, we'll head out to the birth place of Japanese teen pop culture - Harajuku. We'll then head into Yoyogi park, host to the beautiful Mei-ji Shrine. After that we'll take a quick break to make our way to Akihabara - Tokyo's electric town -and be blinded by the all the neon lights and crazy shops in store. We'll challenge you all in the Sega Centre and provide you with a map and "Best things to do" so you can explore around the area.

- Meals - Breakfast
- Accommodation: Twin Share with shared bathroom
- Included Activities - Japanese language & cultural class, Survival booklet, Harajuku tour, Meiji Shrine, Akihabara tour & Senso-ji
- Optional Activities - Maid Cafe
- Physical Rating - Moderate/High

DAY 3 - SUSHI MAKING CLASS & ROBOT RESTAURANT

Today we'll head to the world famous Tsukiji Fish Market. Tokyo is famed for its seafood delights and this market is the birthplace of Japan's most famous food; sushi! Once we have toured the area, we will head over to our sushi making class where sushi masters will teach you how to roll the perfect sushi, fry the best tempura and eat sashimi properly. After your sushi lunch we'll head back to the hostel for a quick freshen up before heading to the incredible Shinjuku area for the best night view of the Tokyo skyline before a meal of Yakitori and beer down the famous Omoide Yokocho alley. After dinner we will treat you to an incredible show like no other, where robots dance to the theme of thriller whilst lasers and lights bounce off the walls at the world famous Robot Restaurant. Wrapping up the day viewing the world famous Shibuya Pedestrian Crossing

- Meals - Breakfast & lunch
- Accommodation: Twin Share with shared bathroom
- Included Activities - Fish market tour, sushi making class, Tokyo Government building look out, Robot Restaurant, Shibuya Crossing
- Optional Activity - VR Centre
- Physical Rating - Moderate



DAY 4 - TRAVEL TO HAKONE & MT FUJI VIEWING

Today we leave Tokyo by the aptly named "Romance Car" to the stunning mountainous town of Hakone. After checking into our guesthouse accommodation situated in the mountains, we will spend the day exploring the surrounding areas on a variety of different transport including Cable Cars, Rope Ways and even a Pirate Ship. Why is Hakone so special? Well, not only is the food incredible but the views of Mt Fuji are pretty spectacular also. After a day of exploring and taking photos of Japan's most famous mountain we'll arrange a typical Japanese Nabe dinner on the roof deck and watch the sunset over the spectacular little town.

- Meals - Breakfast & dinner
- Accommodation: Twin Share on tatami mats with shared bathroom in Guesthouse
- Included Activities - Mt Fuji Viewing, Ropeway, cable car, pirate ship, rooftop dinner
- Physical Rating - Low

DAY 5 - TEMPLE STAY

Today we board the bullet train, a soaring feat of engineering that throws you across the countryside. We'll then take the stunning mountain train that takes us all the way to the UNESCO World Heritage town of Takayama. Our accommodation tonight is in a stunning Japanese temple. Never before would you have stayed in more beautiful surroundings, your bed will be on simple tatami mats. In the afternoon we'll head out for some traditional Sake Tasting and you can even treat yourself to some infamously tasty Hida beef. After all of that you get a real chance for you to focus on your mindful experience as you sleep soundly in the temple with most rooms offering views of a traditional Japanese garden

- Meals - None
- Accommodation: Multi - share in a temple
- Included Activities - Sake Tasting, Temple stay, tour of Takayama Old Town
- Optional Activities - Onsen/Public Bath house
- Physical Rating - Low

DAY 6 - ARRIVE IN KYOTO & GION WALKING TOUR

In the morning your guide will walk you round the beautiful old town and village of Takayama as well as a morning market tour on the banks of the Miyagawa River. After stopping for lunch we'll board the train back to Nagoya and take our final bullet train to Kyoto. Famous for its shrines, temples and Geisha's, Kyoto is a sure fire way to find your inner peace and get lost exploring its small alleyways. Our accommodation is only 5 minutes walk from the famous Gion district and the Nishiki market. In the evening, we'll walk around Kyoto's Gion district, known for Geisha's (Japan's traditional art form of entertainment), if you are lucky enough, you might even spot one!

- Meals - None
- Accommodation: Twin Share with shared bathroom
- Included Activities - Morning Market Walk, Gion District Walking tour
- Optional Activities - Kimono Hire, Geisha performance
- Physical Rating - Moderate



"GEISHA - A MASTER OF TRADITIONAL ARTS INCLUDING MUSIC, SERVING TEA, DANCING AND SINGING"



DAY 7 - GOLDEN PAVILION, ZEN GARDENS AND KENDO CLASS

This morning we'll head to the astonishing Golden Pavilion, a beautiful gold laden building, surrounded by lakes which showcase a stunning reflection of the building. After we'll head to Daitoku-ji, a quiet, leafy complex of old temples, away from the main tourist districts. In the afternoon we move to a traditional Kendo class housed in the dojo where it all began. Your authentic Bushido instructor, a descendant of a Japanese Samurai, will teach you the way of this respectful martial art, before finishing with a 10 minute guided meditation reflection to finish off this incredible day.

- Meals - Breakfast
- Accommodation: Twin Share with shared bathroom
- Included Activities - Golden Pavilion, Zen Gardens, Kendo Class & Guided meditation in Dojo
- Physical Rating - Moderate

DAY 8 - KYOTO TEMPLE & SHRINE TOUR

We'll rise before dawn and take the subway to Fushimi-Inari Shrine. We arrive early to escape the bustling throng of tourists and work our way through the mountain exploring corridors of never ending red gates. After, we will head to Kiyomizu-dera temple, one of Japan's most famous temples. A stunning bamboo and wooden complex that sits high in the mountain side. You'll have the rest of the afternoon free to explore, check with you guide to find out what else is left to see

- Meals - Breakfast
- Accommodation: Twin Share with shared bathroom
- Included Activities - Kiyomezu-dera temple, Fushimi-Inari Shrine,
- Optional Activity - Nishiki Market
- Physical Rating - Moderate/High

DAY 10 - DEPART OR OSAKA CASTLE

After nursing your head from last night's antics, if you're leaving us, it's time to say goodbye to your group and the new friends you have made from your tour. Those of you continuing the tour we'll meet in the evening and head over to Osaka Castle, a beautiful structure in the centre of the city surrounded by lush gardens. We'll watch the sunset from here, before heading over to Dotonbori's little brother, Shinsekai for dinner in the evening.

- Meals - Breakfast
- Physical Rating - N/A

DAY 9 - BAMBOO FOREST, ARRIVE IN OSAKA, FOOD TOUR & KARAOKE

Another early start today as we take the train to Arashiyama. This stunning town is flanked by mountainous valleys with a river working its way through the middle. We'll start off by wandering through the instagram worthy bamboo forest, before climbing the steps up to Monkey Mountain. Once we make our way down, we'll board a private row boat and explore the valleys the traditional Japanese way. Today, you'll have one final chance to finish buying all your final souvenirs from Kyoto before we jump on the train and head to Osaka. After checking in we will head out into the Dotonbori area, a wild ride of an inner city complex, the 'kitchen of Japan' will take you in with its lights, colours, food and people and after our food tour you won't want to leave. There is no better way to view this incredible, living, breathing city than tasting your way through it. In the evening we'll wrap up our tour with one final Japanese tradition - Karaoke!

- Meals - Breakfast & Dinner
- Accommodation: Triple Share with shared bathroom
- Included Activities - Arashiyama bamboo forrest, Monkey mountain, 30 minute boat tour, Dotonbori Food Tour (4 dishes), All you can drink Karaoke (1hr)
- Optional Activities - Canal boat tour, extended karaoke
- Physical Rating - Low

"KENDO - A SAFE FORM OF SWORD TRAINING FOR SAMURAI."





DAY 11 - NARA PARK & KOYASAN TEMPLE STAY

An early start today as we head to the beautiful Nara. Keep your eyes out for the friendly locals on the way. Nara is famous for a city that lives symbiotically with deer and a historically important former capital of ancient Japan. We'll make our way around the serene park & stunning temples before heading to Koyasan, deep in the heart of the mountain. Koyasan is a beautiful little temple town, summed up by the tourism boards slogan "If nature does indeed bring mankind closer to the cosmos, then Koyasan is its embodiment". This your chance to truly live the temple way of life and learn more about the monks that dedicate their lives to this area and wander the countless temples and shrines that are dotted all around. Dinner is a very special vegetarian meal made from ingredients sourced by the monks in the local area.

- Meals - Breakfast & Dinner
- Accommodation: Twin Share with shared bathroom
- Included Activities - Nara & Temple Stay
- Physical Rating - Moderate

DAY 12 - MORNING IN KOYASAN AND TRAVEL TO HIROSHIMA

Wake in the morning to the sound of nature and take part in the morning chanting prayers with the monks. Breakfast is a traditional "temple style" meal made by the monks. Make sure to make the most of your final morning in this truly unforgettable destination. Just before lunch we'll make our way to Hiroshima. After some down time, we'll walk to the humbling Hiroshima Peace Memorial Park and be taken around this area by our local guide to truly educate you on the area's astonishing past. View the Atomic Dome, ring the peace bell and say a prayer at the eternal flame. This incredibly important city will live long in the memory. We'll then finish with a walk around the museum to learn about Hiroshima's devastating past before grabbing some food and calling it a night.

- Meals - Breakfast
- Accommodation: Twin Share with shared bathroom
- Included Activities - Hiroshima Peace Memorial Park and Peace Museum
- Physical Rating - Moderate

DAY 13 - MIYAJIMA ISLAND

A later start to the day today as we take the metro to the beautiful Miyajima Island. Which is known for its forests and ancient temples. Just offshore, the giant, orange Great Torii Gate is partially submerged at high tide. After disembarking from the ferry, we'll take an easy stroll around this island, visiting the Miyajima shrine, for incredible views of it's famous Torii Gate. What a way to finish your tour in Japan, we'll give some free time to wander around the island, grab some lunch and visit some temples before making our way back to Hiroshima. In the evening, we'll head out one last time as a group for our final day in Japan.

- Meals - Breakfast
- Accommodation: Twin Share with shared bathroom
- Included Activities - Miyajima Island
- Physical Rating - Moderate

DAY 14 - DEPART

And that's a wrap! Today we finish in the beautiful city of Hiroshima, take one final walk around the memorial park or a go for a sunrise run along the river. Your guide will assist you in your onward travel whether you continue to travel around Japan, head back home or join us on another One Life tour in a different, but equally incredible place.

- Meals - Breakfast
- Physical Rating - N/A

