

INSIDE Japan

Get beneath the surface

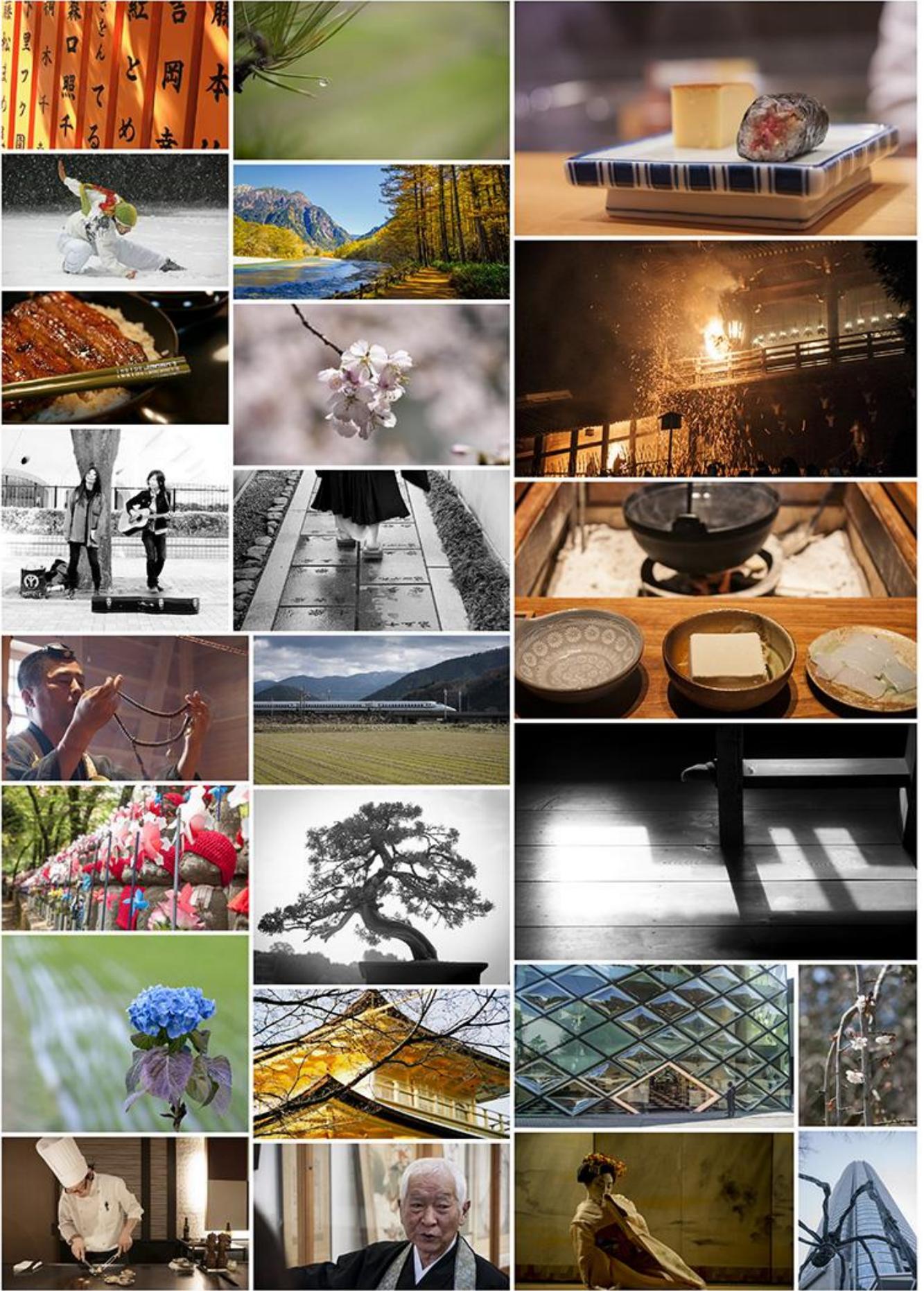


Romance in Japan: A Summer Honeymoon

12 July - 25 July 2022

The Smiths

Booking reference: 0000000





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WHAT DO OUR CUSTOMERS SAY?



“

I couldn't be more pleased and impressed with the service I received from InsideJapan. Everything was perfect.

- Victoria

”

“

A fantastic trip! Well organised, great itinerary and good value for money. IJT are the experts on Japan - I wouldn't hesitate to book with them again.

- Sarah

”

“

The service provided was personal and I feel everything was done to make my trip to Japan the best possible. I loved the country and am already looking forward to my next trip with InsideJapan Tours.

- Christopher

”

“

Our trip was beyond our every expectation. The booking process, our wonderful guides in Japan, the resources we were provided - everything was perfect.

- David

”

“

The Info-Pack we received prior to travel was amazingly comprehensive and gave us confidence that all would be ok on our self-guided adventure. And it was - all the arrangements went like clockwork.

- Katherine

”

“

Very pleased in all with everything - delivered everything I had hoped for and more with professionalism and flair. I wish I'd found you ten years ago.

- Ross

”

Romance in Japan: A Summer Honeymoon

Awesome Agency!

Quote Date: 18 February 2022

Quote Reference: 0000000

Passengers

The Smiths

Itinerary in brief

Tuesday 12 Jul 2022

- Day 1
- Shared Shuttle Bus from Narita Airport to Tokyo Hotel
 - IC Transport Card
 - Mobile WiFi Device



Tokyo | Richmond Asakusa

Wednesday 13 Jul 2022

- Day 2
- (Concept) Onkochishin: finding new wisdom in old ways
 - Full Day Private Guide Service in Tokyo



Tokyo | Richmond Asakusa

Thursday 14 Jul 2022

- Day 3
- (Concept) Wabi sabi: the acceptance of transience & imperfection
 - Kintsugi Gold Repair Workshop
 - Insider Evening: Izakaya Experience



Tokyo | Richmond Asakusa

Friday 15 Jul 2022

- Day 4
- Luggage Forwarding (not incl.)
 - 14 Day Japan Rail Pass (Ordinary)
 - Transfer by train from Tokyo to Izu Kogen
 - (Concept) Kaiseki: Japanese haute cuisine



Izu Kogen | Hanafubuki

Saturday 16 Jul 2022

- Day 5
- (Concept) Hadaka no tsukiai: naked communion
 - Transfer by train from Izu Kogen to Atami
 - MOA Museum of Art
 - Transfer by train from Atami to Osaka
 - Osaka Night Food Tour



Osaka | Cross Hotel Osaka

Sunday 17 Jul 2022

- Day 6
- Transfer by train from Osaka to Kyoto



Kyoto | Gracery Kyoto Sanjo

Monday 18 Jul 2022

- Day 7
- (Concept) Buddhism & Shintoism
 - Full Day Private Guide Service in Kyoto
 - Zazen Meditation at Gesshin-In Temple



Kyoto | Gracery Kyoto Sanjo

Tuesday 19 Jul 2022

- Day 8
- (Concept) Kodawari: a relentless devotion to one's craft
 - Roketsu Traditional Cloth Dyeing Experience



Kyoto | Gracery Kyoto Sanjo

Wednesday 20 Jul 2022

- Day 9
- Transfer by train from Kyoto to Ayabe
 - (Concept) Kizuna: the bond that connects people



Ayabe | Furumaya House

Thursday 21 Jul 2022

- Day 10
- (Concept) Ikigai: a reason for being
 - Tea Ceremony
 - Home Cooking



Ayabe | Furumaya House

Friday 22 Jul 2022

- Day 11
- Luggage Forwarding (not incl.)
 - Transfer by train from Ayabe to Nakatsugawa
 - Bus from Nakatsugawa to Magome
 - (Concept) Shinrin-yoku: forest bathing
 - Nakasendo Walk from Magome to Tsumago (8km, 3 Hours)



Tsumago | Daikichi

Saturday 23 Jul 2022

- Day 12
- Nakasendo Walk from Tsumago to Nagiso (4km, 1 Hour)
 - Transfer by train from Nagiso to Tokyo



Tokyo | Hotel Sunroute Plaza Shinjuku

Sunday 24 Jul 2022

- Day 13
- (Concept) Ichigo ichie: one time, one meeting
 - Sightseeing in Tokyo
 - DisneySea



Tokyo | Hotel Sunroute Plaza Shinjuku

Monday 25 Jul 2022

- Day 14
- (Concept) Mono no aware: the pathos of things
 - 06:34 - Transfer by train from Tokyo (Shinjuku) to Tokyo (Narita Airport) (arrive 07:56)

5 GREAT REASONS TO BOOK WITH INSIDEJAPAN

1 Experts in all things Japan

All our Travel Consultants have lived in Japan and are passionate about helping to ensure you have as fantastic an experience as they did. The depth and breadth of our team's knowledge sets us apart. Whatever your interest or question, one of our team will have direct experience to draw upon.

2 Flexibility

We believe in making sure that every trip we organise fits exactly to what our clients are looking for. Whatever your interests, your preferred style of travel, or your budget, we will create the perfect trip for you.



3 Your Tailor-made Info-Pack

To help your trip run smoothly and stress-free, we provide a personalised Info-Pack, tailor-made for your trip. Here you will find your detailed day by day itinerary with all the necessary information for your trip including recommended travel times and hotel information in both English and Japanese. Our accompanying Destinations Guides are full of tips, hints and information covering subjects as diverse as transport, food, language and bathing etiquette. Of course your Travel Consultant is also on hand to answer any questions you might have about travelling to Japan.



4 Bilingual Customer Support in Japan

Our service to you does not end when you leave for Japan. Our English-speaking Customer Support based in our Nagoya office are there to ensure your trip runs smoothly. From restaurant recommendations to arranging a doctor's appointment, the team are only a call or email away. They will easily be able to help get you back on track in the unlikely event that you should encounter any difficulties or unforeseen circumstances.

5 Financial Peace of mind



We are proud to be members of AITO, the Association of Independent Tour Operators along with ABTA, the Association of British Travel Agents. You can be safe in the knowledge that you are booking with a reliable and carefully-inspected specialist tour operator. All AITO companies are fully bonded and governed by AITO's independent dispute settlement service, which means you and your money are in safe hands. All bookings are bonded by ABTOT (Association of Bonded Tour Operators Trust).

Covid Booking Guarantee

If there's one thing we've learned this year, it's that you never know what's just around the corner, but that shouldn't mean you can't have something to look forward to. Given the amount of uncertainty we are all having to live with at the moment, we've completely restructured our booking policy to provide you with maximum flexibility and reassurance, so you know you can book with confidence. Our full booking [terms and conditions](#) are quite long. These are the key changes we've made:

1. Refund guarantee

If, within three weeks of your date of departure, you are unable to travel as either you are prevented from leaving your home country by government guidance, or unable to enter the destination country as visitors are not permitted, then you can choose to either rebook your trip to a later date or an alternative destination at no charge, or receive a full refund.

In a rapidly changing situation such as this, where restrictions may be lifted at any time, we use the three-week pre-departure as the decision point to provide the greatest chance of the trip going ahead.

Additionally, if you are prevented from travelling due to personal reasons related to the Covid-19 situation*, and are unable to claim on your travel insurance, we will provide free rebooking or full refund.

2. Balance payment date

We have changed our balance payment due date from 60 days to 42 days (6 weeks) pre-departure.

3. Booking flexibility

Whether or not there is official guidance preventing you from travel, should you wish to rearrange your trip to a later date, or an alternative destination, you will be able to do so without charge up to three weeks in advance of your original departure date. Only additional costs for your new arrangements would be charged.

* We are including the following personal situations in this promise:

- If you or a member of the travelling party is asked to go into quarantine or self-isolation for a period of time over-lapping with the planned travel dates.
- If you or a member of the party becomes infected with Covid-19 one month or less before the trip commences.
- If you or a member of the travelling party has travel restrictions placed upon them by their workplace or educational establishment meaning that they are not able to travel

Price Details

The price for the arrangements as specified is:

USD US\$ _____

US\$ _____ per person

The price quoted is valid for 10 days from 10 January 2022 and is subject to availability.

Ready to book your holiday?

Start the ball rolling by paying your US\$ 15% deposit now.

Your quote number is:

The deposit is non-refundable. As soon as we receive your deposit, we will get to work confirming all the arrangements for your trip. Due to the complex nature of itineraries, it can take a few days to finalise all the arrangements. We aim to send out your full confirmation within one week of booking.

Full terms and conditions: http://www.insidetravelgroup.com/Japan/InsideJapan_T&C.pdf

Questions? Amendments to the proposal? Please get in touch!



Detailed day-by-day

Day 1

Tuesday

12 Jul

Shared Shuttle Bus from Narita Airport to Tokyo Hotel

Welcome to Japan! You will be met on arrival at Tokyo Narita Airport and taken by shuttle bus to your hotel in Tokyo. 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. Look out for some great views as you ride the elevated highways into town.

[Seat - Shared Service \(2\)](#)

IC Transport Card

Japan has a public transport system unrivalled anywhere in the world for efficiency, cleanliness and coverage. The daily number of journeys on the Tokyo subway alone is in excess of 8 million yet despite its huge scope and vast number of lines navigating the system is really rather easy. As always, the Japanese are pushing the boundaries with their transport technology and now there is a convenient tap-in, tap-out 'IC Card' that covers not just Tokyo's public transport but the entire country. In 2012 all the regional electronic transport cards were combined into a single system and now you can use any of them on the transport systems in most major cities in Japan. Simply the most convenient and developed public transport system you will find anywhere.

We are supplying you with Manaca cards, Nagoya's version of the IC card. You will be able to use this throughout your time in Japan for travelling on buses, subways, over ground railways and in some places you will even be able to pay for taxis, buy drinks from vending machines and pay for your bento in a convenience store! Your card comes with 2,500 yen of credit and can be topped up in any major city at the automatic ticket machines at any station. And don't worry - instructions in English are provided! We are sure you will get great use out of this during your trip and can have that satisfying feeling of travelling like a local! All in all, an essential accessory for any visit to Japan.

[IC Card - Transport Pass \(2\)](#)

Mobile WiFi Device

We have included for you the rental of a mobile WiFi device which we will arrange to be delivered to your first hotel. This will mean that you can have unlimited WiFi data on the move and at all of your accommodation making staying in touch with friends or browsing the internet on your smartphone or laptop a breeze. The WiFi can be shared between up to 10 devices. We have included full insurance for you in case of damage or loss. At the end of your stay simply return the device in the pre-paid envelope provided.

[15 Day Rental \(Incl. Delivery & Full Insurance\) - AU \(unlimited data\)](#)

Tokyo - Introduction



One quarter of all Japanese live in Tokyo or the near vicinity and with a population of over 12 million inhabitants, Tokyo is one of the largest cities in the world. 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. The city has many major sights to visit such as Senso-ji Temple in the old downtown area of Asakusa or the fashion hub of Shibuya from where all new trends are said to emanate. All in all a stay in Tokyo is to experience one of the world's most vibrant and interesting cities; a capital hurtling headlong into the future whilst maintaining its links with the traditions of ancient Japan.



Overnight at Richmond Asakusa • Precious Double (Sky Tree Side) (19sqm) - Incl. Breakfast

Day 2

Wednesday

13 Jul

(Concept) Onkochishin: finding new wisdom in old ways

The Japanese have a saying for seemingly everything. Onkochishin is a four-character idiom encapsulating the idea that it's important to learn lessons from history in order to make advancements in the future. Keep your eyes peeled as you explore Japan and we're sure you'll start seeing onkochishin everywhere.

Full Day Private Guide Service in Tokyo

Today you will have the services of a local professional guide for a private tour of Tokyo. Our guides speak excellent English and have a wealth of knowledge to share. With the guide's expert help, you'll get to grips with Japanese culture and history while gaining a useful orientation of the city.

Your guide will meet you at your hotel at 9:00 AM (or any time you choose). Together you'll travel around the city by public transport as the Tokyoites do, using your included IC card. Please note you will need to pay for lunch and any entrance fees on the day. Your day of guiding will finish at 5:00 PM with the guide either dropping you back at your hotel or anywhere else in the city you wish to spend the evening.

[Guide - Private Service No Inclusions](#)



[Overnight at Richmond Asakusa • Precious Double \(Sky Tree Side\) \(19sqm\) - Incl. Breakfast](#)

Day 3
Thursday
14 Jul

(Concept) Wabi sabi: the acceptance of transience & imperfection

Wabi sabi is a way of living that focuses on seeing the beauty in the imperfect, as well as accepting the natural cycle of life and death. Rather than striving for perfection which ultimately will always end in failure, we challenge you to enjoy the happy accidents in life.

Kintsugi Gold Repair Workshop

Today we'll arrange for you to join a hands-on lesson in kintsugi. This is the art of giving broken ceramics a new lease of life by mending the cracks with powdered gold and lacquer dust. The aim is not to hide the breakages but display the imperfections in a way that is even more beautiful. It's the epitome of wabi sabi - the acceptance of transience and imperfection. It's said that kintsugi originated in the 15th century when Japanese craftsman began repairing damaged pottery for the shogun.

The lesson will take place in the Suginami district of Tokyo, and the class is two hours 30 minutes. It's a group activity with up to four people. Full details including directions will be in your Info-Pack.

[Experience \(1-4 people\) - Group Activity](#)

Insider Evening: Izakaya Experience

This evening you will be in for a fabulous evening in Tokyo with one of our "Insiders." From born-and-bred locals to Japan experts hailing from all parts of the English-speaking world, our Insiders have made Tokyo their home and know all where the best places are so you can be sure to see a side of Tokyo that is indecipherable to first time visitors.

You'll be met at your hotel at 7:00 PM this evening by our Insider who will take you for dinner at an izakaya. At one of these tapas-style gastropubs you'll have the chance to try some delicious, traditional dishes while also gaining local knowledge about eating out in Japan from a real expert. Dinner and some drinks will be included this evening. You're very welcome to order more of whatever you like, at your own cost.

After dinner you're welcome to stay out for a few more drinks with your Insider or maybe take a walk to check out some neon-lit scenes of night time Tokyo. Whatever you choose, the night can be tailored to suit your style so if you want to move on to a more exclusive establishment for some post-dinner drinks or do a bit of back street bar-hopping, just ask your Insider and they will be pleased to oblige. But be warned, your Insider will need to leave you by 11:00 PM before they turn into a pumpkin (or perhaps to catch the last train home - one or the other). Of course they'll be sure to leave you in a great place so you can stay for a few more there, try another place or head back to the hotel. The choice is yours!

[Experience \(2 People\) - Private Service \(Incl. Dinner & Some Drinks\)](#)



[Overnight at Richmond Asakusa • Precious Double \(Sky Tree Side\) \(19sqm\) - Incl. Breakfast](#)

Day 4
Friday
15 Jul

Luggage Forwarding (not incl.)

Japan has an excellent luggage forwarding system that works across the country. It is easy to use, reliable, and surprisingly affordable. Today we recommend forwarding the bulk of your luggage from Tokyo to Kyoto in order to make the intervening travel as easy as possible. You can arrange and pay for this service at the front desk of your accommodation and we will provide full instructions in your Info-Pack. The service is next-day delivery, but the receiving accommodation will be happy to hold your bags if they arrive ahead of you. We suggest packing a small overnight bag and then you'll catch up with your main suitcase in Kyoto.

14 Day Japan Rail Pass (Ordinary)

Your package includes the 14 day Japan Rail Pass (ordinary class). The pass entitles you to unlimited travel on any trains in the extensive Japan Railways (JR) network. This includes the world-famous bullet trains (with the exception of the Nozomi and Mizuho bullet trains).

You will receive an exchange voucher which must be exchanged for the pass itself after you arrive in Japan. Full details of when and how to do this will be provided with your documents. You can use your rail pass to make seat reservations for no extra charge, although this must be done in Japan after you have exchanged the voucher.

[Japan Rail Pass - Ordinary \(2\)](#)

Transfer by train from Tokyo to Izu Kogen

From Tokyo you will use your Japan Rail Pass to take the Ltd Express to Izu Kogen, famous for hot springs. The journey takes around 2 hours, and you can enjoy the ocean views along the way. Please note that part of this route runs on a private line, so Japan Rail Pass holders will need to pay a supplement of 1,170 yen (1,580 yen for the green car) on the train.

[Japan Rail Pass - Ordinary \(2\)](#)

(Concept) Kaiseki: Japanese haute cuisine

Kaiseki is Japanese haute cuisine, often served in traditional ryokan inns or specialised restaurants. A kaiseki meal consists of a set menu of many little dishes that display different cooking techniques to create contrasting textures. Ingredients are always seasonal, including local meat, fish and vegetables, and the food is often exquisitely presented on ceramics and lacquerware chosen to enhance the meal's aesthetics.

Izu Kogen - Introduction



Izu Kogen is a beautiful area along the eastern coast of the Izu Peninsula, looking out over the Sagami Bay. Its easy access to Tokyo means it attracts plenty of visitors, particularly during the summer season when flowers are in full bloom, but still retains a tranquility that is hard to find in other coastal areas near the capital. In addition to its lush natural surroundings, Izu Kogen offers numerous art and history museums and galleries, and it's famous for its fresh seafood. The Jogasaki coastline running past Izu Kogen is a must-visit; 10km of rugged cliffs and jagged rocks makes for some excellent walking and hiking, and you can even view the coastline from sightseeing boats. Of particular note is the 23m long and 48m high Kadowaki suspension bridge, northeast of Izu Kogen. Overall the area offers myriad day trip options and activities, making it an excellent getaway from the hustle and bustle of the busy cities.



Overnight at Hanafubuki • Twin Use (Japanese Style) - Hakuo Superior Room (Incl. B'fast & Dinner)

Day 5

Saturday

16 Jul

(Concept) Hadaka no tsukiai: naked communion

Hadaka no tsukiai is the unique friendship between two people taking a hot spring bath together. Something about sitting in hot water in nothing but your birthday suit breaks down usual social barriers and allows intimate conversation to flow. If you get the chance to visit an onsen, give naked conversation a try!

Transfer by train from Izu Kogen to Atami

You will take the Ltd Express from Izu Kogen to Atami. Atami used to be a popular honeymoon resort for Japanese couples in the Showa era! Today it is still popular as a hot spring resort. The journey takes about 40 minutes and covers a distance of 33km. Please note that part of this route runs on a private line, so Japan Rail Pass holders will need to pay a supplement of 1,170 yen (1,580 yen for the green car) on the train.

[Japan Rail Pass - Ordinary \(2\)](#)

Atami - Introduction

Located on the east coast of the Izu Peninsula, Atami is one of Japan's best-known traditional hot spring resorts. The hot-spring water was initially thought to be sourced from the ocean and is where its name, literally meaning 'hot sea', comes from. The sandy beaches, spectacular soft corals and sea life are particular draws to this area during the summer months. With its high grade hot springs, geological history and backdrop of the steep imposing hills of the peninsular, this coastal town has long been a popular destination for Tokyoites and holidaymakers alike.

MOA Museum of Art

Re-opened in 2017 after an extensive renovation, the MOA art museum is an artistic gem on the Izu Peninsula. The museum is known for its impressive collection of Japanese and East Asian art and has a well curated schedule of special exhibits. The collections are housed in an impressive modern building which sits well with its natural surroundings and enjoys views over Atami bay. From the entrance the exhibits are reached by taking a series of long escalators culminating in the 'circular hall' which houses art installations. Within the grounds there is a tea house, a soba noodles restaurant, Japanese restaurant, a Noh theatre and the old buildings of the Korin's residence. Kimono dressing, tea ceremony and Ikebana flower arranging experiences can be arranged if booked in advance (subject to availability). The museum is located 15 minutes by bus or taxi from Atami station.

Transfer by train from Atami to Osaka

[Japan Rail Pass - Ordinary \(2\)](#)

Osaka - Introduction



Osaka is Japan's second city and an extremely vibrant and lively place to stay. There may not be any real 'tourist' sights but it is just the life on the streets that makes Osaka such a fascinating city to visit. Osaka people work hard and play hard and it really shows with the vast number of restaurants, bars and all round entertainment available. You cannot visit Osaka without encountering one of the city's several giant Ferris 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 Two 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. Osaka really is one of Japan's truly all action cities and a stay here is a chance to experience what life in modern day urban Japan is really like.

Osaka Night Food Tour

Tonight we will arrange for you to join an English-speaking guide on a street food safari of Osaka's famous Dotonbori area. The brightly lit street alongside the canal is packed with restaurants and food stalls serving up some of Osaka's tastiest food, making it a foodie's paradise.

Dotonbori is a popular area and quickly becomes packed with visitors and locals vying for entry to the best restaurants. During the three hour tour you will head off the regular tourist track to the backstreets to find hidden izakaya (pub-restaurants) and bars, while enjoying Osakan specialties like takoyaki (octopus dumplings), and kushikatsu fried skewers. It's a great chance to experience Osaka's nightlife like a fun-loving local, rather than as a tourist. Once the tour is over, you can either continue to enjoy the Dotonbori and Nanba areas, or return to your accommodation – the choice is yours.

Food (both in sit down restaurants and street food), a drink, and dessert are included in the cost of the tour, however you're very welcome to order more of anything that takes your fancy (at your own expense).

[Experience - Private Service](#)



Overnight at Cross Hotel Osaka • Superior Double (27sqm) - Incl. B'fast

Day 6
Sunday
17 Jul

Transfer by train from Osaka to Kyoto

From Shin-Osaka station it is just 15 minutes by bullet train on to Kyoto station.

[Japan Rail Pass - Ordinary \(2\)](#)

Kyoto - Introduction



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. Kyoto boasts an array of world-class gardens, majestic festivals and delicate cuisine, all of which make much of the rhythms of nature and the changing of the seasons. On first glance however, visitors will see that like any large Japanese city, grid-like Kyoto has its fair share of neon and concrete. But the discerning eye will soon pick out Kyoto's treasures: sacred shrines tucked in among shopping arcades, time-honoured teahouses nestling among modern businesses and mysterious geisha scuttling down backstreets among the tourists and souvenirs. Kyoto's charm lies in these details and whether you're here for three days or three years, the closer you look, the more you'll discover.



Overnight at Gracery Kyoto Sanjo • Double North Building (18sqm) - Incl. B'fast

Day 7
Monday
18 Jul

(Concept) Buddhism & Shintoism

The saying goes that in Japan people are born Shinto and die Buddhist. This is Japan's syncretic belief system in a nutshell: two different religions practiced side-by-side as a single system.

Until Buddhism arrived in Japan in the sixth century by way of China, Shintoism didn't have a specific name. It was simply Japan's indigenous spirituality in which every living thing – trees, flowers, animals, rocks, even sounds – contains a kami god. This belief in nature runs throughout Japanese culture; it's in the cherishing of the changing seasons, and in arts such as ikebana flower arranging and garden design.

Today Shinto ceremonies at birth are balanced by Buddhist rituals at death. This entwining of religions runs so deep that establishing a firm boundary between the two is all but impossible. In fact, so close are the two faiths that red Shinto gates and Buddhist prayer halls can often be found on the same site.

Full Day Private Guide Service in Kyoto

We will arrange for you to be accompanied by a local professional guide today. This is the best way to explore Kyoto, a city so rich in UNESCO World Heritage sites that it can be hard to know where to start! Our carefully-selected guides will reveal Kyoto's intricate culture, introducing you to famous must-see spots as well as secret corners of the city that only the locals know.

Your guide will meet you at your hotel at 9:00 AM (or any time you choose). Together you'll travel around the city by public transport. While Kyoto has an extensive bus network we recommend taking a few taxis to speed things up. Please note you will need to pay for transport, lunch and any entrance fees on the day. Your day of guiding will finish at 5:00 PM with the guide either dropping you back at your hotel or anywhere else in the city you wish to spend the evening.

[Guide - Private Service No Inclusions](#)

Zazen Meditation at Gesshin-In Temple

Gesshin-in is a sub-temple Kodai-ji which is located north east of Yasaka Hokanji Temple at the foot of beautiful Higashiyama Mountains in the east of the city. It is a beautifully tranquil spot and a great place to take part in a traditional Zazen meditation. The chief priest, Teramae Join will instruct you in how to sit, breath and focus before initiating a short 10 minute session of meditation. After sounding a bell to break you from your trance, he will give a further explanation of the ways of Zen before beginning another short period of contemplation. He is then able to answer any questions you have about this form of meditation, Buddhism or life in general.

[Experience \(2 Pax\) - Private Service](#)



[Overnight at Gracery Kyoto Sanjo • Double North Building \(18sqm\) - Incl. B'fast](#)

Day 8
Tuesday
19 Jul

(Concept) Kodawari: a relentless devotion to one's craft

During your Japan travels you may be lucky to meet somebody who exudes kodawari. It could be a master artisan, a martial arts practitioner or perhaps a sushi chef; in short, a person who has dedicated their life to the relentless pursuit of their craft. These are passionate individuals; while not attached to perfection which they know is unobtainable, they show an unwavering focus on producing their best work.

Roketsu Traditional Cloth Dyeing Experience

The elaborate designs, patterns and colours of Japanese textiles have made them world famous. Traditional Japanese textile design is quite unique and immediately recognisable. Roketsu dyeing is unique to Kyoto, and is a traditional way of cloth dyeing in which wax is used to block dyes in an area finely drawn by hand on cloth.

Studio Yamamoto is a traditional family-run business, and the instructors have more than 50 years' experience, utilising techniques developed by artisans working with kimonos. You can choose to create a handkerchief, bandanna, t-shirt, or noren (Japanese curtain). Then, select your design from the hundreds of different stencils on offer, from traditional Japanese scenes, to the latest anime characters. If you're a budding artist, you can even craft your own designs. Materials are all included and you can take home your finished art work.

[Experience - Group Activity \(2\)](#)



Overnight at Gracery Kyoto Sanjo • Double North Building (18sqm) - Incl. B'fast

Day 9
Wednesday
20 Jul

Transfer by train from Kyoto to Ayabe

The train journey from Kyoto Station takes you north across the rural heart of Kyoto Prefecture to the small town of Ayabe in the beautiful Tanba region. Journey time by direct limited express train is just over one hour.

[Japan Rail Pass - Ordinary \(2\)](#)

(Concept) Kizuna: the bond that connects people

In the aftermath of the 2011 earthquake and tsunami, the word 'kizuna' (絆) was voted Japan's favourite kanji character of that year. It means 'the bond that connects people'. We hope you'll think of kizuna as you make new connections on your journey through Japan.

Ayabe - Introduction



Ayabe is a pretty little town of 40,000 people in the heart of the Tanba region in the centre of rural Kyoto prefecture. Little visited by Western tourists, the countryside around Ayabe is well worth exploring for its picturesque scenery: lush rice paddies, forests and beautifully preserved minka or traditional farm houses. The region is known as 'Kyoto's kitchen' thanks to the large variety of food and drink produced here including mushrooms, wild boar, river fish and sake.



Overnight at Furumaya House • Twin Use (Japanese Style) - Without Bathroom (Incl B'fast & Dinner)

Day 10
Thursday
21 Jul

(Concept) Ikigai: a reason for being

What's your ikigai? Ikigai means 'a reason for being' and is often cited as the Japanese secret to happiness. It's the core value that gets you out of bed in the morning, where your passion, mission, profession and vocation intersect. A trip overseas is a great chance to take stock of your life, so as you explore Japan consider what's important to you - that is your ikigai.

Tea Ceremony

Could there be anything more Japanese than peeling back a sliding screen door, kneeling on a tatami mat floor and slowly learning the revered art of the tea ceremony? The ancient rituals surrounding the preparation and presentation of macha powdered green tea date back to the 12th century when Buddhist monks began using tea in religious ceremonies. Later the practice spread to samurai warriors in their aim to bring a concentrated level of awareness to everyday activities. There is certainly a controlled meditative element to the tea ceremony and the carefully prescribed movements are based on 4 principles: harmony, respect, purity and tranquillity.

Today you will be guided through the art of the Japanese tea ceremony with the help of an English speaking member of staff from Furumaya House. The 1 hour tea ceremony lesson will be held at nearby Ryokusuian Café in a traditional tatami room.

[Experience - Group Activity \(2\)](#)

Home Cooking

Staying at Furumaya House offers a great opportunity to learn how to cook authentic Japanese home cuisine using ingredients grown on the land surrounding the house. In an hour long lesson, your host Sayaka will show you how to make some classic dishes for your dinner, for a real taste of rural Japan.

[Experience - Group Activity \(2\)](#)



Overnight at Furumaya House • Twin Use (Japanese Style) - Without Bathroom (Incl B'fast & Dinner)

Day 11

Friday

22 Jul

Luggage Forwarding (not incl.)

Today you will be travelling to Tsumago in the Kiso Valley. Large pieces of luggage will be an inconvenience to you if you plan to walk along the Nakasendo Highway from Magome to Tsumago. In addition there is limited luggage space at your Tsumago accommodation. We highly recommend forwarding the bulk of your luggage from Ayabe to your accommodation, and travelling light with small overnight bags to the Kiso Valley.

Transfer by train from Ayabe to Nakatsugawa

Today you will travel to Nakatsugawa, gateway to the Kiso Valley. You must first take a Limited Express train to Kyoto Station, then change for the Shinkansen bullet train on to Nagoya Station. The third train of the day is another Limited Express train from Nagoya to Nakatsugawa. Total journey time is around 4 hours and full instructions for the changes will be in your Info-Pack. Japan Rail Passes are valid on all three trains.

[Japan Rail Pass - Ordinary \(2\)](#)

Bus from Nakatsugawa to Magome

On arrival at Nakatsugawa Station you will need to take a bus to Magome before walking on 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. Please pay on the day for the bus - 570 yen per person.

Magome - Introduction



Deep in the Kiso Valley, in the shadow of Mount Ena and overlooking a checkerboard of rice paddies, sits the historic village of Magome. This was once an important stop on the Nakasendo Way samurai trail and today retains beautiful wooden houses and a traditional, rural way of life. Like a pretty little hamlet in the Cotswolds, Magome is simply charming; the perfect place to potter around, take photos of quaint Japanese buildings, pop into craftshops and say konnichiwa to the friendly locals.

(Concept) Shinrin-yoku: forest bathing

Shinrin-yoku involves using all your senses to absorb your surroundings as you slowly make your way through a forest. We are all aware on some level of the restorative effect of walking among trees, but the Japanese were the first to put a name to it in the 1980s. Give it a try on your exploration of the Japanese countryside and see if you can feel the therapeutic effects.

Another beautiful Japanese word 'komorebi' describes the sunlight filtering through leaves in a forest. One to keep in mind if you experience forest bathing on a sunny day.

Nakasendo Walk from Magome to Tsumago (8km, 3 Hours)

After exploring Magome, you can continue your journey by walking to Tsumago via the most beautiful remaining section of the old Nakasendo highway. The Nakasendo was one of the five routes used by samurai to travel between Tokyo and Kyoto during the Edo period and walking it today will reveal a side of Japan seldom seen by either foreigners or Japanese alike. Waterfalls, stone paths, mountain views, and tiny villages all make this a walk not to be missed. Afterwards, enjoy the afternoon in Tsumago, a charming old post-town which has thankfully resisted modernisation. Full details of this hike will be in your Info-Pack including a rainy day alternative route by bus.

Tsumago - Introduction



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 visit to Tsumago is to step back in time and 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 at Daikichi • Twin Share (Incl. Breakfast & Dinner) - Japanese Without Bathroom

Day 12
Saturday
23 Jul

Nakasendo Walk from Tsumago to Nagiso (4km, 1 Hour)

The nearest train station to Tsumago is in the small town of Nagiso. It's possible to reach Nagiso by local bus or taxi in around 10 minutes, and full details of these options will be in your Info-Pack. However we highly recommend the walk following the old Nakasendo Way. It takes around an hour and is one of the most scenic parts of the Kiso Valley. En-route you'll pass tea fields, farms and the odd shrine.

Transfer by train from Nagiso to Tokyo

From Nagiso Station you will take a limited express train to Nagoya and then a Shinkansen to Tokyo. The journey takes around 4 hours; look out for a glimpse of Mount Fuji along the way!

[Japan Rail Pass - Ordinary \(2\)](#)



Overnight at Hotel Sunroute Plaza Shinjuku • Double (18.7sqm) - Incl. B'fast

Day 13
Sunday
24 Jul

(Concept) Ichigo ichie: one time, one meeting

Ichigo ichie is a four-character idiom which means 'one time, one meeting'. It's a nod to the transience of life; how every encounter is unique. Because a moment can never be repeated, every encounter, with every new person must be treasured. On your journey through Japan, be sure to appreciate all the new encounters you'll have.

Sightseeing in Tokyo

You have a final free day in Tokyo, a chance to see anything you may have missed at the start of your trip. This is also a good opportunity for last minute shopping and a great final night among the bright neon lights!

DisneySea

DisneySea is unique to Japan, the only Disney theme park in the world inspired by the myths and legends of the sea. The park is made up of different water-front areas, including magical replicas of Venice and the USA, as well as imaginary places: spirit-filled jungle rivers, a mermaid lagoon, and even the centre of the earth! In between the thrilling rides you will get to meet all of your favourite Disney characters for some memorable photos. Be sure to stay for the incredible night-time music and lights extravaganza, Fantasmic!, which fills the Mediterranean harbour with magic.

Although DisneySea has attractions to suit all ages, it's more adult-focused than its neighbour, Disneyland. There's an emphasis on food food and the park has a great range of restaurants, plus alcoholic drinks are on sale at DisneySea. We also think the rides are that little bit more thrilling.

[Tokyo DisneySea - One Day Passport \(2\)](#)



Overnight at Hotel Sunroute Plaza Shinjuku • Double (18.7sqm) - Incl. B'fast

Day 14
Monday
25 Jul

(Concept) Mono no aware: the pathos of things

Mono no aware can be translated as the pathos of things. It describes a deep awareness of the temporary nature of objects that evokes a gentle sadness. The end of your time in Japan may bring you a feeling of mono no aware, as nothing will be the same again.

06:34 - Transfer by train from Tokyo (Shinjuku) to Tokyo (Narita Airport)
(arrive 07:56)

You will be taking the Narita Express train direct from Shinjuku station to Narita Airport today with a journey time of around 75 minutes.

[Japan Rail Pass - Ordinary \(2\)](#)

Accommodation

Tokyo

Richmond Asakusa

This superior business hotel is in a fantastic location in the centre of Asakusa, Tokyo's historic district. Kaminarimon gate and Senso-ji Temple are just a short walk away and numerous restaurants are on your doorstep. You are also ideally placed to visit Tokyo Skytree (the world's tallest tower) and numerous subway lines are just a couple of minutes away on foot giving easy access to Shibuya, Akihabara, Shinjuku and the Ginza. Rooms here are modern, well designed and of course have full en-suite facilities. Handy coin-operated washing machines are available.

Moderate

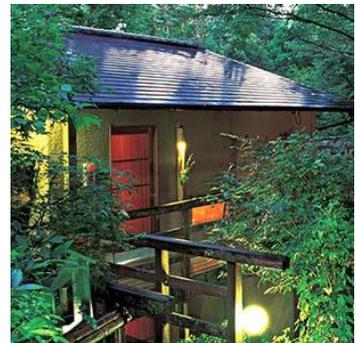


Izu Kogen

Hanafubuki

Set amongst the trees of a woodland grove, the Hanafubuki is a wonderful ryokan noted for its individually decorated Japanese style rooms and beautiful location on the Izu Peninsula. But the real highlight are the seven hot spring baths. Each one is housed in a separate villa and are for private use - you just lock the door behind you. Meals are also a real treat and you will have a choice of three different dining rooms, each beautifully decorated and overlooking the lantern lit trees and pathways of the ryokan. Dinner is traditional kaiseki style but there is a choice of courses available as well a selection of different breakfast options.

Superior



You will be staying in a Hakuo Villa room with views of the open-air theatre where performances are sometimes held. The rooms have an en-suite toilet and wash basin, and you can bathe in the wonderful private-use onsen. This inn is a firm favourite for us, with caring staff (including an English speaker) who will ensure you have a relaxing stay. Izu Kogen train station is just a short walk away and an even shorter taxi ride.

Osaka

Cross Hotel Osaka

Moderate

The Cross is a smart hotel on Dotonbori, one of the liveliest and most famous streets in Japan. The hotel has recently been refurbished and boasts sleek, modern design both inside and out, giving it something of a boutique feel. Rooms are stylishly decorated and surprisingly generously sized for a city-centre hotel, and each bathroom offers a deep soaking tub, separate shower and a small "powder room".



The Cross has its own restaurant and bar, but its great location also means that there are a plethora of establishments to choose from on your doorstep, making this the perfect place to indulge in one of Osaka's main attractions: fabulous food and drink! A great many of Osaka's attractions are within easy walking distance of the hotel, but if you need to travel further afield, Nanba subway station is only three minutes' walk away, and Shinsaibashi is just five minutes away. Despite its lively location, the hotel itself is a quiet and peaceful place, so should you be looking for an early night you will not be disturbed.

Kyoto

Gracery Kyoto Sanjo

Moderate

The Gracery Kyoto Sanjo is a sleek Western-style hotel in a fantastic location in the heart of Kyoto's atmospheric shopping arcades. There are plenty of restaurants on your doorstep, as well as great transport links to all of the city's sightseeing spots. Rooms are fairly compact, but are clean and comfortable with en-suite bathrooms. Free WiFi is available throughout the hotel.



Ayabe

Furumaya House

Moderate

Deep in the heart of rural Kyoto Prefecture, 65km north-west of the city, is Furumaya House. Run by married couple Sayaka and Nicolas, this sustainable tourism initiative seeks to revitalise the local community by providing jobs and also to educate staying guests (both international and domestic) in the ways of the Japanese countryside. The guest house is a beautiful 200 year old thatched building, lovingly renovated and now offering two simple tatami rooms for a maximum 8 guests at any one time. Please note that the bathroom is shared as is traditional in Japanese-style accommodation. There is also a library den and terrace café overlooking the surrounding farmland.



The Tanba region where the guest house is located is known as the 'kitchen of Kyoto' producing chestnuts, black beans, mushrooms, wild boar meat, tajima-beef, sake and sho-chu rice wine to name a few ingredients which are popular in many Kyoto restaurants. Consequently, the meals at Furumaya House are a real highlight featuring a huge range of home grown or locally sourced produce. Sayaka offers simple cooking lessons arranged on request, so if you'd like to help out in the preparation of dinner, please let us know!

Sayaka and Nicolas (and their young son!) are fantastic ambassadors for Japanese culture and happy to answer any questions you may have about life in the Tanba region. They can also point you in the right direction to explore nearby onsen bathhouses and sake breweries. There is free WiFi throughout the building and the couple will provide free transport to and from Ayabe Station.

Tsumago

Daikichi

In Tsumago you will spend 1 at the Daikichi which has appeared on TV Tokyo's Top Ten Minshuku programme and been patronised by many celebrities. This is an authentic old style minshuku (small family-run traditional accommodation) known for its warm welcome and local cuisine. Look out for the fried grasshoppers! The minshuku has just five guest rooms. Rooms are not en-suite but there is a shared bath which can be used privately.

Moderate



Tokyo

Hotel Sunroute Plaza Shinjuku

In Tokyo you will stay at the Shinjuku Sunroute Plaza, on the south side of Shinjuku Station. The building has a sleek and modern design throughout, from the spacious lobby area to the well-appointed guestrooms, with flat screen TVs and spacious bathrooms. The hotel has its own restaurant and bar, and is in a fantastic location in the lively Shinjuku district of Tokyo, with an endless choice of shopping, dining and entertainment options within a few minutes' walk. The hotel is also just two minutes on foot from Shinjuku Station, offering easy access to other areas of the city. You will have a double room with a large double bed (160 x 203).

Moderate



Visa Information: Japan

Do I need a visa for travel to Japan?

Holders of most European, Australian, New Zealand and North American passports do not need a visa to travel to Japan. If you have any doubts as to whether a visa is required, please ask us or contact the Japanese Embassy or Consulate. Japanese law requires that passports are valid for the duration of the stay.

What's included

A detailed list of all the services included in your trip are summarised on the following pages. It reflects exactly what you will receive in terms of accommodation, transport and other services such as guiding or other experiences. If something you are expecting to see is not listed or there is anything you'd like to clarify, please get in touch.



Accommodation

Check-in date	Nights	Location	Property & room details
Tue 12 Jul 2022	3	TOKYO	Richmond Asakusa Precious Double (Sky Tree Side) (19sqm) - Incl. Breakfast
Fri 15 Jul 2022	1	IZU KOKEN	Hanafubuki Twin Use (Japanese Style) - Hakuo Superior Room (Incl. B'fast & Dinner)
Sat 16 Jul 2022	1	OSAKA	Cross Hotel Osaka Superior Double (27sqm) - Incl. B'fast
Sun 17 Jul 2022	3	KYOTO	Gracery Kyoto Sanjo Double North Building (18sqm) - Incl. B'fast
Wed 20 Jul 2022	2	AYABE	Furumaya House Twin Use (Japanese Style) - Without Bathroom (Incl B'fast & Dinner)
Fri 22 Jul 2022	1	TSUMAGO	Daikichi Twin Share (Incl. Breakfast & Dinner) - Japanese Without Bathroom
Sat 23 Jul 2022	2	TOKYO	Hotel Sunroute Plaza Shinjuku Double (18.7sqm) - Incl. B'fast



Ground Transportation

Date of service	Location	Service
Tue 12 Jul 2022	TOKYO	Shared Shuttle Bus from Narita Airport to Tokyo Hotel 2 x Seat - Shared Service
Tue 12 Jul 2022	TOKYO	IC Transport Card 2 x IC Card - Transport Pass
Tue 12 Jul 2022	TOKYO	Mobile WiFi Device 1 x 15 Day Rental (Incl. Delivery & Full Insurance) - AU (unlimited data)
Fri 15 Jul 2022	JAPAN RAIL PASS	14 Day Japan Rail Pass (Ordinary) 2 x Japan Rail Pass - Ordinary

Fri 15 Jul 2022	TOKYO	Train: Tokyo to Izu Kogen 2 x ADL, Japan Rail Pass - Ordinary
Sat 16 Jul 2022	IZU KOGEN	Train: Izu Kogen to Atami 2 x ADL, Japan Rail Pass - Ordinary
Sat 16 Jul 2022	ATAMI	Train: Atami to Osaka 2 x ADL, Japan Rail Pass - Ordinary
Sun 17 Jul 2022	OSAKA	Train: Osaka to Kyoto 2 x ADL, Japan Rail Pass - Ordinary
Wed 20 Jul 2022	KYOTO	Train: Kyoto to Ayabe 2 x ADL, Japan Rail Pass - Ordinary
Fri 22 Jul 2022	AYABE	Train: Ayabe to Nakatsugawa 2 x ADL, Japan Rail Pass - Ordinary
Sat 23 Jul 2022	NAGISO	Train: Nagiso to Tokyo 2 x ADL, Japan Rail Pass - Ordinary
Mon 25 Jul 2022	TOKYO	Train: Tokyo to Tokyo Dpt. 06:34, Arr. 07:56 2 x ADL, Japan Rail Pass - Ordinary

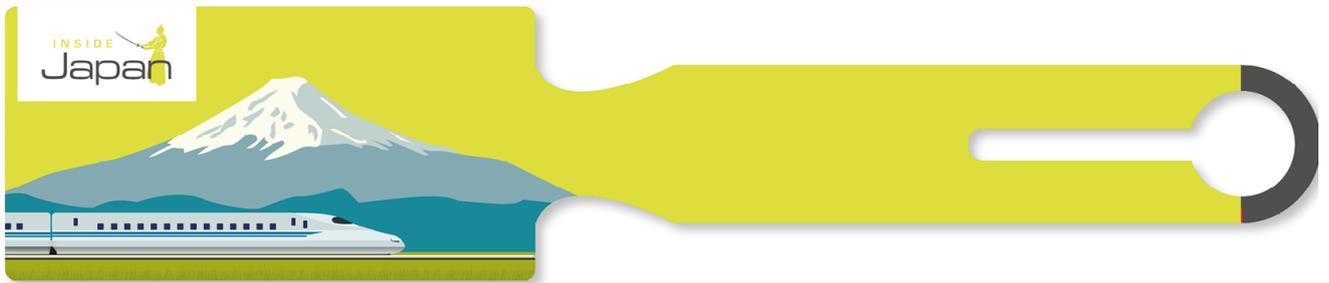


Excursions, experiences, & guides

Date of service	Location	Service
Wed 13 Jul 2022	TOKYO	Full Day Private Guide Service in Tokyo Guide - Private Service
Thu 14 Jul 2022	TOKYO	Kintsugi Gold Repair Workshop Experience (1-4 people) - Group Activity
Thu 14 Jul 2022	TOKYO	Insider Evening: Izakaya Experience Experience (2 People) - Private Service (Incl. Dinner & Some Drinks)
Sat 16 Jul 2022	OSAKA	Osaka Night Food Tour Experience - Private Service
Mon 18 Jul 2022	KYOTO	Full Day Private Guide Service in Kyoto Guide - Private Service
Mon 18 Jul 2022	KYOTO	Zazen Meditation at Gesshin-In Temple Experience (2 Pax) - Private Service
Tue 19 Jul 2022	KYOTO	Roketsu Traditional Cloth Dyeing Experience Experience - Group Activity
Thu 21 Jul 2022	AYABE	Tea Ceremony Experience - Group Activity
Thu 21 Jul 2022	AYABE	Home Cooking Experience - Group Activity

Baggage Handling and Luggage Forwarding

Most trips rely on Japan's excellent rail network to get around the country. Don't want to worry about carrying large luggage with you? We highly recommend taking advantage of *takuhaibin*, Japan's fantastic luggage forwarding service. For around 1,500yen (about the same cost of lunch), you can forward a bag next day between pretty much any two points. We'll include suggestions of when to make use of it in your Info-Pack to make your travel as stress free as possible.



Accommodation Tax in Japan

Some Japanese cities charge a small accommodation tax (also known as city tax) to hotel guests. This includes Tokyo, Osaka, Kanazawa and Kyoto. Wherever possible, we arrange for this to be covered in advance but on occasion, it is not possible for us to do so and you will be asked to pay at check-in. The cost should come to no more than a few hundred yen per person.

Sustainability: our climate commitment

Sustainability is at the heart of what we do at InsideTravel Group. It's not a word we use lightly, or a concept to try to hide behind. It is because we care passionately about our destinations and the people we work with and fully recognise our responsibility towards them. This includes recognising the reality of climate change and making significant and meaningful changes to what we do in order to mitigate our impact.

That's why in 2020 **we declared a climate emergency** and have in place a comprehensive carbon management plan to measure and reduce our carbon emissions, and offset those that we can't.

(You can read more about on our commitment to [sustainable tourism here](#)).



Carbon Offset Contribution

From 2021 new bookings will be carbon neutral. This means we'll be balancing out the carbon emissions from your flights and ground arrangements through an award-winning climate project in Vietnam, one of our most popular destinations. Using CARMACAL - a carbon emissions calculator specifically designed for tour operators - we've already calculated the average emissions of our trips and are offsetting this amount. Furthermore, it's already included in our trip prices, so you don't have to worry about any additional fees or processes..

Through our partners ClimateCare, we will offset your booking by supporting a Gold Standard project that **provides families in rural Vietnam with clean, renewable and affordable energy.** Beyond just reducing carbon emissions, your contribution will be affecting real people's lives today, improving:

- gender equality
- health
- wealth
- sustainable consumption

These are all part of the UN's Sustainable Development Goals.



Household Biogas Project, Vietnam



We know that carbon offsetting can be a confusing and complicated topic for lots of us, and that's why we've created this helpful [list of FAQs](#). Integrity is one of our company values and we want to as transparent as we can in explaining how, why, and where your carbon offset fee goes.

The small print

Confirming your Services

We will confirm as many services as possible immediately upon receipt of your deposit. Some accommodations only accept bookings from a set time prior to the stay so might not yet be open for bookings and similarly many transport arrangements, experiences or event tickets may only be available a few weeks prior to the service date. This is completely normal, and we will always confirm any unconfirmed services as soon as the booking window is open. Please note that all arrangements are subject to availability unless otherwise stated.

If any service is unavailable, we will make alternative arrangements or, when this is not possible, we will reduce the price of the trip accordingly. We will always check with you to make sure alternative arrangements are acceptable to you.

We are unable to guarantee the price until all the arrangements have been confirmed. If any service is unavailable, we will make alternative arrangements which you can then decide to accept or decline. Sometimes due to problems with availability the price may change from the original quotation.

In the event that we are unable to confirm all the services as detailed in your confirmation document or make alternative arrangements with which you are happy at the original price, you are entitled to cancel your booking and ask for your deposit to be refunded.

Once we have received your deposit, the price of your trip is guaranteed. We do not surcharge (or discount) for currency changes after your booking is confirmed. This deposit is non-refundable.

Making changes to your itinerary

Our itineraries are fully flexible. If you would like to make some changes to what is included in this proposal, please get in touch with your Travel Consultant who will be delighted to work with you on fine-tuning the trip. Once the itinerary is confirmed and you have received your confirmation documents there may be a small charge if you wish to make any amendments.

Travel Insurance

One of our conditions of booking is that you have insurance to cover you for medical costs in Japan. We recommend that you purchase cancellation/medical insurance at the time of deposit payment.

Terms and Conditions

Full terms and conditions: http://www.insidetravelgroup.com/Japan/InsideJapan_T&C.pdf