



Japan Green Tour

A trip that encourages sustainable green tourism. What makes this itinerary unique is that it takes you off the beaten track to experience the remote countryside and villages, where you can interact with locals and participate in activities such as farming and food harvesting, depending on the season. Start out in Narita city, before heading into the Yamanashi countryside. Then move onwards to Shikoku where you will stay first in Tokushima and then Kamikatsu – Japan’s first zero waste town! Next, head to the countryside in Kyoto prefecture where you will experience a homestay on a Japanese farm, and a night in a boathouse in a traditional fishing village. Finally, travel to the atmospheric mountain of Koya-san where you will spend 2 nights in a Buddhist temple, with opportunities to partake in the monks’ activities.

EXTEND OR TWEAK YOUR TRIP in Japan in any way you want! We will tailor-make an itinerary based on your preferences. Maybe you would like more time in the nature, or maybe you prefer the pulsating metropolises? Maybe you you'd like to skip and/or add another destination? Is there a specific activity you like to try or learn more about in Japan? We will take care of it! Please let us know, and we will come up with a solution matching your budget.



Narita

Best known to tourists for its international Airport, Narita and its surroundings have several areas and sights that will reward any traveller that ventures out here. Any Japanese with an interest in history will tell you to visit the incredible Naritasan Shinshoji Temple founded more than a thousand years ago. The temple's main hall together with its two famous pagodas are sure to impress visitors from far and near.

Yamanashi

Yamanashi prefecture is also fairly untouched by international tourism. The area is famous for its nature such as its lush mountains, roaring rivers and steaming hot springs. Yamanashi is also well known for its delicious fruits such as peaches, plums and grapes, and some of Japans best Western wines are produced here.



Tokushima

Tokushima city is famed for its Awa Odori dance, the most famous dance festival in Japan during the Obon season in August. There is even a museum dedicated to this "Fools' Dance" so visitors can experience the lively dance all year round. Also to be enjoyed in Tokushima Prefecture are the whirlpools in Naruto City, along with the beautiful views of the "Bizan Ropeway" cable car. Tokushima is a sizeable city with a rich culture and old traditions, but as it is located on the island of Shikoku it still receives a fairly low number of international visitors.

Kamikatsu

Most visitors to Japan have never heard of this little city on the island of Shikoku, but we think this will change over the coming years. The locals of this beautiful town surrounded by mountains and rivers have gotten together with the ambitious goal of making Kamikatsu Japan's first zero-waste town. This dedicated community is serious about its goal, and after seeing their recycle and re-use facilities it is clear that this goal is near. Kamikatsu is also a wonderful place to experience Japanese countryside hospitality, and you might enjoy breaking language barriers with non-verbal communication.



Rural Kyoto/ Ayabe

Kyoto is not just a city, it's a large prefecture covering an area all the way to the northern coast of Japan. This area is popular with domestic tourists, but international travellers tend to stay in central Kyoto. Central Kyoto is full of famous temples and shrines that are also wonderful, but we recommend the rural parts in the north for those who seek a more private authentic feeling of traditional Japan away from the crowds. In the northern part of Kyoto prefecture, you will find the beautiful Amanohashidate pine-covered sandbar, the old fishing village of Ine which will take you to Japan's past, as well as the little city of Ayabe surrounded by traditional farms.

Koya-San

Koya-San is the perfect place to experience a Buddhist monk's way of life as you have the chance to stay in temple lodgings and eat special monks' cuisine known as shojin ryori. Not to be missed is a walk through Okunoin Cemetery for monks - probably Japan's largest and one of the most peaceful.



Osaka

Known as the "kitchen of Japan", Osaka is renowned for its warm-hearted, lively locals. Osaka Castle dominates the city as the old mixes with the very modern skyline, and the aquarium is not to be missed. The city comes alive at night with endless opportunities to wine, dine and party.

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The Itinerary

Day 1: Arrival in Japan, Meet & Greet at Narita Airport

Welcome to Japan! Our friendly Meet & Greet service representative will be waiting in the Arrivals lobby and holding a sign with your name on. The Meet & Greet can help you activate your Japan Rail Passes and will direct you to the most suitable train for the 10-minute ride to Narita city. Check in to your clean and comfortable standard accommodation near the train station.

Day 2: Narita city

Spend a full day exploring Narita, the highlights being the beautiful gardens of Naritasan Park, the Shinshoji Temple, and the Boso Village Open Air Museum. Shinshoji temple is well-known both for its historical significance in relation to Japanese Buddhism, as well as for its 25 meter high three-story pagoda built in 1712, and the more recent 58 meter high Great Pagoda completed in 1984. The peninsula on which Narita is located is known as the Boso Peninsula, and at the Boso Village Open Air Museum you will enter a reconstructed village from the Edo-era when the samurai dominated the streets of Japan. Here you can participate in a traditional tea ceremony, try on some

samurai armour, or join seasonal activities such as crop harvesting and bamboo craft making. History enthusiasts will be pleased to find authentic burial mounds as old as Japans written history, alongside an archaeological museum displaying some of the excavated artefacts.

Day 3: Narita to Yamanashi

Travel to Yamanashi by train and bus, and check into your private room for the next 2 nights in a quaint eco-lodge where small groups may share the living space with the owners. Depending on the season, you can harvest food for your meals, go for a swim in the river, try the local hot springs, and hike the surrounding mountains.

Day 4: Yamanashi

Spend a full day in the Yamanashi countryside, learning about rural life in Japans beautiful nature far from the cities' hustle and buzzle. Here, you can make lifelong memories only available to those who dare to stray far off from Japan's popular tourist routes.

Day 5: Yamanashi to Tokushima

Today you can pick up some food, snacks, and drinks for the journey to Tokushima on the island of Shikoku. You will spend a good chunk of the day enjoying the sights of cities, towns and unspoiled nature from your comfortable Bullet Train seats. Tokushima is an atmospheric city off-the-beaten-track on the beautiful east coast of Shikoku. Stop by the adjacent Naruto city to see the unique natural Naruto ocean whirlpools (literal translations of Naruto are swirl, spiral, or whirlpool). Tokushima was historically a famous castle town, and you may want to stop by the castle ruins in the middle of the city.

Day 6: Tokushima to Kamikatsu

After breakfast you can try the Bizen Ropeway which is a cable car that will take



you up the mountains high over the city. After enjoying the view, ride back down and transfer to the local bus for a one-hour ride deep into Shikokus countryside where few foreign visitors have been before you. Kamikatsu was unknown to most Japanese as well, but it has recently gained recognition for its efforts to become Japans first zero-waste town. Garbage is recycled into more than 30 categories, and the locals are cooperating coming up with efficient systems to recycle and avoid incinerating garbage. We hope you will bring some ideas back home! You will stay 2 nights in a spacious cabin with a loft where the owners will prepare you appetizing Shikoku dinners included in the stay both nights.

Day 7: Kamikatsu

If you are feeling energetic, we recommend you start the day with a hike in the hillsides to see traditional rice terraces and local temples. On a misty morning you might feel as if you've entered a Japanese landscape painting. The countryside is yours to enjoy as you like, but make sure you stop by the towns impressive recycling facilities.



Day 8: Kamikatsu to Ayabe Farm (Kyoto Prefecture)

Retrace your steps to Tokushima from where you will head towards Ayabe in Kyoto prefecture by train. Start your 2-night homestay on a Japanese farm this evening, where homemade dinners and breakfasts are included. Be ready for a truly authentic experience that may lead to making new friends for life!

Day 9: Ayabe Farm stay

Today you are a Japanese farmer! The owners of the farm will show you the ropes, and by the end of the day you will have good insight into Japanese farm life. We cooperate with several farms in the area, and the exact activities will depend on season and available farms. If the timing is right, you could harvest vegetables for tonight's dinner. The farmers have experience accommodating tourists, and their English may range between basic and advanced.

Day 10: Ayabe farm to Ine fishing village

After breakfast you will say sayonara to the farm and your friendly hosts, and firstly stop by the Amanohashidate Sandbar. Amanohashidate can be translated as the bridge to heaven, and this natural pine-covered bridge-like sandbar is named as one of Japan's three most beautiful sights in historical documents. Any Japanese person would be able to tell you a thing or two about this place, but the distance from other bucket-list destinations in Kyoto where tourists conglomerate protects its natural beauty. Next, you will head to the beautiful Ine fishing village, possibly the last remaining Japanese traditional fishing village in which the ground floor of houses built along the coastline serves as garages for the fishing boats. As the number of fishermen has decreased, locals have bought up empty houses of which some are used for accommodation

for travellers seeking the most authentic experiences. Enjoy a night listening to the sounds of the ocean in one of these charming boathouses!

Day 11: Ine fishing village to Koya-san

Today you will head to Koya-san. One of the holiest mountains of Japan and a World Heritage Site, it is the base of the Shingon sect of Japanese Buddhism. At Koya-san you will be staying in a temple lodging in a clean and spacious Japanese room with a shared bathroom for 2 nights, with dinners and breakfasts included. You will enjoy the vegetarian cuisine, known as shojin ryori, prepared by the Buddhist monks. You can attend the early morning prayer service tomorrow: a nice opportunity to immerse yourself in the monks' way of life.

Day 12: Koya-san at leisure

Enjoy the tranquil atmosphere of the temple and explore the beautiful nature that surrounds you. You will have plenty of time to discover the Okunoin cemetery where many feudal lords, samurai, and famous monks found their final resting place. A walk through the cemetery will lead you to the mausoleum of the founder of the Shingon sect, Kobo Daishi, and its Torodo Hall with 10,000 lanterns eternally lit.

Day 13: Koya-san to Osaka

You can stay in the quiet forest area for most of the day, or head straight to Osaka for sightseeing. You will check into a comfortable hotel in Osaka city tonight, making your journey to Kansai Airport tomorrow short and easy.

Day 14: Depart Japan

Transfer from your hotel to Kansai International Airport (Osaka). Return to the UK (arrive same day).



Price Includes:

- 4 nights' accommodation in a Twin/Double room at standard hotels in Narita, Tokushima and Osaka on a bed & breakfast basis
- 2 nights' accommodation in a friendly eco-lodge in Yamanashi* on a bed & breakfast basis
- 2 nights' accommodation in a private two-story bungalow* including delicious local dinners and breakfast in Kamikatsu
- 2 nights' accommodation in a private room on a countryside farm in Kyoto including local dinners and breakfast
- 1 night's accommodation in a private room in a traditional former residence in Ine fishing village on a bed & breakfast basis**
- 2 nights' accommodation in a temple lodging in Koya-san on a dinner & breakfast basis
- 14-day Japan Rail Pass allowing you unlimited travel on the entire Japan Rail network including
- Shinkansen (Bullet Train) services
- Transfer from and to arrival and departure Airport in Japan
- Meet & Greet service on arrival at Narita/Haneda International Airport (Tokyo)
- Detailed Japan Journeys digital Information Pack including detailed train schedules, maps, & brochures.
- Personalised Japan Journeys App to help manage your documents
- Full financial protection via Japan Journeys' membership of the Travel Trust Association through which your monies are held in a Trust Account until you return home (under Membership No. U3078)

Not Included In Price:

- International airfare
- Meals not mentioned in the itinerary
- Entrance fees
- Taxi, subway and tramway fees
- Insurance

LAND-ONLY PRICE:

from **£2,695.00**

**per person based on twin/double room
occupancy.**

All price estimates are based on current rates of exchange and are subject to availability. To make a booking, a deposit of **£250.00** per person is required. The balance of the price of the trip must be made 12 weeks prior to departure.

HOW OUR INDEPENDENT TOURS WORK

Enjoy independent travel but not the hassle of planning? One of our Independent Tours could be just the ticket. Carefully put together by our team of specialists, our excellent collection of sample itineraries are designed to inform and inspire your next Japan adventure. Every one of our Independent Tours is fully tailor made for you, ensuring your trip is everything you want it to be.

It's quite straight forward to travel independently in Japan. We will provide just the right amount of support and logistical planning to make you feel comfortable in a very foreign land. These itineraries are available for any departure date (with a few exclusions which coinciding with Japanese National Holidays and some weekends). We'll do all the work for you and provide you with an information pack to make your trip run smoothly. You can also add guided tours as indicated and if you do want your own personal guide we can arrange this too.

WHAT NEXT?

If you're interested in this itinerary, please let us know the following and we will get back to you with a quote:

- Your proposed dates of travel
- Your preferred grade of accommodation (e.g. 3*, 4*, or 5*)
- Your preferred room type (e.g. Double, Twin or Singles)
- How many adults and children this is for (and the age of the children at the time of travel)

NOT FROM THE UK?

Don't worry! We deal with countless passengers from outside of the UK. You just need to let us know the information above (and you can arrange your own flights to Japan).

To find out more, call one of our specialists now on 020 7766 5267.



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