

# JAPAN 14 DAY

## CLASSIC

### TRAVEL ITINERARY

#### DAY 1

Welcome to Japan

Touch down in Tokyo! Arrive into your Tokyo hostel and relax until the evening. Tonight we'll take you out to feast on Japanese cuisine and meet the rest of your group. After dinner when the crowds have all dispersed, we explore the iconic Tokyo Senso-ji Temple by night!



Sakura Hotel Nippori  
(twin bunks)



Dinner



Welcome Dinner,  
Senso-Ji Temple



Tokyo Skytree

#### DAY 2

Tokyo

We'll start the morning off with a Japan Orientation Briefing. You'll learn simple Japanese customs and phrases to help you dictate your way across the country. We'll then head out to the birth place of Japanese teen pop culture, Harajuku. We'll then head into Yoyogi park, host of the beautiful Meiji Shrine. Afterwards, we'll head to Akihabara - Tokyo's electric town - and be blinded by the all the neon lights and crazy shops in store. You can challenge each other in the arcades, check out the famous Maid Cafes or just wander around the area.



Sakura Hotel Nippori  
(twin bunks)



Breakfast



Japan Orientation,  
Tokyo Districts



Maid Cafe

#### DAY 3

Tokyo

In the morning after breakfast we will head over to our own private sushi making class! You will learn how to make Miso soup, three types of sushi and the secrets behind Teriyaki! Vegetarian option is available but you must notify your guide/One Life a week before the tour starts. This evening we head to Shinjuku, we'll see an unparalleled skyline of Tokyo, check out the famous Omoide Yokochō alley & grab some dinner. before viewing the famous Shibuya Pedestrian Crossing.



Sakura Hotel Nippori  
(twin bunks)



Breakfast  
& Lunch



Sushi Making Class,  
Shibuya Crossing



Toyosu fish market  
or Sengakuji temple



Today we take the aptly named “Romance Car” to the stunning mountain town of Hakone. After checking into our guest house situated in the mountains, we will spend the day exploring the surrounding areas on a variety of different transports. Why is Hakone so special? Well, you can get a spectacular view of Mt Fuji (weather dependent.) After a day of exploring and taking photos of Japan’s most famous mountain we’ll arrange a traditional Japanese Family Nabe dinner in our guesthouse and finish the day playing some games.

## DAY 4

### Hakone

Asthma warning: If you suffer from asthma, please contact [enquiries@onelifeadventures.com.au](mailto:enquiries@onelifeadventures.com.au) for more information



**Gora Gaku Guesthouse**  
(twin or triple tatami mats)



**Breakfast  
& Dinner**



**Mt Fuji Viewing,  
Romance Car**



**N/A**

Today is the day we ride the world-famous shinkansen for the first time. Watch them fly by on the platform before boarding one of the world’s fastest train.

## DAY 5

### Temple stay

Keep an eye out for Mt Fuji on the way. First stop is the UNESCO World Heritage town of Takayama. Here we will be staying at a stunning temple for the night. In the afternoon, We’ll sample sake in a local brewery and you can even treat yourself to some famous Hida beef!

Start the morning with a walk around the beautiful old town and village of Takayama as well as a visit to the morning market on the banks of the Miyagawa River.

## DAY 6

### To Kyoto

We will then head to Kyoto by bullet train. In the evening a local tour guide will guide us 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.



**Zenkoji Temple**  
(Multi-share)



**N/A**



**Sake Tasting, Temple Stay  
Takayama Old Town Tour**



**Onsen/Public  
Bath House**



**Ryokan Hostel Gion**  
(Pod per person)



**N/A**



**Morning Market Walk,  
Gion District Walking  
Tour**



**N/A**

## DAY 7\*

Kyoto

We'll rise before dawn and take the subway to the Fushimi-Inari Shrine. We arrive early to escape the 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. We finish up with a traditional Tea Ceremony, where you can even rent kimonos! You will have the rest of the day free to explore.

\*Day 7 and Day 8 might be switched due to the Kendo class



Ryokan Hostel Gion  
(Pod per person)



N/A



Kiyomizu-Dera, Fushimi-Inari, Tea Ceremony



geisha Arts performance, Nishiki Market, Kimono Hire

## DAY 8\*

Kyoto

We head to the stunning Golden Pavilion, a beautiful gold laden building surrounded by a lake. After we'll head to Daitoku-ji, a quiet, leafy complex of old temples. In the afternoon we head 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.

\*Day 7 and Day 8 might be switched due to the Kendo class



Ryokan Hostel Gion  
(Pod per person)



N/A



Golden Pavilion, Zen Garden, Kendo Class



Heian shrine

## DAY 9

Osaka

This morning we take the train to Arashiyama. We'll start off by wandering through the Insta-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. We'll then head to Osaka. After checking in we will head out into the Dotonbori area. The 'kitchen of Japan' will take you in with its lights, colours, food and people. In the evening we'll wrap up our tour with one final Japanese tradition - Karaoke!



Hotel WBF Namba  
Motomachi  
(Twin share)



Dinner



Arashiyama Bamboo Forest, Monkey Mountain, Boat Tour, Dotonbori Food Tour, Karaoke



Extended Karaoke

## DAY 10

Osaka Castle  
Gardens

After nursing your head from last night's antics, we thought it best to give you the morning off to explore Osaka yourself. Visit the incredibly trendy AmericaTown, wander down the Shinsaibashi Shopping District, give your body a well-deserved rest in Spa World or browse the wonderful world of electronics in Den-Den Town. We'll meet in the afternoon and head over to Osaka Castle, a beautiful structure in the centre of the city surrounded by lush gardens. After this we will be heading over to Dotonbori's little brother, Shinsekai, for dinner in the evening.



Hotel WBF Namba  
Motomachi  
(Twin share)



Breakfast

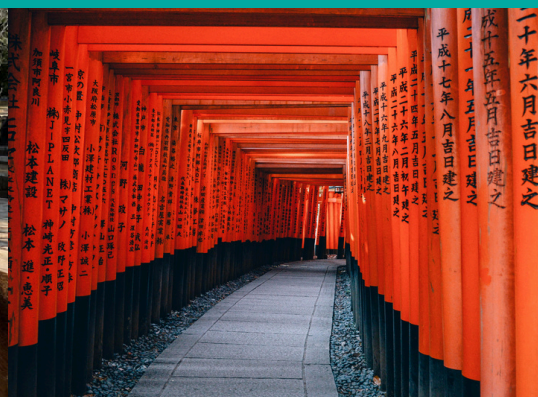


Osaka Castle Gardens, Shinsekai Tour



Osaka Canal Boat Tour





## DAY 11

Nara Park & Koyasan  
Temple Stay

We'll start early today and take a train ride to beautiful Nara. As we leave the train station and begin our walk towards the main park, keep your eyes out for the friendly locals along the way. Nara is famous for being a city that lives symbiotically with deer and is historically important as the former capital of ancient Japan. We'll make our way around the serene park & stunning temples before heading back to Osaka to collect our bags and make our way to Koyasan. We'll take a mix of cable cars and finally a bus to our accommodation 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 is your chance to experience the temple way of life in a real, working temple. We'll explore Okunoin Cemetery, the largest cemetery in Japan with trees up to 500 years old, 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.



Hoon-In Temple  
(twin tatami mats)



Breakfast  
& Dinner



Nara Park  
& Temple Stay



N/A

## DAY 12

To Hiroshima

Start the morning with a visit to Garan Temple, followed by a transfer to Hiroshima on the bullet train. Upon arrival, we'll take the streetcar to our accommodation in the centre of the city. After some down time, we'll head out to the humbling Hiroshima Peace Memorial Park for a guided tour with our local guide. We'll view the Atomic Dome, ring the peace bell, and say a prayer at the eternal flame. The museum provides a glimpse into Hiroshima's devastating past, before we check out Hondori street and try Okonomiyaki Hiroshima style for dinner.



Hotel Kuretakesou  
Otemachi  
(Twin share)



N/A



Hiroshima peace  
memorial guided tour



Massage

## DAY 13

Miyajima Island

Today, we'll take the metro to the beautiful Miyajima Island, located 1 hour away from Hiroshima. On arrival, we'll take a short ferry ride to the island, known for its stunning collection of forests and ancient temples. We'll explore Itsukushima Shrine, known for its iconic floating Torii gate, as well as other famous temples such as Daisho-In Temple. This is the majority of the tour, so make sure to bring your camera and immerse yourself in the island's tranquil beauty. In the afternoon, you'll have free time to explore the rest of this island paradise. In the evening, we'll head out as a group for our final day in Japan.



Hotel Kuretakesou  
Otemachi  
(Twin share)



Breakfast



Miyajima Island



N/A

## 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 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! We hope we've inspired you to #exploremore.



N/A



Breakfast



N/A



N/A





# ACCOMMODATION

## TOKYO - SAKURA HOTEL\*

Twin Room, Bunk Style  
Shared Bathroom  
Reading light & plug socket for each bed  
WiFi Throughout, A/C in each room  
\*or similar



## HAKONE - GORA GAKU GUESTHOUSE\*

Twin Rooms with A/C and shared bathrooms  
Tatami mats and futons  
Huge roof deck with mountain views  
WiFi throughout  
\*or similar



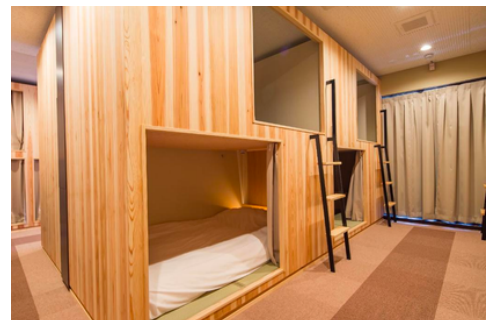
## TAKAYAMA - ZENKOJI TEMPLE\*

Multi-Share Rooms with shared bathrooms  
Traditional Japanese Temple  
Views of Japanese Zen Garden  
\*or similar



## KYOTO - RYOKAN HOSTEL GION\*

Multi-share, Pod-style  
Shared Bathroom  
WiFi Throughout & A/C in each room  
Reading light & plug socket for each bed  
\*or similar



## OSAKA - WBF MOTOMACHI\*

Twin Rooms  
Private Bathroom  
Reading light & plug socket for each bed  
WiFi Throughout & A/C in each room  
5 minutes from Dotonbori district  
\*or similar



# ACCOMMODATION

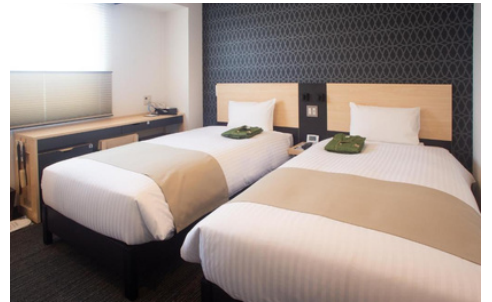
## KOYA-SAN - HOON IN - IN\*

Tatami mats and Futons w/ A/C  
Shared bathrooms  
Japanese Zen garden  
Vegetarian Meals  
Monk Morning Prayers  
\*or similar



## HIROSHIMA - KURETAKESOU OTEMACHI

Twin Rooms, two twin beds  
WiFi throughout & A/C in each room  
Private bath, shower, and toilet in each room  
5 minutes from Hiroshima Peace Memorial Park  
\*or similar



# JAPAN

## ITINERARY MAP

