



## Japan: Castles & Cuisine - AJKO

6 days: Kyoto to Osaka

### What's Included

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- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group
- Your Big Night Out Moment: - Osaka: Nightlife, Osaka
- Miyajima Island visit
- Free time in Kyoto, Hiroshima, and Osaka
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing April 13th, 2017 and onwards

### Itinerary Notes

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**Luggage size restriction - Effective from May 2020 onwards All G Adventures tours in Japan use the world-famous Shinkansen bullet trains, which have a restriction on maximum luggage size. Your luggage must be less than 160cm in total. This is roughly the size that most airline companies consider as "carry-on baggage" and allow in overhead storage compartments. We strongly recommend bringing a day pack or backpack to use during the day, in addition to your carry-on sized luggage. Please see "What to take" under Tour details for more information.**

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

#### Day 1 Kyoto

Arrive at any time and welcome to Japan's imperial city and spiritual heart.

For your first night out, immerse yourself in the evening serenity of Kyoto with your fellow travellers and CEO.

We highly recommend booking pre-accommodation to fully experience this metropolis.

#### **Your First Night Out Moment: Connect With New Friends**

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

#### **Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group**

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### **Accommodation**

## **THE POCKET HOTEL Kyoto-Shijokarasuma (or similar)**

Hotel

### **Day 2 Kyoto/Hiroshima**

Board a bullet train and travel to Hiroshima, known for its tragic history, powerful survival, and so much more. Opt to visit the Peace Park and Museum, Shukkei-en traditional Japanese garden, or Hiroshima Castle.

#### **Free Time**

Hiroshima Half Day

Get out and explore this historic city.

#### **Bullet Train**

Kyōto – Hiroshima-eki 2h45m

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

#### **Optional Activities - Day 2**

##### **Hiroshima Park and Peace Memorial**

Hiroshima

Free-200JPY per person

Walk through the Peace Park in the centre of Hiroshima, a living memorial dedicated to the tens of thousands who died from the atomic bomb blast in 1945. Visit the statue of Sadako Sasaki, a young girl who died of leukemia as a result of the bomb blast, despite folding 1,000 origami paper cranes to appeal to the gods to make her well. See the frame of the Gembaku Dome, the sole building to withstand the explosion. Reflect, remember, and be reminded of the power we all hold to create peace.

#### **Accommodation**

##### **Hiroshima Wabisabi Hostel (or similar)**

Hostel

### **Day 3 Hiroshima**

Take a ferry to the sacred island of Miyajima to see the famous floating torii gate and meet the friendly local deer. Opt to go for an easy hike around Mt Misen, and be sure to sample some oysters – a regional speciality.

Please note the floating Torii Gate will be under construction from June 2019 to August 2020.

#### **Ferry**

Hiroshima – Miyajima

Get to the next spot on your route aboard a convenient and efficient ferry boat.

#### **Miyajima Island Visit**

Miyajima – Hiroshima

Take a trip to Miyajima Island, famed as one of Japan's most scenic spots, with a free afternoon to explore. See the famous floating Torii Gate, set out in the bay, which glows extraordinarily at sunset. The island is dotted with shrines and temples, populated by deer, and traversed with hiking trails for those who want to get some exercise. There are also lanes full of souvenirs and tasty treats. Visit Miyajima at your own pace, and have the option to hike up to the peak of the island, Mt Misen, to see spectacular views of the surrounding islands.

#### **Free Time**

Miyajima Afternoon

Spend free time however you choose. Opt to hike, try the region's famed oysters, or check out the local temples.

#### **Optional Activities - Day 3**

##### **Mt. Misen Visit**

Miyajima 2-6km

Free-1840JPY per person

Set out for the summit of Mt. Misen, Miyajima's highest peak at 500m (1,640 ft) above sea level. Opt to hike one of three trails through the forest and keep an eye out for wild deer or catch a ride on the ropeway and walk the remaining distance to the top. Take in great views of the Seto Inland Sea and on a clear day see as far as the city of Hiroshima.

#### **Accommodation**

##### **Hiroshima Wabisabi Hostel (or similar)**

Hostel

## Day 4 Hiroshima/Osaka

Catch a train to Osaka, one of Japan's culinary capitals with lots of neon lights and an outstanding nightlife. With free time, spend the afternoon exploring this diverse city with heaps to offer, including Osaka Castle Park, Shinsaibashi shopping street, and the Dotonbori Bridge. Be sure to try takoyaki, the city's famous squid snack, or share a group meal of kushikatsu.

### Free Time

Osaka Afternoon

Get to know this vibrant city and be sure to sample some local eats like takoyaki or yakitori.

### Bullet Train

Hiroshima-eki - Ōsaka 3h

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

### Optional Activities - Day 4

#### Instant Ramen Museum Visit

Osaka

Explore the Instant Ramen Museum and learn about this culinary phenomenon. Create your own unique cup of instant noodles to take home.

#### Osaka Castle Park

Osaka

Free

Explore this scenic park - complete with a shrine, fish pond, moat, and castle. Opt to pay the entrance fee to enter the castle, explore the small museum inside, and look out over the city below.

### Accommodation

#### Imano Osaka Shinsaibashi Hostel (or similar)

Hostel

## Day 5 Osaka

Get to know this captivating city with a day to freely explore. Check out the ramen museum or browse Umeda's many shops. Get ready to experience Osaka's buzzing nightlife on a final night out with your new friends. Grab a drink on our tab and reminisce the night away!

### Free Time

Osaka Full Day

Continue exploring this vibrant city and be sure to experience the energy after dark on a final night out with the group.

### Your Big Night Out Moment: - Osaka: Nightlife

Immerse yourself in the nightlife of Osaka. Follow your CEO to the best spot and enjoy a drink on us to reminisce about all the life-changing adventures you've just shared with newfound friends (and add tonight to the list)!

### Optional Activities - Day 5

#### Instant Ramen Museum Visit

Osaka

Explore the Instant Ramen Museum and learn about this culinary phenomenon. Create your own unique cup of instant noodles to take home.

#### Osaka Castle Park

Osaka

Free

Explore this scenic park - complete with a shrine, fish pond, moat, and castle. Opt to pay the entrance fee to enter the castle, explore the small museum inside, and look out over the city below.

### Accommodation

#### Imano Osaka Shinsaibashi Hostel (or similar)

Hostel

## Day 6 Osaka

Today is departure day, but do not fret! There is no such thing as goodbye, only until next time. Share some last laughs and exchange social medias with your fellow travellers before departing at any time.

We highly recommend booking post-accommodation to fully experience this vibrant city.

### Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's Included

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Your First Night Out Moment: Connect With New Friends

Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group

Your Big Night Out Moment: - Osaka: Nightlife, Osaka. Miyajima Island visit. Free time in Kyoto, Hiroshima, and Osaka. All transport between destinations and to/from included activities.

## Highlights

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Explore the historic city of Hiroshima, visit mystical Miyajima Island, eat your way around the culinary capital of Osaka, and enjoy a first night out and big night out with your fellow travellers/new friends.

## Dossier Disclaimer

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## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Itinerary Notes

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Luggage size restriction - Effective from May 2020 onwards

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We strongly recommend bringing a day pack or backpack to use during the day, in addition to your carry-on sized luggage. Please see "What to take" under Tour details for more information.

## Important Notes

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### 1. Combo Trip

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

### 2. Rail Pass

This tour doesn't include a Japan rail pass. However, our longer 'Epic Japan' tour includes a 7-day rail pass. You'll notice members of your group booked on the longer combo tour will have a valid rail pass for a portion of your time together and that it grants them unlimited access to some forms of transport. If you're interested in exploring more of Japan with G Adventures, be sure to check out our 'Epic Japan' tour!

### 3. Multi-share Accommodation

18-to-Thirtysomethings accommodation in Japan is multi-share. For more information, see About Accommodation.

### 4. Tattoos

Tattoos are not common or widely accepted in Japan. There is no cause for concern, but do your best to cover your tattoos when possible and note that you may not be permitted to enter public spas or onsens (hot springs).

## 5. Luggage size restriction – Effective from May 2020 onwards

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## Group Leader Description

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All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

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Max 16, avg 14.

## Meals Included

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No meals included

## Transport

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Train, ferry, walking.

## About our Transportation

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Japan's reliable public transportation is the best option for both the environment and for experiencing Japan like a local! We will ride several forms of transportation throughout the country, from Shinkansen bullet trains, to subways, local trains, and buses. Note that often times we will have to carry our luggage from one mode of transport to another, so please consider this whilst packing.

## Solo Travellers

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We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## Accommodation

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Hostels (5 nts, multi-share).

## My Own Room

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Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## About Accommodation

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Japan is one of the most populous countries in the world and space is at a premium. Therefore, hotel and hostel rooms are small. Additionally, some Japanese hotels do not have designating non-smoking rooms. Therefore, we ask hotels to deodorize rooms before check-in.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see our Japan tours in our Classic Travel Style.

## Joining Hotel

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For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## Joining Instructions

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Direction to THE POCKET Hotel Kyoto Shijo Karasuma

The nearest station is Karasuma station on Hankyu Railway Kyoto Line, Exit 13 – approximately 1 min on foot. When you come out from exit 13, turn left and follow the street until you see Starbucks Coffee at the corner on your left then take left street. Walk about 60m, you will see your hotel on your right.

From Kyoto station:

Take Kyoto City Subway-Karasuma Line (For Kokusaikaikan), get off at Shijo station. It takes about 3 mins to get there. From Shijo station, Exit 1 takes about 6 mins on foot to your hotel. Karasuma station Exit 13 can also be accessed from Shijo station via the Shijo St. underpass.

From Kansai International Airport:

You can access the hotel by train or airport limousine bus at your convenience.

By Train - take a train from Kansai Airport Station (2F), Limited Express Haruka takes about 80 mins ride. The train ticket fee is 3,230~ 3,630JPY/per pax(depends on the seasonality). There is no transfer required till Kyoto station.

By Airport Limousine Bus :From Terminal 1, bus stop #8 The bus tickets can be purchased at the Airport Terminal 1, 1F at Airport bus stop B Ticket Window / From Terminal 2, bus stop #2. The bus tickets can be purchased at the Airport Terminal 2, 1F at Airport bus stop A Ticket Window.

Get off at Kyoto station Hachijo-guchi then head to Subway Karasuma Line entrance gate.

From Osaka International Airport (Itami Airport) :

Take Airport Limousine Bus from bus stop #2. It takes about 50 mins, 1,340JPY/per pax. The bus tickets can be purchased at Osaka International Airport (Itami Airport) ticket vending machine by the bus stop. Get off at Kyoto station Hachijo-guchi then head to Subway Karasuma Line entrance gate.

We always recommend printing out the address of the hotel (in the native language as well as English if available), to show to your taxi driver.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Japan)

During office hours, Mon-Fri (Excluding national holidays) 9:00-18:00 Local Time

From outside Japan: 1st contact +81 3-6659-9074 (2nd contact +81 80 6779 1851)

From within Japan: 1st contact +81 3-6659-9074 (2nd contact +81 80 6779 1851)

After office hours emergency number

Primary phone: +81 80 6779 1851 (from within Japan: 080 6779 1851)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

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It's essential to pack as lightly as possible for rail travel in Japan. All G Adventures tours use the world-famous Shinkansen bullet trains, which have a restriction on maximum luggage size.

Any luggage brought on board must be less than 160cm in total (calculated as the sum of the height + width + depth of your luggage). This is roughly the size that most airline companies consider as "carry-on baggage" and allow in overhead storage compartments. We strongly recommend bringing a day pack or backpack to use during the day (for daily essentials like water, cameras, passport, etc.).

Please note that travellers who bring luggage that exceeds this restriction will be directly penalized by the Central Japan Railway Company. Any luggage between 160–250cm will require a fee of 1,000 JPY per luggage, for each leg of your train journey, and is strictly subject to availability. Any luggage over 251cm in total is prohibited on the Shinkansen trains.

If you absolutely must bring more than what fits into a single carry-on bag plus day pack, you may bring a second carry-on bag which also must be less than 160cm in total. Please note, however, that as with all G Adventures tours, you must be able to carry your luggage unassisted.

You will also be walking with your luggage in busy public train stations to catch connecting trains, so it is highly recommended that you travel light, have easy to handle luggage, and are capable of walking up and down the stairs with your luggage without any assistance. A large bag will be an inconvenience to you and slow you down!

We recommend keeping the weight of your bags between 10-15kg (22-30 lbs). Large suitcases are not recommended for G Adventures trips. We suggest travellers bring a rucksack or rolling bag of small to medium size. You will also need a day-pack to carry daily essentials like water, cameras, passport, etc.

Luggage Transfer - Japan's "takuhaibin" service is a convenient and reliable way to transfer luggage from one location to another throughout the country. Pick-up/drop-off/delivery dates and times can be easily scheduled (usually overnight) and costs are moderate. Service can be arranged at most hotels and airports. Using takuhaibin to send your luggage between hotels, or from hotel to airport, is a great way to travel light and avoid hauling large bags on crowded trains or up and down stairs - just be sure to pack an overnight bag with everything you'll need until you're reunited with your luggage the following day.

## Packing List

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Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)

- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test
- Rubber gloves

#### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Note: From November to April the region can be very cold and some areas are snowy, make sure you pack warm clothes. From June to September temperatures are high and the air can be very humid - lightweight, breathable clothing is recommended.

Note: Hand sanitizer is a rare commodity in Japan, so it is best to bring this with you.

## Laundry

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Laundry facilities are offered by some of our hotels but this is very expensive. Your leader can show you self service coin laundries in larger cities. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.



## Money Exchange

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As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

Every Post Office and 7-11 Convenience store has an ATM machine that accepts Visa, Mastercard and Debit Cards. At times, Maestro/Master Card/Cirrus have been problematic at these machines, so please bring a back-up card.

Credit Cards should not be relied upon for purchases as they are not widely accepted, except in some restaurants and department stores. Money can be exchanged at Post Offices and some banks and hotels in major cities, however it can be a slow process.

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Tipping

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Tipping is not practiced in Japan. Leaving money at restaurants, in taxis etc will simply cause confusion.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is highly appreciated. The amount is entirely a personal preference, however as a guideline \$5 USD per person, per day can be used.

## Optional Activities

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Hiroshima  
- Hiroshima Park and Peace Memorial (Free-200JPY per person)

Miyajima  
- Mt. Misen Visit (Free-1840JPY per person)

Osaka  
- Instant Ramen Museum Visit  
- Osaka Castle Park (Free)

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up-to-date medical travel information well before departure.

We recommend that you carry a First Aid kit, hand sanitizer/antibacterial wipes, and a full supply of any personal medications. In Asia, you will not find the same drugs as you get at home. Please be aware that sometimes we are in remote areas and away from medical facilities. Also note that for legal reasons our CEOs (tour leaders) are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your tour, carefully read the itinerary and note the physical demand rating and assess your ability to cope with the demands of the tour and travel style.

G Adventures reserves the right to exclude any traveller from all or part of a tour without refund if, in the reasonable opinion of the CEO, they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewelry at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our

recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## **Trip Specific Safety**

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We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## **A Couple of Rules**

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## **Travel Insurance**

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Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## **Planeterra Foundation - the non-profit partner of G Adventures**

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Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## **Local Dress**

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In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers.

## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## Minimum Age

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Minimum age of 18 years for this trip.

## International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.