

# Authentic Japan



**Activity:** Trekking & Walking

**Tour Duration:** 14 Days

**Min Age for trips:** 16+

**Group Size:** 4-12

**Inclusions:**

- English speaking tour guide
- 12 nights hotel/ryokan
- 11 Breakfasts
- 3 Dinners
- All transfers



*This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.*

## Itinerary

This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. All times and distances are approximate. **'B,L,D'** refers to meals included in the trip cost, i.e. **Breakfast, Lunch, Dinner**.

**Day 1**- Depart UK

**Day 2 - Arrive Osaka. Airport, transfer to Kyoto**

Arrive at Kansai international airport. You will be met by our local representative and then transferred to the hotel in Kyoto. Depending on the arrival of the flight there will be a short orientation wither today or the morning after breakfast with our local guide. Kyoto was the ancient capital of Japan from 794 to 1868, now it's a bustling mega city with a mix of tradition and modernity. Overnight in Hotel.

**Day 3 - In Kyoto**

Today will be spent in Kyoto, go around the sights of Zen temples Fushimi Inari Shrine or the Golden Pavilion of Kinkakuji. There will be time in the evening to visit the markets and explore the local food and cuisine. Overnight in Hotel **(B)**

**Day 4 - To South Island of Kyushu**

The morning is a leisure and free to explore areas of this city, take photographs venture into sake-tasting. We transfer to Shinkansen (bullet train) station and board the Bullet train to Fukuoka, it's the headquarters of the Kyushu region. On arrival transfer to hotel. Overnight in Hotel **(B)**

**Day 5 - In Fukuoka**

Autumn is one of the best times in the Kyushu region, it's after the summer and rains and winter is still away so the temperatures are very pleasant and still warmish day time and cooler nights. The trees will reflect the various colours at Fukuoka castle ruins located in Maizuru Park. Sights on the list today will be the Castle, Sumiyoshi-jinja Shrine, National museum and the reclining Buddha. In the evening there will be time to explore the food markets. Overnight in Hotel. Overnight in Hotel **(B)**

**Day 6 - Train to Kagoshima**

This morning board another fast train to the south of the Kyushu Island to the city of Kagoshima. Explore the famous gardens and the city castle famous for the movie 'the Last Samurai' visit Sengan-entrational Japanese garden. There is nice coastline and the bay area around the city and an imposing view of Mt. Sakurajima volcano very visible with its eruptions almost daily. Overnight in Hotel **(B)**

**Day 7 - Full day in Kagoshima. Afternoon express train to Kirishima**

There will be time to explore the parts of the city or take a ferry to the Volcano base. In the afternoon board express train to Kirishima about 45 min. Kirishima is the nestled between the Miyasaki and Kagoshima prefecture surrounded by wooded mountains and hot sulphur springs. Get transferred to a traditional Ryokan. Dinner overnight. Overnight in Hotel **(B/D)**

**Day 8 - Hike to Mount Takachiho**

We are based in Kirishima for three nights and have planned hikes to Mt. Takachiho 1573m it's about 4 hours up and down and offers rewarding views of Mt Sakurajima on a clear day. In the evening there will be traditional spring visit and dinner prepared by the house ladies. Overnight in Hotel **(B/D)**

**Day 9 - Hike to Mount Ebinodake 1293m**

Another day in Kirishima, venture to neighbouring Mt Ebinodake and the lake for the day's hike and back to Ryokan for dinner. Overnight in Hotel **(B/D)**

**Day 10 - Drive to Takachiho**

This morning we leave for Miyasaki prefecture and on the drive visit Barrel Valley. On arrival in Takachiho visit the Shinto shrine and if time permits optional walk around the shrine followed by traditional mask dance. We visit the Gorge made due to eruptions of Mount Aso. Overnight in Hotel **(B)**

**Day 11 - Drive to Oita**

Leave for Oita city, on the way we visit the Usuki Buddha sculpture sight and finally reaching the city of Oita, the last stop in Kyushu Island. Oita is relatively smaller city with beautiful views across the

mountains and islands and famous for hot Springs. It is called the 'Onsen- Prefecture'. Its water flow collectively in all hot springs is second biggest only to the Yellow stone national park. On advantage is we can take a dip in the here. Overnight in Hotel **(B)**

**Day 12 - Fly to Tokyo**

Some cosy time in the hot spring in the morning, then transfer to Oita airport. As short flight to Tokyo. By now we would have visited the lesser dense cities and prepared to take on the most populated city in Japan and its Capital Tokyo. On arrival you will be transferred to the hotel. Overnight in Hotel **(B)**

**Day 13 - In Tokyo**

This is the last day on the trip and there is not plenty packed but start the day with a visit to some the shrines Senso-ji and then if you can have a look at the Shibuya crossing the busiest in the world. Plenty of places to head in the evening for the meal. Overnight in Hotel **(B)**

**Day 14 - Depart Tokyo**

Transfer to Tokyo International airport and board flight back home. Or extend your stay in Japan with optional visit to Mt Fuji.