



Hidden Cultural Riches of Japan

Dates: July 20 - 31, 2018

Tour Leader: Trisha Lamers



Adventure Tours
University of Wisconsin-Stevens Point

Overview

Experience the cultural richness of Japan by joining tour leader Trisha Lamers on an adventure beyond most popular Japan travel itineraries. This 12-day tour will allow travelers an up-close and personal perspective of Japanese culture, traditions, daily life, and of course... amazing food! It's built for adventurers who love to actively explore and embrace the unknown. Trisha lived in Japan for eight years and her experiences, knowledge, and language proficiency will help travelers uncover the uniqueness of this country, its people, and the Japanese language. Not for the shy of crowds or fearful of new tastes, this tour will take travelers beyond the typical tourist hubs into traditional villages, with a chance to meet locals, and the opportunity to explore temples and experience incredible hidden cultural treasures. Get on your walking shoes, we are about to embark on a journey that will broaden the way we think and develop, in us, new ways to approach living. Expect to return refreshed but forever changed by this beautiful country and culture.

Itinerary

Day 1 - Friday, July 20, 2018: Arrival in Narita/Haneda - Tokyo

The adventure begins as we arrive in Tokyo. Once meeting the rest of the group, we will activate our Japan Rail (JR) Passes, pick up our pocket Wifi devices, and transfer to our hotel. After checking in, you will have time to relax and then meetup in the hotel lobby to go to dinner for ['Kaiten Zushi'](#) in which our sushi will be delivered on conveyor belts! It's a popular form of convenient dining in many Japanese cities. Overnight in Tokyo.

Meals provided: group dinner



Kaiten Zushi (Photo by: japanphototour.com)



Giant Buddah (Photo by: japan-guide.com)

Day 2: Tokyo - Kamakura

Waking up refreshed and ready to stave off any lingering jet lag, we will roam an ancient capital. Today will include renting bicycles or riding local trains as we take this side-trip to Kamakura to walk down Komachidori, visit the massive and ancient [Big Buddah \(Daibutsu\)](#), and explore the serene [Hasedera temple](#). Overnight in Tokyo.

Meals provided: none

Day 3: Kyoto

Our adventures will take us from Tokyo to Kyoto. After settling into the Gion area, we will spend the afternoon and evening visiting the [Yasaka Shrine](#). Roaming the ancient streets of Gion is essential, maybe even spotting a real Maiko-san or Geisha-san. Overnight in Kyoto. *Meals provided: group dinner*



Entrance to the shrine (Photo by: japan-guide.com)

Day 4: Kyoto



View of Kyoto from the Kiyomizudera Temple (Photo by: japantravel.com)

Explore the eastern district of Kyoto. Peruse the plethora of traditional street vendors selling pottery, sweets, crafts, and souvenirs along the famous 'Kiyomizu Zaka' street. Take in the views of Kyoto from the famous wooden terrace of the ['Kiyomizudera Temple'](#). We'll gather in the shopping district for lunch and the afternoon will be free to wander on your own or, if you so choose, to experience the Golden Temple or wander down the street of Pontocho. Overnight in Kyoto. *Meals provided: none*

Day 5: Kyoto - Biwako

A day in Kyoto will have travelers visiting the Gion Matsuri - food stands, festival experience, floats. Through tour leader Trisha's personal connection to a local family, you'll be able to dine in Mrs. Gentani Sensei's restaurant - Kaiseki Ryori. Overnight in Kyoto. *Meals included: group dinner*

Day 6: Kyoto - Osaka

Continue taking in the sights of Kyoto and surrounding area with an Osaka Day visit to include the Osaka Castle. The afternoon includes exploring downtown Takoyaki, Okonomiyaki. Overnight in Kyoto. *Meals provided: none*



Jinai Students (Photo by: Trisha Lamers)

Day 7: Kyoto - Fukui

After settling into our accommodations, we will visit Jinai High School for student presentations on Japanese culture and spend the evening with the Fukui Cultural Club Welcome Party. Overnight in Fukui. *Meals included: group dinner*

Day 8: Fukui

Today we will awake to our first morning in Fukui. After breakfast, we'll head to the [Eiheiji Temple](#). In the afternoon, there will be an opportunity for making Soba & Japanese vegetable dishes with some of the locals. The evening will be yours with options to explore the Heisenji Temple and Fukui. Overnight in Fukui. *Meals provided: none*



Eiheiji Temple (Photo by: Trisha Lamers)

Day 9: Fukui

Choose to start your day off with an optional Asawa Yama Morning Climb, which will take approximately 2 hours, or spend free time in Fukui. The afternoon will afford the opportunity to discover more traditional handcrafts with either Echizen Washi (paper creation) or [Takefu Knife Crafts](#). Overnight in Fukui. *Meals Provided: none*



Mt. Fuji (Photo by: japan-guide.com)

Day 10: Fukui - Tokyo (with Mt. Fuji hiking option)

We'll leave Fukui and head back to Tokyo on Japan's newest and fastest bullet train, the Kagayaki. After settling in, you'll be able to choose between a rigorous overnight climb of Mt. Fuji or spend the day exploring Tokyo. Overnight in Tokyo. *Meals included: group dinner*

Day 11: Tokyo

The overnight Mt. Fuji climbers will return this morning while the other travelers will continue exploring Tokyo on their own, checking out well-known spots such as Harajuku and Shinjuku, or even the Akihabara (Tokyo's Electric Town). Tonight, the group will gather to go out for a [Ninja-themed dining experience](#) as we prepare for our return flight the next day. Overnight in Tokyo. *Meals provided: group farewell dinner*

Day 12 - Tuesday, July 31, 2018: Return Home

Today we'll all say "Sayonara Japan" また会える日まで... ("until we can meet again") as we depart from Tokyo on our flights back home.

Cost & Details

COST: \$3,969 pp (USD)

MY OWN ROOM: \$810 (additional USD)

INCLUDED: The cost includes all accommodations (comfortable lodging), meals listed in itinerary, activities listed in itinerary (unless listed as optional), all transfers in-country, and 1 bilingual UWSP Adventure Tours tour leader.

NOT INCLUDED: Roundtrip airfare to/from Japan, extra activities, extra purchases (such as souvenirs, alcoholic beverages, taxi, and lodging sundries), some meals (see itinerary for included meals), local drivers' and guides' tips, laundry services, and travel insurance.

PLEASE NOTE: The cost includes land only rate, per person, with double occupancy accommodations. Single rooms ("my own room") may be limited. Depending on weather and other variables, some activities or accommodations may change prior to or during the tour. This tour will be active and requires a lot of walking. We will do our best to accommodate most fitness/health levels, however it's suggested that all participants have at least a moderate/good level of fitness and health. Our goal is to ensure a fun and safe wellness adventure for everyone aboard.

TOUR LEADER: Tour Leader Trisha Lamers lived, worked, and studied in Japan for eight years. Following that, she spent one year at Colorado State University before she returned abroad. From 2007–2014, she lived and worked in Qatar. Her extensive background in international travel, culture, and languages brings insight and fun to this Japan tour! She is excited to introduce travelers to the hidden cultural riches that travelers rarely experience while in Japan. Trisha is the current Director of the UWSP Tutoring & Learning Center.

GROUP SIZE: 10-12 participants

CONTACT: UWSP Adventure Tours, 715-340-8186, adventure.tours@uwsp.edu

REGISTRATION: register online with a check or via credit card OR print registration, complete, & mail along with \$300 (pp) nonrefundable deposit

WEBSITE: www.uwspadventuretours.com