



OAG Overseas Japan



IN PARTNERSHIP WITH INTREPID TRAVEL

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Japan Adventure 10 days/ 9 nights

About Your Trip

Start Location

Tokyo

Finish Location

Osaka

Accommodation

9 nights Hotel

Rooming Requirements

Twin Share

Included Meals

Breakfast (9)

Lunch (2)

Dinner (3)

Transport

Public transport as per the itinerary

Leader/Guide

English Speaking Leader throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with included activities

Airport Transfers

Arrival and departure transfers are included on a group basis

Support

24-hour support from our local office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Driver/Driver Guide/Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Japan Adventure Itinerary

Day 1: 15 October 2025

Destination: Tokyo

Meals Included: Dinner

Konnichiwa! Welcome to Japan. Your adventure begins in Tokyo – the thriving capital of an ancient land – with a welcome meeting at 6 pm tonight. Then, move on to a local restaurant for welcome dinner. If you arrive early, why not explore at your own pace. You could check out the free Sensoji Temple or the Imperial Palace, then hit up the Avatar Robot Café for lunch. This purpose-driven enterprise is not driven by AI at all – the waiters are actually operated by people living with disabilities. This is to give employees who have difficulty leaving their homes a better chance at employment.

Airport Transfer

- Included on a group basis

Included Activity

- Welcome meeting at 6pm
- Welcome Dinner

Accommodation

Hotel Villa Fontaine Grand Tokyo Shiodome or similar

Day 2: 16 October 2025

Destination: Tokyo

Meals Included: Breakfast, Lunch

This morning begin in the Asakusa area, one of the older and more traditional parts of Tokyo, often called the temple district. Here you'll stop by Senso-ji, the city's oldest temple – founded almost 1400 years ago when Tokyo was nothing more than a fishing village. Browse the many interesting stalls filled with tasty treats, crafts and souvenirs that line the shopping street of Nakamise dori. Then, you will have an opportunity to learn how to make sushi. After you enjoy your own sushi, you'll visit Harajuku – the home of quirky youth pop culture as well as Meiji Shrine. Then, explore the Shibuya area with your group this morning. Look down on one of the busiest intersections in the world at Shibuya station and visit the statue of Hachiko – the famous loyal dog. Next, indulge your eyes and your belly at a depachika food hall, where vendors sell everything from bento boxes to formal gifts. Tonight is also the perfect opportunity to hit Tokyo's nightlife, whether it's at a bar with laser shows or you're belting out some tunes at karaoke.

Included Activities

- Asakusa Senso-ji temple
- Sushi making for lunch
- Meiji Jingu Shrine
- Harajuku street
- Shibuya walking tour

Accommodation

Hotel Villa Fontaine Grand Tokyo Shiodome or similar

Day 3: 17 October 2025

Destination: Tokyo-Kanazawa

Meals Included: Breakfast

This morning, speed through central Japan on a bullet train bound for Kanazawa. This city is best known for Kenroku-en – the 17th-century gardens – and as the home of the Samurai. Here, you can find beautifully preserved Samurai and Geisha districts, historic temples and some awesome markets. In the afternoon, explore Kenroku-en Garden and Kanazawa Castle Park on foot. Tonight is a free evening so you can explore the streets at your own pace and maybe indulge in Kanazawa's izakaya and famed fresh seafood.

Included Activities

- Kenroku-en Garden & Kanazawa Castle Park

Accommodation

Hotel Kanazawa or similar

Day 4: 18 October 2025

Destination: Kanazawa

Meals Included: Breakfast, Lunch

After breakfast, you'll continue exploring Kanazawa with a tour of Omicho Market – the hub of the local food culture, famous for its seafood and locally grown produce. With a local guide with all the insight into the region, the food and the market, you'll wind your way through the stalls and learn how to spot the freshest ingredients. You'll then choose some fish and vegetables for your lunchtime cooking class – then learn some tips and tricks on how to cook a traditional Kanazawa meal. Sit down as a group and enjoy the fruits of your labour, before enjoying an afternoon at your leisure.

Included Activities

- Market Visit and Home Cooking Experience

Accommodation

Hotel Kanazawa or similar

Day 5: 19 October 2025

Destination: Kanazawa-Kyoto

Meals Included: Breakfast

Today, catch a train through the Japanese Alps to Kyoto – once the imperial capital of Japan and one of the most beautiful cities in the country. With over 2000 temples, shrines and gardens, Kyoto is a great place to get lost in. With a good bus network linking all its key sites, you can hop on the bus to get around today – maybe visit the magnificent, gold-plated Kinkaku-ji Temple with its expansive grounds in Kyoto's northwest, or Nijo Castle – the feudal-era castle famous for its squeaking 'nightingale floors,' designed to alert inhabitants to approaching ninja. You will have an opportunity to experience Tea Ceremony in the afternoon. In the early evening, meet up with your leader for a walk through Kyoto's famous Gion district – the heart of the city's Geisha culture.

Included Activities

- Tea Ceremony
- Gion District walk

Accommodation

Agora Kyoto Karasuma or similar

Day 6: 20 October 2025

Destination: Kyoto

Meals Included: Breakfast

This morning visit Fushimi Inari Shrine, famous for its Shinto 'fox temple' and atmospheric red torii gates – a must-see for keen photographers. You will hike up Mt. Inari just right behind the shrine for a walk in the wooded hills. The afternoon is free for you to explore, and your leader can give you recommendations on what to see and how to get there.

Included Activities

- Fushimi Inari Shrine and hike on Mt. Inari

Accommodation

Agora Kyoto Karasuma or similar

Day 7: 21 October 2025

Destination: Kyoto-Hiroshima

Meals Included: Breakfast, Dinner

Hiroshima is a bustling metropolis with a tragic history and this morning, you'll travel there via bullet train. When you arrive, your leader will take you to the Peace Park and the ruins of the A-Bomb Dome building – one of 11 structures left partially standing as a reminder of the destruction of nuclear war following the atomic bomb blast on 6 August 1945. The Peace Park contains monuments and a sobering museum dedicated to Hiroshima and international peace. Tonight, you will try Hiroshima's most famous dish – okonomiyaki (savoury pancake of cabbage, meat or seafood) – grilled in front of you on a sizzling hotplate.

Included Activities

- Peace Park & A-Bomb Dome
- Peace Museum
- Okonomiyaki Dinner

Accommodation

Candeo Hotels Hiroshima Hatchobori or similar

Day 8: 22 October 2025

Destination: Hiroshima

Meals Included: Breakfast

Today you'll jump on a local train and a ferry to spend the day at the nearby island of Miyajima with its famous 'floating' Torii Gate and the grand Itsukushima-jinja Shrine. Hike through the woods to the peak of Mt Misen for some stunning views of the Inland Sea stretching far out below you. Be sure to watch out for inquisitive and eternally hungry deer that roam the island. Back in Hiroshima, you can enjoy a free evening tonight.

Included Activities

- Miyajima Island
- Itsukushima Shrine
- One way ropeway for Mt. Misen
- Mt. Misen hiking

Accommodation

Candeo Hotels Hiroshima Hatchobori or similar

Day 9: 23 October 2025

Destination: Hiroshima-Osaka

Meals Included: Breakfast, Dinner

Travel by bullet train to Osaka today – what better way to finish your trip than in a city with the motto 'kuidaore' (eat until you drop)! Osaka is Japan's unofficial culinary capital, with its tiny backstreets overflowing with restaurants and bars serving up local delicacies. You can also discover Japan's answer to fast food – Osaka is credited with the first kaiten-zushi (conveyor belt sushi) restaurants after its inventor (the owner of a sushi restaurant with staffing issues) watched beer bottles on a conveyor belt at the nearby Asahi brewery. When you arrive, head out on a leader-led walking tour of the Dotombori district, famous for its shopping and entertainment. At night, this place is lit with the colour of hundreds of neon lights! In the evening, enjoy Farewell Dinner with your fellow travellers to celebrate the end of your Japan adventure.

Included Activities

- Dotombori District walking tour
- Farewell Dinner

Accommodation

Hiyori Hotel Osaka Namba Stationi or similar

Day 10: 24 October 2025

Destination: Osaka

Meals Included: Breakfast

There are no activities planned for today, and you can depart at any time after check out.

Airport Transfer

- Included on a group basis

Important Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <https://www.intrepidtravel.com/contact-us>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

Available for phone call or WhatsApp call on +81 70 1771 5588

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

Food and dietary requirements

FOOD IN JAPAN

The Japanese daily diet contains gluten (ie. in flavourings such as soy sauce) and seafood (dashi, or fish stock, is the basis of most dishes, even vegetable ones), so we highly recommend that vegetarians, vegans and coeliacs do their own online research before travelling about some of the options that might be available to them. While our leaders will assist you whenever they can, there may be some included meals that are fixed in advance and not flexible, such as those included at ryokans, and cannot be modified for different diets. For those suffering from particular food allergies, your group leader will endeavor to disclose to their fullest knowledge the main ingredients in dishes being consumed. It is, however, still your personal responsibility to ensure that you do not ingest any foods to which you are allergic.

Food and drink are such a high part of Japanese culture. Here are some links to get your tastebuds tingling:

<https://www.intrepidtravel.com/adventures/japan-convenience-store-food/>

<https://www.intrepidtravel.com/adventures/traditional-tokyo-alleyways-locals-guide/>

<https://www.intrepidtravel.com/adventures/eat-and-drink-like-a-local-in-japan/>

<https://www.intrepidtravel.com/adventures/vegetarian-vegan-travel-japan/>

Accommodation

AVAILABILITY

The recent huge increase in tourism to Japan has put a lot of pressure on accommodation. On occasion, we may need to change accommodation from what is listed in the itinerary in order to operate your departure with minimal changes.

ONSENS

We like to encourage travellers to visit traditional Japanese 'onsens' while in the country as it is a quintessential local experience. In public onsens this means bathing naked with others of the same gender. While the experience can feel strange at first for some, most of our groups end up enjoying this activity. There is very specific etiquette for visiting onsens - your leader can give you some tips and instructions. Please be aware that travellers with tattoos may not be permitted to enter public onsens. Private onsens may also be available - talk to your leader for more information. See our guide to onsens here: <https://www.intrepidtravel.com/adventures/japan-onsen-guide/>

Transport

Boat, Public Bus, Ferry, Metro, Bullet Train, Train

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The

recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

BUDGET FOR MEALS NOT INCLUDED:

Please budget for additional meals and expenses while on your trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

The official currency of Japan is Yen (JPY). Japan is predominantly a cash society and locals carry large amounts of cash for daily business. International credit cards can usually only be used at major department stores or large restaurants but cash from non-Japanese bank accounts can be withdrawn via the Cirrus and Maestro systems by direct debiting (as well as Mastercard and Visa cash advance). This is now available at all post office ATMs around the country, as well as 7 Eleven convenience store ATMs, making it very easy to get access to cash throughout the trip at each location 24 hours a day.

TIPPING:

If you are happy with the services provided by your group leader tipping - though not compulsory - is appropriate. While it may not be customary to you, it is of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. Please consider this when budgeting for your extra expenses on this tour.

The amount is entirely a personal preference, however as a guideline US\$3-5 per person, per day can be used.

Tipping is not customary in Japan in restaurants and for other service providers.

Packing

LUGGAGE IN JAPAN

On this trip you will need to carry your own luggage for up to 30 minutes at a time. Train stations are quite complex and usually require climbing a lot of stairs, especially when doing a quick transfer from train to train. Elevators aren't always available and cannot accommodate many people at a time, so if you bring a suitcase, please ensure you are able to lift and carry it up and down stairs yourself without difficulty. Our ryokans allow suitcases, but you'll need to carry it onto the tatami floor in the room, instead of wheeling it. A backpack is often preferred by travellers for these reasons.

We recommend that you keep your main luggage weight around 15kg and certainly no more than 20kg.

LUGGAGE SIZE RESTRICTIONS ON JAPANESE TRAINS

Luggage over 160–250 cm may require an additional JPY1000 fee per train journey. Luggage over 251 cm will NOT be permitted on Shinkansen trains. Please speak with your leader at the welcome meeting if your luggage is over 160–250 cm so they can help you make the necessary arrangements.

If you have a lot of luggage you may need to use luggage forwarding services. Additional charges will apply. Please speak to your leader if you need to utilise this service.

Japanese trains don't have large luggage racks for big suitcases so it's best to pack as light and small as possible so that you are not blocking aisles or taking up extra seats.

DAY PACK

A day pack for carrying essentials when exploring destinations, as well as for any shorter overnight stays, will be useful.

SEASONAL CLOTHING

Weather in Japan varies greatly between summer and winter so be sure to check whether you'll need a beanie and thermals or light cotton layers during your visit.

PACKING LIST

Below is a link to our ultimate packing list, a guide to get you started:

WATER BOTTLE

Cold tap water in Japan is generally safe and good to drink so you can avoid the purchase of bottled water by bringing your own bottle and refilling from the tap or public water fountains.

OTHER USEFUL THINGS TO TAKE

- reusable shopping bag for buying supplies for long journeys
- travel mug, cutlery, plate/bowl for preparing any self catered meals
- plastic lunch box for storing food & snacks
- slippers or flip flops
- torch/flashlight
- travel wipes
- small towel
- ear plugs & eye mask

OTHER THINGS TO CONSIDER

- check weather in destinations you are travelling to online a few days before you go to make sure you pack appropriate clothing
- laundry facilities may not be available in all destinations, so make sure you have a few cycles of clothes to tide you over until your next chance to wash

Climate and seasonal information

PEAK TRAVEL TIMES

Please be aware that while travelling during major national holidays (late Apr to early May) and peak seasons in Japan (Apr-May/Sep–Oct) are fascinating and exciting times to travel, there are also some downsides. There will be huge crowds at most tourist attractions and on all public transport. It's common for there to be difficulties in securing train tickets at our usual preferred times, hotels become overbooked, traffic jams and changes to the itinerary without prior notice can be necessary. If you decide to travel during peak periods come with a sense of adventure and flexibility and we are sure that your experience will still be rewarding and memorable.

Group Leader

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative 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 places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

Due to Japan's popularity it has been necessary to go outside our traditional sources for employing tour leaders. As a result, our passionate, professional and trained tour leaders may either be Japanese or long term foreign residents in Japan.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip.

Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

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

Your group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes 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. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

JAPAN

Crime levels are low. It is generally safe to walk around at night and to travel on public transport, but you should maintain the same level of vigilance as you would at home and take sensible precautions. Reports of inappropriate touching or 'chikan' of female passengers on commuter trains are fairly common. The police advise that you shout at the perpetrator to attract attention and ask a fellow passenger to call the train staff. The Roppongi entertainment district of Tokyo is considered a higher risk area for crime.

Community guidelines

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

A Single Supplement to have your own room is not available to purchase on this trip due to hotels having limited number of rooms and the high demand on availability.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

LOCAL CUSTOMS

It's always a good idea to learn something about local customs before you travel, and visiting Japan is no exception. Your leader will be on hand to guide you through cultural differences during your trip, but here are some tips to get you started: <https://www.intrepidtravel.com/adventures/etiquette-in-japan/>

CLOTHING

While Japan is known for its 'out there' fashions overall it is quite a conservative country. Please remember that we spend time at temples, working monasteries, holy shrines, recreated villages and castles, cooking schools and ancient gardens. At these places it is important to be respectful to the staff and other visitors by wearing clothing that covers your shoulders and knees.

WHALE MEAT

We are big supporters of the protection of endangered species around the world. It is against our Responsible Travel policy for our leaders to take passengers to places that use cruel practices or supply or serve foods that are on the endangered species list, such as whale, turtle, tiger, bird's nests, pangolin and shark. Although a global ban on commercial whaling came into effect in 1986, approximately 1,000 whales are still being killed every year. We do not visit places that serve whale meat on any of our trips, nor will your leader guide you to where it is offered.

TATTOOS IN JAPAN:

Please note, decorative tattoos are uncommon in Japanese culture and therefore you may receive curious and sometimes disapproving looks from locals. Generally, nobody will make a comment about your tattoos but please endeavour to wear modest clothing and check rules for public onsens.

The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than \$14million dollars and supported more than 160 communities worldwide. Now, with over 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

For more information about the Intrepid Foundation, please ask your group leader or local representative or visit our website: <http://www.theintrepidfoundation.org/>

This trip directly supports Eden Reforestation Projects, who are tackling climate change by restoring forests across the world; they also hire locally and create job opportunities within local communities. Donations support restoration across planting sites in 10 countries, including Madagascar, Kenya and Nepal. To find out more or make a donation, visit: <http://www.theintrepidfoundation.org/t/eden-reforestation-projects>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.