



*Award winning specialists in travel to Japan*



# The International Federation of Professional Aromatherapists Annual Conference Tokyo March 2020



Get beneath the surface

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Part of **InsideAsia Tours Ltd**, an award-winning travel company offering group tours,  
tailored travel and cultural experiences across Japan, Vietnam, Cambodia, Laos and Burma.

## Your Japan Expert

**Quote Date:** 17 April 2019

**Quote Reference:** 2001740

**Consultant:** Samantha Hall

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### Samantha Hall

Originally from Kent, Sam found her way to Bristol via Brighton and the many destinations that seven years in the travel industry have taken her (including Australia, South Africa, Japan and America no less...)

Having kicked off her career in educational travel, one of her favourite travel memories is of accompanying a group of 50 teenage boys and their teachers on a trip to Dallas. It may not be the dream for many of us, but Sam describes it as "one of the best experiences I've ever had!"

Sam has been arranging tailor-made group tours to Japan for nearly two years and to other destinations for much longer, so she understands the unique needs of each client. Having spent 3 years at an educational travel company and 4 years arranging travel for a range of clients (from c-level executives, to garden fanatics, to photographers and many more in-between) she is perfectly placed to assist you in arranging the perfect tour to Japan.



## Price details

Group Size	Price Per Person (GBP)
20	£1459.00 per person for Ground Arrangements Only
20	£820.00 per person for return, direct flights with BA (UK Members Only)

**Single Supplement:** Available Upon Request (subject to room availability)

- The above prices are based on passengers sharing twin rooms.
- The above prices are inclusive of the services of a full-time IJT Tour Leader.
- Flight price is subject to change and can only be guaranteed if at least 20 passengers travel together on the same flights:

Date	Flight Details	
Thursday 19 <sup>th</sup> March 2020	<b>Airline: British Airways</b> Departing from London Heathrow Arriving at Tokyo Narita Airport	<b>Flight Number: BA005</b> 19/03/2020 13:50 20/03/2020 10:40 <i>*All times shown are local times in destination</i>
Thursday 26 <sup>th</sup> March 2020	<b>Airline: British Airways</b> Departing from Osaka Arriving at London Heathrow	<b>Flight Number: BA020</b> 26/03/2020 11:30 26/03/2020 15:00 <i>*All times shown are local times in destination</i>

- This quote is valid for 30 days. After this period, we will be happy to provide you with a re-quote based on the situation at the time.



## Itinerary in brief

	<i>Location</i>	<i>Day to Day Detail</i>	<i>Accommodation</i>
<b>Thursday</b> 19 March	London	Overnight Flights from London to Tokyo	Own Arrangements Incl. B'fast
<b>Friday</b> 20 March	Tokyo	Airport Meet & Greet by IJT Tour Leader  Private Coach from Tokyo Narita Airport to Hotel  Guided Sightseeing using Public Transport: Tokyo Metropolitan Building & Shinjuku	Shiba Park Hotel (Rooms on Request) Incl. B'fast
<b>Saturday</b> 21 March	Tokyo	IFPA Conference at Hitotsubashi Hall, National Center of Sciences Building  Conference Alternative: Guided Sightseeing using Public Transport: Asakusa, Sensoji, Meiji Shrine & Harajuku	Shiba Park Hotel (Rooms on Request) Incl. B'fast
<b>Sunday</b> 22 March	Tokyo	IFPA Conference at Hitotsubashi Hall, National Center of Sciences Building  Conference Alternative: Guided Day Trip to Kamakura	Shiba Park Hotel (Rooms on Request) Incl. B'fast
<b>Monday</b> 23 March	Tokyo Hakone	Luggage Forwarding Tokyo to Kyoto  Train from Shinjuku to Hakone Yumoto  Hakone Open Air Museum  Hakone Ropeway & Hakone Pirate Ship	Hotel Resorpia Hakone. (Rooms Held) Incl. B'fast & Dinner
<b>Tuesday</b> 24 March	Kyoto	Bullet Train from Odawara to Kyoto  Afternoon Tea with a Maiko at Maruume Tea House	Elcient Kyoto Hotel (Rooms Held) Incl. B'fast
<b>Wednesday</b> 25 March	Kyoto	Guided Sightseeing using Public Transport: Kinkakuji, Ryoanji & Arashiyama	Elcient Kyoto Hotel (Rooms Held) Incl. B'fast
<b>Thursday</b> 26 March	Osaka	Private Coach from Kyoto Hotel to Osaka Kansai Airport  Flights from Kansai Airport to London	Incl. B'fast



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## Detailed day-by-day

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### Day 1 Overnight Flights from London to Tokyo

Group flights are available from London at an additional cost of £820.00 per passenger.

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### Day 2 Airport Meet & Greet by IJT Tour Leader

Welcome to Japan! You will be met at the airport in Tokyo by your full-time IJT tour leader who will remain with you for the duration of your tour.

### Private Coach from Tokyo Narita Airport to Hotel

We will arrange a private coach from Narita Airport to your hotel in Tokyo. Journey time is usually around 90 minutes and en-route you should get some great views from the elevated expressways.

### 5000 Yen IC Card

Japan has a public transport system unrivalled anywhere in the world for efficiency, cleanliness and coverage. The daily number of journeys on the Tokyo subway alone more than 8 million yet despite its huge scope and vast number of lines navigating the system is really rather easy. As always, the Japanese are pushing the boundaries with their transport technology and now there is a convenient tap-in, tap-out 'IC Card' that covers not just Tokyo's public transport but the entire country. Simply the most convenient and developed public transport system you will find anywhere.

We are supplying you with a 'Manaca' IC Card. You will be able to use this throughout your time in Japan for travelling on buses, subways, over-ground railways and in some places, you will even be able to pay for taxis, buy drinks from vending machines and pay for your bento in a convenience store! Your card comes with 4,500 yen of credit to get you started and you will probably need to top it up at some point during your tour – You can do this at the machines in the train stations which have a clear English option.

### Guided Sightseeing using Public Transport: Tokyo Metropolitan Building & Shinjuku

Tokyo Metropolitan Building comprises two enormous towers, each rising to an imposing 248 metres. There is a viewing level on Floor 45 of both buildings and the best news is it's free! The views of the city and the surrounding area are awesome and on a clear day (usually only in winter) you can get a good view of Mount Fuji rising on the horizon.

Discover the bright neon-spangled skyscrapers of Shinjuku! This is the Tokyo of the imagination with flashing kanji signs, screaming pachinko parlours, karaoke bars, cat cafés, department stores, restaurants and izakaya all straining for space and rising skywards from the busy streets below.



## Day 3 IFPA Conference at Hitotsubashi Hall, National Center of Sciences Building

The IFPA have made these arrangements and will provide you with further details separately.

### Conference Alternative: Guided Sightseeing using Public Transport: Asakusa, Sensoji, Meiji Shrine & Harajuku

If you are not joining the conference today, then you might like to spend the day sightseeing in Tokyo with your tour leader.

Popularly known as Senso-ji, Asakusa Kannon Temple is the oldest and most impressive temple in Tokyo. The temple grounds bustle with people buying fortunes, praying, sightseeing, shopping, or just wandering around. Many come for the curative powers of incense billowing from the bronze urn in front of the main hall. The colourful back streets surrounding this area offer a glimpse of old Japan. Artisans, sushi and eel shops, and the general hustle and bustle make it a place to experience at a leisurely pace while savouring the atmosphere.

The huge Meiji shrine area is situated at the end of Omotesando (the so-called Champs-Elysees of Tokyo) and just behind Harajuku Station, it is one of the most impressive sights in Tokyo. The shrine itself is dedicated to the Meiji Emperor and his wife. The entrance is marked by an enormous wooden torii gate constructed from the trunks of giant cedar trees. During the week the grounds are quite quiet, and this is a good place to go for a stroll and for an escape from the oppressive urbanity of the city. On weekends however, the shrine is awash with visitors, both foreign tourists and Japanese. If you are lucky you may even get to witness a traditional Shinto wedding parade.

Harajuku is where you are most likely to catch a passing glimpse of a visiting overseas star. The focal point for many as the centre of Japanese alternative fashion. Takeshita Dori (Takeshita Street) is widely regarded as the birthplace of kawaii culture. At the far end of Takeshita Dori, across the main street (Meiji Dori), you will discover a labyrinth of side streets full of second-hand clothing and cool designer stores, less well known and less busy than the Takeshita shops.

## Day 4 IFPA Conference at Hitotsubashi Hall, National Center of Sciences Building

The IFPA have made these arrangements and will provide you with further details separately.

### Conference Alternative: Guided Day Trip to Kamakura

If you are not joining the conference today, then you might like to make an excursion from Tokyo with your tour leader. The charming town of Kamakura lies just 1 hour to the west of Tokyo and can be reached by direct train from Shinjuku Station. Kamakura was formally the capital of Japan for a short period in the 12th century and at that time was possibly the world's largest city with a population of over one million. Today however, it is a sleepy coastal town which attracts large numbers of day trippers to spend time exploring the beautiful shrines and temples. The most famous site is the impressive bronze daibutsu (big Buddha) which is certainly a must-see for any trip to Kamakura. Any admission fees are payable on the day.



## Day 5 Luggage Forwarding Tokyo to Kyoto

Japan has an excellent luggage forwarding system that works across the country. It is easy to use, reliable, and surprisingly affordable. Today we will forward the bulk of our luggage from Tokyo to Kyoto to make the intervening travel as easy as possible. The service is next-day delivery, but the receiving accommodation will be happy to hold your bags if they arrive ahead of you. We suggest packing a small overnight bag for tonight and then you'll catch up with your main suitcase tomorrow.

## Train from Shinjuku to Hakone

From Shinjuku Station you will take the Odakyu Railways "Romance Car" train all the way to Hakone Yumoto station in the heart of the Hakone National Park. It's a comfortable ride and the wide windows afford a great view. The journey takes around 85 minutes.

## 2 Day Hakone Freepass

Upon arrival at Hakone Yumoto you will start using your 2 Day Hakone Freepass. The pass is valid for two days from today and entitles you to unlimited use of 6 different forms of transport in the Hakone region. These include the mountain buses and railway, one of the longest cable cars in Japan and a funicular railway as well as a pirate ship which cruises across Lake Ashi! These all criss-cross the region making it easy to explore and enjoy the surroundings as well as some of the many top-quality art museums. The pass also gives you small discounts at many attractions in the area so be sure to show your pass when purchasing tickets. And of course, if you are lucky with the weather, you will be rewarded with stunning views of Mount Fuji.

## Hakone Open Air Museum

The Hakone Open Air Museum is home to hundreds of pieces of artworks, the most famous of which being those of Picasso. Although the vast majority of pieces are outdoors there are a few indoor galleries, allowing visitors to enjoy the collection whatever the weather. The museum also has a maze garden for children, touchable art-piece statues, an observatory tower, foot onsen (hot springs) and a "hanging playground" that defies description. Be warned that the museum's gift shop has a lot of quirky crafts and toys for children so, unless you want a huge dent in your wallet, we suggest you quickly by-pass that area when leaving!

## Hakone Ropeway & Hakone Pirate Ship

On clear days Hakone Ropeway provides spectacular views of the surrounding mountains, and of course away in the distance the imperious Mt. Fuji - one of the world's most famous mountains and perhaps the most recognisable symbol of Japan.

Just one of the many bizarre and surreal but utterly fantastic curve balls that Japan throws at you, the Hakone Pirate Ships certainly make viewing Mount Fuji even more memorable. However, Mount Fuji is very shy and if she happens to be hiding behind the cloud line, the ornate craftsmanship, life size pirate figurines and kitsch pirate paraphernalia provide some entertaining photo opportunities as a little consolation!

## Day 6 Train from Odawara to Kyoto

Today you will travel to Kyoto, Japan's ancient capital and the cultural centre of the nation. From Odawara the journey to Kyoto will see you racing down Japan's eastern seaboard by Shinkansen and takes 2 hours 10 minutes.



## Geisha - Afternoon Tea with a Maiko at Maruume Tea House

For many people the quintessential image of Japan is a graceful geisha in an exquisite kimono darting through a sliding screen door into a traditional tea house. It's a scene that embodies both the geisha's beauty and mystery, as the geisha and their maiko apprentices move almost in secret through a world largely hidden behind closed doors. Often misunderstood in the West, geisha are essentially artists, highly skilled in traditional arts such as fan dancing and shamisen playing and are masters of wordplay and social etiquette. Although geisha numbers have dropped dramatically since their heyday in the 1920s, in today's Japan, they are also the caretakers of these traditions making sure time-honoured Japanese arts and crafts are not lost.

The majority of geisha live and work in Kyoto and are known as geiko in the local dialect. Gion is Kyoto's most famous geisha district with a large concentration of ochaya tea houses where the geiko entertain guests most evenings. Not just anyone can enter an ochaya however; in traditional Japanese society, hierarchy and social connections are everything and most Japanese will never have the honour of an official invitation.

Fortunately, InsideJapan Tours has strong ties with the Gion Maruume teahouse and we will arrange for you to visit for 45 minutes for a fascinating glimpse into the geisha world. Over a cup of green tea and a Japanese cake, you'll be entertained by a geisha or maiko who will perform a traditional dance for you. During the experience you'll be able to take photos and ask any questions you may have.

Please note that a visit to such a special tea house is subject to availability and cannot be arranged at short notice. Date or time changes are also unlikely to be accommodated.

### Day 7

## Guided Sightseeing using Public Transport: Kinkakuji, Ryoanji & Arashiyama

Kinkaku-ji, or the Golden Pavilion, is perhaps the most famous temple in all of Japan. It is an exact replica of the 15th century structure that was burned down in 1950. Rebuilt in 1955, the stunning gold façade makes a lovely reflection in the 'mirror pond'.

In the world-renowned rock garden of Ryoanji, 15 stones, which vary in shape and size, are laid out in exquisite balance. Despite its limited size, the garden expresses infinite space. This is the supreme example of a dry landscape garden.

InsideJapan's favourite corner of Kyoto is the suburb of Arashiyama on the banks of the Hozu River. Literally meaning 'storm mountain', Arashiyama has many pretty temples, preserved Meiji Period streets, cafes and shops to explore as well as stunning views down the Hozu gorge. But the most well-known sight is the bamboo groves; an atmospheric 200 metre path through swathes of stories high bamboo.

### Day 8

## Private Coach from Kyoto Hotel to Osaka Kansai Airport

Sadly, your time in Japan has come to an end. We will arrange a private coach to take you in comfort from your hotel in Kyoto to Osaka Kansai Airport. Journey time is usually a little under 1 hour 30 minutes, depending on traffic.

## Flights from Kansai Airport to London





# Accommodation

## Tokyo

### Shiba Park Hotel

Moderate

#### *Three Nights*

The Shiba Park Hotel is a mid-range tourist hotel in a great downtown location in Tokyo. It's a short walk from Tokyo Tower and Zozo-ji Temple (both are must sees whilst you are in Tokyo) as well as lots of restaurants. There is a nice park nearby, and you are also close to the waterfront for river boats to Asakusa. The lobby has plenty of space and seating and the rooms are of a reasonable size for Tokyo. There are numerous subway and overland stations nearby and the hotel also has English speaking staff and its own restaurants, including a French restaurant operated by a Michelin starred chef.



## Hakone

### Hotel Resorpia Hakone

Moderate

#### *One Night*

Hotel Resorpia Hakone is a large Japanese style resort hotel based in the Gora area of Hakone, just a short walk away from Nakagora funicular station, the start of the ropeway at Sounzan and the Hakone Museum of Art. The hotel has hot spring baths, two restaurants, a swimming pool (summer only) and a games room and is a great place to enjoy your stay in the area.



## Kyoto

### Hotel Elcient Kyoto

Budget

#### *Two Nights*

Located a 2-minute walk from the south side of Kyoto Station, Hotel Elcient Kyoto is a convenient, reasonably priced option for your stay in the ancient capital. The rooms are clean and comfortable and while they're not the largest, they provide a great base for sightseeing in the city.

The restaurant provides a buffet breakfast of Japanese and Western dishes to set you up for the day, and once you get back in the evening you can soak away any aches and pains in the communal baths on the 2F. Other convenient facilities include coin operated laundry machines and free Wi-Fi in the lobby.



## 6 great reasons to book with InsideJapan

### ✓ Award-winning Japan specialists

InsideJapan has been recognised with several prestigious awards:

**Best Independent Tour Operator to East and Central Asia** | British Travel Awards 2011

**Best Online Booking Service** | Guardian Travel Awards 2014

**Best Small Tour Operator** | Guardian Travel Awards 2014



### ✓ Your trip designed by a team of Japan experts

All the consultants working at InsideJapan Tours have lived in or visited Japan and have an in-depth knowledge of the country. Add to this a real passion for Japan and everything Japanese and you can rest assured you are dealing with some of the very best in the business. Whatever your interest, there is a very good chance a member of the team will have direct experience to draw upon.

### ✓ Fully flexible

We believe in making sure that every trip we organise fits exactly to what our clients are looking for. Whatever your interests, your preferred style of travel, or your budget, we will create the perfect trip for you.

### ✓ Our Japan Office

Our service to you does not end when you leave for Japan. Our Japan office in Nagoya (between Tokyo and Kyoto) provides English-speaking help and support throughout your time in Japan - help is only ever a phone call away! Our Japan office will have full details of your travel itinerary so will quickly and easily be able to help get you back on track in the unlikely event that you should encounter any difficulties or unforeseen circumstances.

### ✓ Your Tailor-made Info-Pack

At InsideJapan Tours we aim to make your adventures in Japan run as smoothly as possible. To facilitate this, we will provide a detailed Info-Pack, tailor-made for your specific trip, full of tips, hints and information covering subjects as diverse as transport, food, language and bathing etiquette!

### ✓ AITO and ATOL - Financial Peace of Mind

We are proud to be members of AITO, the Association of Independent Tour Operators. Booking with an AITO member means you are booking with a reliable and carefully-inspected specialist tour operator. All AITO companies are fully bonded and governed by AITO's independent dispute settlement service, which means you and your money are in safe hands. Bookings that include flights are covered by our ATOL license whereas land only arrangements are bonded by ABTOT (Association of Bonded Tour Operators Trust) member number 5233.



## What do our Tailormade Groups say?

*"The whole trip was brilliant from beginning to end.... We managed to get so much into our trip and had the most amazing experiences. I personally can't wait to go back, and I know a few others in the group feel the same way. Thank you also for the excellent service in getting this trip off the ground for us, and information pack you sent which gave us lots of information about the places we were visiting. I would be more than happy to recommend Inside Japan to anyone who is considering visiting Japan."*



*"I wanted to let you know how much I enjoyed my time in Japan. It was a really great holiday. We saw so much, and it would be hard to choose a favourite day as every day we did so much, and I loved everything. I hope to go back sometime as there is so much more to see and I am so impressed with everything about Japan. Thank you and everyone at Inside Japan who made it such an amazing holiday."*

*"Thank you for a wonderful experience, a great introduction to Japan and state that we will be going back next year. We would never have been brave enough to travel to Japan alone."*

Further feedback can be viewed on our website, [www.insidejapantours.com/customer-reviews/](http://www.insidejapantours.com/customer-reviews/)



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