

JAPAN MEDITATIONS



Day 1 : Arrive Tokyo

Upon your arrival in Tokyo transfer to the hotel and time to relax from the flight.

Day 2 : Tokyo Exploration

Today after breakfast start the sightseeing tour around Tokyo beginning with the Tokyo Tower where you have a spectacular view of Metropolitan Tokyo from the observation deck. Next visit the Meiji Jingu Shrine, taking in a fine example of Japanese Shrine architecture, nestled in a peaceful and picturesque area. Then drive by Akasaka Palace. Afterwards, enjoy a pleasant walk in the East Garden of the Imperial Palace. After driving through Ginza Shopping District, have a Japanese style lunch. In the afternoon your guide takes you to Hamarikyu Garden which is a typical Daimyo garden in the Edo period with a tidal pond. Move on to Hinode Pier, where you enjoy a short cruise on the Sumida River as you head towards Tokyo's Asakusa neighborhood. Your ride on this historically significant body of water will take you underneath 12 bridges as you enjoy the unique architectural landmarks along the riverbank and see a harmonious blend of old and new Tokyo. Disembark from your boat and spend some time to stroll the Streets of Nakamise. Head on to the Asakusa Kannon Temple where you have the chance to explore Tokyo's oldest and most important Buddhist temple. End the day with a drive through Kappabashi, Ueno and Akihabara.

Day 3 : Tokyo - Nikko - Tokyo

Today after breakfast visit Nikko, a small city in Japan's Tochigi Prefecture, in the mountains north of Tokyo. It's the site of Toshogu, the famed Shinto shrine established in 1617 as a lavish memorial for Tokugawa Ieyasu, founding ruler of the Tokugawa shogunate, or Edo Period. The shrine comprises the gilded Yomeimon Gate, the main sanctuary set in a cedar grove and the tomb itself. You see the famous Nikko Toshogu Shrine, enjoy lunch during tour and visit Lake Chuzenji and Kegon Falls before returning to Tokyo.

Day 4 : Tokyo

Today you have more time to discover the city on your own. It is also a great opportunity for some hiking in the Mount Mitake or Mount Takao area, one of the closest natural recreation areas to central Tokyo, offering beautiful scenery, an interesting temple and good hiking options.

Day 5 : Tokyo - Mount Fuji - Hakone

Today learn about the historic eruptions, nature, and culture surrounding Japan's most iconic mountain, Mount Fuji. Start the ascent up Mount Fuji via the Fuji Subaru Line. Enjoy breathtaking views from above the clouds. Later you have a Japanese-style lunch before going for a sightseeing cruise on Lake Ashi. The crater lake was born from a powerful volcanic eruption nearly 3,000 years ago and provides postcard views of Mount Fuji from various angles. Next is a cableway ride up to the peak from Hakone-en to the spiritual Hakone Shrine Mototsumiya that nestles at the mountaintop.

Day 6 : Hakone - Kyoto - Nara - Kyoto

Today after breakfast pick you up at your hotel in Hakone and make your way to the Odawara Station to take a Shinkansen to Kyoto Station. Upon arrival at Kyoto Station transfer to the hotel. After enjoying lunch start your Nara Tour. You visit the famous Nara Park and Todai-ji Temple (Great Buddha) Nara Park, Kasuga Taisha Shrine and Nara Nagomikan.

Day 7 : Kyoto Exploration

After breakfast start your tour of Kyoto with a visit to the Sanjusangen-do Temple a stunning example of Japanese architecture and temple design. Next see the Nijo Castle, built in the early 17th century as the Kyoto residence of the Tokyo based Tokugawa Shogunate. The castle is famed for its sliding screen paintings and nightingale floors. Continue to the famous Kinkakuji Temple known for its main hall covered in gold leaf that reflects in the pond at its base and the Ryoanji Temple, Japan's most famous rock garden.

Day 8 : Kyoto

After breakfast enjoy free time for more exploration of this beautiful city and more opportunities to try some of the local cuisine.

Day 9 : Kyoto - Kansai Departure

After breakfast transfer to Kansai airport for your international return flight.