



# A Week In Japan

Classic Tour | 7 Days | Physical Level 1

Tokyo - Fuji Five Lakes - Kyoto - Osaka

Take a week to explore the top highlights of this futuristic and eccentric country. Start in Tokyo, then travel to Hakone and the iconic Mount Fuji, and explore Kyoto's traditional streets and temples. Finish in vibrant Osaka. If you're hungry to see Japan but don't have much time, this tour is perfect for you!

- Discover Tokyo's temples and vibrant city streets
- Admire breathtaking Mount Fuji
- Experience the speedy bullet train
- Explore Japan's history in Kyoto
- Meet Nara's friendly deer

## TOUR MAP

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### A WEEK IN JAPAN TOUR INCLUSIONS:

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- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

### CLASSIC TOURS:

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These tours are designed for those who wish to see the iconic sites and magnificent treasures of Japan on an excellent value group tour whilst travelling with like-minded people. The tours are on a fully-inclusive basis so you'll travel with the assurance that all your arrangements are taken care of. You will be accompanied by our dedicated and professional National Escorts and local guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience.

## PHYSICAL LEVEL 1:

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Our tours come with a physical rating to guide you in selecting a holiday that suits your comfort level. Joining any of our tours involves independent mobility and the ability to stay active throughout the day, which is essential for fully enjoying the unique charm of each destination.

'Week in Japan' falls under a Physical Level 1 category. This indicates a level of fitness that allows you to comfortably remain on your feet with occasional rests. Expect to effortlessly navigate boarding and disembarking from various modes of transport, including coaches, trains, and boats. You'll be walking around remarkable sites and ascending steps to capture those awe-inspiring views!

Please Consider:

- Sightseeing may often involve walking for a reasonable duration, sometimes over multiple steps, or uneven surfaces.
- You will be required to get on and off the boat in Tokyo Bay without assistance.

Our National Escort is dedicated to providing a high level of service and support throughout your journey. However, their primary role is to manage the daily aspects of the tour. They are unable to offer extensive personal physical assistance. We kindly ask our travelers to be prepared for the physical aspects of the tour to ensure a comfortable and enjoyable experience for everyone.

## JOINING YOUR TOUR:

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The tour is 7 days in duration 'Land Only' (International flights not included).

The tour price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre and post night accommodation with Wendy Wu Tours. Please email your international flight times to [info@wendywutours.com.au](mailto:info@wendywutours.com.au) so we can arrange your transfers accordingly.

Join the tour on Day 1 in Tokyo (arrive into either Tokyo Narita or Tokyo Haneda airport) and end the tour on Day 7 in Osaka (departures from either Osaka Kansai or Osaka Itami airport). Please refer to your final itinerary for more specific meeting instructions pertaining to your departure. An informal Welcome Dinner will be held on Day 1 of the itinerary. If you miss this due to your arrival time, all information will be provided to you at breakfast the following morning.

## ITINERARY CHANGES:

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It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

## DETAILED ITINERARY

**Day 1 Arrive Tokyo**

Meals: D

Arrive to Tokyo, Japan's iconic, fast-paced capital. On arrival, transfer to the group hotel.

*Please note: You may be transferred by shared coach with other passengers who are not part of a Wendy Wu Tour. If you are on a shared bus transfer, you may have to walk for a few minutes to get to your hotel. Transfers will differ depending on group size.*



*Early check in (before 3pm) is not included. If your flight arrives in the morning and you wish to arrange this, please speak to your reservations consultant. For luggage storage options prior to check-in, please speak to your hotel reception desk.*

**Destination Information**

**Tokyo** – Tokyo is a city of contrasts; neon-lit landscapes, towering skyscrapers, peaceful shrines and lovingly-tended gardens. Tokyo became the official capital when the newly-restored Emperor Meiji moved it from Kyoto to Tokyo (then Edo) in the late 1860s.

**Day 2: Explore Tokyo**

Meals: B, L, D

Tokyo is the ultimate 24-hour city, but look behind its high-tech frontage and you'll find plenty of tranquil backstreets and old temples to explore.

Begin the day at the Tokyo Skytree, where you'll ascend to the first observatory of the Tokyo Skytree for panoramic views across the city. Next, head to the old district of Asakusa and soak up the atmosphere at Sensoji, Tokyo's oldest and most famous temple, before browsing the stalls on Nakamise Shopping Street.. Afterwards, drive by the Imperial Palace Plaza en route to enjoy a stroll through the tranquil Hamarikyū Gardens to the south of the city.



Return to your hotel, where your guide will let you know what time to meet for this evening's dinner cruise. Transfer from the hotel to your boat and take a leisurely dinner cruise on Tokyo Bay for some excellent city vistas. You will need to get on and off your boat this evening without assistance.

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*You will be on your feet for 4-5 hours during your touring in Tokyo. Due to limited coach parking, you may need to walk for 15 minutes on flat road to reach some areas. Please note that throughout your time in Japan, some temples, restaurants and other venues, including the dinner cruise, may require you to remove your shoes before entering. Bare feet are not considered respectful. Therefore, it is recommended that you carry spare socks in your day bag during your trip.*

### Destination Information

**Tokyo Skytree** – The tallest structure in Japan, Tokyo Skytree is predominantly a television and radio broadcast tower and is earthquake-resistant.

**Sensoji Temple** - Sensoji is the oldest Buddhist Temple in Tokyo, having originally been founded in the 7th century. It is adorned with an image of the Buddhist Goddess Kannon, who was said to have been rescued by two fishermen from the Sumida River in Tokyo, and who is often worshipped as a goddess of compassion and mercy.

**Imperial Palace Plaza** – The Imperial Palace Plaza is the main residence of the Emperor of Japan. Built on the original site of Edo Castle, the Plaza is made up of a palace, museum and large park.

**Hamarikyu Gardens** – Hamarikyu Gardens are a beautiful example of Japanese garden style and sits at the mouth of the Sumida River.

### Day 3: Mount Fuji

Meals: B, L, D

Drive 2-3 hours (traffic depending) from Tokyo through the foothills of the iconic Mount Fuji to reach the mountain's base.

The region is spectacular; look out for the surrounding lakes, formed by past volcanic eruptions. In good weather, their calm waters beautifully reflect Mount Fuji's picture-perfect cone. If weather permits, drive up to Mount Fuji's 5th Station and enjoy the view. If the 5th Station is closed and local opening hours permit, you will visit the Fuji World Heritage Centre instead.



Continue to tranquil Lake Ashi. Take a short cruise across the lake before taking the Komagatake cable car for spectacular views of Mount Fuji and the lake below. Transfer to Mishima, where you will stay overnight and enjoy the public onsen facilities.

*Please note: You will need to pack a small overnight bag for tonight, as your main luggage will be transferred directly from Tokyo to Kyoto. (Max one suitcase per person)*

### Destination Information

**Mount Fuji** – At 3,776m, Mount Fuji is the highest of Japan's mountains and an iconic symbol of the country. Mount Fuji is notoriously shy and is often enveloped by clouds.

**Fuji Five Lakes** – Situated at the northern base of Mount Fuji, the five lakes were formed by lava flows which damned up rivers hundreds of years ago during Mount Fuji's multiple eruptions over the centuries.

**Day 4: Bullet Train to Kyoto**

Meals: B, L, D

This morning, walk to Mishima Station to board your 2-hour Hikari bullet train to Kyoto. An enchanting city, Kyoto was capital for a thousand years; today, it is the legacy of ancient Japan, full of tranquil temples, silk-clad geisha and sublime gardens.



After lunch at a local restaurant, visit the famous Fushimi Inari Shrine with its thousands of vermilion torii gates. *Due to the limited space for coach parking, you may need to walk up to 15 minutes to reach the temple entrance. From here, there are some stone steps to reach the bottom of the torii gates. If time permits, you will walk up part of the mountain.*

Enjoy dinner before checking into your hotel in Kyoto, home for the next two nights.

**Destination Information**

**Kyoto** – Kyoto was the ancient capital of Japan for approximately 1,000 years, until until the newly-restored Emperor Meiji moved it to Tokyo in the 1860s. Many national treasures can be found in Kyoto.

**Fushimi Inari Shrine (Taisha)** – An important Shinto shrine in southern Kyoto, Fushimi Inari is most famous for its thousands of vermilion torii gates which form a network of tunnels around the main shrine buildings. The shrine itself is dedicated to Inari, the Shinto god of rice. There are many fox statues in the grounds of the shrine as foxes are thought to be Inari's messengers.

**Day 5: Uncover Kyoto**

Meals: B, L, D

Please note that today involves a full day of sightseeing, with a lot of time spent on foot at busy areas such as temples.



Begin with a visit to the Ryoanji Temple in western Kyoto, known for its Zen garden. Afterwards, head to Kinkakuji Temple, also known as the Golden Pavilion due to its beautiful gold-leaf exterior. After lunch, try your hand at the art of Japanese calligraphy before enjoying a tea ceremony demonstration; please note that you will be required to remove your shoes before entering the venue.

Dinner tonight will be at a local restaurant within walking distance of your hotel.

*You will be on your feet for approximately 2-3 hours today.*

### Destination Information

**Ryoanji Temple** – Ryoanji Temple is a Zen temple renowned for its garden, which features a dry, sand landscape with large rocks and smooth pebbles. The garden has fifteen stones, cleverly arranged so that one rock is always hidden from view at any angle. Fifteen is considered the number of perfection; just as no individual is perfect, viewers are unable to see all the stones. It is a reminder of one's imperfect and limited perspective.

**Kinkakuji Temple (Golden Pavilion)** – This Zen Buddhist temple sits over a 'mirror pond' in a classical garden of the 'go round' style. The top two floors are covered in pure gold leaf. The temple is an excellent example of the Japanese design principle of 'shakkei', meaning borrowed scenery, which connects the building with its wider setting.

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### Day 6: Discover Nara & Osaka

Meals: B, L, D

Drive approximately one hour south from Kyoto to Nara, which was Japan's imperial capital from 710 until it moved to Kyoto in 794. Visit Todaiji Temple, the world's largest wooden structure, and home to Japan's largest Buddha. Stroll through Nara Park, where you will also meet Nara's famous free-roaming sika deer, believed to be the messengers of the Shinto gods. These cheeky deer have learned to bow to visitors in exchange for the official 'deer crackers' sold by the park authority!



Continue to Isui-en, a prime example of a 19th-century Japanese garden, known for its natural ponds. *Sightseeing here will be about 3 hours on foot.*

Drive one hour west to Osaka. On arrival, enjoy lunch in the vibrant Dotonbori District before visiting Osaka Castle, where you can learn about its turbulent history before checking into your Osaka hotel.

### Destination Information

**Nara** – Nara was Japan's first permanent capital, from 710 until 794, when it was moved to Kyoto. It remains full of historic treasures, including 8 UNESCO World Heritage Sites. It is most famous for its cheeky wild-roaming sika deer.

**Todaiji Temple** – A UNESCO World Heritage Site, Todaiji Temple is one of the Seven Great Temples of Japan and is home to the world's largest bronze statue, Daibutsu, one of the largest bronze Buddha statues in the world.

**Osaka** – Osaka, formerly known as Naniwa, is Japan's third largest city and remains the economic powerhouse of the Kansai Region.

**Osaka Castle** – Osaka Castle is one of Japan's most famous castles known for sweeping views of the city from its hilltop perch. Construction began in 1583 under Toyotomi Hideyoshi, who intended that the castle become the centre of a new, unified Japan under his rule. He was a daimyo (feudal lord) who rose to power from a peasant background. In the early seventeenth century, the castle fell to Tokugawa Ieyasu, the first shogun of the Tokugawa Shogunate. It was later used as a military armoury during WWII, and was also restored by the government in the late 1990s.

**Day 7: Depart Osaka**

Meals: B

Any time before your flight is at leisure before transferring to the airport for our onward flight.

*Please note: Only breakfast is included today. Late check-out is not included in our A Week in Japan tour. If you wish to book a late check-out for your final day in Osaka, please contact our reservations department.*

*Please note: You may be transferred by shared coach with other passengers who are not part of a Wendy Wu Tours. If you are on a shared coach transfer, you may have to walk a few minutes to get to your pick-up point. In this case, your guide will distribute transfer tickets in advance.*



**PLEASE INFORM OUR RESERVATIONS TEAM OF ANY ALLERGIES AND/OR SPECIAL DIETARY REQUIREMENTS AT TIME OF BOOKING**

## A WEEK IN JAPAN TRAVEL INFORMATION

### VISAS:

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Please be advised that your passport must have at least six months validity left on it when you arrive back into Australia. Visas are not required for Australian passport holders for entry into Japan for stays of up to 90 days.

### INSURANCE:

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It is a condition of your booking that you are insured for the duration of your trip. We recommend comprehensive travel insurance to cover cancellation, medical requirements, luggage, repatriations and additional expenses. At a minimum, the policy is required to cover medical requirements including medical evacuations / repatriations. The choice of insurer is yours. We strongly suggest you purchase insurance at the time you pay your deposit. This is because cancellation fees and charges are payable from that time.

We may request you to provide evidence that you have taken out and paid for a policy to comply with this condition. If you fail to provide a certificate of currency of insurance within a reasonable time after our request, then this will be deemed a cancellation by you and standard cancellation fees will apply.

### EATING IN JAPAN:

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All meals (excluding drinks) are included in our fully inclusive classic group tours, from dinner on the group's arrival until breakfast the day of departure. On all Group tours, Extensions and Pre & Post Stays, no refund will be given for any meals missed due to your flight timings, or personal choice.

Japanese cuisine is delicious, colourful and healthy. It is based on combining staple foods, typically rice or noodles, with a soup and okazu — dishes made from fish, meat, or vegetables to add flavor to the staple food. These are typically flavored with dashi, miso, and soy sauce. Breakfast will mostly be buffet style but maybe a set menu. Your meal at lunch and dinner will likely be a pre-set option or bento box style including a combination of the following: rice and miso soup, noodles or fish and vegetables. It is also important to note that in local Japanese restaurants, it is customary for most meals to be served at room temperature and that it is sometimes customary to remove your shoes prior to entering a restaurant.

The schedule of meals is designed so that you can experience the local dishes, their individual flavours as well as the different ways they are prepared and cooked throughout Japan. Food is an important element of Japanese culture. It is a time for families and friends to come together and much of family life revolves around the dinner table. Most food is eaten with chopsticks so best get practicing as cutlery is not always available at restaurants.

It is imperative that you clearly communicate any and all dietary needs when booking, and don't forget to reaffirm them during your welcome briefing with your tour guide. However, it is crucial to understand that local restaurants might face limitations in accommodating specific dietary requests, particularly in the cases of gluten-free, celiac, or vegan requirements. Please bear in mind that finding gluten-free options may not be as effortless as it is in Australia. Regrettably, we cannot assure that the food served will be entirely free from allergens.

For your convenience, generally, at the end of a long travelling day your meal will be at the hotel restaurant or nearby local restaurant.

Tea and coffee facilities are not always available in all hotels so consider bringing your own supply of coffee and tea bags. Water is included with meals, but other drinks are at personal expense.

Please read your travel guide, which you will receive with your final documents for more information about eating in Japan. We recommend that when it comes to Japanese food, you stay open minded and try to be adventurous!

### ACCOMMODATION:

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Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family run guesthouse in a smaller town. In more remote areas, accommodation may be of a lower standard and may not have all western amenities. In the Fuji area, hotels tend to be more traditional in style and culture. In this area, you may be asked to take your shoes off at the door and store them in a secure locker – this is very traditional Japanese culture. Please note, double bed requests can be made at time of booking but cannot be guaranteed.

Hotels are generally rated as local three to four-star standard, but please note that there is no international classification system for hotels and differences in facilities and quality do exist between Australia and Japan.

Please note that in Japan, hotel rooms and bathrooms are renowned for being small. Standard single rooms are usually smaller than a standard double or twin room, contain one small double bed (or one single bed), and are designed for one person to use. All group tour hotels have private western bathroom facilities, air conditioning, TV and a telephone. Hotels in Japan often do not have porters and you will be required to carry your own luggage. If you experience any difficulty, please speak to your National Escort/Local Guide. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

### PORTERAGE:

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Please be aware that portorage is not included on our tours in Japan. You will therefore need to be able to handle your own luggage within the hotel and when using transportation like trains and coaches.

### TRANSFERS:

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As we offer our customers a variety of airlines to suit your needs, passengers will arrive/depart in Japan at various times during the day.

You will be met on arrival at the airport by an English-speaking assistant who will provide instructions for you to make your own way to your hotel using the direct airport bus. Please note the bus will be shared with other passengers and is not just for Wendy Wu Tours clients.

If your hotel is more than a 5-minute walk from the drop-off bus stop, a taxi will be arranged for you prior to leaving the airport to meet you at the drop-off bus stop.

When you check-in to your hotel, a welcome letter will be provided with details of the group's welcome dinner or first meeting point. You will meet your national escort at dinner or, if arriving late, the following morning after breakfast at the welcome meeting.

On your departure day, you will be provided with tickets for your return airport bus, to make your own way to the airport.

### TRANSPORT:

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**Coaches:** Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Roads in Japan are extremely well maintained and are comparatively smooth compared with the rest of Asia. Coaches and mini buses do not have onboard toilet facilities, however frequent bathroom stops are made for passengers comfort.

**Bullet trains:** Second class reserved seats are booked for our groups on bullet trains; there will be toilet facilities on board. Due to the limited space on bullet trains, a separate luggage transfer service will be arranged for all suitcases (1 case per person). You will need to pack a separate overnight bag to carry on the train as your suitcase will not arrive until the following day after a bullet train journey. Your guide will indicate when you will need to prepare for this throughout your tour.

### GROUP SIZE:

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Most of our groups consist of 10 travellers or more and will be accompanied by a national escort. There will usually be no more than 28 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). A national escort will accompany each group of 10 or more. However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so.

### DEVELOPMENT IN JAPAN:

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Japan is a developed country and as such matches the West in modernity and technological advances. Japan is an extremely safe country and takes great responsibility in maintaining high safety standards.

### TIPPING POLICY:

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Although tipping in Japan is not customary, if you feel you have received an excellent service, please feel free to tip your guide at your discretion.

### CULTURAL DIFFERENCE:

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Japanese society and culture are built on intricate social etiquette and customs. As foreigners, we are not expected to be knowledgeable about all etiquette, but it will make your time in Japan more enjoyable if you are respectful of local customs. Some examples of scenarios you may encounter include removing your shoes and hats when entering a temple or house (some restaurants as well). You may be supplied with slippers at some places, but please come prepared with plenty of spare socks, and shoes that are easy to take off for the fairly regular occasions when they must be removed. Your National Escort will advise you of some of these other customs at the beginning of your tour.

### PUBLIC HOLIDAYS:

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If you are travelling within the below Japan public holidays, please note that celebrations can last a couple of days and during these times some businesses will be closed. Coach, air and train travel may also be affected. Tourist attractions will be open; but may be crowded. Showa Day is on 29th April every year, which will start Golden Week which then runs from 29th April – 5th May, Constitution Memorial Day is on 3rd May, and Emperor's Birthday is on 23rd February every year.

### **SOUVENIRS:**

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We want to be able to give you an opportunity to buy souvenirs, so we include some stops at museums or exhibitions which demonstrate a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone, so we aim to take you to places, which hold local interest. We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

### **LUGGAGE:**

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All travellers are limited to two items of luggage each: a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of five kilograms. It is essential that your luggage is lockable. Please note that authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated.

### **PERSONAL EXPENSES AND OPTIONAL TOURINGS:**

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Personal Expense - You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you. Based on the advice of previous customers an approximate amount of AU\$250 per person, per week should be sufficient; however, for those that cannot resist a bargain, consider allocating a higher amount.

It is highly recommended that extra care and attention is paid when exchanging money when travelling to cities outside of Tokyo. US Dollars and Australian Dollars can be exchanged at Narita Airport and in some hotels, provided the Australian currency is new and undamaged. We suggest exchanging your money before travelling to smaller towns, as exchange facilities can be very limited. Your National Escort will remind you to do this before departure.

### **CLIMBING STEPS:**

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Sightseeing at nearly all the palaces, fortresses and some temples involves climbing quite a number of steps. These palaces were built to provide defense against potential invaders so nearly all of them stand on top of a hill, while the interiors have layers of narrow hallways and steps to slow down the advance of enemies once they were inside. The steps tend to be quite large, not level and sometimes without handrails. Buddhist temples or pagodas also tend to be built at an elevation, as this is the most auspicious position according to ancient beliefs. This means you sometimes need to walk from the bus park to the entrance, and/or need to climb some steps inside.

People with knee or hip injuries who have poor balance or are otherwise unable to complete these activities independently should consider the suitability of this itinerary carefully.

### VACCINATIONS AND YOUR HEALTH:

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We recommend that you contact either your GP or Travelvax (1300 360 164) for advice on vaccinations and travel health. Travelvax has a comprehensive website that you may also find useful [www.travelvax.com.au](http://www.travelvax.com.au)

### BEFORE YOU LEAVE:

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We strongly recommend registering your travel plans with [www.smartraveller.gov.au](http://www.smartraveller.gov.au) as in the event of an emergency, Australian Consular assistance will be more readily available. You can also access the Australian Government's travel advisory service for up to date information about your destination on the same website.

### AFTER YOUR BOOKING:

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Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice including a visa application form (if applicable), and a help sheet. Your final documentation pack will be sent to you approximately 2-3 weeks prior to departure.

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