



# Journey to Japan: Timeless Treasures

We invite you to discover the culture, beauty, and natural history of Japan while traversing the country from Tokyo to Kyoto on this 14-day adventure. We will witness the art of Sumo wrestling, visit famous Shinto Shrines, and immerse ourselves in the musical experience of Taiko drumming. We'll enjoy the natural beauty of Hakone, where we will discover the world of geisha. The famous bullet train will take us to Kanazawa, where we will learn about the tea ceremony, visit the forested mountain village of Gokayama, and enjoy a home hosted meal. Then, we journey on to Kyoto, where the visit includes the Temple of the Golden Pavilion and Nijo Castle, where we will take a step back into Japan's feudal past. We travel to Nara, Japan's capital city in the 8th century, to learn about samurai and experience sushi making with a professional chef. All of this and more, is part of our magical journey to this ancient land.

**For more information and registration, visit us at**  
**[www.uaf.edu/summer/travel](http://www.uaf.edu/summer/travel)**  
**or call (907)474-7021**

**Important note:** Travel insurance is always recommended for any travel out of the United States. There are several ways to purchase coverage. Some credit card companies insure trips that are purchased with their card. Another option is to check with a local travel agency.

**Note about Mobility:** Our tours are designed for people who are able to walk comfortably for up to 3 miles per day, sometimes on uneven terrain, as well as handle stairs easily. If you have any concerns about this tour, please contact Summer Sessions.

## *Tour Dates:*

October 31-  
November 13, 2026

## *Tour Cost:*

**\$8,995**

**Single Supplement**

**\$1,100**

**Extra room night**

**10/30/2026**

**\$250**

## *Inclusions*

- 24/7 Tour Director/Guide
- Accommodations
- In-country transportation
- Entry fees
- Educational programs
- Three meals per day
- Transfer to and from the airport
- Gratuities

Transportation costs to and from Japan are NOT included in this tour price. All travelers must arrange their own transportation to and from the starting

## Day 1, October 31: Tokyo

- Meet up with your guide and fellow travelers in the late afternoon for a Welcome Briefing followed by a Welcome Dinner.

## Day 2, November 1: Tokyo

- Our day begins with an orientation walk after breakfast.
- Next, we'll head to an interactive demonstration of sumo wrestling, the most popular form of sports entertainment in Japan for the last 1,000 years.
- For lunch, we'll stay on at the sumo house and enjoy Chanko, a hot pot dish traditionally consumed by sumo wrestlers to maintain their competitive physique.
- Afternoon visit to Meiji Shrine, a Shinto holy place erected in honor of Emperor Meiji, who came into power in the 19th century when the shogunate powers fell.
- Dinner will be at a local restaurant, featuring traditional Japanese food.

## Day 3, November 2: Tokyo

- Morning ride on the Tokyo subway to a local taiko drumming studio for an immersive musical experience.
- Next, we'll walk around the well-known district of Asakusa, where old meets new. Lunch on your own in Asakusa.
- In the afternoon, you can choose to explore Asakusa on your own or return to Tokyo.
- Dinner at a local restaurant.
- ACTIVITY NOTE: Because of limited space, we recommend you pack an overnight bag on Day 3 for the next two nights in Hakone. On Day 4, the rest of your luggage will be transferred to the next hotel in Kanazawa.

## Day 4, November 3: Hakone

- Morning drive to the mountain region of Hakone, located about 55 miles southwest of Tokyo. Along the way, we'll make a stop in Ashigara to see what life is like in the Japanese countryside.
- We'll continue to the Seto Community House. The house previously belonged to the Setos, a Samurai family that helped lead and protect the town for more than 300 years. During our time there, we'll roll up our sleeves and learn how to make a traditional Japanese meal.
- Lunch in Ashigara and free time to explore the area after lunch.
- Then it's on to Hakone to check into our hotel, with free time to relax and settle in before dinner, which will be at the hotel, featuring traditional dishes.







## Day 5, November 4: Hakone

- Morning drive to Lake Ashi, a scenic crater lake situated along a wall of the Mount Hakone caldera. We'll take a boat ride (weather permitting) to admire the mountain scenery and learn about important landmarks in the area, such as the sacred Kuzuryu Shrine.
- Next, we'll take a short drive to Hamamatsuya, a workshop specializing in wooden handicrafts.
- After lunch in Hakone, learn about the intricacies of the world of geisha: women highly trained in the arts of music, dance, and entertaining.
- Eat dinner at the hotel and enjoy a cultural presentation afterward.



## Day 6, November 5: To Kanazawa

- This morning, we'll board a bullet train, the legendary high-speed train service that revolutionized travel in Japan, and head to Kanazawa.
- Today you will get lunch money to discover the many options. We suggest doing as the Japanese do: Buy a packed lunch (called eki-ben) in the station and enjoy it on the train.
- Upon arrival in Kanazawa, we'll transfer to our hotel and take an orientation walk. The rest of your afternoon is free for your own discoveries. Dinner is at a local restaurant.



## Day 7, November 6: Kanazawa

- We begin our exploration of Kanazawa with a panoramic tour of this historic city. Then, it's on to the spacious, indoor Omicho Market.
- After lunch, we'll walk around the Higashi Chaya District, a traditional neighborhood known for its teahouses. We'll then head to Hakuichi, a local company famous for its gold leaf production—and we'll meet one of the experts who will give us an introduction to this intricate craft.
- You have the rest of the afternoon and evening to make your own discoveries. One site you may want to visit for the remainder of the afternoon is 16th-century Kanazawa Castle. Dinner will be at a local restaurant.



## Day 8, November 7: Kanazawa

- Today is a full-day excursion to Gokayama, a mountain village—and a UNESCO World Heritage Site—in the forested countryside outside of Kanazawa. Because of its relative isolation, this area developed independently of the rest of Japanese society, resulting in a unique culture and lifestyle. In addition to creating their own dances, festivals, and traditions, residents developed a distinctive architectural style known as gassho-zukuri.
- We'll learn the art of mochitsuki, visit a workshop to see how washi is created, and enjoy a traditional Kokiriko dance performance.
- Dinner at a local restaurant.

## Day 9, November 8: Kanazawa to Kyoto

- After breakfast, we'll depart for a Home-Hosted Visit with local families who live in various sections of the city. This is a rare opportunity to witness the everyday lives of typical residents of Kanazawa and glimpse authentic Japanese culture.
- We'll then take taxis to Kanazawa train station and have lunch at a restaurant before embarking on a train ride to Kyoto, a UNESCO World Heritage Site.
- After settling into our hotel, you'll join our Trip Experience Leader for an orientation walk around the hotel's vicinity.

## Day 10, November 9: Kyoto

- We'll head to Arashiyama today. Upon arrival, we'll set off on walk through Arashiyama Bamboo Grove.
- Next, we'll drive to visit Kinkakuji Temple, a UNESCO World Heritage Site also known as the Temple of the Golden Pavilion.
- After lunch, we'll step back into Japan's feudal past during a visit to Nijo Castle (Nijō-jō), another UNESCO World Heritage Site.
- Dinner at a local restaurant.

## Day 11, November 10: Kyoto

- This morning, we'll visit Nara, which was the capital of Japan before Kyoto and Tokyo. While here, we will visit Todaiji Temple, a UNESCO World Heritage Site.
- After lunching at a local restaurant in Nara, we'll return to Kyoto for a visit to the Samurai Kenbu Theater, where we'll enjoy a captivating glimpse into Japan's rich samurai heritage.
- The remainder of the afternoon is free for your own exploration. We'll eat dinner at a local restaurant.



## Day 12, November 11: Kyoto

- Today we'll drive to Togetsu Bridge and then make our way to Senkoji Temple. At this 400-year-old temple, we'll have a chance to practice Zen meditation with a monk.
- After lunch, we'll enjoy a Sake Brewery Visit exclusively for our small group.
- Dinner at a local restaurant.

## Day 13, November 12: Kyoto

- This morning, we will visit Fushimi Inari Shrine, one of Japan's most iconic sites. Comprised of a winding path of 10,000 vermillion torii (gates), the shrine snakes its way up a heavily forested mountain.
- Next, we'll take a local train to Kyoto Station. Here, we'll meet a talented sushi chef and learn about his or her life. Our small group will sit down to dine on the sushi we helped to prepare.
- We'll celebrate our Japan travel experiences during a Farewell Dinner at a local restaurant.

## Day 14, November 13: Homeward Bound or on to Hiroshima

- If you are not opting for the Hiroshima add-on, you will have a transfer to the airport and catch your return flight home.