



# JAPAN ITINERARY

DATES CAN BE CUSTOMIZED TO YOUR SCHEDULE

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## GLUTEN FREE JAPAN

7 DAYS



### Day 1 - Arrive Tokyo

*One of the World's most cutting-edge capitals, [Tokyo](#) is a city of contrasts. Famous for its cutting edge modernity, neon-lit landscape and towering skyscrapers, it is also home to sprawling parkland, peaceful shrines and temples and lovingly tended gardens. Despite its love affair with manga pop culture, fashion, high-tech trends and conspicuous consumption, below the surface is a city that has its roots in an ancient heritage. [Shinto](#) shrines and [Buddhist](#) temples stand close to skyscrapers as a reminder of a more contemplative time and at the heart of the hyperactive centre lies the serene Imperial Palace, the home of the ruling emperor that provides a tangible link to the city's historical past.*

*Behind the shopping, entertainment and commercial emporia can be found quaint wooden houses, private gardens with meticulously clipped bonsai trees and the Zen-like calm of the [Hamarikyu Gardens](#). The city's reputation as a mega-expensive metropolis is ill conceived and visitors can take advantage of inexpensive [izakaya](#) bars and neighborhood cafes that serve delicious noodles and rice dishes.*



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On arrival at [Narita Airport](#), you will be in the arrival hall by your driver and you will be transferred to the Conrad Hotel, a gorgeous deluxe hotel with stunning views over the city and [Tokyo Bay](#). You will have a gluten free dinner at Kazahana, the hotel's Japanese restaurant, and will be served a Japanese full course "[kaiseki](#)" meal.

**Meals:** Dinner

**Guiding:** Driver Meet and Greet only

## Day Two ~ Tokyo Day Tour

Your privately guided tour by private car will take you today to visit the highlights of Tokyo. Start off by [Meiji shrine](#), still wrapped in the morning mist, and savor its sacred tranquility. The shrine dedicated to the deified spirit of Emperor Meiji and a popular place for traditional Japanese weddings. Take a walk down [Omotesando](#), Tokyo's [Champs-Elysees](#) and see the most avant-garde buildings that line the avenue.



For lunch you will have a gluten free lunch at Three Aoyama, a refined café that's the only gluten free restaurant in Tokyo.

After a visit to [Nezu Museum](#), with its extraordinary collection of Japanese art, you will have the unique experience of taking part in a private, authentic tea ceremony in a teahouse.

Last stop for the day is [Asakusa](#), the Tokyo of old, with its colorful Buddhist temples ([Sensoji](#) is the oldest temple in Kyoto!) and lively traditional shopping streets.

Dinner will be Modern Chinese course at Conrad's China Blue restaurant, one of the most celebrated Chinese cuisine venues in Tokyo.

**Meals:** Breakfast, lunch & dinner

**Guiding:** 8 hours

**Pick up:** 9:00, hotel

**Drop off:** 17:00, hotel

**Note:** The Tea Ceremony is not available on Sundays or Public holidays. Japanese sweets served for the ceremony are made of rice flour, sugar and red beans, hence gluten free, but we cannot guarantee them being free of

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contamination.

## Day Three ~ Old and Modern Arts Day Tous

Today, too, a guide will take you on a special tour of Tokyo by private car. Your morning starts with a visit to [Mori Contemporary Art Museum](#). Its exhibitions change constantly but always feature the foremost artists worldwide. Head up to the Observatory floor where you can take in the most gorgeous view of Tokyo.

Next stop is [Ginza](#), the refined shopping district of Tokyo. Your guide will assist you if you want to shop, or just take you around this elegant area.

Lunch will be a boxed lunch from Conrad's Collage restaurant, a modern French dining awarded with a Michelin star.

At 16:00 your guide will take you to [Kabuki-za](#), the splendid, newly-renovated theatre where you will see a show of Japan's most exciting dramatic art. Tickets are first class seats and, if you desire, you can rent an English audio guide for better comprehension of the show.

You will then make your own way to the hotel (10 minutes by taxi), for another exquisite Japanese dinner at Kazahana.

**Meals:** Breakfast, lunch & dinner

**Guiding:** 6 hours

**Pick up:** 9:30, hotel

**Drop off:** 16:00, Kabuki-za

**Note:** Please enquire for availability of Kabuki tickets on specific dates.

## Day Four ~ Hakone/Mt Fuji

*[Hakone](#) is a natural nature wonderland and is famous for its hot springs, outdoor pursuits and the view of the nearby [Mount Fuji](#). It is part of the [Fuji-Hakone-Izu National Park](#) and is less than 100-km from Tokyo, thereby providing a popular weekend destination for city residents keen to escape the frenzy of the capital. Beautiful Hakone has about everything a vacationer could wish for. Besides the towering*

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*mountains, lakes and views of Mount Fuji, it is also blessed with interesting historical sites.*

A 90-minute drive will take you to [Hakone](#), the gateway to Hakone Mt. Fuji National Park. Your first stop is the [Hakone Open Air Museum](#), a site that creates a harmonic balance of nature and art by exhibiting various sculptures on its spacious grounds in combination with beautiful views of the surrounding valley and mountains.



Enjoy a [Kobe beef](#) course lunch at Itoh Dining, a restaurant run by the world-famous chef Nobu. This will be grilled meat, vegetables and rice hence it will be gluten free; however we cannot guarantee it being absolutely free of contamination.

In the afternoon you will take the world's second longest cable car to the top of Mt Owakudani, the source of the hot water for [Hakone's](#) hot springs and also take a boat cruise across Lake Ashino-ko. Throughout the day you will have the opportunity (if the weather is clear) to glimpse Japan's iconic [Mt Fuji](#).

You will be dropped off at [Odawara station](#) where you will ride Japan's world famous [Shinkansen bullet train](#) to Kyoto. Capable of speeds of up to 185mph (360km/h), the Shinkansen takes 2 hours to reach [Kyoto](#). You will then be transferred by taxi to your hotel (Kyoto station does not have a parking lot hence the transfer will be operated by guide + taxi).

Dinner tonight is a gluten free course at the Trattoria Sette, the Hyatt Regency's famed Italian restaurant.

**Meals:** Breakfast, lunch, dinner

**Guiding:** 7.5 hours

**Pick up:** 08:45, hotel

**Drop off:** 16:08, Odawara station

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## Day Five ~ Kyoto

Today you explore the former imperial capital with a knowledgeable local guide by private car to visit some of [Kyoto's](#) World Heritage Sites. You will start your day with a visit to [Kinkakuji Temple](#) (Golden Pavilion), which was originally built as a retirement villa for the Shogun. After his death it became a Buddhist Temple at his request, and is now



one of Kyoto's most famous temples. [Nijo Castle](#) is an ornamental castle was built by the founder of the Edo Shogunate as his Kyoto residence and is surrounded by stunning surrounding gardens. The main building was completed in 1603, and is famous for its architecture, decorated sliding doors and 'chirping' nightingale floors. Lunch will be a gluten free lunch box prepared specially for you by your hotel.

Take a walk down [Nishiki Market](#), a narrow, five block long shopping street lined by more than one hundred shops and restaurants. Known as "Kyoto's Kitchen", this lively retail market specializes in all things food related, like fresh seafood, produce, knives and cookware, and is a great place to find seasonal foods and Kyoto specialties, such as Japanese sweets, pickles, dried seafood and sushi. Final stop today is [Kiyomizu](#) (Pure Water) Temple. From the 13m high veranda jutting out from the Main Hall you can enjoy amazing views of the whole of Kyoto, whilst pondering the fact that both the Main Hall and Veranda were built without the use of nails or any kind of joiners.

Dinner tonight is at The Grill, the Hyatt Regency's international dining.

- Meals:** Breakfast, lunch, dinner  
**Guiding:** 8 hours  
**Pick up:** 09:00, hotel  
**Drop off:** 17:00, hotel

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## Day Six ~ Nara

Transfer from your hotel to [Nara](#) by car (45min) with a local guide. For 74 years during the 8th century Nara was Japan's capital and many of the temples and shrines built at that time still remain. Visit [Todaiji temple](#), the world's largest wooden building and home to Japan's largest Buddha. Next stop is Nara's most celebrated shrine, [Kasuga Taisha](#), established in 768 AD and famous for its hundreds of bronze and stone lanterns which have been donated by worshipers.



Take a wander through [Nara Park](#), called Deer park by locals due to the large population of more than 1,000 tame deer living there. Lunch will be a gluten free lunch box prepared specially for you by your hotel.

Your afternoon will be at leisure for more exploration and shopping

Your dinner tonight is a fabulous gluten free Japanese course at Higashiyama, the Hyatt Regency Japanese restaurant..

**Meals:** Breakfast, lunch, dinner

**Guiding:** 5 hours

**Pick up:** 09:00, hotel

**Drop off:** 14:00, hotel

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## Day Seven ~ Depart Kyoto

Your day is free until your private car transfer to [Kansai Airport](#) (60-90 minutes).

**Meals:** Breakfast

**Guiding:** None

### NOTES:

- Accommodation subject to availability – no rooms have been held at time of quotation
- Valid until 31 December 2015.
- **Low Season:** departures on the following dates: 3 January to 15 March, 11 May to 28 August, 3 to 23 December
- **High Season:** departures on the following dates: 9 to 28 April, 29 August to 9 November
- **Peak Season:** departures on the following dates: 16 March to 8 April, 10 November to 4 December
- **Black-out:** stays including any of these dates: 1 January, 29 April to 10 May, 8 August, 30 to 31 December

### TOUR PRICE DOES NOT INCLUDE:

- International and domestic airfares
- Travel Insurance or expenses of a personal nature (minibar, phone call, laundry, etc.),
- Drinks or personal expenses or entrance fees for any extra sightseeing or optional activities
- Anything not explicitly mentioned in the daily “Inclusions” part

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