

Japan Land of the Rising Sun

Gain cultural insights into this East Asian island empire—where past and future seamlessly fuse.

highlights

Ancient Serenity Meets Modern Freneticism. With over 38 million people, Tokyo is the largest metropolitan area in the world. From women in the subway dressed in kimonos to traditional sports, like sumo, vying for spectators with futuristic robot fights—Japan pulses with a vibrancy all its own.

Spiritual Balance. Temples punctuate the landscape—across urban and rural vistas—as Buddhism and Shintoism play key roles in the foundation of modern Japanese culture and mores.

Culinary Exploration. No journey to Japan is complete without a deep dive into the subtle complexity of the nation's cuisine. You'll slurp, crunch, nibble and devour all the dishes—from aburaage to zaru-soba.

at a glance

Sumo and Sushi. We'll begin our journey in Tokyo where we'll load up on conveyor-belt delivered sushi—enough to become sumo wrestlers ourselves—before heading out to a match. Afterwards, we'll chat with some of the stars of the sport to find out just what a life of 20,000 calories a day is really like.

Ramen and Robots. See a future where humans and androids live side-by-side at the Miraikan Museum of Emerging Science and Innovation. Then slurp the richest bowl of ramen noodles your taste buds can handle.

Kimonos and Kakigori. In the Imperial capital, Kyoto have dinner with a professional maiko—a geisha in training—and chat about the institution. Explore everything from the bamboo forests to the cobblestone alleyways of Gion, sampling shaved ice kakigori and gooey mochi along the way.

Shukubo and Shojin Ryori. In Kayosan, simplify and immerse yourself in the Japanese religious life, spending a day with monks and enjoying a temple stay, or shukubo. There we'll eat a traditional vegetarian meal known as shojin ryori and sleep on futons in traditional rooms on tatami floors.

Cranes and Castles. As an ever present reminder of the need for continual peace, we'll add our own origami to Hiroshima's 1,000 paper cranes at the Children's Peace Memorial created after the atomic bomb was dropped on this city in 1945. Then explore Hiroshima Castle, the city's museum exploring the history prior to WWII.

Tea ceremonies and Takoyaki. Finishing our journey in Osaka, head out for a night on the town in Donburi tasting local delicacies like takoyaki—battered octopus balls—and okonomiyaki—Japanese pizza. Respectfully, the next day, learn the intricacies of a tea ceremony in a final farewell to this magnificent archipelago.

details

- 8-days, 7 nights in local 4-star hotels, temples and guesthouses.
- Comprehensive briefing packet for each participant, including destination information, logistical and contact information, reading list, and packing list.



“Totally awesome.
Where are we going
next year?”



insider  expeditions

10 years of taking
the road less traveled

www.insiderexpeditions.com