

Treasures of Japan's Heartland

8 days Family Adventure



Our tour offers a fascinating insight into the Kansai area, heartland of Japan's culture and history. It offers a whole range of experiences from the urban sights of imperial Kyoto to rural immersion in the communities of Asuka, northern Kobe and Sasayama. Our family adventure draws on Oku Japan's strong links with local people and the individuals we know personally. We include destinations and experiences which will delight children - Japanese drumming, feeding the free-roaming deer of Nara Park, creating their own pottery and paper lantern. But all of these are fun for adults, too! The scenic boat ride along the Hozu River complements these destinations and activities. Sharing wonderful moments with local people, families will create memories to be cherished forever. We want families to enjoy unique opportunities for family bonding, experiencing the warmth of rural Japan.

Highlights:

- Visit some of the best rural regions and old capitals of Japan
- Meet free-roaming animals - Japanese deer
- Explore the peaceful countryside of the first capital of Japan
- Harvesting seasonal vegetables with local farmers
- Lectures and experiences about thatched roofs
- Pottery making experience at one of the ancient kilns in the rural community
- Scenic boat ride along the Hozu River down to Arashiyama in Kyoto
- Make your own paper lantern at the oldest studio in Kyoto
- A thrilling Taiko drumming lesson with a famous professional team

Location:

Nara, Asuka village, Kobe Ougo town, Tamba pottery village, Sasayama and Kyoto

Main Activity: Community exchange and cultural experience

Difficulty: 1

Tour Dates: All season

Pax: Minimum 04 Maximum 12

Price: JPY 350,000 Child rates: JPY 322,000

Suitable for children aged 5 and upwards.

Child rates apply to those under the age of 18 at the time of travel. Single room occupancy is not available to those paying child rates.

[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

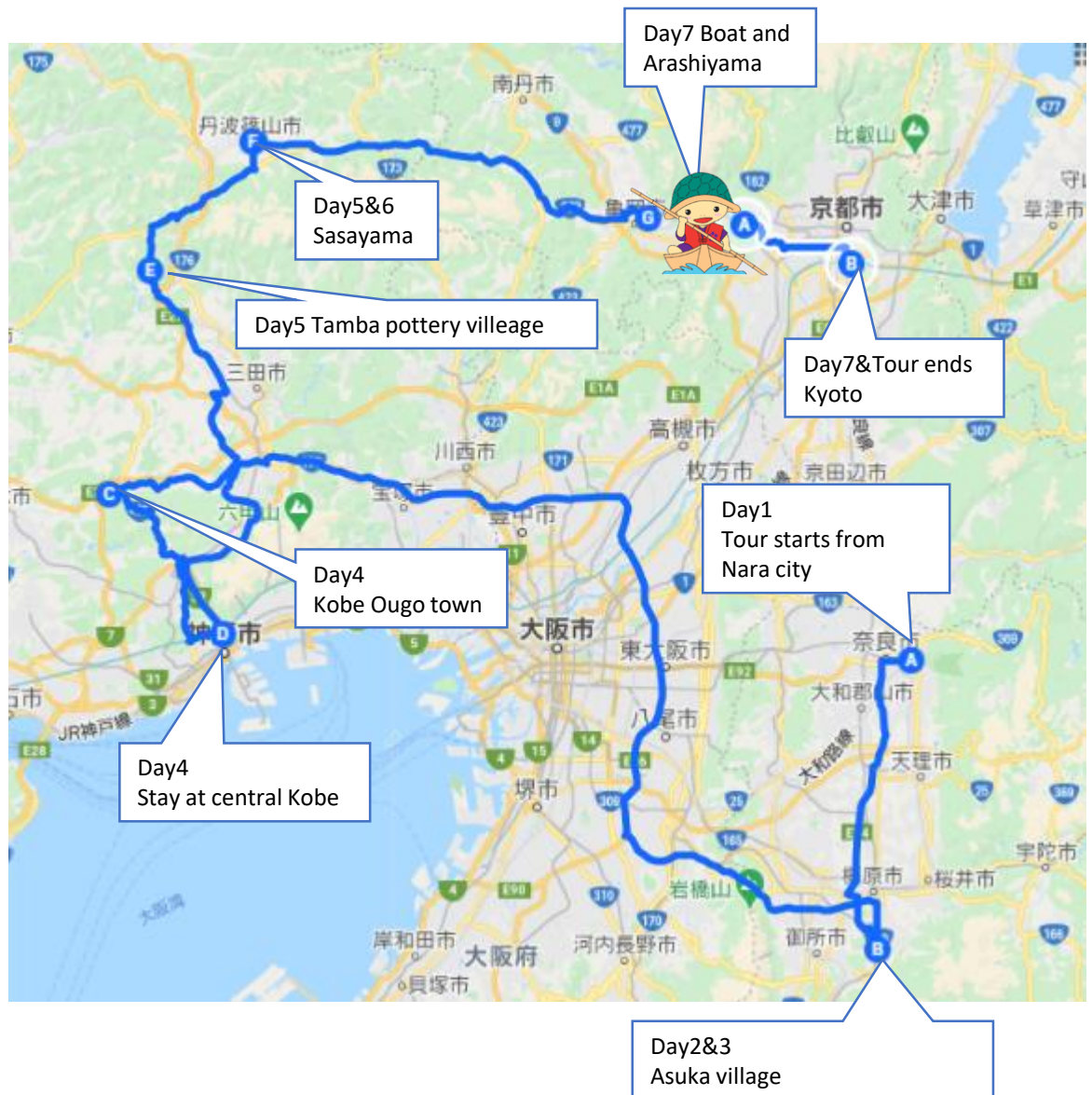
[We provide & What to bring](#)

[About us](#)

[Information and Requirements](#)

[Reservation & Cancellation policy](#)

Route map



Day-by-day Itinerary

Day 1 - Meet in Nara

Arrive in Nara. Feed the free-roaming deer in Nara Park. Meet your tour guide and other group members at the tour hotel. There will be a Welcome Dinner at a local restaurant.

Day 2 - Explore Nara and travel to Asuka

This morning, we spend time exploring Nara, known for its free-roaming deer and historically important sites such as Todai-ji Temple, which houses the world's largest bronze Buddha statue. Later, we continue on to leisurely explore Asuka, a peaceful rural community in Japan's countryside.



Later, we travel by private coach to Asuka, a peaceful rural community in Japan's countryside and explore by bike the village with its picturesque scenery and surrounding countryside. We divide into smaller groups for our overnight stay in charming, small Minshuku (family-run inns) in Asuka. Our Minshuku are traditional Japanese homes with tatami-mat rooms and we stay for two nights. Dinner and breakfast are delicious home-made cuisine using local ingredients.

Activity: Countryside Bike Tour

Difficulty: 1

Day 3 - Harvesting and lunch in a traditional home with a local farmer

We join a young farming family in Asuka and help them harvest seasonal organic vegetables. Harvesting is great fun and a fascinating experience. After this good exercise, we enjoy lunch at a charming traditional home. After lunch we have a fun Taiko drumming lesson with the local professional team. The team has given more than 1500 live performances in 38 countries around the world.



The engaging **Yoko Era** is an example of Japan's I-turn movement: she left her busy city life to settle in the peaceful Japanese countryside. In the agricultural community of Asuka, Era-san and her family, who are now organic farmers, will welcome you to their home and prepare an eco-friendly picnic lunch amidst their organic rice fields.

Lunch

Lunch on this day is a lunch using vegetables from the farm owned by the host. Of course, guests start by harvesting vegetables.



Day 4 - Thatched roof experience

Today we visit northern Kobe and try our hand at Kayabuki - Japanese traditional roof-thatching using pampass grass, reeds and other materials. We meet a young Kayabuki craftsman who has dedicated himself to preserving Kayabuki buildings and educating younger generations. Lunch is served during our Kayabuki experience. We then visit central Kobe, Japan's sixth-largest city, designated a UNESCO City of Design in 2008 and still part of the UNESCO Creative Cities Network. Kobe is one of five Japanese port cities which opened to the west at the end of the 19th century.



Day 5 - Travel to Sasayama and make our own Tambayaki pottery

Today we visit Nunobiki Waterfall and wander in the elegant Kitano area. Then we travel by private car to Sasayama, an ancient castle town which flourished as a transportation hub linking western Japan with Kyoto. We stop at a Tambayaki pottery village famous for some of the oldest kilns in Japan. The Noborigama ascending kilns are unique to the location. We visit a small private pottery studio and try our hand at pottery making. In the afternoon, a short bus ride takes us to Sasayama town. Our accommodation tonight is a delightful traditional local guest house.



Day 6 - Sightseeing in Sasayama

There is so much to see in Sasayama! There is the site of Sasayama Castle, originally built in 1609 as part of an offensive against rebels based in Osaka. We begin our own exploration of the town in the area where the Samurai warriors used to live. We'll also see inside one of the fascinating old merchant houses and explore the town's atmospheric streets on foot. There'll be some free time for you to wander by yourselves, too - the town is full of interesting shops and cafes.



Day 7 - Boat to Arashiyama and make your own paper lantern

This morning we travel to Kameoka and then enjoy a scenic two-hour boat ride along the Hozu River down to Arashiyama in Kyoto. Arashiyama is a lovely area of western Kyoto famous for its bamboo groves. We walk through the atmospheric bamboo forest and stroll through the village. Then we continue to a traditional Japanese paper lantern studio and try our hand at making a small paper lantern to carry home as a souvenir. There will be a Farewell Dinner at a local restaurant in the evening.



Day 8 – Tour ends

Our tour ends after breakfast at the tour hotel in Kyoto. Your guide will offer advice on your journey to the airport for your homeward flight, or on onward travel in Japan if you are extending your stay.

Accommodations :

Day 1 : Nara city, Hotel, private room with ensuite bathroom

Day 2 & 3 : Asuka village, Family-run guesthouse –Japanese style room, shared bathroom

Day 4 : Kobe city, Hotel, private room with ensuite bathroom

Day 5 & 6 : Sasayama, Ryokan –Japanese style room, shared bathroom

Day 7 : Kyoto city, Hotel, private room with ensuite bathroom

What's included

- 7 nights' accommodation in hotels, ryokan and shukubo
- 7 breakfasts, 2 lunches, and 6 dinners
- All transportation between tour locations
- Full-time services of an English-speaking tour guide
- Entrance to museums, temples and other sights on the group's itinerary

We provide & What to bring

We provide

- First aid kit
- Safety equipment
- Bike rental and helmet

What to bring

Essential items:

Documents :

- Passport
- Travel Insurance
- Travel Itinerary
- Cash and ATM card

Clothing:

- Comfortable clothing for hiking and activity, including lightweight flexible trousers for walking, T-shirts, Shirts
- Comfortable trekking shoes or lightweight trail boots (these need not be full ankle leather hiking boots)
- Sun hat, sunglasses
- Bandana or handkerchief (public toilets may not have hand dryers)

Personal items:

- Toothbrush/toothpaste
- Toiletry kit – tissues, shaving kit, deodorant, moisturizer, flannel/washcloth. Please note that body soap and shampoo are provided at accommodations
- Sunscreen
- Insect Repellent
- Water bottle
- Medicines and prescriptions

Gear:

- Trekking backpack, approximately 20 litres in size
- Rain cover for backpack
- Water bottle
- Rain hat or folding umbrella

Recommended items:

- Camera
- Sunglasses
- Cellphone power bank
- Ear plugs and eye mask
- Camera
- Larger bath towel (Japanese bath towels are small in size relative to those used in other countries. If you prefer to use a bath towel that can be wrapped around you, please bring this with you.)
- Ear plugs and eye mask
- Eco laundry soap for handwashing of items
- Electrical plug/socket adapter (If you are bringing electronics from North America with a plug with 2 flat prongs then this should work in Japan. If you are coming from other countries, please bring a voltage converter and plug adapter for Japan.)

Information we will need from you prior to your Pre-Summit Adventure:

- Your height
- Your cycling and hiking experience
- Nationality, age, gender
- Details of an emergency contact
- Details of any allergies or dietary restrictions you may have
- Information on any chronic medical conditions and medication taken
- Your arrival date, flight details, and the name of the hotels you will be staying in before and after your Pre-Summit Adventure

Please note: accommodations will ask to see and photocopy your passport on check in. This is a requirement of Japanese law.

About us

Oku Japan

Oku Japan operates small-group guided and self-guided walking, cycling and cultural tours that combine 'must see' sights and locations with the beauty of Japan found off-the-beaten-track. Our focus is on getting away from the crowds and into the real Japan. Our hallmarks are carefully selected accommodations with superb service and exquisite regional cuisine, expert bilingual guides and thoughtfully-created itineraries by those with a passion for Japan. We are a tour operator and DMC and can offer your clients our self-guided and small group guided tour ranges, or white-label bespoke product for tour operators seeking adventure itineraries and tour series in Japan. We are headquartered in Kyoto, with branch offices on the Kumano Kodo and the Nakasendo Trail. You can rest assured knowing that your clients will be fully supported locally. We are an established tour operator and DMC, having been in business for 16 years and are committed to sustainable travel. We would be delighted to discuss your requirements. Please contact us at agents@okujapan.com.

Guide -Naomi Honda



After working at travel agency for over 6 years as a branch manager, Naomi earned her master's degree in sports tourism and marketing to expand her knowledge in the tourism industry. During her study, she organized and managed events for international students for the purpose of cross-cultural exchange. In 2014, she passed the national tour guide exam and since then, she has been working as a guide as well as a tour conductor. She is interested in Japanese history, food culture and sports. Currently, she is studying to be qualified as a Kikisake-shi (Master of Sake).

Food & Accommodation

Food -Breakfasts and Dinners:

Most meals will be Japanese cuisine, though breakfast in western-style hotels usually includes more familiar choices too. Dinner and breakfast in ryokan and minshuku are set meals, usually with a whole succession of different dishes. Meals are often served at set times, and dinner is usually prepared for 18:00 or 18:30. Your guide will advise you of meal times. On most days, your breakfasts and dinners are taken at your accommodations.

Alcoholic and soft drinks are not included with meals and you will pay for any such drinks consumed when you depart. Tipping is not customary at hotels and restaurants in Japan.

The key ingredient of every Japanese meal is rice, always white and sticky. Other key ingredients are soybeans, used in miso soup, tofu bean curd and soy sauce (pronounced shoyu). Seafood in its many forms features heavily, often being used in sauces or soups. Pickles are another key ingredient of the Japanese meal. Japanese food refrains from heavy sauces and spices in favour of subtle flavours coming from the freshness of the ingredients themselves. Japanese restaurants abroad reflect only a small amount of the variety of dishes available in Japan, so it is likely you will experience a whole new range of tastes if this is your first visit!

Japanese meals generally consist of various small dishes served all at the same time. There is usually no specified order in which to eat. The Japanese use chopsticks (pronounced hashi) to eat their food, with the exception of 'curry rice', fried rice or other cuisines considered to be 'imports' to Japan.

There are two points of etiquette to be aware of with chopsticks. Never use chopsticks to pass food to another person's chopsticks and never place your chopsticks upright in a bowl of rice. These resemble Japanese funerary rites.

Many Japanese dishes come with different sauces and garnishes. Japanese people never put soy sauce on their rice, though they do dip their sushi in it before eating, and they pour it on grilled fish as well.

Information and Requirements

Tickets

Please make sure you have confirmed, round-trip/return air tickets to Japan. When checking in for your flight, most airlines will require you to have either a return ticket, or at least a ticket to a third destination following your stay in Japan. They may deny you boarding if you only have a one-way ticket.

Visas

Before Covid-19, nationals of EU countries, the US, Canada, Australia, New Zealand plus some other countries did not require visas for Japan. Many visa exemption arrangements were suspended with the global spread of Covid-19 and entry requirements at the time of compiling this document remain changeable. We recommend that you please visit the website of the Japanese Ministry of Foreign Affairs to see if your country is exempt from applying for a visa in advance; <http://www.mofa.go.jp/>. You may also wish to contact your closest Japanese consulate or embassy. It is your responsibility to check that you do not need a visa. We cannot accept responsibility if you are denied entry into Japan. Entry requirements are also very changeable. Before your pre-summit adventure we will advise you of any specific health requirements put in place by the Japanese government.

You will be given a landing card on your flight to Japan on which you should fill in the address of your first hotel in Japan. If your first night in Japan will be your first night on your Pre-Summit Adventure, the hotel name and address is as follows:

Hotel Nikko Nara

8-1 Sanjo-hommachi Nara-shi Nara 630-8122 Japan

Telephone (in Japan): +81-742-35-8831

Please note that you will be fingerprinted and photographed on arrival in Japan and may be asked to undergo health checks. These are required for entry into Japan.

Money

Cash is still the best form of payment to carry in Japan, particularly outside big cities. Smaller shops, restaurants, and bars will usually only accept cash. Japan is a very safe country to travel in, and there is very little street crime. Many Japanese people routinely carry large amounts of cash with them.

Furthermore, it can be time-consuming to exchange overseas currency even in Tokyo and Kyoto, especially anything other than USD, AUD, Euros and GBP. The best option is to purchase Japanese Yen cash before you leave home, or on arrival at the airport in Japan. Regular Japanese bank ATMs will not usually accept overseas bank cards or credit cards, although there are some ATMs in large cities that will (note that your credit card issuer will normally charge you a fee for taking out cash on your credit card). Some Post Offices as well as convenience store ATMs will also give you Yen cash with an overseas card. We recommend you contact your bank prior to travel to advise them of your dates in Japan so they are aware of your plans and do not erroneously block transactions.

How much money to bring

You will need to have cash to pay for items not included in your tour, such as drinks with meals, personal items, and any gifts you wish to buy. We recommend JPY 2,000 per day. Please make sure you have this at the start of your tour.

Insurance

It is a requirement of our tours that you are covered by travel insurance for the duration of your trip. You are free to purchase this insurance from any supplier you choose, however for those on walking trips it should cover activities including walking/ hiking and emergency evacuation in the event of injury while in mountainous areas. Please bring your certificate of insurance with you.

Health and Safety

Japan is one of the safest places to travel in the world and medical services are of a high standard, but it is always wise to be prepared. As already noted, it is essential to take out full medical insurance when visiting Japan, as there are no reciprocal health care agreements between Japan and other countries. Whilst certificates of vaccination are not normally required, travellers who have passed through infected countries may be asked to report to the health office on arrival. The authorities are scrupulous about travellers who have passed through areas with yellow fever and at the time of your travel there may be similar concern about travel in areas where Covid-19 incidence remains high. Some of our tours visit remote areas and in the event of serious illness or injury, evacuation could be difficult, so we discourage anyone with serious medical problems from joining our trips. If you are in any doubt about your ability to join a tour, please consult us and your doctor. We recommend that everyone has a physical and dental check-up. Problems such as fillings coming loose and toothache could be troublesome.

Medicines

It is advisable to bring with you any medications that you may need while in Japan. Western brands of most medicines are often not available in Japan. Although there are generally good Japanese brands, they are often expensive. Make sure to bring any prescriptions you may have and make sure you know the generic name for the medicine.

Please note: It is illegal to bring over-the-counter medicines containing pseudoephedrine or codeine or other narcotics into Japan. Certain medications are not permitted for import to Japan without a Yakkan Shomei – an import permit. Please contact your local Japanese consulate or embassy for details on securing a Yakkan shomei)

Vaccinations

At the time of compiling this information, no vaccinations are required for entry into Japan. If this changes, we will be in touch with registered participants.

Water

Water from taps in Japan is safe to drink, although bottled water is widely available if you prefer. Avoid drinking from streams and rivers. We recommend you bring a re-usable water bottle to limit the use of single-use plastics.

Diseases

There is no malaria in Japan; however, mosquitoes can be a mild nuisance in the summer months through to September. It is best to bring an insect repellent if travelling during this period. The risk of travellers acquiring other mosquito-borne diseases such as dengue fever or Japanese encephalitis has been extremely low; you may wish to consult your health professional at home for the latest advice.

Emergency Response Plan

Your safety is our top concern. All of our guides are experienced guides with first aid training. Before your tour and before your activities, you will receive a safety briefing to alert you to any risks associated with the activity in order to mitigate these. Your guide will carry a first aid kit at all times. We do have an emergency response plan that we will implement in the event of guest illness or injury, natural disaster, or dangerous weather conditions and your guide will enact this if required with the support of our teams in Japan.

We may need to change our plans due to weather conditions to ensure the safety of the group. When an activity is not possible for these reasons, we will engage in an alternate activity that will also show you the magic of this area of Japan.

Dietary restrictions

We encourage clients to sample the full range of food provided by the inns on our tours whenever possible. The inns are proud of their set menus, which usually consist of a multitude of carefully-balanced and painstakingly-produced dishes and local specialties. If you are travelling with others, you can easily swap dishes between you at mealtimes so that each member of your party eats what they like best. If you have specific dietary restrictions, please let us know these in detail – particularly what you are and are not able to eat. The greater detail we have of your dietary restrictions, the easier it is for us to provide you with the widest range of local specialties for you to try.

Inns are usually happy to provide meat-free meals if we request them at the time of booking. We can also request meals which are meat-free and without fish and seafood, though fish and seafood feature heavily in the standard Japanese diet. If requesting meals without fish and seafood, please tell us if you can still accept soups and sauces containing the traditional fish stock called dashi. Dashi is made by soaking shaved dried bonito or small dried sardines and kombu kelp. This is then strained so there are not pieces of fish flesh in the stock. It is challenging for the inns to produce meals without dashi and choices for strict vegetarians and vegans may be more limited. Vegetarian meals will be available on this itinerary.

This trip is not suitable for those requiring gluten free meals.

Looking after yourself when travelling

A few simple precautions will help you stay well on your tour. Japan is not only a safe destination, it also very clean. Personal and public hygiene is an important feature of Japanese society.

- Make sure you hydrate well before, during, and after your international flights. Dehydration can contribute to constipation during the first few days of your trip. Alcohol tends to speed up dehydration, so compensate by drinking water or juice.
- June through September is hot in Japan, even at some higher altitudes, so drink plenty of fluids during these months.

Staying at a Japanese Inn

When you arrive at a Japanese inn (whether ryokan, minshuku or shukubo), take off your outdoor shoes in the genkan (玄関) entrance area before stepping up onto the raised floor where shoes are not allowed. Put on the slippers provided which you will wear inside the house. Your hosts may ask you to write in the register or hand over your passport so they can take your details. You will then be shown to your room.

Remember to leave your house slippers outside your room – you should only tread on the tatami mats in socks or in bare feet. Your room will be simply furnished and will probably contain a flask of hot water and utensils to make a pot of green tea while you sit and relax after your journey.

After tea, you might explore outside the inn or there might be time for a pre-dinner bath. A yukata (cotton gown) will be placed in your room and you will find it more comfortable to change into this while in the inn. It is also acceptable to wear the yukata outside – wear the geta (wooden clogs) when walking outside.

Place the right-hand side first when closing your yukata – Hint: wear underwear underneath. After changing into your yukata gown, make your way to the bathing room. At smaller inns, the bath may be a small domestic tub used privately in turn by guests. In larger inns, the baths may be used communally, with separate rooms for men and for women.

After bathing, you can relax in your room or stroll outside until dinner time. After dinner, you can bathe again, go for a walk, or simply relax in your room until it is time to sleep on your futon. Futons are slightly harder than western mattresses, however when laid directly on tatami matting they are really quite comfortable. Your futon is stored in the cupboard in your room.

Breakfast in the morning is normally served communally in a dining room at a fixed time. Please remember that the bathtub may not be available in the morning, unless the inn is located in a hot-spring area and hot water is 'on tap'. Unless they are at a hot-spring location, Japanese guests do not expect to bathe or shower in the morning and are content with a wash at a handbasin. Some inns, especially those more familiar with western customs, may offer morning showers even if they do not fill the bathtub.

The art of bathing

Bathing is an important part of daily life in Japan, and be it a scenic onsen hot spring, a neighbourhood sento bath or just an ordinary household tub, bathing Japanese style is a pleasure. Japanese wax lyrical about the joys of hot water. Our tour includes a stay at an onsen (hot spring) ryokan.

Onsen

Onsen, quite literally “hot springs”, are one of the quintessential experiences of travelling in Japan. There are more than 3,000 named hot springs throughout Japan, ranging from simple rock pools in the mountains to large swanky hot spring resort hotels. A real onsen will have its source nearby, piping in the hot water and adjusting it to the right temperature for bathing.

Most common are the indoor baths, usually segregated between men and women. Some up-market resorts offer private baths known as family baths, or reserved baths (kashikiri-furo)

Most onsen offer changing rooms, showers, soap and shampoo, and often lounges to relax afterwards. There are simpler publicly-run baths often deep in the mountains where the facilities are more basic.

A note about jewellery: The minerals in some hot springs may affect jewellery and can cause discolouration. Please remove rings and other jewellery when bathing in hot springs. If discoloration occurs, toothpaste has proven effective at removing the stains. (If you have a ring you can't remove, you may want to bring some medical tape to wrap around your finger and the ring to protect it in the bath).

Tattoos: some onsen may refuse entry to people with tattoos as they are associated in Japan with members of the yakuza (Japanese organised crime).

The art of bathing

Onsen etiquette

1.

Look for the characters “man” (男) and “woman” (女) (often coloured blue and red respectively) to enter the correct bath! You will usually have to remove your shoes to step into the changing room, and there will be either lockers or simple shelves to store your belongings.

2.

Undress and place your clothes in the provided basket if there is one, or the locker, and take the key. Bathing is done fully naked. Bathing suits not allowed!

3.

Take your small towel (often provided for a fee), and enter the bath area. You will see a row of taps and/or shower attachments along one wall.

4.

Take a small plastic stool, and sit in front of the taps. Being careful not to splash your neighbour, rinse and wash yourself, making sure to rinse all the soap suds away. This is important, as the bath water will be used by many people after you, and soap in the water is a big no-no.

5.

You can now enter the bath itself. Test the water temperature as the baths are often hot! If there is an outdoor bath, it will usually be cooler than the indoor one. The idea is to slip gently into the water and let the heat penetrate your bones. Your small towel can be left by the edge of the bath or placed on your head, but never in the water. You can move between baths, taking a cool shower in between, repeating the process as often as you like.

When you are finished, use the towel to dry off, squeezing it to remove excess water (but not into the bath). You will find the hot onsen water will evaporate fairly quickly, but dry yourself well before entering the changing area. Nobody likes wet socks!

Reservation & Cancellation Policy

Reservation

When we receive your reservation request, we will send you an email with a link to a page on our website, where it asks you to fill in the Registration Form. We will ask for your contact details and personal information such as your height and dietary requirements etc., in order for us to adequately organize and arrange the tour service. Once the Registration Form is completed, you will be taken to the Shopping Cart to review your booking, and finally onto the Check Out page to make the payment (Deposit / Full) to secure the booking.

Cancellation

If you wish to cancel a tour reservation, please notify us in writing.

Our Cancellation Policy is as follows.

- Cancelled more than 21 days prior to departure: Zero fees
- Cancelled between 20 and 8 days prior to departure: 20% of the Tour Price
- Cancelled between 7 days and 48 hours prior to departure: 30% of the Tour Price
- Cancelled between 48 and 24 hours prior to departure: 40% of the Tour Price
- Cancelled within 24 hours of departure: 50% of the Tour Price
- Cancelled on the day of departure: 100% of the Tour Price

No refunds will be given after the tour has started

Payment Methods

We require a Deposit of 50,000 yen or Full Payment to secure your booking. The Deposit is treated as a part of the Tour Price. You will receive an email reminder about payment of the balance, which is generally due 30 days prior to the tour departure date. We accept payment by credit card in our local currency, Japanese Yen. If you prefer to pay by bank transfer, we will give you our bank details and the amount of bank fees that should be added to the Tour Price.

Disclaimer

Release and waiver of liability

In consideration of Oku Japan KK. Accepting your booking and in consideration of you being permitted by Oku Japan, KK to join the tour to the extent permitted by law, you: Waive any and all claims you may have now and in the future, and release from all liability and agree not to sue or seek any compensation from Oku Japan KK, its officers, employees, agents, guides, and other representatives for any personal injury, property damage, wrongful death, or loss sustained by you as a result of your participation in the tour due to any cause whatsoever, including without limitation, negligence on the part of Oku Japan KK, Its staff, tour partners, or other participants, or death or injury as a result of natural disaster, war, civil unrest or epidemic. Further, Oku Japan KK cannot be held liable by freelance guides for damage or injury to the guide, or damage or injury inflicted by the guide on third parties in any way. By accepting freelance tour assignments, guides automatically waive Oku Japan KK from any liability.

Tour Operator / Contact



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