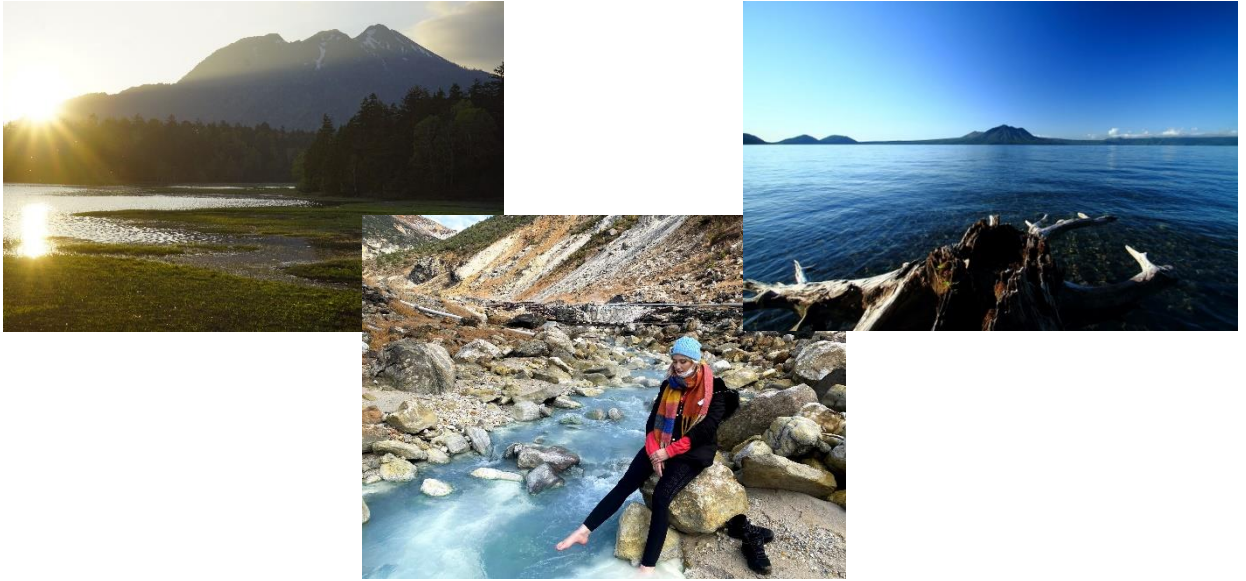


Living with Water in Japan

East Japan – Tokyo to Hokkaido 12 days



Challenge a variety of activities channeling a theme of Living with Water on a 12 day passage thru the beautiful backroads & waters of Eastern Japan.

Minakami-Oze area: From Japan's river activity mecca, Minakami, venture north-east thru a jewel of nature, Oze National Park, to our best kept secret, Tohoku.

Tohoku area: Experience the volcanic landscapes, brilliant lakes & healing hot-springs of the Bandai-Asahi National Park.

Hokkaido: Feel the fresh water with River & lake activities and cycling in Shikotsu-Toya National park.

Itinerary at a glance

- Day 1** Meet in Tokyo, to Minakami by Bullet Train, & learn how water underpins its culture (D)
- Day 2** Experience Japan's finest canyoning & rafting at river-sports mecca, Minakami (B, L, D)
- Day 3** An MTB morning, then north-east to enjoy some of Japan's best hiking in Oze (B, D)
- Day 4** After a morning of unparalleled scenery in Oze, on north to Ashinomaki Onsen (B, L, D)
- Day 5** Recovery with Japanese herbal tea at 'Oyakuen' /Hiking Extreme onsen (B, L, D)
- Day 6** Explore the volcanic lakes of Urabandai (B, L, D)
- Day 7** Become an 'onsen guardian' for the day on Mt. Adatara (B, L, D)
- Day 8** Transfer to New Chitose Airport, and enjoy canoeing in Shikotsu Toya National park(B, D)
- Day 9** Guided SUP tour at 'Lake Shikotsu' the second largest caldera lake in Japan (B, L, D)
- Day 10** Guided cycling around Lake Toya (B, L, D)
- Day 11** Guided cycling tour around Mount Yotei (B, L, D)
- Day 12** Farewell to Hokkaido and toast with Nikka whisky(B,L)

B: Breakfast, L: Lunch, D: Dinner

Highlights:

- Experience Japan's finest canyoning & rafting at the country's river-sports mecca
- Enjoy some of Japan's finest hikes at one of its best kept secrets, Oze National Park
- Explore the rugged beauty of Japan's second largest national park, Bandai Asahi Nat. Park
- Experience 'extreme onsen' – bathe in a natural hot-spring river behind Mt. Adatara.
- Canoeing experience at Lake Hibara while admiring the beautiful mountain scenery.
- Discover the 'origin of onsen' – the source of three different hot-springs – and deepen your understanding of Japan's onsen culture
- SUP in the clear lake Shikotsu at Shikotsu Toya National Park
- Guided cycling tour around Lake Toya and Mt.Youtei

Location:

Minakami-Oze Area:

Minakami sits at the north-west of the Kanto Plain, 75 minutes from Tokyo by train, with a glorious northern alpine backdrop. Its neighbour, the Oze National Park, spanning three prefectures, is one of Japan's largest marshlands, and a mecca for hikers & nature-lovers.

Touhoku Area

The Bandai-Asahi National Park – Japan's third largest national park - covers a vast area from the Dewasanzen mountains of Yamagata to the Azuma mountain range, Mt. Bandai and Lake Inawashiro. This tour will focus on the Azuma mountain range and area around Mt. Bandai, known for its dynamic views of volcanic landscapes, brilliantly coloured lakes and, of course, a plethora of healing hot springs! The area is conveniently placed to access from urban areas, making it a popular destination for local hikers and lovers of the outdoors.

Hokkaido Area

Shikotsu-Tōya National Park is a national park in the western part of the island of Hokkaidō. Named after the volcanic caldera lakes of Lake Shikotsu and Lake Tōya. Niseko is the most famous ski resort in Japan, known for having tons of light powder snow. However, the green season is now getting popular.

Main Activity:	Combination	
Difficulty:	3	
Tour Dates:	June to September	
Pax:	Minimum 4	Maximum 8
Price:	JPY 740,000 per person with 8 people incl. tax JPY 850,000 per person with 6 people incl. tax JPY 1,015,000 per person with 4 people incl. tax Single supplement: JPY120,000	

[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

[We provide & What to bring](#)

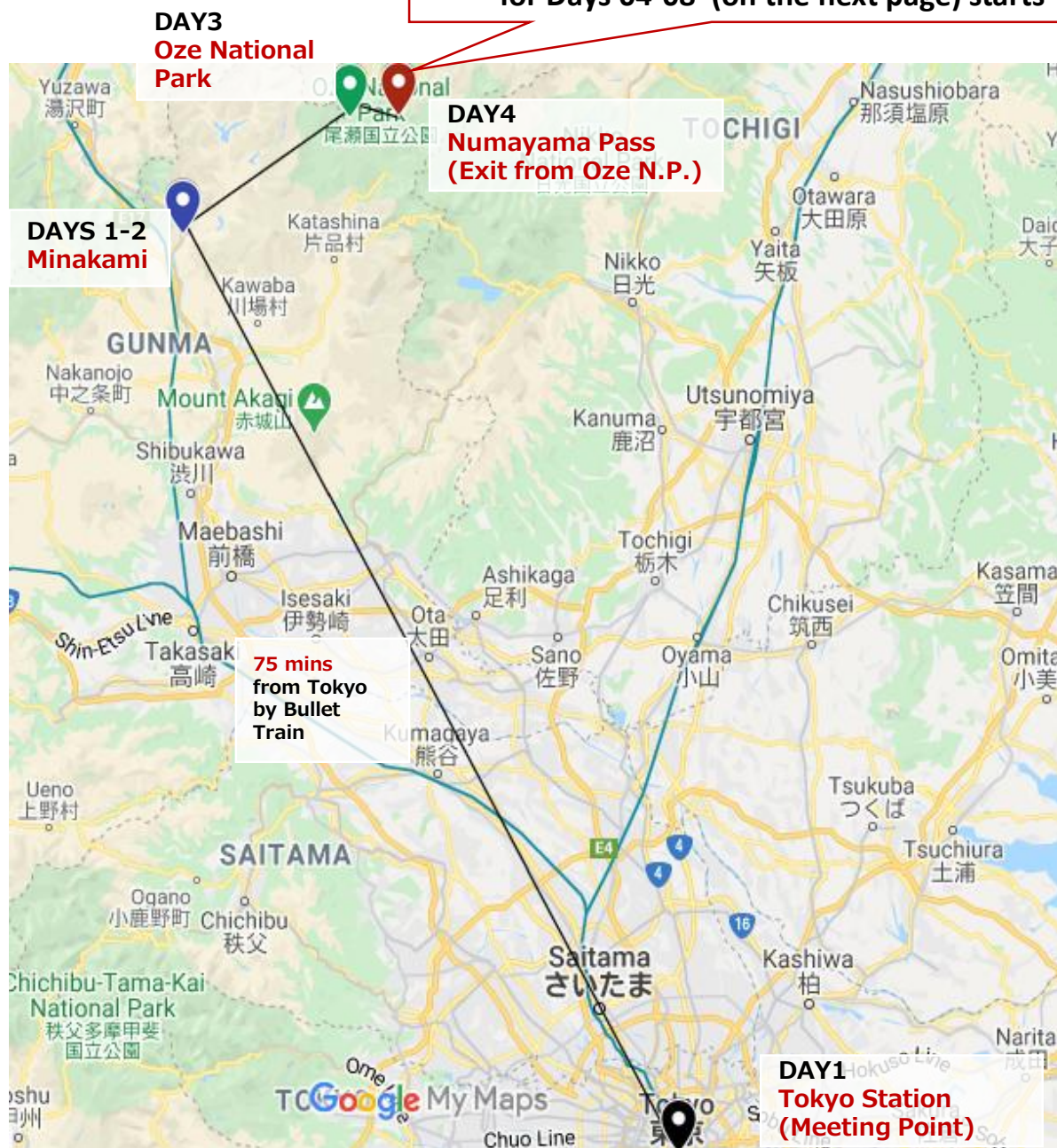
[About us](#)

[Information and Requirements](#)

[Reservation & Cancellation policy](#)

Route map – Days 01-04

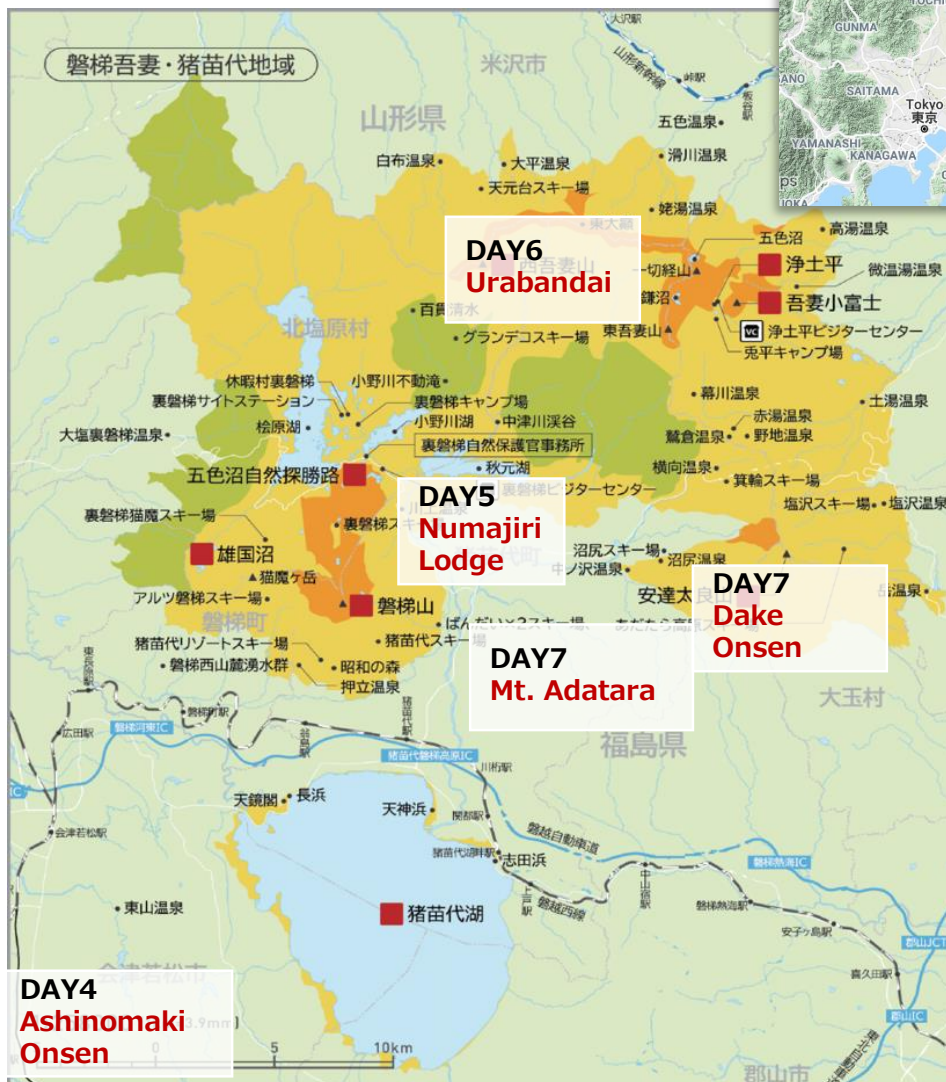
On Day 04, after arrival at the Numayama Pass Exit from Oze National Park, the group will drive 100 kms north-east by coach (duration 2 hours) to reach Ashinomaki Onsen, where the Route Map for Days 04-08 (on the next page) starts



Source: Google My Maps

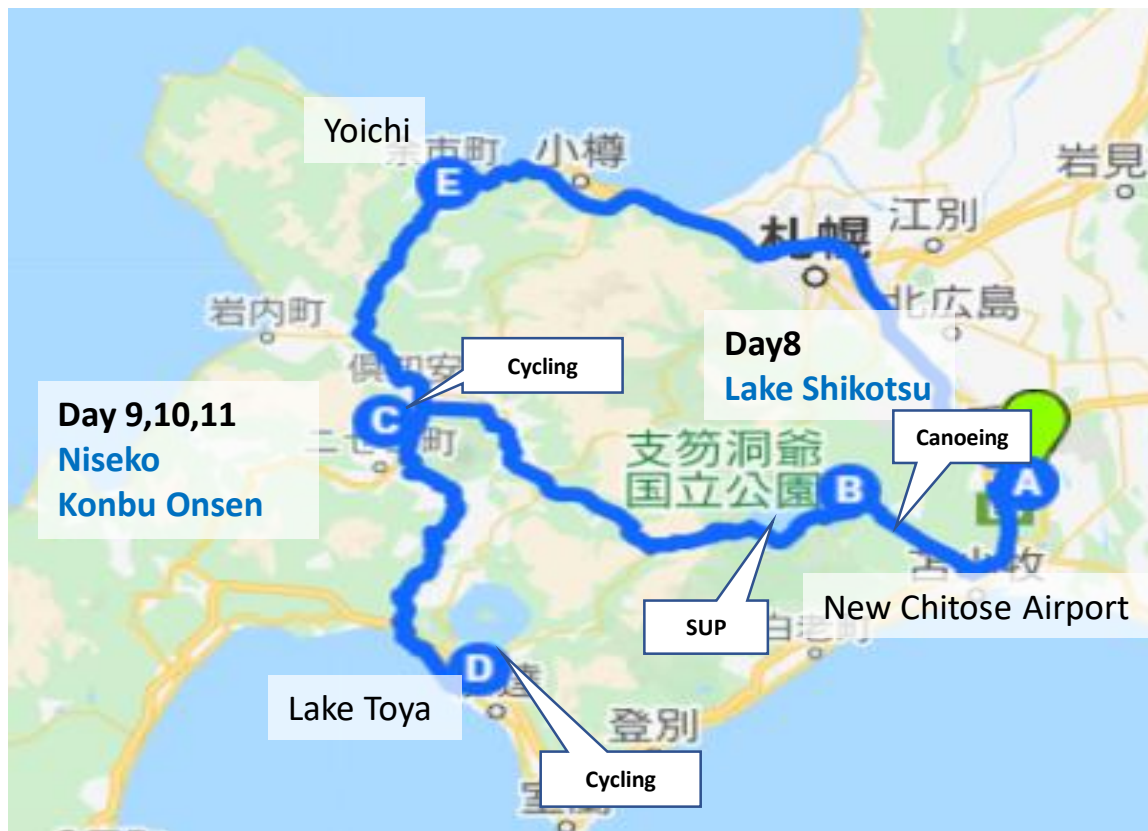
Route map – Days 04-08

Route start/end points
easy access from Tokyo
(90 mins)



Source: Google My Maps

Route map – Days 08-12



Source: Google My Maps

Day-by-day Itinerary

Day 1 – Tokyo to Minakami

Gathering at Tokyo Station, you'll board a Bullet Train. On arrival in Minakami, head straight to Kichijoji Temple, where the Head Monk will offer a larger-than-life welcome, suitably accompanied by warm green tea & a seasonal Japanese cake. After learning about the Temple's inherent relationship with water, and the nearby source of the Tone River, move on to Nagai Brewery, to discover the importance of water-quality in the making of Japan's most famous tipple, Sake, at a Brewery surrounded by rice fields with its own spring water on site .

Next, head west across Minakami to the charming restored settlement of Takumi-no-Sato, where one of the old residences is now home to 'Takumi-no-Sato Shokudo', a warm & simple country restaurant offering local fare foraged that morning and then cooked by the owner-chef.

After lunch, work off some calories with a bicycle ride thru the lush, expansive countryside around the Takumi-no-Sato Settlement. An energetic, yet inherently relaxing afternoon!

Our first dinner will be a riverside barbecue featuring local produce, and an opportunity to meet with some locals, and learn more about their lifestyle in this unique corner of Tokyo.



<Schedule>

Tokyo to Minakami (Jomo Kogen Station): 75 min by Bullet Train

Station to Kichijoji Temple: 30 min drive

Stay at Temple & Sakle Brewery about 90 mins

Nagai Brewery to Takumi no Sato: 30 min drive

Lunch: 1 hour

Cycle Tour: 2 hours

Transfer to Riverside Oasis (overnight): 30 mins

Accommodation: : Riverside Oasis Camp / Waterfront Tents for 2 people

Shared Tent / Shower, Communal Bath & Toilet – 20 metres away in Main Buildings

Included meals: Dinner(Barbecue-style)

Day 2– River Activities in Minakami

Canyoning is certainly not a traditional Japanese pastime. However, like ski-ing, Japan's unique climate and geography offer, in places, an ideal environment for the river sports now so popular around the World. Minakami was the cradle where canyoning & rafting in Japan were born 25 years ago, and continues to be its unquestioned mecca, offering venues encompassing all levels of difficulty, each with its own breathtaking natural landscape. This morning (or afternoon, as weather dictates) enjoy as much, or little, canyoning as you want!

Lunch is a casual energy replenisher at our base by the River.

Few activities capture the raw power of rivers more vividly than rafting, and Minakami, with its northern backdrop of alpine peaks and peaceful verdant rural surroundings presents a perfect environment to experience and enjoy it. Rafting in larger boats of 6-8, get to know companions, see the natural beauty of Minakami from a unique angle, & create adrenaline-packed memories.

This evening, a pre-dinner opportunity to try your hand at soba-noodle-making, under the tuition of a veteran soba chef. After expending energy making noodles, what better than a plate of the chef's finest soba to put an exclamation mark on a high-energy day!



<Schedule>

Canyoning: 3 hours

Lunch: 1 hour

Pack-Rafting: 3 hours

Dinner (incl. transfers & soba-making): 2.5 hours

Accommodation: : Riverside Oasis Camp / Waterfront Tents for 2 people

Shared Tent / Shower, Communal Bath & Toilet – 20 metres away in Main Buildings

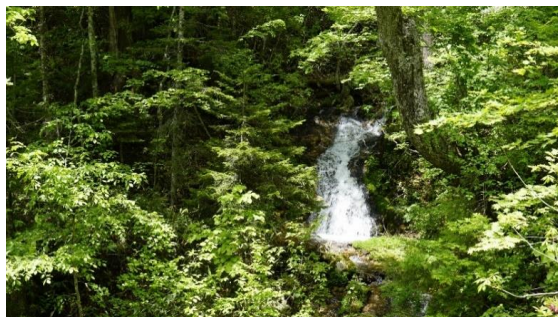
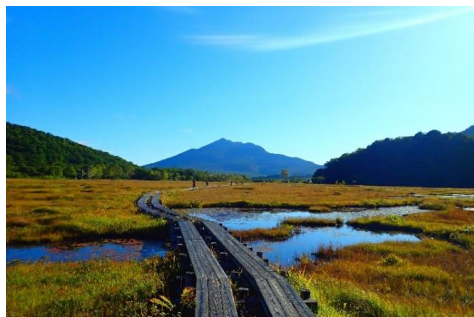
Included meals: Breakfast, Lunch, Dinner(Soba Noodles incl. making experience)

Day 3– Minakami – Oze National Park

Your final hours in Minakami will be spent exploring the upper areas of the town which welcome so many skiers in winter. Sticking to the gentlest inclines, ride through the stunning natural beauty which, while just an hour by train, feels a world away from Tokyo and its 15 million inhabitants. Again, your journey will be punctuated by stops to encounter locals and interact with them, their traditions and culture.

Wasting as little time as possible, nourished by a bento-box lunch, you will head for Oze, and in early afternoon arrive at Hatomachi, the western entrance to the Oze National Park, a superb natural expanse open only to walkers. Disembarking your coach, it's backpacks on for an energetic 20k afternoon walk through the Park,. The first hour will be spent heading north to reach the Ozegahara Marshlands, where we turn east into the heart of the Park. Not only is the scenery wonderful & air crisply refreshing, but even the infrastructure in the Park, two simple elevated wooden walkways along which hikers travel, is an intrinsically Japanese solution to the question of how to protect the Park's environment while making it an enjoyable place to hike.

After checking-in, enjoy a highlight of hiking in Oze – sunset over the western mountains.



<Schedule>

Coach to Cycling departure point: 30 minutes

Cycling: 2 hours

Lunch & Transfer to Oze: 2 hours

Hiking: Hatoyama to Miharashi = 3.5 hours

Dinner 1 hour

Accommodation: : Riverside Oasis Camp / Waterfront Tents for 2 people

Shared Tent / Shower, Communal Bath & Toilet – 20 metres away in Main Buildings

Included meals: Breakfast, Dinner(at lodge)

Day 4 – Oze to Ashinomaki Onsen

Your earliest start of the tour, rising with the sun, and walking just under 3 hours to reach another highlight of the Park, picturesque Ozenuma Pond, where we'll break for an early Bento-Box lunch, before a 90 min. walk, the last part ascending, to leave Oze via the Numayama Pass.

After meeting at Numayama-toge, your first stop is the charming village of Ouchi-juku, an ancient post-town. The lines of traditional buildings and houses with thatched rooms have earned the town national recognition as an important cultural property, and will make you feel as though you've travelled back in time to the Edo period.



<Schedule>

Hiking: Miharashi to Ozenuma Pond = 3 hours / Ozenuma Pond – Numayama Pass = 1.5 hours
Numayama-toge to Ouchi-juku: 120 min drive
Stay at Ouchi-juku about 60 min
Ouchi-juku to Ashinomaki Onsen: 20 min drive

Accommodation: : Okawaso Onsen Hostel (Ashinomaki Onsen)

Shared room, Japanese/Western (ensuite) | Onsen baths

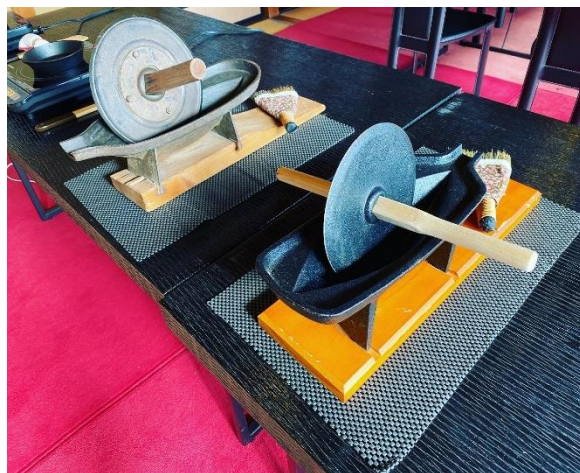
Included meals: Breakfast, Lunch, Dinner(Kaiseki style)

Day 5

Recovery with Japanese herbal tea at 'Oyakuen' /Hiking Extreme onsen

'Oyakuen' is an ancient herb garden built by the Aizu feudal lords to save the local people from the plague during the Muromachi period. Currently, it is open to the public as a garden, but the original medicinal plant specimen garden remains from that time. About 400 species of herbs (including about 200 varieties unique to Aizu) are cultivated here.

Today you'll enjoy a unique recovery experience at 'Shimizu Yakusoten', which was founded in 1946, by grating and roasting medicinal herbs using traditional methods to make your own recovery herbal tea!



<Schedule>

Okawaso Hotel to Oyakuen: 30 min drive

Stay at Oyakuen about 60 min

Oyakuen to Numajiri: 60 min drive

Heading to Numajiri hot springs, you'll first hike along a trail looking down at a brilliantly blue-white river. This is no ordinary river, but a river sourced by Numajiri Motoyu, said to be Japan's most plentiful hot-spring with over 13,400 litres of water gushing out of the ground every minute! Not far from the source, visitors can take off their hiking boots and socks and enjoy a relaxing foot spa, surrounded by the dramatic natural scenery. Those feeling extra brave are welcome to jump in further (bathing suits allowed)!



Enjoy the beautiful Numajiri-Kogen Lodge, a newly refurbished lodge that used to belong to Fukushima native Junko Tabei, the first woman to summit Mt. Everest! The lodge has also historically hosted Sir Edmund Hillary. Indulge in a delicious course meal made with locally sourced ingredients and relax in the cozy lounge after a day of extremes!



Accommodation - Numajiri | Numajiri Kogen Lodged | shared room, Western style |
ensuite with shared hot spring baths
Included meals - Breakfast, Lunch, Dinner

Activity:

◆ Hiking Extreme onsen
Time Required : 2.5 hours
Elevation: -1,300m/4,265ft

Difficulty: 2

Day 6

Explore the volcanic lakes of Urabandai

In the morning, enjoy a canoeing experience at Lake Hibara while admiring the surrounding beautiful mountain scenery. Be awed at both the beauty and ferocity of nature as you enjoy the magnificent relationship between volcano and water. Lunch will be a tasty meal of local chicken and potatoes cooked in a Dutch oven.

In the afternoon, enjoy a change of pace with a relaxing walk and a spot of 'forest therapy' at the 'five-coloured lakes' of Goshikinuma behind Mt. Bandai. These lakes were created by the eruption of Bandai in 1888 with the unique composition of minerals in the water giving them brilliant, almost unnaturally blue hues!



Accommodation - Date | Hanakanzashi Onsen Hostel | shared room, Japanese style | ensuite shower . shared hot spring baths

Included meals - Breakfast, Lunch, Dinner(Kaiseki style)

Activity:

◆Canoeing Hibara lake
Time Required: 1,5hours

Difficulty: 2

◆Hiking Goshikinuma
Time Required: 2.5 hours
Total distance:4km /2.4miles

Day 7

Become an 'onsen guardian' for the day on Mt. Adatarara

Mt. Adatarara, known fondly as 'nipple mountain' by the locals due to its shape, is one of Japan's '100 Famous Mountains' and a popular spot for viewing the colourful Autumn foliage. An active volcano, Mt. Adatarara is home to several springs that source the baths of various hot-spring villages at its foot, including Dake Onsen. The highlight of today's hike is not just the panoramic view from the top, but the journey itself and your unique guide: a local 'Yumori'.

The 'Yumori': Onsen guardians

Have you ever stopped to wonder how it is possible for the mineral-rich hot spring water to continuously flow into the baths of Japanese ryokan inns? At Dake Onsen, the source of the spring is located some 8km/4.9miles deep into the forests of Mt. Adatarara. The spring water is so rich in minerals that the pipes from the source of the spring need to be maintained weekly, releasing the build up of sulphur and minerals. A team of local men are entrusted with this laborious task, hiking to the onsen source every week – sometimes multiple times - even in the height of winter! It is upon the shoulders of the 'Yumori' (literally meaning protector of hot spring) that the health of the hot-springs and the livelihood of the town depend.

On the way to the peak of Mt. Adatarara, your Yumori guide will show you to the source of the spring and share stories of their experience protecting it. The level of appreciation you'll have for your relaxing bath at the end of this hike will be second-to-none!

Dinner

Spend the evening hopping between various local restaurants – including a counter-bar owned by another of the Yumori - just a stone's throw from your accommodation at Dake Onsen.



Accommodation - Date | Hanakanzashi Onsen Hostel | shared room, Japanese style | ensuite shower . shared hot spring baths

Included meals - Breakfast, Lunch, Dinner

Activity:

◆Trekking: Mt. Adatarara
Elevation :1718m /5,636ft
Time Required: 8 hours

Difficulty: 3

Day 8

Transfer to New Chitose Airport, and enjoy canoeing in Shikotsu Toya National park

After breakfast, transfer to Sendai Airport by private van (1 and half hour).

Welcome to Hokkaido. You'll meet your group at 13:00 at New Chitose Airport. Once everyone is together, we will hold a short meeting to introduce ourselves and to brief everyone on our upcoming 5-day adventure before heading to our first river adventure in Bibi river for canoeing.

After a short drive, we will arrive at the starting point of the upcoming 2 hours of relaxing canoeing. Hop on a canoe after a brief instruction by a canoe guide, and please put yourself into the untouched nature to refresh after a long flight. The Bibi River, which flows in Shikotsu-Toya National Park, is an 18km river springs from the suburbs of New Chitose Airport to the "Lake Utonai. " Lake Utonai is Japan's first bird sanctuary as a stopover site for migratory birds such as swans and white-fronted geese. We might see some birds while having a coffee break on a canoe. After 2 hours of relaxing time on the river, we will be on the road for 30min to Lake Shikotsu.

Lake Shikotsu, located in Shikotsu-Toya National Park, is the 2nd largest caldera in Japan. The maximum depth is 360m/1,181ft and is the 2nd deepest lake in Japan. It is said that Lake Shikotsu is an unfrozen lake in the northernmost of Japan, but it is partially frozen during winter. It is famous for the lake's clear water with its transparency and Kokanee trout, which is only seen in clear freshwater. After arriving at Lake Shikotsu Onsen town, we first understand Shikotsu-Toya National park at the visitor center and check into the ryokan. Please savor your first dinner at Hokkaido and enjoy an open-air onsen.

Accommodation –Lake Shikotsu| Private room with ensuite |Onsen spa

Included meals – Breakfast, Kaiseki Dinner

Activity:

Difficulty: 2

◆ Canoeing

- Time required: 2 hours
- The distance: 2km/1.2miles

Day 9

Guided SUP tour at 'Lake Shikotsu' the second largest caldera lake in Japan

After breakfast, we will relish clear water by SUP cruising for 3hours at Lake Shikotsu. Lake Shikotsu is highly transparent to see the "columnar joints" in the lake even from the top of SUP. Columnar joints are Columnar cracks in the rock body created during the volcanic activity, crevices created when magma is rapidly cooled and contracted during caldera formation. Feel close to nature and fully enjoy the SUP cruising with the magnificent scenery of several active volcanos around the lake.

In the afternoon, we will visit "Koke no Kairo," a moss corridor. We will walk between moss walls, which heights are the lowest at 3m/9.8ft to the highest at 10m/32ft. The moss corridor was created after the volcanic activities of Mount Tarumae. The lava flow stayed and solidified around Lake Shikotsu, and it had taken very long to form the corridor by rain, wind, and stream. We will find various mosses that have different colors and textures.

Accommodation –Niseko| Private room with ensuite |Onsen spa

Included meals – Breakfast, Lunch, Dinner

Activity:

Difficulty:

2

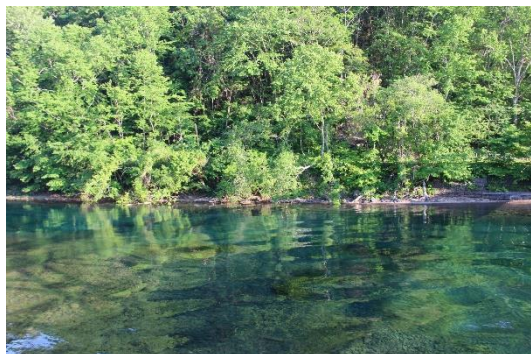
◆ SUP

- Time Required: 3 hours
- The location: Lake Shikotsu

◆ Trekking

- Time required: 4.5hours in total

* Flatland time required: 2hours, mountain road: 2.5hours



Day 10 Guided cycling around Lake Toya

After breakfast and checking out the hotel, we hop on a van and drive 1 hour to Lake Toya. After arriving at Lake Toya onsen town, we get our bikes ready and fitted for everyone to start pedaling for the day. We start on a lakeside path designated for pedestrians and cyclists, then eventually get on a quiet road that goes all the way around Lake Toya. We cycle clockwise around this caldera, over 30km/19miles in circumference. Since Lake Toya was formed due to a volcanic eruption, the adjacent areas enjoy vibrant agriculture and horticulture, which we will take in from the saddle during the day. Another geographic feature of this area is, of course, active volcanoes. We visit Mount Showa-shinzan and Mount Usu located on Lake Toya's southern side, which forms Toya-Usu UNESCO Global Geopark. We take a cable car to the observatory on Mount Usu. On a fine day, we can enjoy the panoramic view from Lake Toya to Mount Yotei. After intensive 1day cycling, we will drive for 1 hour to Niseko Konbu Onsen at the foot of Mount Niseko Annupuri.

Accommodation –Niseko Konbu Onsen | Private room with ensuite | Onsen Spa

Included meals - Breakfast, Lunch, Dinner

Activity:

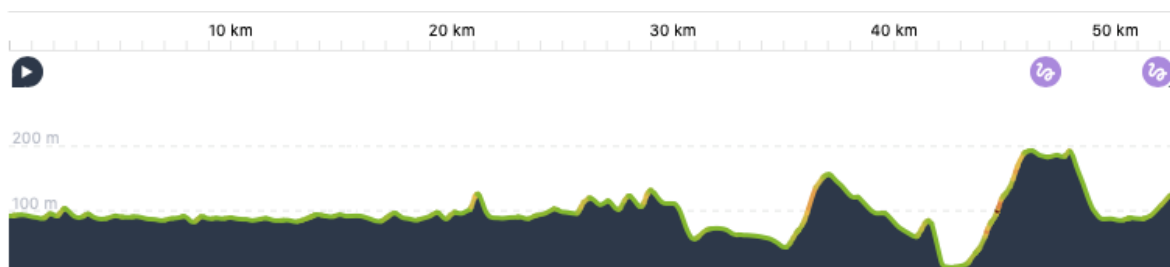
◆Cycling

Distance: 53km/33miles

Time Required:6 hours

Altitude Gain - 630m/2,067ft

Difficulty: 3



▲ **Highest Point** 190 m / 623 ft

▼ **Lowest Point** 10 m / 33 ft



Day 11 Guided cycling tour around Mount Yotei

Mount Yotei, also known as Ezo Fuji because it resembled Mount Fuji, will be in our sight all day. The heavy snowfall makes this area of Niseko a world-famous snow resort. We first peddle to the center of this famous Niseko snow resort called Hirafu street, lined up with luxurious hotels located in a peaceful local small town. We keep peddle to the northern fringe of Mount Yotei and through the potato capital Kutchan Town. Our lunch will be at a popular natural spring water park where local people and visitors come to fill their water bottles with natural mineral-rich water. This unique water, proudly denominated as one of "Japan's 100 Best Spring Waters". After our refreshing visit. we continue to cycle around the Mt. Yotei and back to our ryokan.

Accommodation –Niseko Konbu Onsen | Private room with ensuite | Onsen Spa
Included meals - Breakfast, Lunch, Dinner

Activity:

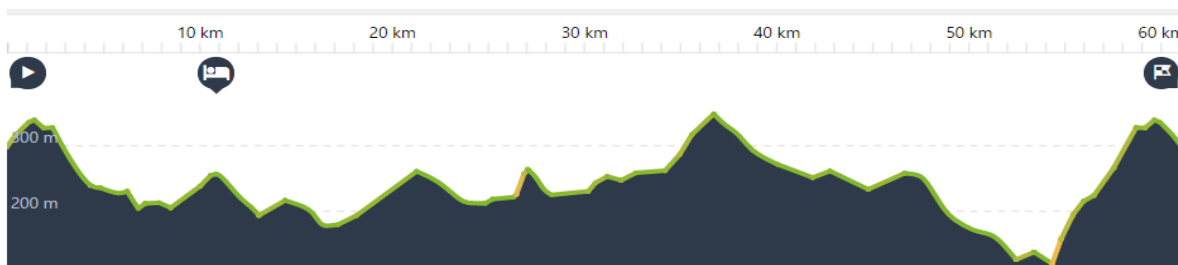
◆Cycling

Distance: 61km/ miles

Time Required: 6hours

Altitude Gain - 630m/2,067ft

Difficulty: 3



△ Highest Point 350 m

▽ Lowest Point 120 m



Day 12

Farewell to Hokkaido and toast with Nikka whisky

After checking out of our hotel, we leave Niseko Konbu Onsen by van for Yoichi. We celebrate the completion of our tour at Nikka Whisky Distillery, founded in 1934 by Masataka Taketsuru, who was the first Japanese person to serve as an apprentice in whisky-making in Scotland. Our last meal in Hokkaido will be the perfect local ala kart dish with a glass of whisky at Nikka Whisky Distillery. The transfer to Sapporo takes approximately 1 hour, and we say our goodbyes around noon at Sapporo or New Chitose Airport as you like.

Accommodation –None

Included meals - Breakfast, Lunch

Activity: NA

Difficulty: NA



Accommodation :

Dates	Location	Type	Room	Spa
Day 1	Minakami	Tents	Shared Tent (shower, bath, toilet in adjacent building)	
Day 2	Minakami	Tents	Shared Tent (shower, bath, toilet in adjacent building)	
Day 3	Miharashi, Oze	Lodge	Shared Room with shared bath, shower & toilet	
Day 4	Ashinomaki Onsen	Hostel	Shared room with ensuite	Onsen Spa
Day 5	Numajiri	Lodge	Shared room with ensuite	Onsen Spa
Day 6	Dake	Hostel	Shared room with ensuite	Onsen Spa
Day 7	Dake	Hostel	Shared room with ensuite	Onsen Spa
Day 8	Lake Shikotsu	Ryokan	Private room with ensuite	Onsen spa
Day 9	Lake Shikotsu	Ryokan	Private room with ensuite	Onsen spa
Day 10	Niseko	Hotel	Private room with ensuite	Onsen spa
Day 11	Niseko	Hotel	Private room with ensuite	Onsen spa

Food & Accommodation

Other Information

Some of breakfasts and dinners on this tour will be served at our accommodation. It is a typical way for Japanese travellers to indulge by staying in lodgings with natural hot springs "onsen" on site. The meals will be set menus or buffet, containing traditional Japanese dishes beautifully presented in separate plates & bowls. If you are a master of chopsticks, these skills will be handy, otherwise western utensils are usually available on request. Eating at the accommodation allows us to relax and enjoy the local cuisine dressed in "yukata" (a casual cotton kimono), which takes away the hassle of packing a change of evening and/or morning clothes. We will do our best to make arrangements for any dietary requirements so please be sure to let us know your needs in advance.

Travel to the Meeting Point

We will meet at 07h00 in the lobby of the Matropolitan Marunouchi Hotel, adjacent to the Nihombashi (North) Entrance to Tokyo Station.

Our guide, Kazuko, will be in the lobby, carrying a sign-board.

From here, it is a one minute walk to the entrance to the Bullet Train platforms from which we'll leave Tokyo for Minakami at 07h48.

What's included

- 11nights accommodation, single occupancy basis
- 11 breakfasts, 9 lunches, 11 dinners
- Snacks and refreshments
- English speaking Japanese guide(s)
- Rental bike (hybrid with flat handlebar or road bike with drop bar handle)
- Other bike accessories
- Cable car tickets
- All transport as described in the itinerary
- Snacks and refreshments
- English speaking Japanese guide(s) & mechanic(s)* For Hokkaido Cycling
- Spare parts and mechanic services
- Support vehicle(s) where necessary

Not included

- Airfares
- Personal expenses
- Alcoholic drinks with included meals

Please note that you will be asked to show your passport when checking into accommodation in Japan. It is a requirement for accommodation providers to take a photocopy of the passport of overseas guests.

What we provide & What to bring

We provide

- * For cycling activity in Hokkaido only
- *Rental bike, road bike or hybrid bike of your choice
- *Front bag for hybrid bike (8L volume), or
- *Seat post bag for road bike (6L volume)
- *Helmet and gloves on request
- *Spare tube, tyre levers, multi tool, pump, and flat patches are provided in the bag
- *All the bikes are equipped with front and rear lights, and cycle computers
- *Support vehicle
- Water and snacks
- First aid kit



Road Bike
TREK 1.2



Hybrid Bike
TREK FX7.4



What to bring

Make sure you bring long trousers and a warm sweater for evenings, as well as covered shoes.

Essentials

- Windproof/ Coldproof/ Waterproof jacket
- Multiple changes of clothing that are appropriate for trekking (items that are easy to move in, quick-drying, easy to layer.)
- Trekking/hiking boots (mid- to high-cut)
- Fleece or down jacket and thermal layers (top and bottom)
- Gloves/beanies/neck-warmers etc. to keep you warm
- (For watersports) Sports Sandals with a heel strap
- (For watersports) Swimwear
- Spare changes of socks
- Refillable water-bottle/hydration system (2L)
- Portable toilet and other necessary toiletries
- Quick-dry hand towel
- High-energy snacks/provisions (can be purchased on location)
- Head-torch
- Hiking backpack with capacity to fit above items / rain-cover for backpack
- Sunglasses and sunscreen
- Personal medications
- Travel insurance
- Passport
- Cash in Japanese yen. Small restaurants and shops in rural parts of Japan do not accept credit cards. You can withdraw cash from an ATM at a post office and Seven Eleven convenience stores.

Recommended items

- Walking poles
- Hiking/sports leggings and gloves
- Power bank and charger for mobile phone
- Your own seat and pedals; we have them fitted to bikes, but nothing is more comfortable than your own gear!
- Your own helmet. It is compulsory to wear one on our tour
- Binoculars
- Camera

About us

THE J TEAM DMC

The J Team was Japan's first specialist Inbound Destination Management Company,. Alchemizing out-of-the-box thinking, an engaging and energetic Team of hands-on coordinators, and a lovingly developed and unrivalled country-wide network of partners representing every element of Japanese culture, we consistently create unique activities, experiences and stories, far beyond our two physical Tokyo & Kyoto offices, in every corner of the jewel-box that is Japan.

All of this is underpinned by an uncompromising level of professional service, attention-to-detail and risk management attainable only through the years of successful on-site experience which have earned The J Team its reputation as Japan's leading specialist DMC..

GUIDE IN MINAKAMI & OZE

During her 15 years as a licensed guide, Kazuko has travelled to almost every corner of Japan and experienced ... most everything! As shown here, Kazuko is hands-on, and willing to give anything a try in her desire to allow all of her guests to experience the full spectrum of Japanese culture to the maximum.

And, having recently gained certification as a qualified Geo-guide, the stunning landscapes and geographical features of Minakami & Oze are a particular favourite.



Inoutbound Sendai Matsushima Inc.

Inoutbound Sendai Matsushima Inc. is a local DMC and tour operator based in Sendai City, the gateway to the greater Tohoku region of northern Japan. With a focus on the Miyagi area, we work closely with local businesses and key-people throughout Tohoku to create and curate unique experience programs and customised itineraries for visitors from all around Japan and the world. Our friendly team of experts can provide bilingual guiding services, consultation for independent travelers and agents, as well as on-the-ground tour operation for familiarisation, special interest and incentive trips. We pride ourselves on leading our guests off-the-beaten-path for authentic local experience that will stay with them for a lifetime.

SUSTAINABLE TOURISM:

At Inoutbound Sendai Matsushima we believe that responsible tourism should always leave minimal impact on the environment and maximum positive impact on the local community. We strive to support local business by working with family-run hotels, restaurants and local guides, and ensure our activities contribute positively to the protection and promotion of local culture and tradition.

GUIDES

MITSUMASA GOTO (MITSU)

(Advanced First-aid Responder Course 2020)



Mitsu is a Miyagi local, born and raised, and between back-packing and working in the travel & PR industry for more than 20 years, he's travelled overseas well over 30 times. As well as embracing his love of the outdoors, Mitsu is one of Tohoku's biggest foodies and can follow his nose to the best local eateries across the region! Mitsu is well on his way to completing the entire length of the 'Michinoku Coastal Trail' (1000km) by the 10th anniversary of the Great East Japan Earthquake and Tsunami disaster in March 2021.

QUINLAN FARIS (Q)

(Nature Experience Activity Leader 2020)



Hailing from Madison, Wisconsin, Quinlan's journey brought him to Japan 20 years ago after a 10-month spell in China. After 10 years in Tokyo, during which he took multiple back-packing trips to India and Nepal, he moved north to Iwate. You'll most likely find him up a local volcano hiking up a storm, brewing some coffee, or foraging for wild vegetables to feed his Airbnb guests / entertain his YouTube subscribers (GoNorth Japan).



Hokkaido Treasure Island Travel

We are Hokkaido Treasure Island Travel (HTIT), an award-winning team of creators of unique, perfectly tailored Hokkaido travel experiences. HTIT Team is deeply rooted in Hokkaido, North Japan. In 2004, HTIT started its journey as a pioneer of a new style of adventure travel by sharing the treasures of Hokkaido. We are constantly opening new doors and making local destinations previously inaccessible for travelers available all over Hokkaido. We provide a compelling combination of personal and professional travel advice, knowledge beyond that of the guidebook insider, and behind the scenes access to places and authentic local experiences generally not available for the public. Our mission is to create for you a journey of a lifetime, every time you travel with us.



GUIDES

Chie Moue / English instructor, interpreter guide, English customer service consultant, forest instructor

She majored in organic chemistry at university. After that, she worked at the Hokkaido Regional Forest Office with the aim of contributing to the community. Engaged in forestry and forest environment education work, she knows the "power to heal people" of forests. She realized the fun of communicating and sharing the splendor of the forest to people and started to act as a forest instructor. After guiding overseas forestry trainees, she became motivated to "work using English", and with the aim of re-learning English, she built her career as an English instructor and interpreter and became an English customer service consultant. She is developing a unique course that weaves "English x customer service x tourism", such as a "forest course" that makes use of the experience of a forest instructor and a training course for English teachers and English guides. She is also involved in tour development as well as creating English notation for facilities in cities, towns and villages all over Japan, and is also focusing on "disseminating the appeal of the region in English."

Information and Requirements

Dietary Restrictions

We believe that eating like the locals is the best way of experiencing Hokkaido's unique culture. However, we understand that it's not possible for everyone to do this and we're more than happy to cater for food allergies, dietary restrictions, and special requirements. If you have any diet restrictions or preferences, please tell us in the Registration Form at the time of booking, and we will do our best to accommodate your dietary needs.

In some rural areas particularly, we may ask you for some flexibility. For example, if you require halal food, we may be able to substitute for a vegetarian option instead. Please also be aware that for those who are allergic to MSG we may struggle to arrange a good alternative at every meal in Japan. Some of our overseas guests in the past found it difficult to find ready-made foods completely free of MSG, especially when buying from convenience stores. Most Japanese supermarkets sell simple foods like plain bread, boiled eggs, vegetables and fruits, so you should always be able to find something suitable. The most important thing about dietary requirements is to let us know in advance so we can prepare and organize the foods you need.

Emergency Response Plan

Your safety is our top priority, closely followed by fun and comfort! All our tour guides have years of guiding experience in the outdoors under their belt and have already taken an advanced firefighting lifesaving course. At all times, our guides will carry a first-aid kit, as well as have an extra kit in our vehicle and hold an Emergency plan with the nearest emergency hospital for any severe accident.

In case of heavy rain, strong winds or other unsafe weather conditions for trekking/ climbing, there may be times when we have to change our tour plan. In such cases, we will try to substitute the original activity with other alternatives such as sightseeing, visiting museums or hot springs. We take charge of turning a bad day around into a fun day!

Weather Condition in Minakami & Oze

Most of Tokyo's 15 million inhabitants dream of spending their summer in the Minakami & Oze area. Daytime temperatures are likely to be in the low 20s in June & October, the high 20s in September, and the low 30s in July & August, when humidity also ramps up, though the nearby mountains save the area from the trapped heat & humidity which make late July & early August in central Tokyo almost unpleasant. So, tees/polo-shirts with a good sunblock are generally appropriate, though from June thru September long-sleeved shirts are recommended for cycling or walking, as the sun can be strong & shade is not always accessible. Evenings are pleasant, usually 10 degrees below daytime highs. Summer & autumn is typhoon season in Japan, and while not as frequent in this area as in Japan's south-west islands Okinawa & Kyushu, we will take all necessary measures in communication and preparation to ensure your safety should one approach.

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Weather Condition in Touhoku

September is a very pleasant time to visit the Tohoku region. With the height of summer behind, daytime temperatures tend to vary between 18 – 25 °C with about 70% humidity. However, the weather is known to be changeable and typically several degrees cooler in more mountainous areas. We advise all guests to come prepared with adequate sun protection as well as protective layers for cooler/wet-weather. Please consult the 'what to bring' list to make sure you are prepared for all likely conditions.

Whilst the peak of Autumn foliage tends to be in late October/early November, it is possible that some slight changes of colour can be seen at higher altitudes in September.

Weather Condition in Hokkaido

June to September is a perfect time for sightseeing as the sunny days continue. In June and September short-sleeved shirts are good for some days, but long-sleeved shirts are a must for some chilly days, especially in the morning and evening, it gets cold, so you need a jacket, sweater, and trainer. In July and August, there are several midsummer days when the maximum daytime temperature exceeds 30°C/86F, but the mornings and evenings are still cool.

What is an *onsen*?

Most Hokkaido Local Hotel and Ryokan have an *onsen* spa, that is, natural hot springs. As a volcanically active landscape, Japan has well over 25,000 natural hot springs scattered throughout the country. Since ancient times, the people of Japan have loved onsen and will travel far and wide to visit famous onsen establishments.

Please keep in mind that there are certain protocols that go with bathing in an onsen, however they're super simple!

- You bathe in your birthday suit, that's right, no clothes or swimwear is allowed in the bath. Don't worry, no one is looking!
- Take a shower before you enter the water. It's important for the onsen waters to stay clean so make sure to rinse all soap off and long hair should be tied up. You can take a small towel in if you're feeling shy, but the towel cannot touch the waters.
- Be respectful of others. Do not run, talk too loudly, drink alcohol, or splash around while in the onsen.

Don't forget to take in a hand towel, so that you can lightly dry yourself before returning to the changing room. We're quite fussy about keeping the floors of the changing room dry. Last but not least, relax and enjoy yourself!



What is a *ryokan*?

On our tours, we use *ryokan* as much as possible to support local tourism businesses. A *ryokan* (旅館) is a traditional Japanese inn and it is the epitome of Japanese hospitality and cuisine. They are often located in natural surroundings and feature Japanese style rooms with tatami mats with rice paper partitions and futon (sleeping mattresses). Each ryokan prides itself on its cuisine and features seasonal local ingredients. Many ryokan also have on-site natural hot springs for their guests to enjoy during their stay.

Here are some good-to-know facts about *ryokan* to avoid unwelcome surprises.

- You are sleeping on the floor. A traditional Japanese room does not have western beds, instead *futon* bedding is provided. Often *ryokan* staff enter your room and prepare your *futon* while you are out for dinner.
- *Ryokan* provide "*yukata*", which is a traditional night robe that looks like a *kimono*. You can wear it to the hot spring spa and also to dinner, basically anywhere within the *ryokan* facility. Because in the evening we mostly dine in house, you don't have to bring a lot of evening clothes as long as you think you will be comfortable hanging around in your *yukata*. Our guides will explain how to wear *yukata* properly if you are unsure.

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 organise 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.

Payment Methods

We will send a booking confirmation by email with an invoice requesting a deposit

- * A 20% Deposit is required for the confirmation of the booking.
- * The remaining cost(Balance Payment) is due 21 days before your arrival.
- * Payment is acceptable by Credit card or Bank Transfer:
 - A. Credit card
 - * We will send you a link with a form to fill in your credit card details
 - B. Bank Transfer
 - * Please process the payment from your local bank in Yen.
 - * All Transaction Fees will be paid by remitter

Cancellation

- Cancellation fees apply from 20 days prior to the travel starting date
- 20% of the tour price will apply 20 days prior to the travel starting date
- 30% of the tour price will apply 7 days prior to the travel starting date
- 40% of the tour price will apply 1 days prior to the travel starting date
- 50% of the tour price will apply on the travel starting date
- 100% of the tour price will apply after the start of the tour or the traveler does not participate in the Tour without notice

Disclaimer

Public Notice No. 1593 by the Ministry of Land, Infrastructure and Transport
 This is an official announcement of the following revision concerning all terms and conditions of the standard general conditions of travel agency business (Public Notice No.790 by the Ministry of Transport dated December 19, 1995) as stipulated in Article 12 -3 of the Travel Agency Law (Law No. 239 of 1952) December 16, 2004

Kazuo Kitagawa, Minister of Land, Infrastructure and Transport

Final revision: March 29, 30th Year of Heisei – 2018

Public Notice No. 9 by the Japan Tourism Agency (Effective from April 1, 30th Year of Heisei – 2018)

Standard General Conditions of Travel Agency Business

Subscription Type Organized Tour Contract Part

Chapter 1 - General Provisions

(Scope of Application)

Article 1 The Contract of our Company (hereinafter referred to as “We,” “Us,” or “Our” as the case may be) concerning the subscription type organized tour to be executed with the traveler (hereinafter referred to as the “Subscription Type Organized Tour Contract”, or “Contract”) shall be based on the General Conditions. In the case that any matter not stipulated in the General Conditions arises, ordinance or generally established practice shall be applied.

2 In cases where we execute a special contract (hereinafter referred to as the “Special Contract”) with the traveler in writing without violating the relevant law and harming the interests of the traveler, such Special Contract shall be given priority, notwithstanding the provision of the preceding paragraph.

(Definition of Terminology)

Article 2 In the General Conditions, “Subscription Type Organized Tour” or “Tour” shall mean such tours for which we prepare beforehand for subscription by travelers, travel plans including destinations, itineraries, transportation services and accommodation services to be offered to travelers, as well as the Tour Price amount (as defined in Article 12 below) payable to us by travelers, which shall be implemented as planned.

2 In the General Conditions, “Domestic Trip” shall mean trips within Japan only, and “Overseas Trip” shall mean those trips other than a Domestic Trip.

3 In this Part, the “Communication Contract” shall mean the Subscription Type Organized Tour Contract, which is executed between us and a card member of the credit card company affiliated with us or the company marketing our Subscription Type Organized Tour on behalf of us (hereinafter referred to as an “Affiliated Company”) by subscription through telephone, mail, facsimile, or other means of communication, subject to prior consent of the traveler to the effect that the claims or obligations held by us, such as the Tour Price to the traveler based on Subscription Type Organized Tour Contract are settled on or after the due date of such claims or obligations according to card membership rules as provided separately by the Affiliated Company, and also subject to payment of the Tour Price, etc. payable under the said Subscription Type Organized Tour Contract according to the methods specified in Article 12, paragraph

2, the latter part of Article 16, paragraph 1 and Article 19, paragraph 2.

4 In this Part, the “Electronic Consent Notice” shall mean a notice issued in acceptance of the subscription for the Contract, and is conducted by means of transmission, among the methods utilizing information and communication technologies, via telecommunication lines connecting the computer, facsimile, telex or telephone (hereinafter referred to as the “Electronic Computer, etc.”) used by us, or the company marketing our Subscription Type Organized Tour on our behalf, with the Electronic Computer, etc. used by the traveler.

5 In the General Conditions, the “Date Card Used” shall mean the date when the traveler or our Company becomes obligated to pay the Tour Price, etc. or executes refundable liability under the Subscription Type Organized Tour Contract. (Content of Tour Contract)

Article 3 We undertake to make arrangements and administer the itinerary under the Subscription Type Organized Tour Contract so that the traveler can be provided with transportation, accommodation and other services as offered by transportation and accommodation businesses, etc. (hereinafter referred to as the “Tour Service”) according to the itinerary provided by us. (Business Agent)

Article 4 There are cases where we may engage other travel agents, professional arrangers or other helpers in or outside Japan, in order to have them make arrangements in whole or in part on our behalf for the execution of the Subscription Type Organized Tour Contract.

Chapter 2 – Execution of Contract

(Subscription for the Tour Contract)

Article 5 A traveler who wishes to subscribe to our Subscription Type Organized Tour Contract shall fill in the necessary information in the application form as designated by us (hereinafter referred to as the “Application Form”), and shall submit it to us together with the required payment to apply for the Subscription Type Organized Tour Contract (hereinafter referred to as the “Application Fee”) as separately specified by us.

2 Notwithstanding the provision of the preceding paragraph, a traveler who wishes to subscribe to our Communication Contract will be required to notify us of the name of the desired Subscription Type Organized Tour, the start date of the Tour, the traveler's membership number and other information as required (hereinafter referred to as the “Membership Number, etc.”).

3 The Application Fee as specified in paragraph 1 shall be treated as part of the Tour Price, a cancellation fee or a penalty charge.

4 In cases where the traveler participating in the Subscription Type Organized Tour requires special attention, the said traveler shall mention such a request to us at the time of application for the Contract. In this case we will try to accommodate such a request as far as possible.

5 Any expenses incurred as a result of the special arrangements made at the request of the traveler under the preceding paragraph shall be borne by the said traveler. (Subscription by Telephone, etc.)

Article 6 Subscriptions for the Subscription Type Organized Tour Contract are accepted by means of telephone, mail, facsimile and other means of communications. In such cases, the Contract is not executed at the time of subscription, and the traveler for the said Tour will submit an Application Form and Application Fee, or notify us of his or her Membership Number, etc. within the period as designated by us, in accordance with the provision of paragraph 1 or paragraph 2 of the preceding Article 5, after we have notified the said traveler of our acceptance of his or her subscription.

2 Upon the submission of the Application Form and Application Fee as specified in the preceding paragraph, or when we have been notified of the traveler's Membership Number, etc., the order in which we execute the Subscription Type Organized Tour Contract with the said traveler shall be subject to the order in which we receive his or her Application Form and Application Fee, or the traveler's Membership Number.

3 In cases where the traveler fails to submit the Application Fee, or to notify us of his or her Membership Number, etc. within the period specified in paragraph 1 above, we will consider such a subscription as not having been received and treat it accordingly. (Rejection of the Execution of the Contract)

Article 7 Any one of the following is a case upon which we reserve the right to decline the execution.

- a. In cases where the sex, age, qualifications, skills or other conditions of the traveler in question do not meet such conditions as specified by us in advance, as required of travelers participating in the Tour;
- b. In cases where the number of travelers subscribing for the Tour has already reached the maximum number of participants as scheduled for the Tour;
- c. In cases where the traveler in question subscribing for the Tour is likely to create a nuisance for other travelers or hinder smooth implementation of the Tour as a group;
- d. In cases where the Communication Contract is about to be executed, and the traveler is unable to settle in whole or in part, the liability related to his or her Tour Price, etc. as stipulated in the card membership rules of the Affiliated Company. Such reasons may be due to, but not limited to, the credit card as held by the traveler in question, being found to be invalid;
- e. In cases where the traveler is recognized as a gang member, an associated gang member, a person or a company related to crime syndicates, a corporate racketeer or any other antisocial forces;
- f. In cases where the traveler has made claims through forceful behavior or unjust claims to us or acted in a threatening manner or made threatening statements, or has conducted violent acts or behavior in connection with any transaction between the parties, or other acts or behavior equivalent to these;
- g. In cases where the traveler committed acts which may damage our reputation or obstruct our business by spreading false rumors, the use of fraudulent means or by force, or other acts or behavior equivalent to these; or
- h. In cases where there is an inconvenience related to our business.
(Time that the Tour Contract is Executed)

Article 8 The Subscription Type Organized Tour Contract shall be executed when we have accepted the execution of the Contract and have received the Application Fee as specified in the Article 5, paragraph 1.

2 Notwithstanding the provision of the preceding paragraph, the Communication Contract shall be executed when we send out a notice to the effect of communicating our acceptance of the execution of the Contract, except when an electronic notice of acceptance is sent out for the said Contract, in which case the Contract shall be executed when the said electronic notice has reached the traveler. (Delivery of Contract Document)

Article 9 We will promptly deliver to the traveler, a document (hereinafter referred to as the "Contract Document") detailing the itinerary, content of the Tour Service, Tour Prices, and other conditions of the Tour, as well as matters concerning our responsibility with regards to the Tour, promptly after the Tour Contract has been executed as defined in the preceding Article.

2 The scope of our responsibility for the Tour Service in making arrangements and administering itineraries under the Subscription Type Organized Tour Contract shall be based on the details stated in the Contract Document as specified in the preceding paragraph. (Determinate Document)

Article 10 In cases where it is not possible to state the determinate itinerary, or the names of transportation or accommodation facilities in the Contract Document as specified in the preceding Article, paragraph 1, we will list, on a limited basis, in the Contract Document, the names of facilities scheduled for accommodation and the names of transportation facilities important and to be shown in the Contract Document, and after we have delivered such a Contract Document, we will also deliver a document with descriptions of determinate conditions (hereinafter referred to as the "Determinate Document") on or before the date as specified in the said Contract Document, but no later than the day immediately preceding the starting date of the Tour (or the starting date of the Tour, in cases where subscriptions for the Subscription Type Organized Tour Contract are made on or after the 7th day immediately preceding the start date of the Tour).

2 In the case of the preceding paragraph, when an enquiry is received from a traveler who wishes to confirm the status of arrangements, we will respond promptly and properly to such an enquiry before delivery of the Determinate Document to the said traveler.

3 In cases where the Determinate Document has been delivered as specified in paragraph 1, the scope of our responsibility for the Tour Service in making arrangements and administering itineraries shall be limited to the scope described in the said Determinate Document. (Method of Utilizing Telecommunication Technology)

Article 11 When, instead of physically delivering to the traveler the document, the Contract Document or the Determinate Document to be delivered at the time when the traveler is about to execute the Subscription Type Organized Tour Contract which describes details such as the itinerary, the Tour Service content, the Tour Price, other conditions of the Tour, and matters regarding our responsibility, we have provided the traveler, with his/her prior consent, with such details to be described in the said document(s) (hereinafter referred to in this Article as the "Described Details") by means of utilizing telecommunications technology, we will confirm that the Described Details have been recorded on a file as equipped in the communications equipment used by the traveler.

2 In the case of the preceding paragraph, when the communications equipment used by the said traveler is not equipped with a file for recording the Described Details, we will record the Described Details on a file (confined for exclusive use of the said traveler) as equipped in the communications equipment used by us, and confirm that the said traveler has viewed the Described Details. (Tour Price)

Article 12 The traveler will be required to pay to us the price for our providing of the Tour Service (hereinafter referred to as the "Tour Price") in the amount specified in the Contract Document on or before the date specified in the Contract Document prior to the starting date of the Tour Service.

2 When the Communication Contract has been executed, we will receive payment of the Tour Price in the amount specified in the Contract Document by the credit card of our Affiliated Company without obtaining the traveler's signature on the designated voucher. In this case, the date on which the card is used shall be considered as the date the Tour Contract is executed.

Chapter 3 - Alteration of the Contract

(Alteration of the Contract Content)

Article 13 In cases where there arise causes beyond our control, such as acts of God, acts of war, civil commotion, suspension of the Tour Service by transportation and accommodation facilities, etc., orders from government and other public agencies, the need to use transportation services not based on our original transportation plan, and other causes, and when it is considered unavoidable in order to effect the safe and smooth implementation of the Tour, we may be required to change the itinerary, content of the Tour Service and other content of the Subscription Type Organized Tour Contract (hereinafter referred to as the "Contract Content") by promptly explaining to the traveler beforehand the reasons for the nature of such causes being beyond our control and the correlation between such causes and subsequent changes. This shall be the case except at the time of an emergency, in which case, when unavoidable, we will explain to the traveler after such changes have been made. (Alteration of Tour Price)

Article 14 In cases where the transportation fare and charge applicable to the transportation facilities being used for the implementation of the Subscription Type Organized Tour (hereinafter in this Article referred to as the "Applicable Fare and Charge") are increased or reduced considerably beyond price levels as normally assumed, due to significant changes to economic or other conditions, compared with the Applicable Fare and Charge made public as effective rates at the time when the Subscription Type Organized Tour was originally offered, we will be permitted to increase or reduce the amount of the Tour Price within the range of the amount so increased or reduced.

2 In cases where we increase the Tour Price as provided for in the preceding paragraph, we will inform the traveler to that effect before the 15th day immediately preceding the starting date of the Tour.

3 In cases where the Applicable Fare and Charge are reduced as provided for in paragraph 1, we will decrease the Tour Price by the amount so reduced in accordance with the provision of the said paragraph.

4 If any change in the Contract Content according to the provisions of the preceding Article, causes any increase or decrease to accrue in the expenses required for the implementation of the Tour (including the cancellation fee, a penalty charge or other expenses already paid or payable from now for the Tour Service unreceived due to changes in the said Contract Content), we may change the Tour Price within the range of the amount increased or decreased when such Contract Content is changed (except when such increase of expenses is caused by a lack of seats/rooms in the transportation and accommodation facilities, etc. or other facilities, despite the fact that the relevant Tour Service is provided by the transportation and accommodation facilities, etc.).

5 In cases where we have stated in the Contract Document that the Tour Price varies with the number of persons utilizing the transportation and accommodation facilities, etc., and when the number of persons participating in the Tour changes due to causes not attributable to us after the execution of the Subscription Type Organized Tour Contract, we reserve the right to change the amount of the Tour Price as described in the Contract Document. (Change of Traveler)

Article 15 A traveler who has executed a Subscription Type Organized Tour Contract with us may assign his/her status under the said Contract to a third party, subject to our consent.

2 In cases where a traveler wishes to obtain our consent as provided in the preceding paragraph, the said traveler shall fill in the necessary information on the form designated by us, and submit it to us together with the handling fee in the designated amount to us.

3 The assignment of the said status under the Contract, as provided in paragraph 1, shall take effect when approved by us. After such approval, the third party who has acquired such status under the Tour Contract shall succeed to all rights and obligations concerning the said Subscription Type Organized Tour Contract as originally executed by the traveler.

Chapter 4 - Cancellation of the Contract

(Traveler's Rights to Cancel the Contract)

Article 16 A traveler may, at any time, cancel the Subscription Type Organized Tour Contract by paying to us the cancellation fee specified in Schedule I. In cases where the said traveler wishes to cancel the Communication Contract, we will accept payment of the cancellation fee by using the card of the Affiliated Company without obtaining the said traveler's signature on the designated voucher.

2 Notwithstanding the provision of the preceding paragraph, the traveler may cancel, in any of the following cases, the Subscription Type Organized Tour without paying the cancellation fee before the start of the Tour.

a. In cases where the Contract Content has been changed by us, but limited only to such cases where the changes listed in the left column of Schedule II and other important changes;

b. In cases where the Tour Price is increased under the provision of Article 14, paragraph 1;

c. In cases where there arise such causes as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other causes, whereby it becomes impossible or highly unlikely to carry out the safe and smooth implementation of the Tour;

d. In cases where we fail to deliver the Determinate Document to the traveler on or before the date specified in Article 10, paragraph 1; or

e. In cases where the implementation of the Tour has been precluded as scheduled according to the itinerary described in the Contract Document as a result of causes attributable to us.

3 Notwithstanding the provision of paragraph 1, when the traveler has been unable to receive the Tour Service as described in the Contract Document after the start of the Tour due to causes not attributable to him/her, or when we inform him/her to that effect, the said traveler may cancel the Contract for that portion of the Tour Service which he/she has been unable to receive, without paying the cancellation fee.

4 In the case of the preceding paragraph, we will refund to the traveler the portion of the Tour Price related to the portion of the Tour Service that has become unavailable. However, when the case of the preceding paragraph is not due to causes attributable to us, we will refund to the said traveler after deducting from the said amount the cancellation fee, penalty charges and any other amount related to the expenses already paid or payable on or after the cancellation for the said Tour Service. (Our Right to Cancel the Contract - Cancellation before the Start of the Tour)

Article 17 In any of the following events, we may cancel the Subscription Type Organized Tour Contract prior to the start of the Tour by explaining to the traveler the reason for the cancellation:

- a. In cases where it becomes known that the traveler does not meet the conditions required of Tour participants, such as sex, age, qualifications, skills, etc., as specified by us beforehand;
- b. In cases where the traveler is considered unable to participate in the said Tour due to illness, the absence of a necessary aide/helper or other such causes;
- c. In cases where the traveler is likely to cause trouble to other travelers or interfere with the smooth implementation of the Tour as a group;
- d. In cases where accommodating the traveler is burdensome and exceeds the responsibility provided for in the Contract Content beyond a reasonable extent;
- e. In cases where the number of travelers participating in the Tour does not reach the minimum number of participants for the Tour as specified in the Contract Document;
- f. In cases where it is highly likely that conditions required for implementation of the Tour as described at the time of the execution of the Contract, such as the sufficient amount of snowfall necessary for a ski Tour, may not come into being;
- g. In cases where there arises causes beyond our control, such as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other causes, whereby it becomes impossible or highly unlikely to carry out the safe and smooth implementation of the Tour as scheduled according to the itinerary described in the Contract Document;
- h. In cases where the Communication Contract has been executed, and the traveler is unable to settle in whole or in part the liability related to his or her Tour Price, etc. as stipulated in the card membership rules of the Affiliated Company due to such causes as the credit card held by the traveler becoming invalid; or
- i. When it is found that the traveler falls under any of Article 7, items e through g.

2 In cases where the traveler does not pay the Tour Price by the due date specified in the Contract Document as provided in Article 12, paragraph 1, the traveler shall be considered to have cancelled the Subscription Type Organized Tour Contract on the day immediately following the said due date. In this case, the said traveler shall pay a penalty charge in the amount equal to the cancellation fee as specified in the preceding Article, paragraph 1.

3 In cases where we cancel the Subscription Type Organized Tour Contract due to reasons specified in paragraph 1, item e, we will inform travelers participating in the Tour that the said Tour is to be cancelled before the 13th day immediately preceding the starting date of the Tour in the case of a Domestic Trip (before the 3rd day in the case of a day trip) and before the 23rd day in the case of an Overseas Trip (before the 33rd day, if the starting date falls within the Peak Season as defined in Schedule I).

(Our Right to Cancel the Contract - Cancellation after the Start of the Tour)

Article 18 In any of the following cases, we may cancel part of the Subscription Type Organized Tour Contract even after the start of the Tour by explaining to the traveler about the reason for the cancellation:

- a. In cases where the traveler is considered unable to continue the said Tour due to the absence of a necessary aide/helper or other causes;
- b. In cases where the traveler interferes with the safe and smooth implementation of the said Tour by not following our instructions as given by our tour escort or other staff, or by disrupting the disciplinary order of group activities by physically assaulting or threatening the said staff or other travelers;
- c. When it is found that the traveler falls under any of Article 7, items e through g; or
- d. In cases where there arise causes beyond our control, such as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other causes, whereby it becomes impossible to continue the Tour.

2 In cases where we have cancelled the Subscription Type Organized Tour Contract under the provision of the preceding paragraph, the contractual relationship between our Company and the traveler shall cease to exist from the cancellation thereof. In such a case, it shall be deemed that our liability related to the Tour Service already provided to the traveler has effectively been redeemed.

3 In the case of the preceding paragraph, we will refund to the said traveler the amount remaining after deducting the cancellation fee, penalty charge and any other amount related to the expenses already paid or payable from the cancellation thereof for said Tour Service from the amount covering the portion of the said Tour Service which has yet to be offered to the traveler out of the Tour Price.

(Refund of Tour Price)

Article 19 In cases where a refundable amount becomes due to the traveler as a result of the Tour Price being reduced under the provisions set forth in Article 14, paragraphs 3 through 5 or due to the cancellation of the Subscription Type Organized Tour Contract under the provisions of the preceding Articles 16 through 18, we will refund to the traveler the amount by which the Tour Price is reduced, within 7 days from the day immediately following the date of cancellation, in cases where the refund is due to cancellation prior to the start of the Tour, or within 30 days from the day immediately following the last day of the Tour as stated in the Contract Document, in cases where the said refund is due to a reduction of the Tour Price or cancellation after the start of the Tour.

2 In cases where the Communication Contract has been executed with the traveler, we will pay a refund to the traveler according to the card membership rules of the Affiliated Company, if a refundable amount becomes due to him/her as a result of a reduction of the Tour Price under the provisions set forth in Article 14, paragraphs 3 through 5, or due to the cancellation of the Communication Contract under the provisions of the preceding Articles 16 through 18. In this case, we will notify the traveler of the refundable amount due within 7 days from the day immediately following the date of cancellation in the case of a refund due to cancellation prior to the start of the Tour, or within 30 days from the day immediately following the last day of the Tour as stated in the Contract Document, in the case of a refund due to a reduction of the Tour Price or cancellation after the start of the Tour. The day upon which we notify the traveler shall be considered as the Date Card Used.

3 The provisions of the preceding two paragraphs shall not prevent the traveler or our Company from exercising the right to claim compensation for damages suffered under the provisions of Article 27 or Article 30, paragraph 1. (Arrangement for Return Trip after Cancellation of the Contract)

Article 20 In cases where we have cancelled the Subscription Type Organized Tour Contract after the start of the Tour under the provisions of Article 18, paragraph 1, items a or d, we will undertake to make arrangements for the Tour Services as needed for the traveler to return to the place of departure of the said Tour at the request of the traveler.

2 In the case of the preceding paragraph, all expenses required for the return trip to the departure place shall be borne by the traveler.

Chapter 5 - Contracts with Organizations and Groups

(Contracts with Organizations and Groups)

Article 21 We will apply the provisions of this Chapter to the execution of the Subscription Type Organized Tour Contracts in cases where we receive subscriptions from two or more travelers who are to travel the same route at the same time, provided that each traveler appoints a responsible representative (hereinafter referred to as the “Contract Representative”). (Contract Representative)

Article 22 Unless a Special Contract is executed, we will consider the Contract Representative as the person holding all power of representation concerning the execution of the Subscription Type Organized Tour Contract for travelers who compose his/her organization or group (hereinafter referred to as the “Constituent Members”), and we will handle all transactions concerning the Tour business related to the said organization or group with the said Contract Representative.

2 The Contract Representative is required to submit a list of the Constituent Members on or before the date as specified by us.

3 We will not be held responsible for the liabilities or obligations which the Contract Representative assumes to the Constituent Members at present, or liabilities or obligations which the Contract Representative is likely to assume in the future.

4 In cases where the Contract Representative does not accompany his/her organization or group during the Tour, one of the Constituent Members appointed by the Contract Representative beforehand shall be deemed by us to be the Contract Representative after the commencement of the Tour.

Chapter 6 - Administration of Itinerary

(Administration of Itinerary)

Article 23 We will make efforts to secure the safe and smooth implementation of the Tour for the traveler and carry out the following services for the said traveler, except where we have executed a special contract which differs from these services:

a. In cases where it is considered that the traveler is unlikely to be able to receive the Tour Service during the Tour, to take necessary measures to ensure that the traveler will receive such Tour Service as specified in the Subscription Type Organized Tour Contract; and

b. In cases where alteration of the Contract Content becomes unavoidable despite the measures taken as described in the preceding paragraph, to make arrangements for alternative services. In cases where the Tour itinerary is to be changed, we will make efforts to make an alternative itinerary after the change measure up to the purpose of the original Tour itinerary. Also, in cases where we are required to change the content of the Tour Service, we will try to minimize alterations to the Contract Content by making the content of the Tour Service after the change as close to the originally planned content as possible.

(Instructions by Our Company)

Article 24 The traveler shall be required to follow the instructions of our Company while the Tour is conducted as a group during the Tour from start to finish, in order to implement the Tour safely and smoothly. (Services of Tour Escort, etc.)

Article 25 There are cases where we will ask tour escorts or others to accompany the Tour, depending on the content of the Tour, and handle the services described in each item of Article 23 in whole or in part or any other services we consider necessary in connection with the said Subscription Type Organized Tour.

2 In general, the service hours for the said tour escorts or others to engage in the services as described in the preceding paragraph shall, range from 8:00 to 20:00 local time. (Protective Measures)

Article 26 In the case that a situation arises where we consider the traveler to be in a condition requiring protection due to sickness, injury, etc. during the Tour, we may take the necessary measures. In these cases, if the cause is not attributable to us, the expenditure required for the said measures shall be borne by the said traveler and shall be payable by the traveler on or before the date set by us by the method designated by us.

Chapter 7 - Responsibility

(Responsibility of Our Company)

Article 27 We will be responsible for the compensation of damages caused to the traveler intentionally or negligently by us or by our agent (hereinafter referred to as the "Business Agent") who has been engaged by us to make arrangements on our behalf under the provision of Article 4. Such compensation shall be limited to cases where notice has been given to us within two years from the day immediately following the day when the damages occurred.

2 In cases where the traveler has suffered damages due to causes beyond the control of our Company or our Business Agent such as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other such causes, we will not be responsible for compensation, except in the case of the preceding paragraph.

3 With regard to damages caused to baggage as described in paragraph 1, notwithstanding the provision of the said paragraph, we will compensate the traveler up to ¥150,000 as a maximum amount per traveler (except in cases where the damages were caused by us intentionally or by our gross negligence), only in cases where we have been notified of the damages within 14 days in the case of the Domestic Trip, and within 21 days in the case of an Overseas Trip, from the day immediately following the day when the damages have occurred. (Special Indemnity)

Article 28 We will pay an indemnity and a solatium of the amount set beforehand for certain damages caused to the life, body or baggage of the traveler while he/she is participating in the Subscription Type Organized Tour, in accordance with the provision of the separate Rules of Special Compensation attached hereto, regardless of whether or not we are responsible for causing the said damages under the preceding Article, paragraph 1.

2 In cases where we are responsible under the provision of the preceding Article, paragraph 1 for damages caused as described in the preceding paragraph, the indemnity payable by us according to the preceding paragraph shall be, within the limit of the amount of damage compensation payable based on the said responsibility, considered as the compensation for the said damages.

3 In such cases as provided in the preceding paragraph, our responsibility to pay the indemnity based on the preceding paragraph 1 of this Article shall be reduced by an amount equal to the damage compensation money payable by us, under the provision of the preceding Article, paragraph 1 (including the indemnity considered as the damage compensation money according to the provision of the preceding paragraph).

4 The Subscription Type Organized Tours which we implement by collecting a separate Tour Price from the traveler participating in our Subscription Type Organized Tour shall be handled as part of the content of the principal Subscription Type Organized Tour Contact. (Guarantee of Itinerary)

Article 29 In cases where a major alteration is made to the Contract Content described in the left column of Schedule II (except the alterations described in each of the following items (excluding alterations caused by the lack of seats/rooms in the transportation and accommodation facilities, etc. or other facilities, despite the fact that the said Tour Service is provided by the transportation and accommodation facilities, etc.)), we will pay an indemnity for such alterations which is equal to or in excess of the amount reached by multiplying the Tour Price by the percentage as specified in the right column of the said Schedule within 30 days from the immediately following the last day of the Tour, except in cases where it is clear that we will bear the responsibility under the provision of Article 27, paragraph 1 regarding the said alterations.

a. Alterations due to the following causes:

- (1) Acts of God;
- (2) Acts of war;
- (3) Civil commotion;
- (4) Orders from government and other public agencies;
- (5) Suspension of Tour Services by transportation and accommodation facilities, etc.;
- (6) Offering a transportation service not included in the original travel plan; or
- (7) Measures required to ensure the safety of the life and body of the tour participants

b. Alterations relating to the cancelled portion of the Subscription Type Organized Tour Contract its cancellation based on the provisions of Article 16 through Article 18.

2 The maximum amount of indemnity payable by us for such alterations per traveler for one Subscription Type Organized Tour shall be the amount reached by multiplying the Tour Price by the percentage set by us equal to or in excess of 15%. However, in cases where the amount of indemnity per traveler for one Subscription Type Organized Tour falls below 1,000 yen, we will not be obliged to pay the indemnity for the alteration.

3 In cases where it becomes clear that we are liable for the said alteration, based on the provision of Article 27, paragraph 1, after we have paid indemnity for the alteration in accordance with the provision of paragraph 1 of this Article, the traveler will be required to repay such indemnity paid for the said alteration. In such a case, we will pay the balance by offsetting the amount of compensation payable by us based on the provision of the said paragraph by the amount of indemnity due to be repaid by the traveler.

(Responsibility of the Traveler)

Article 30 In cases where we have suffered damages due to the willful misconduct or negligence of a traveler, the said traveler shall be required to compensate us for the damages.

2 When the traveler executes the Subscription Type Organized Tour Contract, the traveler will be required to make efforts to understand the content of the said Subscription Type Organized Tour Contract, such as the rights and obligations of the traveler, etc., by utilizing information as provided by us.

3 Should the traveler realize that the Tour Service being offered differs from that as stated in the Contract Document after the start of the Tour, in order for the traveler to smoothly receive the Tour Service as described in the Contract Document, the traveler shall promptly report to us, or our Business Agent or the provider of the said Tour Service at the touring point.

Chapter 8 - Business Guarantee Bonds (In Cases of not Being a Security Member of the Association of Travel Agents) (Business Guarantee Bonds)

Article 31 The traveler or the Constituent Member who has executed the Subscription Type Organized Tour Contract with us is entitled to be reimbursed from business guarantee bonds deposited by us under the provision of Article 7, paragraph

1 of the Travel Agency Law in conjunction with claims as arising from the said transaction.

2 The name and location of the deposit office where we have deposited the business guarantee bonds are as follows:

- a. Name
- b. Location

Chapter 8 - Compensation Business Guarantee Bonds (In Cases of Being a Security Member of the Association of Travel Agents) (Compensation Business Guarantee Bonds)

Article 31 We are a Security Member of the All Nippon Travel Agents Association located at Akasaka, Shasta ・ East building 4-2-19 Minato-ku, Tokyo

2 The traveler or the Constituent Member who has executed the Subscription Type Organized Tour Contract with us is entitled to be reimbursed from compensation business guarantee bonds as deposited by the All Nippon Travel Agents Association as described in the preceding paragraph, up to the maximum amount of 11,000,000 yen in conjunction with claims as arising from the said transaction.

3 As we have paid our share of the compensation business guarantee bonds to of the All Nippon Travel Agents Association in accordance with the provision of Article 49, paragraph 1 of the Travel Agency Law, we have not deposited the business guarantee bonds based on Article 7, paragraph 1 of the Travel Agency Law.

Schedule I - Cancellation fees (related to Article 16, paragraph 1)

1. Cancellation fees related to Domestic Trip

Classification Cancellation	Cancellation Fee
a. Subscription Type Organized Tour Contract excluding the following column b	
(1) In cases where the Contract is cancelled on or after the 20th day (the 10th day in the case of a day trip) from the day immediately preceding the starting day of the Tour (except in the following cases from (2) through (5)).	Up to 20% of the tour price
(2) In cases where the Contract is cancelled on or after the 7th day from the day immediately preceding the starting day of the Tour (except in the following cases from (3) through (5)).	Up to 30% of the Tour Price
(3) In cases where the Contract is cancelled on the day immediately before the starting day of the Tour.	Up to 40% of the Tour Price
(4) In cases where the Contract is cancelled on the starting day of the Tour (except in the following case (5)).	Up to 50% of the Tour Price
(5) In cases where the Contract is cancelled after the start of the Tour or the traveler does not participate in the Tour without notice (no show).	Up to 100% of the Tour Price
b. Subscription Type Organized Tour Contract with the use of a chartered vessel	Based on the rules of the cancellation fee for the said vessel
Remark: ① The amount of the cancellation fee shall be specified in the Contract Document. ② In applying this Schedule, "After the Start of the Tour" refers to after "The time when the traveler starts receiving the service" stipulated in Article 2, paragraph 3 of the Rules of Special Indemnity as attached	

Schedule II - Monetary Indemnity for Alterations (related to Article 29, paragraph 1)

Alterations Requiring Payment of Indemnity Percentage	Percentage per Case (%)	
	Prior to the start of the Tour	After the start of the Tour
(1). Alterations to the starting or final days of the Tour described in the Contract Document	1.5	3.0
(2). Alterations of sightseeing locations or facilities (including restaurants) and other destinations of the Tour	1.0	2.0
(3). Alterations to the class or facilities of transportation facilities to those of lower rates than those described in the Contract Document (but limited only to cases where the total charged amount for altering the said class and facilities falls below the total amount for that as specified in the Contract Document)	1.0	2.0
(4). Alterations to the class of the transportation facilities or in the names of companies as specified in the Contract Document	1.0	2.0
(5). Alterations to different flights at the departure airport or destination airport in Japan from those as specified in the Contract Document	1.0	2.0
(6). Alterations/additions to connecting or indirect flights as needed to supplement/replace direct flights scheduled to fly between Japan and outside of Japan as specified in the Contract Document	1.0	2.0
(7). Alterations of the type or name of accommodation facilities as specified in the Contract Document	1.0	2.0
(8). Alterations to the conditions of guest rooms as specified in the Contract Document, such as the type of guest rooms, equipment, scenery, etc.	1.0	2.0
(9). Alterations in the items as specified in the tour title of the Contract Document, among the alterations specified in each item listed from (1) through (8) above.	2.5	5.0
Note 1. "Prior to the Start of the Tour" shall refer to cases where the traveler has been notified of the relevant alteration, no later than the day prior to the starting day of the Tour, and "After the Start of the Tour" shall refer to cases where the traveler has been notified of the relevant alteration on or after the starting day of the Tour.		

Main Tour Operator / Contact

Hokkaido Treasure Island Travel Inc.

9F Daito Bldg, Minami 2-jo Higashi 2-chome 8-1,
Chuo-ku, Sapporo City, Hokkaido, Japan



Tour Operator in Tokyo, Minakami & Oze (Contact)

The J Team DMC

*(Tokyo Metropolitan Government Authorised
Travel Service Operator No. 20055)*

Level 6, VORT Toranomom South, 3-13-7 Nishi Shinbashi,
Minato-ku, TOKYO 105-0003

Contact: Geraint Holt, Owner & Managing Director

E-mail: misterg@thejteam.jp

Phone: 03-6721-5313



Partner in Minakami

Canyons

River Sports in Minakami / <https://canyons.jp/>

Tour Operator in Touhoku / Contact

Inoutbound Sendai Matsushima Inc.

Licensed travel agent: 2-390

Registered DMO (Japan) : 20065



Address:

7F Nippou-Koutoudai-Nishi Bldg.
3-11-5 Kokubuncho, Aoba-Ku, Sendai,
Miyagi Prefecture, JAPAN 980-0803

TEL : +81-22-302-7390

Email: tours@inoutbound.co.jp

