

Education  
First



*College Study  
Tours*

# JAPAN: LAND OF THE RISING SUN



# JAPAN: LAND OF THE RISING SUN

11 DAYS

Japan

## PROGRAM FEE INCLUDES:

- Round-trip airfare
- 9 overnight stays in hotels with private bathrooms
- Breakfast and dinner daily
- Full-time EF Tour Director
- Bullet train
- Select guides and entrances to special attractions as per itinerary

## OPTIONALS:

- Excursion to Nikko
- Excursion to Nara



Mount Fuji is Japan's highest and most prominent mountain.

*Journey to the Land of the Rising Sun to discover the unique cultural and unparalleled landscapes of Japan. Walk through sacred Shinto shrines, watch artisans fashion traditional crafts and ride the world-class bullet train. A visit to Japan lets you experience 11 centuries of history and cutting edge modernity, all in the same trip. Emerge with a comprehensive view of how Japan's culture and vibrant traditions influence the promising future of this ancient land.*

### Day 1 Flight

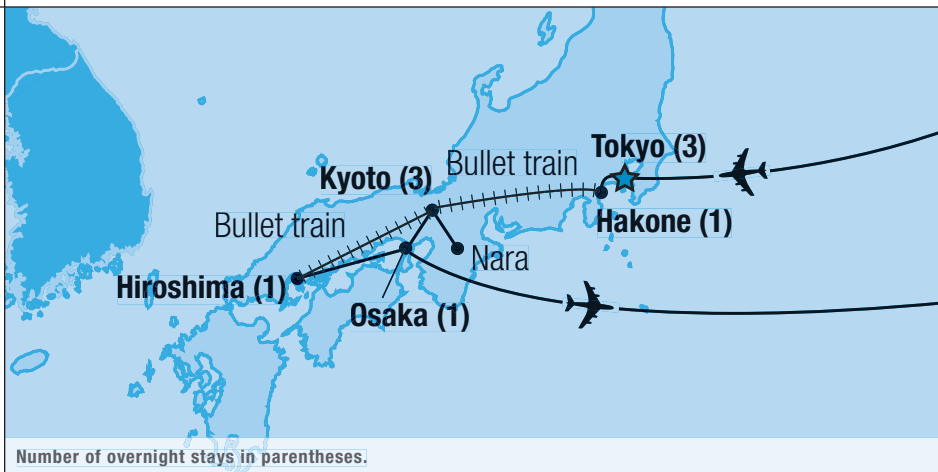
**Overnight flight to Japan** • Relax as you fly through the night to Japan.

### Day 2 Tokyo

**Arrival in Tokyo** • Touch down in Tokyo, a city as tied to the future as it is to the past. As the modern-day capital of Japan, it is the national center of government, education and finance, and home to 12 million residents. Museums and restaurants, shrines and kabuki theaters—you can find it all beneath the neon lights of this pulsating modern metropolis.

### Day 3 Tokyo

**Guided sightseeing of Tokyo** • The sights, sounds and smells of the largest city in Japan come at you from all directions, but your licensed local guide will put it all in perspective. Begin with a visit to the Meiji Shinto Shrine and its elaborate wooded Inner Garden. Pass through Harajaku, the trendy district popular among the younger Tokyoites, and continue through the Shopping District. Then visit the Imperial Palace, residence of the Imperial family, with its gigantic stone walls, a spacious plaza and a large garden open to the public. Afterwards, finish your tour with a cruise on the Sumida River to Asakusa, Tokyo's amusement center. The 7th-century Asakusa Kannon Temple, dedicated to the Goddess of Mercy, is a five-story pagoda surrounded by shops, restaurants, theaters and cinemas.



#### Day 4 Tokyo

**Optional excursion to Nikko** • Those with an appreciation for natural beauty will want to take advantage of this optional excursion to Nikko, a national park of rivers, lakes and wooded highlands. Park visitors engage in a wide range of recreational activities, from mountain climbing to skating. You will visit the five-story pagoda of Toshugo Shrine—be sure to “Hear no evil, speak no evil and see no evil” beneath the three monkeys whose poses represent the age-old admonition. Then witness the awesome power of Mother Nature at the 300-foot Kegon Waterfall, and trace your way to the falls’ origin—the deep blue waters of Lake Chuzenji. Stop at the Bonsai Garden before returning to Tokyo.

**Included Tempura Dinner** • Tempura, one of the better-known Japanese culinary delights, consists of fresh seafood and vegetables dipped in batter and cooked in vegetable and sesame oil. Tonight, you will enjoy this regional delicacy at an included tempura dinner. Try many different kinds—tempura can be anything from shrimp or squid to eggplant or sweet potato—and don’t be afraid to experiment. Tempura connoisseurs have one more piece of advice: Get it while it’s hot!

#### Day 5 Kamakura • Hakone

**Transfer via Kamakura to Hakone** • On your way to Hakone, stop in the small town of Kamakura for a glimpse and a photo opportunity at the Great Image of Buddha. Second largest of its kind—behind the Buddha image in Nara—this one tops out at more than 37 feet. Continue on to Hakone, one of Japan’s most popular inland resort cities. Lying in the middle of a national park, Hakone is noted for its dramatic natural features—forested mountains, glens and deep ravines.

#### Day 6 Hakone • Kyoto

**Tour of Hakone National Park** • Enjoy a guided tour through one of Japan’s most beloved national parks. A popular getaway for Tokyo residents seeking a relaxed natural setting, Hakone offers hot springs, lakes, historic sites and close-up views of majestic Mount Fuji. It’s no wonder the park attracts 20 million visitors from Japan and beyond every year. You’ll experience the natural beauty of this remarkable landscape on a boat cruise across the sparkling Lake Ashi and a cable car ride up Mount Komagatake.

**Bullet train to Kyoto** • In 1964, the first bullet train (shinkansen) sped from Tokyo to Osaka. Today, the most up-to-date model will whisk you across the Japanese countryside. You’ll reach speeds of 180 miles per hour before coming to a stop at Kyoto, one-time hub of Japanese civilization and national capital for more than a thousand years. Beginning at the onset of the Heian Period in A.D. 794, the Imperial family resided here until the capital was changed to Tokyo in 1868. Kyoto is a city deeply rich in history—pagodas dot the landscape alongside Shinto shrines, old imperial villas and Buddhist temples. Prominent time-honored industries like silk weaving, ceramics, and lacquer ware have been passed down for generations. While modern Japan continues its bold push into the future, Kyoto more than any other city remains deeply rooted in the traditions of its past.

#### Day 7 Kyoto

**Guided sightseeing of Kyoto** • Kyoto’s past becomes your present as you explore the city with a local guide. Begin at Nijo castle, a structure built almost entirely out of Japanese cypress. The castle was built under the orders of the powerful Tokugawa shogun, who would live here during his visits to Kyoto. Then visit the Heian Shrine, constructed in 1895 to commemorate the 1,100th anniversary of Kyoto’s founding. In spring, the shrine’s beautiful gardens bloom with cherry blossoms and irises. Your tour concludes at the Kinkakuji Temple—also known as the Gold Pavilion.

#### Day 8 Kyoto

**Optional half-day excursion to Nara (including the Todaiji Temple, deer park and the Kasuga Shrine)** • Today, opt to join an excursion to Nara, another of Japan’s ancient capitals. See *Daibutsu*, the world’s largest bronze statue of a Buddha. Then walk through the wooded Nara Park, whose informal nickname, “Deer Park,” stems from its sizable deer population. Just outside the park, you will visit Kasuga Shrine, one of the most famous Shinto shrines in the country. Twice a year, some 3,000 lanterns are lit simultaneously at the shrine in celebration of the Lantern Festival.

**Free time in Kyoto** • The rest of the day is free for you to discover Kyoto on your own. Perhaps you’ll want to visit the Kiyomizu Temple, with its spectacular views of the city and surrounding valley. You might also choose to explore the Kyoto National Museum, which features traditional Japanese art objects and treasures. Or simply wander the canal-lined streets and let the wooden homes, bonsai trees and occasional kimono-clad geisha in traditional makeup take you back to years past.

#### Day 9 Hiroshima

**Bullet train to Hiroshima** • Faster than a speeding bullet, Japan’s Shinkansen, or bullet trains, travel about 180 miles per hour. Before you know it, you will arrive in Hiroshima, the largest city in the Chugoku region of western Honshu, the biggest of Japan’s islands.

**Excursion to Miyajima Park** • Become awestruck as you explore the breathtaking Miyajima, or the Sacred Island. It is most famous for its “floating” *torii*, the gate that guards the entrance to the Istukushima Shrine, dedicated to the god who protects against sea disasters and war. This floating gate was built as a pier for the sacred island and commoners were not allowed to touch the ground; visitors would have to enter by boat. There are no cemeteries here—because of the extreme sanctity of the island, in ancient times, no one was permitted to be born or die here. People who were ill or pregnant

were ferried off to the mainland. The park is also home to hundreds of tame deer, a five-story pagoda dating from 1407 and multiple Shinto temples.

**Guided sightseeing of Hiroshima** • An expert local guide introduces you to Hiroshima, where the world's first atomic bomb was dropped on August 6, 1945, killing thousands both from the immediate blast and from radiation sickness in the months following. First visit Peace Memorial Park, a UNESCO Heritage Site that contains the Atomic Bomb Dome. The dome is what remains of the Industrial Promotion Hall after receiving a near-direct hit by the atomic bomb and now serves as a reminder of the tragedy. The Peace Memorial Museum here focuses on the devastation of the nuclear attack and its toll on the community, both on that fateful day and in the months and years to come. The park is host to several memorials, including the Memorial Cenotaph, which contains the names of all of the known bomb victims, and the Children's Peace Monument, inspired by the story of a leukemia patient, Sadako. Upon learning of her cancer at age 10 (nearly nine years after being exposed to the atomic bomb), the little girl set out to fold 1,000 paper cranes, symbol of longevity in Japan, convinced that if she could complete her goal she would survive. She died after folding 644 cranes, but the children at her school completed the remaining ones for her, and launched a nationwide bout of crane-folding. Today, the memorial is perpetually filled with paper cranes sent from schools across the country.

#### Day 10 Osaka

**Visit Himeji Castle** • A local guide will introduce you to Himeji Castle, one of the oldest surviving structures from medieval Japan. Marked by its brilliant white exterior, the castle was built in the 14th century and is the most visited castle in Japan.

**Transfer to Osaka** • Continue on to Osaka, the third-largest city in Japan. Modernized Osaka is the industrial and commercial center of western Japan, and its air and seaports make it a major transportation hub for Pacific Asia. A continuous parade of skyscrapers dot the landscape, none more distinctive than the Umeda Sky Building, whose all-glass composition reflects the bustle of the modern city all around. As with all the progressive Japanese cities, Osaka is certainly not without ties to the past—it is the birthplace of *bunraku*, the traditional form of puppet drama, and is still considered the best place in the world to take in a performance.

#### Day 11 Home

**Return home** • Your tour director assists with the transfer to the airport, where you'll check in for your return flight home.

**For complete financial and registration details, please refer to the Booking Conditions.**

YOUR CURRICULUM ON A GLOBAL SCALE

[efcollegestudytours.com](http://efcollegestudytours.com)



ITN0108JPNA  
Itinerary subject to change.



College Study  
Tours

2010/Spring