Japan Journey for Hope, Healing, and Wellness

Total Advantage Travel & Tours, Inc. | TICO #4374724

Itinerary

Day 1	Tue.	11/28/2023	Overnight flight to Tokyo
Day 2	Wed.	11/29/2023	Tokyo Arrval
Day 3	Thu.	11/30/2023	Tokyo Day Tour
Day 4	Fri.	12/1/2023	Kyoto Bound
Day 5	Sat.	12/2/2023	Kyoto Day 2
Day 6	Sun.	12/3/2023	Kyoto Day 3 & Nara Day Trip
Day 7	Mon.	12/4/2023	Kyoto Day 4 and Osaka bound
Day 8	Tue.	12/5/2023	Awajishima
Day 9	Wed.	12/6/2023	Tokushima & Kagawa Bound
Day 10	Thu.	12/7/2023	Shikoku Ohenro
Day 11	Fri.	12/8/2023	Travel to Tokyo
Day 12	Sat.	12/9/2023	Departure

Accommodations

Keio Plaza Hotel

Period of Stay :

11/28/2023 – 12/1/2023

12/8/2023 - 12/9/2023

Address :

2-chōme-2-1 Nishishinjuku, Shinjuku City, Tokyo 160-8330, Japan

Phone Number :

03-3344-0111

URL :

https://www.keioplaza.co.jp/

Hotel Granvia Kyoto

Hotel Granvia Kyoto is an integral part of the JR Kyoto Station Building Complex, a visually striking architectural masterpiece that also includes a department store, museum, musical theater, and a vast underground shopping mall. This convenient location provides hotel guests with direct and easy access to and from Kansai International Airport and major metropolitan destinations across Japan, including Osaka, Tokyo, Hiroshima, Nagoya, and Fukuoka.

With its elegant accommodations, including beautifully arranged guest rooms, there is simply no better place to stay in Kyoto. With its many meeting and banquet rooms, a 1400-seat ballroom, restaurants & bars, and fitness facilities, Hotel Granvia Kyoto is truly the premier destination for international travelers, whether for business or leisure.

In short, deluxe accommodations and superb convenience are the hallmarks of Hotel Granvia Kyoto.

Period of Stay :

12/1/2023 - 12/4/2023

Address :

Kyoto, Shimogyo Ward, Higashishiokōjichō, ９０１, Kyoto Station Building, 内

Phone Number :

075-344-8888

URL :

https://www.granvia-kyoto.co.jp/

Hotel Monterey Osaka

Period of Stay :

12/4/2023 - 12/5/2023

Address :

3-chōme-3-45 Umeda, Kita Ward, Osaka, 530-0001, Japan

Phone Number :

06-6458-7111

URL :

https://www.hotelmonterey.co.jp/osaka/?utm_source=google&utm_medium=mybusiness&utm_campaign=website_monosa

Hotel New Awaji Plaza Awajishima

Period of Stay :

12/5/2023 - 12/6/2023

Address :

1433-2 Amafukiagemachi, Minamiawaji, Hyogo 656-0542, Japan

Phone Number :

0570-079-922

URL :

http://www.plazaawajishima.com/

Kotosankaku

Period of Stay :

12/6/2023 - 12/7/2023

Address :

685-11, Kotohira, Nakatado District, Kagawa 766-0001, Japan

Phone Number :

0877-75-1000

URL :

https://kotosankaku.jp/

Zentsuji Temple Lodge

Period of Stay :

12/7/2023 - 12/8/2023

Address :

3-3-1 Zentsuji-cho, Zentsuji-shi, Kagawa

Phone Number :

0877-62-0111

URL :

https://zentsuji.com/shukubou/

Flight

Departure	Arrival	Airline	Flight Number	Seat	Departure Airport	Destination Airport
Tue. 11/28 12:45pm	Wed. 11/29 4:55pm	AC	1		YYZ	HND
Sat. 12/9 6:55pm	Sat. 12/9 5:20pm	AC	2		HND	YYZ

Day 1: Tuesday, November 28, 2023

Overnight flight to Tokyo

Flight on Air Canada

Time	Event
12:45pm	Dep. Toront Pearson Airport

Day 2: Wednesday, November 29, 2023

Tokyo Arrval

Accommodation Keio Plaza Hotel

Guide: To be announced
Phone: LINE ID:

Meal Inclusions: D

Time	Event
04:55pm	Arr. Haneda airport
06:30pm	Meet tour guide at arrival lobby
06:40pm - 07:20pm	Transfer to hotel by private bus
07:20pm	Arrive at hotel and check-in

08:00pm - 10:00pm	Gather Dinner

Day 3: Thursday, November 30, 2023

Tokyo Day Tour

Accommodation	Keio Plaza Hotel
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B, L

Time	Event
09:00am	Meet tour guide at hotel lobby
09:30am - 10:30am	Imperial Palace
11:00am - 12:20pm	Sensoji Temple & Nakamise Shopping Street
12:30pm - 01:30pm	Lunch at local restaurant
02:00pm - 03:00pm	Tokyo Sky Tree Observatory
03:30pm - 04:30pm	Meiji Jingu Shrine
05:00pm	Tour end at Shibuya

The Imperial Palace

Marvelous Imperial Palace, where Japan's Imperial Family still resides to this day. Located on the former site of the Edo Castle, the palace is surrounded by a moat, park and massive stone walls in the heart of Tokyo. The Imperial Palace East Gardens, which has been open to the public since 1968, stand the innermost circles of defense for old Edo Castle. This garden is a spacious, sprawling garden in the center of Tokyo, and it's the only part of the inner palace area that's open to the public. Stroll through for a pleasant escape from the surrounding concrete jungle.

Address :

1-1 Chiyoda, Chiyoda City, Tokyo 100-8111, Japan

Phone Number :

03-3213-1111

URL :

http://sankan.kunaicho.go.jp/

Sensoji Temple

Journey through the iconic Kaminarimon and down the various shops and sights of the vibrant Nakamise street to reach Sensoji Temple, Tokyo's oldest temple. Sensoji Temple is almost half a millennia old, taking you back to an era of Tokyo long ago.

Address :

2-chōme-3-1 Asakusa, Taito City, Tokyo 111-0032, Japan

Phone Number :

03-3842-0181

URL :

http://www.senso-ji.jp/

Tokyo Sky Tree

Enjoy breathtaking views from the tallest tower in the world as Tokyo Skytree stands at 634 m at the center of Tokyo Skytree Town. At the top of the iconic tower there are two observation floors at the top of the skytree both sitting above 450 m in the sky. At the base of Tokyo Skytree there is shopping, dining and entertainment for your leisure.

Address :

1-chōme-1-2 Oshiage, Sumida City, Tokyo 131-0045, Japan

URL :

https://www.tokyo-skytree.jp/

Prices :

- ¥3,090

Meiji Jingu

Meiji Jingu Shrine is one of Tokyo's most peaceful, and important, Shinto shrines. One of the most popular tourist attractions in Tokyo, Meiji Jingu is a shrine that is nestled near the bustling hubs of central Tokyo. Despite its close proximity to the city center, the shrine is surrounded by a forest of trees, taking you away from the hustle and bustle of the metropolis.

Address :

1-1 Yoyogikamizonochō, Shibuya City, Tokyo 151-8557, Japan

Phone Number :

03-3379-5511

URL :

https://www.meijijingu.or.jp/

Prices :

1 person	¥500

Day 4: Friday, December 01, 2023

Kyoto Bound

Accommodation	Hotel Granvia Kyoto
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B, L

Time	Event
09:00am	Meet tour guide at hotel lobby
09:00am - 09:30am	Transfer to Tokyo station by private bus
09:48am - 12:00pm	Bound for Kyoto by bullet train
12:30pm - 01:30pm	Lunch at local restaurant
02:00pm - 03:30pm	Nijo Castle
04:00pm - 05:00pm	Kinkakuji Temple (Gold Pavilion)
05:00pm - 05:30pm	Transfer to hotel
05:30pm	Arrive at hotel and check-in

Nijō Castle

Built in 1603 to be the residence of Tokugawa Ieyasu is now able to be enjoyed by all. Explore the ancient gardens and wide moats that used to protect the Shogun. The castle is known for its nightingale floors that squeak when stepped on to alert for intruders. The castle also has masterful pieces of painted works, most notably the painted screens on within the main chamber.

Address :

541 Nijōjōchō, Nakagyo Ward, Kyoto, 604-8301, Japan

Phone Number :

075-841-0096

URL :

http://nijo-jocastle.city.kyoto.lg.jp/

Prices :

Adult	¥600

Kinkaku-ji (Golden Pavilion)

Kyoto's Golden Pavilion is unmatched in its beauty and one of the most iconic temples in Japan and recognized as a UNESCO World Heritage Site. Surrounded by beautiful gardens and reflected in the mirror pond, Kinkakuji is a sight to behold all year round however it is particularly gorgeous when the roof is blanketed by snow.

Address :

1 Kinkakujichō, Kita Ward, Kyoto, 603-8361, Japan

Phone Number :

075-461-0013

URL :

https://www.shokoku-ji.jp/kinkakuji/

Prices :

Adult	¥400

Day 5: Saturday, December 02, 2023

Kyoto Day 2

Accommodation	Hotel Granvia Kyoto
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B

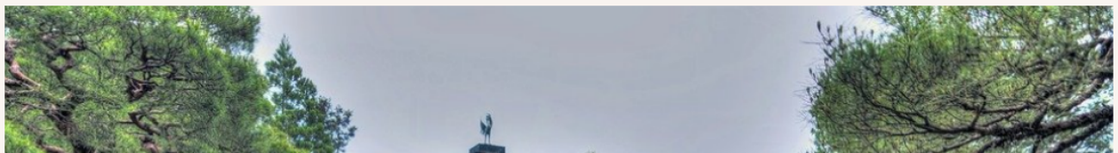
Time	Event
09:00am	Meet tour guide at hotel lobby
09:30am - 10:10am	Sanjusangendo Hall
10:30am - 12:00pm	Samurai & Ninja Museum
12:30pm - 01:30pm	Individual Lunch at Kawaramachi Area
02:00pm - 03:00pm	Nanzenji Temple
03:00pm - 03:30pm	Philosoper's Path Stroll
03:30pm - 04:10pm	Ginkakuji Temple
04:10pm	Back to your hotel

Sanjusangendo Hall

Known for its 1001 statues of Kannon, the goddess of mercy. Measuring 120 meters, the temple hall is Japan's longest wooden structure. The name Sanjusangendo (literally "33 intervals") derives from the number of intervals between the building's support columns, a traditional method of measuring the size of a building.

Address :

657 Mawari-cho, Sanjusangendo, Higashiyama-ku 605-0941 Japan



Ginkakujii (Silver Pavillion) - Higashiyama Jisho-ji

Closely related to Kinkakuji, Ginkakuji is surrounded by unique Japanese gardens and now stands within as a zen temple. Journey through the different gardens to the main hall which displays paintings on it's sliding doors. From the moss garden guests are able to see scenic views of the temple and city beyond.

Address :

2 Ginkakujichō, Sakyo Ward, Kyoto, 606-8402, Japan

Phone Number :

075-771-5725

URL :

http://www.shokoku-ji.jp/g_about.html

Prices :

Adult	¥500

Day 6: Sunday, December 03, 2023

Kyoto Day 3 & Nara Day Trip

Accommodation	Hotel Granvia Kyoto
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B

Time	Event
09:00am	Meet tour guide at hotel lobby
09:30am - 11:00am	Fushimi Inari Shrine
11:00am - 12:00pm	Transfer to Nara by private bus
12:30pm - 02:10pm	Individual Lunch & Free time at Nara Park
02:30pm - 03:10pm	Todaiji Temple
03:20pm - 04:00pm	Kasuga Taisha Shrine
04:00pm - 05:00pm	Back to your hotel

Fushimi Inari Taisha

Journey through the gates of mystique on this pathway of the gods. This shrine is known for its long paths completely covered by red “torii,” or gates. The magical, seemingly unending path of over 5000 vibrant orange torii gates that wind through the hills behind Fushimi Inari-taisha Shrine makes it one of the most popular shrines in Japan.

Address :

68 Fukakusa Yabunouchichō, Fushimi Ward, Kyoto, 612-0882, Japan

Phone Number :

075-641-7331

URL :

http://inari.jp/

Day 7: Monday, December 04, 2023

Kyoto Day 4 and Osaka bound

Accommodation	Hotel Monterey Osaka
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B, D

Time	Event
09:00am	Meet tour guide at hotel lobby
09:30am - 12:00pm	Kiyomizudera temple & try some foods on the spot
12:00pm - 01:30pm	Optional activity: Tea Ceremony, Kimono Wearing, Confectionary Creation etc.
02:00pm - 03:30pm	Transfer to Osaka by private car
03:30pm - 05:00pm	Osaka Castle
05:30pm	Arrive at hotel and check-in
06:30pm	Gather at hotel lobby
07:00pm - 09:00pm	Dotonbori and group dinner at local restaurant

Kiyomizu-dera

Kiyomizu temple is not only a UNESCO World Heritage Site, but also a finalist for the new Seven Wonders of the World. The temple sits atop a hill giving spectacular views of Kyoto. Making your way up to the temple is also a journey in itself not to be missed as Ninenzaka and Sannenzaka feature shops that sell traditional and handmade goods as well as Kyoto specialities.

Address :

1-chōme-294 Kiyomizu, Higashiyama Ward, Kyoto, 605-0862, Japan

Phone Number :

075-551-1234

URL :

https://www.kiyomizudera.or.jp/

Prices :

Adult	¥400

Osaka Castle

Built in 1583, Osaka castle is a majestic relic of Osaka's history. The awe-inspiring castle grounds are surrounded by moats but held within are beautiful gardens. Guests are able to view the historic 5 tiered castle from the parks surrounding the castle and it is especially beautiful in Spring.

Address :

1-1 Ōsakajō, Chuo Ward, Osaka, 540-0002, Japan

Phone Number :

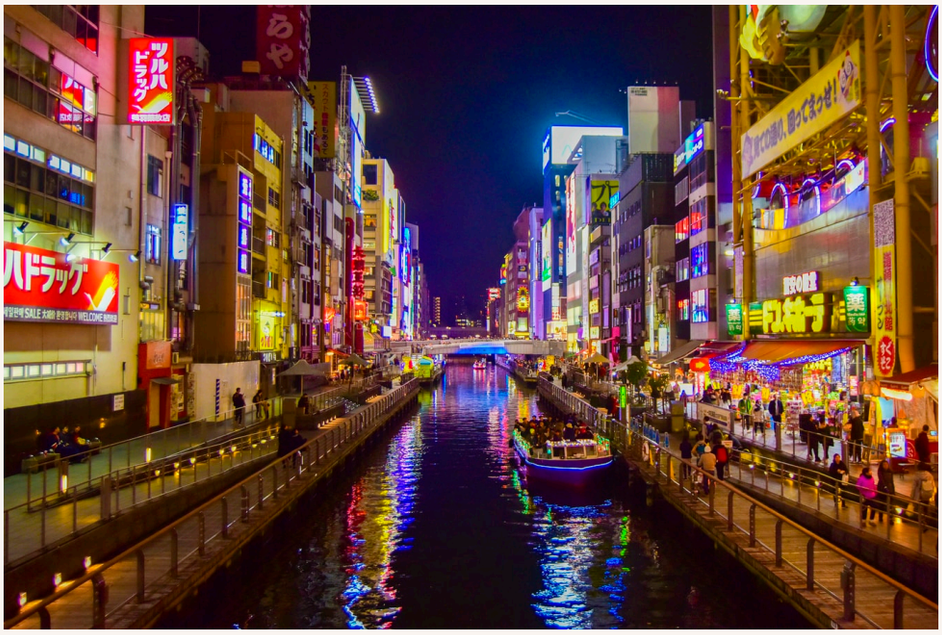
06-6941-3044

URL :

https://www.osakacastle.net/

Prices :

- ¥600



Dotonbori/ Shinsaibashi Walk

Osaka's most famous streets, the bright and ecstatic billboard-filled area of Dotonbori and the bustling restaurants and clothing shops of Shinsaibashi are must-see attractions that you can't miss. The areas are the best choices to enjoy delicious food, endless shopping and spectacularly, giant and lit billboards. Escape the main streets and take a dive into the vibrant and mysterious side alleys that truly define Dotonbori and Shinsaibashi.

Address :

1 Chome-9 Dotonbori, Chuo Ward, Osaka, 542-0071, Japan

Phone Number :

06-6211-4542

URL :

http://www.dotonbori.or.jp/ja/

Day 8: Tuesday, December 05, 2023

Awajishima

Accommodation	Hotel New Awaji Plaza Awajishima
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B, L, D

Time	Event
08:00am	Meet tour guide at hotel lobby
08:00am - 09:30am	Transfer to Awajishima by private bus
10:00am - 01:00pm	ZEN Wellness Experience at Zenbo Seinei (Lunch included)
01:30pm - 03:00pm	Awaji Yume Butai
03:00pm - 04:00pm	Transfer to hotel
04:00pm	Check-in and relax
06:00pm - 08:00pm	Dinner at hotel

ZEN Wellness at Zenbo Seinei

ZEN Wellness is a 3-hour day time plan to detoxify and retreat your body and mind by experiencing meditation and yoga in the brilliant sunlight, clean air, and magnificent greenery. You can enjoy freshly prepared original Zenbodishes by our chef, handmade tea cakes and ZEN experience (ZEN tea, ZEN calligraphy).

URL :

https://zenbo-seinei.com/en/onedayplan/zen-wellness/

Awaji Yumebutai

"Awaji Yumebutai" is designed by Tadao Ando to hope you feel as many nature elements as possible, such as water, wind, light, shade, mountains, the sky and the ocean, which you might miss on your daily lives.

Address :

Hyogo, Awaji, Yumebutai, 2番地

Phone Number :

0799-74-1000

URL :

http://www.yumebutai.co.jp/

Day 9: Wednesday, December 06, 2023

Tokushima & Kagawa Bound

Accommodation	Kotosankaku
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B, L, D

Time	Event
08:30am	Meet tour guide at hotel lobby
09:30am - 10:10am	Ryozenji Temple
11:10am - 12:10pm	Kirihataji Temple
12:30pm - 01:30pm	Lunch at local restaurant
03:00pm - 04:00pm	Unpenji Temple (take Unpenji ropeway to the temple)
04:00pm - 05:00pm	Transfer to Kagawa by private bus
05:00pm	Arrive at hotel and check-in
06:30pm - 08:30pm	Dinner at hotel

Ryozenji Temple

Ryozenji Temple, located in the town of Naruto near Tokushima City , is the starting point of the Shikoku Pilgrimage . This epic 1,400-kilometer journey takes pilgrims to 88 temples scattered across Shikoku .

Address :

126 Bando Tsukabana Oasacho, Naruto-shi, Tokushima

Kirihataji Temple

Kirihataji is temple 10 of the Shikoku Pilgrimage. It is located in Awa, Tokushima Prefecture. The principal image (deity) of this temple is Senju Kannon

Address :

Kannon-129 Ichibachō Kirihata, Awa, Tokushima 771-1623, Japan

Phone Number :

0883-36-3010

URL :

https://88shikokuhenro.jp/10kirihataji/

Unpenji Temple

Unpenji Temple, the 66th temple of the Shikoku 88-temple Pilgrimage and the temple with the highest altitude in the Pilgrimage. There is Unpenji Ropeway nearby the temple.

Address :

Norōchi-763 Ikedachō Hakuchi, Miyoshi, Tokushima 778-5251, Japan

Phone Number :

0883-74-0066

URL :

https://88shikokuhenro.jp/66unpenji/

Day 10: Thursday, December 07, 2023

Shikoku Ohenro

Accommodation	Zentsuji Temple Lodge
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B, L, D

Time	Event
09:30am	Meet tour guide at hotel lobby
10:00am - 11:30am	Shikoku Mura
12:00pm - 12:40pm	Yashimaji Temple
01:00pm - 02:00pm	Udon Lunch at Waraya
02:30pm - 03:50pm	Ritsurin Park
04:50pm - 05:30pm	Zentsuji Temple
05:30pm	Overnight at Zentsuji

Shikoku Mura Gallery

The museum is located in Shikoku Village, where 33 private houses and historical buildings have been relocated from various parts of Shikoku. It is the perfect place to learn about the folk culture of the Shikoku region. The village also has a gallery designed by Tadao Ando with a wonderful view from the water view garden.

Address :

Shikoku Mura gallery, 126-7 Yashima Nakamachi, 屋島 Takamatsu, Kagawa 761-0112, Japan

Prices :

Admission	¥1,000

Yashima-ji

Yashima-ji, located in Kagawa Prefecture in Shikoku, is named after the local Yashima mountain. It is the 84th temple of the 88 sacred places in Shikoku.

Address :

1808 Yashima Higashimachi, Takamatsu, Kagawa 761-0111, Japan

Phone Number :

087-841-9418

URL :

http://www.88shikokuhenro.jp/84yashimaji/

Ritsurin Garden

Ritsurin Park is located in the center of Takamatsu City, Kagawa Prefecture, Shikoku, and covers a total area of about 75 hectares, making it the largest garden designated as a cultural asset in Japan.
Ritsurin Park is a circular garden with six ponds and thirteen hills that allow visitors to stroll around the ponds. The main attraction is enjoying the beautiful scenery as you walk around the large park!

Address :

１丁目-20-16 栗林町 Takamatsu, Kagawa 760-0073, Japan

Phone Number :

087-833-7411

URL :

https://www.my-kagawa.jp/ritsuringarden

Prices :

Admission	¥410

Zentsuji

Zentsuji is a temple of the Shingon school of Buddhism. It traces its history back to the year 807, when Kukai (774–835), the founder of the Shingon school and the son of a local aristocrat, restored his family's ancestral temple and renamed it Zentsuji.

Address :

3-chōme-3-1 Zentsūjichō, Zentsuji, Kagawa 765-0003, Japan

Phone Number :

0877-62-0111

URL :

http://www.zentsuji.com/

Day 11: Friday, December 08, 2023

Travel to Tokyo

Accommodation	Keio Plaza Hotel
Guide:	To be announced Phone: LINE ID:
Meal Inclusions:	B

Time	Event
06:00am - 07:00am	Morning Prayer
07:00am - 08:00am	Breakfast at monastery
09:00am - 10:00am	Transfer to Takamatsu airport by private bus
11:45am	Dep. Takamatsu airport via JL***
01:00pm	Arr. Haneda airport
02:30pm	Transfer to hotel by private bus
03:00pm	Leisure time after check in

Day 12: Saturday, December 09, 2023

Departure

Meal Inclusions:	B