

Japan Garden Tour



USEFUL INFORMATION

retreat | recreate

GENERAL

- Japan is a country where traditions and rituals such as bonsai, geisha, tea ceremonies and sumo coexist with contemporary modern society and cutting edge technology. The old is respected but the new is embraced; quirky Harajuku culture and high tech gadgets of Tokyo sit peacefully alongside the spiritual serenity of monasteries, temples and shrines, and the zen garden traditions of Kyoto
- Much of Japan is heavily forested and mountainous so much of the population live in the coastal cities. Japan is one of the most densely populated countries in the world, and as a result most people are used to living in very small spaces with a heavy reliance on an excellent public transport system.
- You will find hotel rooms *much smaller* than you are probably used to
- The weather in Japan in November is usually cool and crisp. Day temperatures average anywhere between 7 – 18C. Expect cold days with possible rain
- The currency is the Japanese yen – JPY. Japan is predominantly a cash society and some shops may not accept credit cards. ATM machines that accept foreign cards are in most convenience stores and all post offices.
- Visitors to Japan are exempt from paying the 8% consumption-tax when they spend more than 5000JPY in a single purchase at a single shop on the same day, at participating stores. Show your passport to pay the tax free price
- Time zone is GMT/UTC + 9hrs
- Electricity voltage is Type A (2-flat-pin)
- Japanese Ministry of Foreign Affairs (entry restrictions and procedures etc)
<https://www.mofa.go.jp/index.html>

TOUR HOTELS

- The starting point hotel is:
Hotel Resol Ueno
7-2-9 Ueno, Taito-Ku, Tokyo
Ph +81 3 3844 9269
- The finishing point hotel is:
Hotel Resol Kawaramachi Sanjo
59-1 Daikokucho, Nakagyo-ku, Kyoto
Ph +81 75 255 9269

Both hotels have coin operated laundry facilities

EMERGENCY CONTACTS

- Your A&F Japan guide is Ms Akiko Suzuki. Akiko's WhatsApp number is +81 80-6543-1887
- A&F's emergency telephone number in Japan is: +81 3-4500-3375
- Ambulance/ Fire - 119
- Police – 110

EMBASSIES AND CONSULATES

- **Australian embassy:** 2-1-14 Mita, Minato-ku, Tokyo 108-8361. Telephone 03-5232-4111
- **US embassy:** 1 Chome-10-5 Akasaka, Minato-ku, Tokyo 107-8420. Telephone 03-3224-5000
- **UK embassy:** 102-8381 Tokyo, Chiyoda City, Ichibancho, Telephone +81-3-5211-1100
- **Irish embassy:** 102-0083 Tokyo, Chiyoda City, Kijomachi 2 Chome-10-7. Telephone +81 3-3263-0695
- **Canadian embassy:** 7 Chome-3-38 Akasaka, Tokyo 107-0052. Telephone: +81 3-5412-6200
- **New Zealand embassy:** 150-0047 20-40 Kamiyama-cho, Shibuya-ku, Tokyo. Tel: +81 3 3467 2271

Visit www.smarttraveller.gov.au or your country's travel site for the latest health and travel updates

HEALTH AND SAFETY

Please also refer to the Trip Notes

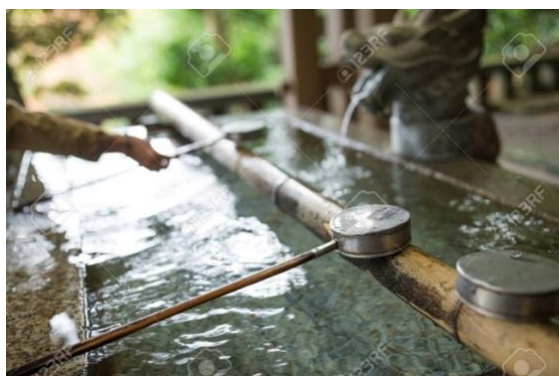
- In addition to COVID-19 vaccinations, please consult your doctor re recommended vaccinations (eg flu shots, Japanese encephalitis etc). Further information is available online at Travel Doctor <http://www.traveldoctor.com.au/Page/Knowledge-Hub/Destination-fact-sheets/japan>
- Take sensible precautions with foods you are unused to, to avoid travellers' diarrhoea
- If you suffer from motion sickness, consider bringing ginger tablets/Travacalm/Kwells for travel days
- Tap water in Japan is safe to drink. Please bring a reusable water bottle and refill it as we travel
- With so much to see and do while travelling, it's easy to forget to drink enough water. Carry electrolytes or rehydration powder/tablets with you
- Carry and wear insect repellent
- Carry and wear sunscreen, a hat and sunglasses
- **Carry your own medical kit at all times** (refer to the Packing List)

GENERAL ETIQUETTE

- Shoes - it is customary to remove your shoes before entering homes, ryokans and some restaurants (Easy to remove shoes are useful! However, make sure they're still good for walking as you'll be on your feet a lot). Never wear shoes on tatami mats, only wear socks or slippers
- Photography – always ask and receive permission before photographing people, particularly children
- Eating - do not leave chopsticks standing upright in a bowl of rice, or use them to pass food directly to another person's chopsticks. These actions are reminiscent of rituals associated with funerals and the dead. Slurping of noodles and tea is encouraged!
- Tipping is not customary in restaurants, shops, taxis etc
- Bargaining – not customary except occasionally at flea markets
- Temples and shrines – most are open to the public. Ladles are provided to rinse your hands before entering shrines. Speak quietly and respectfully in temples and dress modestly
- Meeting and greeting – it is customary to bow rather than shake hands. The deeper the bow, the more respectful
- On the street and public transport – eating, drinking, blowing your nose and talking loudly are impolite
- Use both hands when giving or receiving money, food, gifts, business cards etc

ONSEN ETIQUETTE

- Onsen literally means 'hot spring' and is a natural hot water bath rich in beneficial minerals
- Women's and men's onsens are separate
- Please wash yourself in the shower area before entering the bathing area
- Complete nudity is required. No swimsuits or clothes
- Modesty is appreciated. Use the small towel/cloth provided to cover yourself as you move between changing room to shower area to bath
- Do not dip your towel/cloth in the water. Keep it on top of your head or on the edge of the bath
- Some onsen do not permit entry to those with tattoos
- Don't put your face or hair in the water



USEFUL PHRASES

- Hello - Kon nichi wa
- Goodbye - Sayōnara
- How are you? - O-genki desu ka?
- Fine, thank you. - Genki desu. Arigatō.
- What is your name? - O-namae wa nan desu ka?
- My name is ____ . - Watashi no namae wa ____ desu.
- Nice to meet you - Hajime mashite
- Please - Dōzo
- Thank you - Arigatō
- Thank you very much – Arigatō gazaimusou
- Thank you for the food/drink – Gochisoosuma deshita
- I thankfully receive this food – Ita daki masu
- You're welcome - Dō itashi mashite
- Yes - hai (high)
- No - ie (ee-eh)
- Excuse me – Sumi ma sen
- I'm sorry - Gomen nasai
- I don't understand - Wa ka ri ma sen
- 1, 2, 3, 4, 5 – ichi, ni, san, yon/shi, go

Suggestions for free time or pre/post tour days

Please note that the following list is the result of many hours of research and is made available to retreat|recreate tour participants only, as an additional resource. Please refrain from sharing it.

TOKYO - MUSEUMS & GALLERIES

- **Edo Shitamachi Traditional Crafts Museum**, 2-22-13 Asakusa, Taito, Tokyo (within the Asakusa Hisago Avenue Shopping District). 10am-8pm daily. Free entry. Demonstrations of traditional crafts held on weekends.
- **Museum of Contemporary Art (MOT)**. 4 Chome-1-1 Miyoshi, Koto City. Open Tues-Sun 10am-6pm
- **National Art Center**, Japan's largest art gallery with amazing modern architecture. 7-22-2 Roppongi Minato-ku Tokyo.
- **Nezu Museum**. Stunning museum with a beautiful garden in the traditional Japanese style. There are 4 tea rooms and 8 official viewing sites within the grounds. 6-5-1 Minami-Aoyama, Minato-ku, Tokyo 107-0062. The museum houses a collection of pre-modern Japanese and East Asian art
- **Ota Memorial Museum of Art**. 1-10-10 Jingumae, Shibuya. Open Tues-Sun 10:30am-5pm. Entry JPY1200. A small private museum showcasing the woodblock prints (ukiyo-e) of Ota Seizo
- **Shitamachi Museum**, 2-1 Ueno Koen, Taito. A small interactive museum displaying daily life in the Shitamachi part of Tokyo (the 'low town' of merchants and artisans, around Asakusa and Ueno) last century. 9.30am-4.30pm closed Mondays. 300 yen. Located on the shores of Shinobazu Pond within Ueno Park. Recommended. It's close to our hotel
- **Sumida Hokusai Museum**, devoted to the works of Katsushika Hokusai (of the Great Wave woodblock print fame). Close to the Edo Museum. 2-7-2 Kamezawa, Sumida-ku, Tokyo. 9.30-5.30pm Closed Mondays.
- **TeamLab Planets**. Toyosu 6-1-16 Koto-ku. Immersive digital art installations. Open 9am-9pm. Entry JPY3200-3500
- **Tokyo Metropolitan Art Museum**, 8-36 Ueno-Park, Taito-ku, closed 1st & 3rd Mondays.
- **Tokyo National Museum** contains 87 national treasures and 633 important cultural assets. Best collection of Japanese art in the world. With 5 facilities, each one themed, you can easily spend a day here. 13-9 Ueno Park, Taito-ku. Close to our hotel. Free for over 70s!
- **21_21 Design Sight**. 9-7-6 Akasaka, Minato-ku. Part of the Tokyo Midtown complex in Roppongi. Open Wed-Mon 10am-7pm. Entry JPY1400. A design focused museum collaboration between architect Tadao Ando and designer Issey Miyake and influenced by sculptor Isamu Noguchi.

TOKYO – SHOPPING

- **Bingoya Store**, 5 floors of high quality paper, ceramics and mingei (folk art). 10-6 Wakamatsucho, Shinjuku 10am-7pm except Mondays.
- **Cibi**, an Australian-Japanese café and ceramics/art store - 37-11, Sendagi 3-chome, Bunkyo-ku, Tokyo, 113-0022 (20 min walk from Nippori Fabric Street)
- **Itoya**, big famous 100 year old shop of stationery, calligraphy supplies, brushes and washi paper, 2-7-15 Ginza, Chuo. 2 min walk from A13 exit of Ginza station. Look for the big red paperclip sign.
- **Japan Traditional Crafts**, Aoyama Square, 8-1-22, Akasaka, Minato-ku. Gallery and shop of all kinds of traditional Japanese crafts. Open daily 11am-5pm
- **Kurodaya**, 200 year old washi paper shop 1-2-5 Asakusa (at Senso-ji Temple precinct)
- **Maruzen**, traditional arts and crafts shop including ceramics, woodcraft, lacquerware, washi paper. 2-3-10 Nihonbashi.
- **Maito**, two branches - one in Ueno, one in Kuramae (both in Taito-ku) www.maito.info Botanically dyed clothing and homewares
- **Nippori Textiles Town**, Famous! Over 80 shops clustered on Nippori Chuo Dori. The highlight is the five Tomato stores.
- **Ogawa Shoten**, Antiques, boro and folk textiles shop. 1-45-8 1F, Shimoma, Setagaya, Tokyo. 15 mins from Yutenji Station or 20 mins walk from Sangenjaya Station. Irregular hours, call ahead 03-6805-2270
- **Oriental Bazaar**, 5-9-13 Jingumae, Shibuya-ku. One stop souvenir shop. 10am-7pm. Closed Thursdays.
- **Ozu Washi**, Washi (paper) shop. Also a museum and gallery. 3-6-2 Nihombashihoncho, Chuo-ku 10am-6pm except Sundays.
- **Pigment** (paints, brushes, paper, canvas, inks). Terrada Harbor One Building, 1F, 2-5-5 Higashi-Shinagawa, Shinagawa-ku. 11.30am-7pm except Mon & Thurs
- **Proto**, ceramics, tableware, lacquerware and jewellery shop. 4-20-12 Kuramae
- **Takumi**, traditional arts and crafts shop including ceramics, woodcraft, lacquerware, washi paper. 8-4-2 Ginza. Closed Sundays. (Pair with a visit to Itoya).

TOKYO – FOOD & DRINK

A few suggestions in Ueno (near our hotel)

- **Ichirn**, Atre Ueno Yamashitaguchi, 7-1-1 Ueno, Taito 110-0005. Budget friendly
- **Irorian**, 7-1-1 Ueno (inside JR Ueno Station)
- **Sushi Zanmai**, 2 Chome-7-12 Ueno, Taito City 110-0005. Open every day. Affordable but top quality
- **Tokyo Ton Bazar**, 7-3-2 Ueno Tsd Building, 5th Floor, Ueno, Taito 110-0005. Medium priced
- **Famed Fuji Soba Ueno**, 7-2-1 Ueno, Taito. Soba & udon
- **T's Tantan Ecute Ueno**, 7-1-1 (inside JR Ueno Station). Japanese, western & vegan cuisine
- **Xiao Wei Yang**, 7-3-2 Tsd Bldg. 2F. Ueno, Taito. Mongolian style hot pot/shabu shabu
- **Torigen Ueno Asakusaguchi**, 7-3-9 1F, Albergo Ueno, Taito. Yakitori with a la carte and set menu options



TOKYO – GARDENS

Some recommended gardens that we couldn't fit into the itinerary

- **Hama Riku Gardens**, 1-1 Hamarikyu Teien, Chuo 104-0046, Tokyo Prefecture. Alongside Tokyo Bay and the famous fish markets. Features a lake and tea house. 700 yen entrance fee.
- **Happo-en Garden**, close to Tokyo Tower, a small beautiful garden featuring ponds with koi fish, a 200 year old teahouse, maples for autumn and sakura blossom in spring. The name means garden of eight views, because it can be enjoyed from many angles. Free entry.
- **Imperial Palace East Gardens**, 10 min walk from Tokyo Station. Free admission. The location of the former Edo Castle and part of the current Imperial Palace. Includes massive castle moats, the foundations of the former castle tower and a Japanese landscape garden.
- **Kiyosumi Tei-en**, a traditional Japanese stroll garden constructed in the Meiji period, with a central pond and stone bridges. It features famous stones brought from all over Japan, arranged just so. 150 yen entrance fee.
- **Nezu Museum**. Stunning museum with a beautiful garden in the traditional Japanese style. There are 4 tea rooms and 8 official viewing sites within the grounds. 6-5-1 Minami-Aoyama, Minato-ku, Tokyo 107-0062. The museum houses a collection of pre-modern Japanese and East Asian art
- **Rikugi-en Gardens**, 5 min walk from Komagome Station. One of the most beautiful Japanese garden landscapes of Tokyo, from the Edo period, 1695. The design recreates 88 landscapes in miniature from famous poems, so the view changes every few steps.
- **Shinjuku Gyoen National Garden**, a 58 hectare tranquil oasis on the site of a private mansion belonging to a feudal lord from the Edo era, completed in 1906 and redesigned and opened to the public after WWII. It blends three distinct styles: formal garden, landscape garden, and traditional Japanese garden. It is considered one of the most important gardens of the Meiji era

KYOTO - MUSEUMS & GALLERIES

- **Kawai Kanjiro's House and Museum.** Home of the co-founder of the mingei movement (handcraft). 569 Kaneicho, Gojozaka, Higashiyama-ku.
- **Kyoto City Kyocera Museum of Art**, across the road from MOMAK (see below) near the Heian Shrine. Its collection is centred around art by Kyoto artists.
- **Kyoto Museum of Traditional Crafts** (Fureaikan) – museum, demonstrations, workshops.
- **Kyoto National Museum**, for Japanese and Kyoto history and culture, focusing on traditional Japanese art. Across from Sanjusangendo Temple.
- **Museum of Modern Art**, (also known as MOMAK), near Heian Shrine. Rotating displays from its enormous permanent collection, plus seasonal exhibitions. Open 10am – 6pm daily except Mondays. Can be paired with a visit to the nearby Kyoto City Kyocera Museum of Art (see above).
- **Nishijin Textile Center**, focusses on Kyoto's famous silk production, weaving and kimono history. In the Nishijin district, close to Imadegawa Station. Open 10am – 4pm daily except Mondays.
- **Raku Museum**, museum of raku ceramics. Aburanokôji-dôri Ichijô sagaru Kamigyo-ku Kyoto 602-0923. Open 10am-4pm, closed Mondays.
- **The Museum of Kyoto**, has a permanent exhibition about the history of Kyoto. Close to Karasuma-Oike Station. Open 10am – 7pm daily except Mondays.
- **Yamahon Gallery**, 2nd Floor, 95-3 Enokicho, Nakagyo-ku, Kyoto 604-0931. Ceramics and handcrafts gallery. Open 11am – 6.30pm daily except Thursdays.

KYOTO – SHOPPING

- **CASAnE Art Space.** Communal retail space – ceramics, jewellery, textiles, papercraft. Next door to Sarasa Nishijin café which is also recommended.
- **Kamiji Kakimoto**, Fuyacho-dori, Nakagyo-ku 604-8085 www.kyoto-kakimoto.jp 9am-6pm – beautiful washi paper and stationery shop.
- **Kamisoe**, 10-1 Kuramaguchi dori, Murasakino, Higashifujinomoricho, Kita-ku (north Kyoto), Tues-Sun 12-6pm. Exquisite handmade papers for shoji screens and stationery. Same district as Nishijin Textile Centre.
- **Kitone** shop/teahouse/café – 1F, 589 Torochô, Shimogyo-ku, 352 2428. www.kitone.jp. Open Fri-Tues 12pm-dusk
- **Nomura Tailor** – multi storey fabric mecca! 362 Shijo dori (between Fuyacho dori and Gokomachi dori), Naramonochô, Shimogyo-ku. Daily 10am-7pm. There's a smaller branch on Taramachi dori in the covered arcade section.

- **Saiundo Traditional Art Supplies**, brushes, pigments, art supplies. 552 Anedaitochô, Nakagyo-ku, 604-8092 (1.5 blocks west of Teramachi). Open 9:30 – 18:00 except Wednesdays.
- **Sou Sou** fashion and textiles, 583-3 Nakanochô, Nakagyo-ku. Daily 11am-8pm. 7 branches all located in the same street.

KYOTO – CLASSES & WORKSHOPS

- **Cooking classes** www.cooking-sun.com
- **Kyo Gokoro**, Japanese calligraphy class. Y2000 Open 10am-5pm www.kyo-gokoro.com
- **Kyoto Traditional Craft Tour**, walking tour held every Tues and Fri at 9am. Meet at Noku Kyoto Hotel Reception. Y2000 per person. Tour the neighbourhood around the Imperial Palace, visiting traditional craft studios including bamboo crafts, woodwork, traditional dolls, gold lacquer. Recommended! Bookings: <https://kyotovisitorshost.com/en/noku.html>
- **Matsuda Book Binding Works**, 57-7 Kitanoshimohakubaicho, Kita-ku, 603-8326. www.matsudaseihon.com Gets fabulous reviews!
- **WAK Japan (Women's Association of Kyoto)**. Classes in ikebana, kimono wearing, tea ceremony, home cooking. www.wakjapan.jp
- **Yamadamatsu** Koboku-ten. Make your own incense class. www.yamadamatsu.co.jp/en
- **Yamamoto Roketsu** Dyeing. Wax resist dyeing class – dye a t-shirt, furoshiki, noren curtain etc. www.roketsu.com

KYOTO – GARDENS & TEMPLES

Some recommended gardens that we couldn't fit into the itinerary

- **Ginkaku-ji Temple**, the famous Silver Pavilion (it's not silver). The gardens at this famous temple are magnificent, featuring stunning moss, and a striking sculpted cone of white sand called the Kogetsudai, within a raked stair-like plain called Ginshadan. Ensure you climb the hilltop path and enjoy the view over Kyoto. 2 Ginkakuji-cho, Sakyo-ku. The temple is at one end of the Philosopher's Path, so you could pair it with a stroll along the Path and visits to Nanzen-ji (below) and other temples along the way.
- **Kinkaku-ji Temple**, one of Japan's most famous sites, this UNESCO World Heritage temple was originally an aristocrat's villa but later belonged to a shogun who built the now famous 'Golden Pavilion', called so because the two upper storeys are covered in gold leaf. The gardens around the temple get very crowded so go early in the morning and try to avoid weekends.
- **Heian-jingu Shrine**, an important Shinto shrine. A giant orange torii gate ushers you towards Heian Shrine, built in 1895 but in the style of the medieval Heian Period. But it's the gardens (Shin-en Gardens) that are the drawcard, with their lily ponds and roofed wooden bridge, where you can sit and hear frogs plop. This type of garden is designed for strolling, opening up unexpected vistas among the trees. Okazaki Nishitennocho, Sakyo Ward
- **Nanzen-ji Temple**, a zen Buddhist temple with a stunning wooden *sanmon* (entrance gate), maples and moss, and surprisingly, a Victorian era red brick arched aqueduct, or European canal as it's known. The gardens are free to wander but there's a small entrance fee if you wish to enter the temple. Nanzen-ji is at the opposite end of the Philosopher's Path from the Silver Pavilion (see Ginkaku-ji, above) so the two make a pleasant outing.
- **Okoshi Sanso Villa and Garden**, 8-Tabushiyama-cho, Saga Ogurayama, Ukyo-ku, Kyoto. Villa and magnificent gardens with beautiful views of Kyoto. 1000 yen entry includes matcha tea and sweet in the teahouse. Could be easily combined with visit to the bamboo grove. 9am-5pm. 15 min walk from Arashiyama station
- **Shoren-in**. Famous Buddhist temple with beautiful garden. 69-1 Awataguchi Sanjobocho, Higashiyama Ward
- **Tenryuji Temple**, another World Heritage UNESCO site with magnificent gardens. In Arayashima. Pair with a visit to bamboo forest.

KYOTO – FOOD & DRINK

- **% Arabica** Higashiyama – for your coffee fix. 87-5 Hoshinocho, Higashiyama Ward
- **Café Bibliotic Hello**, open 11.30am – midnight. 650 Seimeicho Niji Yanaginobanba Higashi iru Nakagyo-ku, Kyoto 604-0951. Bookshelves and plants line the walls. Recommended!
- **Chao Chao Sanjo Kiyamachi**, 117 Ishiyacho, Nakagyo-ku. Classic, casual izakaya serving gyoza and drinks
- **Inoda Coffee Honten**, 140 Doyucho, Nakagyoku, 604-8118
- **Ippudo Noodle Shop**, popular ramen eatery 653-1 Bantoya-cho, Higashitoin, Nishikoji-higashi-iru, Nakagyo-ku
- **Kamehameha**, 278 Enpukujimaecho, Nakagyo-ku. Fri-Wed 4pm-9pm. Serving okonomiyaki (Japanese omelette)
- **Katsukara**, 16 Ishibashicho, Nakagyo-ku. Serving tonkatsu
- **Kei's Caffee oggi**, 190-1 Kiyomizu cho-me Higashiyama-ku, Kyoto 605-0862
- **Manzara-tei**, traditional Japanese fare. 321 Kawaramachi-dori, Ebisugawa-agaru Sahimono-cho, Nakagyo-ku
- **Mo-An**, 8 Yoshidakaguraokacho, Sakyo-ku, Kyoto 606-8311. Tues-Sun 11.30am-6pm. A teahouse in a treehouse!
- **Monk** restaurant, along the Philosophers Path. Closed Mondays and first Sunday of the month.
- **Motoi Gyoza**, best gyoza in town. 470-2 Setoyacho, Nakagyo-ku 604-8122. Recommended.
- **Muni Restaurant**, 176-3 Zaimokucho, Nakagyo-ku, Kyoto 604-8017. A tiny, exquisite, one-man restaurant just around the corner from our hotel. Closed Mondays.
- **Musashi Sushi**, 440 Ebisucho, Nakagyo-ku. Thurs-Tues 11am-9pm. Classic sushi train restaurant
- **Omen**, udon noodles, just down the road from Ginkaku-ji temple. 74 Ishibashi-cho, Jodo-ji, Sakyo-ku. 11am-9pm
- **Sarasa Nishijin Café**. A café in an old sento (public bath house) 11-1 Murasakino Higashifujinomoricho, Kita Ward, Kyoto, 603-8223. Closed Wednesdays
- **Vermillion**, espresso bar. 8 5 Fukakusa Inarionmaecho, Fushimi-ku, Kyoto. Near the Fushimi Inari Shrine
- **Wife & Husband**, little tempura eatery. 188 Sendochi, Nishikiyamachi Shijo-dori Kudaru, Simogyo-ku
- **Yayoi**, 434-3 Ebisucho, Nakagyo-ku. Serving inexpensive, traditional meals.
- **Yojiya Café Ginkakujiten**, traditional tea and coffee café. 15 Shishigatanihounenincho Sakyo-ku 606-8421