



Torii Shrine, Inland Sea

## Dental Study Tour in Japan

23 October – 3 November 2022

With Pre Tour extension  
21 October – 3 November 2022

3 nights Tokyo – 2 nights Kanazawa – 1 night Nagoya  
– 2 nights Hiroshima – 3 nights Kobe



Jon Baines  
tours



Walk through Arashiyama Bamboo Forest

**Japan is a blend of gracious tradition, exquisite ritual and hyper modernity. Experience the different facets of this exceptional country, seeing the culture, society and history of Japan through the prism of your own profession.**

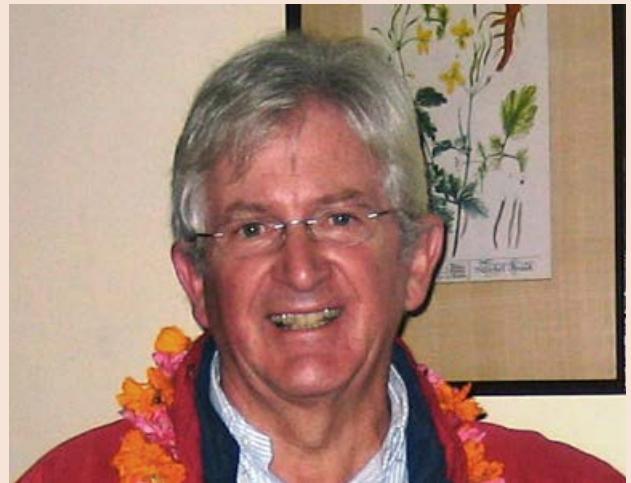
Late October is famous in Japan for the beauty of its rich autumnal hues and there are visits to some of Japan's most beautiful gardens at this lovely time. See Japan's most traditional art and crafts as well as experiencing its latest technology. Explore one of its most imposing castles and the ancient capital of Kyoto, alongside chic Ginza in Tokyo and the vibrant Namba district of Osaka. Experience lesser-

known Japan including the Samurai and Geisha quarters of Kanazawa, Miyajima Island in the Inland Sea, the waterways of Tokyo and the laneways of Kyoto.

The tour includes specialist dental visits, talks and meetings with Japanese dentists. The majority of these visits have been organised with members of the Japanese International College of Dentists. There will also be informal meetings and dinners with members on the tour. This tour has broad appeal and partners are very welcome. There is an optional two night extension prior to the tour allowing participants to visit spectacular Mount Fuji, by rail from Tokyo.

## Tour Leader and Guide

**Professor Phillip Dowell** qualified at The London Hospital and after a number of hospital jobs entered general practice. Some years later, after working in the West Indies, he won an international fellowship to study at the Eastman Dental Centre in the USA. He continued his post graduate studies at the University of Wales College of Medicine and subsequently taught both undergraduates and postgraduates in the area of periodontology. He is a specialist periodontist and past president of the British Society of Periodontology. Phillip Dowell has lectured both nationally and internationally and is the author of many publications. Phillip has been a visiting Professor at the University of Surrey and President of the European Section as well as the International President of the



International College of Dentists (ICD). He is currently Director of Development of the ICD and chair of its Global Visionary Fund (GVF). He has led previous study tours to China, Ecuador, South Africa, Vietnam, Israel, Cambodia and around the Mediterranean.

You will also be accompanied throughout the tour by our Japanese National Guide, Coco. Coco is highly experienced, organised and caring and speaks excellent English.

*"Coco was amazing, very informative, organised with a great sense of humour & very helpful when needed."*

Victoria Busch, Care of the Elderly & Palliative Care in Japan, March 2019

Visit Lake Ashi and Mount Fuji on the pre tour extension



# Itinerary 23 Oct – 3 Nov 2022

B = Breakfast L = Lunch D = Dinner

3 nights Tokyo – 2 nights Kanazawa – 1 night Nagoya – 2 nights Hiroshima – 3 nights Kobe

## Pre-Tour Extension

### Pre Tour Day 1: Tokyo (Fri, 21 Oct)

Am: Arrive and overnight at the Royal Park Shiodome Hotel.

### Pre Tour Day 2: Tokyo (Sat, 22 Oct)

Am: Take the Romance car, an Odakyu Limited Express Train with specially built carriages with large viewing windows to Fuji. Upon arrival take a cable car to Lake Ashi for wonderful views of Mount Fuji before returning to Tokyo.

## Main Tour

### Day 1: Tokyo (Sun, 23 Oct) D

Am: Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities, and transfer to the hotel, the Royal Park Shiodome.  
Eve: Enjoy a local dinner with the group.

### Day 2: Tokyo (Mon, 24 Oct) B D

Am: Visit the historic Asakusa neighbourhood and the ancient Buddhist Senso-ji Temple. Visit the Skytree, at 634 meters one of the tallest structures in the world. Travel to the observation deck for stunning views of Tokyo.

Pm: Take a tranquil cruise along the Sumida River to the Hamraiku Garden. Spend time wandering through this urban oasis and take Japanese tea in a traditional teahouse.

Eve: Welcome Dinner.

### Day 3: Tokyo (Tue, 25 Oct) B

Am: In the morning visit the new Nihon University School of Dentistry and meet with Professor Masashi Miyazaki and learn of dental education and dentistry in Japan today. Partner Programme: Visit the Meiji Shrine and the fashionable Harajuku district. Continue to the chic designer area of Omotesando.

Pm: All meet up and continue to the Nezu Museum, home to a diverse collection of Japanese and Asian pre-modern art, as well as an exquisite garden. Return to the hotel, via the upmarket Ginza district.

### Day 4: Tokyo / Kanazawa (Wed, 26 Oct) B D

Am: Board one of Japan's sleek, efficient bullet trains and travel to Kanazawa and the hotel Nikko. The city contains intact Samurai and Geisha districts and is known for its traditional crafts; particularly silk, gold leaf and ceramics.

Pm: Explore the Geisha quarter of Kanazawa in the afternoon, including the Ochaya Bunkakan Sake House, the Kaikaro Geisha



House, an exquisite gold leaf house and the Gold Museum.

#### Day 5: Kanazawa (Thur, 27 Oct)

- Am: Visit Kenrokuen Garden, one of the three great gardens of Japan and see ruins of Kanazawa Castle.
- Pm: Visit the Samurai Quarter including the old pharmacy, the Samurai House and garden, the Yuzen Silk Centre and the Kubani Kutaraki pottery.

#### Day 6: Kanazawa / Nagoya (Fri, 28 Oct)

- Am: Travel by Thunderbird train to Nagoya, the manufacturing heart of Japan and home to many of its famous companies. Transfer to the JR Gate Hotel.
- Pm: Visit the Noritake Museum and Craft Centre, known for its exquisite fine bone china and porcelain. Visit the Aichi Dental Museum and learn of the history of Japanese dentistry.
- Eve: Dinner with special guest Professor Akira Senda, Immediate Past President of the International College of Dentists.

#### Day 7: Nagoya / Hiroshima (Sat, 29 Oct)

- Am: Tour of the Toyota Commemorative Museum of Industry and Technology. The museum includes exhibits from the earliest days of the company to the latest technology.
- Pm: Take the train to Hiroshima, a city with a cataclysmic past that is today a powerful symbol for world peace and transfer to the Sheraton Grand.
- Eve: Talk before dinner on the ICD Global Visionary Fund supporting humanitarian and educational oral health care programs.

#### Day 8: Hiroshima (Sun, 30 Oct)

- Am: Visit the Peace Memorial Park and Museum with its many poignant exhibits.
- Pm: Take a cruise on the Inland Sea past the vivid red Torii Shrine set in the water, denoting that the entire island of Miyajima is sacred. Explore the island, covered in virgin forest, as felling trees is forbidden

on the island - as is giving birth or dying. Return to the hotel and at leisure.

#### Day 9: Hiroshima / Kobe (Mon, 31 Oct)

- B D
- Am: Take the train to Kobe, stopping en route at one of Japan's most iconic castles, the recently restored Himeji Castle. Continue to Kobe, a port city surrounded by the ocean and mountains, and check into the Oriental Hotel.
- Pm: Visit a local dental clinic and meet the dentist. Continue to the Sawanotsuru Sake Museum for a tour and tastings.

#### Day 10: Kobe / Kyoto (Tue, 1 Nov)

- B
- Am: Take the train to Kyoto, Japan's capital of high culture. Kyoto was the imperial capital between 794 and 1868 and with its hundreds of temples and gardens it remains the cultural centre of Japan. Visit the shimmering medieval Golden Pavilion, with its sensuously contoured temple roofs and Shinto shrines, and take a walking tour through its gardens. Continue onto the food and craft markets of old Kyoto.
- Pm: Walk through the Arashiyama Bamboo Forest. Visit Tenryuji Temple, a World Heritage garden and take a cup of green tea at Okochi Sansothe known as the Actors Garden where four gardens were designed to show each of the seasons. Return to Kobe late afternoon.
- Eve: Optional Kobe Beef dinner.

#### Day 11: Kobe / Osaka (Wed, 2 Nov)

- B D
- Am: Visit Osaka and take part in a culinary walk in Namba District.
- Pm: At leisure in Osaka and return to Kobe.
- Eve: Farewell Dinner.

#### Day 12: Kobe (Thur, 3 Nov)

- B
- Am: Depart Kobe.

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*"Excellent tour!"*

Gurjit Bhavra, Dental Study tour to Japan, October 2018



Himeji Castle

## Hotels

**Please note: hotel rooms in Tokyo tend to be smaller than other cities.**

### Royal Park Shiodome (Tokyo)

A sleek, modern four star hotel, within walking distance of Shimbashi and Ginza, and with rooms overlooking the river, Tokyo Bay and Hamarikyu Gardens. All guest rooms are located on the higher floors.

### Nikko Hotel (Kanazawa)

A prestigious international hotel with excellent accommodation, eight restaurants, bars and public areas. The hotel is well located for both sightseeing and the railway station.

### JR Gate Hotel (Nagoya)

This advanced four star hotel is located directly above the railway station with comfortable, larger rooms.

### Sheraton Hotel (Hiroshima)

Conveniently located and yet peaceful, the Sheraton Grand Hiroshima is directly connected to JR Hiroshima Station for access to the

bullet train. The hotel offers upscale and very comfortable accommodation, superb views and excellent facilities including a gym, pool, spa, bar and restaurant.

### The Oriental Hotel (Kobe)

An upscale hotel with exceptionally high standards of service, the Oriental is Japan's first hotel, having been on this site for over a century. Situated in the elegant surrounds of Kobe's former foreign settlement, the modern building (built in 2010 after the 1995 Hanshin earthquake) retains the elegance and style that Kobe has traditionally been renowned for.



A traditional maiko in Kyoto (photo credit Colin Sinclair)



Tokyo's neon splendour, Akihabara (top); The Gold Leaf House, Kanazawa; Kyoto gardens; Hiroshima Peace Park (above)

## The cost of the tour is US \$5,593 per person sharing

### The cost includes:

- The services of a tour leader (Professor Philip Dowell)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels

### Single supplement: US \$952

- Breakfast daily
- Seven Dinners
- All admission fees
- Services of specialist English speaking national guide
- Japanese national rail card
- All transport services, tips and taxes in Japan
- Luggage mailing service

### The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks with meals except welcome and farewell dinners
- All optional excursions, tours and visits
- Travel insurance
- Visa, if required

## The cost of the pre extension tour to Mount Fuji is US \$685 per person sharing and includes:

- 2 night's accommodation

### The single supplement is US \$252

- Breakfast daily
- Full time guide on 22 Oct and Admission Fees
- All transport including the train, funicular railway, cable car and lake cruise

Please contact us for bespoke post extensions in Japan.

## Travel in Japan

Most transport on this tour is based on Japan's excellent public transport system. The group will travel between cities by bullet train. Transport within cities is often by metro and bus. As travel includes public transport, a good level of fitness is important for all participants.

As there is limited space for luggage on the bullet trains, large bags will be sent separately ahead of the group by overnight transfers. Participants will use hand luggage for those nights. This cost is included in the tour.

# About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Golden Pavilion, Kyoto (top); Travel by bullet train;  
Geishas in Kyoto; Namba District, Osaka (above)



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