



The canals of Kurashiki

## Midwifery in Japan

16 – 28 April 2023

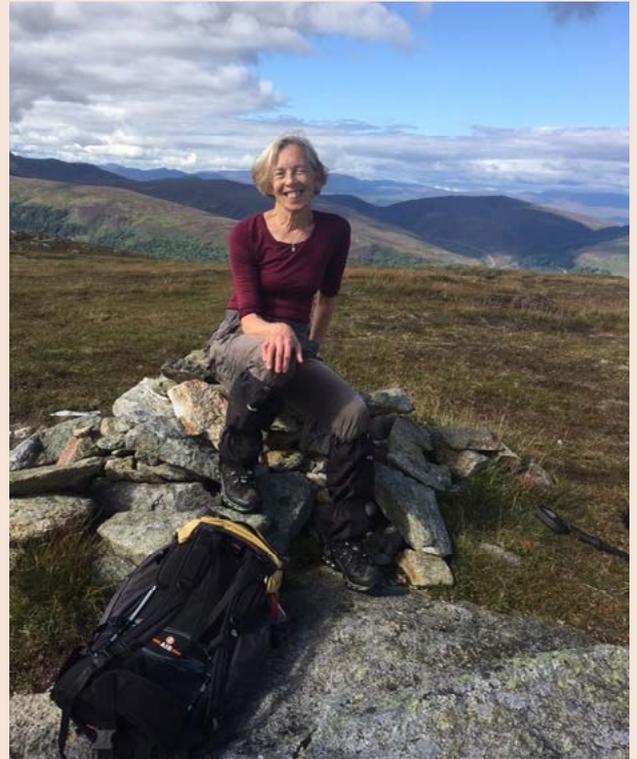


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## Tour Leaders

**Dame Cathy Warwick CBE** was Chief Executive of the Royal College of Midwives for 9 years and now works independently. Cathy is also Honorary Professor of Midwifery and an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare and in 2017 was made a Dame. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women. Cathy has travelled widely both on her own and with her family, visiting midwifery units in America, Sri Lanka and South Africa. Professor Warwick has previously led successful midwifery study tours to China, India, South Africa, Nepal, Brazil, Cuba, Vietnam and Sri Lanka.



**“Cathy Warwick was a fantastic host and made us welcome and supported throughout the tour. We had a fantastic time. Every minute was filled with something amazing.”**

**Catherine Clifford, Midwifery in South Africa, 2018**

Cruise past the Torii Shrine on the Inland Sea



# Itinerary 16 – 28 April 2023

**B** = Breakfast **L** = Lunch **D** = Dinner

3 nights Tokyo – 2 nights Kanazawa – 3 nights Okayama – 1 night Kyoto – 3 nights Kobe



## Day 1: Tokyo (Sun, 16 Apr) **D**

Am: Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities. Transfer to the hotel.

traditional part of Japan - Kanazawa.

Pm: Visit the samurai quarter, including the old pharmacy, a samurai house and gardens, the Yuzen Silk Centre and the Kubani Kutaraki Pottery Centre.

## Day 2: Tokyo (Mon, 17 Apr) **B D**

Am: Explore the long history of this metropolis. Wander through the historic Asakusa neighbourhood and visit the ancient Buddhist temple of Senso-ji.

Pm: Visit St Luke's Hospital and learn of the history of midwifery in Japan and midwifery education. Transfer to Ginza to explore this upmarket shopping district.

Eve: Welcome dinner in a local restaurant.

## Day 5: Kanazawa (Thur, 20 Apr) **B**

Am: Visit the great classical Kenrokuen Garden, one of Japan's most beautiful traditional gardens, and its romantic ruined castle.

Pm: Visit the geisha quarter (Higashichaya Old Town) including the Ochaya Bunkakan Sake House, Kaikaro Geisha House, a gold leaf house and the Gold Museum.

## Day 3: Tokyo (Tue, 18 Apr) **B**

Am: Visit a midwifery birth centre.

Pm: Visit the Harajuku area, renowned for its colourful street art and fashion scene. Continue to Nezu Museum, home to a diverse collection of Japanese and Asian pre-modern art, as well as an exquisite garden.

## Day 6: Kanazawa / Okayama (Fri, 21 Apr) **B D**

Am: Take the bullet train to Okayama and transfer to the hotel.

Pm: Visit one of Japan's three great gardens, Korakuen Gardens, overlooked by Okayama Castle.

## Day 4: Tokyo / Kanazawa (Wed, 19 Apr) **B D**

Am: Board one of Japan's sleekly efficient bullet trains the next morning to a slower, more

## Day 7: Okayama (Sat, 22 Apr) **B**

Am: Travel to the canal town of Kurashiki, known for its centuries-old buildings along the canals, and explore the attractive old merchant quarter.

Pm: Visit the KANEKO Midwifery Clinic and the Private Medical Hospital maternity unit. Return to Okayama.

**Day 8: Okayama / Hiroshima / Okayama**  
(Sun, 23 Apr)

**B L**

Am: Take the train to Hiroshima. The city of Hiroshima is a city with a cataclysmic past that is today a powerful symbol for world peace. Visit the Peace Memorial Park and Museum with its many poignant exhibits.

Pm: 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 this exquisite island, which is covered in virgin forest, as felling trees is forbidden on the island - as is giving birth or dying. Cruise back to Hiroshima and return to Okayama\*.

**Day 9: Okayama / Kyoto (Mon, 24 Apr)**

**B D**

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.

Pm: Visit Fushimi Inari, dedicated to the Shinto god of rice and famous for its thousands of vermilion torii gates, which straddle a network of trails, and take part in a walk.

**Day 10: Kyoto / Kobe (Tue, 25 Apr)**

**B**

Am: Visit Kinkakuji Temple, the Sagano Bamboo Grove and walk through the soaring Arashiyama Bamboo Forest.

Pm: Visit beautiful sixteenth-century Nijo Castle, with its moat, massive stone walls and elaborate gates enclosing stunning gardens. Visit the shimmering medieval Golden Pavilion with its sensuously contoured temple roofs and Shinto shrines and take a walking tour through its raked pebble gardens. Continue onto the food and craft markets of old Kyoto (walk down Nishiki and Teramachi-dori). Travel onto Kobe and check into the hotel.

**Day 11: Kobe (Wed, 26 Apr)**

**B**

Am: Visit Kameda Maternity and Ladies Clinic in Kobe.

Pm: Visit the MOURI Independent Midwifery Clinic. Visit a sake factory for a tasting tour.  
Eve: Optional Kobe Beef dinner.

**Day 12: Kobe / Osaka / Kobe (Thur, 27 Apr)**

**B D**

Am: Take the train to Osaka and explore the downtown area on a culinary tour of Dotonbori and Shinsaibashi.

Pm: Take the train back to Kobe and spend the rest of the day at leisure.

Eve: Farewell dinner.

**Day 13: Kobe (Fri, 28 Apr)**

**B**

Am: Depart for airport.

**\* For those who do not wish to visit Hiroshima, we recommend a visit to Naoshima 'Art Island' on the Inland Sea near Okayama.**

**"All the hotels were fantastic. The meals and quality of the food was brilliant. All the visits went very well. Thoroughly enjoyed the tour. This was our first and it exceeded expectations."**

John and Kim Barry, Anaesthesia in Japan, September 2018



A maiko in Kyoto (credit: Colin Sinclair)



The Kumano Kodo trail

## Travel in Japan

Most transport on this tour is based on Japan's excellent, immaculate and efficient public transport system. The group will travel between cities by bullet train. Transport within cities is often by metro and bus. All hotels are walking distance from the railway stations. As travel is mostly by 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.

All hotels are modern 4-star or above. Japanese hotel rooms can be smaller than in other destinations, particularly in Tokyo and Kyoto.

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## Extend your stay

April in Japan is a particularly beautiful time to visit, towards the end of the cherry blossom season. Cherry blossoms usually bloom between

mid-March and early May – the fragile blooms are short-lived but the cooler northern regions will still have blossom through April and into May.

You may wish to extend your stay either before or after the tour, to head north to the mountains in Hokkaido or to take the ancient pilgrimage route, the Kumano Kodo, which winds through some spectacular scenery in the Kii Peninsula south of Osaka. Or perhaps visit the sub-tropical island of Kyushu, with its hot springs, lush mountain scenery, beautiful beaches and relaxed lifestyle. There are many attractive options – please speak to us to find out more.



Cherry blossom



The neon splendour of Tokyo (top); The Golden Temple, Kyoto; Girls in kimonos; Nijo Castle, Kyoto (above)

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

**The cost of the tour with a room to yourself is US \$6,545**

**The cost includes:**

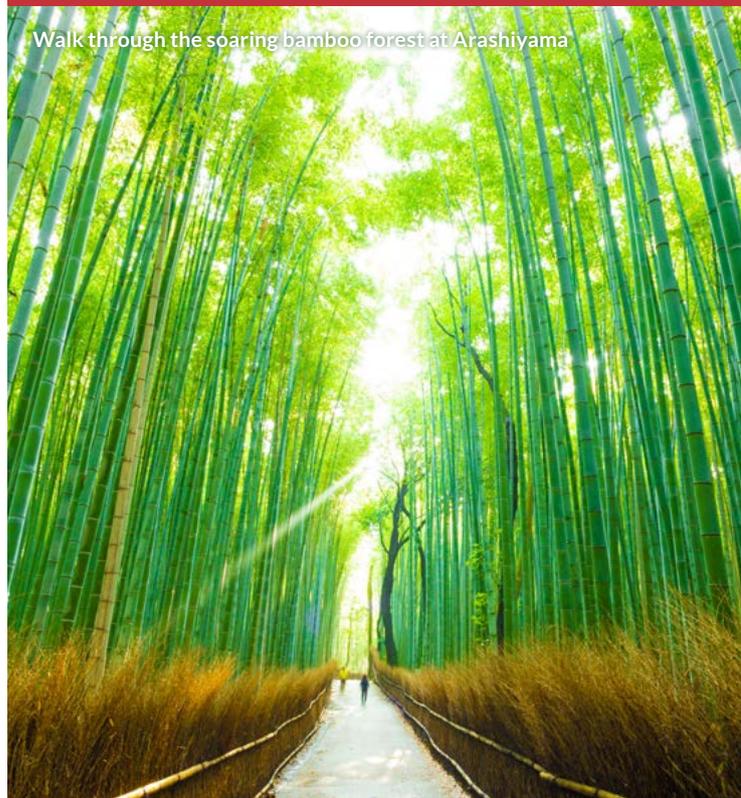
- The services of a tour leader (Dame Cathy Warwick)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels
- Breakfast daily
- Six dinners, two lunches
- All admission fees
- All professional arrangements
- Services of specialist English speaking national guide throughout
- All transport services, tips and taxes in Japan
- Luggage Mailing Service (Tokyo – Kanazawa, Kanazawa – Okayama, Okayama – Kobe)

**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

**All itineraries are subject to change, according to local conditions.**

Walk through the soaring bamboo forest at Arashiyama



# About Us

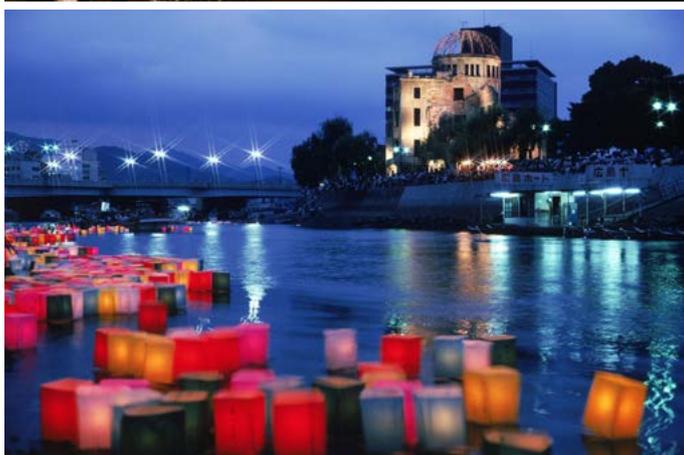
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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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Senso-ji, Tokyo (top); The gold leaf house in Kanazawa;  
Peace Park, Hiroshima; The vibrant street life of Osaka (above)



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