



Mt Fuji in the spring

Optometry in Japan

19 – 31 March 2023





Matsumoto Castle

Japan is a fluid, fascinating study of extremes. Ancient history sits beside neon modernity and Zen serenity mingles with urban energy. This tour takes you to the heart of both historic and modern Japan while exploring Japanese approaches to optometry, which is at a different stage to optometry as practised in the UK, Australia and the US.

Optometry is still developing in Japan, with optometrists working in partnership with ophthalmologists. Japanese optical technologies are amongst the most advanced in the world and there are visits to the Hoya spectacle lens manufacturer, as well visits to an optical retailer utilising advanced AI. The tour also visits the Kikuchi College of Optometry and participants will meet with staff and students there.

Starting in the dynamic city of Tokyo, take a bullet train past Mount Fuji to Nagoya, the industrial heart of Japan. Travel into the Japanese Alps in the spring and walk along a, ancient trade route through stunning scenery before continuing to Matsumoto. Continue south through the Alps to the town of Sabae, the world's most advanced manufacturer of glasses, also known for its flowers and blossom. Continue to Hiroshima to visit the Peace Park and Museum and cruise the Inland Sea. Finish in Kobe, with visits to the cultural centre of Kyoto and the culinary hub of Osaka.

Gain real insight into optometry in Japan, while experiencing the culture, history and cuisine of this country during its beautiful cherry blossom season. For every face of Japan, there is another waiting to be seen, so that each visitor comes away with their own vision of this genuinely extraordinary land.

Tour Leader

David Shannon graduated from Southern College of Optometry, Memphis, Tennessee, as a Doctor of Optometry. He served for ten years on the board of the Association of Optometrists including as chair between 2010 and 2013. David consulted for Johnson & Johnson Vision Care and trained practitioners across the UK. Until 2014 he worked in the family practice in London. David has led many successful optometry study tours for Jon Baines Tours.



Visit beautifully preserved Tsumago village



Itinerary 19 – 31 March 2023

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

3 nights Tokyo – 1 night Nagoya – 2 nights Matsumoto – 1 night Sabae
– 2 nights Hiroshima – 3 nights Kobe



Day 1: Tokyo (Sun, 19 Mar) **D**

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

Eve: Enjoy a local dinner with the group.

Eve: Explore the neon splendour of Akihabara by night.

Day 2: Tokyo (Mon, 20 Mar) **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 the Tokyo Skytree for stunning views of Tokyo. Cruise through canals to central Tokyo and explore this upmarket shopping district of Ginza. Visit an upmarket optical practice with an uncompromising attitude to quality and a specialist optician known for their use of AI and highly developed optical technologies.

Eve: Welcome dinner in a local restaurant.

Day 4: Tokyo / Nagoya (Wed, 22 Mar) **B D**

Am: Take the bullet train past Mount Fuji to Nagoya.

Pm: Visit a College of Optometry in Nagoya, meet staff and students and learn about optometry education in Japan.

Day 3: Tokyo (Tue, 21 Mar) **B**

Am: Visit the Harajuku area, renowned for its colourful street art and fashion scene and the wood block print museum.

Pm: Continue to Nezu Museum, home to a diverse collection of Japanese and Asian pre-modern art, as well as an exquisite garden.

Day 5: Nagoya / Matsumoto (Thur, 23 Mar) **B D**

Am: Travel to Matsumoto by bus, following the ancient Nakasendo Road; part of an ancient trade route that connected Kyoto to Edo (Tokyo). Walk along part of this wonderfully scenic route between the exquisitely preserved villages of Magone and Tsumago.

Pm: Arrive in Matsumoto in the late afternoon.

Day 6: Matsumoto (Fri, 24 Mar) **B**

Am: Visit the Hoya spectacle lens manufacturing facility in Minowa, south of Matsumoto. Take part in a tour and meet with staff.

Pm: Return to Matsumoto and explore the old town, including the Castle and Frog Street.

Day 7: Matsumoto / Sabae (Sat, 25 Mar) **B D**

Am: Drive along the south of the Japan Alps to the charming town of Takayama and visit a sake

brewery and the Hida Open Air Museum.

Pm: Drive to Sabae, Japan's most renowned eyeglass-manufacturing district. Google Glass frames are produced in Sabae, which conveys something of the region's outstanding quality. In the early 20th century, development of eyeglasses began in Sabae as a winter sideline to farming. Production expanded during Japan's period of high economic growth, and Sabae's production volume is now ranked first in Japan and second largest worldwide. Sabae produced the world's first titanium frame glasses and its technology is at the highest level in the world, with one-sixth of Sabae's working population employed in the glasses business.

Day 8: Sabae / Hiroshima (Sun, 26 Mar) B D

Am: Visit the Glasses Museum before enjoying the Japanese tradition of hanami (flower watching) in the famous cherry blossom viewing venue, Nishiyama Park.

Pm: Take the train to Hiroshima.

Eve: Arrive and transfer to the hotel.

Day 9: Hiroshima (Mon, 27 Mar) B

Am: 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: 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 10: Hiroshima / Kobe (Tue, 28 Mar) B D

Am: Take the train to Kobe.

Pm: Check in to the hotel. Visit the sake factory and museum for tastings before dinner.

Day 11: Kobe / Kyoto / Kobe (Wed, 29 Mar) 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 raked pebble gardens. Travel to Arashiyama and walk through the magnificent Arashiyama bamboo forest. Visit the Actors' Garden and tea house. Return to Kobe late afternoon.

Eve: Optional Kobe Beef dinner.

Day 12: Kobe (Thur, 30 Mar) B D

Am: Visit Osaka and take part in culinary walk in Namba District.

Pm: Afternoon at leisure in Osaka and return to Kobe, with the option to take an onsen (traditional Japanese bath).

Eve: Farewell dinner.

Day 13: Kobe (Fri, 31 Mar) B

Am: Depart for airport.

"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)



Cherry blossom in full bloom (Krystal Kay, Unsplash)

Travel in Japan

Most transport on this tour is based on Japan's excellent, immaculate and efficient public transport system. The group will mostly 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 our hotels on the tour are modern 4-star and above. Japanese hotel rooms can be smaller than in other destinations, particularly in Tokyo and Kyoto.

Extend your stay

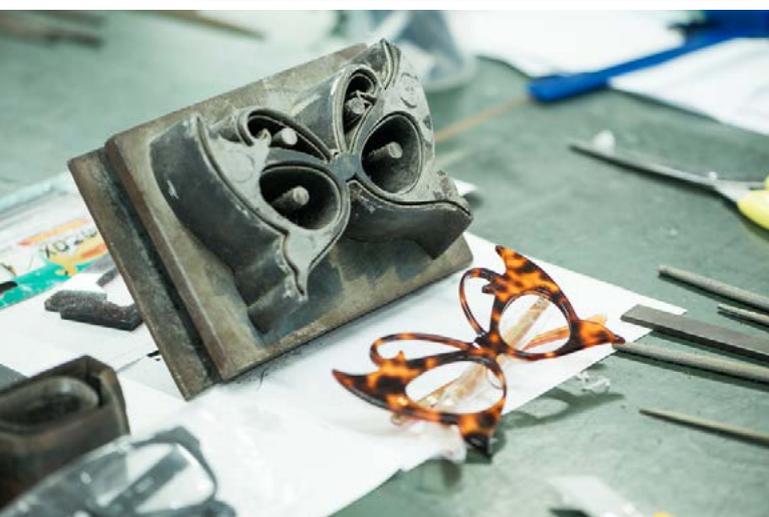
March in Japan is a particularly beautiful time to visit, during the famous cherry blossom season. Cherry blossoms usually

bloom between mid-March and early May and the fragile blooms are short-lived, with crowds flocking to enjoy them at their best.

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 subtropical 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.



Take the bullet train past Mt Fuji



The neon splendour of Akihabara (top); The Golden Temple, Kyoto; Girls in kimonos; Glassmaking in Sabae (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:

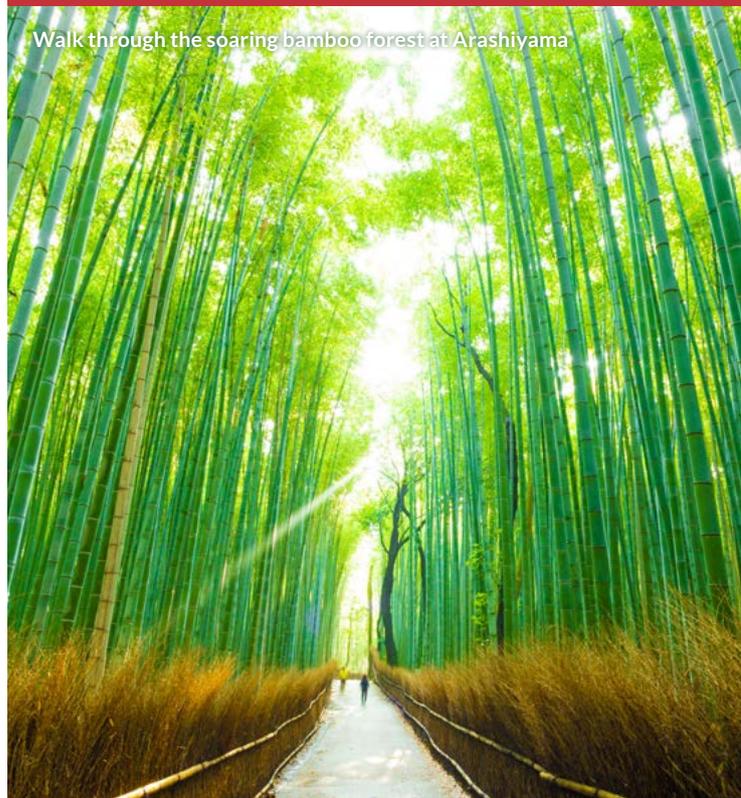
- The services of a tour leader (David Shannon)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels
- Breakfast daily
- Eight dinners
- All admission fees
- All professional arrangements
- Services of specialist English speaking national guide throughout
- All transport services, tips and taxes in Japan
- Luggage Mailing Service (Tokyo – Matsumoto, Matsumoto – Hiroshima, Hiroshima – 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

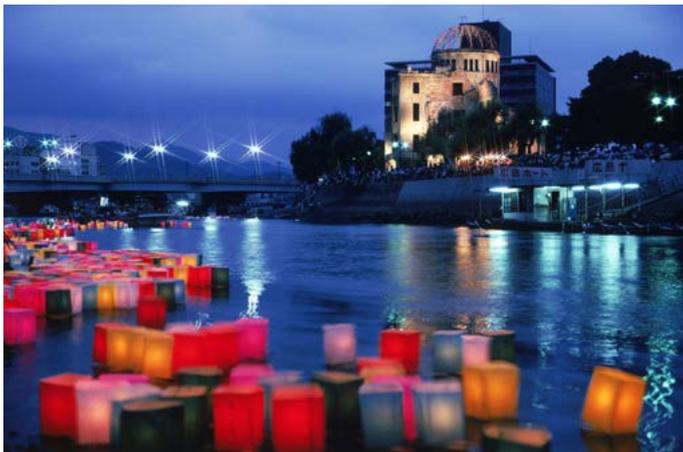
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
www.atol.org.uk/ATOLCertificate

Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com

USA and Canada:
(Toll Free) 1-877-398-764



Senso-ji, Tokyo (top); Cruise past the Torii Shrine on the Inland Sea; Peace Park, Hiroshima; The vibrant street life of Osaka (above)



Jon Baines
tours

