



InterCultural Consulting Group
Supporting Intercultural opportunities.

**St Andrews Catholic College
Duke of Edinburgh Tour Japan
TOKYO- MT FUJI- HIROSHIMA -SHIKOKU
(including Mt Fuji Climb and Shokoku Island 23 Temple hike)**

Proposed Itinerary September 2013

DAY ONE

12.30pm departure for Tokyo from Cairns flying Jetstar

Flight Cost (approx \$1000-\$1400)per person

7.30pm Arrive Narita International Airport
Limousine Bus to *Tokyo InterNational Youth Hostel*

<http://www.japan-yh.com/english/english/tok.html>

Tokyo International Youth Hostel
ADDRESS: 18F, Central Plaza, 1-1- Kagurakashi, Shinjuku-ku, Tokyo, 162-0823
Japan. Tel: 03-3235-1107

4 night total cost \$80-100 (approx) per person

9.00pm Casual dinner or snack before bed at traditional Izakaya
(small restaurant)



DAY TWO and THREE

Tokyo Touring including-

Tokyo Disneyland Tokyo Disneyland (東京ディズニーランド *Tōkyō Dizunīrando*[?]) is a 115 acre (465,000 m²) theme park at the Tokyo Disney Resort located in Urayasu, Chiba, Japan, near Tokyo.^[1] Its main gate is directly adjacent to both Maihama Station and Tokyo Disneyland Station. It was the first Disney park to be built outside of the United States and opened on April 15, 1983.

Tsukiji Fish Market Tsukiji Market (築地市場, Tsukiji Shijō) is a large wholesale market for fish, fruits and vegetables in central Tokyo. It is the most famous of over ten wholesale markets that handle the distribution of fish, meat, produce and flowers in metropolitan Tokyo. Tsukiji Market is best known as one of the world's largest fish markets, handling over 2,000 tons of marine products per day.

Downtown Ginza Ginza (銀座[?]) is a district of Chūō, Tokyo, located south of Yaesu and Kyōbashi, west of Tsukiji, east of Yūrakuchō and Uchisaiwaichō, and north of Shinbashi. It is known as an upscale area of Tokyo with numerous department stores, boutiques, restaurants and coffeehouses. Ginza is recognized as one of the most luxurious shopping districts in the world. Many upscale fashion clothing flagship stores are located here, being also recognized as having the highest concentration of western shops in Tokyo. Prominent are Chanel, Dior, Abercrombie & Fitch, Gucci, and Louis Vuitton.^[1] Flagship electronic retail stores like the Sony showroom and the Apple Store are also here.



Costs : Disneyland approx \$ 65.00
Train fares approx \$ 30.00
Lunches approx \$20.00

DAY FOUR AND FIVE

Mt Fuji climb

9.00am Train travel from Shinjuku to Kawaguchiko station and then bus to Subaru 5th station

The climb would be planned for mid to late September. (all details tentative)

Proposed schedule

3 guides would lead the group.

Day 1

12:00 Meet at Mt. Fuji 5th Station

13:00 Departure from 5th Station

17:00 Arrive at hut and dinner and sleep

Day2

04:30 - 05:30 Sunrise in front of hut and Departure

9:30 Arrive at top of Mt. Fuji Rest & breakfast, then return

14:30 Arrive at 5th Station

Return to Shinjuku Tokyo

Approx Costs

- Guiding fee \$180 per person (approx) (between 26~35 people)
- Travel to and from Mt Fuji \$60 approx
- Accommodation fee \$130-150 per person.
- (It depends on date and hut)
- Total \$400-450 per person approx





What to bring for the climb.

1. Flashlight and extra batteries
2. Hiking boots or shoes (tough leather and/or expendable)
3. Warm jacket or shell (something light enough to pack when it's too hot to wear it)
4. Long pants (or shorts along with some shell pants that you can pull out of your pack)
5. Stocking hat and gloves (depending on how susceptible you are to cold these may optional or needed)
6. Water (at least a couple of liters, unless you plan to buy drinks for high prices along the way)
7. Money (for items on the way, staying in a hut, and also for emergency expenses)
8. Food (for your meals and/or snacks, although plenty of food is available along the way at high prices)
9. Daypack (comfortable and big enough for the stuff you need to carry)
10. Camera(s) to capture an incredible sunrise and outstanding view

5.00pm Return to Tokyo
Overnight Youth Hostel

Cost- Approx \$20-25

DAY SIX

9.00am Check out Youth Hostel

11.00am Depart Tokyo Station on Shinkansen for Hiroshima

Cost- Approx \$175

4.00pm Arrive Hiroshima Station
Taxi to Parkside Hotel Hiroshima

Cost- Approx \$3.00

Check in **Parkside Hotel**

Cost- \$65 per night per person x 3 nights

7 ELEVEN Dinner experience

Cost- Approx \$10.00



DAY SEVEN and EIGHT

Typical day

8.30am Leave Hotel

Selected activity

Lunch provided

Selected activity

5.00-6.00pm Return to Hotel

HIROSHIMA TOURING including :-

Hiroshima Peace Park Visit including A-Bomb survivor talk

Hiroshima Peace Memorial Park (広島平和記念公園 *Hiroshima heiwa kinen kōen*?) is a memorial park in the center of Hiroshima, Japan. It is dedicated to the legacy of Hiroshima as the first city in the world to suffer a nuclear attack, and to the memories of the bomb's direct and indirect victims (of whom there may have been as many as 140,000). The location of Hiroshima Peace Memorial Park was once the city's busiest downtown commercial and residential district. The park was built on open field that was created by the explosion. Today there are a number of memorials and monuments, museums, and lecture halls, which draw over a million visitors annually. The annual 6 August Peace Memorial Ceremony, which is sponsored by the city of Hiroshima, is also held in the park. The purpose of the Peace Memorial Park is to not only memorialize the victims, but also to establish the memory of nuclear horrors and advocate world peace.

Hiroshima Castle

Hiroshima Castle (広島城 *Hiroshima-jō*[?]), sometimes called Carp Castle (鯉城 *Rijō*[?]) is a castle in Hiroshima, Japan which was the home of the *daimyō* (feudal lord) of the Hiroshima han (fief). Originally constructed in the 1590s, the castle was destroyed in the atomic bombing in 1945. It was rebuilt in 1958, a replica of the original which now serves as a museum of Hiroshima's history prior to World War II.

Miyajima Island

Itsukushima (厳島[?]) is an island in the western part of the Inland Sea of Japan, located in the northwest of Hiroshima Bay. It is popularly known as Miyajima (宮島[?]), the Shrine Island. The island is one of Hayashi Razan's (林羅山[?]) Three Views of Japan (日本三景 *Nihon Sankei*[?]). Itsukushima is famous for the Itsukushima Shrine, a UNESCO World Heritage Site.



DAY NINE to DAY THIRTEEN

The Shikoku Pilgrimage



The Shikoku Pilgrimage was founded by Kōbō-Daishi (Kukai), 774 – 835AD, who was the founder of the Shingon arm of Buddhism. It circles the whole of Shikoku, the smallest and least developed of the four main Japanese islands, for some 1200 kilometres in all.

There are 88 temples along the route, most of which were visited or founded by Kobo-Daishi himself. There are four main 'clusters' of temples; clockwise, from north, in Sanuki Province, Awa Province (where I was), Tosa and Ehime. **Each cluster will take you about a week on foot.** Most non-pilgrims tend to focus on one or other of the clusters. The rest of the temples are mainly scattered, few and far between, on the south and west coast.

This is an extremely important pilgrimage for Japanese Buddhists and, although a lot of people nowadays travel by bus or car, walking is getting more popular again in recent years. It is a pilgrimage full of ancient rituals, lots of interesting trivia, and is deeply rewarding on all levels.

The Pilgrimage

You usually start the pilgrimage not on Shikoku island, but on Mt Koyasan, south of Osaka. Kukai built a series of temples here, and is now 'resting in eternal meditation', as they rather elegantly put it: the senior monks bring him food and drink every day. You go from Osaka Namaeki station on a rickety and increasingly scary (but beautiful) train ride up the mountain, and then take a cable car up to the top of the mountain. Koyasan is a quite amazing temple town with about 3,000 inhabitants, perched right on top of the mountain. The first thing to do is to go to Kongobuji, the main temple; here, you get your Nokyocho (stamp book). In each temple in Koyasan and on the pilgrim route, a monk or a nun will stamp it and write beautiful calligraphy for a fee of 300 yen, as proof of your visit. You then walk down to Okunoin, Kōbō-Daishi's grave, on the other side of Koyasan. Here, you ask for protection during your pilgrimage. Then walk back up and visit as many of the other temples as you fancy, and then go back to the cable car and head off.

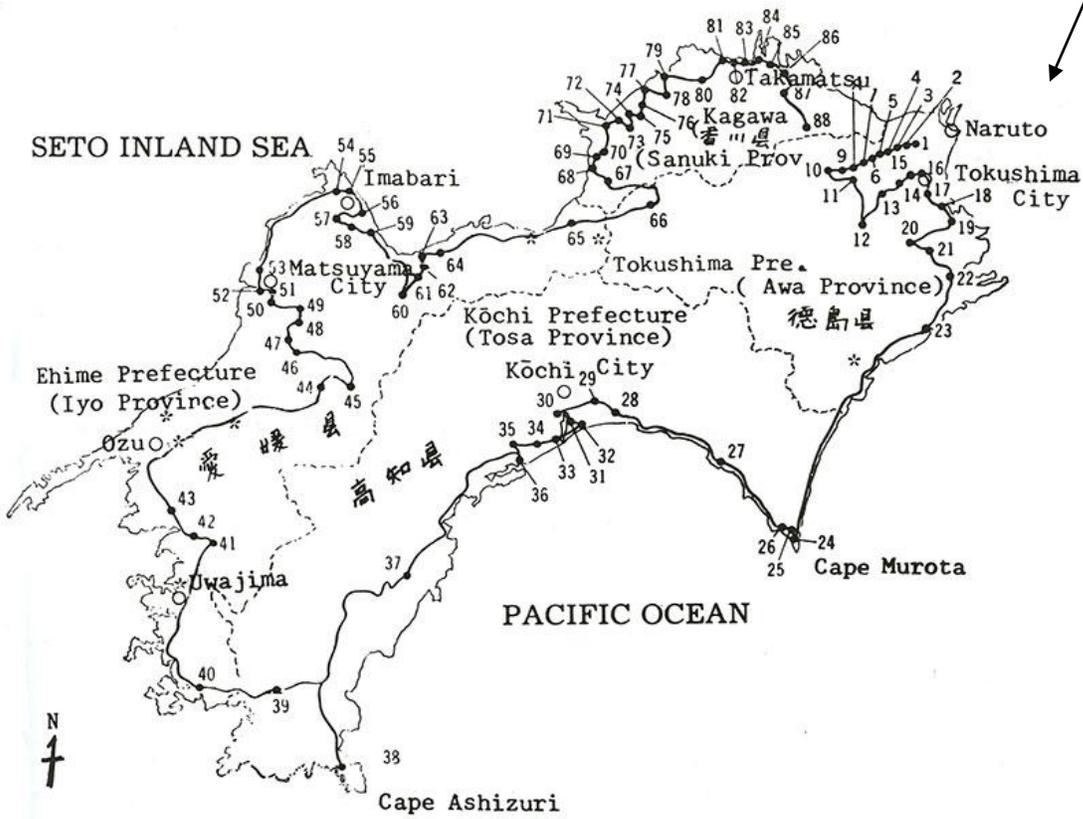
(we will start our journey on Shikoku and do 23 temples as part of the pilgrimage around Tokushima)

You must start your pilgrimage on Shikoku island at Temple 1, Ryouzennji, but after that you can hop and skip and jump in any direction and order you fancy.



Temples 1-23

The 88 Temples in Shikoku Island



- - Fudasho temple
- o - city
- * - unnumbered temple (Bangai Fudasho)

Summary. This is a Buddhist pilgrimage around the circumference of the Japanese island of Shikoku. Of the several hundred thousand people who do it each year, only a few thousand walk; the vast majority travel in organized bus tours. If you walk to only the main 88 temples, the trail is about 1,100 km (~670 mi.). If you also walk to the 20 *bangai* temples, outside the numbering of the main 88, but still considered important by many, the distance is about 1,400 km (~860 mi.). Visiting all 108 temples takes about 50–55 days. Visiting only the main 88 temples takes about 40 days. How long it takes for each henro (pilgrim) depends on the level of their fitness and the level of their need to hurry.

9.00am Depart Hiroshima
Shinkansen for Shin-Osaka (1.5 hours)

Cost- Approx \$165

11.00am Bus to Tokushima (Shikoku Island) (2. 5 hours)

Cost-Approx \$ 65

Overnight stay in temple grounds

Daily walking from temple to temple as Buddhist Pilgrimage

Cost- Approx \$20 per night x 5 \$100
7Eleven Obento meals Breakfast Lunch Dinner
Cost- Approx \$25 per day x 5 \$125

DAY THIRTEEN

Bus to Shin-Osaka

Cost \$65

Haruka Train to Kansai Airport

Cost \$30

8.50pm Depart Kansai International Airport

DAY FOURTEEN

5.50am Arrive Cairns Airport