

Japan

Beauty in the Details

October 01 - October 12, 2028

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/japan-oct-2028

Tour Overview

Duration:	12 days
Maximum Group Size:	12 women
Start Date:	October 01, 2028
End Date:	October 12, 2028
Arrival Airport:	Tokyo Narita (NRT) or Haneda (HND) Airports
Departure Airport:	Osaka Itami (ITM) or Kansai (KIX) Airports

Japan is a country where **beauty often lives in the details**: in the quiet rhythm of a morning shrine visit, the care behind a simple cup of tea, the precision of a handmade craft, and the calm found in neighborhoods tucked within some of the world's most exciting cities.

This 12-day Women Travel Tribe journey is designed for women 50+ who want to experience Japan in a way that feels meaningful, welcoming and memorable. From Tokyo and Kyoto to Nara, Hiroshima, Kurashiki and Osaka, you'll discover **peaceful gardens, ancient temples, lively food districts and long-standing traditions**.

Tokyo will introduce us to the many sides of Japan's capital, from **Hamarikyu Gardens and a seated sumo experience** to the movement of **Shibuya Crossing and a Japanese sweets workshop**. In Kyoto, we'll share **tea and conversation with a maiko**, walk beneath the gates of Fushimi Inari, visit the Golden Pavilion and watch a samurai performance. Nara brings encounters with the deer of Nara Park and a visit to **T■dai-ji and its Great Buddha**.

In Hiroshima, **Peace Memorial Park and the museum** share the city's history and commitment to peace. Kurashiki offers canals, white-walled storehouses and a **hands-on indigo-dyeing workshop**. The journey concludes in Osaka with a **sushi-making experience in a local home**, time at Karahori Market, an evening in Dotonbori and a teppanyaki farewell dinner.

Throughout the journey, you'll travel with a supportive group of women, a dedicated tour leader and knowledgeable guides who help bring each place to life. With a varied introduction to Japanese food, time to follow your own interests and a comfortable pace, you'll return home with memories of the people, places and details that made Japan your own.

Itinerary

Day 1: Tokyo (Arrival Day)

Included meals: Dinner

Upon arrival you'll be picked up at the airport and taken to our hotel. For those who arrive early, or who are interested in some activities on this day, our team will be on hand to assist. After getting settled and having a good rest, we'll start off with an evening orientation followed by an excellent dinner to kick off our Japan experience!

Day 2: Tokyo

Included meals: Breakfast, Lunch, Dinner

This morning we'll ease into Tokyo at Hamarikyu Gardens, a former feudal lord's garden near Tokyo Bay. We'll follow paths around ponds and carefully shaped trees while modern towers rise beyond the grounds, showing how naturally the city's past and present sit side by side. From there we'll take our seats for a sumo experience accompanied by lunch. This will give us a closer look at the ceremony, discipline and customs surrounding one of Japan's oldest sporting traditions, all while enjoying the experience at a comfortable pace. The afternoon will be free to rest or explore independently. In the evening we'll come back together for a casual dinner of ramen, enjoying steaming bowls of noodles in a flavorful broth.

Day 3: Tokyo

Included meals: Breakfast, Lunch, Dinner

We'll start the day with a breakfast of fluffy Japanese pancakes before heading out to explore Shibuya. We'll make our way through this lively neighborhood, where streams of people cross beneath towering screens at its famous intersection. Next we'll take part in a workshop devoted to traditional Japanese sweets. We'll learn how their shapes, colors and details often reflect the changing seasons before trying the process ourselves. The afternoon will be free to rest or explore independently. In the evening, we'll come together for dinner at an izakaya, an informal Japanese restaurant where several smaller dishes are placed in the center of the table to share. It will introduce us to a sociable and less formal style of Japanese dining.

Day 4: Tokyo / Kyoto

Included meals: Breakfast, Lunch

Leaving Tokyo behind, we'll board a high-speed train to Kyoto, the former imperial capital of Japan and a city known for its temples, arts and cultural traditions. The journey takes approximately two and a half hours. After arrival we'll sit down for lunch and take some time to

settle in before meeting a maiko, an apprentice geisha, for tea and conversation. We'll hear about her training, seasonal clothing and the etiquette surrounding this part of Kyoto's culture, with time to ask questions. The evening will be free to unwind or begin discovering Kyoto independently.

Day 5: Kyoto

Included meals: Breakfast, Lunch

Rows of red torii gates will lead us into Fushimi Inari Taisha, a shrine dedicated to Inari, the deity associated with rice, prosperity and business. We'll explore the lower section at an individual pace, following the pathways beneath the gates while learning why people and businesses have donated them for generations. After a relaxed lunch, we'll take our seats for a samurai performance, where controlled movements and practiced technique will bring the stories of Japan's warrior class to the stage. Following the performance, we'll return to the hotel with time to rest and enjoy a quiet evening.

Day 6: Kyoto

Included meals: Breakfast, Lunch, Dinner

We'll start at Kinkaku-ji, the Golden Pavilion, whose upper floors are covered in gold leaf and reflected in the pond below. Following the garden paths, we'll see the temple from several angles and learn how the site changed from a shogun's retirement villa into a Zen Buddhist temple. After lunch, we'll continue to Nishiki Market, where narrow lanes are lined with shops selling pickled vegetables, tofu, sweets and ingredients used in Kyoto cooking. Everyone will have time to browse independently, with our guide nearby to answer questions and explain anything that catches our attention. Following a break at the hotel, we'll gather for a tasting-menu dinner inspired by Kyoto's culinary traditions. A series of carefully prepared courses will introduce us to seasonal ingredients, delicate flavors and the beautiful presentation that makes a meal here so memorable.

Day 7: Kyoto / Nara / Kyoto

Included meals: Breakfast, Lunch

After breakfast we'll head to Nara, one of Japan's oldest capitals. We'll begin in Nara Park, where deer wander freely between the paths and lawns, often coming close to see who might have a cracker to share. Considered messengers of the gods in Shinto tradition, they have become closely associated with the city. Nearby, we'll visit T■dai-ji, one of Nara's most important Buddhist temples. Inside its vast wooden hall stands the Great Buddha, an immense bronze figure that has watched over the temple for centuries. After lunch, we'll stop for fresh mochi, the soft and chewy rice sweet made by pounding and shaping steamed rice. We'll then return to Kyoto with the evening free to relax or enjoy the city independently.

Day 8: Kyoto / Hiroshima

Included meals: Breakfast, Lunch, Dinner

Leaving Kyoto, we'll board a high-speed train to Hiroshima. After arrival and lunch, we'll visit Peace Memorial Park and the Peace Memorial Museum. Through exhibits, preserved objects and individual stories, we'll learn about the atomic bombing, the people whose lives were affected and the city's recovery. There'll also be time to walk among the memorials and understand why Hiroshima has become such an important voice for peace. In the evening, we'll change the pace with an informal dinner of Hiroshima-style okonomiyaki. Cooked in layers on a hot griddle, this city specialty usually combines noodles, cabbage, egg and savory sauce. It's a satisfying meal and a delicious example of how Japanese cooking changes from one region to another.

Day 9: Hiroshima / Kurashiki / Hiroshima

Included meals: Breakfast, Lunch

Today we'll travel by train to Kurashiki, a former merchant town known for its canals, stone bridges and white-walled storehouses. These waterways once carried rice and other goods, helping the town grow into an important trading center. Our main experience will be an indigo-dyeing workshop. Indigo has a long history in Japanese textile work, and our instructor will show us how patterns are created before we try the process ourselves. We'll watch as the deep blue color develops when the fabric meets the air, leaving each of us with a piece we helped create. Following lunch, we'll walk through the Bikan Historical Quarter, where old homes and storehouses line the canal. There'll be time to browse, take photographs and enjoy the slower pace of the neighborhood. We'll also take a short canal boat ride before returning to Hiroshima.

Day 10: Hiroshima / Osaka

Included meals: Breakfast, Dinner

Osaka will be the last city on our route, reached by high-speed train from Hiroshima. After settling in, we will visit the Osaka Castle grounds. The broad moats, massive stone walls and surrounding parkland offer a glimpse of the city's feudal past. Later we'll enjoy a casual dinner before heading into Dotonbori. Bright signs hang above the streets, restaurant displays fill the storefronts and the canal reflects the movement around us, introducing us to Osaka's outgoing personality and deep love of food.

Day 11: Osaka

Included meals: Breakfast, Lunch, Dinner

For our final full day in Japan, we'll divide into two groups so everyone can enjoy a sushi-making experience in a local home and a visit to Karahori Market. While one group learns how to prepare sushi before sitting down to enjoy what they have made, the other will explore the

market's food shops and everyday neighborhood atmosphere. We'll then switch, giving everyone time to experience both sides of the morning in full. The afternoon will be free to enjoy Osaka at your own pace. You might return to Dotonbori, browse the covered shopping arcades around Shinsaibashi, relax at a café or spend some time at the hotel. Our tour leader will be available to offer suggestions and help you plan the afternoon based on your interests. This evening we'll gather for a teppanyaki farewell dinner, with the meal prepared on a hot iron griddle. It will be a fitting way to celebrate our last evening, share favorite moments and enjoy one final dinner together.

Day 12: Osaka (Departure Day)

Included meals: Breakfast

You will be picked up at the hotel by a private driver who will take you to the airport for your departing flight.

Tour Inclusions

Included

✓ Small group experience with a maximum of 12 women

✓ Professional tour leader throughout the trip

✓ 11 nights of accommodation in comfortable 3.5 and 4-star hotels

✓ Transportation within Japan by high-speed trains, public transportation, and private vans

✓ Daily breakfast, 9 lunches and 7 dinners

✓ Local English-speaking guides throughout the trip

✓ All activities, entrance fees and unique experiences listed in the itinerary

✓ Airport transfers

Not Included

✗ Flights to/from Japan (arrive Tokyo / depart Osaka)

✗ Passport/visa fees

✗ Meals and activities not mentioned

✗ Travel insurance (mandatory)

✗ Gratuities

Pricing

Shared Room:	**$ 7,195**
Single Room:	**$ 7,890**
Deposit:	**$ 750**

Accommodations

On this tour, we'll stay in comfortable and convenient 3.5 and 4-star accommodations in each destination. All rooms have a private bathroom and the amenities you'd expect from such hotels.

Physical Demand

MODERATE-HIGH

This trip includes frequent walking on city days, time on your feet in markets and food districts, and regular use of trains and public transportation. Guests should be comfortable walking for up to 2 to 3 hours at a time, with stops, and being on their feet for much of the day. Expect stairs, gravel paths, long shrine approaches and uneven sidewalks.

Some days have early starts and may include a short boat ride. This trip suits women who can manage an active itinerary with regular walking, stairs and public transportation, plus a couple of longer travel days.

Dietary requirements can be accommodated with advance notice, but options can be very restricted, especially for vegetarians and vegans. Some meals may be limited to suitable side dishes, such as tofu and vegetables, rather than a full alternative meal.

Ready to Book Your Adventure?

Women Travel Tribe

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Small group adventures designed specifically for women 50+
Experience the world with like-minded travelers!