

A scenic view of a bay in Japan, likely Sagami Bay, with a large ship (possibly a cruise ship) in the water. The foreground is dominated by lush green trees and foliage, framing the view. The background shows rolling hills and a clear sky.

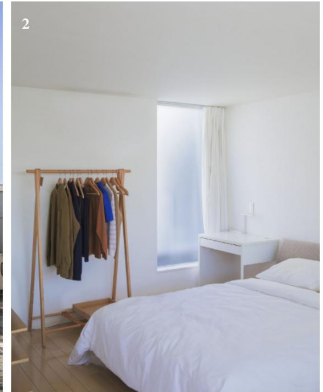
15 Days
Japan

day by day

Japan, 15 Days

① DAYS 1-6: TOKYO

Fly to Narita International Airport (NRT) with Finnair. Book your Pocket WiFi online with Japan Rail Pass and pick it up at the Narita Terminal 2 Post Office. Take the airport limousine bus headed to Central Tokyo: stop at the Westin Hotel at Ebisu Garden Place or the Shibuya Cerulean Tower Hotel (90-min or 2-hour ride depending on the traffic). Take a taxi from the hotel to the rental house in 2-10-47 Mita, Meguro-ku (10 min). Show Japanese directions to the driver to get to the house when boarding the taxi! Buy the Tokyo 1-Day Ticket to get free access to all JR lines and city buses. Sleep at MITA PENTHOUSE, Boutique Homes Collection, Meguro-ku (5 nights). (Pics. 1-2) www.boutique-homes.com



TOKYO HANDBOOK

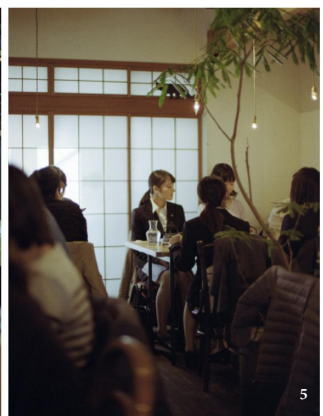
EAT

The Blind Donkey (Chiyoda)
Itasoba Kaoriya 4310 Ebisu, Shibuyaku (Ebisu)
Bistro Kiki (Harajuku)
Restaurant Eatrip (Harajuku)
Mominoki House. Natural Food Restaurant & Shop (Harajuku)
Hanamaru Belt Sushi / Kitte (Marunouchi)
Switch Coffee Tokyo (Meguro)
Beard (Meguro)
Claska Hotel, Restaurant, Gallery&Shop (Meguro)
Yakumo Saryo (Meguro)
Tonkatsu Tonki (Meguro) (Pic. 3)
Miyagawa Tempura (Aoyama) (Pic. 4)
Café Kitsune (Aoyama)
Tas Yard Café (Sendagaya)
World Breakfast All Day (Shibuya)
Mimet Café (Tomigaya) (Pic. 5)
Path (Tomigaya)
Kayaba Bakery (Yanaka)
Kayaba Coffee (Yanaka)



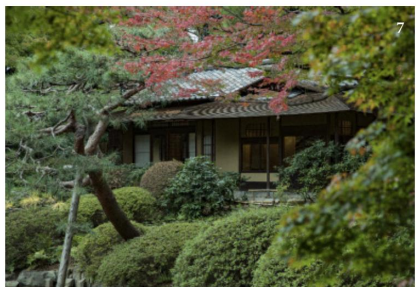
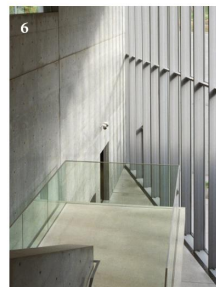
VISIT

Nezu Museum (Aoyama) (Pic. 6)
The Imperial Palace East Gardens (Castle Gate) (Chiyoda)
Tokyo Metropolitan Teien Art Museum, Garden & Cafe (Minato) (Pic. 7)
Institute for Nature Study, Gardens and Museum Shop (Minato)
21_21 Design Sight, Gallery (Roppongi)
National Noh Theatre (Sendagaya) (Pics. 8-9)
Meiji Shrine and Meiji Jingu Inner Garden (Shibuya)
Watari Museum, Bookshop and Gallery (Shibuya)
Ueno Park (Ueno)
SCAI The Bathhouse, Contemporary Art Gallery (Yanaka)
Earth Day Market Yoyogi, Sunday market (Yoyogi Park)



SHOP

Bonjour Records (Daikanyama)
Makie Home (Daikanyama)



Day by Day



Akomeya (Ginza)
 The Little Shop of Flowers Atelier (Harajuku)
 Eliminator (Harajuku)
 Papier Labo (Sendagaya)
 Archivando (Tomigaya)
 Rhytm_And_Books (Tomigaya)
 Kitte (Marunouchi)
 ILDK (Meguro)
 Idaten, Japanese Pottery Shop (Yanaka)

☪ DAYS 6-10: TOKYO TO THE KII PENINSULA

Take a taxi from Mita Penthouse to Tokyo Central Railway Station (Chiyoda). Take the JR Tokaido, Shin-Osaka-bound Shinkansen, Nozomi line Special Express from Tokyo Station to Kyoto Station (2 hours 30 min). Book your car with Nissan Rent a Car (via Japan Experience), pick it up at Kyoto Station. Drive through Nara City and Nara Park Area (1 hour) to Fukano Village, Muro, Uda City (1 hour).



DAYS 6-8: MUROU-AKAME-AOYAMA QUASI-NATIONAL PARK, NARA PREFECTURE

Sleep at RICE TERRACE VILLA SASAYURI-ANN, Fukano Village, Muro, Uda-City (2 nights) (Pics. 10-11-12). Restored large detached “Kominka”, traditional Japanese thatched-roof ryokan inn. Privately rented (two to ten persons). Continental Organic Breakfast included. Dinners are arranged in advance from the catering menu (“Special Iga Beef Shabu-Shabu” set served in the fireplace room).



Morning walk along the waterfall trail of the Akame 48 Falls (Nabari City), holy place for Shugendo Mountain Buddhist Priests and birthplace of Ninja.

Afternoon visit to the Muro-ji Temple, Uda City (late 8th century, Japanese esoteric Buddhism). Initially opened as a mountain forest training ground for ascetic practice by En no Goya. The temple has a history of benevolently accepting women when many sacred places did not. The sacred ground can be found when you cross the vermilion-painted Taiko Bridge over the Murogawa River.



Highlights: Kondo Hall and the Sanctum with Shaka Nyorai Statue or the Buddha of Enlightenment, Juichimen-kannon Statue, Jizo-bosatsu Statue (National Treasures and Important Cultural Properties, Early Heian Period, 9th century); Twelve Heavenly Generals (Kamakura Period, late 12th-14th centuries), Miroku-do Hall/Miroku Bosatsu or the Buddha of the Future, Hondo Hall, Five-storey Pagoda (National Treasure, Late Nara period, late 8th century), the smallest outdoor pagoda in Japan and the second oldest, Yoroi-zaka Slope. (Pic. 13)



Other activities: Floral arrangements workshop with Hiromi Matsubayashi; Free lessons of *Shakuhachi* (Bamboo flute) and *Horagai* (Conch shell trumpet); Homa fire offerings, originating in tantric Buddhism and in Shugendo 1300 years ago, performed by Shugendo monk Tetsuji Matsubayashi.

www.stayjapan.jp
www.muroji.or.jp
www.nara-yamato.com
www.akame48taki.com

DAYS 8-10: ISE-SHIMA NATIONAL PARK, MIE PREFECTURE

Drive to Kintetsu Toba station. Have a snack at the *taiyaki* shop (*taiyaki* is a pastry made in the shape of the fish that is filled with something sweet, like red bean pudding or custard). Drive to Osatsu Fish Market for lunch (seafood barbecue) at an *amagoya*, an Ama divers rest house and the Ama divers demonstration. Visit the Toba Ama Museum. Drive to the Ise Jingu Mae Family mart (convenience store) and Ujiurata Information Centre and park your car.

Visit of the town centred around the Ise Grand Shrine since long ago. Stroll along Oharai-machi / Okage-yokocho, the main street where very traditional buildings and restaurants are lined up in front of the Ise Shrine. Have a tea and *akafuku mochi* (pounded rice cake topped with a sweet bean paste) at Akafuku, established as a tea house in Ise about 300 years ago.

Ise Jingu, officially “Jingu”, includes 125 jinja (shinto shrines), centred around Kotaijingu (Naiku), dedicated to Amaterasu-Omikami, and Toyo’uke-daijingu (Geku), dedicated to Toyo’uke-no-Omikami. Its area is roughly the same size as Paris. More than 1,500 rituals are conducted here yearly to pray for the prosperity of the Imperial family, peace in the world, and an abundant harvest. Annual rituals like *Kinname-sai* and *Niiname-sai* are based on the cycle of rice cultivation. (Pic. 14)

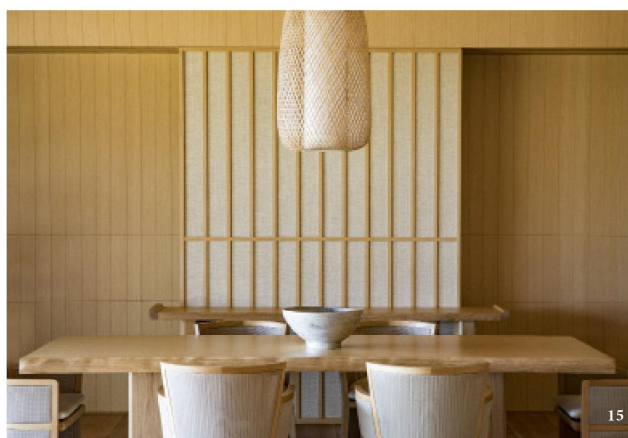
Sleep at AMANEMU, Aman Resorts, Ago Bay (2 nights). Features: The Restaurant, The Bar & Lounge, Library, Swimming pool, Ama Spa, Yoga studio, Boutique. (Pics. 15-16)

www.osatsu.org/en

www.isejingu.or.jp

www.akafuku.co.jp

www.amanemu.com



☉ DAYS 10-13: KII PENINSULA TO KYOTO

Drive from Ise to Matsusaka City (1 hour 40 min by car). Take a stroll through historical Matsusaka City.

Local specialities: Matsusaka Beef, delicious wagyu beef highly praised around the world as a work of art in meat for its tender and finely marbled texture. Special Grade Matsusaka Cattle are raised from Hyogo prefecture calves thanks to the strength and efforts of artisanal farmers; Matsusaka Tea, Fukamushi Sencha, fragrant local tea; Traditional Matsusaka Cotton, with its beautiful indigo blue and striped pattern, sold and popularized by merchants in Edo (now Tokyo).

Dinner at the Matsusaka Japanese beef restaurant and beef shop Wadakin, founded in 1878, the first restaurant to serve modern-style *sukiyaki* made using sliced beef (Pics. 17-18-19). Drive from Matsusaka City to Kyoto (2 hours).

Sleep at KURA298, a Boutique Homes Collection (3 nights), Kami-gyo. Kura298 is part of the Nichinichi gallery and Toka tearoom. (Pics. 20-21-22-23)

www.matsusaka-kanko.com/language/en

www.matsusakaushi.jp

www.e-wadakin.co.jp/en

www.kura298.com

KYOTO HANDBOOK

EAT

Hokage (Demizucho, Kamigyo-ku)

On the Slope Natural Vegetables Shop (Demizucho, Kamigyo-ku)

ItalGabon Café (Kamigyo-ku)





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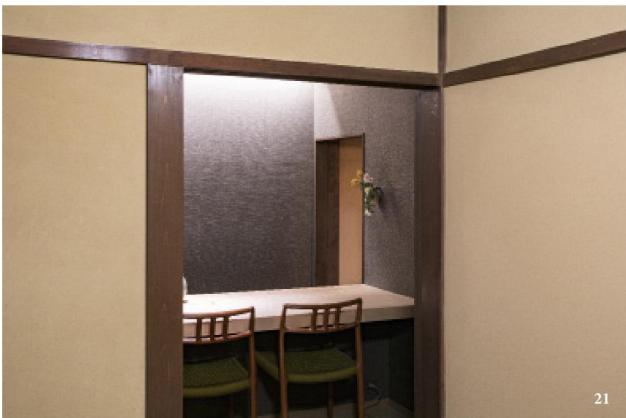
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Omoto *kushiage*, deepfried skewers) (Kamigyo-ku)
 Uchu Wagashi (Kamigyo-ku)
 Walder Bakery (Nishiki, Nakagyo-ku)
 Weekenders Coffee Tominokoji (Nishiki, Nakagyo-ku)
 Kiln Café and Restaurant (Shimogyo-ku)
 & Noma Café (Sakyo-ku)
 Circus Coffee (Kita-ku)
 Izusen Daitokuji, *teppatsu ryori*, Zen vegetarian cuisine (Kita-ku)

VISIT

Kamigamo-jinja Shrine, the oldest shrine in Kyoto (Kita-ku)
 Sha-ke, the homes of the Shinto priests (Kita-ku)
 Gallery Nichichi, contemporary Japanese applied arts (Kamigyo-ku)
 Toka Tearoom and Shop (Kamigyo-ku)
 Kit Gallery & Shop (Kamigyo-ku)
 Kondo Taichi, *okeya kondo*, wooden bucket maker (Kamigyo-ku)
 Flea & Antiques Market, Kitano Tenmangu Shrine (Kamigyo-ku)
 Nishiki Market, food market (Nakagyo-ku)
 Ishibe-koji Alley (Higashiyama-ku)
 Ryozen Kannon (Higashiyama-ku)
www.nichinichi.com
www.tokaseisei.com
www.oke-kondo.jimdo.com
www.kit-s.info

04 DAYS 13-15: KYOTO TO TOKYO

Take a taxi to Kyoto Station. Take the JR Tokaido, Tokyo-bound Shinkansen, Nozomi line Special Express from Kyoto Station to Tokyo Station (2 hours 30 min). Take a taxi from the station to Otemachi Tower (10 min).

Sleep at AMAN TOKYO, Aman Resorts, Otemachi Tower, Chiyoda-ku (2 nights). Features: The Restaurant by Aman (Italian restaurant - Masakazu Hiraki, Chef de Cuisine), The Lounge, the famed Afternoon Tea 33rd floor; The Café by Man (French bistrot) 1st floor; Ama Spa 34th floor (Aman Signature Treatment Journey). (Pics. 24-25-26)
www.amantokyo.com

EXTRA FAVOURITES

A day with: Mr Michishige Udaka, Noh actor and Noh mask carver, representative of a National Intangible Cultural Asset, Kyoto; Gert van Tonder, Moss Gardener at Reki-An Pavilion, Kamigamo, Kyoto; Dairik Amae, Tea Practitioner, Kyoto.

In collaboration with THE ART OF TRAVEL, a Japan-based travel agency, dedicated to introducing Japan's distinctive history, art and culture to guests. The team goes beyond sourcing experiences and curating trips in a quest to integrate travel with the arts, bringing guests into the workshops and studios of the artists and experts they collaborate with.
www.theartoftravel.net
www.udakakai.com

Kyoto Moyashi House, traditional Japanese *machiya* (townhouse): over 120 years ago Moyashi Machiya flourished as a plantation site for seed malt for Sake, now it functions both as a guesthouse and an events space. (Shimogyo-ku, Kyoto)
www.kyotomoyashihouse.com



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The Japan trip by Cartography was developed in collaboration with

FINNAIR is a network airline specialized in flying between Europe and Asia along the shorter northern route. Finnair flies to 17 destinations in Asia, four of which in Japan. A unique Nordic experience with the fresh interior of its flagship Airbus A350 XWB and the Business Class menus emphasizing its Nordic roots. Established in 1923, Finnair is one of the safest and longest-operating airlines in the world, the only airline in Northern Europe holding a 4-star Skytrax rating and a member of Oneworld. With Finnair, you can easily connect to Fukuoka, Nagoya, Osaka and Tokyo several times a week via transfer-friendly Helsinki Airport. (Pic. 27)
www.finnair.com



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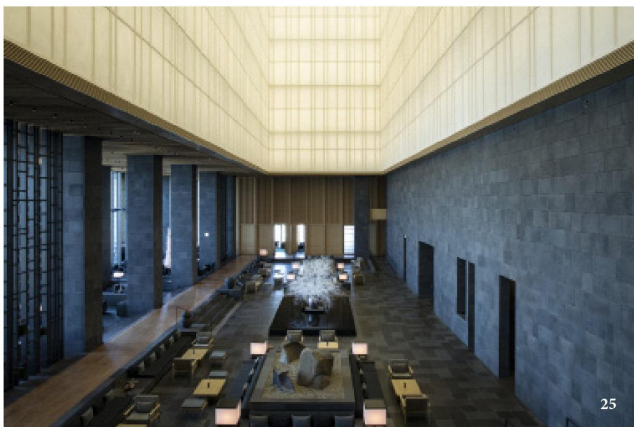
BOUTIQUE HOMES, a collection of properties, by invitation only, for modern-day travellers. A “quality over quantity” approach is what sets it apart from the others, with a dedication to design, location and experience. Kura298, 1-bedroom guest residence, Kyoto. Keywords: tradition, aesthetic, craftsmanship, simplicity. An old-style townhouse in the heart of Kyoto, just east of the Imperial Palace. Mita Penthouse, 1-bedroom apartment, and Mita Residence, 4 bedrooms, Meguro-ku, Tokyo. Keywords: urban, brightness, minimalism, peaceful.
www.boutique-homes.com/countries/japan

AMAN RESORTS, Japan: a journey through two Aman destinations, from modern Tokyo to the peace of Ise Shima.

Aman Tokyo, high above the whirl of Tokyo, featuring private *furo* soaking tubs and views of Mount Fuji. An urban haven spread across the top six floors of the Otemachi Tower, near the Imperial Gardens. The design takes reference from traditional Japanese residential architecture and incorporate Japanese traditional lifestyle with nature into the hotel. Timber, washi paper and stone blend with modern technology and luxurious fabrics.

Amanemu, Ago Bay, site of ancient pilgrimage routes and home to healing hot spring waters. Amanemu is set within Ise-Shima National Park on the Kii Peninsula, in the southwestern region of the island of Honshū. The resort overlooks Ago Bay, known as the Bay of Pearls, a blue expanse dotted with oyster rafts and islets. Amanemu embraces the ancient Japanese bathing tradition of *onsen*, using nutrient-rich thermal springs to provide a contemplative retreat.

Meticulously designed to frame their natural settings, Aman destinations are renowned for space and privacy. It is an approach that has changed little since 1988 when the first retreat was built on Phuket’s west coast. Today, embracing 31 resorts, hotels, and private residences in 20 countries, Aman continues to seek out transformative experiences and awe-inspiring locations around the world.
www.aman.com



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JAPAN NATIONAL TOURISM ORGANIZATION, JNTO Japan

www.jnto.go.jp (International)

www.turismo-giappone.it (Italian)

www.jnto.go.jp/smartapp eng (Japan Official Travel App)

VISIT ISE SHIMA TOBA

www.toba.or.jp/sites/en;

www.iseshima-kanko.jp/en



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LA PÉROUSE STRAIT

RUSSIA

CHINA

HOKKAIDŌ

• Sapporo

• Hakodate

DEMOCRATIC PEOPLE'S
REPUBLIC OF KOREA

• Aomori

SEA OF JAPAN
(EAST SEA)

• Akita

• Sendai

W

E

• Niigata

NOTO
PENINSULA

HONSHŪ

REPUBLIC OF
KOREA

• Kanazawa

JAPAN

01 04 TOKYO

• Yokohama

BŌSŌ
PENINSULA

• Nagoya

03 Kyoto

IZU
PENINSULA

• Kobe

02 Osaka

• Ise

Hiroshima

SHIKOKU

KII
PENINSULA

• Fukuoka

KYŪSHŪ

Inner Sea

NORTH PACIFIC OCEAN

EAST CHINA SEA

OKINAWA

S