

## 11D10N NatGeo Japan Family Journey: From Ancient to Modern Times (AJTNF)

Price per person  
from  
MYR 26996



### Tour Description

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

### Tour Itinerary

## Day 1 :- Tokyo

Welcome to Tokyo—your arrival transfer to the hotel is included. Check in and get excited to meet your fellow travelers during a welcome meeting this evening where all families can bond before the Journey ahead.

## Day 2 :- Tokyo

Today, we'll see Tokyo from a local's perspective, traveling by public transit. We start from a traditional Japanese taiko drumming class. Hear how these traditional wooden drums are made and learn three different playing techniques. Put your newly acquired skills to the test during a group performance together with a professional Wadaiko drummer. Later a visit to the serene Meiji Jingu shrine, dedicated to the spirit of Emperor Meiji. Then hit the streets of the buzzing Harajuku district, where kitschy-cute street fashion and candy-colored wigs are the order of the day.

Breakfast

## Day 3 :- Tokyo

Learn Japanese secrets to longevity in a cooking class on Okinawa cuisine, originating from the Japanese island reputed to have the highest life expectancy in the world. Prepare a selection of dishes using typical ingredients and learn about the beneficial qualities of each. Savour your creations for a nutritious lunch and spend the rest of the day discovering Tokyo at leisure.

Breakfast Lunch

## Day 4 :- Tokyo - Nagano

This morning, take a crash course in Japan's national sport: sumo wrestling! Get initiated into this explosive martial art, which originated as a religious ritual more than a thousand years ago. Learn about the wrestlers' rigorous routine and mindboggling calorie intake, earn basic technique and watch Sumo wrestling. After the class, journey to Nagano, the beautiful mountain city that hosted the 1998 Winter Olympics. Settle into our historic ryokan — or traditional Japanese inn — located just outside the city, in the hot springs town of Shibu Onsen.

Breakfast Dinner

## Day 5 :- Nagano

Nagano is home to the Japanese macaque, or snow monkey — one of the only primate species that can survive below freezing temperatures. Venture to Jigokudani Yaen Koen (Snow Monkey Park) to watch these furry simians scampering about the rocks or taking a soak in one of the thermal pools, fed by natural hot springs. Then head into Nagano city to explore the 7th-century Buddhist temple of Zenkoji, home to the very first Buddha statue brought to Japan.

Breakfast

## Day 6 :- Nagano

Travel to Matsumoto for a visit to one of Japan's most treasured castles. Known as the "crow castle" for its imposing black exterior, the Matsumoto fortress dates back to the 16th century and was once a stronghold of the samurai, Japan's elite military class. Later, visit Ishii Miso, founded in 1868 at the end of the Edo era, and see how they are still producing miso by a unique traditional method. Check out massive wooden barrels and learn about Miso— a soybean paste and essential ingredient in Japanese cuisine. Nagano Prefecture is known as the top producer of miso in Japan. Let's have a taste of Miso soup and even Miso ice cream!

Breakfast

## Day 7 :- Nagano - Kyoto

Hop on the bullet train to Kyoto, which served as Japan's imperial capital for more than a millennium. Delve into the aromatic alleys of Nishiki Market, one of the most popular food markets in the city. Opt to sample local specialties like barbecued quail, soy milk donuts, sesame ice cream, and more, taking your taste buds on a culinary roller coaster. This evening, venture to Gion, Kyoto's renowned geisha district. As you wander its lantern-lit streets, you might catch a glimpse of a geisha — traditional female entertainers recognizable by their distinctive makeup.

Breakfast

## Day 8 :- Kyoto

This morning, pay a visit to the Fushimi Inari shrine, located just outside of Kyoto. Dedicated to the Shinto god of rice, this beautiful temple is known for its Senbon Torii — a stunning walkaway of vermilion-colored gates. Later, dive into another fun-filled cooking class, rolling up your sleeves to make a steaming bowl of ramen noodles.

Breakfast Lunch

## Day 9 :- Nara

Spend the day discovering ancient Nara, where Japan's first capital was established in the early 8th century. Immerse yourself in the ornate halls of the Todaiji temple, and gaze upon the largest bronze Buddha statue in the world, standing nearly 50 feet tall. At Kasuga Taisha, Nara's most celebrated shrine, stroll romantic walkways lined with hundreds of bronze and stone lanterns, and wander amid the gardens of Nara Park, where herds of semi-domesticated deer roam free. Check out the shops and galleries of the Naramachi district before returning to Kyoto.

Breakfast

## Day 10 :- Kyoto

Unleash your inner warrior this morning with a lesson on samurai swordplay. Learn how to wield a Japanese sword and witness an unforgettable performance by masters of kembu, or sword dance. In the afternoon, explore the picturesque Kiyomizudera temple, perched on a hilltop near a sacred waterfall. There is much to keep you busy here: ring giant prayer bowls, sip holy water — said to have wish-fulfilling qualities — or muster the courage to walk through the Tainai Meguri, a lightless underground tunnel that symbolizes the visitor's journey to enlightenment. This evening, celebrate your Japan adventure at a farewell dinner.

Breakfast Dinner

## Day 11 :- Depart Kyoto

Depart any time.

Breakfast

## Tour Prices

Travel Period	Twin	-	-	-	-
June 2025: 22, 25, 29	RM 29,395				
July 2025: 4, 6, 11, 13, 20, 25	RM 31,110				
August 2025: 1, 10	RM 31,110				
August 2025: 17	RM 29,395				
November 2025: 21	RM 31,110				
December 2025:17, 19, 21	RM 31,110				

## What's included

Destination

[Japan](#)

Departure Location

Tokyo

Return Location

Kyoto

### Price includes

- 10 nights accommodation
- All transport between destinations and to/from included activities.

### Price does not include

- International air ticket
- Tipping
- Travel insurance
- Others not mentioned

## Additional Information

Physical Rating: 3

Some tours may include light hiking, biking, rafting, or kayaking in addition to walking.