



A maiko in traditional dress, Kyoto (photo by Colin Sinclair)

Medicine in Japan 19 – 30 May 2025

Pre-tour to Mount Fuji
17 – 30 May 2025



Level 4
ACTIVE





Himeji Castle

Japan is a blend of gracious tradition, exquisite ritual and hyper modernity. Experience different facets of this exceptional country, seeing the culture, society and history of Japan through the prism of your own profession on this regular, highly successful tour.

See Japan's most famous traditional art and crafts, as well as contemporary art. Visit one of Japan's three great gardens, one of its most imposing castles and the ancient capital of Kyoto. Experience lesser-known Japan, including the geisha district of Kanazawa and the laneways of Osaka, and cruise across the Inland Sea.

There are a range of professional visits, meetings, talks and a dinner, providing real insight into medicine and society in Japan. The majority of these visits have been organised via Japanese members of the Royal Society of Medicine.

There will also be informal meetings and dinners with members throughout the tour. The tour is accompanied by an expert tour leader and a highly experienced Japanese national guide.

This tour has broad appeal and partners are very welcome.

Tour Leader

Janice Liverseidge was a Director at The Royal Society of Medicine and is now a full time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund and the London Handel Festival. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively, including an eight month journey around India, South East Asia and Australia, and has led highly successful RSM tours to Vietnam



and Cambodia, Sri Lanka, Cuba, South Africa, Scotland, Japan and China. This is the third time Janice has led this tour to Japan.

'Janice was brilliant at organising us all and bringing us all together as a group. She was consistently upbeat and in control. Coco was a delight – I have enormously enjoyed spending time with her.'

Sarah Haxby, Medicine in Japan, March 2024

You will also be accompanied throughout the tour by our regular Japanese National Guide Coco.

'I cannot praise Coco enough.'

Richard Graham, Dental Study Tour in Japan, October 2022



3 nights Tokyo – 2 nights Kanazawa – 3 nights Hiroshima – 3 nights Kobe

Pre-tour to Mount Fuji – 2 nights

Pre-tour Day 1: Toyko (Sat, 17 May)

Am: Arrive and check in to the hotel.

Pre-tour Day 2: Tokyo (Sun, 18 May)

Am: Accompanied by a guide, take the Romance car, an Odakyu limited express train with specially built carriages with large viewing windows, to Mount Fuji. Take a funicular up the side of the mountain and a cable car across the mountain and down to Lake Ashi. Cruise across the lake with views of Mount Fuji, before returning to Tokyo by train.

and treatment centre. Listen to a talk outlining the history and current work of the centre and take part in a question-and-answer session.

Eve: Welcome dinner.

Day 3: Tokyo (Wed, 21 May)

B L

Am: Walk to visit Jikei University School of Medicine, the only medical school founded during the Meiji era that followed the principles of British medicine. The school was founded by Kanehiro Takaki, who studied at St Thomas' Hospital in London and brought the humanistic ideals of English medicine to Japan. Take a tour of the hospital and learn about its history and its current work.

Pm: Visit fashionable Harajuku, the Woodblock Print Museum and the Nezu Museum and its lovely garden.

Day 1: Tokyo (Mon, 19 May)

D

Pm: Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities, and transfer to the hotel.

Eve: Enjoy a local dinner with the group.

Day 2: Tokyo (Tues, 20 May)

B D

Am: Experience the history of this modern metropolis, starting with a visit to the historic Asakusa neighbourhood and the ancient Buddhist Senso-ji Temple.

Pm: Cruise along the Sumida River to tranquil Hamarikyu Gardens. Walk through the gardens to the National Cancer Centre, Japan's leading cancer research

Day 4: Tokyo / Kanazawa

(Thu, 22 May)

B D

Am: Board one of Japan's sleek, efficient bullet trains and travel to Kanazawa. The city contains intact samurai and geisha districts and is known for its traditional crafts, particularly silk, gold leaf and ceramics.

Pm: Visit the Samurai Quarter, including the old pharmacy, the samurai house and garden, and the Yuzen Silk Centre.



Day 5: Kanazawa (Fri, 23 May)

B

Am: Visit Kenrokuen Garden, one of the three great gardens of Japan, and see the romantic ruins of Kanazawa Castle.

Pm: Explore the geisha quarter of Kanazawa, including the Yuzen Silk Centre, Ochaya Bunkakan Sake House, the Kaikaro Geisha House, an exquisite gold leaf house and the Gold Museum.

Day 6: Kanazawa / Hiroshima

(Sat, 24 May)

B D

Am: Take the train to Hiroshima, a city with a cataclysmic past that is today a powerful symbol for world peace.

Pm: Check into the hotel and at leisure.

Eve: Local dinner.

Day 7: Hiroshima (Sun, 25 May)

B

Am: 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.

Pm: Explore the island, covered in virgin forest, as felling trees is forbidden on the island - as is giving birth or dying. Following lunch, cruise back and return to the hotel.

Eve: Optional oyster dinner.

Day 8: Hiroshima (Mon, 26 May)

B L

Am: Visit the Research Institute for Radiation Biology and Medicine. Hear a talk on the clinical radiation effects of the atomic bomb used in Hiroshima and the nuclear power plant accident in Fukushima from Professor Nobuyuki Hirohashi. The talk will detail the current research examining the legacy of both Hiroshima and Fukushima.

Pm: Local okonomiyaki lunch. Visit the Peace Memorial Park and Museum in Hiroshima. Return to the hotel and at leisure.

Day 9: Hiroshima / Kobe

(Tues, 27 May)

B D

Am: Take the train to Kobe, stopping en route at one of Japan's most iconic castles, the recently restored Himeji Castle. Continue

to Kobe, a port city surrounded by the ocean and mountains, and check in to the hotel.

Pm: Visit the Takenaka Carpentry Tools Museum, housed in a beautiful building on the site of a tea house. The museum details the tools and techniques involved in traditional Japanese crafts.

Eve: Local dinner.

Day 10: Kobe / Kyoto / Kobe

(Wed, 28 May)

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, take a walking tour through its raked pebble gardens and visit Nijo Castle. Continue onto the food and craft markets of old Kyoto.

Pm: Visit Fushimi Inari, dedicated to the Shinto god of rice and famous for its thousands of vermilion torii gates, which straddle a network of trails, and take part in a walk. Return to Kobe.

Eve: Optional Kobe Beef dinner.

Day 11: Kobe (Thu, 29 May)

B D

Am: Full day at leisure with options to explore Kobe, visit Osaka or return to Kyoto.

Eve: Farewell dinner.

Day 12: Kobe (Fri, 30 May)

B

Am: Depart after breakfast.

THIS TOUR IS CLASSED AS:

Level 4 | Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.



Visit Lake Ashi and Mount Fuji on the pre-tour extension

Travel in and to Japan

Most transport on this tour is based on Japan's excellent, immaculate and efficient public transport system. The group will 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. This tour includes regular walking on a daily basis.

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 hotels are modern 4-star or above. Japanese hotel rooms can be smaller than in other destinations (around 20 sqm), particularly in Tokyo and Hiroshima. Please contact us if you require larger rooms.

Flights to and from Japan are not included with this package. We can help organise these flights. If booking your own flights, please book a flight into Tokyo, and Haneda is the

closest airport. When returning, if flying back via Tokyo, book a connecting flight from Kobe airport. If returning via Osaka (KIX) International Airport please ensure your flight departs from midday on, to take advantage of the daytime rail and bus services from Kobe. Taxis in Japan are very expensive.

Extensions

The pre tour extension visits the Mount Fuji Region. There is the option to stay on in Japan and we can assist with additional accommodation or a trip to the historic Mount Koya.



Travel by bullet train



The neon splendour of Akihabara (top) The Golden House, Kanazawa; Walk through the vermilion torii gates of Fushimi Inari, Kyoto; Nijo Castle, Kyoto (above)

The cost of the tour per person sharing is £3,980 per person

The cost of the tour with a room to yourself is £4,675

The cost includes:

- The services of a tour leader, Janice Liverseidge
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels
- Breakfast daily
- Six dinners and one lunch
- All admission fees
- Services of specialist full time English speaking national guide
- All transport services, tips and taxes in Japan
- Luggage Mailing Service (Tokyo- Kanazawa, Kanazawa - 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

The cost of the extension per person sharing is £478

The cost of the extension with a room to yourself is £718

The cost includes:

- The services of a national guide on 18 May
- 2 nights' accommodation in twin-bedded rooms with private facilities in a medium grade hotel with breakfast
- All transport services and tickets on 18 May

Flights to and from Japan are not included with this package. We can help organise these flights – please contact us if you would like us to do so.

NB: All itineraries are subject to change, according to local conditions.

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.

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Golden Pavilion, Kyoto (top); The A Bomb Dome, Hiroshima;
Girls in kimonos in Kanazawa; Torii shrine in the Inland Sea (above)



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TOURS**

