

2024

HARVARD ALUMNI TRAVELS

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JAPAN FAMILY ADVENTURE

Temples, Gardens, & Enduring Traditions

June 22–July 3, 2024

With **Theodore J. Gilman**



HARVARD
Alumni Travels



Above left: Kinkaku-ji (The Golden Pavilion)
Cover: Lake Ashi

Experience the Ancient and the Modern

This journey embraces Japan's frenetic cities, revered natural environment and enduring traditions that coexist in unique harmony. It begins in Kyoto, the ancient capital of Japan. It then continues to Hiroshima, a city that is now at the center of an international peace movement. Visit the island of Miyajima, a UNESCO World Heritage site, considered to be one of Japan's "three most beautiful places" with its red torii standing in the ocean during high tide. Toyota City provides insight into the latest manufacturing technology, while Hakone's geothermal forces provide natural hot springs for healing and relaxation. The journey culminates in Tokyo, one of the world's must-see cities. Everywhere one turns, there are shops of every sort, tantalizing food stalls, incongruous shrines, and flashing neon lights.

Activity Level 3:

A LITTLE MORE TO IT

This is a moderately strenuous program that is at times physically demanding and busy, with some early departures from the hotels and activities scheduled throughout the day and at times, into the evening. There will be considerable walking, up to two miles at a time. Walking tours can last as long as three hours, including periodic stops, and much of the walking will take place in historic temple and garden complexes, where paths are on uneven terrain. While we will maintain a moderate pace throughout the program, participants should be fit and in active good health, and able to keep up with the group without assistance from tour staff.

Study Leader



Theodore J. Gilman (Ted) came to Harvard University in 2005 to become the executive director of the Reischauer Institute for Japanese Studies. He has taught courses on Japanese politics, East Asian international relations, and urban politics. He was executive director of the

Weatherhead Center for International Affairs (WCFA) from 2015 to 2023. WCFA is a leading research institute focusing on comparative, international, global, and transnational topics and covers the entire world from a broad array of disciplinary perspectives.

Ted has spent more than three years in Japan, teaching and doing research. He has published a book entitled *No Miracles Here: Fighting Urban Decline in Japan and the US* (SUNY Press), and he has lectured on this topic in Europe, Asia, and North America. Ted has led student groups on semesters abroad in both Japan and Vietnam. He has served as a consultant on curricular development issues at the K-12 and university levels. He is a graduate of Tufts University and has a PhD in Political Science from the University of Michigan.



Traditional tea ceremony; Imperial Palace Gardens in Tokyo



Schedule by Day

SATURDAY–SUNDAY, JUNE 22–23

DEPART THE U.S., ARRIVE OSAKA / KYOTO

Depart home on overnight flights to Japan. Arrive in Osaka (either Kansai or Itami Airport) on the 23rd and transfer to the hotel in Kyoto.
HOTEL OKURA, KYOTO

MONDAY, JUNE 24

KYOTO

Begin exploration of Kyoto at the magnificent Fushimi Inari Shrine, where a pathway covered by more than 2,000 red-painted *torii* gates stretches nearly two miles up the hillside to the main shrine. Then walk along Chawanzaka, a quaint old lane packed with handicraft and pottery shops. Continue to Kiyomizudera, the temple of “pure water,” and participate in a traditional Japanese tea ceremony at the small and tranquil Gesshin-in temple, founded in 1617.
HOTEL OKURA, KYOTO (B,L,D)

TUESDAY, JUNE 25

KYOTO

Begin with a visit to Kinkaku-ji (the Golden Pavilion), one of the most famous temples in Kyoto, including its authentic Japanese-style garden. Next, walk through a towering bamboo forest to Okochi Sanso, the exquisite former villa of one of Japan’s greatest silent screen stars. Continue to Monkey Park Iwatayama, where about 150 wild monkeys roam freely in the wooded mountains. Conclude the day with a special *Taiko* drum lesson, a fun and participatory activity for all ages. Dinner is at leisure in Kyoto.
HOTEL OKURA, KYOTO (B,L)

WEDNESDAY, JUNE 26

KYOTO / HIROSHIMA

This morning, join a Japanese calligraphy class to learn *shodo*, “the way of calligraphy,” then depart Kyoto on the bullet train for Hiroshima. Visit Peace Memorial Park and museum, displaying

relics and photos of the A-bomb devastation. Dinner is at an *okonomiyaki* restaurant, a local specialty described as a savory pancake.
RIHGA ROYAL HOTEL, HIROSHIMA (B,L,D)

THURSDAY, JUNE 27

HIROSHIMA / MIYAJIMA

Board a ferry to Miyajima Island, a UNESCO World Heritage site considered by many Japanese to be one of the country’s most beautiful places. Visit Itsukushima Shrine and Senjokaku (Pavilion of 1,000 Mats), built in 1587. Also visit Daisho-in, a beautifully situated temple at the foot of the wooded Mt. Misen.
RIHGA ROYAL HOTEL, HIROSHIMA (B,L,D)

FRIDAY, JUNE 28

HIROSHIMA / NAGOYA

After breakfast, depart by train for Nagoya. The world headquarters and original factory of the Toyota Motor Corporation is located just east of Nagoya, in Toyota City. Visit the Toyota Kaikan Exhibition Hall, displaying Toyota’s innovative technology and its evolving engineering. Also visit the Toyota plant*, where cars are skillfully manufactured using the latest technology.
NAGOYA MARRIOTT ASSOCIA HOTEL (B,L,D)

*Visit to Toyota Plant subject to potential restrictions in place in summer of 2024

SATURDAY, JUNE 29

NAGOYA / HAKONE

Board a bullet train to Hakone, a popular resort since natural hot springs were discovered in the beautiful mountainous area in the 16th century. Take a cable car to the edge of the steaming Owakudani Crater for spectacular views (weather permitting), then enjoy a boat ride across picturesque Lake Ashi. The big, colorful boats sport Disneyland-esque pirate themes. End the day with a visit to the fabulous Hakone Open-Air Museum (Chokoku-nomori). This world-renowned sculpture garden features works of 19th- and 20th-century Japanese and Western Sculpture.
HAKONE KOWAKIEN TENYU (B,L,D)

SUNDAY, JUNE 30

HAKONE / TOKYO

Travel by bullet train to Tokyo this morning. Visit one of Tokyo’s most traditional areas, Asakusa, where Senso-ji Temple and its adjacent shopping street, Nakamise, have attracted travelers and entertainers since the 1600’s. Continue to the Tokyo National Museum, home to a comprehensive collection of art works and antiquities from Japan and other Asian countries.
IMPERIAL HOTEL, TOKYO (B,L,D)

MONDAY, JULY 1

TOKYO

This morning, learn the fundamentals of using a Samurai sword. Change into *kimono* and *hakama* (traditional skirt-like clothing), then learn basic movements in sword fighting, such as drawing, posing, and swinging, and watch breathtaking sword fights by the instructors. In the afternoon, join a hands-on cooking class focusing on sushi. Spend the afternoon in the Shinjuku District, one of Tokyo’s most popular shopping and eating areas, boasting the tall buildings, flashing neon advertisements, giant video screens, and busy streets Tokyo is famous for. Dinner is at leisure.
IMPERIAL HOTEL, TOKYO (B,L)

TUESDAY, JULY 2

TOKYO

Visit the East Garden of the Imperial Palace, the former site of Edo Castle’s innermost circles of defense. Continue to the Roppongi Hills complex, a massive redevelopment project and symbol of contemporary Japan, then explore Akihabara, the biggest electronic district in Tokyo, featuring stores specializing in *manga* (Japanese comics) and *anime* (Japanese animation). Return to the hotel to freshen up before a farewell dinner.
IMPERIAL HOTEL, TOKYO (B,L,D)

WEDNESDAY, JULY 3

TOKYO / DEPART

Transfer to the airport (Narita or Haneda) for return flights home. (B)

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TERMS AND CONDITIONS

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Highlights

- Explore Japan with Professor Ted Gilman, Executive Director of the Weatherhead Center for International Affairs.
- Engage in multiple cultural activities, including a Japanese tea ceremony, calligraphy, Samurai sword fighting, Taiko drumming, and a sushi cooking class.
- Marvel at the beauty of Japan's temples, shrines, and gardens, including the Fushimi Inari Shrine, Kinkaku-ji (the Golden Pavilion), Itsukushima Shrine, Senso-ji Temple, and the east Garden of the Imperial Palace.
- Immerse yourself in modern day Japan's Toyota City and Tokyo's Shinjuku and Akihabara Districts.
- Delight in the bamboo forest and monkeys in the Arashiyama Mountains, the deer of Miyajima Island, and the natural hot springs of Hakone.
- Appreciate art and tradition at the Hakone Open-Air Museum and Tokyo National Museum.



Rates per Person

	DOUBLE	SINGLE
CHILDREN 6-17	\$9,990	-
ADULTS 18 AND OLDER	\$10,990	\$13,990

The third person in a triple receives a \$1,000 discount.



PROGRAM RATES INCLUDE All accommodations, meals, and excursions as specified in the itinerary, including ten hotel nights • Comprehensive program of briefings, lectures, and presentations • Arrival and departure transfers by local shuttle service on group arrival and departure dates • Baggage handling • Gratuities to porters, wait staff, guides, and drivers for all group activities • Entrance fees • Welcome and farewell wine receptions • House wine, beer, and soft drinks with welcome and farewell dinners • Filtered water on motorcoaches • Complete packet of pre-departure information • Professional tour manager and youth coordinator throughout the program



AIR ARRANGEMENTS U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at 877-376-1754. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice.

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