

# LIVING WITH VOLCANOES

## THE MAGNETISM OF MT. FUJI & IZU OSHIMA 6 days

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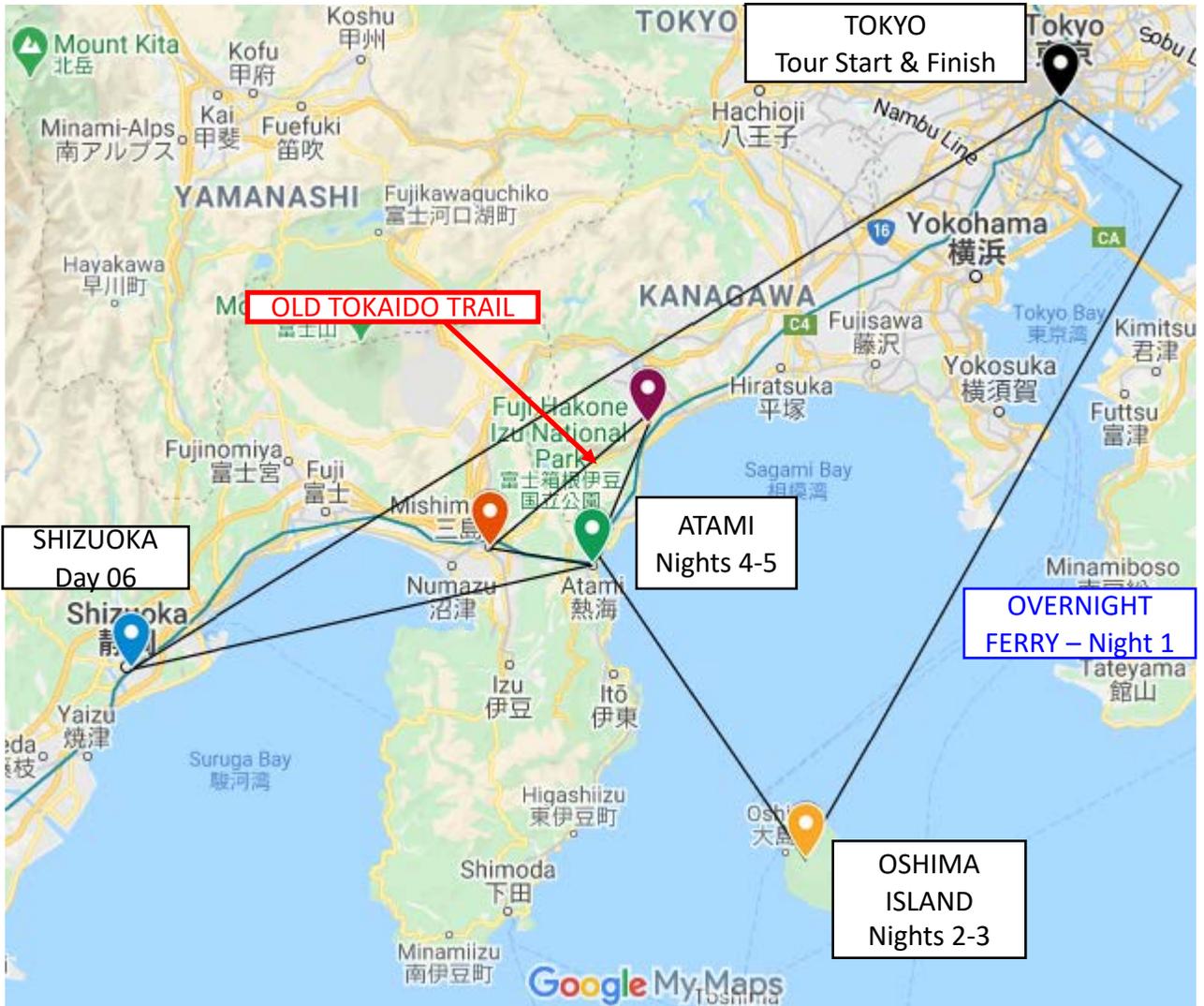


Active-volcano island Oshima is the northernmost of the Izu Islands, dotted from north to south in the Pacific, 100 kms south of Tokyo, whose 8,000 residents have an unusual view of life with a volcano as a neighbour. Our 3-days on the island will allow us to gain a deep understanding of the environment, life-style & heritage which leads islanders to enjoy the prospect of an eruption.

Atami, conversely, is one of Japan's great onsen (hot-spring) resorts, with a totally different yet in its own way equally distinctive culture built around that role. And, just a few minutes north, lies the famous Fuji-Hakone National & Geopark, through which Japan's most storied Trail-Road, the Tokaido runs during its 500-km journey from ancient capital Kyoto to modern capital Tokyo, established by one of the great figures of Japanese history, the first Shogun, Tokugawa Ieyasu. Walking on the Tokaido, parts of which remain unchanged from 400 years ago, and visiting other elements of Ieyasu's legacy in Shizuoka, allow us to step back in history, all the while surrounded by the landmarks of millions of years of seismicity in this, one of the global focal-points of seismicity.



# Route map



[https://www.google.com/maps/d/edit?mid=1Zjq\\_Sg2HdPwt31FsiZq82wZqDfllCY2r&usp=sharing](https://www.google.com/maps/d/edit?mid=1Zjq_Sg2HdPwt31FsiZq82wZqDfllCY2r&usp=sharing)

## Day-by-day Itinerary

### Day 1 – Gather for Dinner near Takeshiba Pier – Overnight Ferry to Oshima

Before heading off to discover the Geoparks surrounding Tokyo, gather at 20h00 in the lobby of the Hotel Azur, in Takeshiba, central Tokyo, overlooking Tokyo Bay, where Yumiko, our tour guide will welcome all of the group.

Dinner is just a short walk from the hotel, in a restaurant overlooking the waterfront, and during the meal, Yumiko will run through the tour schedule, briefing everyone on details and the highlights ahead, as well as providing information and hints to help with final preparations for the adventure ahead. After dinner, we'll head straight back to the pier to check-in for the overnight ferry journey to Oshima.

Cabins on the boat include two separate beds, shower, wash-basin & toilet facilities, and offer the chance for a good night's rest as our ferry ventures from Tokyo Bay into the Pacific Ocean immediately south, and on to Oshima.



#### <Schedule>

Dinner including walks to and from restaurant: 1 hour 30 mins

Ferry to Oshima: 8 hours

**Accommodation:** : Tokaisen Ferry (usually Saruvia-Maru) / Western Room with 2 separate beds  
Rooms with private shower & toilet

**Included meals:** Dinner (in Tokyo)

## Day 2 – Arrival in Oshima – Panoramic Island Tour – Volcano Museum Visit

Arrival at Oshima is early at 06h00, and from the pier on the island's west coast, we'll head south to our hotel for a hearty Oshima breakfast, and a chance to freshen-up (rooms won't be available until the afternoon). Having found our feet on the island,, we'll head off on a morning tour of the island, starting in the south at the charming harbor village of Habu, heading north along the east coast of the island to learn of the island's intrinsic relationship with camellias from the Director of its most famous Gardens, and returning to Motomachi Port, where our ferry arrived earlier, for lunch.

After lunch, visit the Volcano Museum, recognized as one of the best of its type, and focusing particularly on the most recent major eruptions of Mount Mihara in 1950 & 1986. From there, head south along the coast to view the famous Open-Strata rockfaces, detailing tens of thousands of years of geo-history, before checking-in at the hotel for a rest before a barbecue dinner featuring local produce, washed down by local micro-brews or wine, & perhaps a chance to enjoy Oshima's night sky.



### <Schedule>

Port to Hotel, Breakfast at hotel & time to freshen-up: 3 hours

Panorama tour of island followed by lunch: 4.5 hours

Volcano Museum & Open-Strata Site Visit: 2.5 hours

Rest at hotel: 2 hours

Barbecue dinner: 2 hours

**Accommodation:** : Kailani) Hotel, Western Rooms for 2 people  
Rooms with private bath, shower & toilet

**Included meals:** Breakfast, Lunch, Barbecue Dinner, Breakfast

## Day 3 – Oshima’s unique Geoscape - Hiking Mt. Mihara Volcano & Japan’s only Desert

Today, get to know the unique environment of Oshima. An island of less than 100 sqkm, with a population of just over 8,000, centred on the active volcano of Mt Mihara. Hike across the slopes of the mountain, and enjoy the opportunity to not only see, but touch the geological scars left by historical eruptions, most notably those in 1950 and 1986, both of which resulted in the island being evacuated, but only after the inhabitants had spent significant time not only watching, but actually enjoying what many of them consider to be the honour of an eruption during their lifetime. After walking the crater-mouth, venture into Japan’s only Desert, a vast swathe of Mt. Mihara whose vegetation was wiped-out by the 1950 eruption. Later, enjoy lunch at the onsen ryokan high on the slopes of Mt Mihara, & an opportunity to relax muscles taxed by this morning’s hike in the natural hot-spring baths, some with view directly onto Mt. Mihara. Return to the hotel before heading out to dinner with an opportunity to casually interact with some of our islander hosts.



### <Schedule>

Hiking: 4 hours

Lunch: 1.5 hour

Relax / Experience Onsen natural hot-spring baths: 1.5 hours

Dinner with islanders including transfers: 2.5 hours

**Accommodation:** : Kailani) Hotel, Western Rooms for 2 people  
Rooms with private bath, shower & toilet

**Included meals:** Lunch, Dinner (with islanders), Breakfast

## Day 4 – Discover Oshima’s unique Culture, and the hot-spring resort of Atami

Your last day on Oshima is a chance to experience and understand the culture that has developed on this volcanic island, 20 kms off the mainland coast. Choose either to join a morning fishing trip, or combine an experience making Camelia-Oil from the flowers seeds, with a visit to a local shrine.

Fishing is Oshima’s premier industry, and the waters around the island remain rich in marine resources, thanks to centuries of balanced interaction with the sea.

Join a local fisherman on his daily trip into the local fishing grounds, and stop in at the fish-market on your return to port. Camelia-oil is another product closely associated with Oshima, and while mass-production is now mechanized, there are still local companies producing oil by traditional methods. After a lunch of fresh sushi, Oshima-style, you’ll head back to the port where you arrived, to take a jetfoil westwards across the Pacific to the hot-spring resort of Atami, where your hotel is just a 10-minute walk from the port (luggage will be handled separately).

After checking-in & freshening-up, head out for a stroll thru one of Japan’s premier hot-spring resort towns, before a dinner featuring local produce, accompanied by local micro-brews, wines & juices.



### <Schedule>

Fishing excursion including transfers OR cultural activities incl. transfers: 4 hours

Sushi lunch: 1 hour

Jetfoil to Atami: 45 minutes (then 10 minute walk to hotel)

Atami walking tour including dinner: 3.5 hours

**Accommodation:** : Pearl Star Hotel / Western rooms for 2 people with en suite facilities  
Communal onsen hot-spring facilities

**Included meals:** Lunch (Sushi on Oshima), Dinner (in Atami), Breakfast

## Day 5 – Hike Hakone Hachiri! The fabled Tokaido Road, thru the foothills of Mt. Fuji

Today, we will minimize our footprint by relying totally on our own feet, with a some assistance from public transport! This is an opportunity to walk on Japan’s most-storied historical road, in the National Park in the South-Eastern foothills of Mount Fuji. After breakfast, walk to Atami Station, take a Bullet Train to Odawara, and a local train & bus combo into the Fuji-Hakone National Park. After a traditional Japanese energy charge at the charming historic tea-house ‘Amazake Chaya’, specializing in Amazake, a sweet drink made from sake-mash. We’ll embark on our hike along ‘Hakone Hachiri’ first descending to Lake Ashi, the deepest, and arguably most picturesque of the five lakes surrounding Mount Fuji. After passing thru Hakone’s famous Cedar Avenue, lined with towering 400-year-old cedars, and a lunch stop, we’ll continue along some cobbled parts of the historic road to Yamanaka Castle Ruins, and the very modern Mishima Skywalk, before taking a local bus into Mishima, where after short visits to the park where Mt. Fuji’s famous spring water surfaces, and Mishima Shrine, we’ll take a Bullet train back to Atami. Dinner is a traditional Japanese full-course kaiseki meal, with the option of tasting some local sake.



### <Schedule>

Hotel to Amazake Chaya (walk, train & bus): 2 hours

Amazake Chaya stop: 45 minutes

Hiking: 5 hours (incl. bento-box lunch stop)

Mishima Skywalk to Hotel (bus, visits in Mishima, train & walk): 2.5 hours

Dinner incl. transfers: 3 hours

**Accommodation:** : Pearl Star Hotel / Western rooms for 2 people with en suite facilities

Communal onsen hot-spring facilities

**Included meals:** Lunch, Dinner, Breakfast

**Day 6 – Dive into the world of the First Shogun, make some sushi & back to Tokyo**

Suitcases safely forwarded to Tokyo on the previous evening, it's time to check-out this morning, and embark on the last day of our tour, walking to Atami Station to take a Bullet Train 30 minutes west to Shizuoka, the city where Japan's first Shogun, and one of the country's historical heroes, Tokugawa Ieyasu, built the power base from which he ultimately assumed political leadership of the country. On arrival, we'll head to the rarely visited but stunning and fascinating Kunozan Toshogu Shrine, originally built as the burial site for Ieyasu, whose grave was ultimately moved to the more famous Toshogu in Nikko. A short cable car ride from here is Nihondaira, famed throughout Japan as offering the best panorama of Mount Fuji, so fingers crossed the skies are clear! Then, back into the city centre for a sushi-making experience, sushi-lunch and even Sushi-Museum visit, showing just how fundamental the culture of sushi is to coastal cities like Shizuoka.

Then, return to Shizuoka Station for a one hour Bullet Train ride back eastwards to Tokyo Station, where the tour ends by 17h00.

**<Schedule>**

Walk to Station and Bullet Train to Shizuoka: 75 minutes  
Visit Kuno Toshogu Shrine & Nihondaira Observatory: 2 hours  
Sushi-making, lunch & Sushi Museum: 2 hours  
Transfer to Station & Bullet Train to Tokyo: 2 hours

**Included meals:** Lunch (including Sushi-making experience)

**Accommodation :**

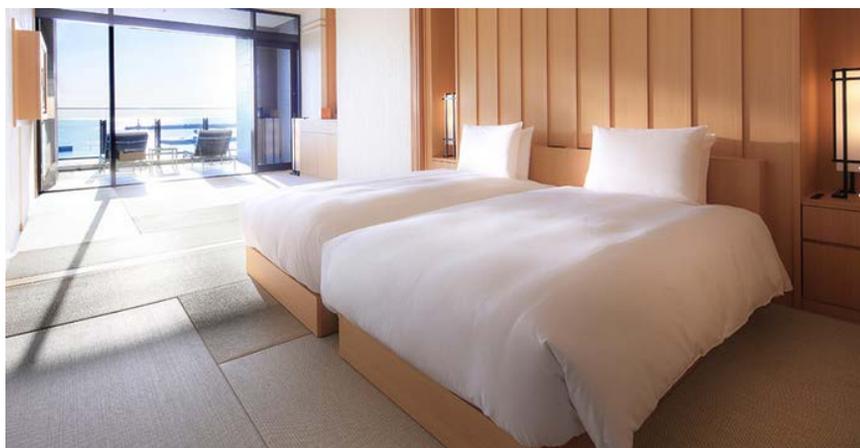
Ferry (1<sup>st</sup> night) : Tokaisen Overnight Ferry Saruvia-Maru  
<https://www.tokaikisen.co.jp/ourship/sandaime-saruvia-room/>



Oshima (2<sup>nd</sup> & 3<sup>rd</sup> nights) : Hotel Kailani  
[https://hotelkailani.com/en\\_index.html](https://hotelkailani.com/en_index.html)



Atami (4<sup>th</sup> & 5<sup>th</sup> nights): Pearl Star Hotel  
<https://pearlstar.jp/>



## WHAT'S INCLUDED

- All transportation during the tour as detailed above
- A professional through guide for the duration of the trip
- Qualified activity guides for all activities detailed above.
- All accommodation (based on twin-share, with single-use option) & meals detailed above
- All equipment for activities (including wetsuits & helmets for water activities – see below)

## WHAT WE PROVIDE & WHAT TO BRING

### We provide

- All equipment for activities (bicycles, rafts, SUP, canyoning equipment)
- Cycling helmets for cycling activities (sizes are limited)
- Wetsuits (heights 150-200 cms/weights 40-100 kgs), helmets (sizes are limited), life jackets and water shoes (up to size 28) for water activities

*N.B. Guests with size needs outside those shown above are requested to advise details in good advance*

### What to bring

#### (a) Must-haves:

- (For hiking) Comfortable, waterproof hiking shoes with good undersole grip
- (For hiking) Sunglasses, a hat/cap with a brim, and sunblock (or sunscreen)
- (For hiking) Backpack/Rucksack suitable to carry overnight pack
- (For hiking) Protective clothing for sun, rain & wind
- A water bottle

#### (a) Nice-to-haves:

- A light camera with case & neckstrap OR a smartphone with a strong protective case
- A map App which works in Japan
- Recharging cords for any devices you carry
- Adaptor plug for Japanese electrical consents (Type A)

## ABOUT US

### THE J TEAM DMC

The J Team was Japan's first specialist Inbound Destination Management Company,. Alchemizing out-of-the-box thinking, an engaging and energetic Team of hands-on coordinators, and a lovingly developed and unrivalled country-wide network of partners representing every element of Japanese culture, we consistently create unique activities, experiences and stories, far beyond our two physical Tokyo & Kyoto offices, in every corner of the jewel-box that is Japan.

All of this is underpinned by an uncompromising level of professional service, attention-to-detail and risk management attainable only through the years of successful on-site experience which have earned The J Team its reputation as Japan's leading specialist DMC..

### Through Guide

During her 25 years as a licensed guide, Yumi has travelled to almost every corner of Japan and experienced ... most everything! Her personality is as large as you would expect from someone who learnt their english in Texas, and combined with her wide-ranging knowledge has made her our most consistently popular and highly-rated guide over the past 10 years.

And, having recently gained certification as a qualified Geo-guide, Yumi has been instrumental in advising us on the development of details of this course.



# Information and Requirements

## Dietary Restrictions

With advanced notice, almost every dietary preference or restriction can be accommodated, but in certain cases (especially halal) this may involve the provision of completely separate meals, sometimes from a separate supplier and possibly boxed and delivered. Within a week of notification of specific preferences, we will reconfirm the capacity to cater for that preference at each meal, flag any problems and suggest an optimum solution.

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## Emergency Response Plan

Our through guides are trained in Emergency Medicine, Wilderness First Aid and Rescue protocol, and are in constant contact with our HQ throughout the course of any tour. Additionally, all activity guides have full emergency training in their specialist field. And, based on experience gained during the Great Tohoku Earthquake & Tsunami of 2011, and subsequent large-scale earthquakes, volcanic eruptions and other natural disasters, The J Team has full emergency protocols which are regularly reviewed and updated, and automatically implemented in case of any natural disaster or crisis.

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## Information required in the absence of Tour Manager accompanying a Tour

Should our through guide be required to act as Tour Manager, in addition to Through Guide, we kindly request that the following information on every Tour Participant is provided no later than one calendar week before the first guest's arrival in Japan:

- Nationality, Passport Number & Date of Birth
  - Height, Weight, any pre-existing conditions, allergies & prescription medications taken
  - And dietary preferences or restrictions, as detailed above
  - And emergency contact name and telephone number
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# Reservation & Cancellation Policy

## Payment Methods

A full booking confirmation, accompanied by an invoice for the full cost of tour arrangements will be sent by email no later than 30 days before the start of the tour. Settlement of the invoice is required within 10 days of dispatch of the invoice, and non-receipt of payment by the due date will result in cancellation of the booking. We accept payment by bank transfer, all major credit cards and TransferWise.

## Cancellation

In case of cancellation, the following fees will apply:

Cancellation more than 28 days before arrival :	No charge
Cancellation between 15-27 days before arrival:	25% of previewed costs will be charged
Cancellation between 8-14 days before arrival:	50% of previewed costs will be charged
Cancellation between 4-7 days before arrival:	75% of previewed costs will be charged
Cancellation within 72 hours before arrival:	100% of previewed costs will be charged

# Disclaimer & Liability

## Disclaimer

The J Team reserves the right to cancel or change the itinerary of a tour. In the event of the tour being cancelled due to exceptional or unavoidable circumstances, we will refund all your costs. In such an event, The J Team is not responsible for compensation relating to any sundry costs incurred by the customer, such as flights.

## Liability

In the performance of this travel contract, we will compensate a participant for any damage caused intentionally, or due to a mistake by us or our agents, provided that the participant notify us of the damage in question within two years from the day after the damage occurs, and that the damage is subsequently reaffirmed by ourselves or the agent in question.

Damage to baggage will be compensated up to a limit of JPY 150,000 per traveller (except in cases of damage caused intentionally or due to serious negligence by us) provided that notification is received within 14 days from the day after the damage occurs,.

The J Team is not liable to pay compensation for damage/suffering due to the following reasons:

- Damage/suffering resulting from natural disaster, war, riots, government decree, fires, or suspension of accommodation services
- Damage/suffering resulting from food poisoning
- Damage/suffering resulting from a participant's wilful negligence
- Damage/suffering resulting from other reasons beyond our control or that of our agents

## Tour Operator / Contact

### The J Team Co. Ltd.

(Tokyo Metropolitan Government Authorised Travel Service Operator No. 20055)

Level 6, VORT Toranomon South, 3-13-7 Nishi Shinbashi,  
Minato-ku, TOKYO 105-0003

**Contact:** Geraint Holt, Owner & Managing Director

**E-mail:** [misterg@thejteam.jp](mailto:misterg@thejteam.jp)

