

**HIS HAWAII**

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Ala Moana Center, Suite 1206

First floor, near main food court and Center Stage

Tour Name: *Hokkaido See-and-Do Lavender Tour Group #1 2023*

Full Package Flight Schedule:

Date	Airline	Flight#	Departure	Arrival
July 6, 2023	Japan Airlines	73	12:50 pm	3:55 pm on July 7
July 7, 2023	Japan Airlines	529	7:45 pm	9:20 pm
July 16, 2023	Japan Airlines	520	5:30 pm	7:10 pm
July 16, 2023	Japan Airlines	72	9:55 pm	10:50 am

Emergency Contacts:

Tour Guide: KAWAMOTO/Saki Ms. Cell: TBA
HIS Hokkaido: TAKAFUJI/Shinobu Mr. Cell: 090-6477-2425
Office: 011-798-5191
Address: 4-1-1 Kita 3-Jo Nishi chuo-ku
Sapporo, Hokkaido 060-0003 JAPAN

Your Travel Agent:

H.I.S. HAWAII HONOLULU OFFICE
In-charge: ARASAKI / MORIYUKI MR and ALLEN / DANIEL MR
Ala Moana Center, Suite 1206, first floor near Center Stage
Office: 808-922-2211
Business hours: 10:00am - 7:00pm, every day



Customer Itinerary

Thursday, July 6, 2023

Honolulu Airport

9:50am Meet HIS staff at the check-in counter of Japan Airlines. Please see the included map (last page).

12:50pm Depart Honolulu to Haneda on JL 73.

Only 2 checked bags (under 50lb/bag) per person are permitted. Excess baggage will require additional payment at the airport.

Friday, July 7, 2023

New Chitose International Airport, Chitose

3:55pm Arrive at Haneda Airport (Tokyo)

Go through immigration & customs in Tokyo.

7:45pm Depart for CTS on JL 527

9:20pm Arrive CTS, meet local guide, short bus ride to hotel

Bento box dinner will be handed out on bus

Arrive at hotel, rest up!

Hotel: Kitahiroshima Classe Hotel (onsen hotel)

Website: <https://kitahiroshima.classe-hotel.com/>

Address: 316-1 Nakanosawa, Kitahiroshima City
Hokkaido, 061-1101

Phone: 011-373-3800

Saturday, July 8, 2023

Lake Shikotsu and Lake Toya

Breakfast at hotel restaurant

7:40am Depart hotel

8:40am Kayaking experience on Lake Shikotsu
necessary equipment provided by the activity operator

11:00am Shikotsu Visitor Center, head to Shiraoi

12:30pm Lunch at Kani Goten (seafood set)

1:50pm Arrive at Upopoy National Ainu Museum

2:00pm Upopoy sightseeing

3:30pm Depart for Lake Toya

4:30pm Stop at Lake Hill Farm Toya for local ice cream

5:30pm Arrive at hotel, dinner at hotel, enjoy onsen!

Hotel: Westin Rusutsu Resort (onsen hotel)

Website: <https://rusutsu.com/the-westin-rusutsu-resort/>

Address: 133 Izumikawa, Rusutsu Town, Abuta District
Hokkaido 048-1711

Phone: 013-646-2111

Sunday, July 9, 2023

Niseko region, Cape Kamui, Otaru

Breakfast at hotel restaurant

9:00am Park Golf experience - easy "sport" invented in Hokkaido!

10:15am Depart hotel, head towards Niseko region

10:40am Fukidashi Park - fresh spring water from Mt. Yotei

11:30am Lunch at local restaurant (TBA)

12:30pm Heading toward Cape Kamui, light hiking/scenic walk
Cape Kamui is a very scenic walk, about 20 minutes one-way

3:00pm Depart for Yoichi, then cherry picking experience

5:20pm Depart for Otaru, then dinner at Aotsuka (seafood B

7:15pm Free time around Otaru Canal for photographs

8:00pm Check in to hotel, rest - hotel is connected to Aeon I

Hotel: Grand Park Otaru

Website: <https://www.parkhotelgroup.com/otaru/grand-park-otaru/>

Address: 11-3 Chikko, Otaru
Hokkaido, 047-0008

Phone: 013-421-3111

Monday, July 10, 2023

Kamifurano, Biei, Mt. Asahidake

Breakfast at hotel restaurant

8:00am Depart hotel, heading toward Kamifurano

9:40am Shopping stop at Sunagawa Highway Oasis

11:40am Lunch at local restaurant (TBA)

1:00pm Sightseeing at Flowerland Kamifurano

Lavender fields + summer flowers, oshibana experience

2:00pm Drive to Biei, Blue Pond sightseeing

3:00pm Move to Mt. Asahidake, ropeway to halfway point

5:00pm Depart for Sounkyo Onsen

7:00pm Arrive at hotel, dinner at hotel restaurant, onsen!

Hotel: Hotel Taisetsu (onsen hotel)

Website: <https://www.hotel-taisetsu.com/en/>

Address: Sounkyo, Kamikawa-cho, Kamikawa-gun
Hokkaido, 078-1701

Phone: 016-585-3211



Hokkaido See-and-Do Lavender Tour Group #1 2023

Customer Itinerary

Tuesday, July 11, 2023

Sounkyo to Obihiro

Breakfast at hotel restaurant

8:00am Depart hotel

8:10am Ginga + Ryusei waterfalls photo stop

11:00am Arrive at Naitai Highland Farm, sightseeing

Naitai Highlands is the largest public ranch in Japan

12:30pm Lunch at The Little House on the Prairie

2:30pm Agricultural experience on working Tokachi farm

4:30pm Manabe Conifer Garden sightseeing

5:30pm Head to Tokachigawa Onsen

6:00pm Arrive at hotel, check in, dinner at hotel restaurant

Enjoy onsen!

Hotel: Kangetsuen (onsen hotel)

Website: <https://www.kangetsuen.com/en/>
Town

Katou District, Hokkaido, 080-0263

Phone: 0155-46-2001

Wednesday, July 12, 2023

Obihiro region

Breakfast at hotel restaurant

8:40am Depart hotel

9:20am Hiroyuki Mochida Horsemanship Club

Equestrian show and horse riding experience

12:00pm Lunch at Rancho Elpaso (local pork set)

1:40pm Dessert time at Happiness Dairy – ice cream!

2:10pm Ikeda Wine Castle shopping – local Tokachi wine

3:40pm Ryugetsu Sweetpia confectionary shopping + cafe

5:00pm Return to hotel, relax in onsen!

Dinner at hotel restaurant

Hotel: Kangetsuen (onsen hotel)

Website: <https://www.kangetsuen.com/en/>
Town

Katou District, Hokkaido, 080-0263

Phone: 0155-46-2001

Thursday, July 13, 2023

Furano area

Breakfast at hotel restaurant

9:20am Depart hotel

11:00am Lake Kanayama Lavender Garden sightseeing

12:20pm Lunch at Ikedaya (sushi set)

2:00pm Jam-making experience at Furano Jam

3:30pm Furano Cheese Factory shopping

4:10pm Furano melon tasting at Okuhira Farm

5:20pm Arrive at hotel, check in, enjoy onsen!

Try strolling around Ningle Terrace, open until 8:45pm

Hotel: Shin Furano Prince Hotel (onsen hotel)

Website: <https://www.princehotels.com/shinfurano/>

Address: Nakagoryo, Furano City

Hokkaido, 076-8511

Phone: 016-722-1111

Friday, July 14, 2023

Furano area, return to Sapporo

Breakfast at hotel restaurant

8:30am Depart hotel

9:00am Farm Tomita – most famous lavender destination

Farm Tomita is quite large so go at your own pace!

11:00am Guided tour at Domaine Raison winery

12:00pm Lunch at Winery Hotel Ichihana

1:00pm Depart for Sapporo

Rest stop on the way

5:30pm Deluxe farewell dinner at Hanagi

7:20pm Arrive back at hotel

Hotel: Mercure Hotel Sapporo

Website: <https://mercuresapporo.com/>

Address: 2-4 Chome, 2 Nishi 4 Minami

Chuo-ku, Sapporo, 064-0804

Phone: 011-513-1100



Hokkaido See-and-Do Lavender Tour Group #1 2023
Customer Itinerary

Saturday, July 15, 2023

Sapporo

Breakfast at hotel restaurant

Full free day to see the city and explore Sapporo!

No guide or bus on this day

Hotel: Mercure Hotel Sapporo

Website: <https://mercuresapporo.com/>

Address: 2-4 Chome, 2 Nishi 4 Minami

Chuo-ku, Sapporo, 064-0804

Phone: 011-513-1100

Sunday, July 16, 2023

Sapporo

Breakfast at hotel restaurant

Free day until departure to airport

Check out of room by 11:00 am but hotel will hold luggage

1:00pm Depart for New Chitose Airport

5:30pm Depart CTS for HND

9:55pm Depart from HND, arrive HNL at 10:50 am

Thank you for traveling with HIS Hawaii!

Trip Preparation

Passports and Visas

For passports, please verify expiration dates and proper names. A 90-day visa is granted in Japan for travelers holding valid U.S. passports. For other nationalities or countries you may be visiting after Japan, please check with your local Japanese consulate or other consulate regarding entry documents.

Packing

For items not used during the day's tour, please pack them separately and ask the guide to store them on the bus. See the weather reference at the end of this guide for seasonal suggestions.

Comfortable footwear is suggested.

Personal Items

It is a good idea to have a checklist of personal items to bring so you don't forget critical items such as charging cords, travel documents, or medication.

We suggest packing light and to avoid bringing valuables; neither our tour operator nor hotels will be responsible for lost or stolen items.

Travel Insurance

We encourage all participants to have travel insurance, as many insurance plans have limited overseas coverage. Treatment that you receive abroad will usually be reviewed to determine if it qualifies for coverage.

We are affiliated with the below travel insurance company. If you are interested, please visit their website.

Travel Insurance: Travelex

<https://www.travelexinsurance.com/index.aspx?location=11-6028&go=bp>

Before, During & After Your Flight

Checked luggage

You are allowed two checked bags per passenger; each bag may weigh no more than 50 lbs.

Carry-on luggage

The following rules apply to all liquids, gels, and aerosols to be carried through airport security.

The TSA recommends you remember the following rule: 3-1-1

- Liquids, gels and aerosols must be in 3 oz or smaller containers.
- All liquids must fit in a one quart-sized, zip-top, clear bag.
- Each traveler is allowed 1 small carry-on bag and one personal item (purse, handbag, etc).

Please check in larger amounts of liquids. Over 3oz. of the following are allowed (inform TSA officers first):

- Baby formula/juice for children
- Medications including eye drops and saline for medical purposes.
- Liquids for diabetic passengers
- Liquids purchased after going through security.

General allowance for carry-on luggage is one personal item (i.e. purse or laptop bag) and

one piece within 22in.×14in.×9in. Please check the airline's website for the most recent information.

Security Checks

In order to help your trip go smoothly, please consider the following:

- Avoid clothes or accessories that may activate metal detectors.
- Gifts may be opened & examined.
- Please do not put film in checked baggage.
- Place identification tags on bags.

Enjoy your flight

Here are some tips we've put together to help stay comfortable:

- A pillow behind your lower back (below your ribs) eases soreness.
- Stretch periodically.
- Keep feet limber by turning the ankle in a circular pattern. Flexing and extending at the ankle also helps.
- Moisturize your skin. Airplane air is often dry; thin lotions may rub off.
- Bring chewing gum for changes in air pressure.
- Wear loose clothing.
- Avoid alcohol and caffeine to help you sleep.
- Avoid ponytails or other methods of tying up hair.

Local Dos and Don'ts

Restrooms

Restrooms in Japan come in two general varieties: Western and Asian. They are generally very clean, but please be aware of the Asian-style toilet.

Common from France to Japan, the squat or "Eastern toilet," typically consists of a hole in the ground with a footrest on either side. Proponents of this style contend it offers a more natural position, is more hygienic, and uses less water.

Because toilet paper & towels are sometimes not provided in Japan, it is recommended to carry tissues and a handkerchief with you.

Shoes OFF Please

In some Japanese-style ryokan, restaurants, and banquet rooms, it is customary to take off one's shoes before entering. Hence it is important to wear clean socks. To follow this local custom, we suggest wearing shoes which are easy to take off.

****Please do not wear shoes on straw tatami mat floorings****



Onsen (Hot Spring) Etiquette

Before entering the bathhouse, disrobe in the changing room and put your clothes and underwear in the basket. You may bring the supplied small washcloth into the bathhouse.

Once inside, guests are expected to wash their bodies and rinse thoroughly before entering the bath. Bathing stations are equipped with stools, faucets, and toiletries such as soap and shampoo; removable shower heads are available.

The onsen bath is a fun, remarkable, and uniquely Japanese experience. Please help preserve purity of the onsen by taking care not to contaminate the water with soap or with your washcloth; clothes or swimsuits are not permitted in Japanese baths – contamination may be offensive to locals.

Language

Few Japanese people speak fluent English. Many locals will genuinely try to help, but verbal communication may be difficult. If you have trouble, write it down so he or she can read it. Emphasis in schools is on written rather than oral English.

To connect with locals a bit better, try saying some simple Japanese with our “practical phrases” guide. A pocket phrase book is also a great place to start if you’d like to get more in-depth.

Chopsticks

If you are not familiar with chopsticks, try using them before passing immigration in Japan.

This traditional utensil is still frequently used and learning to use them can make local dining a more fulfilling experience!

While You're There

Currency

Please bring enough cash for conversion into yen for snacks or shopping.

Many vendors only accept cash. Shops which take credit cards will usually accept Visa & MasterCard.

The current exchange rate is roughly 1USD = 140JPY. Exchange for denominations of \$100 USD is available in airports and most hotels. Bring crisp bills as some locations will not change worn currency. For a good exchange rate, direct withdrawal with an ATM debit card is also an option.

International ATMs are available in airports, post offices, and 7-11 convenience stores. Don't forget to check with your bank for international fees on credit card/ATM usage abroad and to advise your bank of travel plans so they can pre-authorize international transactions.

Shopping

Normal business hours: 10am – 8pm, open on weekends and holidays.

Department stores are closed on one of the weekdays. Specialty shops are closed on Sundays and holidays.

Duty-free shopping: To purchase duty-free items, you'll need your passport.

You may be exempt from paying the 10% tax sales for certain items at department stores as long as your purchase exceeds 10,800JPY.

Refunds can be claimed at each department store's sales counter.



Japanese
currency



Hokkaido See-and-Do Lavender Tour Group #1 2023

Customer Itinerary

Meals

A typical amount is about 1,300JPY per person for lunch and 2,000JPY for dinner when planning meals on your own during free time.

If you are vegetarian or prefer not to eat sashimi or eel, please let us know. While we may not be able to accommodate all preferences, we will try our best to fulfill your request. Beverages are at your own expense.

Hotel Amenities, Facilities and Services

Television sets (basic and fee-based channels) and refrigerators are available in most hotel rooms.

In-room safe deposit boxes are also available in some hotels.

Voltage in Japan (100V) is similar to the U.S. (110V), so there is generally no need to bring power adapters.

If in doubt, please check with the device manufacturer. Grounded (three-prong) outlets are not common, so you may need an adapter for such devices (laptop chargers, etc). Please keep in mind other destinations may require adapters if you are traveling after our tour. Tap water is usually drinkable throughout Japan.

Staying Connected

Most hotels offer internet either in-room, kiosks, or both. Fees vary according to the place of stay.

When walking around, public wifi networks are not common, so we recommend carrying and using the WiFi hotspots included with this tour package.

International calling :

- From US to Japan: 011 - 81 - area code minus leading '0' – phone #

example: calling 06-1234-5678 → 011 - 81 - 6 - 1234 - 5678

- From Japan to US: 010 - 1 - area code – phone #

Mobile phones from other countries may not work in Japan; please check with your service provider for details. To stay in touch, your itinerary includes hotel information for each day, and we provide portable WIFI routers.

Tipping

Tipping is not common in Japan. Instead, some restaurants include a service charge in your bill.

When dining, gratuity isn't required.

For your tour guide and driver, while certainly not required or even expected, it can be nice to show your appreciation by tipping your guide 400-600 yen/person/day, and your driver 200-300 yen/person/day.



Hokkaido See-and-Do Lavender Tour Group #1 2023 Customer Itinerary

Weather

The four seasons of Japan are colorful and dramatically different. It is chilly during spring (Mar, April, May) and fall (Sep., Oct., Nov.); jackets and sweaters are needed. In summer (June, July, August) short-sleeves may be appropriate. For cold winters, warm coats, hats/gloves, etc., are needed, especially in Hokkaido. The temperature gap between day and night can be considerable, so it is advised to keep a jacket handy, even in summer. The following Sapporo weather information is for reference only:

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High (F°)	30	34	40	54	67	68	82	78	72	59	46	33
Avg Low (F°)	19	22	29	38	50	54	67	65	57	45	33	23
Avg Humidity (%)	62	63	61	55	60	69	70	74	65	66	65	62

Numbers

1	2	3	4	5	6	7	8	9	10
一	二	三	四	五	六	七	八	九	十
ichi	ni	san	yon (shi)	go	roku	nana (shichi)	hachi	kyū	jū
0	11	12	20	30	100	1000	10,000	20,000	
0	十一	十二	二十	三十	百	千	万	二万	
zero	jū-ichi	jū-ni	ni-jū	san-jū	hyaku	sen	man	ni-man	

JAPANESE PHRASES

Hello! こんにちは。 (Konnichiwa)	I would like to have the same dish as that. あれと同じ料理をください。 (Areto onaji ryori wo kudasai)	Please let me look at those clothes. あの洋服を見せてください。 (Ano yofuku wo misete kudasai)
I am glad to meet you. 初めましてよろしくお願いします。 (Hajimemashite yoroshiku onegai shimasu)	Do you have dessert? デザートはありますか？ (Dezato wa arimasu-ka)	Can I try it? 試着してもいいですか？ (Shichaku shitemo iidesu-ka?)
Good morning. おはようございます。 (Ohayo gozaimasu)	Do you have beer? ビールはありますか？ (Biru wa arimasu-ka)	The size does not fit me. サイズが合いません。 (Saizu ga aimasen)
Good evening! こんばんは！ (Konbanwa)	This one please. これをください。 (Kore wo kudasai)	Can you measure the size for me? サイズを測ってもらえますか？ (Saizu wo hakatte moraemasu-ka)
Good night! お休みなさい。 (Oyasuminasai)	Please give me a glass of water. お水をください。 (Omizu wo kudasai)	Could you lower the price a bit, please? 安くしてもらえますか？ Yasuku shite moremasu-ka)
See you soon! さようなら。 (Sayonara)	Can I know how much it is? これはいくらですか？ (Kore wa ikuradesu-ka)	Yes. はい。 (Hai)
Where is the restroom? トイレはどこですか？ (Toire wa dokodesu-ka)	Can you write down the price for me? 値段を書いてもらえますか？ (Nedan wo kaite moremasu-ka)	No. いいえ。 (lie)
Is there a seat available? お席はありますか？ (Oseki wa arimasu-ka)	Can you show me anything else? 他のを見せてもらえますか？ (Hoka no wo misete moraemasu-ka)	Excuse me/Pardon me/Sorry. すみません。 (Sumimasen)
Let me look at the menu please. メニューを見せてください。 (Menyu o misete kudasai)	Is there anything less expensive? もっと安いものはありますか？ (Motto yasui mono wa arimasu-ka)	Please (when offering something). どうぞ。 (Dozo)
Is there an English menu? 英語メニューはありますか？ (Eigo no menyu wa arimasu-ka)	Where do I pay? 支払いはどこですか？ (Shiharai wa dokodesu-ka)	Please (making a request). おねがいします。 (Onegai shimasu)
Do you have any recommendations? おすすめはどれですか？ (Osusume wa dore desu-ka)	Can I use my credit card? クレジットカードは使えますか？ (Kurejitto kado wa tsukaemasu-ka)	I would like a (fork, knife, spoon) please? (フォーク、ナイフ、スプーン)をください。 ((Fohku, naifu, supoon) wo kudasai)
What kind of food is this? これはなんの料理ですか？ (Kore wa nanno ryori desu-ka)	Is this duty-free? 免税になりますか？ (Menzei ni narimasu-ka)	Thank you. ありがとうございます。 (Arigatou gozaimasu)



Honolulu Airport Meeting Place

Please meet our staff at the JAPAN AIRLINES international check-in counter located in Lobby 5.

