



Japanese girls in kimonos, Kyoto

Dental Study Tour in Japan

6 – 17 October 2025

With Pre-Tour Extension

4 – 17 October 2025

“Really excellent. I thoroughly enjoyed all the visits that we made. There is no way we could have done this on our own. I loved all the garden visits especially... the gardens were all magnificent.”

Richard Graham, Dental Study Tour in Japan, October 2022



JON BAINES
TOURS

Level 4
ACTIVE





Torii Shrine, Inland Sea

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

This tour includes visits to some of Japan's most beautiful gardens at a magnificent time of year. See Japan's traditional art and crafts as well as experiencing its latest technology. Explore one of its most imposing castles and the ancient capital of Kyoto, alongside chic Ginza in Tokyo and the vibrant Namba district of Osaka. Experience lesser-known Japan, including the samurai and geisha quarters of Kanazawa, Miyajima Island in the Inland Sea, the waterways of Tokyo and the laneways of Kyoto.

The tour includes specialist dental visits, talks and meetings with Japanese dentists. The majority of these visits have been organised with the Japanese International College of Dentists. There will also be informal meetings and dinners with College members on the tour. This tour has broad appeal and partners are very welcome.

There is an optional two-night extension prior to the tour, visiting spectacular Mount Fuji by rail.

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.

Tour Leader and Guide

Kevin Esplin trained at King's College Hospital, London and then embarked on a two-year postgraduate program at the University of Connecticut, followed by a stint at the Eastman Dental Institute, London. For the past 35 years he has been in private practice in Cambridge, where he specialises in restorative dentistry and dental implants. His practice won the award of 'The Best Dental Practice in Britain' in 2015.

He has lectured in the USA and England and has been running dental education programs in his practice for the past 10 years.



'Kevin Esplin, tour leader par excellence!'

Dr Suresh Sharma, Dental Study Tour and Cruise in Vietnam and Cambodia, Jan 2024

You will also be accompanied throughout the tour by our Japanese National Guide, Coco. Coco is highly experienced, organised and caring and speaks excellent English.

'Coco was absolutely TOP CLASS!'

John Kassebaum, Dental Study Tour in Japan, May 2024

Visit Lake Ashi and Mount Fuji on the pre tour extension



3 nights Tokyo – 2 nights Kanazawa – 1 night Nagoya – 2 nights Hiroshima – 3 nights Kobe

Pre-Tour Extension

Pre-Tour Day 1: Tokyo (Sat, 4 Oct)

Am: Arrive and overnight at the hotel.

Pre-Tour Day 2: Tokyo (Sun, 5 Oct)

B

Am: Take the Romance car, an Odakyu Limited Express Train with specially built carriages with large viewing windows, to Fuji. Take a cable car to Lake Ashi for wonderful views of Mount Fuji before returning to Tokyo.

Main Tour

Day 1: Tokyo (Mon, 6 Oct)

D

Am: Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities, and transfer to the hotel before dinner with the group.

Day 2: Tokyo (Tue, 7 Oct)

B D

Am: Visit the historic Asakusa neighbourhood and Senso-ji Temple. Visit a local dental clinic in Ginza.

Pm: Visit the Skytree for spectacular Tokyo views. Cruise along the Sumida River to Hamraiku Garden. Explore the gardens and take tea in a traditional tea house.

Eve: Welcome dinner.

Day 3: Tokyo (Wed, 8 Oct)

B

Am: Visit the Nihon University School of Dentistry, Chiyoda-Ku, Tokyo. Partner Programme: Visit the Meiji Shrine and fashionable Harajuku area. Continue to the designer shopping area of Omotesando.

Pm: Visit the Nezu Museum and its lovely garden. Return to the hotel, walking through the upmarket Ginza district.

Day 4: Tokyo/Kanazawa (Thu, 9 Oct)

B D

Am: Board one of Japan's sleek, efficient bullet trains 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 geisha quarter (Higashichaya Old Town) including the Ochaya Bunkakan Sake House, Kaikaro Geisha House, a gold leaf house and museum.

Day 5: Kanazawa (Fri, 10 Oct)

B

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

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



Day 6: Kanazawa/Nagoya (Sat, 11 Oct) B D

Am: Travel by Thunderbird train to Nagoya, the manufacturing heart of Japan and home to many of its famous companies. Transfer to the hotel.

Pm: Visit the Aichi Dental Museum to learn about dental care in Japan's past.

Day 7: Nagoya/Hiroshima (Sun, 12 Oct) B D

Am: Tour of the Toyota Commemorative Museum of Industry and Technology. The museum includes exhibits from the earliest days of the company to the latest technology.

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

Day 8: Hiroshima (Mon, 13 Oct) B L

Am: Visit the Peace Memorial Park and Museum with its many poignant exhibits.

Pm: 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. Explore the island, covered in virgin forest, as felling trees is forbidden on the island - as is giving birth or dying. Return to the hotel and at leisure.

Day 9: Hiroshima/Kobe (Tue, 14 Oct) 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.

Pm: Arrive in Kobe and visit the Carpentry and Craft Museum. Transfer to the hotel.

Day 10: Kobe/Kyoto/Kobe (Wed, 15 Oct) 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, and take a walking tour through its gardens. Continue onto the food and craft markets of old Kyoto.

Pm: Visit to Fushimi Inari and take part in part of the Tofukuji walk. Return to Kobe late afternoon and visit a local clinic.

Eve: Optional Kobe Beef dinner.

Day 11: Kobe (Thu, 16 Oct) B D

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

Eve: Farewell dinner.

Day 12: Kobe (Fri, 17 Oct) B

Am: Depart Kobe after breakfast.



Samurai armour in Kanazawa

'A very enjoyable and educational tour.'

Wye Loo and Lee Choong,
Dental Study Tour in Japan, May 2024



Himeji Castle

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 historic Mount Koya.



Travel by bullet train



Tokyo's neon splendour, Akihabara (top); The Gold Leaf House, Kanazawa; Walk through Fushimi Inari in Kyoto; Hiroshima Peace Park (above)

The cost of the tour is €4,994 per person sharing

The cost of the tour with a room to yourself is €5,844

The cost includes:

- The services of a tour leader (Kevin Esplin)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels
- Breakfast daily
- Seven dinners
- All admission fees
- Services of specialist English-speaking national guide
- Japanese national rail card
- All transport services, tips and taxes in Japan
- Luggage mailing service

The cost excludes:

- International flights and airport transfers
- Meals not mentioned and drinks with meals, except welcome and farewell dinners
- All optional excursions, tours and visits
- Travel insurance
- Visa, if required

The cost of the 2-night pre-tour extension to Mt Fuji is €688 per person sharing. The cost with a room to yourself is €1,013.

A traditional maiko in Kyoto (photo credit Colin Sinclair)



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.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
www.atol.org.uk/ATOLCertificate

Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com



Golden Pavilion, Kyoto (top); Hiroshima Peace Park;
Kyoto in autumn; Namba District, Osaka (above)



Jon Baines
tours

