



Autumn colours at Tofuku-ji Temple, Kyoto

Dental Study Tour in Japan

5 - 16 October 2026

With Pre-Tour Extension
3 – 16 October 2026

“I don’t think this tour could have been any better.”

Anne-Louise and David Langman, *Dental Study Tour in Japan*, October 2025



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 culinary hub of Kobe.

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. Visits have been organised with the Japanese International College of Dentists. 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

Dr Elizabeth Milford is a highly respected educator, mentor, and consultant with over 20 years' experience across regulation, health professional education, and the commercial sector. As a professional coach of The Resilience Arena, Dr Milford is known for her work supporting clinicians at all stages—from students and new graduates to experienced practitioners.

Her regulatory expertise is underpinned by more than a decade consulting and auditing for the Dental Board of Australia, with a special interest in compliance in areas such as advertising, informed consent, ethics, and privacy. In the commercial sector, Dr Milford has also served as Professional and Scientific Relations Consultant to Oral-B ANZ.

Known for her engaging and dynamic lecturing style, Dr Milford integrates contemporary research with evidence-based strategies. Her lectures focus on improving patient outcomes through prevention science, communication excellence, and the promotion of practitioner well-being. Dr Milford will provide CPD talks during the tour.



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 exceptionally well organised, calm and helpful.”

James and Marie-Louise Stubbs, *Dental Study Tour in Japan*, October 2025

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, 3 Oct)

Am: Arrive and overnight at the hotel.

Pre-Tour Day 2: Tokyo (Sun, 4 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, 5 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, 6 Oct)

B D

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

Pm: 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, 7 Oct)

B

Am: Visit the Tokyo Dental Hospital, 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, 8 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, 9 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, 10 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, 11 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, 12 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, 13 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 to see exquisite Japanese craftsmanship.

Day 10: Kobe/Kyoto/Kobe (Wed, 14 Oct) B

Am: Take part in a walking tour of Kobe and travel up via the Shin-Kobe Ropeway to Mount Rokko to see the botanical gardens and enjoy wonderful views.

Pm: Meet with local dentist Dr Ikezawa Sensei and visit a compact local clinic, or at leisure.

Eve: Optional Kobe Beef dinner.

Day 11: Kobe / Kyoto / Kobe (Thu, 15 Oct) B D

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 to the food and craft markets of old Kyoto.

Pm: Visit Fushimi Inari and walk a section of the Tofuku-ji walk. Return to Kobe late afternoon.

Eve: Farewell dinner.

Day 12: Kobe (Fri, 16 Oct) B

Am: Depart Kobe after breakfast.



Samurai armour in Kanazawa

'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



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- or 5-star accommodation. Please note that Japanese hotel rooms can be smaller than in other destinations.

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 – 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 onwards 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.



Travel by bullet train



Tokyo's neon splendour, Akihabara (top); The Gold Leaf House, Kanazawa; Walk through Fushimi Inari in Kyoto; The A-Bomb Dome in Hiroshima in autumn (above)

The cost of the tour is £4,280 per person sharing

The cost of the tour with a room to yourself is £5,500

The cost includes:

- The services of a tour leader (Dr Elizabeth Milford)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels
- Breakfast daily
- One lunch and seven dinners
- All admission fees
- Services of a specialist English-speaking national guide
- All rail tickets
- 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 £590 per person sharing. The cost with a room to yourself is £916.

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.

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Golden Pavilion, Kyoto (top); Hiroshima Peace Park; Kyoto in autumn;
Take the Shin-Kobe Ropeway to Mt Rokko, Kobe (above)



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TOURS**

