

# Sunrise Tours Nohgaku Experience -

## Authentic Nohgaku Experience Tour: Into the Soul of Traditional Japanese Aesthetics & Culture

### Experience plan details

- Originating from around 650 years ago in the 14th century, Nohgaku is the oldest performing art in Japan, and is widely considered the world's oldest form of musical theater. It was registered as a UNESCO Intangible Cultural Heritage in 2001 and is recognized as one of the world's oldest forms of theater. But it is not just theater; it is an art form that encapsulates Japanese aesthetics and spirituality, a classical performing art that transcends words and allows viewers to get in touch with Japanese culture.

- This tour, which includes performances, explanations, and experiences by real Noh performers who continue to carry on the tradition, is a valuable opportunity to dive deep into the soul of Japanese culture along with Noh performers.

- This tour will be held in a privately rented, authentic Noh theatre on the 2nd basement floor of Cerulean Tower in the heart of Shibuya. Made entirely of cypress wood, the stage is a sacred space where actual Noh and Kyogen performances are regularly held. Through a series of experiences, look forward to fully enjoying the architectural beauty and sacred atmosphere of the Noh theatre with all the senses.

### About Initiatives for Sustainable Tourism:

- This tour promotes Cross-cultural Understanding as stated under Sunrise Tours' Sustainable Development Goals.
- We advocate for responsible travel, and urge one and all to become responsible travelers. Please check the dedicated page for details.

<http://jtbgmt.com/en/g-web/sdgs>



Shimai Performance (Image)

### Itinerary

Day	Time		Duration (min)	Itinerary	Itinerary Details/Special Items	Transportation	Meal
	Start	End					
1	10:00	10:10	10	Cerulean Tower Tokyu Hotel Meet in front of the Noh theater (B2F)	Please show your reservation confirmation sheet at reception. Please arrive at least 10 minutes before the departure time.		
1	10:10			Nohgaku Experience	Enjoy an experience program led by a real Noh performer at a Noh theater where actual Noh and Kyogen performances are held.		
1				- Shimai Performance Viewing (1)	Before the experience and commentary, customers will watch a performance by a Noh performer wearing a black crested kimono. Watch the basic movements of Nohgaku.		
1				- Nohgaku Commentary	A Noh performer will explain the origin and history of Noh as well as the Noh stage. Get an up-close look at the masks and costumes they actually use, and listen to their commentary on the culture and historical background of the art.		

1			<ul style="list-style-type: none"> <li>- Practice/Stage Experience</li> <li>- Kagami-no-Ma Room Tour</li> </ul>	<p>Based on the given explanations, customers will experience how to do the postures and steps of Noh under the guidance of Noh performers. Afterwards, the stage curtain is raised, and customers will try to perform the hashigakari act where they actually go up onto the stage.</p> <p>Customers will also be led to the Kagami-no-Ma, a room that's usually not seen, and is a sacred space where Noh performers put on masks before going on stage.</p>		
1			<ul style="list-style-type: none"> <li>- Noh Mask Wearing Experience &amp; Photo Shoot</li> </ul>	<p>See how Noh performers actually dress up and prepare for the shimai dance while listening to commentary. Participants will also be able to enjoy wearing Noh masks. There will be time to take a commemorative photo.</p> <p>*Costume dress-up experience will not be available for all participants.</p>		
1			<ul style="list-style-type: none"> <li>- Shimai Performance Viewing (2)</li> </ul>	<p>After a series of explanations and experiences, customers will be able to see the dance again at the end of the tour. This dance will be presented by a Noh performer wearing an actual costume. Enjoy watching the performance from a perspective different from the first viewing.</p>		
1	11:45	12:15	Tour Ends		After all programs end, the tour ends in front of the Noh theater.	

**Min. pax number to book tour:**

1

**Min. pax number to run tour:**

2

**Included:**

Nohgaku experience fee; English-speaking interpreter staff member

**Not included:**

Transportation expenses

**Remarks:**

Remarks
Planning Company: JTB Global Marketing & Travel Inc. Address: 2-3-14 Higashi Shinagawa, Shinagawa-ku, Tokyo Japan Tourism Agency Registered Travel Agent (No. 1723)
A member of the Japan Association of Travel Agents
<b>[Reception Method]</b> At reception, please show the reservation confirmation sheet or e-mail (printout/digital copy on mobile device) to staff.
<b>[Cancellation Charge]</b> - Cancellation fees will be charged from 10 days in advance.

[Operation Conditions/Tour Conditions]

- If the minimum number of participants (2) is not met by 4 days before the scheduled date, the tour on that date may be canceled.
- The last reception day (reservation deadline) is 7 days prior to the tour.
- The itinerary displayed on the booking screen is the final itinerary.
- For requests regarding tours where answers from the tour operator are required in advance, please input in the Remarks field and contact the tour operator.

[Exemptions/Itinerary Guarantee: Itinerary/Destinations]

- During the tour, 1-2 Noh performers and 1 interpreter staff member will be present.
- The shimai dance and other programs to be performed cannot be specified.
- The costumes and Noh masks during the experience are very valuable, so please be careful when handling them.

[Important Notes/Supplements: Meeting/Pick-up/Pick-up Location]

Cerulean Tower Tokyu Hotel B2F in front of the Noh theater (Cerulean Tower Noh Theatre)

Meeting Time: 10:00

Access:

5 min on foot from Shibuya Station

\*Customers who are late for the departure time will have their reservations canceled. Please give yourself plenty of time.

[Important Notes/Supplements: Guide/Tour Conductor]

There is no accompanying tour conductor. During the experience, an English-speaking local staff member will provide interpretation.

[Important Notes/Supplements: Regarding Children/Infants]

- Children 0-5 years of age may not join this tour.

[Important Notes/Supplements: What to Wear/Bring]

- Please be sure to participate wearing socks. Customers will be asked to change into the tabi socks provided on site when going up on stage during the experience.
- Customers will actually go on stage and experience the dance, so please wear clothes that are easy to move around in.
- When participating in the tour, please remove all accessories (e.g., rings, earrings, necklaces, bracelets, watches).

[Important Notes/Supplements: Language Support]

Staff Language: English

\*Noh performers will be accompanied by an English-speaking interpreter staff member.