

Sunrise Tours Morning Sumo Practice Tour -

[Just before the tournament] Early Morning Sumo Practice Tour in Ryogoku (Meet at Nakamura Stable)

Experience plan details

1. This is a rare early morning sumo practice viewing tour available during the Tokyo Tournament. The location is in Ryogoku, bustling with the atmosphere of sumo wrestling, just a minute on foot from the station. This tour ends at 9 in the morning, allowing customers to make effective use of the rest of the morning hours.
2. Visit an authentic sumo stable where active sumo wrestlers belong. Amidst the tense atmosphere before the tournament, watch in awe as sumo wrestlers engage in intense practice bouts, figures clashing and breaths echoing in the silence of the stable, right before your eyes.
3. Includes a commemorative photo with active sumo wrestlers. This is also recommended for those who weren't able to get their hands on sumo tournament viewing tickets.
4. With a multilingual audio guide, customers can learn about the history of sumo and Nakamura Stable, and gain a deeper appreciation for sumo.
5. Exclusive to JTB Sunrise Tours, this plan is also recommended for families as it has a child rate setting.
6. There is an accompanying assistant, so customers on their first time traveling in Japan can join worry-free.

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 following page for details. <http://jtbgmt.com/en/g-web/sdgs>



Itinerary

Day	Time		Duration (min)	Itinerary	Itinerary Details/Special Items	Transportation	Meal
	Start	End					
1	7:55	8:00		Meet in front of Nakamura Stable entrance	Please present the reservation confirmation sheet to the Sunrise Tours staff and finish the reception procedure. Customers will be informed of important reminders during viewing. Access to Nakamura Stable: 1 min on foot from the West Exit of Ryogoku Station (JR Sobu Line) 5 min on foot from Exit A4 of Ryogoku Station (Toei Oedo Line)		

1		45	Early Morning Sumo Practice Viewing	Watch wrestlers up close as they practice before the tournament bouts. Experience a sense of tension that's different from the usual. Zabuton (seat cushions) and multilingual audio guides are provided, allowing customers to deepen their knowledge of sumo while experiencing Japanese culture. *Please be sure to check [Exemptions/Itinerary Guarantee: Itinerary/Destinations].		
1		5	Commemorative Photo with Active Sumo Wrestlers	After the practice, customers can take a commemorative photo with the wrestlers. Feel free to take photos of your experience with a traditional Japanese sport.		
1	8:50		Tour Ends	Please head to your next destination on your own after the tour. Customers can make effective use of their morning as there is plenty of time left in the morning to enjoy sightseeing in Tokyo. *The tour end time may be earlier or later than expected depending on the practice time.		

Min. pax number to book tour:

1

Min. pax number to run tour:

1

Included:

Practice viewing at sumo stable; Commemorative photo with sumo wrestlers; Audio guide service

Not included:

Transportation expenses to the meeting location; Food and drink

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
[Reception Method]
At reception, please show the reservation confirmation sheet or e-mail (printout/digital copy on mobile device) to staff.
[Cancellation Charge]
Cancellation fees will be charged from 10 days in advance.

[Operation Conditions/Tour Conditions]

- If the minimum number of participants (1) 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 the day prior to the tour at 15:00.
 - The training hall is a sacred place where sumo wrestlers train hard every day in order to obtain the highest rank of yokozuna.
- Please be sure to understand and follow the precautions below to avoid distracting the wrestlers and preventing injury.
- Please stay quiet as whispering and talking are strictly prohibited
 - Do not stand up or move around
 - It is strictly forbidden to step on the ring or touch the wrestlers without permission
 - When seated, do not stretch your legs out towards the sumo wrestling ring. (It is considered impolite to show the soles of the feet to sumo wrestlers.)
 - Please keep your mobile phone on silent mode or turned off, and do not use flash photography.
 - During the visit, please take off your shoes. Please keep shoes neatly in place.
 - The restroom may be used, but due to limited availability, customers are advised in general to use a restroom prior to entry.
 - In addition, strollers and large baggage such as suitcases cannot be brought.

[Exemptions/Itinerary Guarantee: Itinerary/Destinations]

- Please note that times listed on the itinerary are estimates. Depending on the number of wrestlers practicing on the day, the time for practice viewing may be shorter or longer. In this case, the tour end time may differ from the indicated time, but refunds will not be issued for this reason.

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

Meet in front of Nakamura Stable entrance

1-18-7 Ryogoku, Sumida-ku, Tokyo

Access:

1 min on foot from the West Exit of Ryogoku Station (JR Sobu Line)

5 min on foot from Exit A4 of Ryogoku Station (Toei Oedo Line)

*Those who are late for the tour start time may not be able to watch the sumo practice. Please give yourself plenty of time.

[Important Notes/Supplements: Regarding Children/Infants]

- Children 0-5 years old may not join this tour.

[Important Notes/Supplements: Regarding Meals]

- Please refrain from bringing food and drinks into the sumo stable.

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

- Excessive perfume or fabric softener scents are strictly prohibited. Please be forewarned that those who do not follow the rules will not be allowed to watch the practice.

- Please remove sunglasses and hats inside the stable.

[Important Notes/Supplements: Other]

- During the practice viewing, talking is strictly prohibited. A multilingual audio guide allowing customers to gain a deeper understanding of sumo will be provided.
- While watching the practice, experience Japanese culture with the provided cushion seating on tatami mat flooring. Chairs will be provided for customers who have difficulty sitting. Please make a request in the Remarks in advance.

[Important Notes/Supplements: Language Support]

Assistant Staff Language: English