



The Torii Shrine near Hiroshima

Dental Study Tour to Japan

26 September - 7 October 2018

*“Thoroughly enjoyed our trip on both
an educational and personal level.”*

Pauline MacEwen, Ophthalmology in Japan, 2017

CPD Applied For



Jon Baines
tours



Wander through the soaring Arashiyama Bamboo Forest in Kyoto

Japan is a fluid, fascinating study of extremes. Ancient history jostles with neon modernity, rigid tradition with explosive counter-culture and Zen serenity with heaving humanity. This tour takes you to the heart of both historic and modern Japan while exploring Japanese approaches to dentistry. Visit a prestigious dental school and private dental clinics, meet Japanese dentists and hear specialist lectures from tour leader Ashok Sethi throughout. Gain real insight into dentistry in Japan, while experiencing many other facets of this country. For every face of Japan, there is another waiting to be seen, so that each visitor comes away with their own vision of this genuinely extraordinary land.

Arrive in Tokyo and spend the first afternoon settling in at your leisure.

Tokyo is a vast city encompassing a multitude of distinctive personalities. The next morning experience the ancient history of this modern metropolis, starting with a visit to the fascinating Edo Museum, which preserves the 400-year history of Tokyo and its precursor, Edo. Wander through the historic Asakusa

neighbourhood and visit the ancient Buddhist Senso-ji Temple. Gaze out across the seemingly endless sprawl of Tokyo from the soaring heights of the Skytree before cruising along the Sumida River to the tranquil Hamraiku Garden. Spend time wandering through this urban oasis and take tea in a traditional teahouse. In the evening there is a welcome *izakya* dinner at Gonpachi in the upmarket district of Ginza.

Take the train out to the nearby conurbation of Yokohama and visit the Nissan Global Headquarters Gallery to experience the latest automotive technology. Afterwards there is



Tokyo by night



Senso-ji Temple - the oldest temple in Tokyo

a professional visit to a dental clinic with CPD talks and a partner programme to visit the Cup Noodle Museum, where the instant ramen was first created. The group will then rejoin to visit the Red Brick Warehouse area. This old industrial zone has been restored and is now a hub of boutiques, bars and restaurants.

Board one of Japan's sleekly efficient bullet trains the next morning to a slower, more traditional part of Japan - Kanazawa. Here you will visit the Samurai quarter, including the old pharmacy, a samurai house and gardens, the Yuzen Silk Centre and the Kubani Kutaraki Pottery Centre before returning to relax at the hotel.

The following morning visit Kenrokuen Garden, one of Japan's most beautiful traditional gardens. Explore the geisha quarter in the afternoon, including the Ochaya Bunkakan Sake House, the Kaikaro Geisha House, an exquisite gold leaf house and the Gold Museum.

Board the wonderfully named Thunderbird train to Nagoya the next day. Nagoya is the industrial heart of Japan, manufacturing for the world, but also hosting a range of cultural and historic sites. Visit the prestigious Nagoya Dental School, meet with students and professors and hear a number of CPD lectures. The following morning drive out to Toyota City and see cars being manufactured on a specialist plant tour and visit their museum.

That afternoon take the train to Hiroshima. Hiroshima is, of course, a city with a cataclysmic past that is today a powerful symbol for world peace. Visit the moving Peace Memorial Park and Museum, with its many poignant exhibits. In the afternoon take a cruise on the inland sea past the vivid red Torii Shrine set in the sea, denoting that the entire island of Miyajima is sacred. Explore this exquisite island which is covered in virgin forest, as felling trees is forbidden on the island - as is giving birth or dying - and watch the sunset before returning to Hiroshima for dinner.

Travel to Osaka, stopping en route at one of Japan's most iconic castles, the recently restored Himeji Castle. Continue by rail to Osaka, Japan's second city. Spend the afternoon exploring this vibrant centre of commerce, famed for its ancient history as Japan's first capital, but also for its colour and energy, its food and its down to earth residents, who place great emphasis on living well. This is the city that invented both the sushi conveyer belt and okonomiyaki (savory pancakes) and is crammed with thousands of



The Gold Room of a geisha house in Kanazawa (top); Himeji Castle (above)



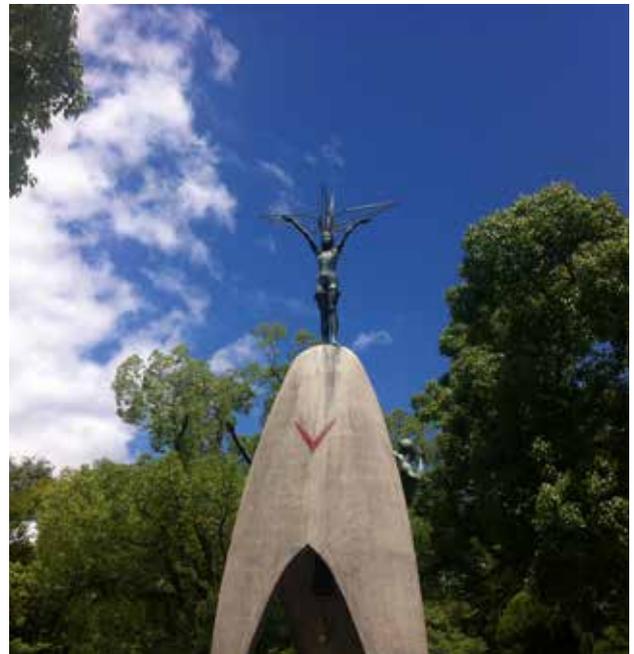
restaurants, from the gourmet to street stalls, making eating here an event in itself. Visit the impressive Floating Garden Observatory and the neon extravaganza of the Namba entertainment area. In the evening hear CPD talks at the hotel.

The next day 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 raked pebble gardens. Continue onto the food and craft markets of old Kyoto.

The following day take the train to Kobe and visit the fascinating Earthquake Museum and learn how Japan deals so effectively with earthquakes. Visit a local dental practice and explore the Sake Museum in another city famed for its culinary excellence before returning to Osaka.

Continue your exploration of this graceful city in the afternoon with a walk through the towering bamboo forest of Arashiyama and a cruise along the Hotsu River. In the evening enjoy a delicious *shabu-shabu* farewell dinner at a local restaurant.

Depart Osaka for your return flight the following day.



The Hiroshima Children's Shrine (top);
The Kinkakuji Golden Pavilion in Kyoto (above)

Itinerary 26 September - 7 October 2018

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Tokyo - 2 nights Kanazawa - 1 night Nagoya - 2 nights Hiroshima - 3 nights Osaka

26 Sept (Wed) Tokyo **D**

Am Arrive and transfer to the Hotel Villa Fontaine Shiodome

27 Sept (Thur) Tokyo **B D**

Am Visit the Edo Museum, the historic Asakusa neighbourhood and Senso-ji Temple

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 *izakya* dinner in Ginza

28 Sept (Fri) Tokyo **B**

Am Take the train to Yokohama. Group visit to the Nissan Global Headquarters Gallery before a professional visit to a dental clinic and CPD talk: **“Current status in implant dentistry”** by Ashok Sethi. Partner programme to the Cup Noodle Museum

Pm Visit The Yokohama Red Brick Warehouse area with free time to explore. Return to Tokyo

29 Sept (Sat) Tokyo / Kanazawa **B D**

Am Bullet train across Japan to Kanazawa

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

30 Sept (Sun) Kanazawa **B**

Am Visit Kenrokuen Garden

Pm Visit the geisha quarter (Higashichaya Old Town) including the Ochaya Bunkakan Sake House, Kaikaro Geisha House, a gold leaf house and museum

1 Oct (Mon) Kanazawa / Nagoya **B D**

Am Thunderbird train to Nagoya

Pm Visit Nagoya Dental School
CPD Talks: **“Changing needs of our patients – high aesthetics and low cost treatment”** and **“Mishaps in implant dentistry”** - Ashok Sethi

2 Oct (Tue) Nagoya / Hiroshima **B D**

Am Tour of the Toyota Factory and Museum

Pm Continue to Hiroshima and overnight

3 Oct (Wed) Hiroshima **B**

Am Visit the Peace Memorial Park and Museum

Pm Cruise on the Inland Sea past the Torii Shrine to Miyajima Island for sunset

4 Oct (Thur) Hiroshima / Osaka **B D**

Am Train to Osaka via a visit to Himeji castle. Continue to Osaka

Pm Visit the floating Observatory and the Namba area

Eve CPD talks: **“Changing paradigms in implant dentistry”** and **“Implants long-term survival – how are they measuring up”** - Ashok Sethi

5 Oct (Fri) Osaka / Kyoto / Osaka **B**

Am Train to Kyoto. Visit the Golden Pavilion and its garden. Walking tour to food and craft markets (walk down Nishiki and Teramachi-dori) and explore old Kyoto

Pm Walk through Arashiyama Forest. Take a relaxing boat ride on the Hotsu River before returning to Osaka

6 Oct (Sat) Osaka / Kobe / Osaka **B D**

Am Take a local train to explore downtown Kobe, including the Kobe Earthquake Memorial Museum

Pm Visit a local dental clinic and visit the Sawanotsuru Sake Museum. At leisure before returning to Osaka

Eve Farewell *shabu-shabu* dinner

7 Oct (Sun) Osaka **B**

Am Depart Osaka for airport

“Absolutely excellent – best food ever!”

Neil MacEwen, Ophthalmology in Japan, 2017



Kyoto



The vibrant city of Osaka

Hotels

Please note: hotel rooms in Japan tend to be small (around 20 square metres).

Villa Fontaine Shiodome (Tokyo)

A sleek, soaring hotel with an excellent location in the business district, near Ginza and overlooking the river and Hamarikiyu Gardens. The décor is contemporary and sophisticated, with well sized rooms for Tokyo, and there is a stylish bar and a gym.

Tokyu Hotel (Kanazawa)

A comfortable hotel, with a very good location in the centre of the tourist area in Kanazawa, close to the gardens. There are many restaurants and cafes nearby.

JR Gate Tower Hotel (Nagoya)

A modern hotel located right on top of the train station with plenty of shops and restaurants in the complex.

ANA Crowne Plaza (Hiroshima)

Close to the river and within a ten minute stroll to the Peace Memorial Park and the A-bomb

Dome, this hotel has an excellent location and provides comfortable rooms, if slightly dated décor.

Granvia Osaka (Osaka)

With an unbeatable location, Hotel Granvia Kyoto is an integral part of the JR Kyoto Station Building Complex. Rooms are comfortable and there are many restaurant and bar options.



Hiroshima

Tour Leader

Dr. Ashok Sethi has pioneered the art and science of surgical and restorative implant dentistry in the UK and internationally for 25 years. He conceived and taught the Diploma in Implant Dentistry of the Royal College of Surgeons of England. He is the director of the recently established PID-Academy, providing postgraduate education and training in practical implant dentistry. He is a founding member and past president of the ADI and has been elected as an honorary life member of the Association. He has written a book, "Practical Implant Dentistry", jointly with Thomas Kaus, which has been translated into 10 different languages. Ashok has led previous dental groups to Croatia, Vietnam, India, Burma and Chile.

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 an admirable guide. Nothing was too much trouble for her."

Robin Finlay, Ophthalmology in Japan, 2017

Travel in Japan

All transport on this tour is based on Japan's excellent public transport system. The group will travel between cities by bullet train. Transport within cities is by metro and bus. All hotels are walking distance from the railways stations. As travel is by public transport, a good level of fitness is important for all participants.

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.

The cost of the tour is £3,795 per person

The cost includes:

- The services of a tour leader (Dr Ashok Sethi)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels

Single supplement: £680

- Breakfast daily
- Seven dinners
- All admission fees
- Services of specialist English speaking national guide
- All transport services, tips and taxes in Japan
- Luggage Mailing Service (Tokyo – Kanazawa, Kanazawa – Hiroshima, Hiroshima – Osaka)

The cost excludes:

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

Flights to and from Japan are not included with this package. We can help organise these flights - please contact us if you would like us to do so.



Geisha girls in the streets of old Kyoto

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.



Geisha in traditional dress, Kyoto; (top) Kenrokuen Garden, Kanazawa; A violin-playing robot at the Toyota factory; Old Kyoto (above)

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



Jon Baines
tours

