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# 2026 FALL TOHOKU & HOKKAIDO

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**10 Nights / 12 Days • 24 Meals (10 Breakfasts, 8 Lunches, 6 Dinners)**  
**Escorted from Honolulu • Includes an English-Speaking Local Guide**  
**October 10 – 21, 2026 • Tour Manager: Sandra Lum**

**VISIT:** Omiya, Sendai, Matsushima, Ishinomaki, Rikuzentakata, Hiraizumi, Tsunagi, Lake Tazawa, Morioka, Lake Towada, Oirase, Kazuno, Aomori, Hakodate, Lake Toya, Shiraoi, Sapporo & Ishikari

**TOUR HIGHLIGHTS:** Shinkansen Bullet Train Ride, Zuihoden, Sendai Shopping Area, Matsushima Bay Cruise, Matsushima Fish Market, Zuiganji Temple, Matsushima Museum, Kanran-tei, Okawa Elementary School Ruins, CAMOCY, Chusonji Temple, Lake Tazawa, Tatsuko Statue, Tezukuri Mura, Asabiraki Shuzo, Michi-no-Eki Antora, Lake Towada Cruise, Oirase Gorge, Nebuta Museum WA RASSE, Michi-no-Eki Danshaku Lounge, Hakodate Night-View Tour, Hakodate Morning Market, Hakodate Bay Area, Goryokaku Park, Goryokaku Tower, Silo Observatory, TV Tower (Drive By), Clock Tower (Drive By), Former Government Building (Drive By), Odori Park (Drive By), Tanuki Koji Shopping Arcade, Hoheikyo Dam, ROYCE' Cacao and Chocolate Town, AEON MALL Sapporo Hassamu & Chitose Airport Domestic Terminal Shopping

**HANDS-ON EXPERIENCES:** Sasakama (Hand-grilled Fish Cake) Making, Indigo Dyeing, Ice Cream Making & Mini Tamasay Strap Making

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\*Fares are per person, USD based on double occupancy and include all airline taxes and fees. Airline fuel supplements, taxes and fees are subject to change and tour member is responsible for any increases. Some airline-imposed personal charges, including but not limited to baggage, priority boarding and special seating, may apply. For details visit [www.tripadvisor.com/AirlineFees](http://www.tripadvisor.com/AirlineFees). After initial deposit, a \$75 per person Non-Stop Travel (NST) Cancellation Fee will apply. Group departures may be cancelled, if there are less than 24 tour members. Final payment to NST for "non-cruise" Air and Land Package must be made by money order or personal check. NST does not guarantee that all tour members will fly together with Tour Manager. Tour Manager assignments, number of meals offered on tour, tour price, discount, and the "final" cruise or tour itinerary are subject to change with/without notice. NST reserves the right to correct errors or omissions including but not limited to, fares, fees, and surcharges at any time. Deposit: \$500 per person. Final Payment Due: 06/02/26. NST at its discretion, may use group and individual photos on its website, print, television, and various social media. †† Early booking discount is per person. Purchase of NST's complete Air and Land Package is required. †† Earn rewards every time you refer a friend. For each "new-to-NST" customer you refer, both you and your referral can receive a \$25 discount off your next NST escorted group. **Special Assistance:** You must notify NST, at time of reservation, of any disability requiring special attention. NST reserves the right to cancel your booking or terminate your vacation if your special needs or disabilities are not suitable for the vacation or if you are not traveling with a companion who will provide all the assistance you require. **Wheelchair and electric scooter access outside of the USA is severely restricted.**

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## COMPLETE PACKAGES!

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**Day 1: Sat, Oct 10** — HONOLULU. Depart Honolulu via Japan Airlines flt #73 at 12:15 pm.

**Day 2: Sun, Oct 11** — HANEDA — OMIYA. Arrive at the Haneda International Airport at 3:55 pm. After entry formalities, transfer by coach to your hotel in Omiya. The remainder of the evening is at your leisure. The hotel is conveniently located a five-minute walk from the JR Omiya Station, which is one of the largest stations in the Saitama prefecture. There will be various choices for shopping and dining at the train station. PALACE HOTEL OMIYA (1 Night)

**Day 3: Mon, Oct 12** — OMIYA — SENDAI. After breakfast, walk to the Omiya Train Station and depart for Sendai via **Shinkansen Bullet Train**. Upon arrival in Sendai, **learn how sasakama (hand-grilled fish cake) is made**. Enjoy your sasakama with lunch. Next, visit **Zuihoden**, the mausoleum of Date Masamune, one of the most powerful feudal lords of the Edo period. Spend some time in the **Sendai shopping area** before transferring to the hotel for a Western dinner. HOTEL METROPOLITAN SENDAI (2 Nights) (B, L, D)

**Day 4: Tue, Oct 13** — SENDAI — MATSUSHIMA — SENDAI. After a sumptuous breakfast buffet at hotel depart for a full day of sightseeing to Matsushima. For hundreds of years, **Matsushima Bay** has been celebrated as one of Japan's three most scenic views alongside Miyajima and Amanohashidate. The bay is dotted by over 200 small islands covered by pine trees. Embark on an unforgettable **sightseeing cruise** before exploring the **Matsushima Fish Market**. Today's lunch includes a special steamed oyster tabehodai (all-you-can-eat). Next, visit **Zuiganji Temple**, one of Tohoku's most famous and prominent Zen temples. Zuiganji is well known for its beautifully gilded and painted sliding doors. Lastly, visit the **Matsushima Museum**, which houses armor, weapons, tools, and other relics from the feudal times, and the nearby **Kanrantei**, a Momoyama-style tea house to **enjoy some tea**. Return to the hotel for an evening of leisure. (B, L)

\*Baggage will be sent from Sendai to Morioka, skipping Tsunagi Onsen. Prepare an overnight bag for one night.

**Day 5: Wed, Oct 14** — SENDAI — ISHINOMAKI — RIKUZENTAKATA — HIRAIZUMI — TSUNAGI ONSEN. We start the day with a tour of the **Okawa Elementary School Ruins** to learn about the Great East Japan Earthquake Disaster of 2011. Next, enjoy free time for shopping and lunch (on your own) at **CAMOCY**, a combination food court, bakery, and marketplace that focuses on fermented foods, like miso, shoyu, sake, and yogurt. The name comes from the Japanese word "kamosu," meaning to brew. After lunch, visit Hiraizumi's most famous attraction, **Chusonji Temple**, which was established in 850 as a temple of the Tendai Sect of Buddhism. The temple came to prominence when the northern branch of the Fujiwara Clan moved their base to Hiraizumi. At peak, the temple consisted of a large network of dozens of buildings. Enjoy a soak in the luxurious **onsen hot springs** and a gourmet **Kaiseki Dinner**. The onsens, which are divided for men and women, can be enjoyed indoors or outdoors. The high-quality service and facilities are sure to become some of your fondest memories of your visit to Japan. TSUNAGI ONSEN HOTEL SHION (1 Night) (B, D)

**Day 6: Thur, Oct 15** — TSUNAGI ONSEN — LAKE TAZAWA — MORIOKA. Start the day at **Lake Tazawa** (Tazawako), a scenic caldera lake that retains a natural and rustic atmosphere. At the western end of the lake there is a famous **golden statue of a woman named Tatsuko** that has become a local symbol. According to legend, Tatsuko was a beautiful girl who prayed to retain her beauty forever but was instead cursed and turned into a dragon and eventually sunk to the bottom of Lake Tazawa. In a fun hands-on activity at **Tezukurī Mura**, a traditional arts and craft village, you'll learn how to **dye using indigo**. After lunch, stop at **Asabiraki Shuzo**, a sake brewery,

before transferring to the hotel in Morioka, where the remainder of the day is at your leisure. HOTEL METROPOLITAN MORIOKA NEW WING (1 Night) (B, L)

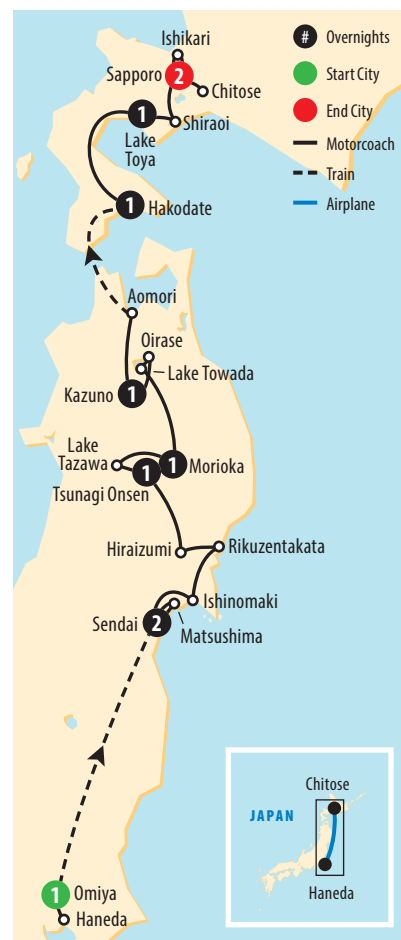
\*Baggage will be sent from Morioka to Hakodate, skipping Kazuno. Prepare an overnight bag for one night.

**Day 7: Fri, Oct 16** — MORIOKA — LAKE TOWADA — OIRASE — KAZUNO. Depart for Kazuno after breakfast. En route, make a stop at **Michi-no-Eki Antora**, a roadside station, for a chance to stretch the legs and get a little shopping done as well. Not only do they provide a clean and convenient rest stop, but you will find an array of farmer-direct merchandise along with other omiyage items. After lunch at a local restaurant, take a scenic **cruise on Lake Towada**, the largest caldera lake on Honshu, Japan's main island. It is characterized by two large peninsulas that extend nearly a third way across the lake. Oirase Stream is a picturesque mountain stream in the Aomori prefecture and is one of Japan's most famous and popular destinations. The stream flows along the floor of the **Oirase Gorge**, winding among trees which, while a lush green in spring and summer, turn brilliant shades of red, yellow, and orange from late October through early November. Over a dozen waterfalls cascade down into the stream all along its length from the walls of the gorge. This evening, enjoy a **Kaiseki Dinner** at your hotel. Be sure to have a relaxing soak in the **onsens**. OYU ONSEN HOTEL KAZUNO (1 Night) (B, L, D)

**Day 8: Sat, Oct 17** — KAZUNO — AOMORI — HAKODATE. This morning we make our way to Hakodate. En route, visit **Nebuta Museum WA RASSE**, an interesting museum dedicated to the city's famous Nebuta Matsuri (Festival), which is held annually in early August. The museum attempts to capture the spirit of the festival and gives visitors a taste of its lively atmosphere, history, and traditions. Transfer to Hakodate by **Shinkansen Bullet Train**. To travel between the islands of Honshu and Hokkaido, trains pass through the Seikan Tunnel, the longest seabed tunnel in the world. Upon arrival, stop at **Michi-no Eki Danshaku Lounge**. After dinner, enjoy a spectacular **night-view tour of Hakodate**. Try the various onsens available at the hotel. HOTEL & SPA CENTURY MARINA HAKODATE (1 Night) (B, L, D)

**Day 9: Sun, Oct 18** — HAKODATE — LAKE TOYA. After breakfast, walk to the world famous **Hakodate Morning Market**, where a variety of freshly caught seafood will be on display. Enjoy free time to shop in the **Hakodate Bay area**. After lunch, visit **Goryokaku Park** a massive, star-shaped, Western-style fortress, which was built in the last years of the Edo period for the defense of Hakodate against the imperialist threat posed by the Western powers. After the fort had lost its military importance, it was turned into a public park. Visit the 107m high **Goryokaku Tower**, located within the park grounds. Transfer to Lake Toya. Enjoy a buffet dinner at the hotel. Tonight is the last night to spend time relaxing in an **onsen**. Don't miss your chance! THE LAKE VIEW TOYA NONOKAZE RESORT (1 Night) (B, L, D)

**Day 10: Mon, Oct 19** — LAKE TOYA — SHIRAOI — SAPPORO. Start the day at the **Silo Observatory**, where you will **learn how to make ice cream**. Enjoy this creamy treat before stopping at a local restaurant for lunch. The Ainu are the indigenous ethnic group who reside in northern Japan and southeastern Russia. Traditionally passed down from mother to daughter, or mother-in-law to daughter-in-law, tamasay are beaded necklaces or ornaments that are worn by the Ainu women at celebrations and funerals. The beads are often made of glass, which would have originally been imported through Ainu trade contacts. This afternoon, you'll learn to **make your own mini tamasay strap** to take home as a souvenir of this trip. Continue to Sapporo. Once in Sapporo, take a drive by the **TV Tower, Clock Tower, Former Government Office Building**, and **Odori Park**. Spend time at the **Tanuki Koji Shopping Arcade**, the largest and oldest shopping arcade in Sapporo, which houses over 200 shops. The remainder of the evening is at your leisure. The Local Guide will have suggestions for dinner tonight. KEIO PLAZA HOTEL SAPPORO (2 Nights) (B, L)



**Day 11: Tue, Oct 20** — SAPPORO — ISHIKARI — SAPPORO. Begin the day at one of the best places to view the fall foliage in Japan: **Hoheikyo Dam**. For lunch, **pick out "LIVE" crabs** from the tanks, to enjoy with a special kaisen don (fresh seafood over rice) lunch. After, learn how the famous ROYCE' chocolate treats are made at **ROYCE' Cacao and Chocolate Town**. Receive a complimentary sample at the end of the tour. Celebrate new friendships and discoveries with a Farewell Dinner, before returning to the hotel for the evening. (B, L, D)

\*One live crab for every 6th tour member. Live crab subject to weather conditions and availability.

**Day 12: Wed, Oct 21** — SAPPORO — CHITOSE — HANEDA — HONOLULU. One last shopping stop at the **AEON MALL Sapporo Hassamu** before departing for the airport. Arrive early at the Chitose Airport and begin exploring the **shopping mall located within the Domestic Terminal**. Consisting of four floors of restaurants, shops and activities, there's something for everyone. Those with a sweet tooth will enjoy the Sweets Zone, where you can enjoy Hokkaido sweets in a spacious and relaxing setting, and the ROYCE' Chocolate World (factory, museum, shop, and bakery) and LeTAO Chocolatier. The kids (and those young at heart) will enjoy the Doraemon Sky Park and Hello Kitty Happy Flight, which have an activity area, shop, and café (fees may apply) or the Pokémon store. UNIQLO aims to provide customers with "ultimate casual clothes." And there are more than two dozen shops at the airport that specialize in various fresh, frozen or dried seafood that can be eaten there or packed for you to bring home. Depart the Chitose Domestic Airport via Japan Airlines flt #520 at 5:25 pm. Arrive at the Haneda Domestic Airport at 7:10 pm. Depart the Haneda International Airport via Japan Airlines flt #72 at 9:55 pm and arrive in Honolulu at 10:20 am the same day. Aloha and welcome home! (B)