

## Sample Itinerary ①

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## Sample Itinerary ②

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D a y  2	<b>Activities</b>		<b>Lunch</b>	<b>Dinner</b>	<b>Hotel</b>
	<p>*No breakfast will be allowed to take before medical checkup.</p> <p>Morning: Transfer to MI Clinic by private car with English-speaking guide. Medical checkup at MI Clinic *The time required for medical checkup depends on the course you take. After medical checkup, return to your hotel by private car.</p> <p>Afternoon: You can enjoy wearing "Kimono", Japanese-traditional dance and Spa &amp; treatment etc.</p>		A little light lunch might be recommended after medical checkup.	Enjoy Japanese-style dinner at Restaurant "Hanagoyomi" in the hotel	<b>Swissotel Nankai Osaka</b>
D a y  3	<b>Activities</b>		<b>Lunch</b>	<b>Dinner</b>	<b>Hotel</b>
	<p>Breakfast at the hotel</p> <p>9:30 Start a sightseeing to Sakai City by private car with English-speaking guide. *You can experience tea ceremony, cooking traditional Japanese confectionary. *Visit: The mausoleum of Emperor Nintoku, Old Residence of Mr. Yamaguchi Family, Machiya (old townhouse) History Old</p> <p>16:00 Return to your hotel.</p>		Enjoy "Conger eel cuisine", one of the local specialties in Sakai City.	You can choose whichever restaurant you like because there are many varieties of restaurants around the hotel.	<b>Swissotel Nankai Osaka</b>
D a y  4	<b>Activities</b>	<b>Transportation</b>			
	Breakfast at the hotel Checkout time: 11:00 You will enjoy free time until departure just in time for your flight .	Your hotel ↓ (private car) ↓ Kansai Int'l Airport			
	Transfer to Kansai Int'l Airport with English-speaking guide.				

## Our Recommended Schedule

For the health-conscious persons, this is one of our recommended schedules helping for making your own plan.

In order to make your body and mind much healthier, you can customize the plan to meet your request. cf. our recommended activities →

Activities			
D a y 1	<b>Arrival at Kansai</b>	<b>Transfer</b>	<b>Activities</b>
	Arrive at Kanai Airport. Meet & greet service by English-speaking assistant	Transfer to your hotel/designated medical center by public transportation or private car.	<b>Medical check-ups *1</b> <ul style="list-style-type: none"> <li>• Medical Interview</li> <li>• Preparation for check-ups</li> <li>• Dietary restriction</li> </ul>
			<b>Accommodations</b>
	Our designated hotel or your preferred hotel in <b>Osaka</b> .		
*1: The schedule is subject to your arrival time at the airport.			
D a y 2	<b>Transfer</b>	<b>Activities</b>	
	A round-trip transfer between your hotel and the medical center by public transportation or private car.	<b>"Medical Check-ups &amp; CT/PET examinations"</b> <ul style="list-style-type: none"> <li>• You can choose the plans as you like.</li> <li>*Reservations for the examinations will be required in advance.</li> </ul>	
		<b>"Washoku": Japanese Cuisine</b> <ul style="list-style-type: none"> <li>• Enjoy "Washoku", registered as an intangible Cultural Heritage by UNESCO.</li> <li>*Taste healthy dishes like</li> </ul>	
			<b>Accommodations</b>
	Our designated hotel or your preferred hotel in <b>Osaka</b> .		
D a y 3	<b>Transfer</b>	<b>Activities</b>	
	Transfer back to Osaka by public transportation or private car.	<b>"Sightseeing in Osaka"</b> <ul style="list-style-type: none"> <li>• Osaka Castle, Umeda Sky Building, Kuromon Market, Dotombori and Shinsekai etc. wherever you would like to visit.</li> </ul>	
		<b>"Cultural Experiences"</b> <ul style="list-style-type: none"> <li>• Tea Ceremony, Flower Arrangement, Japanese Cooking</li> </ul>	
		<b>"Beauty Treatment &amp; Relaxation"</b> <ul style="list-style-type: none"> <li>• Beauty Salons, Nail Salons, Facial Massage, Cat Cafe, Owl Cafe etc.</li> </ul>	
			<b>Accommodations</b>
	Our designated hotel or your preferred hotel in <b>Osaka</b> .		
D a y 4	<b>Transfer</b>	<b>Activities</b>	
	Transfer from your hotel to Koyasan by public transportation or private car.	<b>"Koyasan" (Spiritual Experience &amp; Meditation)</b> <ul style="list-style-type: none"> <li>• Sightseeing in Koyasan (Kongobuji Temple, Okuno-in and its complex)</li> <li>• Enjoy staying at a temple and taste Shojin-ryori (vegetarian meal).</li> <li>• Experience "Zen" meditation &amp; "Shakyo" (copying a Buddhist sutra)</li> </ul>	
			<b>Accommodations</b>
	Temple-stay in <b>Koyasan</b>		
D a y 5	<b>Transfer</b>	<b>Activities</b>	
	Transfer from Osaka to Ise & Shima by public transportation or private car.	<b>"Spiritual Experience &amp; Relaxation"</b> <ul style="list-style-type: none"> <li>• Ise Grand Shrine for spiritual experience</li> <li>• Spa, Thalassotherapy, Detoxing, Massage, Beauty Treatment, Acupuncture (reservation required)</li> <li>※AMANEMU-ISE-SHIMA: At least 4-day/3-night plan will be recommended.</li> </ul>	
			<b>Accommodations</b>
	Thalassa Shima Hotel & Resort  AMANEMU-ISE-SHIMA in <b>Shima</b>		
D a y 6	<b>Transfer</b>	<b>Activities</b>	
	Transfer from Shima to Kyoto by public transportation or private car.	<b>"Sightseeing in Kyoto"</b> <ul style="list-style-type: none"> <li>• Historical Places: Fushimimari Shrine, Kiyomizu Temple, Nijo Castle, Ryoanji Temple etc.</li> <li>• Japanese Culture &amp; Tradition: Nishijin Textile, Yuzen Dyeing, Wearing Kimono, Experiencing Samurai.</li> </ul>	
			<b>Accommodations</b>
	Our designated hotel or your preferred hotel in <b>Kyoto</b>		
D a y 7	<b>Transfer</b>		
	Transfer from Kyoto to Kansai Airport by public transportation or private car.	※It will take about one week to one month for you to get the results of medical check-ups and examinations at most of the medical centers, however, some medical centers will give you	