



READY FOR AN ADVENTURE?

Dates: 1 to 9, February 2027
From Tokyo to Hokkaido
to Kanazawa to Kyoto.
An unforgettable adventure
in frozen Japan.
Culture and Ice Swimming with
an authentic experience.
Supervised by experienced team
leaders and our medical doctor.
50m quick swim to an Ice Mile
Costs \$6250 pp

CONTACT US

+27 82 6568909

ram.iceswimming@gmail.com

Ready to explore the
ICE?

JAPAN ICE SWIMMING ADVENTURE

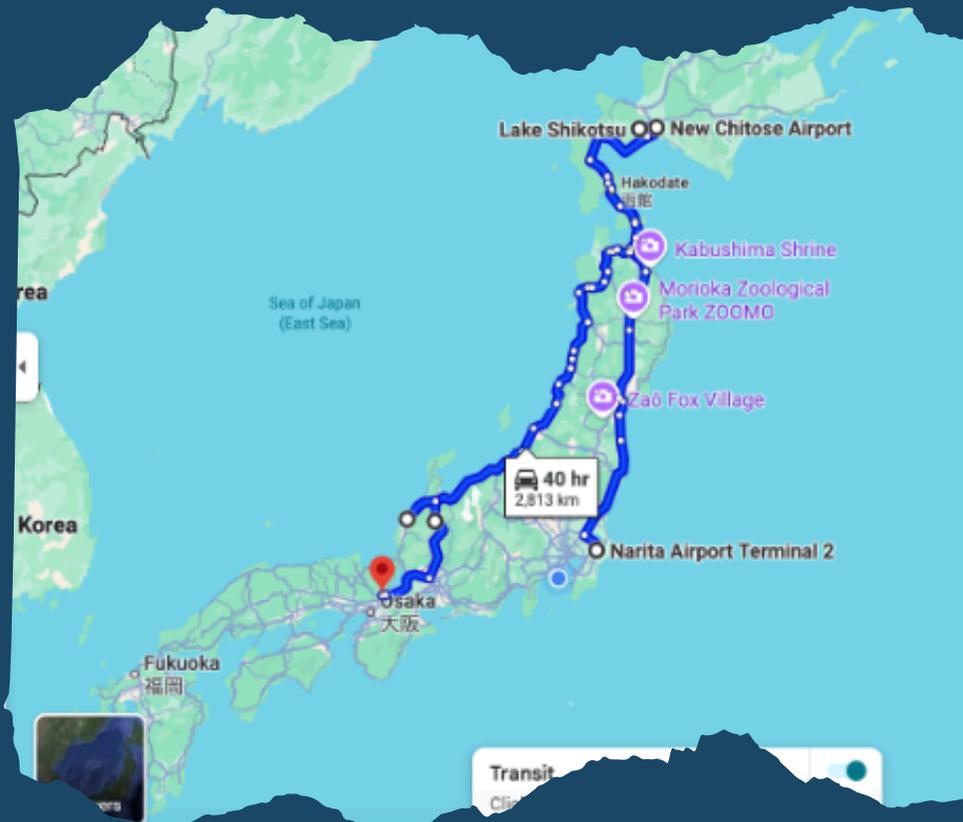


ICE SWIMMING ADVENTURES

Never be scared to dare...
See you in the ICE

The Japanese Ice Swimming adventure will take us deep into the Japanese culture, from food, to shrines, to remote villages, Japanese hot bath (Onsen), Japanese hotel style (Ryokan) with tatami dinner, karaoke and lots of yummy Japanese food.

The Ice Swimming will take place in a beautiful lake, Lake Shikotsu, in the northern Island of Hokkaido.



Concise - Itinerary

- Day 1: Meet and greet- 5pm Hotel Villa Fontaine, Haneda Airport
- Day 2: Morning flight to Hokkaido + test swim in Lake Shikotsu
- Day 3: Main swim day, 50m to 1 Mile
- Day 4: Culture & local food & Beer in Sapporo, capital of Hokkaido
- Day 5: Travel to Kanazawa, ryokan stay
- Day 6: Full day in Shirakawa-go, Sake brewery, Soki Kanazawa, possible sea swim.
- Day 7: Shinkansen to Kyoto and introduction
- Day 8: Tour of Kyoto shrines, Geisha dinner
- Day 9: End of adventure - depart Japan or stay and explore more privately.

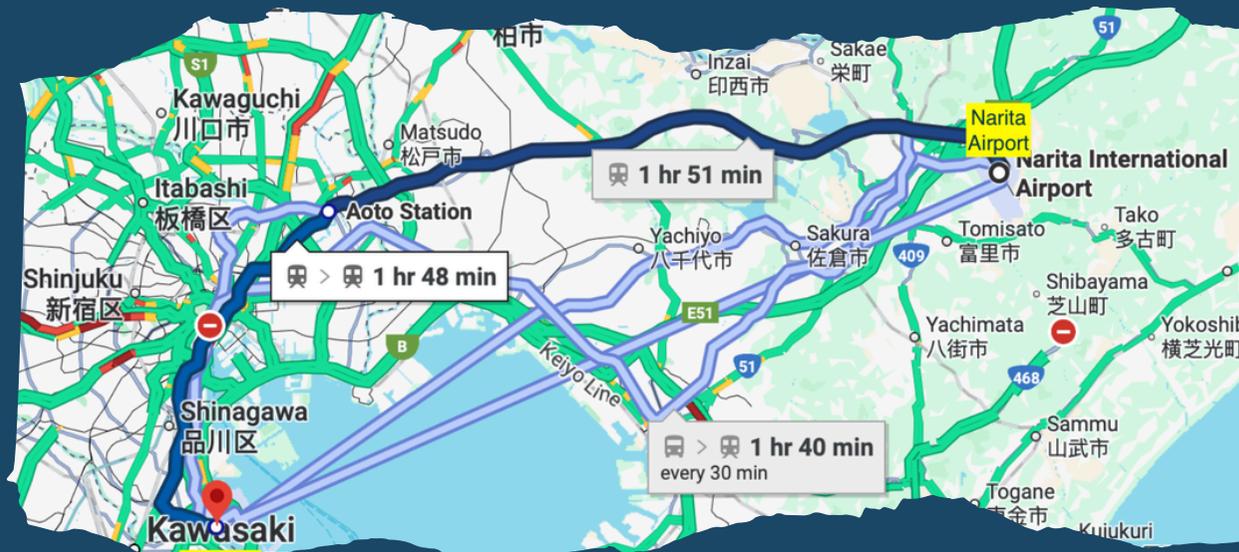
Detailed itinerary

Day 1 - Arrival in Japan

We arrive at Narita or Haneda airport. Our first meeting point is at 5:00 p.m. at Hotel Villa Fontaine Grand Haneda.

The Hotel is located near Haneda Airport, allowing us an early flight to Hokkaido Island the following morning.

If you arrive via Narita airport, take a shuttle to Haneda airport and arrive at the Hotel, which is connected to Terminal 3 at the airport. Upon arrival, you will check in, and we will begin registration and verification of IISA medicals at 5 pm. followed by a welcome dinner.



Day 2 - Fly to Hokkaido

- We will have breakfast at the hotel and depart for Hokkaido by air at around 8:00 a.m., arriving at around 9:50 a.m. We will be shuttled to our hotel
- Shikotsu Lake Tsuruga Resort Spa Mizunouta
- We will check in and have lunch.



Once settled in, we will make our way to Lake Shikotsu, a nearby location, to explore the swim venue and recovery facility. We will also take a short swim, ranging from 50m to 250m, for those planning to swim 1km or an Ice Mile.

The purpose of this test swim is to familiarise yourself with the main swim venue and for the expedition leader to see each of the swimmers.

We will return for an Onsen treatment and dinner. After dinner, we will have a swim briefing, pairing swimmers with seconds, and firming up on swim order and recovery logistics.

Day 3 - Swim day - team effort

- This is a busy day. Early breakfast and off to the lake to finalise the swim course and start the swimming.
- Safety is paramount, and we will have the support of the local diving club, our doctor, and the nearby hotel, which features a sauna and hot bath.
- The main swim day is a team effort. We will need each other to support one another as a team and help during the swim and recovery.



Once settled in, we will make our way to Lake Shikotsu, a nearby location, to explore the swim venue and recovery facility. We will also take a short swim, ranging from 50m to 250m, for those planning to swim 1km or an Ice Mile.

The purpose of this test swim is to familiarise yourself with the main swim venue and for the expedition leader to see each of the swimmers.

We will return for an Onsen treatment and dinner. After dinner, we will have a swim briefing, pairing swimmers with seconds, and firming up on swim order and recovery logistics.

Day 4 - Sapporo

Here, you will experience the Ainu culture, inseparable from Hokkaido's history, and savour some of the finest local foods the region has to offer. In Hokkaido today, there are still people with Ainu heritage actively working to preserve and pass down their culture. Your final journey in Hokkaido will be dedicated to immersing yourself in Ainu traditions and enjoying the cuisine that Hokkaido is so proud of, before continuing onward to Honshu.



Lunch at Sapporo Beer Garden

Enjoy Sapporo Beer—born in this city— together with Hokkaido's speciality, jingisukan (grilled mutton).

After that, we will visit Mt. Moiwa Ropeway
Take the ropeway up to 500 meters and enjoy panoramic views over the entire city of Sapporo.

Finally, we will spend the night at Yuen Sapporo Ryokan.



Day 5 - Travel to Kanazawa

Today, we will make our way to Kanazawa. A refined former castle town on the Sea of Japan, Kanazawa is defined by Kenrokuen Garden and preserved samurai lanes. It's also renowned for its cuisine, especially fresh seafood.

Aside from sightseeing, we intend to take advantage of the seaside and have a fun, short swim. We will find out at teh time if it is swimable. We will spend teh night at Takitei Ryokan.



Day 6 - Kanaszawa and Shirakawa-go

A UNESCO-listed mountain village in the Sho River valley, famed for gassho-zukuri farmhouses with steep thatched roofs. Stroll quiet lanes, step inside preserved homes, and enjoy hillside viewpoints that shift with the seasons—from snow-blanketed winters to green rice fields. We will try to go for a short sea swim, if allowed.



We will also pay a visit to the local Sake brewery, with a possibility of Karaoke to warm up our icy voices. We will spend the night at Soki Kanazawa



Day 7 - Shinkansen to Kyoto

Kyoto : Japan's former imperial capital, Kyoto is a compact city of temples, gardens, and wooden townhouses set against forested hills. Centuries-old traditions—tea, crafts, and shrine culture—sit naturally alongside a calm, modern rhythm. With many UNESCO sites and excellent transport, it's an ideal base for unhurried, immersive travel.



We will spend the night at Takitei Ryokan.

Day 8 - Our last day, highlights of Kyoto
On this day, you'll tour Kyoto's major sights with an English-speaking guide by private car or minibus. In the evening, conclude your journey with an authentic geisha dinner—an unforgettable finale to your time in Japan.

We will end the night with a private singing and dancing by authentic Geishas.



Day 9 - Departure

We will be shuttled to Kansai Airport in Osaka. If you'd like to leave from Narita Airport, we'll be happy to help you with the arrangements. However, transport back to Narita is not included.

It is about one hour on the Shinkansen. There is a lot more to see in Tokyo, and it is highly recommended to spend at least one night in Osaka and Tokyo.



Included Services

8 nights of accommodation

8 breakfasts – generally buffet style

7 lunches

8 dinners – including Geisha Dinner

in Gion

Private airport transfers

- Kyoto Hotel → Kansai Airport

Domestic flight tickets

- Haneda → New Chitose
- New Chitose → Komatsu

Ice swimming support at local diving center – safety arrangements, facility access, and local coordination included

Private transfers by vans or microbus

•Sapporo Tour

- Komatsu Airport → Ryokan in Kanazawa
- Kanazawa → Shirakawa-go sightseeing
- Kyoto full-day sightseeing (Arashiyama, Tenryu-ji, Kinkaku-ji, Gion, Fushimi Inari)

Bullet train tickets

- Kanazawa → Kyoto

English-speaking guide for the entire trip – we will arrange to keep the same guide where possible, though changes may occur depending on city/region

Entrance & cultural experience fees

- Ainu Cultural Centre in Sapporo
- Sapporo Beer Garden Admission
- Mt. Moiwa Ropeway Ticket
- Tea Experience in Kyoto
- Sake Brewery Visit in Kanazawa
- Higashi Hongan-ji Temple
- Kiyomizu-dera Temple
- Tenryu-ji Temple
- Kinkaku-ji (Golden Pavilion)
- Fushimi Inari Shrine

Excluded Services

Luggage delivery service (can be arranged upon request)

International airfare

Travel insurance

Meals not listed above

Personal expenses (e.g., souvenirs, drinks, laundry)

Alcoholic beverages

Single supplement (for guests requesting single room occupancy)

All rooms we will be staying in will accommodate two people, a couple or two sharing. At some places, we will stay in Japanese-style rooms, where 4 to 9 of us will share. It is part of the authentic experience. It is still a beautiful and comfortable accommodation.

Payment terms

Total cost of the adventure from Haneda Airport to Kansai Airport is: \$6,250

To secure a place, a deposit of 20% must be paid by 1 July 2026.

The remaining 70% must be paid by 1 Oct 2026.

Cancellation Policy

Cancellation Period & refund

- 91 days before tour date : 95%
- 90 to 61 days before tour date : 70%
- 60 to 31 days before tour date : 30%
- 30 to 15 days before tour date : 10%
- 14 days before tour date: 0%
- No Show : 0%

Banking details

R. Barkai

Investec Bank Plc.

Account 40487403

IBAN GB10 IVES 4064 3440 4874 03

Sort code 406434

BIC / SWIFT code IVESGB2L

Address:

30 Gresham st,

London EC2V 7QP

Important Notes

Water Temperature

The water temperature is expected to be around 4–5° C in January. In mid-January 2026, we plan to have the diving centre take actual measurements. As this matter is beyond our control, we kindly ask that you gather sufficient information and make your decision accordingly.

Reservations

Please note that the suggested hotels and arrangements are currently in a provisional status. All bookings will only be confirmed once the deposit has been received.

Luggage

To ensure both guests and luggage can fit comfortably into the transfer vehicles, we recommend that each of the 18 guests limit their luggage to one suitcase and one backpack. If additional luggage is required, a separate vehicle will need to be arranged, which will incur extra costs. Please inform us in advance if this will be necessary.

Flights

Since there are limited flights from Narita to Hokkaido and group reservations are not available, we recommend departing from Haneda Airport. Accordingly, the itinerary is arranged to begin with a meeting at Haneda Airport on the first day.

Contact us:

ram.iceswimming@gmail.com

Whatsapp: +27 82 6568909