



OFF THE BENCH™

FOOD, TRAVEL AND A SIDE OF RUGBY



THE FINALS EXPERIENCE

Take an extraordinary tour to Japan where the culinary experiences are just as important as the Rugby experiences!

Designed by OneNineFive in partnership with All Blacks Tours (ABT), 'Off the Bench' is an unforgettable culinary, cultural and sporting experience to Japan.

'Off the Bench' was first delivered at Rugby World Cup 2015 and hosted by Greg Norris from OneNineFive & New Zealand Chef Al Brown.

'Off the Bench' kicks off with four nights in Tokyo where you will attend both Semi Final Matches, and experience a number of hand-picked authentic culinary and cultural experiences with a small group of like-minded travellers.

After four days in the hustle of Tokyo, it's 'half time' – and a chance to recharge and explore an area of Japan rarely visited by tour groups. You can 'escape to the mountains' and/or 'relax by the coast'.

After a fantastic four nights away, you will travel back to Tokyo for the final two games – the Bronze Final and the Grand Final – and more very special travel experiences that 'Off the Bench' and tour organisers OneNineFive are renowned for.

'Off the Bench' is designed with a perfect mix of creativity, accuracy, a healthy hit of spontaneity and enough free time to ensure you can tick off some of your own hit-list!

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The trip cost is \$22,950 per person (share twin/double)*

INCLUSIONS

- 11 nights of 4 - 5 star accommodation
 - 4 night stay in Tokyo
 - 4 night stay at hotel in a 'mountain' or 'coastal' location
 - 3 night stay in Tokyo
- Official Match tickets (Category B) to 4 matches as listed
- Return match transfers
- Coach / Train travel throughout
- SUICA Rail Pass for Tokyo with \$30 New Zealand dollars pre-loaded
- All 'Off the Bench' Meals, Events & Experiences as outlined in provisional itinerary*

* Please contact us for single supplement pricing.

MATCH TICKETS INCLUDED:

SEMI-FINAL 1	SEMI-FINAL 2	BRONZE FINAL	FINAL
Saturday 26 October	Sunday 27 October	Friday 1 November	Saturday 2 November
International Stadium Yokohama	International Stadium Yokohama	Tokyo Stadium	International Stadium Yokohama
Kick-off 5:00pm	Kick-off 6:00pm	Kick off 6:00pm	Kick-off 6:00pm

THURSDAY 24 OCTOBER

TOKYO

Welcome to Rugby World Cup 2019! Your 'Off the Bench' experience begins today!

Japan is distinctively unique in its attractiveness as a destination. It will throw you out of your comfort zone yet draw you back in with a sense of a familiarity produced simply by surrounding yourself with other like-minded travellers, who have joined you for this amazing adventure.

'Off the Bench' kicks off in Japan's bustling capital city, Tokyo. You will need to make your own way to the hotel where we will spend the next four nights. We recommend taking the train from the airport. Tokyo's rail system is one of the most sophisticated in the world, it is easy to navigate and an experience in itself! Alternatively, taxis are also available from the airport or we can arrange a private transfer.



OFF THE BENCH EXPERIENCE

KICK-OFF DINNER

It's time for our opening night dinner. A chance to meet the rest of the travelling party, enjoy some delicious food, drink sake and set the scene for the adventure ahead. After all we are in Japan, and that's something to celebrate!

Meals provided:

Dinner, with (some) beverages

FRIDAY 25 OCTOBER

TOKYO

Start your day with breakfast in the hotel restaurant before the fun really gets started.



OFF THE BENCH EXPERIENCE

MY TOKYO

From 9.00am you will be in a small group and have as your guide a local personality who is immersed in the culinary world and with a massive love for food, people and travel. Their job is

to show you 'their' Tokyo, making sure you use all five senses and have an amazing experience.

As those who took part in the 'My London' experience as part of 'Off the Bench' 2015 can attest, it'll be a brilliant day that you won't forget for a long time.

'My Tokyo' finishes with a late lunch and drinks at a favourite 'go-to' place of your host.

This evening is free for you to do your own exploration, or link up with others and head to a fun little bar we will recommend to you. A perfect opportunity to talk all things rugby and celebrate being in Japan.

Meals provided:

Breakfast

Lunch, with (some) beverages

SATURDAY 26 OCTOBER

TOKYO

It's semi-final time! We are down to the business end of the tournament, and very close to finding who will be competing for the Webb Ellis Cup.

Spend this morning at your leisure before joining up with others preparing for the big game.



An exclusive lunch will take place before you transfer to the stadium.

GAME DAY!

Semi-Final 1

International Stadium Yokohama | Kick Off: 5:00pm

The pressure is about to be turned up! The semi-final will take place at the International Stadium Yokohama, which at capacity, holds over 72,000 fans! You are about to witness history.

Meals provided:

Breakfast

Lunch, including (some) beverages

SUNDAY 27 OCTOBER

TOKYO

You could spend the morning at leisure, but we recommend you get up early...



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THE 'BACK-STAGE' MARKETS TOUR

Join us for a customised guided tour of the Tokyo Fish Market and another location of special significance.

Take a break from mid-morning and get ready for another big night of rugby action.



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SEMI-FINAL 2 PRE-MATCH LUNCH

An exclusive lunch will take place before you transfer to the Stadium to see the winners of quarter-finals 3 and 4 compete for the coveted place in Saturday's Rugby World Cup 2019 Final.

GAME DAY!

Semi-Final 2

International Stadium Yokohama | Kick Off: 6:00pm

One place in the Rugby World Cup final is still up for grabs, who will join the winner of Semi-Final 1?

Meals provided:

Breakfast

Market tour tastings

Lunch, including (some) beverages

MONDAY 28 OCTOBER

After breakfast you will travel to your new base for the next four days.

Whether you choose to **escape to the mountains** or **relax by the coast**, by mid-afternoon you will be checked into your hotel where we will stay for the next four nights.

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THE COAST: We will travel south-west of Tokyo and out to the stunning and dramatic **Izu Peninsula**. This unique area has a cool surfer vibe, lush greenery, rugged coastlines, stunning walking tracks, abundant Onsen's and an extraordinary culinary scene!

THE MOUNTAINS: Travel on Hokuriku Shinkansen to Karuizawa. Located at the foot of Mount Asama and on Japan's 'romantic road' you'll be immersed in beautiful Autumn colours and have great cuisine, Onsens, hiking, biking, golf and many other experiences all on offer.

After arrival, take a few hours to settle in and then it's time to eat!



A chance to walk, talk and eat around the town and area you are staying in, enjoying incredible local food and getting a greater feel of the surrounding area.

Meals provided:

Breakfast

Dinner, excluding beverages

TUESDAY 29 OCTOBER

Today is a free day. A chance to create your own adventure, or join in with others.

We will have on offer a variety of fantastic experiences to choose from including guided walks and hikes, cultural visits, golf, shopping, traditional hot springs, a cooking class and horse-trekking.

The evening is free to do your own thing, or join us for dinner at a hand-picked local restaurant.

Meals provided:

Breakfast

WEDNESDAY 30 OCTOBER

Enjoy an optional early morning walk with us, or simply relax in the hotel.

After breakfast it's time for some serious culinary fun...



Take an amazing local market, add a hit of 'Masterchef' style challenges and a big serving of competition and prizes! Expect tonnes of interactive fun, to learn a few things along the way and to sit down and share an unique long lunch!

The late afternoon is free to do your own thing, or join us for dinner at a hand-picked local restaurant.

Meals provided:

Breakfast

Lunch (excluding beverages)

THURSDAY 31 OCTOBER

With so many things to do in the area, you have a chance again today to create your own adventure, or join in with others.

As it's our last night before heading back to the big city of Tokyo, we'll enjoy a fun and casual 'Yakiniku' – a Japanese BBQ with a DIY approach to cooking meat over a charcoal fire. What a fantastic way to prepare for the 'second half' of the tour!



Meals provided:

Breakfast

Dinner (excluding beverages)

FRIDAY 1 NOVEMBER

Enjoy breakfast before travelling back to Tokyo, arriving early afternoon.
Later in the afternoon we head to Tokyo Stadium, to watch the Bronze Final.

While both teams are no doubt disappointed on missing out on the final there is still a lot to play for in the Bronze Final. Each team will be playing for pride, and bragging rights.

Plus, it's a good excuse to squeeze in one more game of rugby before we leave Japan!

GAME DAY!

Bronze Final

Tokyo Stadium | Kick Off: 6:00 PM

Meals provided:

Breakfast

SATURDAY 2 NOVEMBER

TOKYO

Today is the final of Rugby World Cup 2019!

Final fever will take over the city of Tokyo and we are in the thick of it! Spend the morning at leisure and soaking up the atmosphere of the city.



OFF THE BENCH EXPERIENCE

RUGBY WORLD CUP FINAL PRE-MATCH LUNCH

Our last lunch together, then it's off to the stadium where we are hoping we witness the All Blacks take home the Webb Ellis Cup for the third time in a row!

It has all come down to this, 20 nations competing over 6 weeks for this moment. The Rugby World Cup final is undoubtedly the pinnacle of World Rugby as well as any rugby fans ultimate bucket list experience.

GAME DAY!

Rugby World Cup 2019 Final

International Stadium Yokohama | Kick Off: 6:00 PM

Meals provided:

Breakfast

Lunch, including (some) beverages

SUNDAY 3 NOVEMBER

With all the excitement over and another Rugby World Cup done and dusted, it's time to think about leaving Japan, but not before our final night Sayonara dinner.

Over the 11 days we have watched four live Rugby World Cup 2019 matches, eaten delicious food, seen incredible sights and made some awesome new friends.

Tonight we kick back, relax and reminisce - and enjoy a few laughs with each until the next time.



OFF THE BENCH EXPERIENCE

THE SAYONARA DINNER

Meals provided:

Breakfast

Dinner, including (some) beverages

MONDAY 4 NOVEMBER

Off the Bench has come to an end. Time to head home, or perhaps travel onto further destinations.

We hope this was an experience you will remember for a very long time and we look forward to seeing you on tour.

Meals provided:

Breakfast