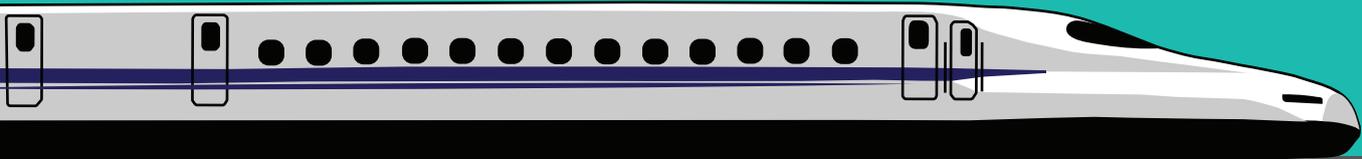


JAPAN RAIL PASS

USER GUIDE



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V HOW TO ACTIVATE MY JR PASS

1. Where do I activate my JR Pass?

At a JR exchange office: in order to activate your Japan Rail Pass, you will have to exchange your voucher at a JR office. These offices are to be found at the airport or in the main train stations.

Please note that exchange offices may have different opening times (see JR Office list next page).

みどりの窓口

Ticket Office

2. What documents do I need?

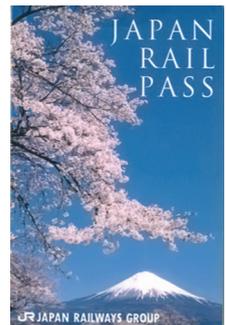
At the exchange office, you will have to fill out the form provided and present your passport plus the exchange voucher that you received in the post.



The exchange order



Your passport



3. When should I activate my JR Pass?

When exchanging your voucher, you will have to decide on the date you want to start using your pass. Once it is validated you will be able to use your pass starting on the date you have chosen for the consecutive number of days for which your pass is valid.

Y Please know that:

- The exchange date does not have to be the starting date.
- The starting date has to be within 30 days of the exchange.
- If you hold a 7 days Japan Rail Pass, you should be careful about your starting date. On a tight schedule, it is better to use a day rather than to waste one.



JR EXCHANGE OFFICE LIST & OPENING HOURS

Station	Office	Service Hours		Station	Office	Service Hours	
		Mon.-Fri.	Sat, Sun & Hols			Mon.-Fri.	Sat, Sun & Hols
Narita Airport Terminal 1	JR EAST Travel Service Center	8:15-19:00		Shinjuku	Information Center (New South Ticket Gate)	8:00-19:00	
	Ticket Office	6:30-8:15, 19:00-21:45			Information Center (East Ticket Gate)	9:00-19:00	
Narita Airport Terminal 2	JR EAST Travel Service Center	8:15-20:00		Shibuya	Information Center (South)	10:00-18:30	
	Ticket Office	6:30-8:15, 19:00-21:45		Ikebukuro	Information Center (Central Passage)	9:30-18:00	
Haneda International Airport	JR EAST Travel Service Center (Tokyo Monorail 2F Ticket Gate/Arrival Lobby)	7:45-18:30		Shinagawa	Information Center (Central Ticket Gate)	9:00-19:00	
Tokyo	JR EAST Travel Service Center (Marunouchi North)	7:30-20:30		Odawara	JR-CENTRAL Ticket-Office	5:45-22:30	
	JR CENTRAL Ticket Office (Yaesu Central)	7:30-20:30			Mishima	Ticket Office (South)	5:45-23:00
Kyoto	Ticket Office (JR West Central)	5:30-23:00		Shizuoka	Ticket Office	5:00-23:05	
	Ticket Office (JR CENTRAL Hachijo Shinkansen)	8:30-23:00		Hamamatsu	Ticket Office	5:20-23:20	
Shin-Yokohama	JR-CENTRAL Ticket Office	8:00-20:30		Toyama	Ticket Office (South)	5:40-23:30	
Yokohama	Travel Service Center	10:00-20:00	10:00-19:00	Kanazawa	Ticket Office	4:40-23:00	
Nagoya	JAPAN RAIL PASS Exchange Office	10:00-19:00		Osaka	Ticket Office (Central N° 12,13)	5:30-23:00	
	Ticket Office	6:00-10:00, 19:00-23:00		Nara	Ticket Office	9:00-20:00	
Shin-Osaka	Ticket Office (JR WEST East)	5:30-23:30		Higashi-Maizuru	Ticket Office	5:30-21:00	
	Ticket Office (JR-CENTRAL Central)	5:30-23:00		Nishi-Maizuru	Ticket Office	5:40-21:00	
	JR-WEST Travel Center	9:00-20:00		Sannomiya	Ticket Office (Central)	5:30-23:00	
Kushiro	Travel Service Center	10:00-18:00		Okayama	Ticket Office	5:00-23:00	
Obihiro	Travel Service Center	9:00-17:00		Yonago	Ticket Office	5:00-22:00	
Asahikawa	Travel Service Center	9:30-17:30		Sakaiminato	Ticket Office	7:10-18:30	
Sapporo	JR Information Desk	8:30-19:00		Matsue	Ticket Office	4:50-21:30	
	Travel Service Center (East)	10:00-19:30	10:00-18:00	Hiroshima	Ticket Office	5:20-23:00	
	Travel Service Center (South)	10:00-20:00		Shimonoseki	Ticket Office	5:30-22:30	
New-Chitose Airport	JR Information Desk	8:30-19:00		Takamatsu	Travel Service Center	10:00-18:00	10:00-17:00
Hakodate	Travel Service Center	10:00-18:00		Matsuyama	Travel Service Center	10:00-18:00	10:00-17:00
Shin-Aomori	Travel Service Center	10:00-17:30		Tokushima	Travel Service Center	10:00-18:00	
Hachinohe	Travel Service Center	10:00-17:30		Kokura	Travel Service Center	10:30-19:00	10:30-18:00
Morioka	Travel Service Center	10:00-19:00	10:00-17:00	Hakata	Travel Service Center	10:00-20:00 (Mon-Sat) / 10:00-18:00 (Sun & Hols)	
Akita	Travel Service Center	10:30-18:00	10:30-17:00		JR-KYUSHU Ticket Office	7:00-23:00	
Sendai	Travel Service Center	10:00-19:00 (Mon-Sat) / 10:00-18:00 (Sun & Hols)		Saga	Travel Service Center	10:30-19:00	10:30-18:00
Yamagata	Travel Service Center	10:00-18:00	10:00-17:00	Nagasaki	Travel Service Center	10:30-19:00	10:30-18:00
Fukushima	Travel Service Center	10:00-18:00	10:00-17:00	Kumamoto	Travel Service Center	10:30-19:00	10:30-17:30
Niigata	Travel Service Center	10:00-19:00	10:00-17:00	Oita	Travel Service Center	10:30-19:00	10:30-18:00
Nagano	Travel Service Center	10:00-19:00	10:00-17:30	Miyazaki	Travel Service Center	10:00-18:00	10:00-17:30
Mito	Travel Service Center	10:00-19:00	10:00-17:00	Kagoshima-Chuō	Travel Service Center	10:30-19:00	10:00-18:00
Ueno	Information Center (Central Ticket Gate)	9:00-19:00		Kansai Airport	Ticket Office	05:30-23:00	



HOW TO BOOK A SEAT & BOARD MY TRAIN

• Do all trains have reserved seats?

All Shinkansen trains have cars dedicated to **reserved seats** (*shitei-seki*), and others dedicated to **unreserved seats** (*jiyu-seki*). Most local trains don't have reserved seats, whereas other trains like the Narita Express only have reserved seats.

指定席

Reserved seat

自由席

Non reserved seat

• Why should I book my seat?

If you are not catching your Shinkansen during peak hours (7 a.m. to 9 a.m. and 6 p.m. to 8 p.m.) or during bank holidays, **you do not need to book your seat** and you can use any non-reserved seat by showing your Japan Rail Pass.

The Shinkansen trains run very frequently (every 30 minutes), particularly on the Tokaido line between Tokyo and Kyoto, so **you don't have to worry about booking.**

• How can I book a seat?

You can do so **without additional charges**. Before catching your train, go into a booking office at the train station (*midori no madoguchi*) and show your Japan Rail Pass.



• How do I board my train?

As the Japan Rail Pass is not a traditional ticket, you cannot go through the automatic gates. Instead, just show your pass to the staff in the glass booth next to the gates.



Z

JR PASS VALIDITY

With a national Japan Rail Pass, you can use all the trains on the JR railway network including JR Kyushu, JR Shikoku, JR West, JR Center, JR East and JR Hokkaido. Of course, you will have access to local and express trains but also to the fast bullet trains, 'Shinkansen', that connect most of the main cities in Japan.

 The JR Pass is also valid for:

In addition to the train, you will have access to other means of transportation with your Japan Rail Pass:

- JR Ferry: JR Miyajima Ferry (please note that the JR Hakata-Pusan ferry to Korea is not included)
- Monorails: Tokyo Monorail connecting Haneda Airport to Hamamatsucho Station
- JR Bus: Local JR Buses on a limited number of lines

Please carefully read the following list in order to know which transportation systems are not included in the Japan Rail Pass.

 The JR Pass is not valid for:

- Private Rail Lines: For non-JR rail lines, for instance Odakyu trains or Kintetsu trains, you will have to buy regular train tickets.
- Super Express only Shinkansen: You will not have access to the 'Nozomi' and 'Mizuho' Shinkansen. Instead you will be able to take other Shinkansen trains that serve the same routes even if they take a little longer.
- In cities: The Japan Rail Pass does not allow you to ride on subways or trams within cities. However, most big cities have a few JR lines that you can use to go around (Osaka Loop or Kanjo line, Tokyo Yamanote line, etc...)
- Others: It is possible to take a night train with the Japan Rail Pass but the ticket is not valid for the sleeper cars, private cars in night trains, and special compartments for which you will have to pay an extra fee.

Y If, during your journey, your JR train uses another company's tracks, and even if you hold a pass, you will have to pay a part of the trip. Payment can be made before boarding the train or on board.

USEFUL TIPS

 To plan your trip and find all the trains timetables, use www.hyperdia.com



HyperDia

 What to eat on the train?
Try the ekiben!

The ekiben is a packed lunch served during a train that contains several small regional dishes nicely arranged. They are known to be particularly delicious as well as cheap.

