

Your Guide to Japan



Welcome to JAPAN

Open a world map and look at the extensive Asia/Pacific region. Almost at the very center, you'll discover the Japanese archipelago stretching north to south along the eastern edge of the Asian continent. Japan has lured untold numbers of adventurers since Marco Polo first introduced it to the world back in the 13th century as "Zipangu — the Land of Gold." Though the Japan of today may not be a land of gold, the "Neo Zipangu" does possess powerful and magnet-like attractions: great cultural variety, colorful and inspiring natural attractions beautifully interwoven by distinct four seasonal changes, not to mention the overflowing hospitality of its people. As such, Japan is vigorously gaining in popularity as a tourist destination that is easily accessible from any part of the world. A destination any one can enjoy on a reasonable budget and with a sense of complete security.

This is where the past literally greets the future. This is where they both mingle. Japan has a long history of absorbing advanced cultures from the Asian Continent from ancient times through the Middle Ages. Later it began to assimilate elements of Western civilization from the latter half of the 19th century. By selectively assimilating these many cultural influences, the country has successfully added rich new dimensions and depth to its indigenous culture. This marvelous harmony between the refinement of things and concepts "Oriental" blended with the leading-edge technology and the often Ultramodern urban lifestyle you find in Japan today is truly proof of a long and eloquent history.

Beautiful, relaxing, nostalgic, profound, fashionable, mouth-watering, exciting, succulent, historic, cultural, just name it! Japan, Japan, Japan! Which would you like to meet? Intertwined with a genuine and heart-warming hospitality, Japan awaits you. Yes! Welcome to our Japan!



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Cover photos :

Mt. Fuji & Cherry blossoms, Shojin-Ryori (©Haguro Tourist Association), Senkaku-wan (©Sado Tourism Association), Takigi Noh (©Sado Tourism Association), Japanese Garden in Showa Kinen Park (©Yasufumi Nishi)



The essence of Japanese culture...

Shrines, Temples, Gardens



Kinkakuji Temple:

"... As a country Buddhist priest, my father, rather poor in vocabulary, used to tell me that nothing in this world is as beautiful as Kinkakuji ..." (an excerpt from "The Temple of The Gold Pavilion" by renowned author, Yukio Mishima)



The Great Buddha of Kamakura:

This Great Buddha is world-famous as the symbol of the ancient capital Kamakura.



The East Garden:

This formal Japanese garden within the Imperial Palace is open to the public. Admission is free of charge.

Temples in gold, temples in simplicity, shrines in tranquility, and gardens in refinement ...
Which is your favorite?

Magnificent Buddhist temples, and those which embody the essence of understated architectural elegance through the elimination of almost all decorative features. Quiet and stately Shinto shrines rest amid dark green woods ... Japan has them. Everywhere (even nestled in large population centers like Tokyo and Osaka!). Many date back well over 1,000 years. Shinto, an ancient, indigenous religion unique to Japan, with emphasis on ancestor worship and harmony with the natural world. Buddhism, brought in from the Asian Continent way back in the sixth century teaches spiritual enlightenment and salvation. Both continue to be prime and moving sources of inspiration, culturally and esthetically, for the Japanese even today.

Putting temple structures aside, the Buddhist images enshrined therein and their gardens are splendid pieces of art. Japanese gardens are world-renowned as refined reproductions of nature's beauty all confined within a limited space. Sit on a temple veranda and let time float by while viewing the garden. The perfect way to get away from it all. It's good when time goes by so slowly. Since ancient times, pilgrimages to shrines and temples have been a great source of leisure and the harbinger of tourism for the Japanese. Experience it for yourself.

(More information on gardens is on page 29.)



Ryoanji Temple:

Ryoanji is celebrated for its "dry landscape garden" better known as a "stone garden," a symbolic reproduction of the world of nature using only rocks and white sand.

Nature, Rural Landscape

Enjoy a leisurely trip through the countryside and experience the legendary Japanese hospitality.



Shirakawa-go:

This village, nestled deep in the mountains, is renowned for its unique "gassho-zukuri" style farmhouses.

Only a few hours' drive or train ride from the great urban centers like Tokyo, bring you to a totally different world — picture yourself in a peaceful pastoral area with lush mountains and peaks in the background. How about a small community in the remote mountains, or a seaside fishing village? A journey to the countryside can be the key to satisfaction especially if traveling means getting away from it all and exploring a world yet unknown to meet the people in their own locale.

Rice cultivation began in Japan over 2,000 years ago. Since then, of course, Japanese society and industry have evolved tremendously but rice cultivation has always been the very core. In early summer, the paddies shine with the fresh green of young rice plants orderly set in fields brimming with water. In autumn, the fields are drained and turn into golden carpets as the crop ripens. These scenes evoke nostalgic images of Japan and can be seen far and wide throughout the country.

Japan abounds in rice and other crops from the field and is additionally blessed with gifts from the mountains and the sea. Local festivals, performing arts and crafts, not to mention local cuisine filled with local flavors, are bound to offer a "truly impressive" experience — one which will guarantee a lifelong memory. What truly touches the heartstrings, above all, will be the sincere hospitality you encounter.

An almost prototype image of true scenery "a la Japonica" can be found in the countryside.

Matsushima:

One of the three most famous scenic attractions of Japan, this picturesque site is dotted with over 260 islets that virtually seem to float in the bay.

Jigokudani Onsen:

Monkeys love to bathe in the open-air "rotemburo" bath at this unusual onsen.



"Tanada" Terraced Rice Fields:

These rice paddies were built to make the most of small pieces of land in mountainous areas. They create a nostalgic scene of old Japan.



Mt. Fuji:

No doubt, this elegant peak is probably the most coveted "must-see" attraction for any visitor to Japan.



The Tsukiji Jogai Market:

This market, devoted to "eating," is spread out around the entrance of the Tokyo Central Wholesale Market in the Tsukiji district.



Kaiseki-ryori:

Originating as a light meal served prior to a tea ceremony, it has been developed into a refined full-course Japanese dinner.



Nishiki Market:

Better known as the "Kitchen" of the ancient capital of Kyoto, this market is comprised of some 126 shops standing side by side on both sides of a 390-meter lane.

Outdoor Markets, Gourmet Pleasures

- The freshest and best ingredients from the sea and mountain. Indulge yourself in genuine Japanese cuisine in its very own home!

As a visitor to a foreign land, you naturally want to enjoy the "genuine" local food to your heart's content.

The secret to finding the "real thing" can be discovered in local food markets. A bustling market is a perfect place to discover the grand variety of exotic foods and ingredients that are on sale. Just looking is fun. Buying is even more fun (and cheap too!). Eating, right in the marketplace, is the ultimate in culinary delight. Visiting a market is truly exciting entertainment!

In Japan (especially in large cities), cuisines from all over the world can be enjoyed. Just name it, it's available from Italian and French to the American hamburger, ethnic Asian, Latin American foods and so much more. But as a visitor coming all the way to Japan, try the "real thing." Japanese cuisine is a world of kaleidoscopic diversity — from "kaiseki-ryori" full-course dinners at upper-class restaurants, to the well-known



Sushi:

Thin-sliced fish, shellfish or various other ingredients of the sea are placed on a wad of slightly vinegared rice.

"sushi," "sashimi," "tempura" and "sukiyaki," and on to the even more popular "soba" and "ramen" noodles. What do they all have in common? They are healthy and made from the freshest possible ingredients. Taste? It couldn't be better. Sanitation. The best! This is Japan.

(More information is on page 40.)

**Jump into the amazing "heat" of a "matsuri" or Japanese festival!
You'll be a part of "the heat" before you know it!**

Soul-stirring, graceful, gorgeous ... every nook and cranny in Japan celebrates its own festivals and events in response to the transition of the four seasons. Called "matsuri," festivals can be found almost everyday somewhere in Japan. Many festivals have their origin in Shinto and Buddhism, while other events, such as snow festivals and fireworks displays, are wonderfully staged for the local populace and visitors alike.

Since ancient times, the Japanese have found sacred and spiritual powers centered in the many aspects of nature and worshiped them as "kami" deities. This is believed to be the origin of Shinto. Shinto-based "matsuri" are celebrated to worship and communicate with the "kami" deities, praying for a rich harvest, for business prosperity as well as for a happy and prosperous community and quality for its inhabitants.

Nebuta Matsuri:

In this festival, many massive, gorgeously painted lantern-like floats depicting ancient warriors are paraded through the streets.



Festivals, Events

Every one of Japan's four seasons has its own colorful festivals or "matsuri" and events.

You can't talk about real Japan without experiencing a festival.



Awa Odori:
This famous folk dance festival takes place in Tokushima on Shikoku Island.

Only those who have participated in a Japanese festival can imagine its dazzling excitement. Check your calendar now! Get involved!

(For further information, refer to page 24 - 27.)



Gion Matsuri:
This festival signals the arrival of summer in Kyoto. Its highlight is a procession of huge wheeled floats.

Sanja Matsuri:
Representing Tokyo's festivals, the Sanja Matsuri features a parade of "mikoshi" portable shrines.



Museums, Art Galleries...

Where you may well experience
a moving inspiration or two that
you've never encountered before.

Japan is an art
lover's paradise!
Come and share
the experience!



The Tokyo National Museum:

The largest museum in Japan boasting a collection of over 80,000 items.



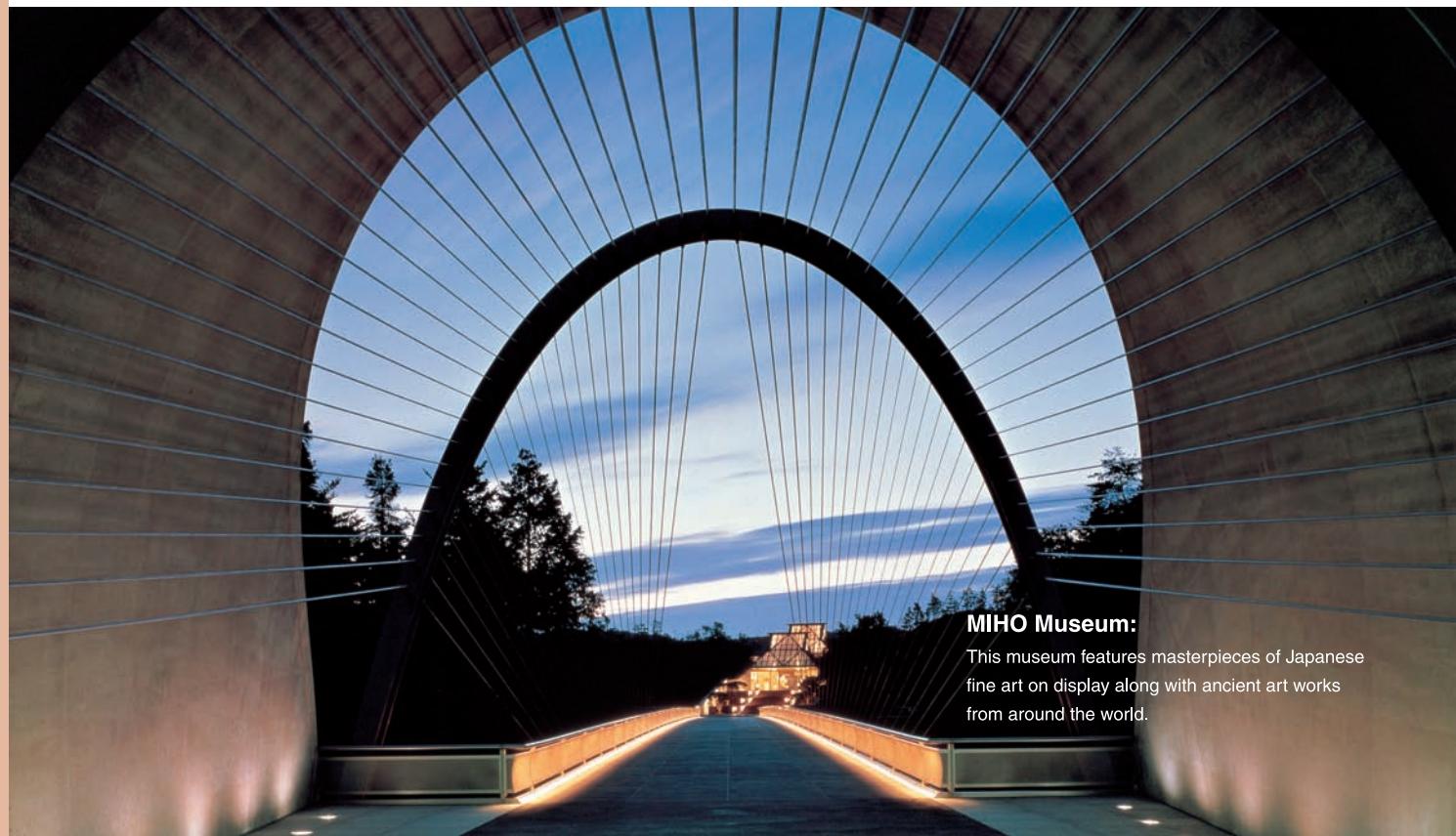
The Japan Folk Crafts Museum:

This museum, housed in a traditional home, displays antique folk handicrafts.



Tokaido Hiroshige Art Museum:

This collection centers on the works of Hiroshige Utagawa, Japan's foremost Ukiyoe painter.



MIHO Museum:

This museum features masterpieces of Japanese fine art on display along with ancient art works from around the world.



Kabuki:

With a history stretching back four centuries, Kabuki is an integrated form of theater combining drama, dance and music.



Ikebana:

Its basic principle is to create a world of harmony between three factors — heaven, earth and humankind — using flowers.



© Japan Sumo Association

Sumo:

This indigenous martial art was begun in ancient times as a Shinto-based ritual. Hence it still retains much of its unique ritual.

Traditional Performing Arts, Cultural Pursuits

From parents to sons, and on to grandchildren ... Japanese traditional performing arts and cultural pursuits have been handed down through generations.

Japan is a treasure-trove of traditional performing arts of which it can boast, without modesty, to the rest of the world. Take Kabuki, for example. Performed on a magnificently colorful stage, it delivers drama that touches the heartstrings of the Japanese and all who view it. The highly stylized theater of Noh exudes the world of "yugen," a deeply esthetic value based on a profound and refined beauty that goes beyond words and concrete shapes. The Bunraku puppet plays, a wonderful and heartfelt description of conflicts between established ethical ideas and the reality of love and life and turmoil in the emotions of the common folks. It is performed along with ballad chanting "joruri" to the accompaniment of 3-stringed "shamisen" instruments.

Traditional cultural pursuits such as the tea ceremony and "ikebana" flower arranging are much more than simple pursuits in skills. They embody spiritual "ways" seeking the traditional values of "wabi" (elegant stillness) and "sabi" (antiquated elegance with calm). Facilities abound which offer you the hands-on experience of tea ceremony, ikebana and other cultural pursuits. There are even possibilities for you to learn dressing in kimono all by yourself. Give it a try. The very experience may just lead to the discovery of "another aspect of yourself."

(More information is on page 29.)

Feel the
“spirit” of the
Japanese.



Noh:

Japan's oldest musical drama dating back to the 14th century.

Architecture

● This one is a wooden structure built some 1,400 years ago. And the other is a ferroconcrete structure built only one year ago. Both are great architectural works that embody the pride of Japan.

Where is the world's oldest wooden structure and where is the largest one? Yes, they are both in Japan. The former is Horyuji Temple (built in 607) and the latter is Todaiji Temple (the existing one, reconstructed in 1709, is 57 meters high). Buddhist structures in Japan have developed and retained purely Japanese architectural features, though they had long been under the strong influence of China. You will find a number of superb traditional structures around Japan, including those in the ancient capitals of Nara, Kyoto and Kamakura.

From the latter half of the 16th century through the 17th century, feudal lords in Japan vied with each other to build their own magnificent castles as a demonstration of power. The most famous among them is the graceful Himeji Castle. However, traditional structures are not the only buildings that represent Japanese architectural mastery. Modern western architecture has had great influence on Japan since the latter half of the 19th century. It should be noted that since times of old the Japanese have regarded structures as beautiful only when they harmonize with their surrounding natural environments.

Today's expressive designs and materials may differ from those used in the past, yet the tradition stressing harmony with nature has continued and is embodied in many of the masterpieces by contemporary Japanese architects. Contemporary Japanese architecture is said to be full of originality and can be so exciting that you may call it a "product of ongoing experiments." Compare the old and the new in architectural Japan. You are in for great surprises and a lasting impression.



Awaji Yumebutai:

Under the theme "Creation of the lost forest of our home", Awaji Yumebutai has been designed by Tadao Ando, a celebrated contemporary Japanese architect.

Naoshima Contemporary Art Museum:

This museum of modern art stands on a hill on Naoshima Island. Also designed by Tadao Ando.

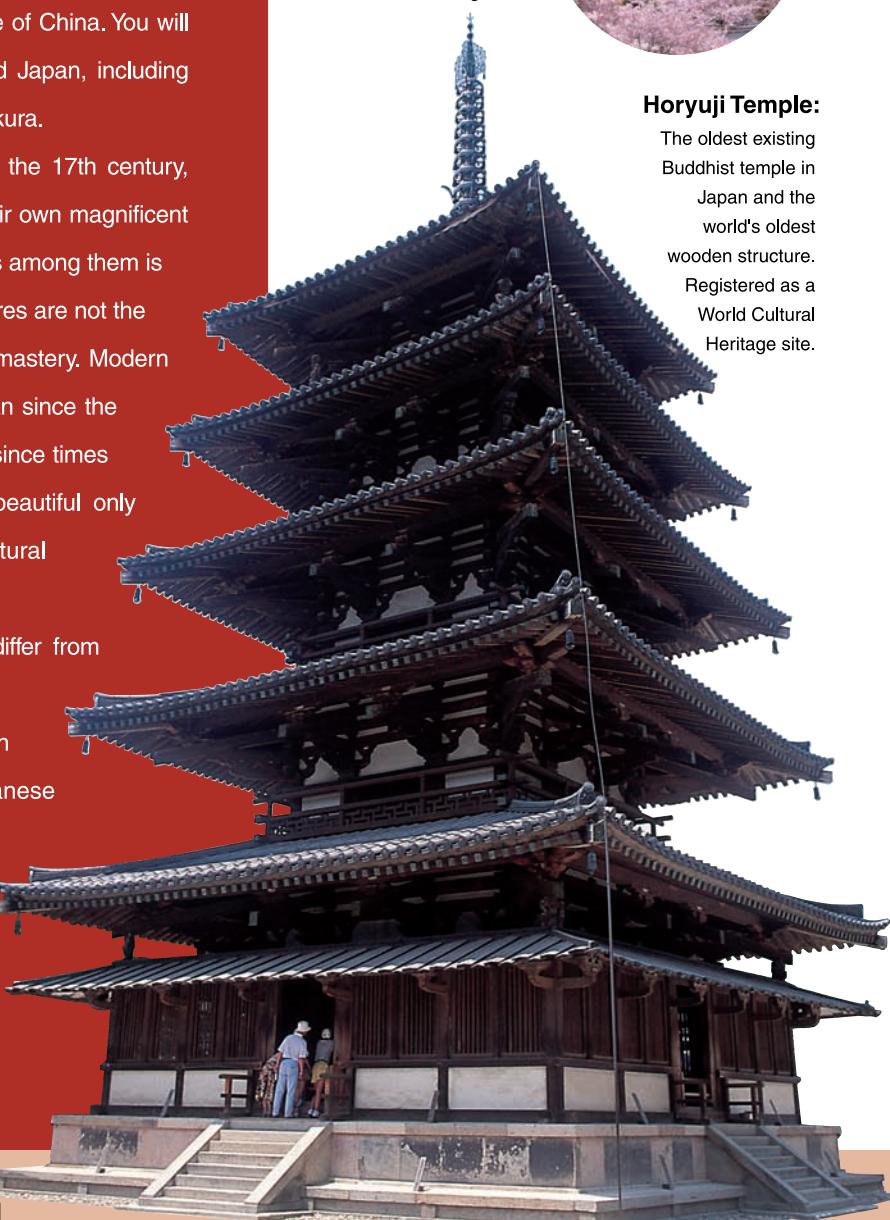


Tokyo Metropolitan Government:

This twin-tower building soars high above the Shinjuku district of Tokyo. Designed by Kenzo Tange.

Himeji Castle:

Nicknamed the "Castle of the White Heron", it is designated a National Treasure and registered as a World Cultural Heritage site.



wakamaru:

The robot created by Mitsubishi Heavy Industries Ltd.

The concept of this robot is "Living with the family" He can provide various service functions and communicate with people spontaneously. He is not on sale, but can be seen at M's square, Shinagawa.



©TCVB

MEGA WEB:

"See, ride and experience the automobile" ... Toyota's MEGA WEB provides a fantastic amusement environment comprised of three pavilions — with two ride attractions.

©Museo d'Arte Ghibli



Ghibli Museum, Mitaka:

This museum is designed by Hayao Miyazaki, Japan's top animation director known for his Academy Award winning "Spirited Away". Reserve ticket in advance with a specific appointment date.
For ticket information, please check the official website.
<http://www.ghibli-museum.jp/>



NTT Inter-communication Center, or ICC:

With "Communication" as its theme, ICC offers an array of stimulating attractions including a display of media art based on the most advanced electronics technology.

ASIMO:

This humanoid robot embodies the latest technology. He works as an interpreter alongside human staff at Japan's National Museum of Emerging Science and Innovation.



Demonstrating ASIMO

Explore Japan

Tokyo & Vicinity

Tokyo — the most exciting metropolis in Asia. This is where traditions from centuries past exist side by side with the ever-moving elements of the latest in urban culture that radiate their own special heat and energy.

The **Imperial Palace**, formerly Edo Castle, is still surrounded by its original innermost moat. Handsome gates and old guard towers are set at intervals around the grounds. The main entrance is approached by the elegant Nijubashi or Double Bridge and is open to the public on special occasions. The East Garden (Higashi Gyoen) is where the original donjon once stood. The garden is graced with flowers and blossoms of each season, open to all as an ideal place for relaxation.



The Imperial Palace

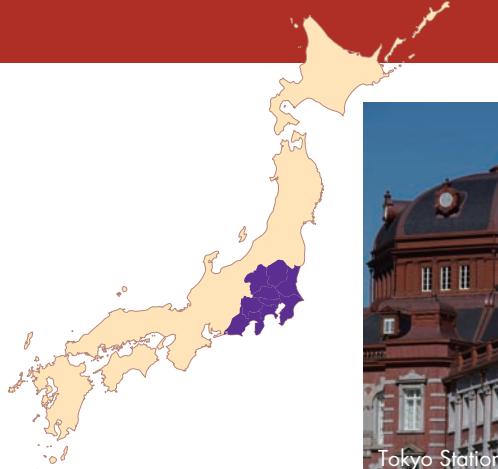
The west side of Tokyo Station is **Marunouchi**, Japan's largest business district. Here old buildings are being replaced by new attractive buildings with offices, shops and restaurants, which attract many visitors.

A 10-min. walk takes you to the **Ginza** district, famous the world over for elegant shopping and its bright, kaleidoscopic neon lights.

From the neon bustle of the Ginza and Yurakucho districts, turn to the spacious **Ueno** district where you will find Ueno Park, the largest in the city. In early April, the park turns into a paradise of delicate pale pink cherry blossoms and attracts numerous viewers and merrymakers. The park forms a great center of art and culture with its many and varied museums.

Akihabara, the world's largest and most famous electronics district has recently gained a new reputation as a mecca for *Otaku*, or fanatics of anime, computer games or so-called "costume play." There are many anime related stores where you can find animation figures, costumes and manga.

For a glimpse into Tokyo's past, the **Asakusa** district is the place. The many narrow back streets, lined with old buildings and shops, sell traditional items from kimono to hand-made combs. **Asakusa Kannon Temple**, with its colorful shopping lanes, is a



TOKYO SKYTREE

©TOKYO-SKYTREE

marvelous place to buy souvenirs. **TOKYO SKYTREE** is easy to access from this area.

Shinjuku, on the city's trendy west side, is home to popular and raucous nightspots, to fine and sophisticated shopping, as well as to the sedate **Shinjuku Gyoen National Garden**.

The **Shibuya** district, near the tranquil **Meiji Shrine** and the modish **Harajuku** and **Aoyama** districts, is a popular shopping and entertainment paradise, particularly among the young set. Shibuya is a trend-setting hub from which the culture of youth is in continuous transmission. The forefront of international art and fashion is fully in evidence. People-watching from a sidewalk cafe is engaging and enjoyable.

Roppongi, filled with night spots popular with international visitors, is rapidly developing as an artistic and cultural center. Among its attractions are **Tokyo Midtown**; the **National Art Center, Tokyo**; and **Roppongi Hills**.

Odaiba, built on reclaimed land in the Port of Tokyo, featuring an expansive shopping mall and the Oedo-Onsen Monogatari, exciting hot spring theme park.

Side Trips from Tokyo

Tokyo Disney Resort®, the most popular theme park in Japan, is in the Maihama district only 17 min. by train from Tokyo Sta.

Mt. Takao is 599 m high and located in western Tokyo. It is rich in nature and is designated as a national park. About an hour from the center of Tokyo, it is a popular spot for mountain hiking.

The autumn leaves in November and the plum

blossom in February are particularly beautiful, attracting many people to the mountain. There is also a famous temple near the peak.

Yokohama, Japan's second largest city, 30 min. by rail from Tokyo, is one of the first Japanese cities that opened up to foreign residents during the Meiji Restoration(1868-1911) and is a bustling port city with numerous historic buildings and the spacious **Sankei-en Garden**. The "Minato Mirai 21" district on the waterfront is highly popular among younger generation, offering a most enjoyable shopping and fantastic gourmet experience. Yokohama's **China Town** offers any number of excellent restaurants.

Kamakura, 1 hr. by rail from Tokyo, is a small quiet coastal town with tranquil temples. Once the seat of the feudal government set up in 1192, the town today still retains much of its ancient and historical heritage. Kamakura's most famous attraction is the giant bronze **Great Buddha**. This impressive "Daibutsu" is 11.4 m. high, weighs 122 tons and sits in the open-air.

Near Kamakura Sta. is **Tsurugaoka Hachimangu Shrine**. A number of Buddhist temples, large and small, also dot the area. A leisurely stroll here slips you back to the 12th-century Kamakura period. Whichever temple you visit, you'll be greeted by the beautiful flowers and blossoms of the season.



China Town



Mountain Railway, Hakone

Hakone, 1 hr. 30 min. by rail from Tokyo's Shinjuku Sta., is a famous hot spring resort area set in the beautiful mountains which comprise the Fuji-Hakone-Izu National Park. A major attraction here is the **Open-Air Museum**, with hundreds of sculptures. Relaxing in one of the many hot springs is simply a worthwhile experience. Take a pleasure cruise around **Lake Ashi**, offering marvelous views of Mt. Fuji. In **Owakudani**, steam and sulfurous fumes rise from crevices in the rocks.

Mt. Fuji, at 3,776 m., is not only Japan's tallest mountain but it's the best known symbol as well. In addition to being a favored climbing site during the months of July and August, Mt. Fuji is the center of a wide-ranging natural recreation zone. This includes the **Fuji Five Lakes** district to the north, which offers extensive opportunities for hiking, boating, fishing, camping, and picnicking.

The **Izu Peninsula**, south of Hakone, is an important recreational area known for its hot spring resorts. The peninsula's scenic backbone is formed by the hot spring and waterfall-rich Amagi Mountain Range.

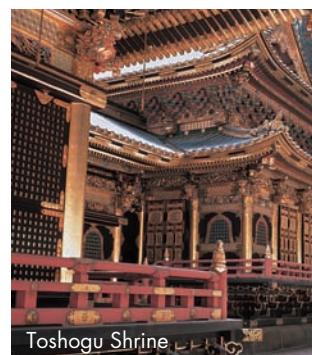
The **Seven Islands of Izu** collectively form a superb resort area combining beautiful seascape attractions and hot springs as well as impressive volcanic topography. **Oshima Island**, for example, is a popular resort within an easy 1 hrs. 45 min. high-speed boat ride from Tokyo, allowing for even a day trip.

Kusatsu Onsen is one of Japan's top spa resorts, situated less than four hours from Tokyo by direct bus link. The highly acidic spa water, which is potent enough to dissolve a ¥1 coin in a week, is extraordinarily effective.

Nikko, 2 hrs. by rail from Tokyo, is both a gem of natural beauty and home to one of the must-sees of Japanese architecture. **Toshogu Shrine** which houses the mausoleum of the founder of the Tokugawa shogunate, is Nikko's most famous attraction. The complex is unusual among Japanese architectural gems for its display of opulence and decorative complexity.



Lake Ashi & Mt. Fuji



Toshogu Shrine

Onsen

Like a giant sponge soaked with hot water, Japan literally leaks from thousands of hot springs. And at some 1,800 of these spring areas, onsen resorts have sprung up over some 2,000 years of the Japanese love of a good, hot bath. The nation's hot-spring spas are among its most enjoyable destinations for visitors, and offer a mind-boggling array of variations on the seemingly simple act of soaking in hot mineral waters. Go for a soak in an onsen bath. You are bound to get hooked!



The World Heritage Sites designated by UNESCO

- Shrines and Temples of Nikko [Tochigi]
- Ogasawara Islands [Tokyo]

Explore Japan

Kyoto and Nara

The two ancient capitals — home to treasures invaluable and traditions unsurpassed — have remained unchanged over many centuries. Time-honored temples and traditionally serene streets evoke nothing less than the image of "Japan" you've long dreamed of.

Kyoto was Japan's capital for over 1,000 years, and during that time became the repository of much of the best of Japanese art, culture, religion, and thought. Kyoto can be reached in 2 hrs. 40 min by Shinkansen super express from Tokyo and 1 hr. 15 min. from the Kansai International Airport near Osaka.

In the center of Kyoto you find the **Kyoto Imperial Palace**, renowned as a pinnacle for its simplicity of Japanese architecture. (Note: You must apply for a permit with your passport, 20 min. before the tour :10 a.m. and / or 2 p.m.) Nearby is the more lavishly appointed **Nijo Castle**, home of the Tokugawa shogun on his rare visits to the city.



Kiyomizu Temple

The **Gion Corner** near Shijo-Kawaramachi is an excellent place to view traditional arts and traditional theater. Rows of tastefully designed old-style restaurants add to the distinctly refined atmosphere. In the Higashiyama area, **Sanjusangendo Temple** is noted for its 1,001 gilded wooden statues of Kannon, the Goddess of Mercy. **Kiyomizu Temple** is famous for its wide wooden veranda jutting out over an exquisite valley that extends to a panoramic view of the city. **Ginkakuji Temple**, or the Silver Pavilion, is renowned both for its exquisite architecture and the beauty of its understated landscape gardens.

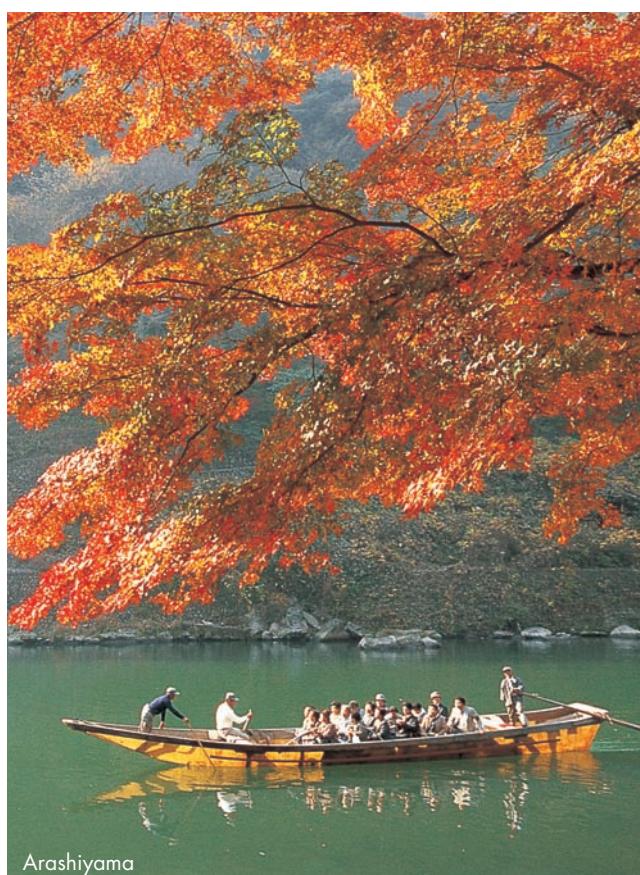
The **Katsura Imperial Villa**, located in western Kyoto, is considered to be one of the finest examples of traditional Japanese architecture and garden landscaping. The **Shugakuin Imperial Villa** was built in the 17th century by the Tokugawa shogunate as a retreat for Emperor Go-Mizunoo. Permission must be



obtained from the Imperial Household Agency to visit these sites. Apply for a permit as many days in advance as possible.

The **Arashiyama** district, only 20 min. by train from central Kyoto, is dotted with many celebrated temples and shops. The area can be easily enjoyed on foot or bicycle, offering a superb walking experience especially on those fine weather days.

Western Kyoto contains musts for the tourist - **Kinkakuji** and **Ryoanji temples**. The brilliant Kinkakuji, or Golden Pavilion, is in excellent contrast to Ryoanji famed for its stone garden which is simplicity itself designed with only rocks and white sand.



Arashiyama

Nara, 42 km. (28 mi.) south of Kyoto, is an older capital of Japan, and was also a major cradle of Japan's arts, crafts, literature, and culture not to mention industry.

The major tourist attractions are clustered around Nara Sta. **Nara Park** is popularly known as Deer Park for its resident tame deer.

To the west lies **Kofukuji Temple**, founded in 710. Many valuable Buddhist statues are exhibited in the National Treasure House, and nearby is a five-storied pagoda which is mirrored in the Sarusawa Pond.

The **Nara National Museum** contains a collection of Buddhist art with pieces from every period.

But perhaps the most famous of Nara's many ancient attractions is **Todaiji Temple**, where the Great Buddha of Nara sits. The Daibutsuden, where the Great Buddha is housed, is claimed to be the world's largest wooden structure.



Another attraction is the colorful **Kasuga Grand Shrine** erected in 768 — one of the most famous Shinto shrines in Japan. The vermilion-lacquered buildings create a beautiful contrast to the surrounding greenery. Some 1,800 stone lanterns stand in the shrine precincts and 1,000 metal lanterns are suspended from the eaves of its corridors.

Horyuji Temple, 45 min. by rail from Nara Sta., is not only superbly beautiful but one of the most important temples in Japan. The temple, the oldest intact temple complex in Japan, was founded in 607. Around 40 buildings make up the complex, and are said to be the world's oldest wooden structures.

The World Heritage Sites designated by UNESCO

- Historic Monuments of Ancient Kyoto (Kyoto, Uji and Otsu Cities) including Kinkakuji Temple and 16 other temples and shrines.
- Buddhist Monuments in the Horyuji Area [Nara]
- Historic Monuments of Ancient Nara includes Todaiji Temple and 7 other temples and shrines.

Look!

Sightseeing in Japan, a Safe Country

Japan is well known for its safe cities, but to understand just how safe it really is, you really have to visit the country. Women can walk safely almost anywhere on their own, at any time of day or night. It's not unusual to see kids riding the subway alone, and sleeping on trains seems like the national pastime! Unattended belongings lying in a bar or restaurant are rarely interfered with. Nearly everyone has a story about the time they lost their wallet and it was either returned to them by the police or they went back a few days later to the place they lost it and found it still there, contents intact. But that doesn't mean you can afford to be careless. The same commonsense rules apply in Japan as anywhere else. Take care of your things, and be aware of what's going on around you. Have a safe trip!



Yakushiji Temple



Nara Park

Explore Japan

Chubu

The Chubu region lies almost in the geographical center of Japan. Here you have the soaring peaks of the "Japan Alps," the Japan Sea coast which retains much of the nation's older and traditional lifestyles, all the way to the Pacific coast that thrives with highly developed modern industry. These are the varied faces that constitute this region.

Nagoya & Vicinity

Nagoya is 366 km. (229 mi.), or 1 hr. 50 min. by Shinkansen super express from Tokyo and 1 hr. from Shin-Osaka. Japan's fourth largest city, Nagoya is an old castle town, with a fine network of streets and wide boulevards. The region is noted as the center of Japan's porcelain industry, lacquer ware, the "shibori-zome" tie-dyed cloth, and other arts and handicrafts. Near the center of the city stands **Nagoya Castle**, originally a residence and military headquarters for the Tokugawa clan. The **Tokugawa Art Museum** is well worth a visit as it houses over 10,000 articles handed down by the Tokugawa family.



Nagoya Castle

A number of pottery producing centers can be found in the environs surrounding Nagoya. **Seto**, 30 min. by rail from Nagoya, is one of the largest pottery producers in Japan well known for its pottery and many local kilns. Throughout the town there are many shops as well as studios offering a pottery-making hands-on experience to visitors. Reasonably priced small souvenir plates are highly popular. Also **Tokoname**, 40 min. by train from Nagoya, has long been known for its Tokoname-yaki pottery.

Inuyama, 30 min. by rail from Nagoya, is famous for its white-walled castle, Japan's oldest existing fortress.

Museum Meiji-mura, about 1 hour ride from Nagoya, is an impressive outdoor museum of buildings collected from the Meiji period (1868 - 1912).



Ski Resort, Nagano

Side Trips from Nagoya

Ise-Shima National Park harbors the Ise Grand Shrine as well as numerous pearl fisheries along its magnificent seacoast.

The **Ise Grand Shrine**, about 1 hr. 30 min. by rail from Nagoya, is the most venerated of all Shinto shrines in Japan. The main shrine is completely rebuilt every 20 years.

Toba, 20 min. by rail or 40 min. by bus from Ise, is a port town famous for its "**Wedded Rocks**," a pair of islets linked by a giant rope, and is a sacred Shinto spot of worship. Don't pass up a visit to **Mikimoto Pearl Island**, where pearls were first artificially cultured.

Takayama, 2 hrs. 10 min. by limited express from Nagoya, is an old castle town situated in a valley surrounded by the Japan Alps. Takayama retains much of the atmosphere of old Japan. The whole town is museum-like, dotted with attraction after attraction, including a variety of small museums devoted to traditional crafts embodying the town's long-standing tradition of the finest in craftsmanship.

1 hr. 40 min. bus ride takes you to mountainous **Shirakawa-go Village**. Nestled in a rural setting reminiscent of the old Japan, Shirakawa-go is world-famous for its steeply thatch-roofed or "gassho-zukuri"-style traditional farmhouses, some offering an overnight stay as family-run inns.



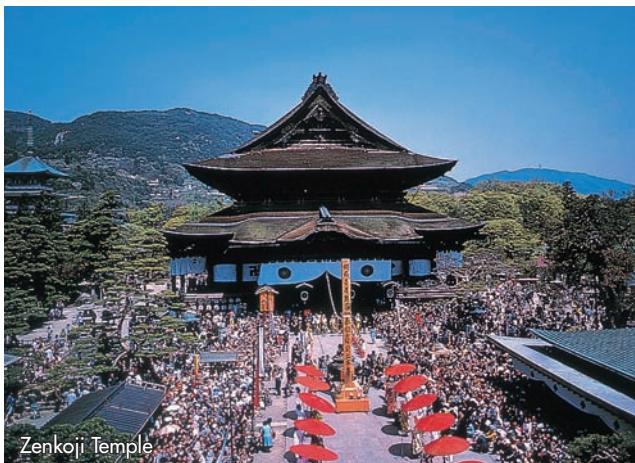
Old Houses in San-machi Suji, Takayama

Other Areas

The mountains of the **Japan Alps** are a series of volcanic peaks running from north to south through the central and widest part of Honshu. They are often compared to the Alps of Europe in ruggedness and beauty. The Northern Alps form the core of **Chubu Sangaku (Japan Alps) National Park**.

Nagano became world-famous as the host for the 1998 Winter Olympics. Its highland areas offer superb skiing in winter and their refreshingly cool summer is ideal for walking and trekking.

Zenkoji Temple in central Nagano City has been highly revered for 1,400 years as a primary center of Buddhistic faith. Its imposing main building is a national treasure.



The main donjon of **Matsumoto Castle** in the city of Matsumoto is nicknamed the "Crow Castle" because of its black walls. The castle was built during the Age of Civil Wars, and therefore it has little decorative features, yet shines with a simple and masculine beauty.

Kanazawa, 3 hrs. by limited express from Nagoya or Osaka, originated as a castle town that retains much of the flavor of those early feudal times.

The prevailing practices of Noh drama, tea ceremony, and flower arranging among the citizens came about as a result of the long period of unbroken peace which their ancestors enjoyed from the 17th to 19th centuries. **Kenrokuen Garden**, created in 1822, lies in the center of the city, and is known as one of the three most beautiful landscape gardens in Japan, along with Kairakuen Garden in Mito and Korakuen Garden in Okayama.

A 1 hr. 30-min. train ride from Kanazawa via Fukui takes you to **Eiheiji Temple**, celebrated as one of the headquarters of the Soto sect of Zen Buddhism.

It was founded by Priest Dogen (1200 - 1253), who brought Zen Buddhism to Japan from China.

The World Heritage Site designated by UNESCO

- Historic Villages of Shirakawa-go and Gokayama [Gifu and Toyama]

Northeast of Kanazawa, the **Noto Peninsula** projects into the Japan Sea. Its long coastline features a diversified geography. The outer coast is characterized by its ruggedness while the inner coast is rich with bays and inlets with numerous photogenic fishing villages.

Tateyama Kurobe Alpine Route is a magnificent, mountain-sightseeing route winding its way from Tateyama Sta. in Toyama Prefecture of the local Toyama-Chiho Railway and passing through the center of the Northern Japan Alps to its terminus in Omachi in Nagano Prefecture. One can enjoy a superb view of 3,000-m-high class mountains from the convenience of a cable car, bus, ropeway and trolley bus.



Niigata Prefecture, 1 hr. to 2 hrs. from Tokyo, is one of the world's snowiest areas and, as such, attracts large numbers of skiers throughout the winter.

Sado Island, 1 hr. by hydrofoil from Niigata, is the fifth largest of Japan's islands, and is home to many small rice farms nestled between its twin parallel mountain chains.



Explore Japan

Kansai

The Kansai region has prospered as the capital of commerce in Japan since olden times. As such, Kansai is characterized by its distinct vitality and energy even today, creating a very special atmosphere that enlivens the visitor as well.

Osaka, 3 hrs. by Shinkansen super express or 1 hr. by air from Tokyo, is Japan's third-largest city and the commercial and industrial hub for western Japan. Situated at the mouth of the Yodo River emptying into Osaka Bay, Osaka has a network of canals that crisscross under its many busy streets, which have played an important role in the city's prosperity.

As a classical city, it is very proud of its being the origin of Bunraku puppet theater. The **Osaka Bay area** is a must for visitors as an emerging center of the trendiest in urban attractions, include Osaka Aquarium **KAIYUKAN** and **Universal Studios Japan™**, a Hollywood based theme park, and many more.

The absolute highlight is **Osaka Castle**, once the largest in Japan, built in 1586 by Toyotomi Hideyoshi. The present five-storied fortress, a copy of the original, contains many historical art objects and documents related to the Toyotomi family and Osaka of the old.



Osaka Castle

Nakanoshima, on a small delta between divergent streams of the Yodo River, is the civic center. At its end lies **Tennōmangū Shrine**, dedicated to Michizane Sugawara, a noted scholar. Nearby is the Tenjinbashi Shopping Street which has long prospered by catering to worshippers and

visitors to the local shrine. A walk along its shopping arcade provides a glimpse into the daily lifestyle of the local residents.

For entertainment and shopping, don't miss the **Umeda** and **Namba** districts. Umeda, centered around Umeda Sta., has a number of modern underground arcades which are always teeming with visitors and shoppers. Worthy of its reputation for "kuidaore" (the epicurean joy of over-indulgence in the delights of the table), Osaka truly caters to the gourmet. Try popular Osaka dishes such as "yakiniku" (grilled meat), "fugu-nabe" (globefish hotpot), "kushi-katsu" (skewered deep-fried pork and onions), "sushi" and "tako-yaki" (baked dumpling containing a piece of boiled octopus), among many, many others.

Kobe, 30 min. by rail from Osaka, is a major seaport which has developed at a rapid pace since the Meiji Restoration began in 1868. A city of hills,



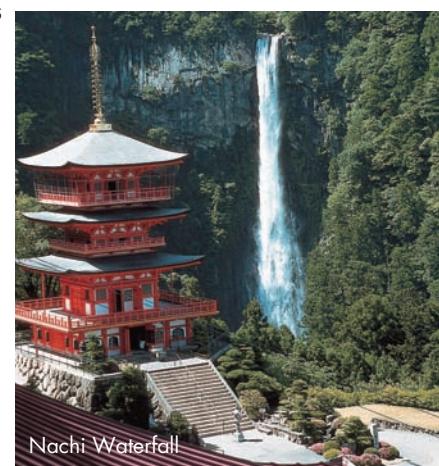
Kobe Harborland
©Kobe Convention & Visitors Association

Kobe has many narrow paths and walkways that wind up and down the Rokko foothills that form the city's backdrop. One of Japan's main ports, along with Yokohama, Kobe harbors a fascinating foreign residential enclave that is great for strolling.

Kobe Port Tower, soaring 108 m., is beautifully lit up in the evening. Across the way is **Kobe Harborland**, a newly emerging waterfront development. It bustles with throngs of visitors who enjoy the famed night view of this great port city well into the evening hours.

Another major attraction in western Japan is located in **Himeji** City. **Himeji Castle** is one of the most beautiful castles to be found in the nation. With its twisting paths through the castle grounds leading past alabaster-plastered walls and the original buildings—preserved as national treasures—a visit here is not to be missed.

For a different unforgettable experience, stay at the monastery at the summit of **Mt. Koya**, a 2-hr. rail ride from Osaka. Founded in 816 by Kobo Daishi, the great exponent of the Shingon sect of Buddhism, the monastery is comprised of over 120 temples, of which 53 offer lodgings and vegetarian meals at reasonable prices. The monastery is visited by 1 million pilgrims annually.



Nachi Waterfall

The World Heritage Sites designated by UNESCO

- Himeji Castle [Hyogo]
- The Sacred Sites and Pilgrimage Routes in the Kii Mountain Range [Wakayama]

The Inland Sea/Shikoku

The "Shimanami-kaido" route recently opened connecting the main islands of Honshu and Shikoku with seven magnificent bridges. The highway and bridge route over the Inland Sea unfolds with fantastic views interwoven by the blue sea dotted with ships and boats of all sizes, and the picturesque small islands.

The **Inland Sea**, or Seto-Naikai, is bounded by the three main islands of Honshu, Shikoku, and Kyushu. Crossing from Honshu to Shikoku islands has now become extremely easy and enjoyable thanks to the series of seven bridges, including the Seto Ohashi, Akashi-kaikyo Ohashi and Shimanami-kaido bridges. Boats and ferries also travel to Shikoku island from the cities of Osaka, Kobe, Hiroshima, Onomichi, and Wakayama.

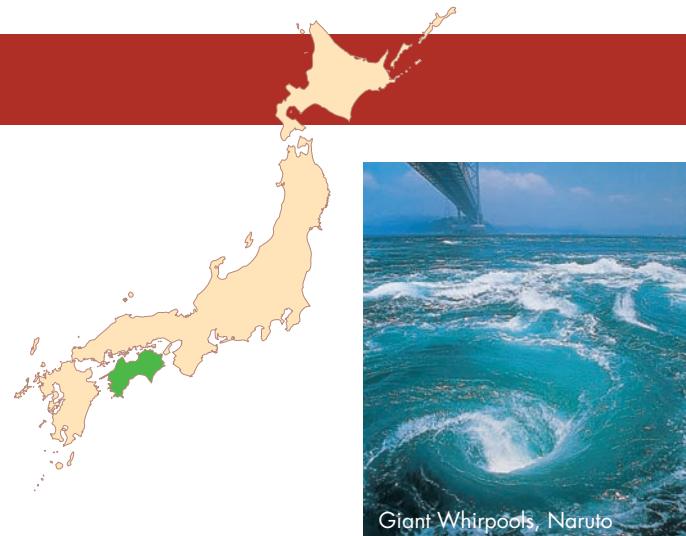


"Shimanami-kaido" Route

The Inland Sea, blessed with superb seascapes and a mild climate, is remarkably calm, peaceful and beautiful. Over 600 islands are scattered over an area of 8,200 sq. km. Walking or cycling along the **"Shimanami-kaido"** route (60 km. in total length) is highly recommended if you wish to fully enjoy the scenic splendors of the Inland Sea. The "Shimanami-kaido" provides an ideal sightseeing route as the seven bridges link the six smaller islands lying between Honshu and Shikoku. The richly diversified coastal scenery is an interesting kaleidoscope of the many small ports, fishing villages, salt fields, and farms found among the gentle island slopes.

The **Naoshima Cultural Village** on **Naoshima Island** in the Inland Sea can be reached in about 1 hr. 30 min. from Okayama by train, ferry and car. The "village" features a fine contemporary art museum and its architecture is a harmonious blend with the island's serene natural environment.

Shikoku Island consists of four prefectures, and each prefectoral seat was at one time a castle town. The natural beauty illustrated by the picturesque Inland Sea Coast and the dynamic Pacific Ocean



Giant Whirlpools, Naruto

Coast accentuates the tourist attractions of Shikoku Island. Access has become very easy since direct bus services began operating recently between the major cities in the Kansai region on the Honshu side and those on Shikoku.

Takamatsu, 1 hr. by train from Okayama, is the main gateway to Shikoku from Honshu, and a convenient starting point for traveling around the island. Takamatsu has many attractions worth seeing. **Ritsurin Park** is one of the finest traditional gardens in this area. It was laid out about 350 years ago on the site of a villa owned by the Matsudaira clan.



Ritsurin Park

Matsuyama, the largest city in Shikoku, is a 2hr. 40min. limited express train ride from Takamatsu or a one-hour boat trip from Hiroshima or Kure. **Matsuyama Castle** is one of the nation's best-preserved. Also **Dogo Spa**, 20 min. by rail from Matsuyama, is one of the oldest in Japan.

Kochi, 2hr. 20min. by limited express train from Takamatsu, is the prefectoral seat of the rich farming land and fisheries along Shikoku's central southern coast. Its southwestern coast is designated a national park and offers a variety of outdoor attractions from scuba diving to whale watching.

Tokushima Prefecture can be reached from the Kansai region in approximately 2 hrs. 30 min. by express bus. Its capital, the city of Tokushima is famous for its Awa-Odori dance festival held every summer. **Naruto**, 40 min. by train from Tokushima City, is noted for its giant whirlpools in the narrow Naruto Straits. For an exciting, closer look at these whirlpools, book a ride on a pleasure boat.

Explore Japan

Chugoku

The Chugoku region is punctuated with small but serene and exquisite villages and towns. Seaside fishing villages and hamlets nestle in the mountains. This is the place to visit in quest of nostalgic scenery and the flavor of the best of old Japan.

Chugoku, situated at the western end of the main island of Honshu, is split into the two areas of Sanyo, the Inland Sea Coast, and San-in, the Japan Sea Coast.

Okayama, 1 hr. by Shinkansen super express from Shin-Osaka, is a gateway to the Chugoku region and Shikoku Island. The main attraction here is the **Korakuen Garden**. Filled with flowers all year round, this garden masterpiece was created in 1700 by the ruling feudal lord of the Okayama clan who spent 14 long years to complete it.

Kurashiki, where the past is beautifully preserved and naturally blended with the new, is reached by a 15-min. train ride from Okayama. Stroll the narrow streets of the old merchant's quarter with its tile-roofed houses and willow-fringed canals to get a flavor of this exquisite town. Kurashiki has several museums. Of these, **Ohara museum of Art** is remarkable. It contains a great collection of world-famous paintings and sculptures. The Japanese folkcrafts and Oriental antique fine art masterpieces on exhibit are impressive.

Hiroshima, a former castle town, is reached in 1hr. 40min. by Shinkansen super express from Shin-Osaka. The present city emerged from the ashes of the World War II atomic bombing. **Peace Memorial Park** contains the Peace Memorial Museum displaying a large collection of photographs and objects relating to the devastation. Here the Peace Flame burns in front of the Memorial Cenotaph, never to be extinguished until all nuclear weapons are abolished.



Twenty-five min. by train from Hiroshima and a 10-min. boat ride from Miyajima-guchi, takes you to **Miyajima Island** and **Itsukushima Shrine**, a must-see for all. The entire island, with an area of 30 sq.



Korakuen Garden

km., is designated by the government as a Special Historic Site and a Special Place of Scenic Beauty. The shrine buildings are connected by corridors which stretch out over the water, so at high tide the whole structure appears to be floating on the sea. A red camphor wood torii gate rising out of the sea is the landmark of the shrine. Many colorful festivals are held here throughout the year, but the most dramatic is Kangen-sai in July or August. On this occasion, the Itsukushima deity is taken on a boat journey to visit other shrines on the mainland side and back. Sacred music is played on ancient Japanese instruments.

Hagi (Higashi-Hagi Sta.), 1 hr. 10 min. by bus from Shin-Yamaguchi Sta., is an old castle town rich in history. Hagi is the birthplace of many prominent samurai who led events resulting in the Meiji Restoration. A number of old-time samurai residences, temples and shrines can be found here and there around the town, which exudes a calm, and tasteful atmosphere. Just touring the peaceful lanes is an enjoyable experience.

The town is also well known for its Hagi-yaki pottery.

Tottori, 4 hrs. 20 min. by limited express from Osaka, is the seat of Tottori Prefecture. The city is noted for the sand dunes located 5 km. to the north in a portion of the **San-in Kaigan National Park**. Visit the dunes early in the morning to discover the beautiful patterns on their surfaces created by winds and rain during the night.

Matsue, 2 hrs. from Tottori by limited express, is situated at the point where the Nakaumi Lagoon joins Lake Shinji. The city is a major distribution hub and tourist destination, as well as the seat of Shimane Prefecture.

Izumo Taisha Shrine, 10 min. by train from Izumoshi Sta., is famed for its architectural style and is one of the oldest shrines in Japan. Backed by history stretching a few thousand years, the grand sanctuary building stands in its own solemn splendor. The deity enshrined here is famous nationwide in support of marital bliss, thus attracting large numbers of young woman worshippers.

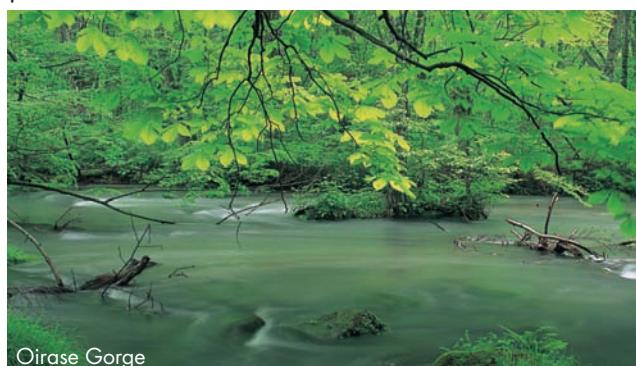
The World Heritage Sites designated by UNESCO

- Hiroshima Peace Memorial (Genbaku Dome)
[Hiroshima]
- Itsukushima Shinto Shrine [Hiroshima]
- Iwami Ginzan Silver Mine and its Cultural Landscape
[Shimane]

Tohoku

The Tohoku region offers a diverse range of attractions — outwardly rustic in appearance yet with a rich and deep ambiance. It is a combination of a colorful natural world, friendly and ingenuous people, with explosive summer festivals and excitement that culminate in the region's short summer season. And so very much more ...

The northern portion of the main island of Honshu is called the Tohoku region. The weather is always refreshingly cool in the highlands with summer temperatures some 10°C cooler than in the southwest. Rustic hot springs are everywhere in Tohoku and lure large numbers of "onsen" lovers from throughout Japan. All these hot springs are known for their medicinal values and, as such, have served as hot-spring cure places since times of old.



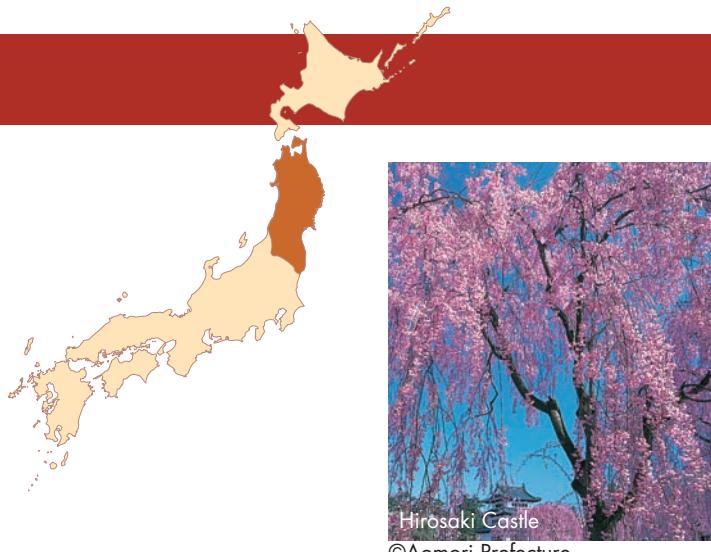
Oirase Gorge

The gateway to the Pacific Coast area is **Sendai**, 2 hrs. by Shinkansen super express from Tokyo. Sendai serves as a base for trips to **Matsushima**, which can be reached in 40 min. by rail. Matsushima is reputed to be one of the three most beautiful places in Japan. The scenic bay is dotted with hundreds of islets. A tour around the bay on a pleasure boat is recommended.

Hiraizumi, a 1 hr. 30-min. train ride from Sendai, was originally modeled on Kyoto and is the site of the noted **Chusonji Temple** built in 1109. The temple's Konjikido, or Golden Hall, houses 11 images of Buddha, and was originally coated with black-lacquer and gold plate.

Aomori, 2.5 hrs. by limited express or **Hachinohe**, 30min by Shinkansen from Morioka is a starting point for trips to **Lake Towada** and the **Oirase Valley**, the core of the **Towada-Hachimantai National Park**. Lake Towada, in the center of the park, is one of the most picturesque lakes in Japan. At its eastern shore, the Oirase Valley stretches for 14 km. A promenade, meandering along the gorge fringed by dense woods, provides refreshing views of the crystal-clear stream as well as waterfalls, large and small.

A must-see in the city of Aomori is the ancient **ruins of Sannai-Maruyama**, a 30-min. bus trip from central Aomori. Dating back about 4,000 to 5,500 years, it is one of Japan's largest-scale ruins of Jomon-period communities. Unearthed articles and reproductions of



Hirosaki Castle

©Aomori Prefecture

ancient dwellings are open to the public. The city's Nebuta Festival, held in August, is famous as a festival representative of the country as a whole and attracts throngs of revelers from all over.

Hirosaki is 30 min. by limited express from Aomori. In early May every year, **Hirosaki Castle** grounds and surrounding areas come alive with cherry blossoms in full bloom on some 5,000 cherry trees.

The **Shirakami-Sanchi Mountains**, extending over the prefectural borders between Aomori and Akita, is a vast woodland of primeval beech forest, thus retaining an untouched part of the world of nature. "Mini Shirakami" hiking course is found nearby.

The city of **Akita**, 1 hr. 40 min. from Morioka by Akita Shinkansen, is home to the Kanto Festival in August, another great summer festival in the Tohoku region.

Kakunodate, 45 minutes from Akita by Shinkansen, is a historic town dotted with samurai residences and storehouses. The samurai residences now serve as museums and restaurants, allowing visitors to experience old-style Japan.

Yamagata Prefecture, about three hours from Tokyo by Shinkansen, offers visitors onsen and winter skiing in the **Zao** mountain range. The Zao "Okama" (cauldron) is a mystical caldera lake brimming with emerald water. Don't miss it.



"Okama" of Mt. Zao

Aizu Wakamatsu, the castle town of Tsuruga Castle, is around 2 hrs. 30 min. from Tokyo by Shinkansen and JR limited express. Nearby **Mt. Bandai** and **Lake Inawashiro** are famous winter ski resorts.

The World Heritage Sites designated by UNESCO

- Shirakami-Sanchi Mountains [Aomori and Akita]
- Hiraizumi [Iwate]

Explore Japan

Kyushu/Okinawa

Kyushu, located southwest of the main island of Honshu, offers a mild climate, lush green countryside, hot springs, and mysterious volcanic formations.

Because of its proximity to Korea and China, Kyushu, from the fourth century on, was culturally influenced by its more sophisticated neighbors. It was also the first point of contact with the West when the Portuguese landed here in the 16th century.

Fukuoka, 6 hrs. by Shinkansen super express from Tokyo or 2 hrs. by air and 3 hrs. by Shinkansen super express from Shin-Osaka, is the rail gateway to Kyushu. In recent years, the city has emerged as a strategic point of international exchange with the rest of Asia. The intriguing **Fukuoka Museum of Asian Fine Art**, is well worth a visit as it showcases the "now" of Asia. At **Dazaifu**, 20 min. by car from Fukuoka, many archeological finds related to Japan's ancient court culture can be found.

Arita, 1 hr. 20 min. from Hakata, is well known for its pottery with a history of over 400 years. There are about 150 kilns in the area.



Oura Catholic Church

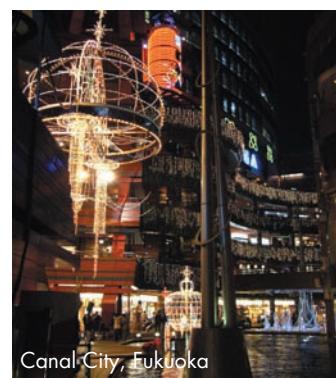
©Nagasaki International Tourism and Convention Association

Nagasaki is a base from which to visit **Unzen**. Nagasaki was the only Japanese port open to foreign trade by the Tokugawa shogunate during the period of Japan's seclusion from 1639 to 1859. Nagasaki was also the target of the second atomic bomb dropped on Japan during World War II.

Primary attractions in the city include **Sofukuji Temple**, known as the Chinese Temple, the **Oura Catholic Church** — a National Treasure — and the century-old **Glover Mansion**. It is also noted for its scenery reminiscent of the setting for Puccini's opera, Madame Butterfly.

Nagasaki Peace Park was laid out to commemorate the exact spot of the atomic blast on August 9, 1945, three days after the first was dropped on Hiroshima.

Unzen, a pleasant 2-hr. drive from Nagasaki, features both highland and seashore hot-spring resorts. **Mt. Unzen**, an active volcano, consists of



Canal City, Fukuoka

©Y. Shimizu

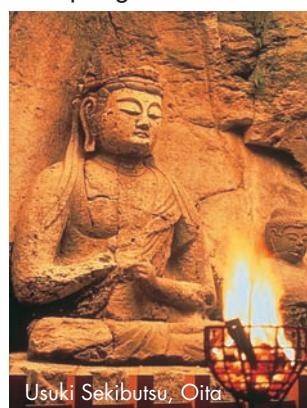
three peaks, the highest being **Fugendake** (alt. 1,360 m.). **Shimabara** is where **Shimabara Castle** once stood. Its donjon, a reconstruction, is now a museum, displaying records and documents relating to the Christians of the district who made their last stand here in their struggle against persecution by the Shogunate in 1638.

Kumamoto is 30 min. by Shinkansen super express from Hakata Sta. Major tourist spots include **Kumamoto Castle** and **Suzenji Park**. Kumamoto is also a gateway to **Aso-Kuju National Park**, which includes volcanoes such as Mt. Aso, the world's largest volcanic caldera, and Mt. Kuju.

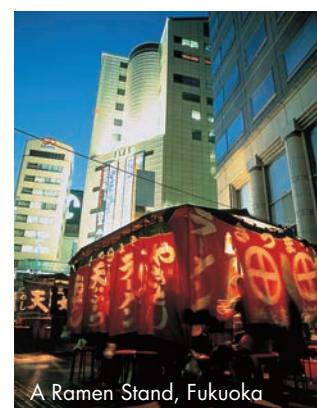


Mt. Aso

Beppu Spa, 15 min. by train from **Oita**, is situated on the eastern coast of Kyushu. Beppu, a spa town, is famous for its bubbling mud ponds, the most active of which detonate loudly and throw mud into the air. When it comes to public hot spring baths, there over 100 — eloquent proof that this is one of Japan's greatest hot spring resorts. Try hopping from one public bath to another and enjoy the many different hot spring waters.

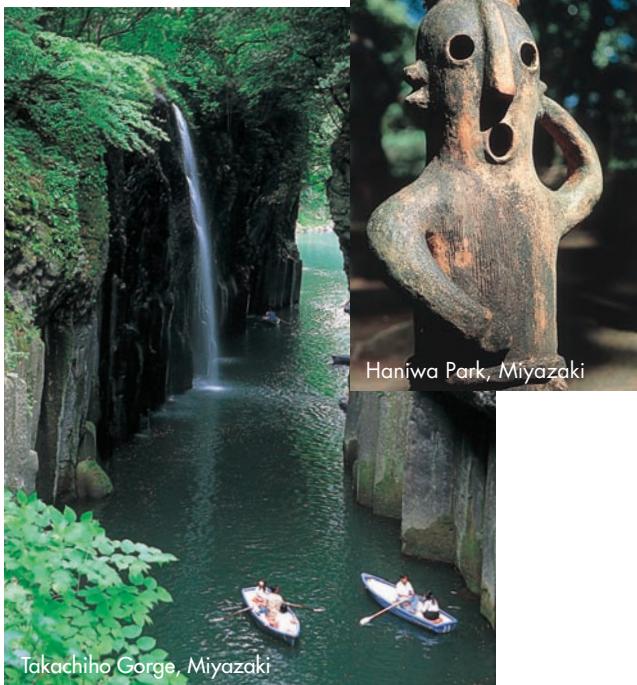


Usuki Sekibutsu, Oita



A Ramen Stand, Fukuoka

Miyazaki, 3 hrs. by limited express train from Oita, is a favorite vacation spot. **Nichinan Kaigan Quasi-National Park**, extending for about 100 km. along the seacoast south of Miyazaki, is the foremost tourist highlight. Its principal attraction is **Aoshima Island**, a tiny islet densely covered with biro or betel-nut palms.



Haniwa Park, Miyazaki

Takachiho Gorge, Miyazaki

Kagoshima is 1.5 hrs. by Shinkansen super express from Hakata. The city abounds in scenic attractions, historic sites, and hot springs and is dominated by **Sakurajima**, an active volcano.

One hour by train from Kagoshima-Chuo Sta. is **Ibusuki**, one of the most celebrated hot-spring resorts in Japan. Located at the southernmost tip of the Satsuma Peninsula, it owes its popularity in part to its lovely white sandy beach and lush subtropical vegetation. A unique form of hot sand-bathing is offered here and is a great way to relax.

Yakushima Island, 40 min. by air from Kagoshima Airport, is home to a primeval forest of "Yaku-sugi" cedars dating back thousands of years. Many outdoor activities can be enjoyed, including mountain climbing, valley trekking, canoeing and eco tours among others.



Hot Sand-bathing, Ibusuki



Beautiful Sea, Okinawa

The main island of **Okinawa**, the most popular of the Okinawan islands, is located 2 hrs. 30 min. by air from Tokyo, and 2 hrs. 15 min. from Osaka (Itami). It is a favorite visitor destination owing to its historical past, its coral reefs, emerald seas, sunny skies, and subtropical vegetation. The islands reverted to Japan in 1972 after being occupied by the United States from the end of World War II. Tourist sites in **Naha**, the prefectural seat, include **Naminoue Shrine**, dedicated to the three gods believed to be the ancestral deities of the Imperial family; **Sogenji Temple** which was originally erected more than 450 years ago and is the mausoleum of the former kings of Okinawa during the Ryukyu Dynasty; and the **Shurei-no-mon** or Gate of Courtesy, the second gate of **Shuri Castle** built during the reign of King Shosei. **Okinawa Senseki (Old Battlefields) Quasi-National Park**, consists of monuments dedicated to the spirits of the more than 200,000 World War II war dead.

Smaller islands around the main island boast some of the world's most crystalline seawaters and finest coral reefs, providing a marine playground for divers and tourists.



Local Dishes of Kumamoto



Market, Okinawa

The World Heritage Sites designated by UNESCO

- Yakushima Island [Kagoshima]
- Gusuku Sites and Related Properties of the Kingdom of the Ryukyu [Okinawa]

Explore Japan

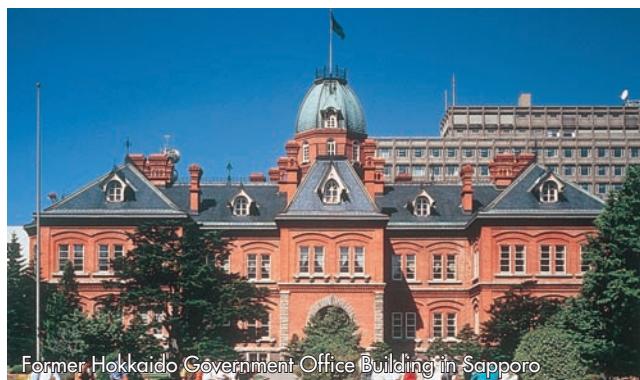
Hokkaido

Hokkaido — nature's paradise. Enjoy the whole of this extensive land to your heart's content — its mountains, highlands, rivers, lakes, the sea, and its azure skies.

Hokkaido, Japan's northernmost main island, was aggressively settled from the 18th century on, and today, as in olden times, still abounds in natural splendor.

Sapporo is the aerial gateway to Hokkaido from Tokyo and Osaka and is the island's cultural, economic, and political center. The city is marked by its neatly laid out checkerboard-like streets.

The city's main thoroughfare is the flower-adorned **Odori Park**, where the internationally popular Sapporo Snow Festival attracts viewers every February. Sapporo's historical monument, the **Clock Tower Building**, adjoins a museum exhibiting the city's history. The popular hot spring resort **Jozankei Spa**, is only a short trip from Sapporo. It is a popular haven for many day visitors as well.



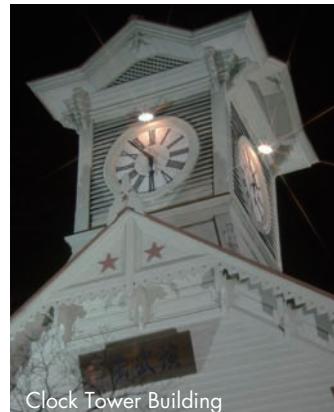
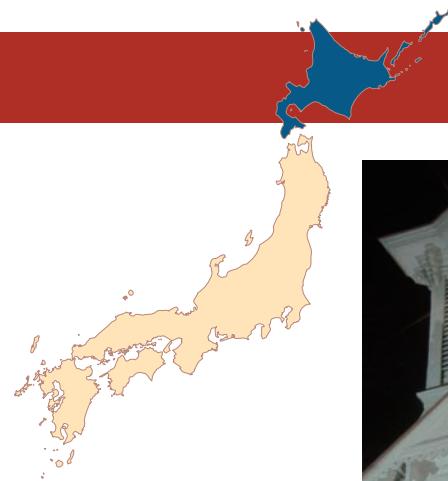
Former Hokkaido Government Office Building in Sapporo

Lake Shikotsu, 1 hr. 20 min. by bus from Sapporo, is a beautiful caldera lake tucked among soaring cliffs. The water is deep blue, and never freezes over.

The circular caldera **Lake Toya** is another highlight. Four thickly wooded islets, dubbed the Nakanoshima Islands, grace the lake's center.

Hakodate, accessible by train from Aomori, is another popular Hokkaido tourist spot. Hakodate is a port town noted for its splendid night view. The star-shaped Goryokaku fortress is a principal attraction in the city along with scenic **Mt. Hakodate**. Well worth a visit is the morning market with buyers and onlookers alike thronging its 360 small shops and stalls filled with fresh fish and vegetables. Simply watching the market's lively hustle and bustle is a great attraction in itself.

Asahikawa in central Hokkaido can be reached in 1 hr. 30 min. by limited express from Sapporo. Another 1 hr. trip by local train brings you to **Furano** celebrated for its lavender fields in early summer. A vast undulating expanse of fields form exquisite flowery belts of narcissi, lavender and cosmos.



Clock Tower Building

Driving through the flowering fields of Furano in this grand natural setting is highly popular among visitors of all generations and a truly unforgettable experience.



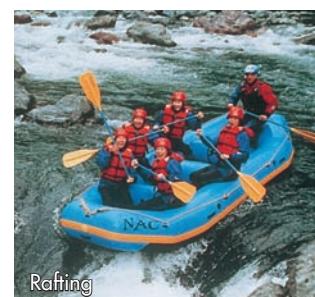
Furano

Kushiro, the largest city in eastern Hokkaido, is 4 hrs. by limited express from Sapporo. In eastern Hokkaido area you find a world of pristine nature, dotted with crystalline lakes. The greatest highlight here is the **Kushiro Marshland** which is a wildlife sanctuary. Canoeing down the Kushiro River, which weaves its way through this spectacular marshland, will remain a lifelong memory.

Hokkaido, a land of verdant nature, provides the nature lover with an extensive array of outdoor activities. Attractions include dolphin and whale watching, white-water rafting, horseback riding, woodland trekking, hot-air ballooning, and so much, much more.



Skiing



Rafting

The World Heritage Site designated by UNESCO

•Shiretoko [Hokkaido]

Tips for Budget Travelers

Look!

Listed here are some lucrative tips for the budget-minded traveler in Japan.

■ Transportation

JR's **Japan Rail Pass** offers excellent value and convenience for the foreign visitor traveling around Japan. Especially recommended is the "Japan Rail Pass 7 Days." At a price about equivalent to a round trip on the Shinkansen super express between Tokyo and Kyoto, it allows the bearer unlimited travel on JR lines throughout Japan for seven days.

Meanwhile, in large population centers like Tokyo and Osaka, "**1-day Pass**" and similar cost-saving tickets are available. They offer unlimited local transportation in the respective areas' main systems of intra-city transportation for a specified period of time. By eliminating the trouble of frequently buying tickets, using such tickets is very convenient for travelers who wish to move around within a limited area and within a limited period of time. For details, please refer to page 34-35.

■ Welcome Card (Culture Card)

The card comes with a guidebook for you as an overseas visitor to Japan to enable you to get discounts and special services at art galleries, museums, sightseeing attractions, shopping areas, restaurants, accommodations and transportation facilities. Although called the Welcome Card, there are also places where you can receive discounts by presenting a web page printout instead of the card. This card, in many varieties, is currently available in **Tokyo** (Museum Guide, Handy Guide and Map), **Kagawa Prefecture** and **Northern Tohoku, Narita, Kobe, Kita-Kyushu, Fukuoka** cities and regions. The card is available free of charge at local information centers in each region and through the following website.

<http://www.jnto.go.jp/eng/arrange/essential/welcome.html>

■ Dining

Dining out in Japan is not necessarily "expensive" though, like in most countries, it tends to be a bit more expensive while traveling. Delicious as well as reasonably-priced dining can be enjoyed if you keep the following tips in mind:

● Concentration of **fast food establishments** can often be found around train stations, which offer inexpensive meals in a casual atmosphere. Hamburger and sandwich shops not to mention, there are Japanese-style fast food shops, specializing in "gyudon" (rice topped with cooked beef and sauted onions), "tendon" (rice topped with tempura), and soba or udon noodles. These fast food establishments generally offer meals at less

than ¥500. Even more reasonable breakfast menus are available at some shops.

● Shopping, entertainment and business districts are filled with restaurants which offer **weekday lunch** at reasonable prices ranging from ¥600 to ¥900. Set menus, either western- or Japanese-style, are available in abundance. Lunch time is generally from around 11:00 a.m. to 2:00 p.m.

● **Sushi** is not at all expensive except at a limited number of high-grade restaurants. With "kaitenzushi" shops (serving small plates each with a couple of bite-sized pieces of sushi on a rotating conveyor belts), sushi costs only ¥100 and up per plate. At other sushi shops, a set-menu sushi meal run about ¥1,500 and up per person. Sushi lunches can be enjoyed at around ¥800 and up.

● The basement of department stores is usually the food floor, offering a rich variety of **take out deli** selections and lunch boxes - delicious as well as inexpensive. Select one or two and enjoy your own lunch at a nearby park.

■ Shopping

● "**100-yen shops**" are constantly growing in number. A wide range of items - from foods to articles for daily use - are all sold at a uniform price of ¥100. 100-yen shops can be found near train stations and in shopping districts. You may find small souvenir items there such as Japanese tableware and many other items on sale.

● For consumer electronics, the **Akihabara** district in Tokyo is the first place you should visit. An amazing variety of consumer electronics can be found here. Get off the train at Akihabara Sta. on JR's Yamanote Line, and you'll find countless shops, including volume sales outlets and electronics parts shops, standing side by side.

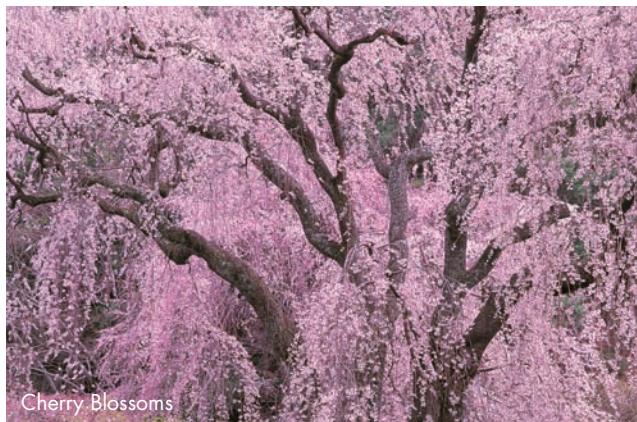
● Japanese retailers, especially department stores, hold large-scale **bargain sales** twice a year, selling seasonal products such as clothes and sundry goods at remarkable discount prices. If you happen to visit a department store during such a bargain sale period, you'll be impressed with the number of price tags on display at "30% off" and "50% off." Usually, the bargain sale seasons are in January and July.



Festivals and Events of the Four Seasons

The Japanese archipelago, for the most part, belongs to the temperate zone and its climate is characterized by four distinct seasonal changes. This climatic feature has long been a great source of enjoyment. Above all, the festivals of Japan may well be one of the country's greatest sources of enjoyment. Festivals take place virtually every day throughout the year, somewhere in Japan. Listed here are only some examples of major Japanese festivals from a list that is almost uncountable.

SPRING — The plum and cherry trees burst into bloom



From the first days of March, when flowering plum blossoms debut, to the last days of May, when the last flowering cherry blossoms fall from the trees of northern Japan, spring is a time for rebirth in the name of nature and human celebration throughout the land.

Springtime in Japan literally means flowers, in a stunning rainbow panoply of varieties and shapes. Particularly plentiful are blossoms of camellia, iris, lotus and mustard. Numerous flower festivals are everywhere.

Festivals and Events

March 1-14 Omizutori or Water-Drawing Festival of Todaiji Temple, Nara. A solemn rite performed in the flickering light of pine torches reaches its peak on the night of the 12th.

March 3 Hina Matsuri or Doll Festival throughout the country. Festival for girls celebrated at home by decorating and displaying miniature dolls.

March 15 Otaue Matsuri (Festival) of Kasuga Shrine in Nara stages a 1,000-year-old classic dance.

Mid-March (for 15 days) Second Sumo Tournament, Osaka.

April 1-30 Miyako Odori or Cherry Dance, Kyoto. Japanese dances presented by "Maiko" apprentice entertainers.

April 8 Hana Matsuri or Floral Festivals in all Buddhist temples, in commemoration of Buddha's birthday.



April 14-15

Takayama Matsuri of Hie Shrine in Takayama, with a parade of gorgeous floats.

April 16-17

Yayoi Matsuri of Futarasan Shrine in Nikko, featuring a parade of decorated floats.

May 3-4

Hakata Dontaku in Fukuoka features a parade of legendary gods on horseback.

May 3-5 Kite Battles, in Hamamatsu. Competitors fly huge kites to try and cut strings of their opponents' kites.

May 5 Children's Day throughout the country. Noted for colorful flying carp streamers rippling in the spring wind.

May 11 Cormorant fishing on the Nagara River, Gifu. (Until October 15)

May 15 Aoi Matsuri or Hollyhock Festival in Kyoto features a magnificent pageant.



Mid-May (for 15 days) Third Sumo Tournament, Tokyo

Mid-May Kanda Matsuri of Kanda Myojin Shrine in Tokyo (held every odd-year). Dozens of Mikoshi portable shrines are on parade.

May 17-18 Grand Festival of Toshogu Shrine in Nikko. Highlighted by a spectacular procession of over 1,000 armor-clad men.

3rd Sun. of May Mifune Matsuri on the Oi River, Kyoto, featuring a parade of ancient boats.

3rd Sun., previous Fri. & Sat. of May

Sanja Matsuri Festival of Asakusa Shrine, featuring a parade of 3 large portable shrines and more than 100 smaller ones.

SUMMER — Play time in the land of nature

Summer is the season of rice planting, as well as being the time of total greenery throughout the country. The green cherry leaves, maples, oaks and chestnuts in mountain forests contrast with the deeper tints of evergreen pines, while the delicate shoots of bamboo sway gently throughout the land.

Summer is the season of fireworks. Almost every night, communities around Japan stage lively firework displays colorfully enlivening the night skies.

Summer throughout Japan culminates in large-scale festivals, many with folk dancing, as well as "Bon odori" dance meetings for the recreation of local residents, friends and visitors.

Festivals and Events

Mid-June Sanno Matsuri of Hie Shrine in Tokyo features a procession of portable shrines through the busy streets of the Akasaka District, every other year.

2nd Sat. of June Chagu-chagu Umakko or Horse Festival in Morioka where colorfully decorated horses are on parade.

July 7 Tanabata or Star Festival throughout Japan.



Kanto Matsuri, Akita

©Yasufumi Nishi

Mid-July (for 15 days) Fourth Sumo Tournament, Nagoya.

July 13-15 (or August in many areas) Bon Festival throughout the country. Religious rites are held in memory of the dead. Bon odori folk dances are offered to comfort their souls.



Yume-Minato Festival, Hiroshima

July 14

Nachi Shrine Himatsuri or Fire Festival, Nachi-Katsuura features the bearing of 12 giant torches by white-robed priests.

July 1-15

Hakata Gion Yamakasa in Fukuoka peaks on the 15th with a parade of giant floats.

July 1-31

Gion Matsuri, the largest festival in Kyoto, dates back to the 9th century. Gorgeously bedecked

traditional floats parade through the main streets.

Last Sat. of July Grand Fireworks Display over the Sumida River in Tokyo.

July or August

Kangensai Music Festival of Itsukushima Shrine in Hiroshima, featuring court music and dances.

July 24-25 Tenjin Matsuri of Tenjin Shrine in Osaka features a parade of boats bearing portable shrines on the Okawa River.

August 1-7 Nebuta Matsuri Festival in Aomori (August 2-7), and Neputa Matsuri Festival in Hirosaki (August 1-7), with parades of enormous lighted papier-mache dummies set on floats.

August 3-6 Kanto Matsuri Festival in Akita, featuring a parade of young men balancing long bamboo poles hung with many lighted lanterns.

August 5-7 Hanagasa Matsuri in Yamagata, with a dance parade of some 10,000 townspeople wearing traditional straw hats with colorful artificial flowers.



Hanagasa Matsuri

©Yamagata Prefecture

August 12-15 Awa Odori Folk Dance Festival in Tokushima. The entire city resounds with singing and dancing day and night.

August 16 Daimonji Bonfire on the hills overlooking Kyoto.

Festivals and Events of the Four Seasons

AUTUMN — Tinted leaves and harvest time

While the summer linger into September here and there, by October most of Japan is enjoying the cool, crisp days of its distinct autumn.

Autumn in Japan brings swirls of changing leaves, in vivid hues of crimson, gold, bronze and yellow, that paint its hills and mountainsides in carpets of color. The season of harvest. In rural areas, the many rice fields turn to gold, and the grain is soon cut and stacked or hung out to dry in neat, even rows. A time of frequent festivals, sports meets and cultural functions around the country.

Eager crowds also throng to the many chrysanthemum shows which crop up around the country.



Festivals and Events

September 16 Yabusame or Horseback Archery takes place at Tsurugaoka Hachimangu Shrine in Kamakura.

Mid-September (for 15 days) 5th Sumo Tournament, Tokyo.

October 7-9 Kunchi Festival of Suwa Shrine in Nagasaki features a dragon dance of Chinese origin.

October 9-10 Takayama Matsuri of Hachimangu Shrine is noted for its parade of colorful floats.

Mid-October Nagoya City Festival with a procession of feudal lords along the city streets.

October 14-15 Kenka Matsuri or "Roughhouse" Festival of Matsubara Shrine in Himeji reaches its climax on the 15th.

Mid-October - Mid-November Chrysanthemum Exhibitions at Meiji Shrine and Asakusa Kannon Temple in Tokyo.

October 17 Autumn Festival of Toshogu Shrine in Nikko, with a parade of palanquins escorted by armor-clad retainers.

October 22 Jidai Matsuri or Festival of Eras of Heian Shrine in Kyoto is one of the three grandest festivals of Kyoto.



Jidai Matsuri

October 22 Fire Festival of Yuki Shrine, Kurama, in Kyoto, features long rows of torches embedded along approaches to the shrine.

November 2-4 Okunchi of Karatsu Shrine in Saga is famous for its parade of colorful floats.

November 3 Daimyo Gyoretsu in Hakone is a faithful reproduction of a feudal lord's procession.

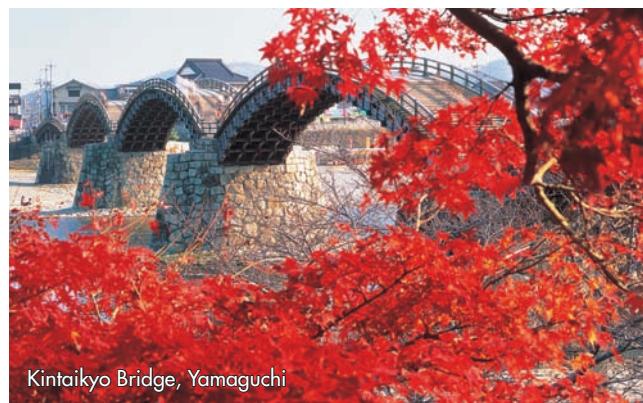
Mid-November Tori-no-ichi, or Rake Fair of Otori Shrine in Kanto Region.

Mid-November(for 15 days) Sixth Sumo Tournament, Fukuoka.

November 15 Shichi-go-san (7-5-3) is the shrine-visiting day for children aged 3, 5 and 7 in appreciation of their good health given them by the guardian gods.



Shichi-go-san (7-5-3)



Kintaikyo Bridge, Yamaguchi

WINTER — Season of snowy pleasure

Except for the extreme north, winter in Japan is not overly severe, and is usually tempered by warm sunshine and blue skies.

On the other hand, in the northern regions, various festivals related to snow and ice are held. Tourists and residents alike enjoy huge snow and ice sculptures and participate in the season's rural customs and events.

Numerous events and fairs also take place throughout Japan in connection with the New Year season, which is the most important annual day for the Japanese.

Festivals and Events

December 15-18 On-matsuri of Kasuga Shrine in Nara, featuring a masquerade procession.

December 17-19 Hagoita-ichi (Battledore fair) of Asakusa Kannon Temple in Tokyo.

December 31 Okera Mairi of Yasaka Shrine in Kyoto. Sacred fire ceremony.

December 31 Namahage in Oga Peninsula, Akita Pref. Men disguised as devils make door-to-door calls to houses with children.

January 1 New Year's Day. From the first to third, almost all companies, factories and businesses are closed. Families celebrate the New Year enjoying special dishes, wearing their best kimono or dress, and visiting shrines and temples to pray for good health and happiness for the year.



January 6 Dezomeshiki or the New Year's Parade of Firemen in Tokyo with acrobatic stunts on top of tall ladders.

Mid-January (for 15 days) First Sumo Tournament, Tokyo.

4th Sat. of January Grass Fire Ceremony on Mt. Wakakusayama, Nara.

Early February for 7 days Snow Festival in Sapporo, Hokkaido. The most famous snow festival in Japan with many huge, elaborate snow and ice sculptures.

Early or Mid-February Snow Festivals in Asahikawa, Abashiri and other cities in Hokkaido.

February 3 or 4 Setsubun or Bean-Throwing Festival is observed at leading temples across the country.

February 3 or 4 Lantern Festival of Kasuga Shrine, Nara.

February 15-16 Kamakura Matsuri in Yokote, Akita. Snow houses enshrining the God of Water are erected.

February 17 Bonden Festival in Yokote, Akita. Dozens of Bonten, symbol of the God of Creativity, are carried by young men.

3rd Sat. of February Eyo or Hadaka Matsuri (naked festival) at Saidaiji Temple, Okayama.

Note: All information is based on data as of October 2012 and is subject to change without notice.



Look!

National Holidays

January 1	New Year's Day
2nd Monday in January	Coming-of-Age Day
February 11	National Foundation Day
March 21 (or 20)	Vernal Equinox Day
April 29	Day of Showa
May 3	Constitution Memorial Day
May 4	Greenery Day
May 5	Children's Day
3rd Monday in July	Maritime Day
3rd Monday in September	Respect-for-the-Aged Day
September 23 (or 22)	Autumnal Equinox Day
2nd Monday in October	Health-Sports Day
November 3	Culture Day
November 23	Labor Thanksgiving Day
December 23	The Emperor's Birthday

Note:

(1) When a national holiday falls on Sunday, the following Monday becomes a holiday.

(2) When a day (except for Sundays and the above) is sandwiched between national holidays, it also becomes a holiday.

Entertainment

Overview

Japan offers a full range of entertainment, both classic and modern. From the mysterious Oriental symbolism of the Noh drama to Western music concerts of all genres, there are no lacks of options to keep you constantly on the whirl while visiting Japan. The nation's rich artistic heritage has been preserved in shrine and temple treasure houses and through the private collections of royalty, Daimyo (feudal lords) and wealthy merchants for hundreds of years, and is now available in numerous public and private museums.

Museums & Art Galleries

Japan's long recorded history as well as its profound artistic accomplishments are copiously detailed and on display in its many museums. Indeed, the archeological artifacts, crafts and artistic masterpieces contained in its museums represent exquisite microcosms of the Japanese experience that illuminate the nation and its people as a whole.

Perhaps at the pinnacle of Japan's museums stand the national museums, of which the **Tokyo National Museum** in Ueno Park was the first to be established, in 1872. Its extensive collection gives a comprehensive overview of the entire history of traditional Japanese art, plus historic, scientific and natural history exhibits.

The **National Museum of Modern Art, Tokyo** exhibits a chronology of Japan's modern fine art masterpieces.

The newly opened **National Art Center, Tokyo** has Japan's largest exhibition space with an extensive collection.

The **Kyoto National Museum** was originally created around the paintings, sculpture and other treasures from temples in the vicinity, and now contains examples of Japanese art from all periods.

The **Nara National Museum** is noted especially for its collection of Buddhist sculpture.

In Tokyo, there are numerous art museums, both public and private, which preserve invaluable works of Japan's traditional fine art. To name just a few, the **Gotoh Museum** boasts, among its collection, the "Tale of Genji Picture Scroll" (a national treasure);



Ukiyoe, Tokaido Hiroshige Art Museum

and the **Hatakeyama Memorial Museum of Fine Art** features tea ceremony artifacts. These two museums also have a Japanese garden, allowing the visitor to appreciate works of fine art in a tastefully relaxing atmosphere. Also worth visiting are: the **Idemitsu Museum of Arts** with its collection of calligraphy, paintings and pottery from both Japan and China; the **Suntory Museum of Art** featuring antique fine art items based on traditional living; the **Yamatane Museum of Art** specializing in modern and contemporary Japanese paintings; the **Japan Folk Crafts Museum** with a focus on beautiful crafts for daily use such as pottery and textiles; and the **Ukiyo-E Ota Memorial Museum of Art** specializing in Ukiyoe painting.



Edo-Tokyo Museum

Putting aside traditional fine art, there are also other types of distinctive museums. The **Edo-Tokyo Museum** features the history and lifestyles of Tokyo, using large-scale models. The **Tokyo Metropolitan Teien Art Museum** is a genuine art deco structure built in 1933 and holds various loan exhibitions.

In the realm of contemporary fine art, Japan is recently emerging as a transmitter of distinct creativity to the rest of the world. As such, contemporary art museums in Japan await those who are interested in the country's up-to-the-minute lifestyles, thoughts, media and so on. One of Japan's largest of its kind in scale, the **Museum of Contemporary Art, Tokyo** presents an extensive range of contemporary art masterpieces from both Japan and abroad. The **Tokyo Opera City Art Gallery** often spearheads in holding "new-concept" exhibitions for contemporary art. The **Hara Museum of Contemporary Art** in Tokyo's Shinagawa district is an elegant Bauhaus-style building which houses a variety of contemporary art works. In Ibaraki Prefecture to the north of Tokyo, the **Contemporary Art Center at Art Tower Mito** is known for its unique exhibitions featuring contemporary art.

The **Tokugawa Art Museum** of Nagoya specializes in Noh costumes, swords, armor and other samurai relics.

The **Tokaido Hiroshige Art Museum** of Shizuoka Pref. This collection, which highlights the works of Hiroshige Utagawa, Japan's foremost Ukiyoe painter, houses over 1,300 woodblock prints.

As for traditional fine arts in the Kansai region, the **Fujita Art Museum** in Osaka is important due to its rich collection of antique fine arts. Note, however, that it opens only in spring and autumn. Also celebrated are **The Museum of Oriental Ceramics, Osaka**, which specializes in priceless antique ceramics from China and Korea, and the **Osaka Municipal Museum of Art** with its rich collection of Chinese, and Japanese antique fine art works. The **Oyamazaki Villa Museum of Art** in Kyoto is an impressive villa structure placing pottery masterpieces on exhibit in a relaxing and serene atmosphere. The **Miho Museum** in Shiga prefecture features masterpieces of Japanese fine art and ancient art from around the world. Note, however, it closes during winter.

Adachi Museum of Art in Shimane Prefecture is well known for both its superb Japanese gardens and its collections of modern Japanese painting.

21st Century Museum of Contemporary Art, Kanazawa, in Ishikawa Prefecture, is also renowned for its architectural design as well as for the world's foremost contemporary art.

Gardens

Japanese gardens, which excel in the creation of symbolic miniature replicas of entire seas or landscapes within the restrictions of a few hundred meters or less, are renowned around the world. Evolving from the sponsorship of a highly refined ruling class and the principles of Buddhism and Shintoism, Japanese gardens are ravishing combinations of plants, sand, water and rock that celebrate the beauties of nature in a structured artistic form. Numerous gardens are found on the grounds of temples, and many are centuries old.

Kyoto is particularly rich in gardens, with those of **Katsura Imperial Villa**, **Ginkakuji** and **Kinkakuji Temples**, **Nijo Castle** and the famous rock garden of **Ryoanji Temple** being especially exquisite examples.

In Tokyo, recommended gardens include **Higashi Gyoen Garden**, **Hama Rikyu Garden** and **Koishikawa Korakuen**, while the large now public



Kenrokuen, Kanazawa

© Ishikawa Prefecture Tourist Association and Kanazawa Convention Bureau

park of **Shinjuku Gyoen** was originally a pleasure ground of the Imperial family.

Elsewhere across the country, notable gardens include **Kenrokuen** of Kanazawa in Ishikawa Prefecture, **Kairakuen** in Ibaraki Prefecture, **Korakuen** in Okayama Prefecture and **Ritsurin Park** in Kagawa Prefecture.

Classic Performing Arts

Japan's **Noh** drama is a highly stylized stage art with 700 years of history. Richly symbolic, Noh is rooted in ancient Shinto rites and is performed on a stage which is roofed like a Shinto shrine. Actors wear masks, and movement is highly stylized, while the costumes are usually rich and gorgeous.

This classic art form is performed in **Tokyo's National Noh Theater**, the **Hosho Nohgakudo**, the **Kanze Nohgakudo**, and the **Kita Nohgakudo**. In the Kansai region, Noh is staged at the **Kanze Kaikan** in Kyoto and the **Osaka Nohgaku Kaikan**. Noh, on the other hand, is perhaps best appreciated at open-air, torch-lit performances at temples.



Kabuki Theater is Japan's secular classical drama, with vivid makeup, spectacular costumes and sets, plus dramatic action that includes sword-fighting, dancing, and even actors flying from and to the stage over the audience.

The best venue for Kabuki in Tokyo is the **Kabukiza** in Ginza, which stages plays throughout the year. (The theater is closed until spring 2013 due to reconstruction.) Also in Ginza is the **Shimbashi Embujo**, while the National Theater of Japan near the Imperial Palace occasionally hosts touring companies.

Bunraku is an elaborate form of puppet theater: three-quarter-lifesize wooden and porcelain figures are manipulated by three puppeteers working together with narration to Shamisen accompaniment. Bunraku is performed at **National Bunraku Theatre** in Osaka and **National Theatre** in Tokyo.

Entertainment

Modern Performing Arts

Modern performing arts, such as **opera**, "**Buto**" **dance**, **musicals**, **plays** and **ballet** can also be enjoyed in various cities across the country. In Tokyo, especially, top artists from around the world are constantly on stage. Some are so popular that tickets have to be reserved well in advance. **Tokyo Opera City** is a state-of-the-art full-scale hall ideal for concerts and opera. The **Takarazuka Troupe**, a unique all-girl musical company, attracts many people who enjoy its brilliant performances where male roles are all played by females. The internationally celebrated "Buto" dance theater impresses the audience with its avant-garde performances unique to Japan.



Look!

Traditional Costume

Kimono is the traditional dress of Japan, and it is worn nowadays principally on formal occasions. Though sometimes considered impractical, it gives the person wearing it a sense of grace and elegance.

While staying at a Ryokan, both men and women also wear **Yukata**, or informal dress.

Please enjoy its free and casual feeling when you stay at a Ryokan!



Kaga-Yuzen, Ishikawa

The Arts

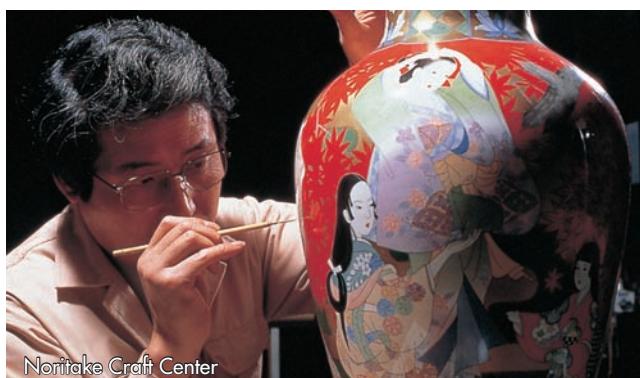
Among its indigenous arts, few are more typically Japanese than **Ikebana**, or the art of flower arranging. Closely related to the Buddhist art of the tea ceremony, Ikebana emphasizes simplicity and precision of form and aims at symbolizing the various aspects of nature. There are numerous schools teaching Ikebana, many of which offer instruction in English.

The art of tea, or **Chanoyu**, is an aesthetic cult of spiritual refinement that was originally very popular among the ruling samurai. Today, you can see and possibly participate in demonstrations of Chanoyu at some of the major schools and in hotels.



Ceramics and Porcelain

As Chanoyu began to spread in the Muromachi period (1333-1573), it gave rise to ceramic producing centers around the country, each with its own distinctive style. The 17th century saw the town of Arita succeed in firing porcelains which gave further momentum to the rise of Japan's pottery industry in subsequent years. Among numerous producing centers, the most famous are **Mashiko-yaki** (ware) in the Kanto region; **Seto-yaki**, **Tokoname-yaki**, **Mino-yaki** and **Kutani-yaki** in the Chubu region; **Kiyomizu-yaki** and **Shigaraki-yaki** in the Kansai region; **Bizen-yaki** and **Hagi-yaki** in the Chugoku area; **Imari-yaki**, **Arita-yaki** and **Karatsu-yaki** in Kyushu. These production centers have pottery museums, shops and pottery-making classes where even the beginner can experience shaping and designing his/her own fulfillment.



Noritake Craft Center

Nightlife

Night Tours

The range of entertainment available in Japan's cities is so vast that visitors may best sample them by joining a night tour. In Tokyo, **Sunrise Tour Series** by Japan Travel Bureau offers reasonably priced nightlife tours. In Tokyo, **Tokyo Dinner Cruise** offers you an approximately 150 minute cruise on **Tokyo Bay** with dinner, Japanese and western-style cuisine. In Kyoto, by joining **Special Night**, you can be a guest at a tea ceremony, followed by Zen-Style Tempura dinner and finishing up by enjoying various kinds of traditional Japanese performing arts in the **Gion Corner**.



Where to Drink

No visitor needs to go thirsty in Japan. In addition to western-style bars in the cities, traditional drinking spots include:

"**Izakaya**" are Japanese-style pubs serving beer, Japanese sake, cocktails and other alcoholic beverages as well as casual meals. Drinking establishments of this type are all going strong till midnight. Step into one and experience the "liveliness." Prices are naturally very reasonable.



"Izakaya" or Japanese-style Pub

"**Karaoke**" (singing along with recorded music) is one of the most popular forms of nightlife in Japan. Generally, a Karaoke establishment consists of a number of compartments, each replete with Karaoke equipment. A group of guests can occupy a compartment at a reasonable price to enjoy singing while drinking and eating. Many Karaoke houses even offer a selection of popular songs you can sing in English.

In Tokyo, the best locations for a lively evening of good food, drink and entertainment include the internationally-flavored district of **Roppongi**, the upscale and elegant **Ginza** with its dazzling neon-lit signs, the more sophisticated **Akasaka**, the youthful, crowded **Shibuya**, and the more raucous **Kabukicho** in **Shinjuku**.



Ginza
©Y. Shimizu

Dancing

Discotheques and clubs are common and well-frequented in all major cities, particularly by the young and young at heart. In Tokyo, **Roppongi** offers many high-class venues for adults, while **Shibuya** is a dancing Mecca of the young.



Christmas Illuminations in Roppongi Hills

Entertainment

Sports

Sports of all kinds enjoy great popularity in Japan. And, in its various martial arts, Japan has contributed several major sports to the world at large.

Traditional Sports

Among home-grown sports, none represents Japan's national feeling as much as **Sumo**, a form of wrestling which originally was practiced during festivals and on holy days at Shinto shrines. Consisting of a single hard-packed dirt ring in which two - often enormous - men meet, a Sumo match is won when one wrestler forces the other from the ring or to the ground. Sumo involves intricate rules and an entire vocabulary of holds, thrusts and strategies that its devotees delight in debating.

Six tournaments annually, each lasting for 15 days, are held in January, May and September in Tokyo, in March in Osaka, in July in Nagoya, and in November in Fukuoka.



Sumo ©Japan Sumo Association

Judo is a martial art of self defense which was born in Japan and now enjoys popularity among devotees internationally. Based on principles of leverage and using an opponent's strength to one's own advantage, Judo is now an Olympic medal event. The **Kodokan** training center in Tokyo is a good place to see Judo pupils training, as well as occasional exhibition bouts by experts.

Kendo is a form of fencing in which opponents clad in heavy cotton padding and lacquered armor assail one another with bamboo swords. The **Nippon Budokan Hall** in Tokyo is the best place to observe Kendo.

Karate, a form of weaponless combat, was developed by Okinawan peasants whom their mainland rulers forbade from carrying arms. Trained in the concentration of energy into blows of the hand or foot, a Karate expert can break through a thick stack of bricks or wood with a single stroke. Go to the **Japan Karate Association** in Tokyo to watch trainees and experts alike practice.

Aikido is another martial art based on concentrating one's energy, as well as taking advantage of an opponent's strength. Aikido is especially valued

among its followers as a way of maintaining and increasing physical fitness. The **Aikikai** is an Aikido center in Tokyo.

Japanese archery, **Kyudo**, is considered to be as much for individual spiritual refinement and the development of concentration as it is for competition. Long associated with the principles of Zen Buddhism, archery contests can sometimes be viewed at temples.



Contemporary Sports

Baseball is so popular in Japan that many fans are surprised to hear that Americans also consider it their "national sport." Especially popular are the national-level spring and summer tournaments among senior high-school teams. Schools, champions representing their respective prefectures, gather at the **Koshien Stadium** in Hyogo Prefecture and vie for victory. Almost everyone from around Japan becomes near-fanatical in support of the teams from their respective birthplaces. Professional baseball is well developed, with twelve teams being sponsored by major corporations. In Tokyo, the most favored place to see a game is the **Tokyo Dome Stadium** located in the grounds of Tokyo Dome City attractions. Cheering for your favorite professional baseball team is a unique and powerful activity, using trumpets, drums and other noise-making instruments.



Baseball Game
©TOKYO DOME

Soccer is a sport which is now a focus of explosive popularity among children and young people in Japan.

Skiing is big in Japan, with millions of skiers flocking to the major resorts in the mountains of Honshu and Hokkaido. The nation's ski resorts are very well developed, and compare favorably with the top regions of Europe, the U.S. and Canada. Recently, the number of ski grounds that also cater to snowboarding is increasing as the sport gains in popularity especially among young people.

Skating is available in indoor rinks in the major cities, as well as at excellent outdoor facilities in the wintertime in the north and Hokkaido.



Snowboarding & Skiing

Shopping

In a country that manufactures a large percentage of the entire world's consumer goods, and that structures its entire national existence around the marketplace, it is no surprise that shopping takes up a goodly proportion of most visitors' time. The Japanese themselves love shopping, and look upon a visit to the big department stores in the major cities as recreation. The stores encourage this by offering child-care service, giving away free food samples in their grocery markets and delicatessens, holding art shows and demonstrating native and foreign crafts.



Look!

■ Tax-free Shopping

As long as they have their passport with them, tourists (short-stay visitors) who spend more than ¥10,001 in one day at licensed duty-free shops, such as those at major department stores in large cities, do not have to pay the 5% consumption tax. However, this does not include purchases of consumables such as cosmetics, foodstuffs, alcohol, cigarettes, medicines, film and batteries. Major department stores generally have special duty-free counters with staff who speak English.

Look!

■ Visiting Flea Markets (Nomi-no-ichi)

Known as "nomi-no-ichi", flea markets are held in various parts of Japan. Taking place mostly in the grounds of temples and shrines, flea markets are usually open from early morning to late afternoon. Items on sale range widely both in varieties and prices — from extremely expensive antiques to inexpensive souvenir items. Dealing in old tableware, cloths, furniture and sundry goods, these markets also attract many foreigners. Just looking is fun. Get up a bit earlier in the morning and visit one. Famous flea markets are listed below:

- "Oedo Antiques Fair" at Tokyo International Forum. (1 min. walk from D5 Exit of Yurakucho Sta. on JR Yamanote Line or Subway Yurakucho Line); 1st and 3rd Sun. of each month, 9 am – 4 pm
- "Kitano Tenmangu Nomi-no-ichi" at Kitano Tenmangu Shrine in Kyoto (30 min. by bus from JR Kyoto Sta.); on the 25th day of each month
- "Kyoto Toji Garakuta-ichi & Kobo-ichi" at the South Gate of Toji Temple in Kyoto (15 min. walk from JR Kyoto Sta.); 1st Sunday of every month (Garakuta-ichi) and the 21st day of each month (Kobo-ichi)



Transportation

Japan has one of the world's most highly developed transportation systems. The rail service alone covers almost all possible destinations. In addition, there is a national highway system, and a well developed domestic air service. Buses and taxis provide connections around the clock in the cities, while ferry boats link Tokyo, Osaka and Kobe with the main ports on Hokkaido and Kyushu.

In addition, Japan offers comprehensive international air service through its two main airlines, Japan Airlines and All Nippon Airways as well as a host of foreign-based carriers which fly to all corners of the globe.

Railways

Railways in Japan include Japan Railways (JR), a group of six railway companies covering the entire country, plus a variety of companies which operate in many of the larger cities. JR especially is renowned for its extreme punctuality, with the heavily traveled trains on its Tokyo commuter lines making stops at stations at 1.5-minute intervals during peak periods.

And of course its **Shinkansen**, or "Bullet Trains," provide ultrafast and highly reliable rail links for almost all the length and breadth of Japan. The network consists of the Tokaido Line, the Sanyo Line, the Kyushu Line, the Tohoku Line, the Nagano Line, the Akita Line, the Yamagata Line and the Joetsu Line.

JR's long-distance services include super express, limited express, express, berth and reserved seat, with charges varying according to distance and type of service. Within cities, buy tickets for local lines at the vending machines at each station, and approach the Ticket Reservation Offices ("**Midori-no-madoguchi**") for tickets of different classes, as well as for long-distance travel.

Japan Rail (JR) Pass

For the visitor, JR's **Japan Rail Pass** offers excellent value and convenience. The Rail Pass is available only to sightseeing visitors and must be bought outside of Japan. It gives the bearer unlimited travel on JR lines and affiliated buses and the JR Miyajima ferry.

(The Pass cannot be used on the Shinkansen "Nozomi" and "Mizuho".)

More info. : <http://www.japanrail.com>



Shinkansen

©EAST JAPAN RAILWAY COMPANY

Validity	Ordinary	Green (First-class)
7-day	¥ 28,300	¥ 37,800
14-day	¥ 45,100	¥ 61,200
21-day	¥ 57,700	¥ 79,600

※Children aged 6-11 is half price of above. Under 6: Free

Additional Benefit of Japan Rail Pass

For those who possess a Japan Rail Pass, JR offers a special discount rate at JR Group Hotels.

More info. : <http://www.jrhotelgroup.com>

Regional Japan Rail Passes

For the regional travelers, the following JR Passes offer reasonable prices and convenience; Hokkaido RAIL PASS for Hokkaido Island, JR EAST PASS for northeastern Japan from Tokyo except the island of Hokkaido, JR-WEST RAIL PASS for western Japan from Kansai International Airport and JR-KYUSHU RAIL PASS for all of Kyushu Island. They also offer additional incentives to the respective purchaser.

JR Hokkaido railway lines

Validity	Hokkaido Rail Pass	
	Ordinary(age 12 and over)	Green(1st class)
3-day	¥15,000	¥21,500
Flexible 4-day	¥19,500	¥27,000
5-day	¥19,500	¥27,000
7-day	¥22,000	¥30,000

JR East railway lines

Validity	JR East Pass		
	Ordinary (age 26 and over)	Ordinary (age 12-25)	Green < 1st class >
5-day	¥20,000	¥16,000	¥28,000
10-day	¥32,000	¥25,000	¥44,800
Flexible 4-day	¥20,000	¥16,000	¥28,000

JR West railway lines

Validity	JR West Sanyo Area Pass, Ordinary	
	4-day	¥20,000
	8-day	¥30,000

Validity	JR West Kansai Area Pass, Ordinary	
	1-day	¥2,000
	2-day	¥4,000
	3-day	¥5,000
	4-day	¥6,000

Validity	JR West Kansai WIDE Area Pass, Ordinary	
	4-day	¥7,000

JR Kyushu railway lines

Validity	Kyushu Rail Pass, Ordinary	
	3-day	¥14,000
	5-day	¥17,000

Validity	Kyushu Rail Pass - Northern Kyushu Area, Ordinary	
	3-day	¥7,000
	5-day	¥9,000

※Children aged 6-11 is half price of above. Under 6: Free

Domestic Airlines

With some 90 airports serving domestic and overseas flights, Japan is highly convenient for the air traveler.



©Kansai International Airport Co.Ltd.

Intra-city Transportation

Subway lines are available in all major cities, and provide prompt, efficient transportation. JR's Yamanote-sen loop line in Tokyo and its Osaka-Kanjo-sen loop line both circle the centers of their respective cities. In Tokyo, JR fares start from ¥130, subway fares at ¥160 for the Tokyo Metro and ¥170 for Toei (Metropolitan) lines, and both increase with the distance traveled.

Almost all stations have vending machines for tickets and automatic ticket-checking machines at their entrance/exit gates.

Bus service is available in all cities, but can sometimes be a bit difficult for non-Japanese speaking visitors to use.

Taxis, on the other hand, are also widely available and can usually deliver customers to addresses written in Japanese or on business cards. If the red light in the lower left corner of the windshield is lit, then the cab is free and it can be flagged down. Be careful when approaching a taxi's left rear door: it is opened and closed automatically from within by the driver.

Car Rental services are available in most large and medium-sized cities as well as at airports and major train stations, with international driver's licenses recognized.



©Y.Shimizu

Look!

Enjoy Japan by Rail with Economy Tickets

[In Tokyo]

● "Tokyo Free Kippu": ¥1,580 for adults

This ticket allows one-day, unlimited rides on JR lines within the Tokyo city limits, as well as on any of the Tokyo Metro subway lines, Toei (metropolitan) subway lines, Toden (metropolitan tram service) lines and Tobasu (metropolitan bus service) lines.

● "Tokunai Pass": ¥730 for adults

This ticket allows one-day, unlimited rides on JR lines within the Tokyo city limits.

● Tokyo Metro "One-Day Open Ticket": ¥710 for adults

With this ticket, one-day, unlimited rides on Tokyo Metro lines is possible.

● "Tokyo Metro / Toei Chikatetsu Ichinichi Joshaken": ¥1,000 for adults

With this ticket, one-day, unlimited rides on any of Tokyo Metro and Toei subway lines is possible.

[In the Kansai Region]

● "Surutto KANSAI" 2-day Ticket: ¥3,800 for adults, 3-day Ticket: ¥5,000 for adults

This ticket allows 2-day or 3-day, unlimited rides on the train and bus lines, operated by 40 private transportation firms and public carriers. Additional benefits are also available, allowing the ticket holder to use various facilities along the rail/bus lines at discount prices.

Rail Traveling Model Routes

The JR rail network of trunk lines cover all the main islands of Japan, from Hokkaido in the north to Kyushu in the south. Local railway lines operating within their own areas are also well developed. Traveling the country on safe and comfortable railways is bound to be an unforgettable experience.

Presented below are four model routes designed with Japan Rail Pass holders in mind. These model routes will help foreign travelers, even first-time visitors, to work out their own itineraries for visiting

the primary tourist destinations in the most efficient and enjoyable manner. For details of specific tourist attractions, please refer to the "Explore Japan" section of this brochure or JNTO's website (<http://www.jnto.go.jp>).

(Note) In the following model route schedules, **SPX** signifies Shinkansen super express; **LEX**, limited express; **RAP**, rapid train; and **LOC**, local train. Names in parentheses show points of transfer. Times provided indicate net times for riding, excluding time required for transfers, etc.

1. The Very Best of Japan

This model route represents the "very best" of tourist highlights Japan has to offer. It is brimming with celebrated destinations, with each and every one being a true "must." Among the attractions are: the Hakone-Yumoto hot spring resort in the scenic Fuji-Hakone-Izu National Park; the two ancient capitals of Kyoto and Nara; Himeji Castle which is admired as the "White Heron Castle"; Kurashiki and

its traditional townscape saturated with the flavor of old Japan; Okayama celebrated for the Korakuen Garden, one of Japan's three finest gardens; Miyajima Island, one of the three most scenic places in Japan; and the city of Hiroshima, a symbol of world peace. From Hiroshima, you may proceed further to Kyushu, or to Shikoku via the Shimanami-kaido route.

	Tokyo	SPX		(Odawara)	● Hakone-Tozan LOC	Hakone-Yumoto
Day1	東京	37 min.		(小田原)	15 min.	箱根湯本
Day2	Hakone-Yumoto	● Hakone-Tozan LOC	(Odawara) ◎	SPX		Kyoto
	箱根湯本	15 min.	(小田原)	2 hrs.6 min.		京都
Day3	Kyoto	RAP	Nara(4hrs.stay)	RAP		Kyoto ◎
	京都	44 min.	奈良	46 min.		京都
Day4	Kyoto	SPX	Himeji(2hrs.stay)	SPX	LOC	Kurashiki
	京都	55 min.	姫路	(岡山)	14 min.	倉敷
Day5	Kurashiki	LOC	Okayama(2hrs.stay)	SPX		Hiroshima
	倉敷	14 min.	岡山	45 min.		広島
Day6	Hiroshima	LOC	(Miyajimaguchi)	BOAT	Miyajima(2hrs.stay)	BOAT
	広島	27 min.	(宮島口)	10 min.	宮島	(Miyajimaguchi)
Day7	Hiroshima	SPX	※(Shin-Osaka)	SPX		Tokyo
	広島	1 hr. 35 min.	(新大阪)	3 hrs		東京

(Note) ● are private railways where Japan Rail Pass is not honored. Fare is charged separately.

◎ indicates the possibility of switching the tour to the Chubu region.

* You can go directly from Hiroshima to Tokyo by "NOZOMI" trains that Japan Rail Pass is not valid, and you must pay the basic fare and the Limited express charge. It takes 4hrs.

The time shown as required for the Nara stopover is based on the assumption of visiting Nara Park, Kasuga Taisha Shrine and Todaiji Temple.

2. Chubu (Central Region) Route

Starting from Nagoya on the Pacific side, this route crosses the mountainous central Japan and arrives at the Japan Sea coastal region. On the way, you will be greeted by picturesque mountain scenery which varies from season to season. Takayama, often

referred to as the "spiritual home of the Japanese," and the sublime castle town of Kanazawa are "musts." If time permits, tour the Noto Peninsula, or proceed on to Kyoto via Maibara.

	Tokyo	SPX	(Nagoya)	LEX	Takayama
Day1	東京	2 hrs.	(名古屋)	2 hrs. 23 min.	高山
or Day1	Hakone-Yumoto	● Hakone-Tozan LOC	(Odawara)	SPX	(Nagoya) LEX Takayama
	箱根湯本	15 min.	(小田原)	1 hr. 15 min.	(名古屋) 2 hrs. 23 min. 高山
Day2	Takayama	LEX	(Toyama)	LEX	Kanazawa
	高山	1 hr. 25 min.	(富山)	35 min.	金沢
Day3	Kanazawa	LEX	(Maibara)	SPX	Tokyo
	金沢	1 hr. 55 min.	(米原)	2 hrs. 25 min.	東京
or Day3	Kanazawa	LEX	(Maibara)	SPX	Kyoto
	金沢	1 hr. 55 min.	(米原)	23 min.	京都

(Note) ● are private railways where Japan Rail Pass is not honored. Fare is charged separately.

3. Kyushu (Southern Region) Route

This route is packed with visitor highlights that include the diverse range of attractions offered by the extensive central/northern part of Kyushu. Major destinations covered in this route are Hakata, the lively gateway to Asia; Kumamoto, the "city of lush

green and pure water"; Mt. Aso, the world's largest caldera-type volcano, known as the "Mountain of Fire"; and Beppu, one of Japan's most representative hot springs.

	Hiroshima 広島	SPX		Hakata 博多
Day1		1 hr. 13 min.		
	Hakata 博多	LEX		Nagasaki 長崎
Day2		2 hrs. 3 min.		
	Nagasaki 長崎	LEX (Tosu) 1 hr. 41 min.	LEX (鳥栖) 60 min.	Kumamoto 熊本
Day3				
	Kumamoto 熊本	◇LEX or LOC 1 hr. or 1 hr. 30 min.	● Aso(4hrs.stay) 阿蘇 1 hr. 49 min.	Beppu 別府
Day4				
	Beppu 別府	LEX 1 hr. 14 min.	(Kokura) (小倉) 2 hrs. 30 min.	※(Shin-Osaka) (新大阪) 3 hrs. Tokyo 東京
Day5				

(Note) ◇LEX "Aso" connecting Kumamoto, Aso and Beppu is very limited in the number of services operated daily. Early morning departure from Kumamoto is recommended.

●From JR Aso Sta. to Mt. Aso's crater, 40 min. by bus, then 4 min. by ropeway. Fares are not included in the Japan Rail Pass.

※You can go directly from Kokura to Tokyo by "NOZOMI" trains that Japan Rail Pass is not valid, and you must pay the basic fare and the Limited express charge. It takes 5hrs.

4. Tohoku & Hokkaido (Northern Region) Route

This route, filled with attractions peculiar to northern Japan, encompasses the Tohoku and Hokkaido regions. Must-see places include: Nikko presenting a fantastic contrast between the lush natural setting and combined with the impressive architectural beauty of temples and shrines;

Matsushima, another one of Japan's three most scenic places; the city of Aomori offering a blend of age-old romanticism and modern excitement; the castle town of Hirosaki; and Hokkaido's Sapporo and Hakodate cities as bases for enjoying the fine attractions of this northernmost main island.

	Tokyo 東京	SPX	(Utsunomiya) (宇都宮)	LOC		Nikko 日光
Day1		51 min.		44 min.		
	Nikko 日光	LOC	(Utsunomiya) (宇都宮)	SPX	(Sendai)	RAP
Day2		44 min.		1 hr. 20 min.	(仙台)	30 min.
	Matsushima Kaigan 松島海岸	RAP (Sendai)	SPX 30 min. (仙台)	※ Ichinoseki(2hrs.stay) ※ 一ノ関 30 min. (盛岡)	SPX (Morioka)	(Shin-Aomori)LOC Aomori 67 min. (新青森) 6 min. 青森
Day3						
	Aomori 青森	LEX	(Hakodate)		LEX	Sapporo 札幌
Day4		1 hr. 59 min.			3 hrs. 14 min.	
	Sapporo 札幌			LEX		Hakodate 函館
Day5			3 hrs. 14 min.			
	Hakodate 函館		LEX (Aomori)		LEX	Hirosaki 弘前
Day6			1 hr. 59 min.	(青森)	32 min.	
	Hirosaki 弘前				SPX	Tokyo 東京
Day7		27 min.	(Shin-Aomori) (新青森)		3 hrs. 38 min.	

※Option: A possible visit to Chusonji Temple, 22 min. by bus from Ichinoseki Sta. Or you can proceed directly from Sendai to Aomori without stopping over en route. It takes 3hrs.



Accommodations

Japan abounds in accommodations, both western-style and Japanese. Types of accommodation vary widely in terms of style and price. You can choose to stay in the familiar comforts of a western-style hotel, or enjoy the comfort and personal attention of a traditional Japanese inn. By taking advantage of the extensive advice available from JNTO and taking some time to search out some of the nation's less-publicized types of lodgings, you're sure to find clean and comfortable places to stay that suit your pocketbook.

It is advisable to book your accommodation through a travel agent before coming to Japan.

Western-style Hotels

All of Japan's cities have many western-style hotels, with famous-name chains well represented in all larger cities. In these hotels, the staff will speak English. Especially in peak tourist seasons, it is best to book far in advance.

More than 230 member hotels of the **Japan Hotel Association** (JHA) (<http://www.j-hotel.or.jp/>) have consistently high standards of service and facilities.

The majority of these hotels will have the same amenities as any western establishment in any country, including heating, TVs, air conditioning and swimming pools, with the possible additional services of interpreters and shopping and health centers.

For example, in Tokyo, rooms at first-class hotels range from a low of ¥15,000 to ¥30,000 for a single with bath, and ¥25,000 to ¥68,000 for a twin with bath.

Business Hotels

One fairly recent addition to the Japan lodging network, which the cash-conscious tourist will appreciate, are Business Hotels. Found in all major cities and many mid-sized ones, business hotels are no-frills lodging aimed mainly at traveling Japanese businessmen. Generally clean and comfortable, these hotels are usually smaller and offer fewer amenities than their upscale brethren — don't expect room service, for example.

Business hotels are most commonly found conveniently close to train stations. Charges will average about ¥5,500 to ¥10,000 per person; rooms usually come only as singles. Twin or double-bed rooms —not many though —are also available.



Ryokan

For a stay in the same Japan as experienced by the most elegant Daimyo of bygone days, a night in a "ryokan," or Japanese inn, is a must. A room in a ryokan is usually a single large, undivided room floored with traditional rice-straw "tatami" matting, with the only piece of furniture being a single low table. Doors are sliding "shoji" screens. Guests sleep on "futon" bedding laid out in the evening by maids.

Most ryokan will have a communal bath, which is generally for separate sex bathing. Numerous superb hot-spring resorts, known as "onsen," are in fact ryokan built on the site of a hot spring. Your room charge will include two meals, invariably an evening feast of delicious, locally found ingredients, and a simple breakfast. Ryokan meals are generally served by the maid in the guest room. After the evening meal, your maid will return and clear your table, and then lay out your futon. The typical lounging wear of a ryokan, a blue and white-patterned cotton robe called "yukata" is also provided.



Tax and Service Charge:

Generally, a 10-15% service charge is added in place of individual tipping and a 5% consumption tax is also imposed.

In Tokyo, "Accommodation Tax" that is levied on all international and Japanese guests who stay in hotels and ryokan priced at or above ¥10,000 per person per night excluding meals. The tax is ¥100 per person per night for those who stay at an establishment priced at between ¥10,000 and ¥14,999 and ¥200 for those who stay at an establishment priced at ¥15,000 or more.

In partaking of all that is considered elegant and refined in gracious living in Japan, a stay in a ryokan requires following a few rules that differ from western hotels. For one thing, guests remove their shoes at the threshold of the inn and don slippers while in its hallways. These slippers are in turn left outside the guestrooms: only bare feet or stockingfeet are allowed to tread on tatami.

When bathing in a Japanese communal bath, always wash the body thoroughly at the provided spigots before sliding into the bath proper, taking care to wash off all soap suds. Japanese baths are for soaking, not scrubbing, and are an ideal place for warm, relaxed chats between good friends, family members or even total strangers. Japanese bathers will often alternate scrubbing with soaking to stretch out the pleasure and benefits of a hot bath as long as possible.

There are some 55,000 ryokan in Japan, of which 1,300 are quality establishments belonging to the **Japan Ryokan & Hotel Association** (<http://www.ryokan.or.jp/>).

Although ryokan rates vary greatly, with a few very exclusive establishments charging high rates, charges are usually in the range of ¥12,000 to ¥20,000 per person, including two meals and excluding tax and service charges.

For the budget traveler, there are more than 80 inns belonging to the **Japanese Inn Group** (<http://japaneselinngroup.com>) which specializes in welcoming visitors from abroad. These inns are also quite economical.



Bath
©Japan Ryokan & Hotel Association

Registration Procedure at Lodging Facilities:

Visitors to Japan are required to do the following procedure when they check in at lodging facilities in Japan for the purpose of the prevention of infectious diseases and terrorism.

- To fill in their nationalities and passport numbers as well as their names, addresses and occupations on the registration form.
- To present their passports to be photocopied.
(The proprietors of lodging facilities are obligated to keep the photocopies.)

Minshuku

Another unusual way to cut costs while traveling in Japan, as well as have a chance to get below the surface of the daily life you're passing through, is to check into a "minshuku." The Japanese equivalent of guest-home type lodgings, minshuku are family-run businesses, with the rented rooms being part of the owners' own home. They are often found in choice resorts and vacation spots, and feature moderate rates.

As befits their "home industry" status, minshuku offer considerably fewer amenities than strictly professional establishments.

Minshuku costs are usually from ¥6,500 to ¥8,500, which include two meals, usually served family style.

Other Accommodations

Even more off the beaten track are Buddhist temples, some of which take in overnight guests. While some temples will allow guests to join in Zazen meditation, others provide the rooms simply as space for paying guests.

There are some 320 **Youth Hostels** (<http://www.jyh.or.jp/>) in Japan, offering clean and simple places to sleep at very low rates. A number of them are open to the public, but others are privately run and require membership in Japan Youth Hostels, Inc., or the International Youth Hostel Federation. You can join the latter either in your home country or through its Tokyo national headquarters.

Despite the name, there are no age limits on youth hostel guests. Compared with other forms of accommodation, however, there are many more regulations. A youth hostel will usually cost about ¥3,000 per person, without meals.



©Japan Ryokan & Hotel Association



Futon

Dining Out

Food in General

Food, of all types and from every country under the sun, is one of the great pleasures of life in Japan. Not only has Japan developed one of the world's great cuisines, which offers palate-tickling sensations that range from the subtle joys of "sashimi" to the hearty basics of its noodles, but some of the best world-class chefs have come to Japan to cook for its discriminating gourmets. Tokyo especially, as befits its status as a global capital of finance and business, is host to a lip-smacking cornucopia of food flavors and textures.

To begin scratching the surface of Japan's vast selection of culinary variety, take a walk in the vicinity of any subway or train station. The eating and drinking establishments that congregate here are sure to represent a plethora of domestic cooking, with prices generally quite reasonable. For non-Japanese speakers, some restaurants display plastic and wax replicas of their dishes in their front windows, or provide a menu with color photos.

Another good place to find reasonably priced meals is in larger department stores, which will often devote an entire upper or basement floor to different restaurants. Some modestly priced restaurants ask patrons to purchase tickets for each dish, either from the cashier's counter or a vending machine. Tipping, by the way, is not practiced in Japan.

Japanese Cuisine

Once known in the west either in the form of "**sukiyaki**" or the more exotic "**sushi**," Japanese cuisine has in recent years become much more familiar and appreciated around the world. Many visitors to Japan will have already sampled the pleasures of raw fish or batter-fried shrimp. But few first-time visitors to Japan are prepared for the variety and sumptuousness of the food as it is traditionally prepared. Eating in Japan is an experience to be enjoyed and remembered fondly for the rest of your life.



©Kagoshima Prefectural Tourist Federation

Among the types of cooking found in Japan are:

Sukiyaki is prepared right at the table by cooking thinly sliced beef together with various vegetables, tofu and vermicelli.

Tempura is food deep-fried in vegetable oil, after being coated with a mixture of egg, water and wheat flour. Among the ingredients used are prawns, fish in season and vegetables.

Sushi is a small piece of raw seafood placed on a ball of vinegared rice. The most common ingredients are tuna, squid and prawn. Cucumber, pickled radish and sweet egg omelette are also served.

Sashimi is sliced raw fish eaten with soy sauce.

Kaiseki Ryori is regarded as the most exquisite culinary refinement in Japan. The dishes are mainly composed of vegetables and fish with seaweed and mushrooms as the seasoning base and are characterized by their refined savor.

Yakitori is made up of small pieces of chicken meat, liver and vegetables skewered on a bamboo stick and grilled over hot coals.

Tonkatsu is a deep-fried pork cutlet rolled in bread crumbs.

Shabu-shabu is tender, thin slices of beef held by chopsticks and swished in a pot of boiling water, then dipped in a sauce before being eaten.

Soba and **Udon** are two kinds of Japanese noodle. Soba is made from buckwheat flour and Udon from wheat flour. They are served either in a broth or dipped in a sauce, and are available in hundreds of delicious variations.



Udon

©Gunma Prefecture

Japanese "**sake**," or rice wine, goes extremely well with a variety of Japanese dishes. Brewed with rice and water, sake has been a Japanese alcoholic beverage since ancient times. Because it can be drunk warmed up, the "feelings" come on more quickly and in winter it warms the body. When drunk chilled, good sake has a taste similar to fine-quality wine. There are local sake breweries in every region across the country, which make their respective characteristic tastes based on the quality of rice and water as well as differences in brewing processes.

Visitor Services

The following systems and services are provided so that foreign visitors who do not speak Japanese can enjoy traveling Japan carefree and to their heart's content.

Visit Japan Information Network

While traveling in Japan, please take advantage of the nationwide Visit Japan information Network. Each Visit Japan Information Offices are ordinarily located at railway stations, at tourist sites or in the heart of the city. You can find out more about each information office at: <http://www.jnto.go.jp/eng/arrange/travel/guide/voffice.html>



All category 1 to 3 tourist information offices display this symbol.

JNTO Website

JNTO website can be a great help for getting detailed information in preparing your travel itinerary before you depart for Japan. It provides a wide range of travel information in English and other languages via the Internet on transportation, accommodations, shopping and events. Information is updated frequently to enable you to access the latest information anytime.

URL: <http://www.jnto.go.jp>

Goodwill Guide Program

JNTO sponsors a Goodwill Guide Program, through which some 50,000 bilingual volunteers

stand ready to assist visitors from abroad.

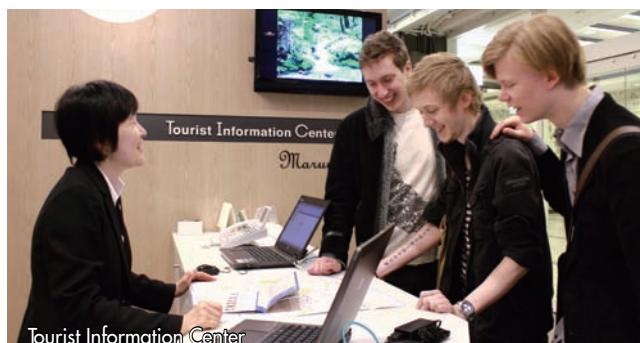
They have earned the right to wear the program's identifying badge with a white pigeon on a globe.

Throughout Japan, there are More than 80 SGG (System-atized Goodwill Guide) groups comprised mostly of students, housewives and retirees who engage in a variety of activities using their foreign language skills. Some groups offer a free pre-set walking tour for which the visitor only needs to go to a pre-established place at a certain date and time while others are available to meet tourists on request.

There is no charge for their service as they are volunteers. One is only expected to pay for their travel expenses and for admissions to tourist facilities as well as your own, and to pay for their meals if you dine with them.

Professional Guide-Interpreters

Their services may be retained through the Japan Guide Association (Tel. 03-3863-2895 Fax. 03-3863-2896) or Japan Federation of Certified Guides (Tel. 03-3380-6611 Fax. 03-3380-6609). A total of some 1,500 licensed guide-interpreters are registered with these organizations.



Useful Japanese Phrases

Pronounce every syllable as in Italian and keep intonation rather flat.

Greetings

How do you do?	Hajime-mashite.
How are you?	O-genki-desu-ka?
Good morning.	Ohayo gozai-masu.
Good afternoon.	Kon-nichi-wa.

Good evening.	Komban-wa.
Good night.	Oyasumi-nasai.
Good-bye.	Sayo-nara.

Phrases

Thank you.	Arigato.
You're welcome.	Do-itashi-mashite.
Excuse me.	Sumi-masen.
I am sorry.	Gomen-nasai.
Please.	Do-zo.(when offering something)
Please.	Kudasai.(when requesting something)
Do you understand?	Wakari-masu-ka?
Yes, I understand.	Hai, wakari-masu.
No, I don't understand.	Li-e, wakari-masen.

Just a moment, please.	Chotto matte kudasai.
What is this?	Kore-wa nan-desu-ka?
How much?	Ikura-desu-ka?
I will take this.	Kore-o kudasai.
Expensive.	Takai.
Cheap.	Yasui.
Where is the toilet?	Toire-wa doko-desu-ka?
Help!	Tasukete!
Watch out!	Abu-nai!

Basics for Traveling in Japan

Passport and Visa

Any foreign visitors desiring to enter Japan must have a valid passport. A visa is not required for many nationals to visit Japan temporarily as long as they do not engage in any remunerative activity. Visa details can be obtained from Ministry of Foreign Affairs Official Web Site (<http://www.mofa.go.jp/index.html>) or from the Japanese Embassy or Consulate in your country.

Customs

An oral declaration of your personal effects will suffice except: (1) when you have unaccompanied baggage; or (2) when you bring in articles in excess of the duty-free allowance. In the above cases, a written declaration will be requested at customs. Customs duty will not be levied on personal effects as long as their contents and quantities are deemed reasonable by the customs officer. In addition, the following items can be brought in duty free: (1) 500 grams of tobacco or 400 cigarettes or 100 cigars; (2) 3 bottles (760 c.c. each) of liquor; (3) 2 ounces of perfume; (4) gifts and souvenirs other than the above whose total market value does not exceed ¥200,000.

There is no allowance of tobacco or alcoholic beverages for persons aged 19 years or younger.

Currency

You can bring in and take out any currency. However, if you transport currency or other means of payment in excess of ¥1,000,000 or its equivalent, you are required to report this to Customs.

The unit of currency is the yen (indicated as ¥). Coins are ¥1, ¥5, ¥10, ¥50, ¥100 and ¥500. Bank note denominations are ¥1,000, ¥2,000, ¥5,000 and ¥10,000.

You can buy yen at foreign exchange banks and other authorized money exchangers. At the international airports, currency exchange counters are open during normal office hours. The exchange rate fluctuates daily depending on the money market.



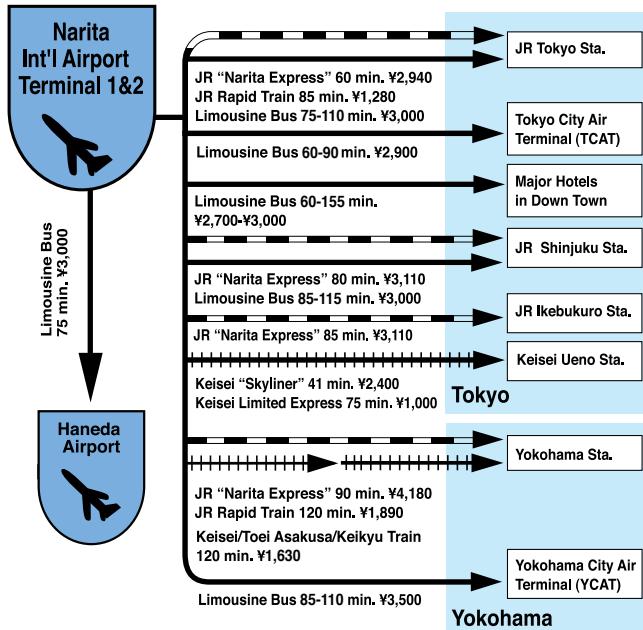
Traveler's Checks and Credit Cards

Traveler's checks are accepted by leading banks, hotels, ryokan and stores in major cities. International credit cards such as American Express,

VISA, Diners Club, MasterCard and JCB are also acceptable at these major establishments. Major foreign credit, debit and cash cards can be used at some 26,000 Post Office ATMs marked with the 'International ATM Service' and some 15,000 Seven Bank ATMs that can be found in Seven-Eleven convenience stores.

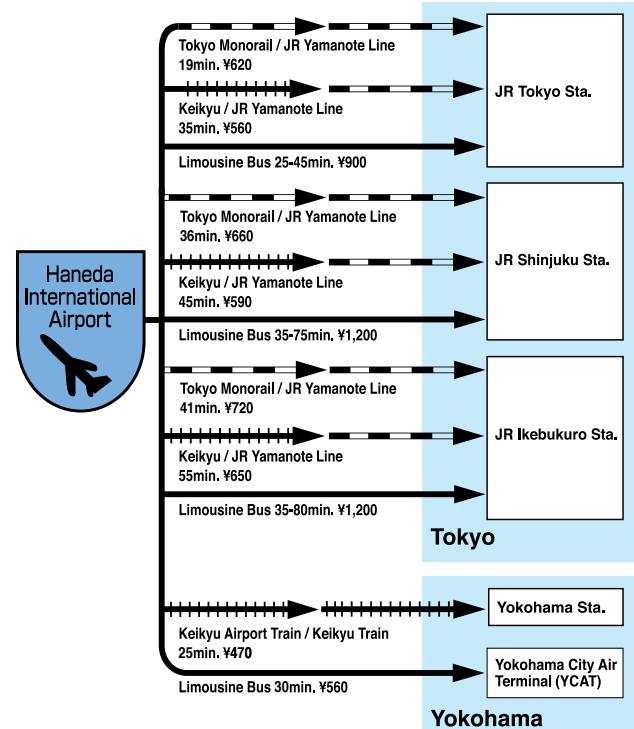
Airport Access Connections

Narita International Airport



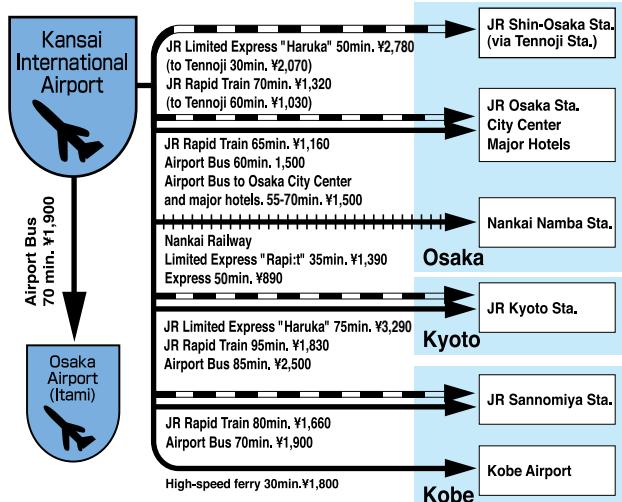
Notes: 1. Average time & fare required shown.
2. Please allow enough time since buses may be delayed due to traffic.

Haneda International Airport



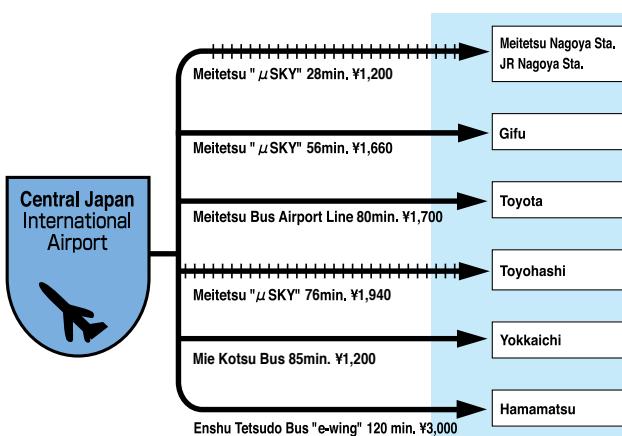
Notes: 1. Average time & fare required shown.
2. Please allow enough time, since buses may be delayed due to traffic.

Kansai International Airport



Notes: 1. Average time & fare required shown.
2. Please allow enough time since buses may be delayed due to traffic.

Central Japan International Airport (Centrair)



Notes: 1. Average time & fare required shown.
2. Please allow enough time since buses may be delayed due to traffic.

Useful Information

Drinking Water

Tap water is safe to drink anywhere in Japan. Mineral water is available at hotels, department and convenience stores, supermarkets and high-class restaurants.

Electricity

The electric current for home use is uniformly 100 volts, A.C., throughout Japan but there are two different cycles in use — 50 hertz in eastern Japan, and 60 hertz in western Japan. Leading hotels in Tokyo and other big cities have two outlets of 110 and 220 volts but their sockets usually accept two-prong plugs only. Major hotels have hair dryers and other electric appliances available on a loan basis.

No Tipping

Individual tipping is not common in Japan, since a

10 to 15% service charge is added to the bill at leading hotels, ryokan and higher-class restaurants. No tip is necessary unless you request some extra special services.

Emergency

Dial 110 for the police and 119 to report a fire or to call an ambulance. For these numbers, one does not have to insert the usual ¥10 coin. If you call from a green public telephone, lift the receiver and push the red button before dialing the number. In case of gray and IC card public phones, just lift the receiver and dial the number.

Other useful telephone numbers are as follows:

- AMDA International Medical Information Center Tokyo Tel.03-5285-8088 Kansai Tel.06-4395-0555
- Tokyo Metropolitan Health & Medical Information Center Tel. 03-5285-8181 (only for information within Tokyo)
- Metropolitan Police Dept. Counseling Service for Foreigners Tel. 03-3503-8484

Public Telephones

There are green and gray color phones which accept ¥10 coins, ¥100 coins and a magnetic prepaid card. IC card phones accept only IC prepaid cards. A local call is ¥10 for a minute and no change is given when you use ¥100 coins.

Instructions on "How to use the phone" is pasted on gray phones and IC prepaid card-operated phones.

You can make a direct overseas call from gray or IC card phones that are marked with "International & Domestic Card/Coin Telephone."

Meanwhile, the use of prepaid cards issued by several telephone companies (such as "Communication Card") enables you to make domestic as well as international calls on virtually all types of public telephones. These prepaid cards are available at station kiosks and convenience stores.

Postal Service

Complete services are provided for both domestic and international mail.

Domestic Mail

Destination	All Japan
*Letters, up to 25g	¥80
up to 50g	¥90
Postcards	¥50

International Air Mail

Destination	Asia Guam	North/Middle America Oceania Europe Middle East	Africa South America
Postcards	¥70	¥70	¥70
Aerograms	¥90	¥90	¥90
*Letters, up to 25g	¥90	¥110	¥130
up to 50g	¥160	¥190	¥230

*Rate for Regular Size (14 to 23.5cm long, 9 to 12cm wide, up to 1cm thick)

Basics for Traveling in Japan

General Business Hours

	weekdays	Sat.	Sun. & national holidays
Banks	9am-3pm	closed	closed
*Post Offices	9am-5pm	closed	closed
*Dept.Store	10am-8pm	10am-8pm	10am-8pm
Shops	10am-8pm	10am-8pm	10am-8pm
*Museums	10am-5pm	10am-5pm	10am-5pm
Offices	9am-5pm	closed	closed

*Some main post offices are open daily.

*Most department stores are closed 2 or 3 weekdays a month.

*Most museums are closed on Mondays.

Peak Travel Seasons

Visitors to Japan should be aware of the peak times of the year for booking travel and accommodation reservations, which are: (1) Year-end and during New Year holidays — December 27 to January 4 and adjacent holidays; (2) "Golden Week" holiday season — April 29 to May 5 and adjacent weekends; and (3) "Bon" festival season — a week centering on August 15. Check with JNTO offices for details.

General Information

Total Land Area: About 378,000 sq. km., an archipelago of over 6,800 islands

Population: 127 million

Capital: Tokyo, with a population of some 12 million.

Official Language: Japanese; English is taught in schools from the 5th grade on.

Average Temperature & Precipitation in Major Cities

Key Cities	Winter (Jan.)			Spring (Apr.)			Summer (Jul.)			Autumn (Oct.)		
	T (F)	T (C)	P									
Sapporo	25.5	-3.6	114	44.8	7.1	57	68.9	20.5	81	53.2	11.8	109
Sendai	34.9	1.6	37	50.5	10.3	98	72.0	22.2	179	59.4	15.2	122
Tokyo	43.0	6.1	52	58.3	14.6	125	78.4	25.8	154	65.3	18.5	198
Nagoya	40.1	4.5	48	57.9	14.4	125	79.5	26.4	204	64.6	18.1	128
Osaka	42.8	6.0	45	59.2	15.1	104	81.3	27.4	157	66.2	19.0	112
Fukuoka	43.8	6.6	68	59.2	15.1	117	80.9	27.2	278	66.5	19.2	74
Naha	62.6	17.0	107	70.5	21.4	166	84.0	28.9	141	77.4	25.2	153

Key : "T" stands for temperature, "F" stands for Fahrenheit, "C" stands for centigrade, "P" for precipitation (in mm). Average of year 1981-2010.

Religion: Shintoism and Buddhism are the two main religions.

Climate: Generally mild, but since the nation stretches for some 3,000 km. from north to south, the weather depends on where and when one travels.

Seasonal Clothing (for Tokyo & Vicinity):

Spring (Mar. - May): lightweight jackets and sweaters

Summer (Jun. – Aug.): light clothing, short sleeves

Autumn (Sep. – Nov.): same as spring

Winter (Dec. – Feb.): topcoats, wool suits and warm sweaters and jackets

Time Difference

The time difference between Japan and other major world cities is given below. (The difference decreases by one hour at those cities having daylight-saving time.)

Europe

	North America
Frankfurt	-8
Geneva	-8
London	-9
Paris	-8
Moscow	-6

Oceania

	Asia, Near & Middle East
Sydney	+1
	Bangkok -2

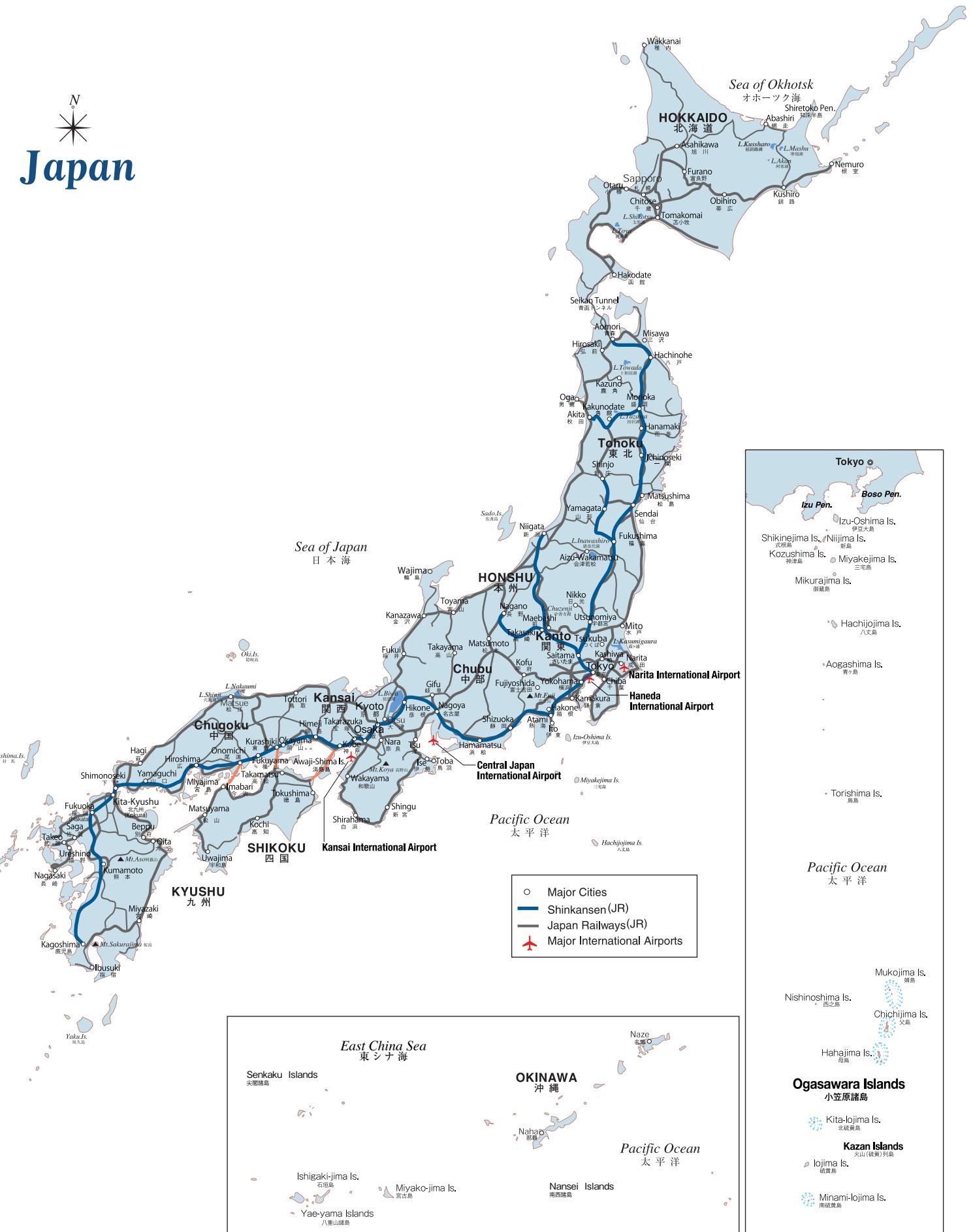
Central & South Americas

	Asia, Near & Middle East
	Hong Kong -1
	Seoul 0
Mexico City	-15

	Central & South Americas
	Taipei -1
São Paulo	-12

	Asia, Near & Middle East
	Beijing -1

Map of Japan





Japan National Tourism Organization

日本政府観光局 (JNTO)

<http://www.jnto.go.jp>
<http://m.japan.travel> (Smart Devices)

Free Travel Information and Language Assistance

The **Tourist Information Center (TIC)** of Japan National Tourism Organization is your helping hand while in Japan. Its services range from providing travel information and free literature on Japan to offering suggestions on tour itineraries. Its address, telephone number and office hours are as follows:

1st Fl., Shin Tokyo Bldg.,
3-3-1, Marunouchi,
Chiyoda-ku,
Tokyo 100-0005
Tel. 03-3201-3381
Open from 9 a.m. to 5 p.m.
(Closed Jan.1st.)



In addition, the following Tourist Information Centers, operated by the JNTO-affiliated International Tourism Center of Japan, are your reliable information sources.

Tourist Information Centers (Narita International Airport):

Terminal 1:

Arrival Fl., Passenger Terminal 1 Bldg.,
Narita International Airport, Chiba 282-0011 Tel. 0476-30-3383
Open from 8 a.m. to 8 p.m. every day year-round

Terminal 2:

Arrival Fl., Passenger Terminal 2 Bldg.,
Narita International Airport, Chiba 282-0004 Tel. 0476-34-5877
Open from 8 a.m. to 8 p.m. every day year-round

Overseas Offices

Seoul: 2nd Fl., Hotel President, 188-3, Eulchiro 1-ga, Jung-gu, Seoul, Republic of Korea
Tel: 02-777-8601

Beijing: Unit 2801 28th Fl., SK Tower, No.6 Jianguomenwai Dajie, Chaoyang-qu, Beijing 100022, China
Tel: 010-5971-2736

Shanghai: Rm. 1412, Ruijin Building, 205 Maoming South Road, Shanghai 200020, China
Tel: 021-5466-2808

Hong Kong: Unit No.807-9 on 8/F., Prosperity Mellennia Plaza, 663 King's Road, North Point, Hong Kong, China
Tel: 2968-5688

Bangkok: 10th Fl., Unit 1016, Serm-Mit Tower, 159 Sukhumvit 21 Rd., Bangkok, 10110, Thailand
Tel: 02-261-3525

Singapore: 16 Raffles Quay, #15-09, Hong Leong Bldg., 048581, Singapore
Tel: 6223-8205

Sydney: Suite 1, Level 4, 56 Clarence Street, Sydney NSW 2000, Australia
Tel: 02-9279-2177

London: 5th Fl., 12/13 Nicholas Lane, London EC4N 7BN, UK
Tel: 020-7398-5670

Frankfurt: Kaiserstrasse 11, 60311 Frankfurt/M, Germany
Tel: 069-20353

Paris: 4, rue de Ventadour, 75001 Paris, France
Tel: 01-42-96-20-29

New York: 11 West 42nd Street, 19th, Fl., New York, NY 10036, USA
Tel: 212-757-5640

Los Angeles: Little Tokyo Plaza #302, 340 E. 2nd Street, Los Angeles, CA 90012, U.S.A
Tel: 213-623-1952

Toronto: 481 University Ave., Suite 306, Toronto, Ont., M5G 2E9, Canada
Tel: 416-366-7140

All information contained in this brochure is based on data as of October 2012, and is subject to change without notice.

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