

Teresa Beall Expeditions presents
"Sushi to Samurai, Godzilla to Geisha"

Fifteen days through Japan by foot, bike, bus and bullet train...



November 5-19, 2009

\$3750 per person ()*

() excluding international flights to and from Tokyo*

Explore more than 2,000 years of Japanese history and culture, from ultra-modern Tokyo to the former imperial capital of Kyoto. In between, retrace the footsteps of the awe-inspiring Samurai Era along the revered Old Post Road (AKA Nakasendo Trail) to catch a rare glimpse of feudal Japan – yes, *this means another fabulous four-day "trek" (through parts of Japan even the Japanese rarely see), so don't put away your Nepal hiking boots quite yet!* As a grand finale, "bathe" in the hot black sand baths at Ibusuki, then relax in a luxurious traditional Japanese style hot spring ryokan spa in the Kirishima Mountains. Along the way, stay in a snazzy modern 5-star Tokyo hotel as well as a variety of traditional Japanese-style ryokans and minshuku (local family-run guesthouses) all the while tasting regional specialties like sushi and sake... Welcome to Japan – TBE style!

NOTE: There is a perception that it is wildly expensive to travel to Japan. While it is not a cheap country to visit, it is no more expensive than the top tier of European countries. In fact, TBE has worked hard to assemble this year's trip to exotic Japan for less than the price of last year's trip to Nepal. If you calculate last year's \$2400 Nepal trip plus the \$900 flight between Bangkok and Nepal, \$50 modest pre/post hotel nights in Bangkok, \$25 Nepal VISA, and the \$400 extension to Thailand, Japan is cheaper by \$25!

For more information and to secure your reservation, please contact:

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A world of serendipitous adventure awaits you on this Japanese adventure. The journey will recharge your soul in the surroundings of spectacular scenery and warm friendly people. Think modern Japan with high-rises, bustling restaurants, modern railways and upscale shopping malls. Then imagine traditional Japan with hundreds of temples, raked pebble gardens, sensuously contoured temple roofs and latter-day geishas. Japan's natural beauty, enduring traditional culture, rich history, economic vitality and harmonious society combine to make it one of the most unique destinations in the world. Delve into artful Japanese cuisines and tea ceremonies, wander through elegant temple gardens, soak in traditional hot baths, visit studios of calligraphers and other artisans, see Kabuki and Noh dramas, attend sumo matches and follow pilgrimage routes. Travel by local trains and the famed shinkansen (bullet train), buses, taxis, bicycle and by foot. Carefully chosen accommodations vary from ultra-lux hotels to basic traditional ryokans.

This exclusive TBE journey begins with touch down in one of the world's most sophisticated and uber modern cities, **TOKYO**, the ancient capital where the Tokugawa Shogunate ruled Japan for centuries. Full-tilt modernity images come fast and furious – the whoosh of the bullet train, hundreds of thousands of commuters texting on tiny mobile phones, the precision of a sushi chef, a sumo wrestler thumping the ground, an endless array of sensational shopping and entertainment, neon lights, karaoke bars and mega skyscrapers. All this and Hello Kitty too. The world's largest metropolis (nearly 34 million people in commuting distance) may be a blur, but it is a very genteel one. Experience sheer urgent rhythms of consumer culture juxtaposed with quieter moments lingering from older traditions. It's a place of hectic madness leavened by the Zennest of calms, and if you look close you'll notice refined touches everywhere – fashion, architecture, manhole covers (yes, manhole covers), the exquisite wrapping of a package, or the way your shoes are magically turned in the right direction when you're ready to leave the city. You'll have **THREE NIGHTS** to take a lesson in exactly what the city means to the Japanese. Included is a half-day walking CITY TOUR through the elegant Ginza shopping district and the grand Meiji shrine. There is also one full free day scheduled to explore Tokyo on your own – plenty of time to enter the Imperial Palace Plaza, ride a boat along the Sumida river, get a historical perspective at the Edo Tokyo Museum, visit Asakusa Kannon (the city's oldest temple), smell fishy at the early morning Tsukiji Market, wander the Mori Art Museum, peek inside a sumo wrestling stable where the behemoths train, examine Madame Kikuchi's collection of modern ceramics, sip tea at the Hamarikyū gardens, and/or shop the retail-rich stores and boutiques. A Kabuki performance or your own Karaoke rendition is a possibility too. **Accommodations @ PARK HOTEL – www.parkhoteltokyo.com.**

After the sensory overload of Tokyo, we escape the frenetic pace and proceed to retrace the footsteps of the Samurai. The 315-mile post road Nakasendo trail linked Kyoto to Tokyo during Japan's feudal period. It was the 'road through the mountains' (as opposed to the Tokaido route which traveled the Pacific coast) traveled by feudal lords and their retinues, samurai, merchants and travelers. The route was also used by messengers, pilgrims, porters and once by Princess Kazunomiya, whose 10,000-member entourage was so long that it took three days to pass through a town. The trail was constructed during the 8th century when the term highway was applied not to six lanes of asphalt, but to wide walking paths. Along the route were 69 'post towns', where weary travelers could rest before continuing on the next leg. For hundreds of years, these post towns buzzed with activity, but traffic on the route dwindled after the construction of railroads at the end of the 19th century. Our **FOUR-NIGHT NAKASENDO TRAIL** journey will start in the remote valleys of Gunma prefecture north of Tokyo. We will then spend four days walking along the Nakasendo. By



day we will walk (and train) along the ancient route as it passes through rural Japan, the central mountains, and through some of the most scenic and best-preserved villages. By evening we stay in traditional ryokans and minshuku (family-run country inns) many of which date from the early 1600s and each providing excellent (and interesting) regional cuisine prepared from fresh ingredients – perfect places to soak in natural hot springs and enjoy the warm hospitality of our hosts. The trail affords glimpses of medieval and rustic Japan (that even the Japanese rarely see) and provides a fascinating insight into the world of feudal Japan, the samurai and village life today. Our trek ends in the ancient capital, Kyoto. Luggage goes by car as we traipse (5-10 miles, 4-6 hours per day) with a day-pack by foot (and by short train hops) between post towns – including Tsumago and Magome – with commanding views and cobbled footpaths lined with colorfully decorated shops and local food stands. *NOTE: The trail is very straight forward, gently undulating, but with some short steep climbs (still no point more than 3000 feet in elevation). Some of the trail is covered in tarmac, some in cobblestones, and some with just plain ole dirt, but it is clearly signposted with little chance of being led astray. The group can easily vary walking speed so that it will naturally stretch out, just as we did in Nepal.* **Accommodations @**

- Night #1 (Karuizawa) – **IKOI-SANSOU** (www.ikoisanso.jp)
- Night #2 (Narai) – **ISEYA MINSHUKU** (www.oyado-iseya.jp) & **NAGAI MINSHUKU**
- Night #3 (Kiso-Fukushima) – **KOMO-NŌ-YU HOT SPRING RYOKAN** (<http://www1.ocn.ne.jp/~komanoyu/frame.html>)
- Night #4 (Magome) – **TAJIMI-YA & MAGOME-CHAYA MINSHUKU** (<http://www.takenet.or.jp/~marutaji/index2.htm>)

GOING GREEN: *This Nakasendo trek pays homage to a new trend in rural tourism in Japan, supporting family-run inns and guesthouses in small villages that often have few work opportunities. Going against the traditional form of tourism in Japan using large concrete resort hotels catering to large groups, we instead use small local inns off the main tourist route, encouraging local people to conserve older, traditionally-constructed buildings and take pride in their traditions. We also use public transportation whenever possible throughout this trip to lessen the environmental impact.*

Next Stop – **KYOTO**, the ancient capital of Japan and soul of traditional Japanese culture. "Charming" only begins to describe this lovely town. No trip to Japan is complete without visiting Kyoto to explore the city's geisha culture, Zen gardens, Buddhist temples, rustic traditional homes, stunning palaces, and beautiful classical gardens. To stroll through Kyoto is to walk through 11 centuries of Japan's history. UNESCO's World Heritage committee lists 17 sites in Kyoto alone. After four nights in traditional accommodations along the trail, our **THREE-NIGHT** stay in Kyoto will be in 4-star western-style digs (with real mattresses and pillows). Included are two short TOURS – one by foot through Gion (geisha district) and one by bicycle to Ryoan-ji (rock gardens) and Kinkaku-ji (the Golden Pavilion). There is also one full free day scheduled to explore some of the most important temples and shrines as well as craft shops and food markets on your own. **Accommodations @ HEARTON HOTEL – www.heartonhotel.com/kyoto.**

Then, the bullet train whisks us off to the far west end of Japan for a **ONE NIGHT** stay in **KAGOSHIMA**, once the seat of the powerful Shimazu clan, the feudal lords of Satsuma. The area is famous for sweet potatoes where the locals prefer "shochu" (a liquor made from the spuds) over sake. Included is a visit to Sangen-en with its views of Sakurajima volcano. **Accommodations @ TOKYU HOTEL – www.tokyuhotelsjapan.com.**

From Kagoshima, we drive to **CHIRAN** to visit the Kamikaze pilots of World War II museum and view the Samurai houses and gardens, followed by a visit to **IBUSUKI (YAMAKAWA)** to bury ourselves in the black sand baths, heated naturally by hot springs that surface close to the ground before reaching the sea. After changing into a yukata (cotton robe), a shallow grave is dug. Lie down, arrange your yukata so no vulnerable areas are exposed, and then lie still while the sand is piled high (up to your neck) on top of you. The water, a hot 185°F (85°C), contains sodium chloride and is considered beneficial in alleviating rheumatism, arthritis, gastrointestinal troubles, neuralgia, female disorders, and is a beauty treatment for the skin.



Our final destination in the **KIRISHIMA MOUNTAINS** offers a **TWO-NIGHT** stay in one of Japan's best luxurious ryokans – celebrities, world dignitaries and President Jimmy Carter (to name a few) have been guests. Deep in a forest of 100-year old willow trees and bamboos, the Seiryu-so Ryokan combines traditional Zen beliefs with the very best beauty treatments. Amidst the silence and steam rising up from the onsen (volcanic hot springs) discover a breathtakingly beautiful spa with 7,000 square meters of gardens including a steam room, a wood heated sauna, treatments with natural oils and body rubs with rhassoul clay. Steam by moonlight in the sheltered open-air thermal pools outside the garden and wander around the town in your yukata (traditional robe). Sensory nirvana awaits you! **BONUS –** And, for you parasailing junkies, there may be an opportunity for another jump in Kirishima! **Accommodations @ SEIRYU-SO RYOKAN – www.seiryuso.co.jp**

HOT WATER: *A trip to a Japanese onsen (hot spring bath) can be a daunting experience for a first time foreigner. Finding the right entrance, washing before you bathe, and what to do with your (surprisingly small) towel – it might feel as if you have landed in a more metaphorical kind of hot water. However, before you leave with your towel between your legs, remember that the baths are meant for relaxing. As the saying (almost) goes, "When in Roman baths..." So, do as the Japanese do and you can't go far wrong. Just remember the baths are not for washing, so it is VERY IMPORTANT to have a thorough scrub down with soap at the showers before getting in to the communal bath.*

After flying back from Kirishima, **ONE FINAL NIGHT** in **TOKYO** completes the circle – enough time for last-minute shopping or perhaps another round of Karaoke before we're homeward bound. Returning to the same Tokyo hotel allows you to store some of your "city" luggage and shopping purchases while on the rest of the adventure until we return back before heading home.

IMPORTANT NOTE: *THIS IS AN INVITATION ONLY EXPEDITION, AND IS CURRENTLY SOLD OUT. PLEASE INQUIRE IF YOU WOULD LIKE TO BE CONSIDERED ON THE WAIT LIST. This deeply-discounted group price of \$3750 per person (valued at over \$5000) is based on a minimum of 18 (max 26) passengers, and double occupancy. There are single rooms available for a \$1000 supplement, but no triple or quad occupancy. Reservations are first-come first-served and accepted immediately with a completed registration form and a \$1500 deposit (\$750 non-refundable). Final payment is due 1 August 2009. A valid passport with at least six months validation is required to travel. International airfare between the USA and Tokyo not included.*



Japan National Tourist Org map
 ● ○ Major Cities
 — Shinkansen (JR)
 — Japan Railways (JR)
 Additions by Randy Johnson
<http://jnto-ngo.com/~randy/japan.htm>

NAKASENDO TRAIL
 Minshukus/Ryokans
 Nov 8, 9, 10, 11

TOKYO
 Park Hotel Tokyo
 Nov 5, 6, 7 & 18

KYOTO
 Hearton Hotel
 Nov 12, 13, 14

KIOTOSHIMA
 Seiryu-so Ryokan
 Nov 16 & 17

FLIGHT back
 from Kagoshima
 to Tokyo for one
 final night.

SHINKANSEN
 (Bullet Train)
 Nov 15

KAGOSHIMA
 Tokyu Hotel
 Nov 15

IBUSUKI
 (Hot Black Sand
 Steam Baths)
 Nov 16

"Sushi to Samurai, Godzilla to Geisha"

INCLUSIONS – \$3750 per person, dbl occ (trip is valued at over \$5000 per person)

- Fourteen (14) nights accommodations throughout Japan in a variety of accommodations (including a snazzy uber modern 5-star hotel in Tokyo, modern 4-star hotels in Kyoto and Kagoshima, all serving daily American/Japanese breakfasts; a luxury Japanese-style mountain spa Ryokan in Kirishima; and modest minshukus on the Nakasendo trail, which may be concrete or older wooden buildings, but with traditional rooms using tatami (straw) matting and futons laid out in the evening). Many ryokans have both en suite bathrooms (with the exception of some older buildings) and communal hot spring style baths (segregated by sex) and serve mostly Japanese meals. They are the classic Japanese experience!
- Daily breakfasts throughout, as well as six exquisitely prepared multi-course dinners (four during the Nakasendo trail expedition and two at the luxury ryokan in Kirishima) usually served in a communal dining room. Vegetarian options are available, but limited. Alcoholic drinks are not included.
- All transportation between tour locations (beginning and ending in Tokyo), including local and bullet trains (Shinkansen), buses, taxis, minibuses and a one-way flight from Kirishima back to Tokyo (Haneda domestic airport).
- Full-time services of an English-speaking tour leader.
- Half-day walking/bicycle tours in both Tokyo and Kyoto, including museum/temple entrance fees, as indicated in the itinerary.
- Baggage transfers on the Nakasendo trail and from Kyoto to Kagoshima on the bullet train. Otherwise, baggage will be transferred with the group when traveling by bus.
- All service charges and governmental taxes.
- Single occupancy supplement – \$1000 per person.
- Gratuities are NOT required in Japan.

EXCLUSIONS

- International flight between the USA and Tokyo. Use your frequent flyer miles for freebies or upgrades, or inquire about fares from your gateway (currently fares are approximately \$750 to \$1100 from the US)!
- Meals, other than the daily breakfasts and six dinners, as indicated in the itinerary.
- Ground transfers between the Narita Airport and the Tokyo Park Hotel. Since we are all using different flights to get there, the easiest way to transfer to the hotel will be by taking the Airport Friendly Limousine bus, offering direct service to our hotel for a cost of 3,000 Yen pp (\$30). The luggage is handled by the staff from start to finish. Another inexpensive option (compared to a taxi) is the train, but a change is required and it can be a little overwhelming with luggage, especially for first-time visitors!
- Drinks with meals, snacks, or miscellaneous items.
- Optional tour experiences (still under construction) – *sake tasting & cooking class... tea ceremony... kimono donning... sumo wrestling (viewing, not participation – not enough insurance for that!)... calligraphy and origami lessons... kaiseki dinner... .*
- Optional travel insurance.
- Personal expenditures, i.e. laundry, telephone bills, souvenirs etc.

THE FINE PRINT

- **PRICE:** The land-only tour price is based on dbl occupancy and a minimum of 18 participants (max 26). The price is guaranteed, but if (due to unforeseen circumstances beyond the control of Teresa Beall Expeditions or Oxalis Holidays) our suppliers increase the costs, we will adjust the price accordingly. Should the number of participants be lower than the published minimum, the price will be adjusted accordingly or the tour will be canceled.
- **DEPOSIT AND PAYMENT POLICY:** A \$1500 pp deposit is due at the time of reservation (\$750 is non-refundable). Final payment due 1 August 2009. **Checks are to be made payable to Teresa Beall Expeditions.**
- **CANCELLATION & REFUNDS:** For cancellation more than 90 days prior to departure, a cancellation fee of \$200 tour cost will apply. For cancellation less than 90 days prior to departure, a 100% cancellation fee of the tour cost will apply. No refund will be paid for unused services such as transfers, sightseeing, meals, hotel accommodation, entrance fees, and others that are listed in the tour program.
- **LAND ARRANGEMENTS:** We reserve the right to change the itinerary due to unforeseen circumstances. In all cases, Teresa Beall Expeditions and Oxalis Holidays will do their best to maintain tour content. We reserve the right to change the hotel listed for another of similar quality.
- **RESPONSIBILITY & LIABILITY:** Whereas Teresa Beall Expeditions and Oxalis Holidays and the participating airlines and tour operators operate the program only as agents of the aircraft, hotel, bus operators, sight-seeing contractors and others who provide actual land arrangements, we are not liable for any act, omission, delay, injury, loss or damage or nonperformance occurring in connection with these tours. The Passenger contract in use by the airline concerned, when issued, shall constitute the sole contract between the airline and the purchaser of the tours and/or passenger. Teresa Beall Expeditions and Oxalis Holidays reserve the right to bring legal action to collect damages in the event that the purchaser fails to pay any fees due for services, including cancellation fees as set out in the section entitled 'Cancellations & Refunds'. The parties agree that should legal action be commenced, the prevailing party will be entitled to his/her or its reasonable attorney fees and court costs in addition to the actual damages sustained and proven.

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Passenger Responsibility:

Passenger has read the above exclusions, inclusions, and the fine print (terms and conditions) and agrees to each of them, and hereby warrants that he/she fully understands each of them. Specifically the passenger understands that should he/she cancel the trip for any reason, he/she will be charged the cancellation fee set out in the 'Cancellations & Refunds' section in the Fine Print details.

Passport and Documentation:

Your passport must be valid for at least six months with at least two empty pages. For more specific passport requirements, please contact the consulates for updated information.

Entire Agreement Severability:

This is the entire agreement of the parties and it may be amended only by written agreement signed by both Teresa Beall Expeditions, Oxalis Holidays and the client. If any part of this agreement is held unenforceable by a court of law, the rest of this agreement will nevertheless remain in force and effect.

Travel Insurance:

Travel insurance is not included in the tour price. It is the passenger's responsibility to verify whether his/her local health insurance provides coverage while out of the USA. Please contact your insurance carrier for details. Teresa Beall Expeditions and Oxalis Holidays highly recommend the purchase of comprehensive travel insurance, which covers health, luggage and trip cancellation. A waiver must be signed if insurance is declined.

Last name _____ First name _____

(* NOTE – Your full name must be spelled EXACTLY as indicated on your valid passport! Traveling with _____

Address _____

City _____ State _____ Zip _____ Date of Birth _____

Home Phone _____ Cell Phone _____ E-mail _____

Nationality _____ Passport number _____ Valid until _____

Emergency Contact _____ Phone _____

Need Help with Flights? Yes ___ No ___ Gateway _____ Airline preference _____ FF# _____

Type of hotel room? One Bed (Queen / King Bed) _____ Two Beds (Probably Two Twin Beds) _____

NOTE – Strong efforts will be made to request one large bed for couples (in hotels), but cannot be guaranteed. Ryokans and Minshukus have a variety of bedding (some dormitory style) and the group might be split in two nearby homes if we cannot fit into one. Thanks for being flexible!

Travel insurance? _____ (cancel for medical reason only); _____ (cancel for any reason). NOTE – If declined, you will be fully responsible for any fees or costs associated with the tour due to cancellation/medical necessities/lost baggage/delayed flights, etc.

I hereby sign and agree to the terms and conditions attached to this form:

Signature _____ Date _____

NOTE – Please sign this form and return it with a check for \$1500 pp, made payable to TERESA BEALL EXPEDITIONS. Send to: Teresa Beall Expeditions, 2724 Pillsbury Rd, Chico, CA 95973, 530.342.6999 (p), 530.342.6994 (f). Teresa@TeresaBeall.com