



Exotic and Mysterious Japan

A Land of Endless Discovery and Contrasts



Featuring
6
Hands-On
Traditional
Japanese Art
Experiences

A Cultural Odyssey and Textile and Craft Immersion

into Kimono, Ikebana, Sushi,
Weaving, Dyeing, Tea Ceremony, Sake,
Traditional Baths and more...

"Uncommon Textile Journeys that Change Lives"

Come Explore Japan...

The Land of the Rising Sun



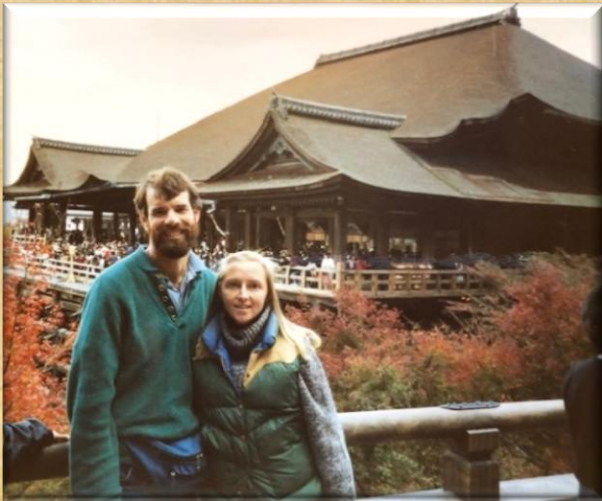


May I introduce you...

In addition to our Japanese guides, Dayna and Alan Fisk-Williams will be the Loom Dancer Odysseys' Guides for this adventure. After living in Japan, teaching school for eight years, Dayna and Alan have a profound love of the country, a true respect for its way of life as well as an understanding of its unique culture. They just can't stay away and have returned to Japan many times (10!). Not only are Dayna and Alan wonderful individuals and dear friends of mine, they work tremendously well as a team. Who could be better to take you on an epic textile and crafts adventure in Japan? You are in the very best of hands and I know the journey will be another Loom Dancer Odyssey that changes lives. So, let's get to know a little bit about them ...

In the Spirit of Creative Adventure, *Cari*

Meet Your Guides



Dayna and Alan in Japan 30 years ago



Alan Fisk-Williams

has been leading groups on adventures for over 45 years. Starting on rivers in California and Idaho and then on to the Colorado River in Grand Canyon in 1978, he has been guiding groups of travelers and making sure they have a trip of their lifetime. He was concurrently a middle and high school science teacher in Arizona, Japan, Korea and Germany for 26 years. As a teacher working in Japan for 8 years, Alan led his American science students and cross-country athletes on trips all over the country. He has experience negotiating through the Japanese culture. These two careers, as well as his service with his local volunteer fire department, have helped him meet the individual needs of a diverse clientele under unique and sometimes stressful situations. He prides himself in his excellent English and enjoys studying Japanese, German and Spanish with moderate success. But with his big smile and friendly way, he makes the best of his language skills.

Dayna Fisk-Williams

has joined forces with Loom Dancer Odysseys as a Guide and as the Art Education Director for Loom Dancers in Santa Fe. Using her Master's Degree in education, combined with 25 years of teaching school, 21 years of living abroad and 10 years of weaving experience makes Dayna a strong part of our team. One of the places Dayna taught was Japan and she fell in love with the country. During her years there, she began collecting Japanese fabrics. With her favorite vintage kimono and obi, she created unique purses with these Japanese materials. She sold her one-of-a-kind bags through Etsy, Japanese shops, 10,000 Waves in Santa Fe and at craft shows.

Then weaving entered her life! After learning traditional Rio Grande weaving, Dayna branched out and learned fabric weaving from Saori teachers in the US, Canada and Japan. She soon realized that her sewing skills and fabric weaving were a match made in heaven! Her woven garments are now seen on women all over America, from New York to San Francisco as they can be purchased from 7 Arts Gallery in Santa Fe, a gallery that Dayna owns with several other local artists.

A Few Cultural Notes from Alan and Dayna

Japan is such an interesting destination and a different culture than we might be used to and that is just one of the things that makes it so special. Traveling in Japan is very different from the rest of the world. Japan is an unusually organized, quiet and polite society. The Japanese work very hard not to draw attention to themselves. Their rules and traditions have allowed them to prosper and live in harmony on a small group of islands for thousands of years. As visitors, we encourage you to embrace their philosophy and the true Japanese experience as much as possible. To this end, this tour will do its best to follow these Japanese traditions:

- Like the locals, we will use public transportation for much of our trip. Parking and traffic can be impossible, especially in the cities and tourist areas. For this reason, we will be walking more than most of Loom Dancer tours in other destinations. We will ride trains, subways and even buses on occasion. Please be advised that traveling in Japan requires much stair climbing.
- When riding trains in Japan, there is no luggage storage area. For this reason, you will need to travel with the smallest bag possible.
- There may be an option for Western style beds during our itinerary for those that prefer this type of room. However, if staying in a traditional Japanese style room, you will need to be prepared and able to sleep on a futon placed on traditional matting on the floor.
- There is virtually no tipping in Japan. If you leave money at a restaurant, the wait staff might chase after to you to return your forgotten money. If you try to tip a taxi driver or hotel staff member, they will often refuse your offer. On the rare occasion that tips are given and accepted, they are given in an envelope. Handing money from your pocket is never done. We will tip our Japanese tour guides as a group and an envelope will be passed for this purpose.

Food in Japan is a true adventure. For those that love to try new things, you are in for a treat! You will have the chance to try things you have never seen or heard of at every meal. For those less adventurous eaters, you will want to push yourself at least a few times during your travels here, but the rest of the time you can always count on rice. *Gohan*, the word for rice, is also in the word breakfast, *asa gohan*. It is served at every meal.

Everyone can appreciate the delicate and lovely presentation of a Japanese meal. Serving sizes are small, but many different things are served.

If you have allergies or other food restrictions, beware! Things that look vegetarian, often are not. And gluten free is nearly impossible. Soy sauce is used in so many foods and sauces and it is not gluten free. Also, many favorite dishes such as tempura, ramen, soba, udon, and gyoza are heavy on gluten. If you come with restrictions, we ask that you be prepared with snacks at all times.

The Itinerary at a Glance

Optional 3 Day Pre-Trip Cultural Immersion in Kamakura
See Page 15 for Itinerary

Day 1: Arrive Kyoto

Day 2: Guided exploration of Kyoto

Day 3: Roketsu Dyeing & Ikebana Flower Arranging, Kyoto

Day 4: Kakishibu Shibori & Temple Handicraft Market, Kyoto

Day 5: Train to Yunogo Onsen and it's Hot Baths

Day 6: Tea Plantation Visit & Kasuri Weaving Workshop, Yunogo

Day 7: Kurashiki / Museum of Folkcraft / to Miyajima

Day 8: Miyajima / Temple SAORI Weaving / Tea Ceremony

Day 9: Hiroshima Peace Memorial Park and Train to Tokyo

Day 10: Tama-ori Weaving Workshop in Tokyo

Day 11: Flights Home



Thursday, March 12

Welcome to Kyoto

Today you arrive in Kyoto and transfer on your own to our hotel. Kyoto is one of the most culturally rich cities in Asia. Home to 17 UNESCO World Heritage sites, over 1,600 Buddhist temples and 400 Shinto shrines, this ancient city showcases the heart and soul of traditional Japan. Kyoto boasts an array of world-class gardens, majestic festivals and delicate cuisine, all of which make much of the rhythms of nature and the changing of the seasons. However, visitors will see that like any large Japanese city, grid-like Kyoto has its fair share of neon and concrete. But the discerning eye will soon pick out Kyoto's treasures: sacred shrines tucked in among shopping arcades, time-honored teahouses nestling among modern businesses and mysterious geisha scuttling down backstreets among the tourists and souvenirs. Kyoto's charm lies in these details and whether you're here for three days or three years, the closer you look, the more you'll discover.



Our accommodation for the next four nights is a cultural treat. Rather than choosing a Western style hotel, we have opted for a ryokan. A ryokan is a Japanese inn that typically features tatami-matted rooms, communal baths (although each of our rooms will have a private bath!) and other public areas where guests may wear *yukata* (kimono-style bathrobes). Ryokan have been around since the 8th century and served travelers along Japan's highways throughout history. It can be a bit hard to find ryokan in Japan's larger cities since Western style hotels have become the standard as elsewhere in the world, but we found one! Located in an historic area of Kyoto famous for its lacquer, 3 Star Kyomachiya Ryokan Sakura Urushitei is named after "*urushi*," a common Japanese lacquer from ancient times. The inn is located on a bustling street corner, but it is relaxed with a tranquil atmosphere and offers a welcome respite from the frenetic city. As guests here, if staying in a tatami-matted room, we will make our own futon beds at night



which is a way to experience traditional Japanese culture. It is a conscious decision by the proprietors that there are no TV's in the hotel. They feel strongly that while staying in the ancient city of Kyoto, it is important to immerse one's self in it without distractions and to enjoy the slow and quiet atmosphere of the ryokan. However, while it is a Japanese-style accommodation with traditional design, it offers modern facilities such as a bar in the lobby and wi-fi in the rooms. We will gather tonight as a group for a welcome dinner. Overnight at Kyomachiya Ryokan Sakura Urushitei in **your choice of a Japanese or Western style room.** (D)



Friday, March 13

A Guided Exploration of Kyoto

Today we enjoy a guided tour of Kyoto. This morning, our guide will meet us at our hotel and together we'll travel around the city by public transport. This is the best way to explore Kyoto, a city so rich in UNESCO World Heritage sites that it can be hard to know where to start! Our carefully selected local guide will reveal Kyoto's intricate culture, introducing us to famous must-see spots as well as secret corners of the city that only the locals know. While Kyoto has an extensive bus route, we'll plan on taking a few taxis to speed things up. Our tour will finish at 5:00 PM with the guide either dropping us back at our hotel or anywhere else in the city you wish to spend the evening. Overnight at Kyomachiya Ryokan Sakura Urushitei. (B)





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Saturday, March 14

Roketsu Traditional Cloth Dyeing and Ikebana Flower Arranging



The elaborate and opulent designs and patterns and colors of Japanese textiles are what have made them world famous. Traditional Japanese textile design is quite unique and immediately recognizable. Roketsu dyeing is unique to Kyoto and is a traditional way of cloth dyeing in which wax is used to block dyes in an area finely drawn by hand on cloth. At our Roketsu Dyeing Experience you will be instructed by craftspeople with over 50 years of experience, utilizing techniques developed by artisans working with kimono. You can choose to create a handkerchief, bandana, t-shirt, or noren (Japanese curtain). Then, you'll select your design from the hundreds of different stencils from traditional Japanese scenes to the latest anime characters. Of course, budding artists may also create their own designs. Materials and instruction are included in the workshop and you can take home your finished artwork!

Next it's on to Ikebana, the ancient art of flower arranging which has been practiced in Japan for more than 600 years. The tradition is believed to have evolved from the Buddhist practice of offering flowers on altars for the spirits of the ancestors. Unlike Western styles

of flower arranging, traditional ikebana follows strict rules governing shape, colors, lines and form within which the florist can display personal expression. Most ikebana arrangements are based on a triangle to symbolize sun, moon and earth and interestingly space is as important as the flowers, twigs and leaves themselves. As the epicenter of traditional Japanese culture, Kyoto is a fantastic place to learn about this ancient craft and today we will join an hour-long ikebana class at the headquarters of the Women's Association of Kyoto. The licensed ikebana teacher will provide all flowers and natural materials then talk you through the techniques needed for you to create your own arrangement. Traditionally, ikebana florists work in a meditative silence so they can connect with nature, but they'll forgive us for asking our teacher plenty of questions in order to get the most out of this hands-on experience. We return to our hotel in the late afternoon allowing time to explore on your own. Overnight at Kyomachiya Ryokan Sakura Urushitei. (B)



Sunday, March 15 Kakishibu Shibori (Persimmon Dyeing) and Temple Handicraft Market

Today, we have private transportation available for us to get around a bit easier for our day filled with Japanese crafts in Kyoto. We begin with a workshop in the traditional cloth dyeing art of Kakishibu Shibori. **Kakishibu** is a traditional Japanese dye made from natural fermented persimmons. Japanese artists use it on wood, textiles and Japanese paper (*washi*). Using the traditional **Shibori** dyeing technique, we will create patterns by folding, clamping, compressing and binding fabric to create a unique textile. Our English-speaking instructor will lead the two-hour class in which we will have the opportunity to dye cloth in the style of this traditional art.



Luckily, our visit to Kyoto coincides with a wonderful monthly handicraft market. Held on the grounds of Chion-ji Temple, this is the biggest market in the city. Here we can find an amazing range of handmade crafts, kimono, pottery and antiques, and at great prices too. This is one of the few times when haggling is acceptable in Japan so do try to get a good bargain! (B)





Monday, March 16 Train to Yunogo Onsen and it's Hot Baths

Today we travel by direct Limited Express train from Kyoto to Sayo Station, the access point for our next adventure at Yunogo Onsen in Okayama Prefecture, a journey of a little more than two hours. Onsen means “hot springs” and the ancient Yunogo Onsen has more than a thousand years of history. The city has been used as a therapeutic bath known for its skin-beautifying properties. The special waters are also believed to offer healing for those with a variety of conditions including chronic digestive disorders, nerve pain, rheumatism, arthralgia, chronic feminine problems, and skin problems.

Whereas the Kyoto region is known as the cultural and spiritual center of Japan, Okayama Prefecture boasts a strong link with traditional samurai culture. There is a rich history of sword making in Osafune Town and prominent historical figures such as Miyamoto Musashi. Undoubtedly the most unique attraction in Yunogo is the town clock. Once an hour, it performs a very novel routine in which a giant emerges from the clock tower and mimes eating rocks with a pair of chopsticks. A recorded voice narrates the story of the samurai Musashi Miyamoto - a son of Okayama who lived in the 16th-17th centuries and was famous for fighting with two swords at once.

You can enjoy the famous baths of Yunogo Onsen this afternoon or wander around the small town on your own. We have chosen our accommodations here to allow for another unique ryokan experience. Located in a modern building, Kifu no Sato is a lovely Japanese-style ryokan, boasting a wonderful landscaped garden at its center and tatami matting throughout. Kifu no Sato is particularly famous for its ikebana flower arrangements (of which there are a staggering 65 throughout the hotel). Its onsen baths are truly superb and are comprised of several different types of bath including some private (*rotenburo*) outdoor baths and a 'hot stone' sauna. The Ryokan also has an exceptional commitment to reinvigorating the local environment and businesses, to which end almost all its furniture and decorative displays represent the work of local craftspeople. Finally, to complete this list of accomplishments, the elaborate seasonal kaiseki menus served in the restaurants are nothing short of outstanding, easily rivalling the very best restaurants to be found in Japan's urban centers. You will be staying in a Japanese style room (with a hybrid Japanese – Western style bed) and an en-suite bathroom. Breakfast and dinner are included in your stay. Overnite at Kifu-no-Sato Ryokan. (B,D)



Tuesday, March 17

A Tea Plantation Visit and Kasuri Weaving Workshop

Today we enjoy a guided tour of Yunogo and a visit to a traditional tea plantation. Tea was introduced to Japan in the 8th century, but it was during the Muromachi Period, between 1333 and 1573, that tea became popular among all social classes of Japan. At the plantation, we will try different types of teas and you can make your own packing for the tea.

Next, we enjoy an intensive 5-hour Kasuri Weaving class at Sakushu Kasuri Studio. **Kasuri** is a weaving technique in which the warp and the weft, both of which have been previously dyed in different colors, are woven together following a designated pattern to create fabric. We'll be working with Kashimoto-san, a master Kasuri weaver. Kashimoto-san fell in love with kimono as a little girl, first learning how to put on a kimono (harder than it may sound!), then progressing to making kimono and weaving kimono fabric. Today you will make a piece of Kasuri cloth approximately 40 cm x 30cm - 40cm. There will be various patterns for any skill level. In the afternoon, we return to our lovely traditional accommodations. Overnight at Kifu-no-Sato Ryokan. (B,L,D)

Wednesday, March 18

Kurashiki Canal Boat Trip and Museum of Folkcraft / to Miyajima

Kurashiki. First, we journey about 50 minutes to Okayama where switch to a local train bound for Kurashiki. This leg of the journey will take us another 15 minutes. Kurashiki is famous for its black-tiled warehouse buildings which were originally used to store the rice paid as a tax and brought by boat from the surrounding farmlands in feudal Japan. The city's name reflects its heritage: 'kura' means storehouses and 'shiki' is from the verb meaning 'to spread out'. Many of the warehouses have now been converted into museums and other attractions in this bustling tourist town. Along the canals that carried all that rice, one can now find galleries such as the Ohara Art Museum, the Folkcraft Museum and the Archaeological Museum as well as houses with their white walls and black tiles that tell the history of old Kurashiki. We'll walk 15 minutes from the station to the canal area on foot.



Across the river from the Kurashiki River Cruise start point, we will have time to see Kurashiki Museum of Folkcraft, which was opened in 1949. Its buildings are re-modelled rice granaries and the interiors display thousands of handcrafted articles made by unknown craftsmen and collected chiefly in the Kibi district, the old name for Kurashiki and its vicinity. On display you can find traditional furniture, kimonos, fabric, pottery and various household implements. Unfortunately, English descriptions are minimal.

In the late afternoon, we board a train again for

Okayama and travel on for about an hour to Hiroshima. We will have a chance to visit this historic city in a couple of days. But for now, from Hiroshima we take a train and ferry to Miyajima Island. The ferry crossing takes just 10 minutes or so and we get a fabulous view of Itsukushima Shrine with its famous 'floating' torii gate as the boat glides up to Miyajima pier. Overnight at Hotel Miyajima Villa in Western-style rooms. (B,D)





Thursday, March 19

Miyajima / SAORI Weaving in a Temple and a Tea Ceremony

Miyajima Island, located just off the coast of Hiroshima, is one of Japan's most loved places with a charming rural atmosphere to match the beautiful surroundings. There are many pleasant walks on Miyajima among the temples and along the bustling shopping street in the island's small village. All in all, a wonderful place to slow down, unwind and relax, so take your time and let the magic of this island enchant you. Today you can experience Japanese weaving, called SAORI. While Japan has plenty of traditional weaving styles, SAORI is a contemporary freestyle handweaving technique in which there are no mistakes, no restrictions. The 'sa' in SAORI is the same as the first syllable of the Zen word 'sai', meaning that everything has its own unique dignity. In SAORI, the weaver is free to express themselves however they want. In this 4-hour experience, we will split into two classes. One group will experience the art of SAORI weaving while the other group will take part in a tea ceremony and exploration of the surroundings. The Japanese tea

ceremony, known as "the Way of Tea," is steeped in rich history and gracious hospitality. The tea ceremony is not about drinking tea, but rather a ritual celebrated from the heart with elegant aesthetics, movements and gestures. After each session is done the groups will switch. Overnight at Hotel Miyajima Villa. (B,D)



Friday, March 20 Hiroshima Peace Park and Train to Tokyo

This morning we return by ferry to the city of Hiroshima and can visit the Hiroshima Peace Memorial Park. This site is dedicated to the memory of the world's first nuclear attack on August 6, 1945 and its many victims. This sobering park sees more than one million visitors each year. From here, we travel all the way to Tokyo by the iconic bullet train which is a journey of about 5 ½ hours and has some great scenery to enjoy along the way. Overnight at JR Kyushu Hotel Blossom Shinjuku. (B)

Saturday, March 21 Tama-ori Weaving Workshop

Tokyo is the proud home to three of the 35 certified weaving styles in Japan. Today, like the locals, we will take a train across Tokyo from Shinjuku to Hachioji which is considered the center of weaving history in Tokyo. Here the tradition of Tama-ori weaving is alive and we will enjoy a weaving experience at a traditional atelier (traditional workshop or studio).

The atelier we'll visit has over 100 years of history. The studio owner is a government-certified traditional artist with a wealth of



TAMA-ORI WEAVING

*Kaiko kau
kuwa no miyako no seiran
ichi no kariya ni
sawagu morobito*

Raising silkworms
strong winds through fresh verdure in the
City of Mulberries
rented spaces in the marketplace
merriment of the masses

These words are from a poem sung during the Tensho Era (1573-1592). They describe the bustling activity of the castle town marketplace at Hachioji. In Hachioji, which was known as the "City of Mulberries," sericulture (the raising of silkworms) and textile manufacturing have both long flourished; and these factors have contributed to the continued weaving of various textiles in the area.

Although the five different fabric types - omeshi-ori, tsumugi-ori, fuutsu-ori, kawaritsuzure-ori and mojiri-ori - are referred to collectively as Tama Ori today, they can all be considered the culmination of developments during Hachioji's long textiles history.

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experience, ensuring we will have the best instruction on this time-honored craft. The tradition of weaving has a close history with the wearing of kimono. However, now that Japanese people do not wear kimono regularly, artists must find creative ways to use their techniques in the designing of new artwork and goods. The artist we meet today has collaborated with some of Japan's most famous fashion designer brands, such as Issey Miyake and Comme des Garçons, and produces original products which have been featured on the cover of the MoMA art collection. During this experience, under the guidance of the master craftsman, you will weave your very own coaster or scarf (project). This will be a wonderful personalized memento of your stay in Japan. Hachioji is around 30 minutes train from Tokyo, and the weaving experience will last around 2 hours. Afterwards, we will return to central Tokyo where you will have free time to wander and explore on your own. Overnight at JR Kyushu Hotel Blossom Shinjuku. (B)

Sunday, March 22 Flights Home

Sadly, your time in Japan must come to an end. You will be taking, on your own, the fast and comfortable reserved seat Narita Express train from Shinagawa Station in Tokyo to Narita Airport. Journey time is 1 hour and 10 minutes. Most flights tend to depart in the afternoon/evening. (B)

Land Costs Include:

- 10 Nights' Accommodation based on double occupancy; single accommodations available with supplement
- Breakfasts daily; several lunches, 5 Dinners
- **Japanese Rail Pass** and taxis where needed for group activities
- Other transportation such as some taxis, etc.
- 6 Days of hands-on Japanese arts including all materials and equipment
- Private sightseeing tours and exclusive cultural visits/tours
- All applicable service charges and taxes (excluding some international or domestic airport departure taxes)
- Pre-departure materials containing destination information, packing list and reading list

Land Costs Exclude:

- International air transportation
- Airport transfers as indicated
- Any item not specifically included in your program including all snacks, extra personal beverages & bottled water, etc. other than during designated meals, alcoholic beverages
- Tips for your guide
- Additional Insurance of any kind; any and all expenses resulting from delays arising beyond our direct control due to bad weather, trail, river, sea, and/or road conditions, sickness, civil unrest, government action; or any other transportation delays for any reason beyond our direct control; optional activities, free-day activities, including any additional stopover arrangements not specifically included in the itinerary. We can make additional arrangements for you. Extra charges will apply.

Cost:

\$6,395 USD Per Person Based on Double Occupancy
\$950 Single Supplement if you prefer a room to yourself

Please call us with any questions or to reserve your spot

800.369.3033 (from the US only) ~ 970.728.6743



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Loom Dancer Weaving Odysseys

does not believe in large group, bargain or "ordinary" tours. Instead, we strive to immerse the discerning and adventurous traveler into the wondrous world of global fiber arts with quality cultural encounters. Our typical group size is limited to 10-15 participants to allow for a more hands-on, relaxed and intimate travel experience.

We invite you to join us;
be a traveler, not a tourist.





~~ Plus ~~

An Optional Pre-Trip Cultural Immersion Off the Beaten Path



Treat yourself to an immersion into mysterious and gracious Japan by joining us on a 3-day experience delving into Japanese culture. We will stay in a traditional Japanese home in a local neighborhood of Kamakura, Japan. Kamakura was the shogunate capital of Japan from 1192-1333 giving this small city numerous iconic sites to explore. We will have a chance to use the environment of the Japanese home to learn about Japan's fascinating and multifaceted culture such as the logic behind their shoe and slipper practices, setting up and sleeping on a futon, hot bath etiquette, eating a variety of foods with *hashi* (chopsticks), drinking traditions, public transportation, bowing, helpful Japanese words and phrases, money handling and more. In addition to immersing ourselves into the world of Japanese life, we can visit the awesome giant Buddha (*Diabutsu*), the bamboo temple (*Hokoku-ji*), and the money washing temple (*Zeniarai Benten Shrine*) just to name a few possibilities. Also, an experience of Zen meditation in an old temple, making a sushi bento or pottery decorating and Japanese sweets (*wagashi*) tasting can be added to your adventure in Kamakura.



Come
live like a local
in a
traditional Japanese Home

We invite you to join us;
be a traveler, not a tourist.



Limited to 8 adventurous travelers!



Monday, March 9

Arrive Tokyo and Sensoji Temple / Temple Books / On to Kamakura

We will meet at the Hotel Nikko Narita just outside of Narita City and the Narita Airport. Making our way back to Narita Airport together where we can pick up our Japan rail passes and catch a train that starts our journey to Kamakura. On the way to Kamakura, we will spend a ½ day in Tokyo visiting the colorful Sensoji Temple in Asakusa and getting our first of many *Goshuin* (temple stamps) on our Japan adventure. Collecting stamps is a practice that dates way back in Japanese history and is related to making pilgrimages to holy sites. The *go shuin chou* (full name) is a “journal” of sorts that is used to collect unique hand drawn calligraphy and stamps, done by monks, from temples and shrines throughout

your trip. The paper is then folded and when unfolded reveals all the temples at once and is a beautiful scroll of red and black calligraphy. This will be a very special memento of your trip.



We will stop for lunch at one of the many festival stalls where we can taste a variety of foods. Armed with full bellies, we will walk a short distance to Kappabashi, the kitchen district in Tokyo. Stacks of beautiful blue and white dishes, knives, kitchen utensils, crockery and even plastic food await our discovery. Continuing to Kamakura by train, we will find our way to the traditional Japanese home that

will be our base for the next 3 nights. After visiting a local supermarket, we will relax and enjoy some Japanese delicacies, and sake or beer, while practicing the ins and outs of eating and drinking in Japan. An introduction to many of the unique cultural differences we will experience in Japan can be made and practiced in the privacy of our Japanese retreat. There will be no pressure as we will all be learning and experiencing together. Alan and Dayna will prepare dinner for the group tonight. Overnight in traditional Japanese home. (D) *Please see note on Page 18 about accommodations.



Tuesday, March 10 Exploring Kamakura as a Group

We will spend today in Kamakura visiting several famous sites in this former capitol city. Together, we will become familiar with our neighborhood and Kamakura. We will have lunch at a local sushi restaurant that offers delicious fresh fish as well as fish-free options. Time will be spent acquainting ourselves with Komachi Dori, Kamakura's shopping street. Getting a little rest and learning more about Japan's culture will be built into our afternoon and evening. For dinner tonight, you can either prepare something you bought at the market in our traditional Japanese kitchen. Or you might want to venture out for dinner. The choice is yours. (B)

Wed, March 11 Free Day on Your Own to Wander or Experience Traditional Arts

After yesterday's full day of orientation to Kamakura, you will have this day to explore on your own. You may want to go back to previously visited locations such as Komachi Dori or create new adventures of your own. If you are interested in Zen meditation, sushi bento or pottery experiences, they will be scheduled during this day. Dayna and Alan will be available all day to facilitate small group plans. Dinner will be your choice and time can be spent this evening going over questions you may have for Alan and Dayna about Japanese culture from your day of exploration. (B)



Land Costs Include:

- 3 Nights' Accommodation based on double/triple occupancy (single accommodations may not be available)
- A traditional Japanese bathtub/shower to be shared (privately)
- Breakfasts daily
- Rail Pass
- Taxi, tram, bus
- Private sightseeing tours and exclusive cultural visits/tours
- All applicable service charges and taxes (excluding possible international or domestic airport departure taxes)



Land Costs Exclude:

- International air transportation
- Airport transfers as indicated
- Any item not specifically included in your program including all snacks, extra personal beverages & bottled water, etc. other than during designated meals, alcoholic beverages
- Additional Insurance of any kind; any and all expenses resulting from delays arising beyond our direct control due to bad weather, trail, river, sea, and/or road conditions, sickness, civil unrest, government action; or any other transportation delays for any reason beyond our direct control; optional activities, free-day activities, including any additional stopover arrangements not specifically included in the itinerary. We can make additional arrangements for you. Extra charges will apply.

Cost:

\$995 USD Per Person Based on Double Occupancy

No single accommodations are available for this extension as we are staying in a traditional Japanese home.

Important Note about the Accommodations in Kamakura

It is a special treat to be able to stay in a traditional Japanese home. However, the amenities and set up will likely not be what you are used to. Some of the beds are futons placed on the floor on tatami mats as is traditional in a local home; some are western style off the floor. This is four-bedroom house with 10 beds, so depending on the number that sign up, there may not be any rooms available for single accommodations. It is likely that you will have to share a room with someone. While there are three toilets in the house, there is one bath/shower for the house to share. Again, this is the traditional arrangement in Japan. You must be able to climb stairs to the entrance. Please be sure that you are prepared for, and comfortable with, the above to ensure an enjoyable stay.

Please call us with any questions or to reserve your spot

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