

# Games

Games still play a vital role in Japanese life, despite the impressive growth in recent years of television and other leisure-time activities. For example, Japanese play *pachinko*, their version of pinball, at a rate of hundreds of millions of dollars a year. And Japanese white- and blue-collar workers alike bolt down their lunches to compete in (or observe) a spirited noon-hour game of chess or checkers, Japanese style. Indeed, games are here to stay in Japan. And by tradition, games are as old as the country itself.

Inexorably linked to the year-round festival calendar, games were first played to amuse the gods at annual festivals, as well as being used by some ancients to tell fortunes and predict future events. It didn't take the participants long, however, to discover the fun of competition, and it has stayed that way ever since.

## Go

Go, the national game of Japan, is also believed to be the world's oldest game. As the original checker game, it was first played in China more than 3,000 years ago, but for centuries the game has been Chinese by invention only. From the eighth century, when go was introduced to Japan, the Japanese have taken to the game with a passion unmatched anywhere.

Since go is purely a game of skill, and chance plays no part in its outcome, the mastery of go is difficult to say the least. A popular belief is that if an average person would play at least 10,000 games, he could probably qualify for the lowest professional rank. At the rate of one game a day, that would mean it would take a novice twenty-seven years to get his foot on the first rung of the go ladder! Even with this formidable barrier and the fact that only very few masters have reached the game's highest rank in the last 400 years, go is increasing in popularity and many foreign players are now practicing around the globe.

The board on which the game is played is made from a solid block of wood, and one of very good quality can cost a fortune. The playing surface is crisscrossed with 19 thin, lacquered lines forming 361 points of intersection on which the stones are laid. The object is to gain as much territory as possible by surrounding the opponent's stones. Ordinarily, a game can be played in one or two hours.

### TIPS

- Matches can be arranged with amateur players.
- Visits can be made to go parlors.
- Lessons in English can be arranged.



Takemiya Masaki, 9th dan and one of the top professional go players, enjoys a light moment discussing the tense match just played.



At one time during the days of the shogun, there was even a shogi minister in the government, who was appointed to handle the various aspects of the game. Though not to the same extreme, it is still taken seriously by thousands of players.

## Shogi

Probably the most popular board game in Japan is shogi, or Japanese chess. The word "shogi" literally means "pawns of sha", converted from Persian. It is believed that both shogi and chess originated from a common Indian source some time in the seventh century, and like Buddhism, made its way to Japan from China via Korea.

So popular is the game today in Japan that nearly every newspaper and magazine devotes a regular column to technique, and detailed accounts of the annual championships are carried in the mass media.

As with its Western counterpart, shogi's object is to capture the king. But that is where most resemblance ends. Unlike chess' sixteen pieces aligned in two ranks on a side, shogi's men number twenty, and are set up in three ranks. Shogi also has a larger field of battle—eighty-one squares to sixty-four for chess. But what makes shogi enthusiasts claim that shogi is more complicated than chess is the way captured shogi men may be put back into play to become veritable turncoats that can battle against their former comrades.

Shogi experts are ranked, as is the case in most Japanese games and sports. Ranks range from the highest *kudan*, or 9th degree, down to *shodan* or 1st degree. Below this, devotees who do not qualify as "expert" are also ranked on 12 levels according to their proficiency.

### TIPS

- Same as go.

## Clinks, Pings, Bells, and Loud Music

On the shopping streets of any city, town or village in Japan, the sounds of clanging bells, clinks, pings, and loud music emanating from some glass-fronted building will assault your ears. It's the sound of people playing *pachinko*, a mild form of gambling with a kind of vertical pinball machine and named for the "pa-chin-ko" sounds of the little steel balls making their way through the machine.

Go ahead and walk in. You may be caught by surprise at the stoic faces of the players as they concentrate on their game, totally oblivious to the noise around them.

But don't go in if you don't have patience. Most players say they are there purely to wile away spare time. Don't play if you expect to come away with big winnings either. No one has been known to get rich from playing, unless you call a few cartons of cigarettes a big win.

You get twenty balls, which you take to the machine of your choice, put into the tray, turn the handle, and presto! They are shot to the top, where, if you're lucky they'll fall in the holes and reward you with more balls; if you're not, they disappear at the bottom. Be advised that, like all gambling, there are far more losers than winners.

Recently video games are competing with the pachinko machines for people's free time. The result? Game centers, with wall-to-wall video machines, and players desperately trying to beat their micro-chip opponents.



The flashing lights are dazzling, the sounds ear-splitting, and pachinko's electric hypnotism draws millions of players a day.

# Festivals

Anyone who believes that the Japanese don't show their emotions openly has never been to a festival (*matsuri* in Japanese), where the exuberance is only matched by the large crowds taking part in the spectacle.

If you counted the small local festivals as well as the big ones, you could easily fill a year's calendar. And as if that isn't enough, some festivals are even imported! One night of Tokyo's summer is filled with the beat of thousands of Samba dancers parading down the old streets of downtown Tokyo.

But back to more traditional festivals. Originally, most festivals were not merely for enjoyment. They grew from religious beliefs and usually were centered around agricultural observances and ancestor worship. The set form of the traditional festival began by welcoming a deity and ended by seeing the deity off. The festivities, such as performing arts and competitions, were held to entertain and express gratitude to that particular deity. (Of course, if everyone could enjoy themselves at the same time, no one complained.)

Today, most festivals follow the ancient form, and what makes them especially attractive is the fact anyone can join in. If you feel like joining the *bon-odori* dancers during that summer festival, go ahead. Someone will show you the simple steps involved, and it's surely a different way to go out dancing! Or just lay back and watch some of the most incredible fireworks displays. 5,000 rockets at one show.

Japan's festivals. A special chance to understand both ancient Japan and modern Japanese.

The fleeting beauty of fireworks is reflected in Tokyo's Sumida-gawa river.



## Nebuta Matsuri

The Nebuta Matsuri, one of the biggest events of northern Japan, takes place in several towns of Aomori prefecture from August 2 to 7, but the most distinctive one is held in Aomori city. The festival's origins are fuzzy, but one theory is that Nebuta means sleepy and the festival was created to snap people out of the summer doldrums and excite them about the fall harvest. Another theory, similar to the Trojan Horse legend, is more interesting. In the ninth century, a military commander is supposed to have used huge figures to defeat his enemies. One account has the figures frightening the enemy. One has the enemy coming out of hiding to examine the huge figures. And another account actually mentions men hidden inside the figures to surprise the unsuspecting rebels. No one really knows exactly, but it doesn't seem to affect people's enjoyment of the gala celebration.

Huge dolls four to five meters high play the leading roles throughout the festival. Made of bamboo, wood, and wire, and taking several months to construct, the dolls are meant to represent historical and mythical characters. They are pulled down the streets of the city on floats, and lit up from inside as the sun sets. The brightly glowing Nebuta tower against the night sky as *haneto* dancers wearing the traditional costumes dance around shouting in unison. Anyone can join in the excitement by donning the flowered hats, *yukata*, white *tabi* (socks), and sandals of tradition.

## Awa-Odori

This festival is celebrated at the time of *o-bon* (a summer event which celebrates the return of the spirits of ancestors), in Tokushima City August 12 to 15. Bon-odori takes place in cities throughout Japan. But perhaps the most exciting and well-known festival is Awa-Odori in Tokushima. More than 800,000 people come to this city of 200,000 to see this festival. People dance to the simple two-step rhythm played by *shamisen*, *kane*, *taiko* and *yokobue*. A few simple hand movements, and a short two-step will have you dancing like a Japanese Fred Astaire. Those who dance as well as those who just observe are thought to be possessed by spirits at the time of *o-bon*. Groups numbering from fifty to a hundred (called *ren*) march through the streets one after another, much like the carnival of Rio. Every night about 200 *ren* groups come out to dance in the streets.

## Hanabi

"To see fireworks" means a lot of different things to a lot of different people. But in Japan fireworks displays, called *hanabi*, are one of the most thrilling summer pastimes you can enjoy. From late July through early August hanabi displays take place along several coasts and river banks. The large-scale hanabi displays last for nearly two hours. And close to 100 million yen is spent on 20,000 different kinds of hanabi. Different from western fireworks, Japanese hanabi open in circles and thus are named after Japanese flowers. For example, *kiku* (chrysanthemum), *botan* (peony), and so on according to their colors and shapes.

The Sumida-gawa River hanabi display, perhaps the most famous, first started in 1773. It discontinued for quite a while and began again in 1978. As many as 500,000 people gather along the river to observe the festivities every year. Traffic around the river is stopped for the event. Needless to say, the streets, bridges, and roofs of buildings are literally covered with people. But the best seat in the house, so to speak, is on a *yakatabune*, a kind of traditional Japanese house boat. With a glass of beer in your hand and magnificent hanabi booming in the background, you'll agree that you're seeing a little slice of heaven.

## Aoi Matsuri

The origin of this festival goes back to the reign of Emperor Kinmei, more than fourteen centuries ago! The festival broke prolonged foul weather which had devastated the crops. And after the storm subsided, a fruitful harvest was gathered. Needless to say, it has been celebrated ever since. The hey-day of the Aoi Matsuri is said to have been during the Heian period (794—1192) and it is even mentioned in the world's first novel, *The Tale of Genji*.

Leading the festival procession is the *goshoguruma*, a bull-drawn wagon bearing a princess clad in a twelve-layered kimono. Following through the streets of Kyoto are 6,000 people, all clad in Heian-period costumes. The one-kilometer-long procession becomes a painted scroll of an ancient dynasty unfolding before the eyes of the spectators.

Aoi Matsuri

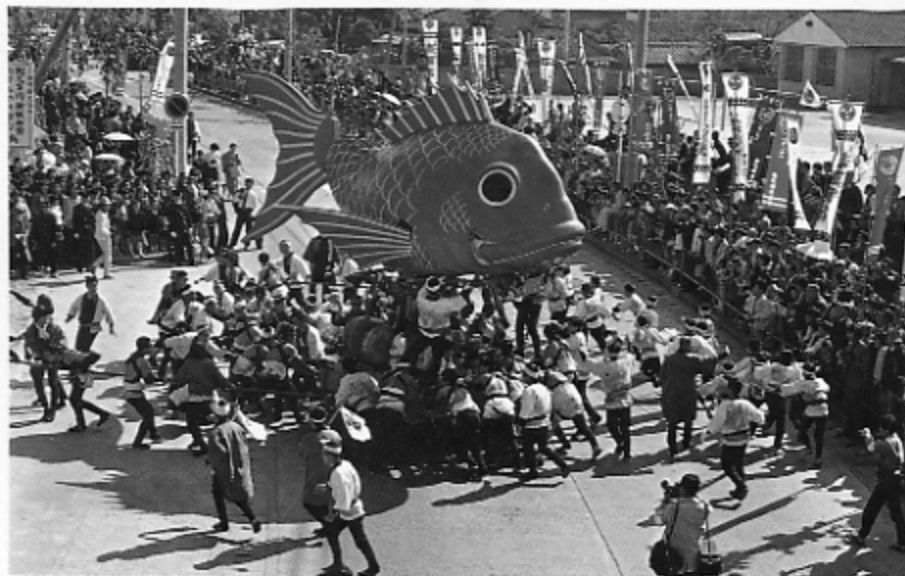


Gion Matsuri

## Gion Matsuri

One of the longest summer festivals, the Gion Matsuri from July 1 to 29, helps the people put up with the hot, sticky Kyoto summers. Its climax comes on July 27, when a huge twenty-six-meter spear (*naginataboko*) set on a special wagon leads a procession of six traditional coaches (*hoko*) and twenty-two smaller wagons (*yama*) which are carried. Each *yama* is magnificently decorated with the beautiful Nishijin-ori fabric, and slowly marched down a two-kilometer course to the accompaniment of bell, drum and flute music.

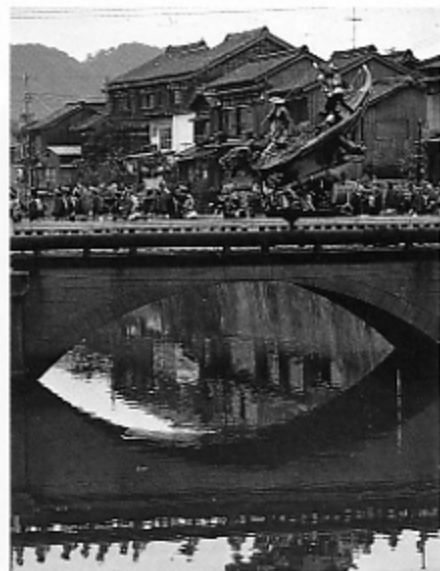
The festival began in the ninth century, seventy years after Kyoto became the Imperial capital, when every summer saw the the spreading of disease among the people. The ceremony was thought to chase away the dreadful illnesses.



## Karatsu-Kunchi

From November 2 to 4, a delightful rumbling sound reverberates through the streets of low houses in Kyushu's city of Karatsu. It's the sound of the brightly colored *hikiyama*, huge wagon float of lacquer-covered figures representing fish, lions, dolphins and helmets which are pulled by youths clad in the *happi* firecoat costumes of the Edo period.

This autumn festival of the Karatsu Jinja is called Kunchi, and the origins are found in a visit to Kyoto's Gion Festival by a local man named Kahei Ishizaki. He was so impressed by the Gion carriages that, upon his return to Karatsu in 1819, he built his own *hikiyama* designed as a red lion, and dedicated it to the Karatsu Jinja. The result, taking two years to complete and consisting of hundreds of sheets of lacquered paper painted with gold and silver designs, was so admired that it inspired the construction of many more, and by half a century later fifteen of the distinctive *yama* wagons had been constructed. Today they still parade the streets as the focus of the festival, though one was damaged and has since been retired.



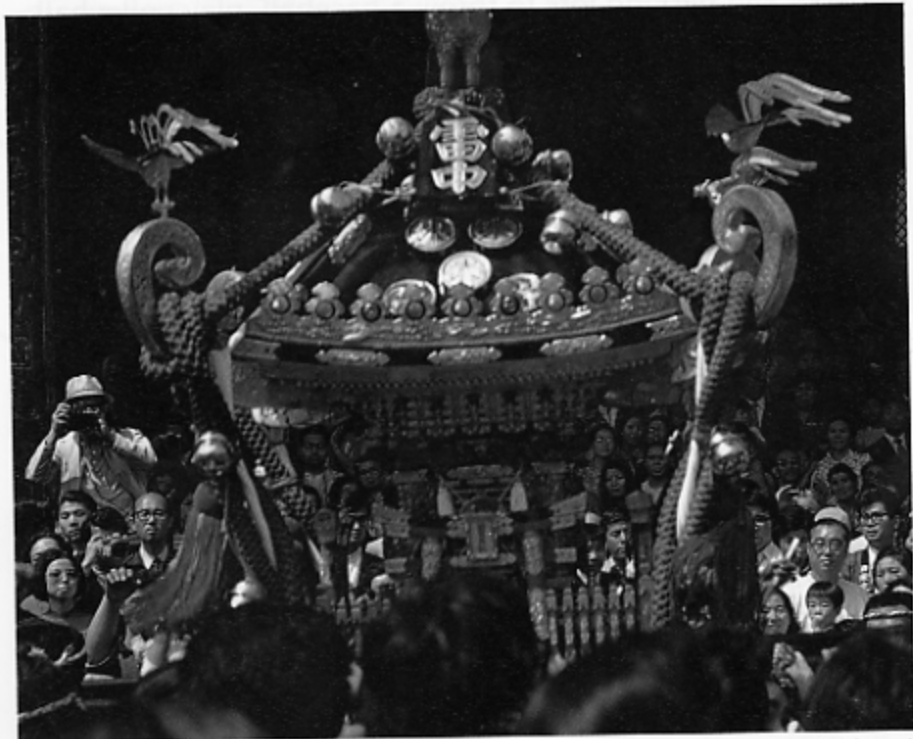
The floats of the Karatsu-Kunchi wind through the streets in a parade of color.

## Kanda Matsuri

Behind the facade of the modern metropolis of Tokyo lies the soul of Edo (the former name of this shogunate capital), with its many traditional festivals. The Kanda Matsuri, which takes place in mid-May, is one of the biggest and best.

At one time, it looked like the festival might go the way of the samurai due to traffic problems and a decreasing number of participants. But in recent years even many hardened urbanites began to enjoy experiencing the community atmosphere of traditional events.

The *mikoshi*, or portable shrines, which are carried on the boisterous shoulders of everyone from men to young girls and children, are one of the favorites of Tokyoites. The result is the Kanda Matsuri when people from the downtown areas of Asakusa and Kanda prepare more than a hundred *mikoshi* each and carry them in long, winding processions while shouting in unison to the delight of the spectators.



Kanda Matsuri



The Chichibu Yomatsuri of Saitama prefecture is one of Japan's Big Three, and draws huge crowds from December 1 to 6.



The Kanto Matsuri in the northern city of Akita is held from August 5 to 7. One hundred and fifty bamboo poles up to 10 meters high are balanced acrobatically on heads, arms, shoulders, and other parts of the body. Forty-eight lanterns are attached to each pole and lit at night, creating a spectacular scene.

# Sports

Office workers eat a quick lunch and head for the open spaces of parks and parking lots to throw a baseball, play volleyball, or hit a tennis ball back and forth. Television how-to programs deal with ice hockey, handball, soccer, gymnastics and windsurfing. Scuba diving facilities are being constructed around the country and spectators pour into bicycle and horseracing tracks to bet on their favorites. To put it simply, Japan is crazy about sports.

Some of the sports listed here are easy to arrange for both groups and individuals. The latter spectator sports can be enjoyed by everyone, or special tours can be arranged for teams to play their counterparts in Japan.

## Cycling

So you're a cyclist. Maybe the weekend type who bicycles around the neighborhood. Or maybe the more serious kind, traveling on long trips and challenging steep inclines without losing your breath. Have you ever thought of stretching your cycling legs in Japan?

From the moment you arrive, you'll realize that Japan is a country of cyclists, both at work and at play.

There are an estimated fifty million bicycles in Japan and over 1,000 kilometers of bicycle paths around the country. This doesn't even include one planned path that will run 1,176 kilometers along the Pacific coast from Tokyo to Wakayama. One group from Holland took on and conquered the mountainous geography of Japan, traveling from Tokyo to Nikko and down to Kyushu in two weeks, with Japan Air Lines helping to make all the arrangements. They stayed at minshuku and youth hostels, and no one lost their way. If that's too much, you might want to know that all resorts, both mountain and seaside, have rent-a-cycles.

Every year in the summertime, there is a big bicycle touring event sponsored by the Japan Cycling Association, and open to everyone for friendship exchange. The event lasts two days, and usually hosts about 2,000 cyclists. Participants from overseas are welcome.

Whatever your level, pack up your wheels and pedals, or just bring your two legs. Japan's roads are waiting.

## Scuba Diving

Surrounded as it is by the sea, its coasts washed by warm and cold currents, Japan is as excellent for viewing sea life as it is famous for dining on it. Since the country stretches from north to

south, the coastal waters are a habitat for almost all species common to the temperate and tropical zones.

Izu Ocean Park is located two hours southwest of Tokyo on the Izu Peninsula. The park is in an ideal spot for diving, with facilities ranging from a deep-diving training pool to a compression system able to charge up to a hundred tanks at a time. It is also well known for the many species of sea life scattered among the varying depths of both warm and cold currents meeting offshore.

JAL's Okuma Resort is located on the northern tip of Okinawa, right on JAL's own private beach. Okinawa is famous among Japan's southern islands for its vast, unspoiled coral reefs, and Okuma is equally famous among the people of Okinawa as an excellent diving area. Accommodations are at comfortable lodges sitting on the white-sand beach, and boats, wind surfing boards, and all kinds of other equipment are available for rent.

NOTE: It is necessary to be sure that all divers are certified.

*The waters of the southern islands make colorful playgrounds suitable for any scuba diving enthusiast.*



*The sport of windsurfing is booming all across the islands, with schools and competition increasing yearly.*

## Skiing

Although Mt. Fuji's snow-capped peak is a central part of most people's image of Japan, they are usually surprised to find that skiing is the most popular winter sport in the country. Even more surprising is the fact that today there are more than 400 resorts catering to the estimated 10,000,000 skiers. From central Honshu to the northern tips of the island of Hokkaido, Japan's peaks offer slopes capable of challenging both the beginner and the most expert.

Most of the grounds boast excellent facilities. Lifts, tows, and lights for nighttime skiing can be found at most of the major ones. The grounds in Hokkaido were judged of good enough quality to host the Sapporo Winter Olympic Games in 1972, and Furano has been chosen as a site of the annual World Cup ski races. Experts call the white cover some of the finest powder snow, equal to the best places in Europe.



*The powder snow of Hokkaido's Furano ski grounds draws skiers from all over the country.*

Accommodations are no problem at all for foreigners, as *minshuku*, hotels, lodges and *ryokan* all offer lodgings close to the slopes. Equipment is also available for rent, although it should be noted that the bigger sizes are not always kept in stock. Many of the grounds and accommodations offer hot springs, ideal for relaxing after a cold, hard day on skis. The season lasts from November to April at the most northern grounds, shorter if you move south.

### Lazy Man's "Sport"

From May to October at several places around the country, people flock to river sites to watch evening displays of *ukai*, using trained cormorants to catch fish. The practice is an old one, mentioned in records dating back to the eighth century.

The birds are caught in the wild, and trained so that they can catch from two to four fish every time they dive. They are controlled by *usho* (fishermen) who keep them on leashes, pulling them in after the catch, and releasing them for a new dive. To prevent them from swallowing anything other than the smallest fish, a cord is tied around the base of their necks. Each *ukai* boat has a huge burning torch hanging from the bow to attract the *ayu*, a kind of sweet fish.

The spectators are treated to much more luxury than the birds. Tethered to the river banks where the boats pass are over a hundred covered boats, where people eat, drink and be merry while waiting for the cormorant boat to come down the river. Some travel agents have tour packages, so it's easy to make a side trip to observe the ancient ritual/sport. And it's just the thing for armchair fishermen.



### TOUR IDEAS

#### IMPERIAL PALACE CYCLING—TOKYO

Every Sunday when the weather is nice, five kilometers of roads around the Imperial Palace grounds are blocked off to traffic, and opened to cyclists. 500 bicycles are available free-of-charge on a first-come first-served basis, for both children and adults.

#### KYUSHU CYCLING—THREE DAYS, FROM FUKUOKA (about 100 kilometers)

**Day 1: FUKUOKA—FUNAGOYA**  
First day of cycling is from Fukuoka to the small hot spring town of Funagoya. Enjoy accommodations at a *ryokan* or *minshuku*.

**Day 2: FUNAGOYA—SAGA**  
Cycling through an area known for its rice production. The route is flat and simple, through plains of rice fields still being tended in the traditional way. At Yanagawa you can enjoy being poled down the river by riverboat men. Afternoon arrival in Saga, not often visited by foreign tourists. The moats, and huge old camphor trees left over from its days as a castle town make for a picturesque city. Accommodations at a hotel, business hotel, *ryokan* or *minshuku*.

**Day 3: SAGA—FUKUOKA**  
Leave Saga down a road lined with ginkgo trees. The road is a little more mountainous than the arrival route. Arrive Fukuoka in the afternoon.

#### IZU OCEAN PARK DIVING—FOUR DAYS, FROM TOKYO

**Day 1: TOKYO—IZU OCEAN PARK**  
Morning transfer by train to Izu Ocean Park. Afternoon free for diving or other activities. Japanese-style accommodations with full board.

**Day 2: IZU OCEAN PARK**  
Full day sightseeing along the Izu Coast, known for its spectacular shoreline scenery. Or all-day diving.

**Day 3: IZU OCEAN PARK**  
Free for diving.

**Day 4: IZU OCEAN PARK—ATAMI**  
Transfer to Atami for bullet train connections to Tokyo or Kyoto.

#### OKUMA BEACH DIVING—FOUR DAYS, IN OKINAWA

**Day 1: NAHA—OKUMA BEACH**  
Upon arrival at Naha Airport, transfer by rent-a-car or motorcoach to Okuma Beach, JAL's private beach resort. Accommodations at cottages.

**Days 2 & 3: OKUMA BEACH**  
Free for diving and other water sport activities.

**Day 4: OKUMA BEACH—NAHA**  
Transfer to Airport for domestic or international flight.

#### SKIING IN SHIGA HEIGHTS—FOUR DAYS, FROM TOKYO

**Day 1: TOKYO—SHIGA**  
Morning departure by motorcoach to Shiga Heights, a true skiers' paradise. Located in the Japan Alps, the Heights have twenty different ski grounds, sixty-two lifts, night illumination, and hot-spring baths. Afternoon arrival with accommodations at a hotel, Japanese *ryokan*, or *minshuku*.

**Days 2 & 3: SHIGA HEIGHTS**  
All day free for skiing.

**Day 4: SHIGA HEIGHTS—TOKYO**  
Departure for Tokyo.

#### SKIING IN HOKKAIDO—FOUR DAYS IN SAPPORO

**Day 1: AIRPORT—SAPPORO**  
Transfer from the airport to downtown Sapporo. After check-in at the hotel, bus to the Teine Olympic Ski Grounds, site of the 1972 Winter Olympics. The Grounds are famous for their excellent powder snow, night illumination and cross-country courses. Bus back to hotel.

**Days 2 & 3: SAPPORO**  
A choice of three ski grounds, all within motorcoach distance of your Sapporo hotel.

**Day 4: SAPPORO DEPARTURE**  
Morning free for skiing. Afternoon transfer to the airport.



## Golf

There was a time several years ago when constructing golf courses became so popular that it looked for a while as if Japan eventually would be just one big fairway. And although the construction boom has subsided (with over 1,000 courses in operation), the number of players continues to grow, and the sport remains as popular as ever.

Most of the courses reflect the Japanese landscape, with extreme up-and-down elevation and narrow fairways, all kept in excellent condition. The interesting makeup of the courses poses a challenge both to the 1,500 pros and the millions of amateurs.

The pros, both men and women, are well organized. The tournament schedule features events almost every week from March to December, and many of the events are international, with top pros from many overseas countries taking part. Some of the purses for the men's tournaments reach 300,000 U.S. dollars.

Don't be taken aback by what you have heard about the expense. While it's true that club membership fees have been known to reach cosmic numbers, playing fees for visiting golfers are reasonable if weekends and holidays are avoided. Several groups have even arranged tournaments, traveling and playing in different areas and totaling the scores for the final winners. The location of the courses makes this possible. Since many are concentrated in resort areas, play on several courses in the same number of days can be mixed with local sightseeing.



The up-down characteristic of Japan's golf courses are fitted to the mountainous landscape and lack of space. Hokkaido's courses, like this one, are built on a wider scale.

## Baseball

Baseball is easily the most popular modern sport in Japan, with games being played and enjoyed on almost every possible level. At least one professional game is televised almost every night during the season and media coverage is on a level unsurpassed any-



Seibu Stadium in the Tokyo suburbs hosts the Seibu Lions professional baseball team.

where in the world. Its standing, both spectator-wise and player-wise, is envied by every other sport.

There are twelve professional teams in two leagues and their schedule lasts from the beginning of April to mid-October. Six of them are based in five stadiums in the Tokyo-Yokohama area; four are based around Osaka; Hiroshima and Nagoya host one team each. Most weekday games are played at night, with the Saturday and Sunday games starting around 1 o'clock. The prices are very reasonable.

It may be a surprise to find that high school and university tournaments draw as much if not more than the pros. The whole nation comes to a standstill to watch the top high school teams battle it out every summer. To put it lightly, baseball is a serious sport in Japan.

Whatever the level, the normally reserved Japanese lose all their inhibitions when watching a game. Squads of organized cheerleaders work the crowds up to a peak of excitement by banging on home-made noisemakers, waving large banners, and leading the cheers of thousands in unison. Each game is one big party.

## Marathons

Just as in so many other places around the world, Japan has recently experienced a huge boom in both the number of runners and the number of races for them to run in. Among the ones known internationally are the Fukuoka Marathon, the Ome Marathon and the Beppu-Oita Marathon. World-class runners from many countries are always taking part. Japan is also the host of the world's first international Womens Marathon in Tokyo.

But there are many other ones held on routes all over Japan, with an even larger number of shorter-distance races. And the Nihon Aruke-Aruke Kyokai ("Japan Let's Walk Association") sponsors different events which are always popular.

Any list of the scheduled races would immediately be out of date because various events are being added almost daily. Some of the major ones are rather strict with their rules for participants, but others welcome anyone who wants to enter. The Ome Marathon sometimes attracts close to 15,000 people! For more information about races in Japan which are possible to enter, contact JAL's Inbound Sales Planning and Marketing Section.



Each year close to 15,000 dedicated runners enter the Ome Marathon, Japan's most popular race.

## Fishing

Fishing is surely one of the biggest participant sports in Japan with estimates of up to 20,000,000 anglers testing their skill. It seems rather natural, actually, since much of the diet is based on sea life, and since the sea, rivers and lakes are easily accessible to most of the population.

Boats can be hired at most good fishing places. For ocean fishing, the boats are often connected to a Japanese inn, and the deal usually includes staying at the inn as well as chartering the boat.

The National Tourist Organization recommends that Japanese tackle be used since reports of disappointed foreign fishermen using their own tackle are said to be numerous.

## Volleyball

Since the introduction of this sport into the Olympics at the 1964 Games in Tokyo, its popularity has boomed all over the world. Japan is no exception.

What makes it so popular in this country is the extremely large number of teams involved which gives so many people a chance to enjoy playing. The teams range all the way from the national teams, male and female, down through company, university, junior- and senior-high-school levels, to neighborhood housewives' teams. The housewives' volleyball championships are even televised in some regions!

Since the national teams are constantly in contention in international competition, there are many national teams from all over the world which are invited to Japan to take part in tournaments and the matches are sold out wherever they play.

The well-organized system makes it easy to arrange matches with teams on any level.

## Soccer

Soccer got its first big boost in popularity when the All-Japan team won the bronze medal at the 1968 Mexico City Olympics. And though Japan has never done as well in international competition since that time, the game still remains popular.

It is played at almost every level in Japan, from junior-high-school to company-team levels, with the national team usually made up of top-company players. There is also an International Friendship League of both foreign and Japanese teams, and a Women's Soccer Association with over 300 teams involved.

Recently, the Japan Cup Tournament has been held each year in the spring, with various well-known international teams being invited from around the globe. Tickets to even the international games are cheaper than most other sports events.



Japanese rugby teams vie for the championship in early January. Each year sees more teams from Australia, England and other countries coming to play their counterparts.

## HORSERACING

Horseracing beats out baseball as the most popular spectator sport in Japan. Over 15,000,000 people pour into the ten national race-tracks around the country, not including the large number attending the races held at the local and prefectural tracks. National attention is paid to eight major races held during the April to December season. There is also a Foreign Jockeys Invitational Race Series held every year or so.

Legal betting is allowed at all the tracks, and the Japan Racing

Association also sponsors off-track betting offices in most cities. The cheapest bet is 100 yen.



The Japan Derby, one of the premier horse racing events, is held in Fuchu on the outskirts of Tokyo.

The Japan Air Lines Soccer Desk has been organized to handle the increasing number of teams traveling to and from Japan for friendly games.

### TOUR IDEAS

#### GOLF ON THE SOUTHERN ISLAND OF KYUSHU—FIVE DAYS, FROM FUKUOKA

Day 1: FUKUOKA—BEPPU  
Morning departure from Fukuoka via motorcoach to Beppu. Afternoon sightseeing of the area, including the many hot springs. Accommodations at the spa.

Day 2: BEPPU—MIYAZAKI  
Motorcoach transfer to Miyazaki. Afternoon sightseeing, including the Aoshima Islet Horikiri Pass for a spectacular view of the unique seashore.

Days 3 & 4: MIYAZAKI  
Breakfast at the hotel, followed by motorcoach transfer to one of the four excellent local courses for play. After golf, return to the hotel.

Day 5: MIYAZAKI DEPARTURE  
Morning departure from Miyazaki to the next destination.

#### HOKKAIDO GOLF—FOUR DAYS IN SAPPORO

Day 1: SAPPORO  
Upon arrival at Chitose Airport transfer to Sapporo for sightseeing. Dinner at the famous Sapporo Beer Garden. Accommodations at a Sapporo hotel.

Days 2 & 3: SAPPORO  
Morning transfer to local golf course for play. There are many excellent courses located near Sapporo.

Day 4: SAPPORO—AIRPORT  
Day free for more golf or other activities. Evening departure for the next destination.

#### TOKYO BAY FISHING—ONE DAY

Morning transfer from the hotel to Minami-Sunamachi, thirty minutes from downtown Tokyo. Board a boat for a whole day of fishing for various types of fish such as goby and sillago. Evening return to the hotel.

#### SEA FISHING OFF THE BOSO PENINSULA—TWO DAYS, FROM TOKYO

Day 1: TOKYO—KATSUURA  
Evening transfer by train to Katsuura on the Pacific side of the Boso Peninsula. Accommodations at Katsuura.

Day 2: KATSUURA—TOKYO  
Full day of boat fishing for sea bream, mackerel and bonito, to mention a few of the many varieties. Evening transfer back to Tokyo.

#### FISHING TACKLE TECHNICAL VISIT—ONE DAY, FROM TOKYO

AM—Visit to the Daiwa Company in Higashi-Kurume. This is the largest tackle maker in Japan. PM—Transfer to Iruma for a technical visit to the Olympic Company, another large fishing-tackle producer.



# Special Accommodations

Japan has excellent hotels of every class and size, their service and hospitality known the world over. But there are other accommodation facilities as well, and you might want to experience something new. Some of them offer the best of traditional lodgings; others allow you to stretch your budget while getting close to the people and their typical life styles. Try something different for an exciting first-hand look at another culture.



Takayama's city streets are full of reminders of Japan's past. Like this entrance to one of the many Japanese inns that cater to visitors in search of tradition.

## Ryokan

Too few visitors make use of a simple gateway to another world, a night spent in the special atmosphere of a Japanese *ryokan*. The *ryokan*, though it is simply a style of accommodation, offers the guest much more than a place to sleep. It offers concentrated glimpses of a world based on the traditional aspects of this ancient country—gardens, cuisine, the bath, architecture—as well as giving the guest the opportunity to be a recipient of the Japanese brand of hospitality that has become world famous.

Yes, it's true. If you stay at a *ryokan* you'll sleep on the floor, on top of cloud-soft *futon*, of course. And you'll probably eat Japanese food, which the *ryokan* keepers are justifiably proud of. You also may take a bath in the huge communal baths (women's lib has yet to hit Japan in a big way, so you'll find the women's bathing quarters much smaller than the men's), though many have private baths as well. You won't have to, but you may if you want, stroll the area decked out in the *ryokan*-supplied *yukata*, a light kimono. And you may even look out at an exquisitely formed garden as you drain the last drops from your sake cup and relax in the firm, kneading hands of a professional masseur before drifting off to sleep. Yes, it's true. You'll find things a world apart from your usual hotel stay, but isn't that what travel is all about?

You'll find *ryokan* just about anywhere in this travel-conscious country but the best ones are usually in resort or hot-spring areas. These best ones, sometimes hundreds of years old, are also relatively expensive, but when you consider the two elaborate meals and the special experience, it will seem like a bargain. It's more than a place to sleep,

## Minshuku

A *minshuku* is nothing like a Western-style hotel, nor is it like a *ryokan*. Literally translated as "people's lodging," *minshuku* originated with farmers and fishermen who would accept beachgoers, skiers, and other travelers into their homes to supplement their incomes. The reasonable cost for a night's stay, which includes two meals, along with the local brand of hospitality, resulted in a popularity boom. So today you can find them from the ski grounds of Hokkaido in the north to the white-sand beaches of Okinawa in the south, and from the smallest country village to the most popular resort.

Because of their ideal locations, you may have a chance during your stay to help drag fishing nets, practice Zen meditation, or even help plant rice seed-

lings or harvest the full-grown stalks.

A stay at a *minshuku* is a chance to observe—and take part in—typical Japanese country life. And that even includes putting out your own bedding at night and putting it away the next morning. It includes taking turns bathing in a Japanese tub. It includes dining on the local specialties, whether it is a freshly caught trout or a just-picked vegetable and chicken stew. It includes sharing a bottle of hot sake with other groups of travelers and exchanging stories. It includes some things that may not be familiar, but are always interesting.

*Minshuku*—where the food, the *ofuro* (bath), the *futon* (bedding), and the friendship guarantee an experience that few have shared, and one that you will never forget. *Minshuku*—a truly different and exciting way to travel.



More tourists are discovering that the person-to-person contact and the sharing of typical lifestyles make a *minshuku* a special treat.

## Pensions

Japanese pensions are western-style lodges or cabin-type accommodations which are found all over the countryside. They are privately run, mostly by young people, and usually in a place where various outdoor sports can be enjoyed—boating, tennis, skiing, etc. Many were originally built for skiers but when the tennis boom hit they built tennis courts and their popularity grew to include the summer season as well.

They are fancier and a little more expensive than minshuku, but include a lot of amenities that can't be found at the latter. The atmosphere is a cute, homey one that appeals especially to younger women. The price includes a simple breakfast, and dinners are served for an extra fee. In 1982, prices started at about 4,000 yen per person.

## Business Hotels

Business hotels have sprung up all over the country in recent years, answering the needs of traveling businessmen and nondiscriminating tourists for cheap, clean, no-frill accommodations. The rooms are usually smaller than a regular first-class hotel, with just enough space for a bed, chest and TV plus a unit bath and toilet. Single rooms outnumber twins. There is no room service or fancy restaurants, but vending machines are installed on each floor, and a local restaurant or snack/coffee shop is often open on the first floor.

Besides the fact that they are easily found all over Japan, the other big advantage is their location. Since convenience is the catchword for these hotels' appeal, they are almost always found in the most convenient areas, close to train and bus stations and never far from downtown.

Again, we must stress that these hotels are by no means luxurious, but always clean and comfortable, ideal for those who only need the hotel as a place to sleep.

## Youth Hostels

Like many other countries, Japan has its share of youth hostels; there are more than five hundred of them spread all over the country and many budget travelers make use of their facilities. Many of them require the guest to be a member of some Youth Hostel Association, but some of them are not quite so strict about membership. The biggest advantage of the hostels is the price, which is lower than any other kind of accommodation.

Some of the hostels are either private homes, temples, shrines, or ryokan, and these are usually the best since they offer a chance to experience Japanese life more than the modern types. The food is not always the best cuisine, but some hostels allow the guests to cook their own food bought at supermarkets or local stores.

Groups as well as individuals can take advantage of the location and low cost of youth hostels to make their tour an inexpensive and adventurous one.

## Home Stay

It is sometimes possible to arrange a stay at Japanese homes for some groups. Just be sure that there is plenty of time for planning and arrangements. This is best when the group has a particular interest, since then arrangements can be made with families in Japan who enjoy a similar interest.



## Home Visits

Tokyo, Yokohama, Kyoto and Kobe all have programs which allow foreign visitors to visit private Japanese homes. There is no charge for the visits but it is customary for the visitors to bring a small gift for the hostess, such as candy, flowers or a souvenir. Usually the best time for these visits is just after the evening meal, around 7:30 p.m. A group of four or five is best. To arrange the visit, contact one of the following at least a day or two in advance:

- Tokyo: Tokyo Tourist Information Center (see page 58)
- Yokohama: Yokohama International Welcome Association  
1st Floor, Silk Center Bldg.,  
1 Yamashita-cho, Naka-ku  
Phone: (045) 641-5824
- Kyoto: Kyoto Tourist Information Center (see page 58)
- Kobe: Kobe City Government Tourist Section  
Phone: (078) 331-8181, ex. 2381



*The traditional hat and coat of the traveler grace this minshuku entrance.*

# Shopping

Shopping is just as important to travel as sightseeing. For who can pass up a chance to purchase something that for years to come will bring back memories of an enjoyable trip.

Luckily enough, Japan has enough to keep the most addicted shopper happy. And with prices ranging from one to millions of yen, you'll find something that will satisfy your shopping desires and fit your budget.

## Antiques

Japan has the widest selection of Oriental antiques and curios in the world. Ceramics top the list of items available reflecting the Japanese interest in pottery, and especially objects created for the tea ceremony. There are also many shops specializing in old Japanese and Korean chests which range in variety from simple pine boxes to elaborate pieces fronted with rare fruit wood and ornately decorated with wrought iron or brass trimmings.

Other items often seen in many antique shops include old kimono and *obi*, the sashes worn around the waist to hold the kimono together; stenciled fabrics; fine art on scrolls or screens; lacquered bowls or boxes or basketware.

Since the shops are widely scattered around the city, the visitor needs time to search, and guidelines are recommended. Pick up a copy of *Japanese Antiques* by Patricia Salmon at English-language bookstores in the city.

Visitors to Kyoto in search of antiques will find concentrations of shops on Shin-monzen Street just east of the Kamo-gawa River between Shijo and Sanjo Streets, and on Teramachi Street between Oike Dori and the Old Imperial Palace.

Antiques are rarely bargains, but the collector will discover that Oriental old things are almost always cheaper here than New York or London, and the selection is much bigger.



*Sensu (folding fans)*



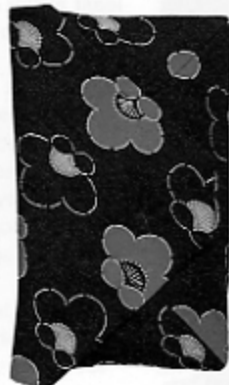
*Geta (wooden sandals)*



*Tesage bukuro (handbag)*



*Fukuro mono (handbag for use with kimono)*



*Kobako (small box covered with washi for general use)*

# Electronics

Even though most, if not all, hotel arcades include at least one of these shops, the place to go for both the curious novice and the expert is the Akihabara area. A more complete and complex collection of machines that run on electric current is hard to imagine.

The shops in Akihabara range from huge department-store types to one-man stalls. From the minute you exit the station, your ears are bombarded by a mixture of sounds that include every swoosh, clink and ping made by machines, as well as every sound, human or otherwise, that has ever been recorded. And luckily, this switched-on wonderland is located only fifteen to twenty minutes from Tokyo's major hotels by taxi, train or subway.

Up until several years ago, almost all of the equipment on hand was destined for the Japanese market, making it difficult for the tourist who could see what he wanted but was unable to get it tax-free or in the current of his choice.

Not so today. Almost all of the bigger stores now run tax-free shops, ranging in size from a corner to a whole floor and staffed by salesmen capable of pushing their wares in a number of languages. Filling the space from wall-to-wall and floor-to-ceiling are machines and products bearing such well-known names as Sony, Akai, Technics, JVC, Teac, National-Panasonic, Sharp, Sansui, Pioneer, Yamaha, Hitachi and Toshiba, to name but a few. And their merchandise is either made for export or capable of being switched to different currents.

Tax-free means a discount of 10 to 15 percent off for most radios, portable TVs, video machines and stereo equipment. Unlike most of Japan, salesmen from these shops are able and willing to bargain. Some kind of discount on top of the tax-free price is almost universally accepted, but the amount can differ greatly depending on the product. At the moment, the most popular items are miniature components and video machines. And with each day finding new products on the market, Akihabara is a wonderland for shoppers.



*Searching the backroads and alleys of Akihabara for the best bargains in electrical products is becoming a popular way for tourists to spend shopping time in Tokyo.*

## Cameras

Good deals can be found for cameras at most tax-free shops in hotel arcades and other places catering to the tourist trade. Also, the number of discount shops with an emphasis on photographic equipment as well as watches, calculators, and other items has greatly increased in recent years. These shops are cheap, selling at 30 to 70 percent off normal prices. They are trustworthy and worth visiting.

There are several basic reasons why they can sell so cheaply. For one, they buy in quantity, so they are strong in negotiating with the makers. Two, they pay cash, so the makers are happy to deal with them. And three, they don't return unsold items; they sell them, even at a loss. They also run on volume and a narrow profit margin, so the more they sell, the better off they are. Even overseas products are cheap since they buy directly, rather than from the trading companies.

Before going, check the prices in your country, because sometimes Japanese articles are just as cheap at home. And it's a good idea to visit several shops to find where you'll get the best deal.

The best area for camera fanatics is the west exit of Shinjuku station in



*Shinjuku's discount shops are most famous for camera bargains, but lots of other goods can be had at fantastic prices.*

Tokyo. As soon as you leave the station, your eyes will be bombarded by the many colored banners competing for your attention. Good luck!

## Heaven for the Book Lover

A place in Tokyo of great interest to people who love books is the sub-city of Kanda. On the main street, one can find more than 130 bookstores within a twenty minute walk. Then, one step inside, and you'll be delighted to find the distinctive smell of old books, as you'll be surrounded by them.

Many of the bookstores specialize in specific genres such as art, architecture, literature, and even foreign books or ukiyo-e wood-block prints.

The price is as diverse as the selection, anywhere from a hundred yen for three books to millions of yen for just one collector's item. If you're careful and lucky, you might find an undiscovered treasure, so look carefully. But remember, stores are closed on the first and third Sundays of each month.

One store particularly worth visiting is Sanseido, maybe the largest bookstore in Japan. All the books here are new and fill seven full floors, totaling an unbelievable 1,000,000 books.





# Fashion

Japanese dress developed in a unique and interesting way and until the latter part of the nineteenth century, the kimono was the standard attire for both men and women. But western dress was then adopted with a fervor equal to that of the modernization drive, so that today, although it is a must for ceremonial functions and festivals, older women are the only ones seen wearing kimono regularly. On festival days, though, shrine areas explode in a burst of color as all the young women make their appearance in their finest kimono, some worth millions of yen.

Another place where traditional Japanese fashion is most evident is at any resort area, where the inn or hotel-supplied *yukata*, a lighter cotton kimono, is worn by both men and women, young and old.

Not only the Dutch wear wooden shoes! Another traditional and unusual part of Japanese fashion is the *geta*, or wooden sandal. Lacquered for women, of natural wood for men, the "karan,

koron" sound they make on pavement brings back images of old Japan, so they are an essential part of the total style.

Shops dealing in kimono and accessories are plentiful and used kimono are one of the best bargains—still beautiful but at a fraction of the original cost. Geta-making shops are also an interesting place to visit.

Japanese design expertise has affected modern fashion as well. Mori Hanae, Kenzo and other designers are world famous, and both large and small fashion houses keep the scene exciting. Boutiques line the roads and fashion shows take place year-round. Dress-making schools play host to eager learners from abroad and shopping possibilities are endless.

Harajuku is the place to go for a look at the modern boutiques. The tree-lined avenue is crowded with people searching for that special look. And famous Japanese designer fashions are half the price of what they cost overseas.

Traditional or modern, fashion articles can be excellent souvenirs of a trip to Japan.

## Paradise for Curio Hunters

The problem for most tourists has been that the open-air antique markets are held infrequently; maybe only on the third Friday of every month. There is also the problem of cancellation when it rains, so the average tourist faced a difficult time.

No longer. The Tokyo Komingu Kottokan has solved that problem. The Kottokan is a seven-story building, whose second through fifth floors house fifty-five different booths all featuring the same thing as the markets; in fact, the dealers are all the same. Not only is it indoors so your schedule won't be affected by the weather, but the doors are open all year round.

Be prepared to spend a lot of time. Most of the customers are real browsers, and you have to be to sort through the piles of merchandise. When bargaining, it's best to show some interest in the topic being discussed; the dealers like people who are interested more than those who just want to get something cheap. But it's not unusual to hear of something going for half of the original price.

Even if you're not in the mood for shopping, don't let that stop you from visiting. Think of it as a museum where you can look, touch and sample for hours of enjoyment. The address is 23-1, Jinbo-cho 1-chome, Kanda, Chiyoda-ku. It is open from 10:00 a.m. to 7:00 p.m. every day.



Hanae Mori Building, Harajuku, Tokyo



Issey Miyake Boutique, Aoyama



Boutique Kansai International, Harajuku



# Model Itineraries

## SOUTHERN JAPAN—EIGHT DAYS, FROM FUKUOKA

- Day 1: FUKUOKA ARRIVAL
- Day 2: FUKUOKA—NAGASAKI—CITY SIGHTSEEING
- Glover Mansion
  - Dejima Port
  - Site of Twenty-six Martyrs
  - Tortoise shell art demonstration
- Day 3: NAGASAKI—UNZEN—SHIMABARA—KUMAMOTO
- Old Samurai Houses
  - Kumamoto-jo Castle
  - Suizen-ji Park
- Day 4: KUMAMOTO—MT. ASO—BEPPU SIGHTSEEING
- Active volcano Mt. Aso
  - Takasaki-yama wild-monkey park
  - Marine Palace Aquarium
  - Jigoku ("hell"), boiling ponds of water
- Day 5: BEPPU—MIYAZAKI SIGHTSEEING
- Children's Garden
  - Aoshima Islet
  - Horikiri Pass
- Day 6: MIYAZAKI—NISHI KAGOSHIMA—IBUSUKI
- Iso Garden
  - Satsuma-yaki kiln
  - Folkcraft furniture factory
- Day 7: IBUSUKI
- All day free at this seaside spa town noted for its unique sand baths
- Day 8: IBUSUKI—KAGOSHIMA DEPARTURE
- Transfer to Kagoshima Airport for departure

## WESTERN JAPAN—TEN DAYS, FROM OSAKA

- Day 1: OSAKA ARRIVAL—KYOTO
- Arrival at Osaka Airport and transfer to Kyoto
- Day 2: KYOTO MORNING SIGHTSEEING
- Nijo-jo Castle
  - Kinkaku-ji Gold Pavilion
  - Heian Jingu Shrine
- Day 3: NARA EXCURSION
- Todai-ji Temple and the Great Buddha
  - Kasuga Taisha Shrine
  - Deer Park
  - Traditional brush-writing demonstration
- Day 4: KYOTO—(BULLET TRAIN)—OKAYAMA—KURASHIKI—OKAYAMA
- Ohara Art Gallery
  - Kurashiki Folkcraft Museum
  - Koraku-en Garden
- Day 5: OKAYAMA—MATSUE—IZUMO TAISHA—MATSUE
- Izumo Taisha Shrine
  - Yakumo Memorial Hall
  - Matsue-jo Castle
  - Ishimura lacquerware studio
- Day 6: MATSUE—HIGASHI-HAGI
- Samurai Houses
  - Kaicho-ji Temple
  - Kumaya Art Museum
  - Hagi-yaki pottery kiln
  - Accommodations at a Japanese inn (dinner & breakfast included)
- Day 7: HAGI—AKIYOSHI-DAI CAVE—MIYAJIMA—HIROSHIMA
- Akiyoshi-dai Plateau and Cave
  - Kintai-kyo Bridge
  - Itsukushima Jinja Shrine
- Day 8: HIROSHIMA MORNING SIGHTSEEING
- Peace Memorial Hall
  - Hijiyama Park
  - Shukkei-en Garden
- Day 9: HIROSHIMA—INLAND SEA CRUISE—FUKUYAMA—OSAKA
- Hydrofoil ride
  - Oyamazumi Shrine
  - Kosan-ji Temple
- Day 10: OSAKA DEPARTURE



# Map of Japan



## CENTRAL JAPAN—TEN DAYS, FROM TOKYO

- Day 1: TOKYO ARRIVAL
- Day 2: TOKYO MORNING SIGHTSEEING
- Imperial Palace Plaza
  - Asakusa Kannon-ji Temple with its bustling arcade
- Day 3: TOKYO—MASHIKO—BONSAI VILLAGE—TOKYO
- Tsukamoto Seito kiln
  - Musha-e* (paintings of samurai) at Ohata Koun's workshop
  - Angyo Bonsai Garden
- Day 4: TOKYO—MATSUMOTO
- Matsumoto-jo Castle
  - Matsumoto Folkcraft Museum
  - Matsumoto Folkcraft Furniture Factory
- Day 5: MATSUMOTO—KISO-HIRASAWA—TSUMAGO—TAKAYAMA
- Lacquerware workshop
  - Walking tour of the old stage town of Tsumago
  - Yatai (festival floats) Hall
  - Traditional streets of Takayama
- Day 6: TAKAYAMA—HIDA-FURUKAWA—OGIMACHI—KANAZAWA
- Candle-making demonstration
  - Peculiar old farm houses
  - Traditional paper-making demonstration
- Day 7: KANAZAWA SIGHTSEEING—KYOTO
- Kanazawa-jo Castle site
  - Kenroku-en Garden
  - Shopping for Kaga Yuzen (traditional silk) or Kutani ceramic ware
- Day 8: KYOTO MORNING SIGHTSEEING
- Kinkaku-ji Gold Pavilion
  - Heian Jingu Shrine
  - Nijo-jo Castle
- Day 9: KYOTO—TAMBA—KYOTO
- Tachikui-yaki kiln
  - Sasayama-jo Castle
  - Japanese sake brewery
- Day 10: KYOTO—OSAKA DEPARTURE

## NORTHERN JAPAN—TEN DAYS, FROM TOKYO

- Day 1: TOKYO ARRIVAL
- Day 2: TOKYO MORNING SIGHTSEEING
- Imperial Palace Plaza
  - Asakusa Kannon-ji Temple with its bustling arcade
- Day 3: TOKYO—(BULLET TRAIN)—MORIOKA—TOWADA-KO
- Oirase Valley
  - Towada-ko Lake cruise
- Day 4: TOWADA-KO—TOWADA MINAMI—HACHIMANTAI ASPITE LINE—MORIOKA SIGHTSEEING
- "Muddy Volcano" and "Hot Water Swamps" at Goshogake Spa
  - Hachimantai Plateau
  - Nanbu Ironware Factory
  - Hashimoto Folkcraft Museum
- Day 5: MORIOKA—CHUSON-JI—MOTSUJI—GENBIKEI—NARUGO SPA
- Konjikido ("Golden Hall") of Chuson-ji Temple
  - The ruins of Motsu-ji Temple
  - Accommodations at a Japanese inn (dinner & breakfast included)
- Day 6: NARUGO SPA—MATSUSHIMA—(BAY CRUISE)—SHIOGAMA—SENDAI
- Zuigan-ji Temple
  - Matsushima Bay Cruise

- Shiogama Jinja Shrine
- Day 7: SENDAI—SHIROISHI—TOGGATA SPA—ZAO ECHO LINE—YAMAGATA
- Kokeshi* doll-making demonstration
  - Visit to Mt. Zao
- Day 8: YAMAGATA—YONEZAWA—HIBARA-KO—HIGASHIYAMA SPA
- Demonstration of *Sasano-ittobori* ("one-stroke" wood carving)
  - The former Uesugi Mansion
  - Hibara-ko Lake
  - Accommodations at a Japanese inn (dinner & breakfast included)
- Day 9: HIGASHIYAMA SPA—AIZU WAKAMATSU—KORIYAMA—TOKYO
- Tsuruga-jo Castle
  - A chinaware factory
  - Yamada lacquerware shop
  - Inawashiro-ko Lake
- Day 10: TOKYO DEPARTURE

## Tourist Publications

### In Tokyo

The *Tokyo Tour Companion* is probably the best publication around for foreign visitors to Tokyo. It is published each week on Sunday, and is full of information. Some of the items that appear regularly are things like lists of events, sports, movies, hotel shows, museums, a yen-foreign exchange chart and time difference table. More lists of shops, banks, and restaurants from American to Yugoslavian, how to take a Japanese bath and use a Japanese toilet, various tours, public transportation systems, television programs, selected night spots, etc.

### In Kyoto

There are two publications in Kyoto, the *Monthly Guide Kyoto*, and *Kyoto Monthly Guide*. Neither is as comprehensive as the *Tokyo Tour Companion*, but they do include descriptions of various sightseeing spots. Both are available at some hotels and other locations.

## Tourist Information Centers

### Tokyo Office:

Kotani Bldg., 6-6, Yurakuchō 1-chōme,  
Chiyoda-ku, Tokyo  
Tel. (03) 502-1481



### Kyoto Office:

1st fl., Kyoto Tower Bldg.,  
Higashi-Shiokojicho, Shimogyo-ku, Kyoto  
Tel. (075) 371-5649

