

# Japan Trip

## Oct 22 – Nov 16, 2019



### Traveling Companions:

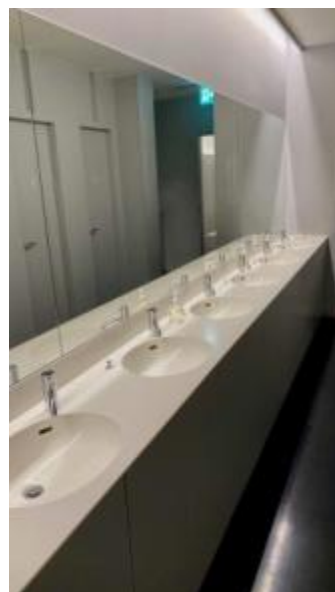
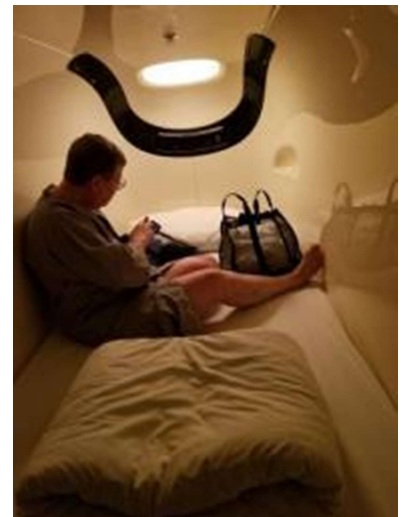
- Jane Corwin & Dennis Spain
- Joan Ridell & Percy Laube
- Ted & Virginia Krohn
- Catherine & Jim Gill

Met up with Joan & Percy.  
Stayed in Capsule Hotel at  
the Airport and got Rail pass,  
Suica card, changed money.

# Arrival Narita



Started with Japanese food, right  
on the airplane!



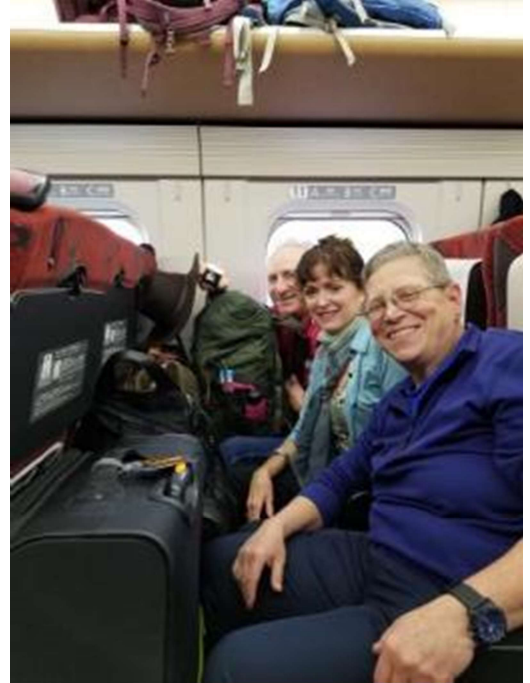
# Itinerary



# Karuizawa



Train Trip to Karuizawa with all the luggage



Good Omen: We saw Mt Fuji from the train



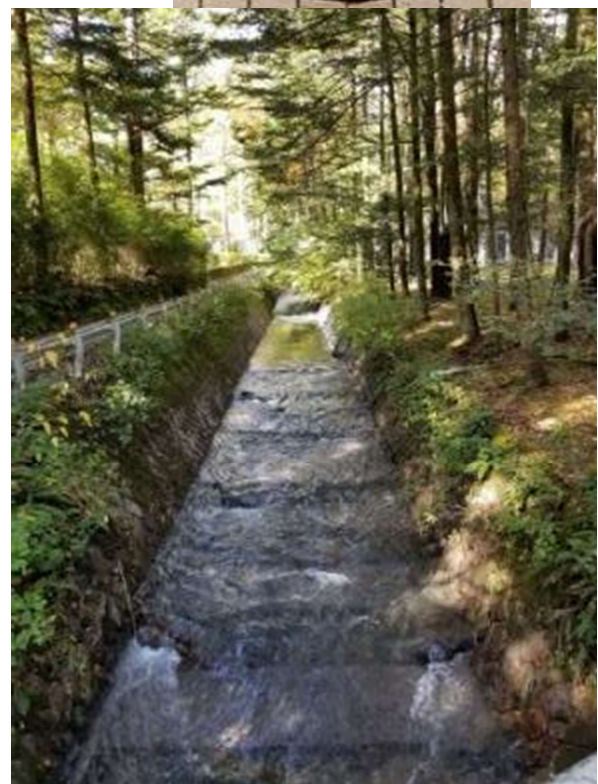
Famous Hotel: Mampei

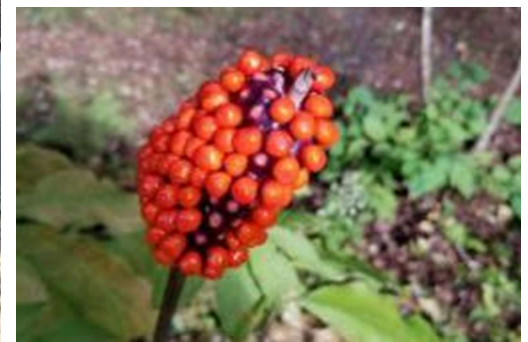
Stained Glass in the Mampei Hotel





Rain was residual from Typhoon Hagibis which hit Japan a week before we arrived.









←Down this sweet little path was this Buddhist Temple.



# Nozawa-Onsen

Nozawa Onsen Japan is a hot spring and ski resort village near Nagano.



On the train again!

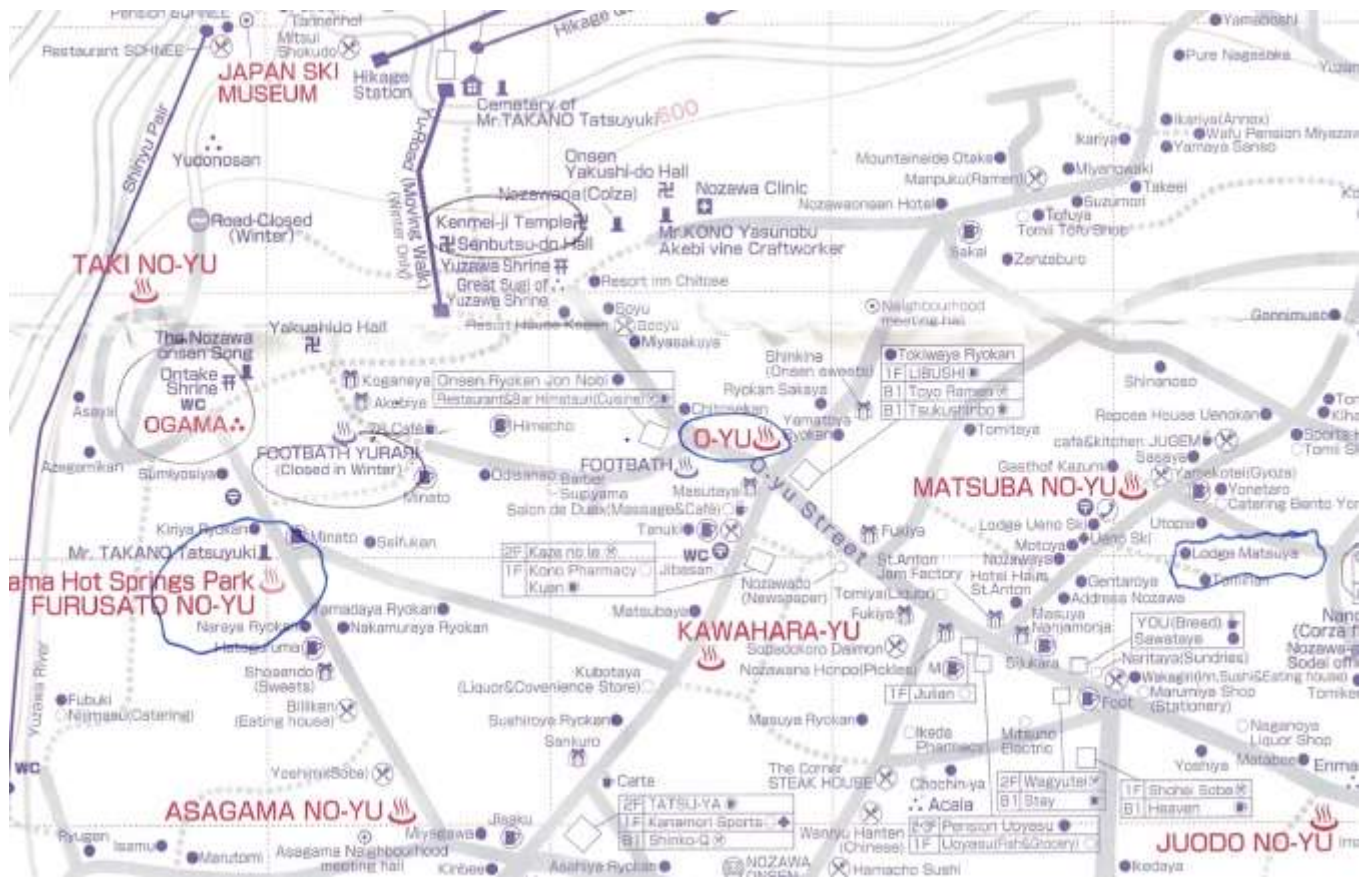


These were on the ground in the train station, they showed you were to stand to wait for the train. Each picture had the corresponding footprint. My favorite was the duck print.

# Lodge Matsuya



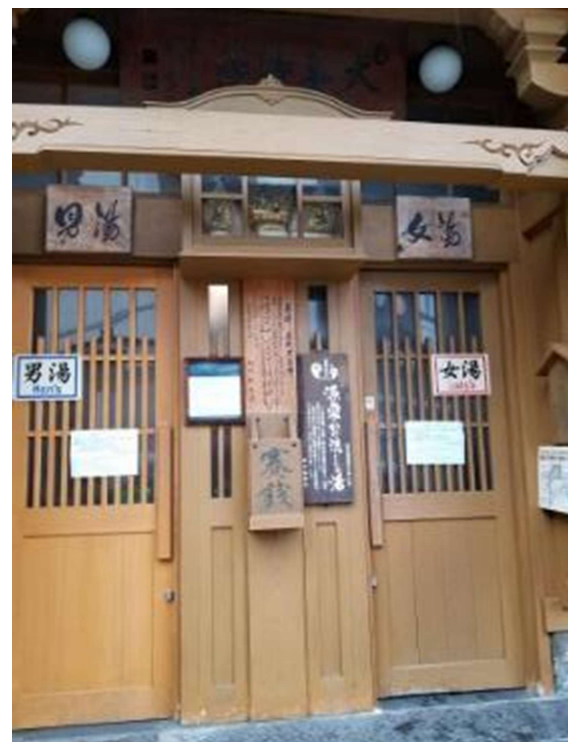
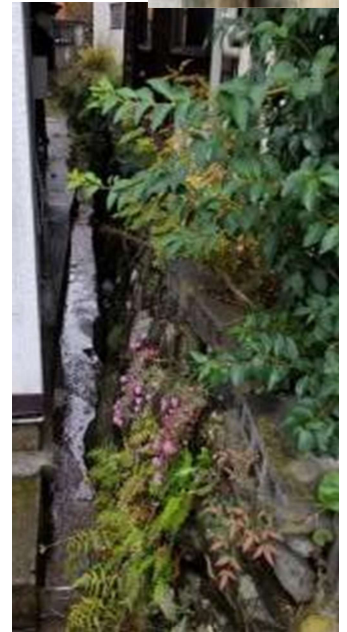
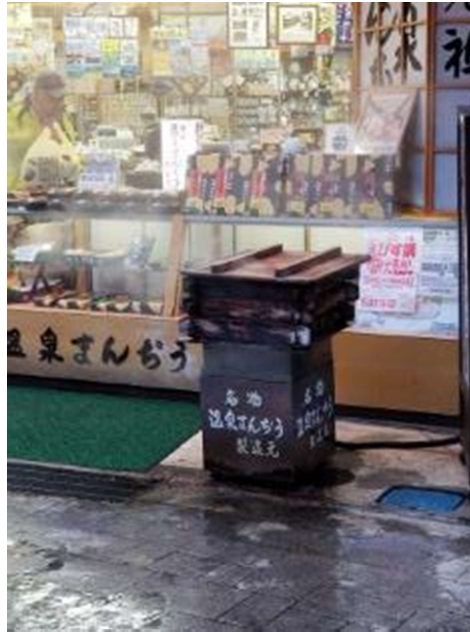
# Map of Nazawa Onsen





Nozawa-Onsen is a ski and hot springs resort town where the Nagano 1998 Olympics were held.





O-YU: Public bath that we went to

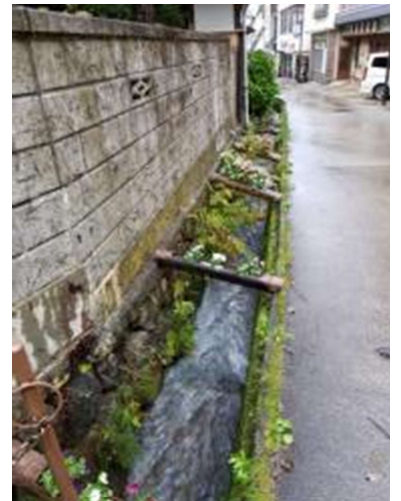
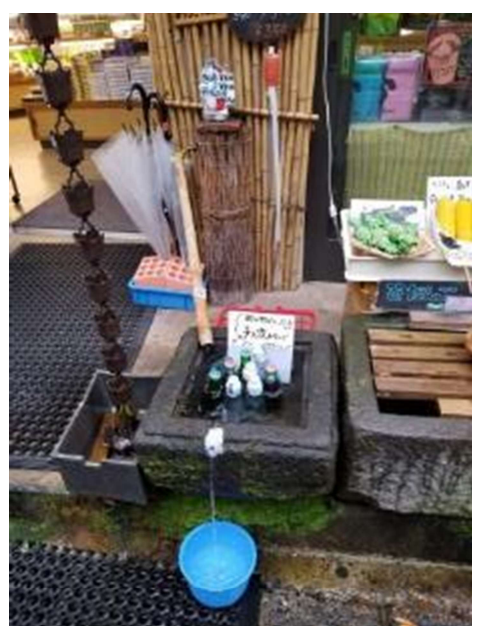


Kenmiji Temple





Never saw a monument with music on it before.



# Hida-Takavama



Took a private bus because the Typhoon had knocked out the trains in that area.



Murayama Ryokan



I loved the artistic man hole covers in Japan



# Hida no Soto (Folk Village) in Hida-Takavama





## カイコのフンは薬だよ

Silkworm faeces (蚕糞 : droppings)

え〜！フン？！と思うかもしれませんが、臭くもなしサラサラです。

カイコのフンは「蚕沙(サンシャ)」といわれ、昔から利用されている薬です。  
森の葉を食べる蚕のフンは栄養たっぷり。アミノ酸・ビタミン類・葉緑素・  
尿酸・リン酸などを含んでいます。

Silkworm faeces (蚕糞 : droppings) have been long used for the medicine called "San Sha (蚕沙)". Since silkworms are very weak against chemicals, they are fed only organic mulberry leaves. The faeces are contained vitamins, chlorophyll, amino acid. In Japan, it is believed that San Sha can heal pains such as joint-pain, stomach-ache, backache and relieve the symptoms of asthma. Now, the faeces are also used for cosmetics, food-colouring, pencil leads and animal feeds etc.

カイコのフンはいろいろなものに利用されます

食品色素  
化粧品

健康茶

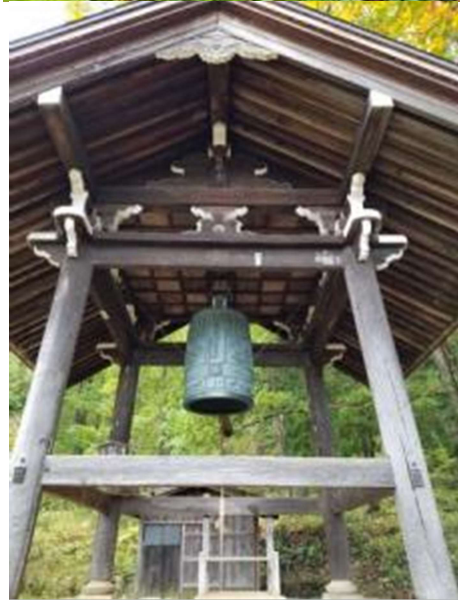
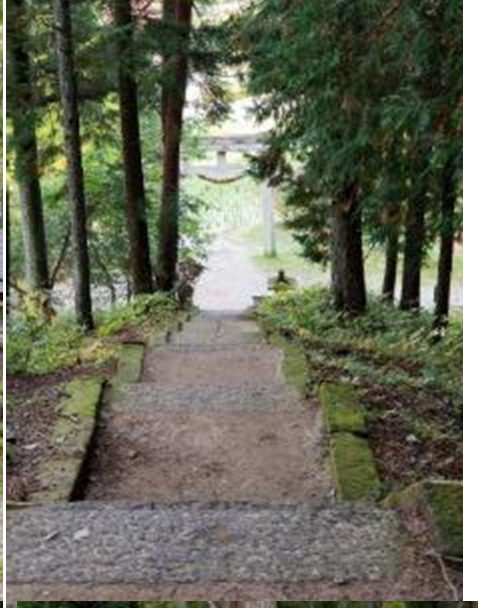
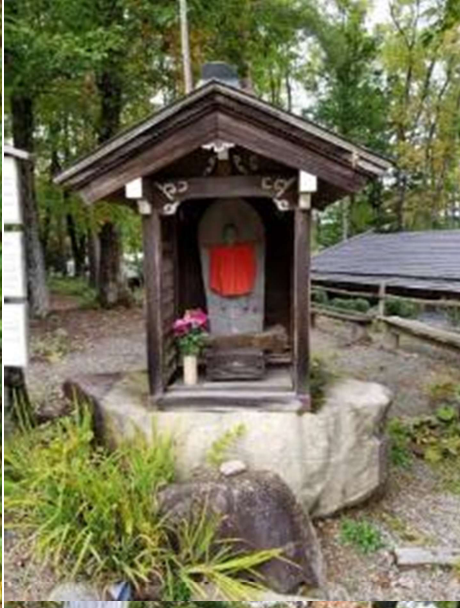
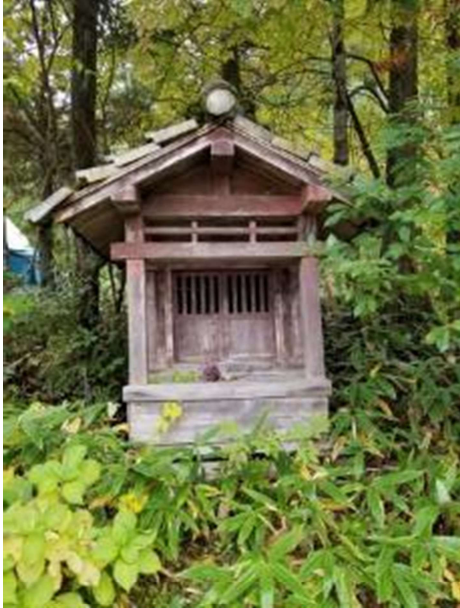
牛馬羊などの  
餌・農業用肥料

関節痛・切り傷・やけど・  
喘息・腹痛・下痢・腰痛  
など様々な症状に効果  
のある薬

活性炭・樹脂  
塗料・鉛筆の芯

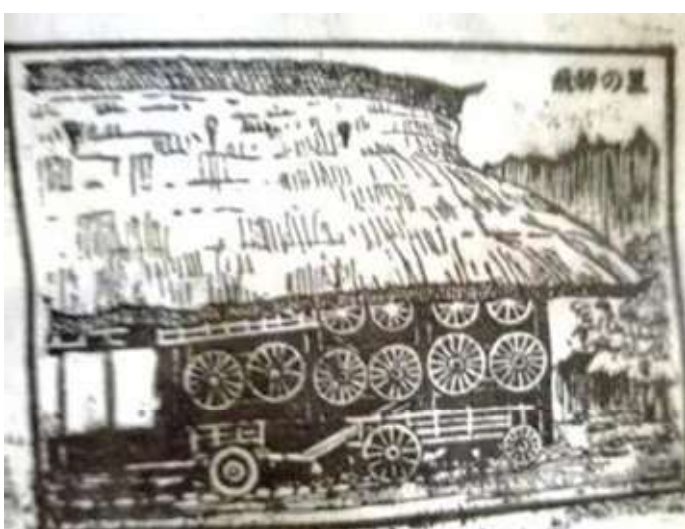
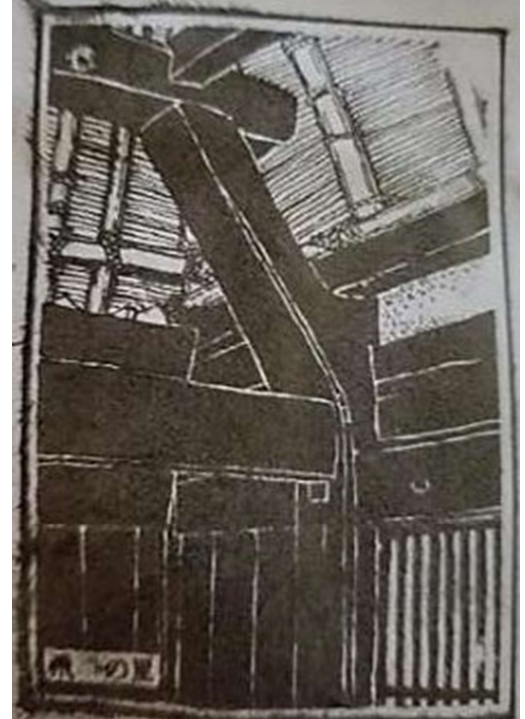
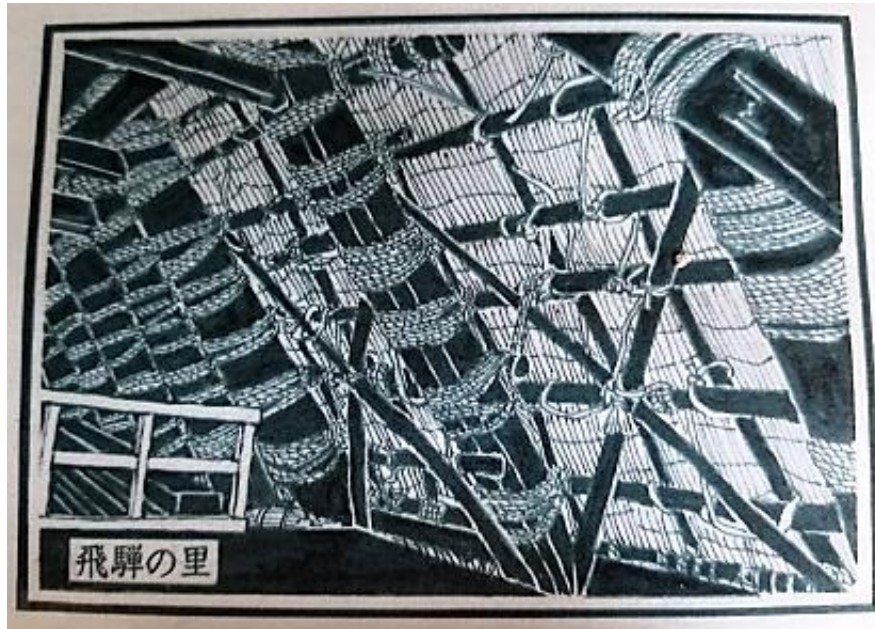








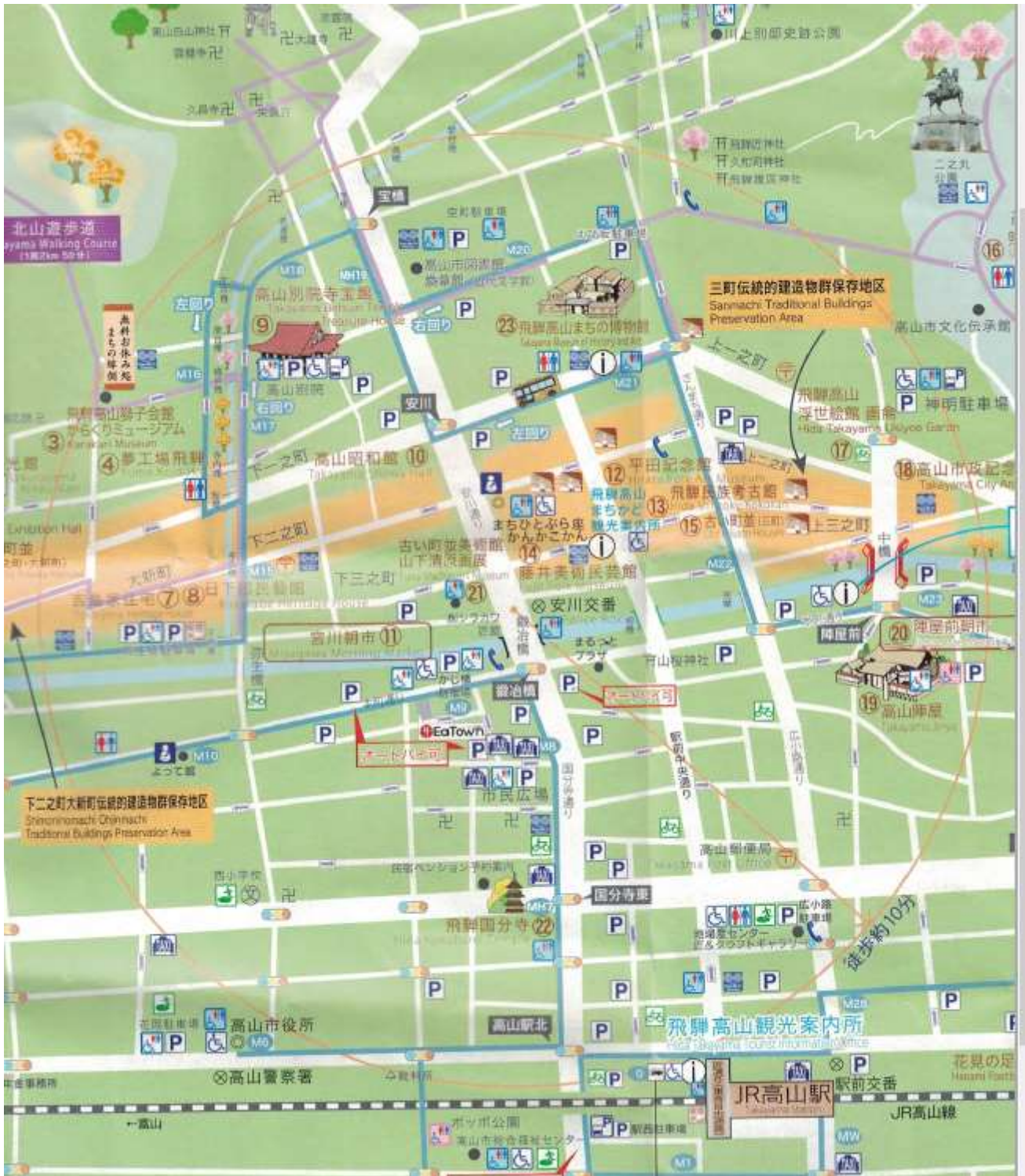




Stamps and art in the village

# Town of Utsida Tokonoma











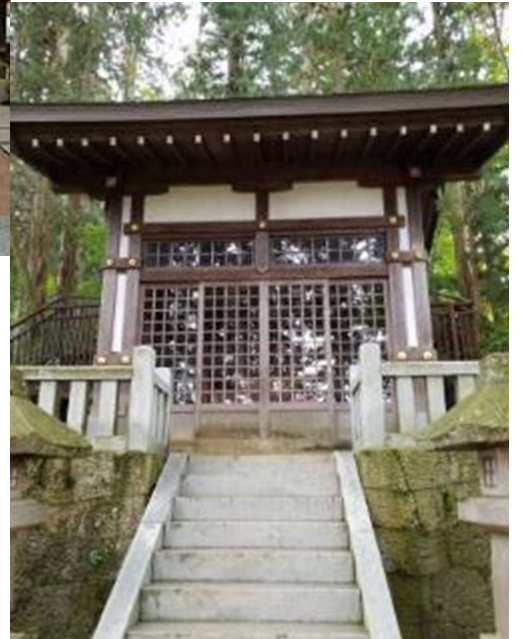
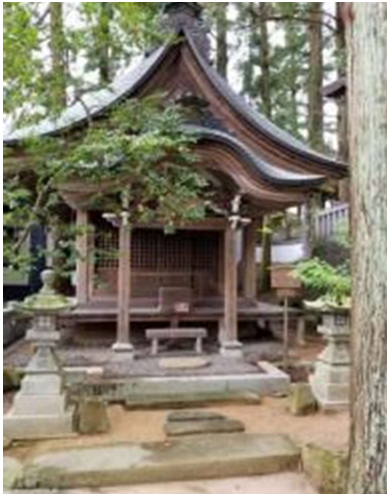


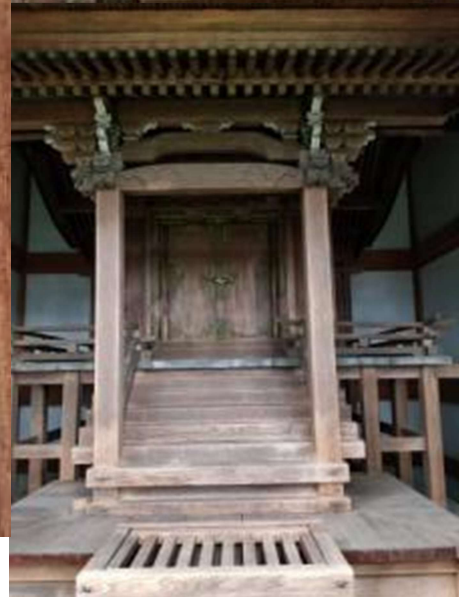




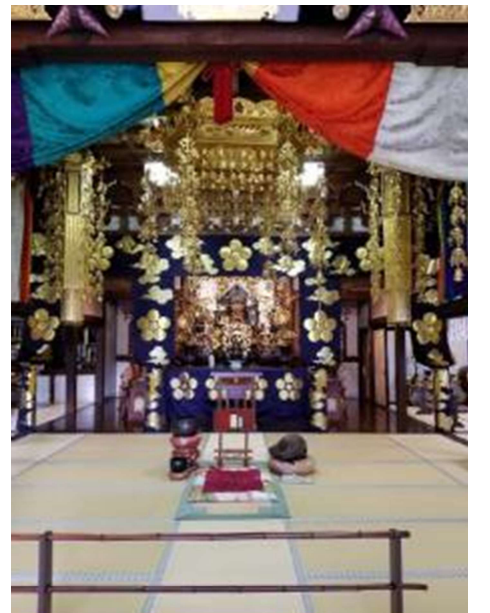
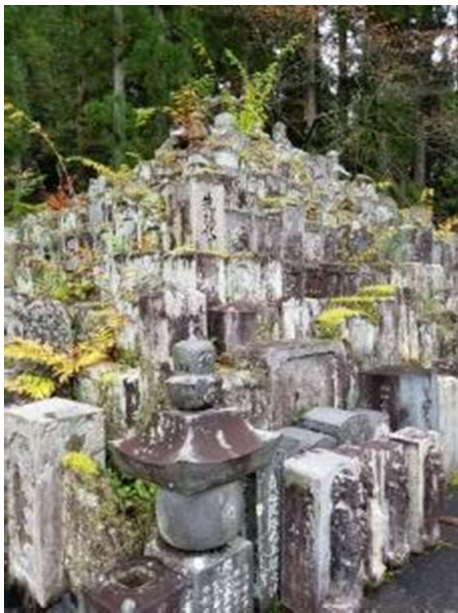
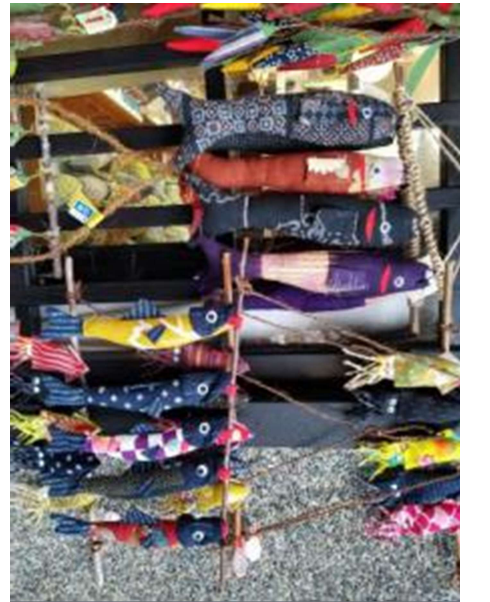
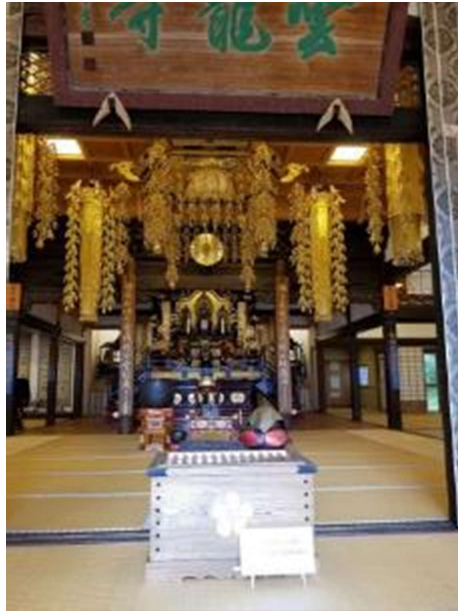


Higashiyama Walking Course  
in *Hida-Takayama*

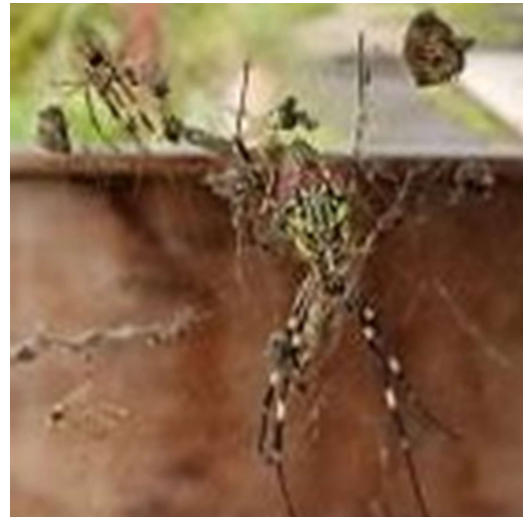
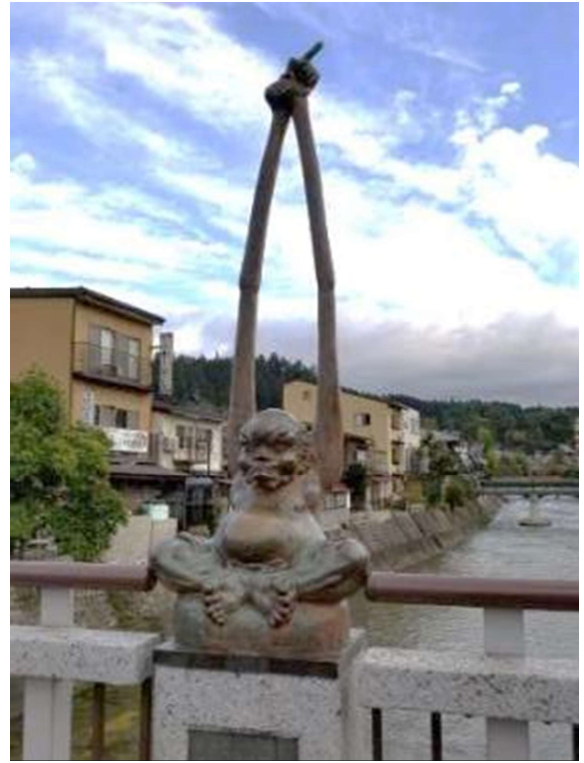


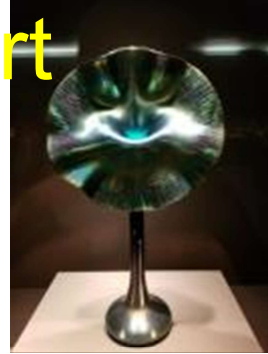
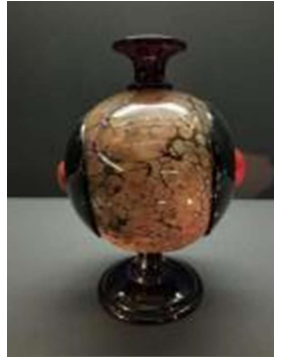
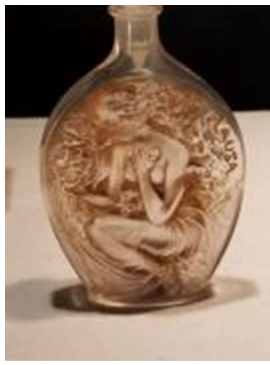




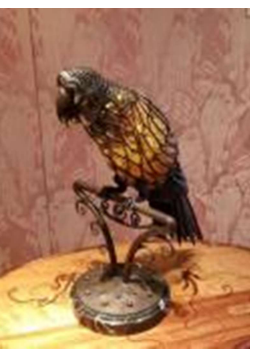
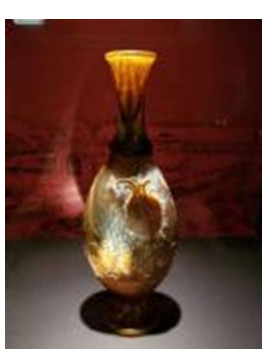
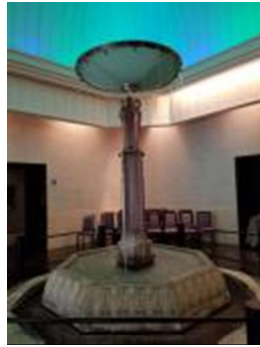








Museum of Art

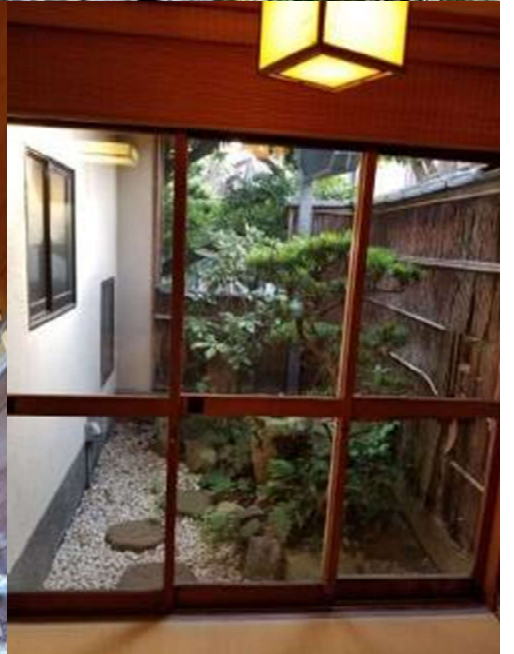
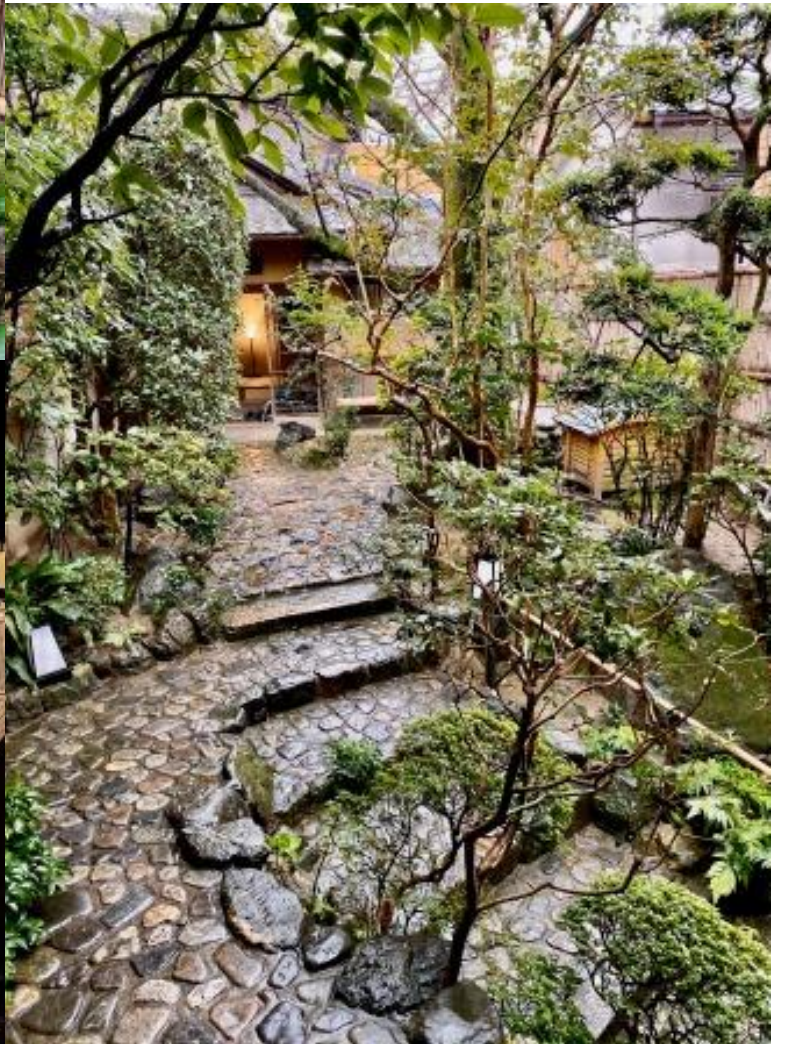


# Kyoto





# Tamahan Ryokan in Kyoto



# Higashiyama District

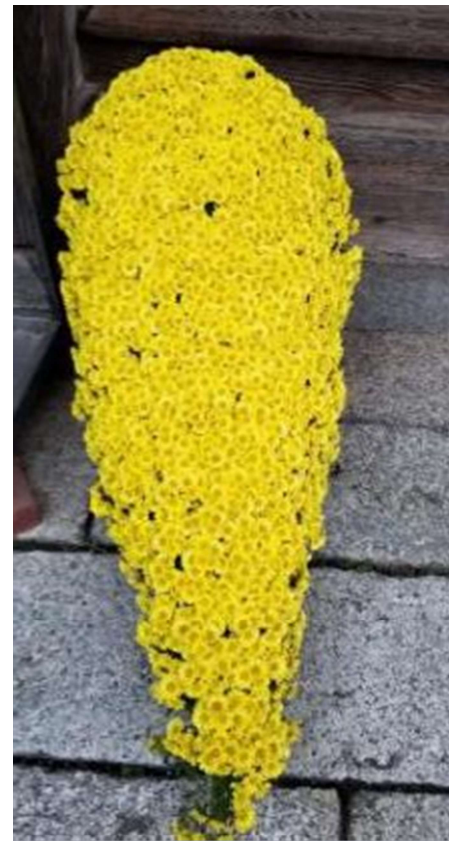


# Imperial Palace



# Kimono Fashion Show

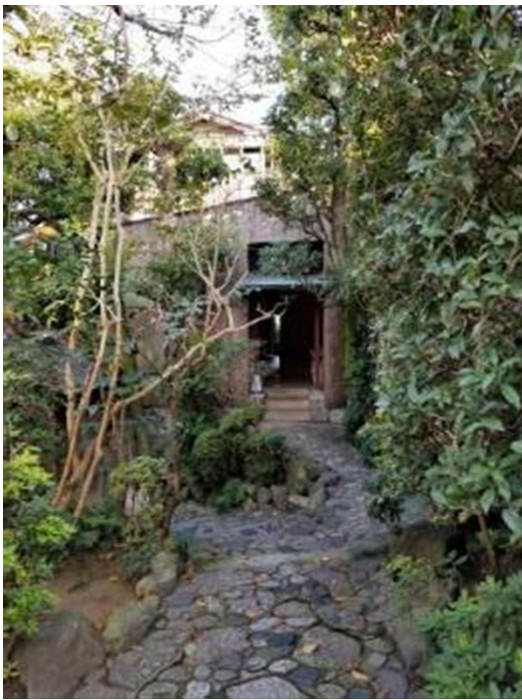




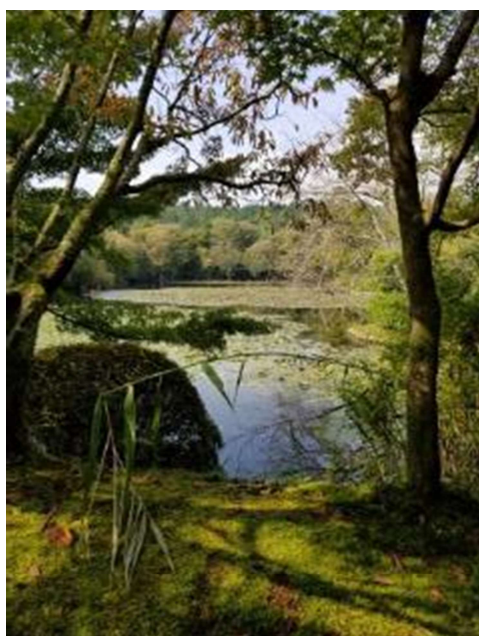
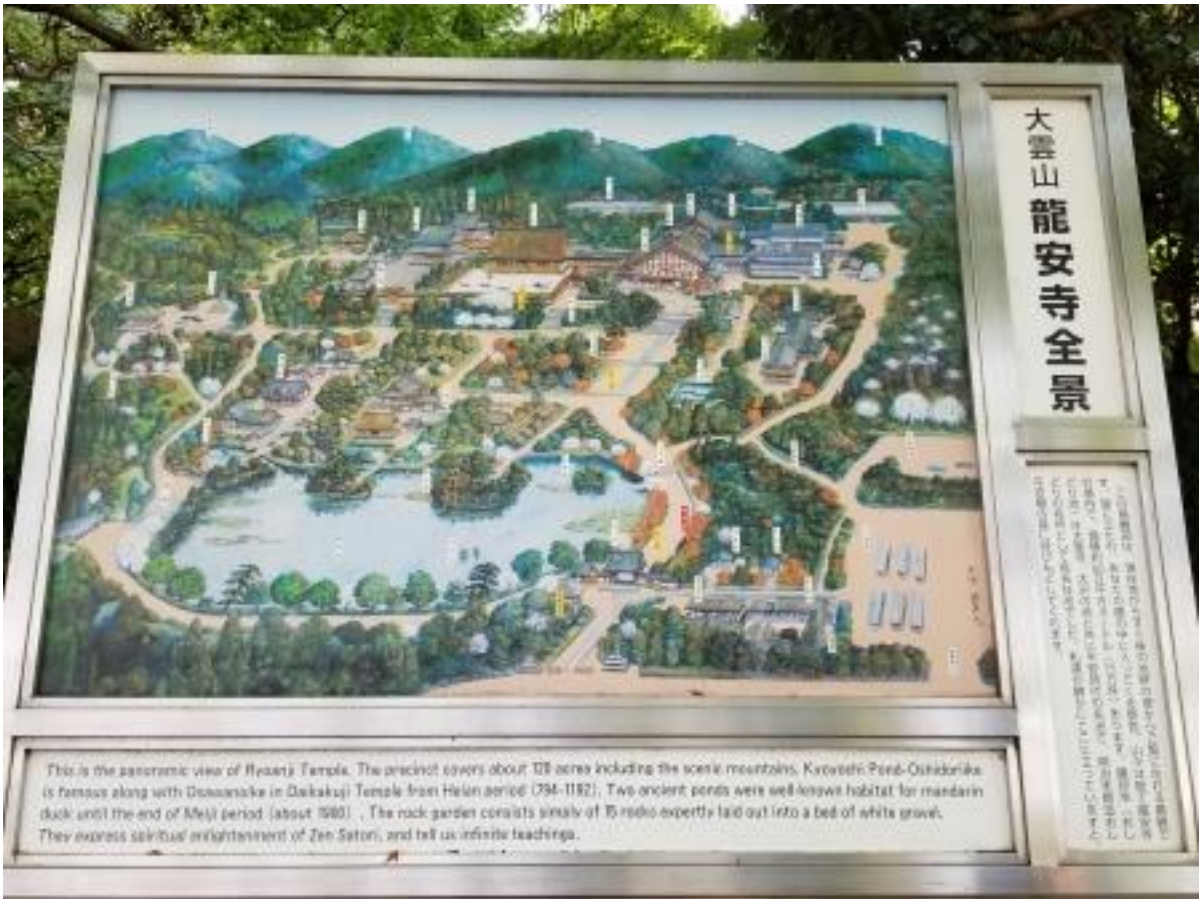
# Rail Museum









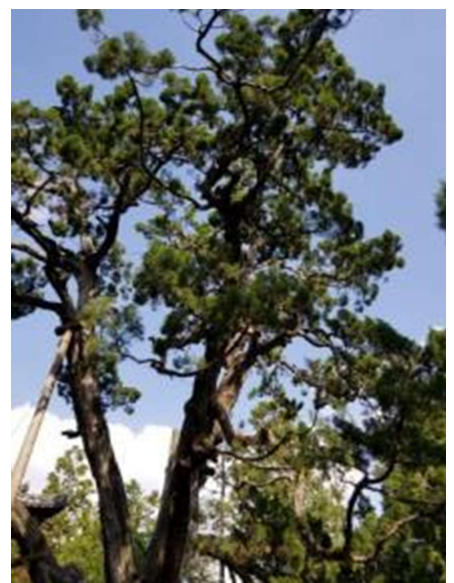


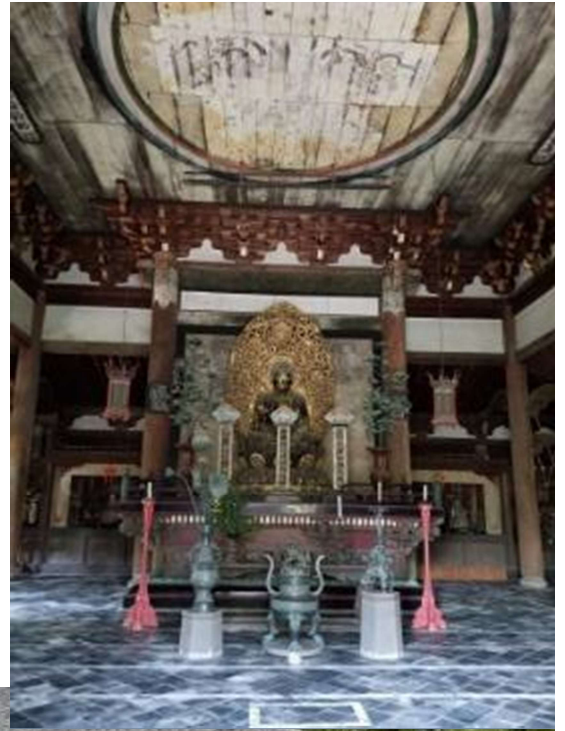


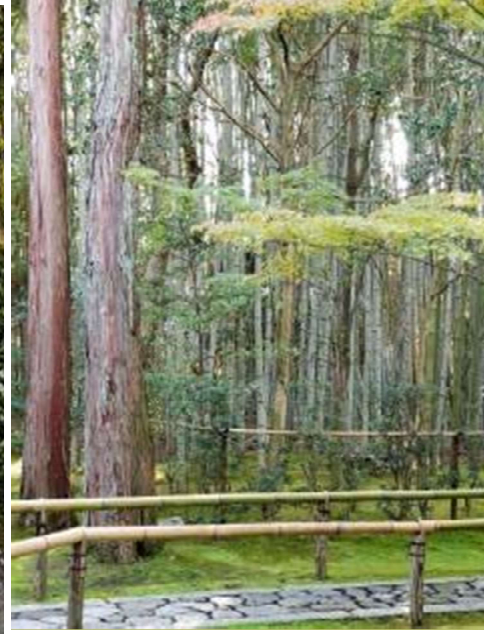
## Golden Temple - Kinkakuji

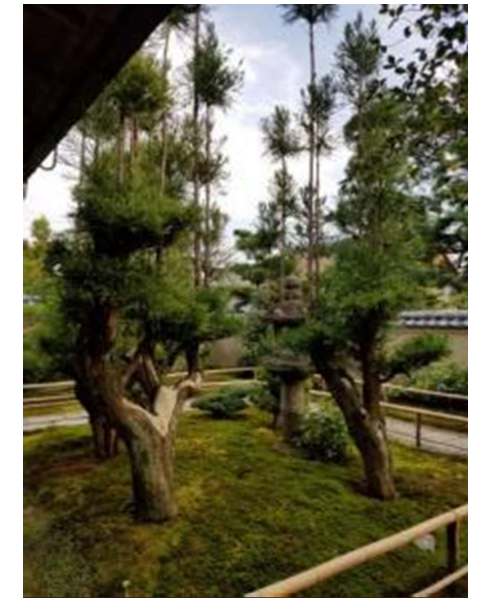












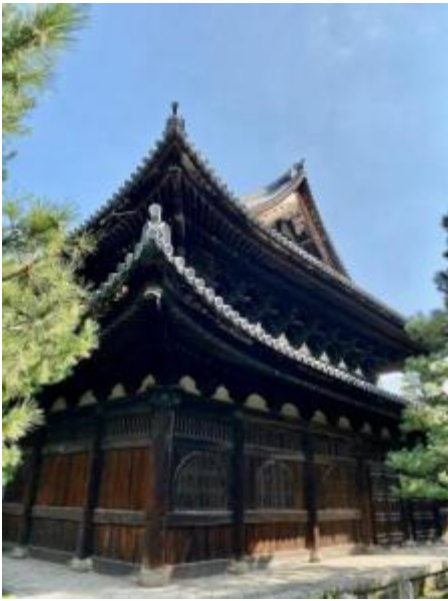




# Kiyomizu-dara Temple

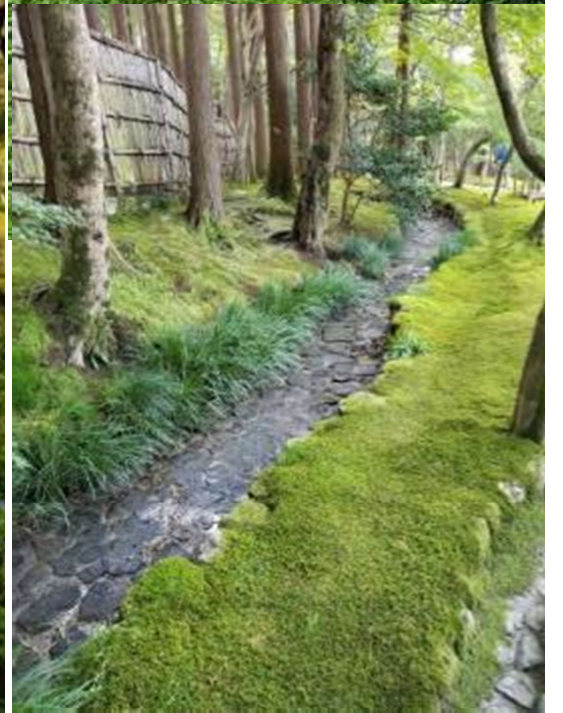


# Ginkaku Temple/Daitoku Temple



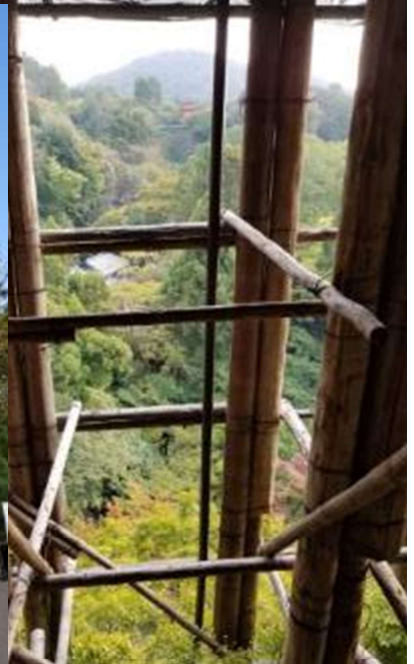
# Silver Temple - Ginkatuji







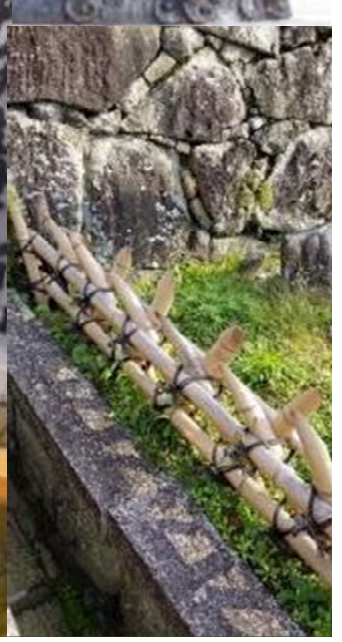
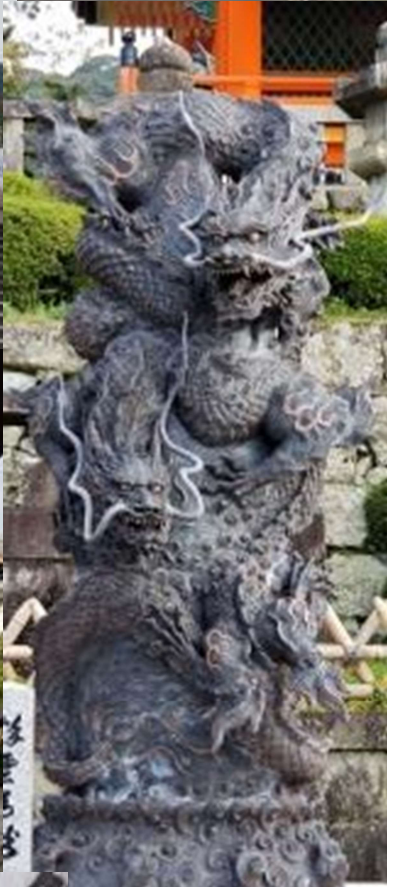






# Higashiyama Temple







Dinner with Naomi at a Teppanyaki Restaurant



**★ くらくに おこしやす ★**

品名	内容	価格
お好み焼	豚玉	¥700
	イカ玉	¥700
	エビ玉	¥800
	牛玉	¥800
	メックス	¥800
	お好み焼 (お肉)	¥1,000
	お好み焼 (お肉)	¥1,000
焼そば	豚	¥580
	イカ	¥520
	エビ	¥780
	牛	¥820
	メックス	¥800
鉄板焼	豚	¥580
	イカ	¥520
	エビ	¥780
	牛	¥820
	メックス	¥800

★ くらくに おこしやす ★

品名	内容	価格
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	イカ玉	¥700
	エビ玉	¥800
	牛玉	¥800
	メックス	¥800
	お好み焼 (お肉)	¥1,000
	お好み焼 (お肉)	¥1,000
焼そば	豚	¥580
	イカ	¥520
	エビ	¥780
	牛	¥820
	メックス	¥800
鉄板焼	豚	¥580
	イカ	¥520
	エビ	¥780
	牛	¥820
	メックス	¥800

TEL 075-281-0780

# Himeji Castle



The castle is regarded as the finest surviving example of prototypical Japanese castle architecture, comprising a network of 83 rooms with advanced defensive systems from the feudal period.



# Kurashiki

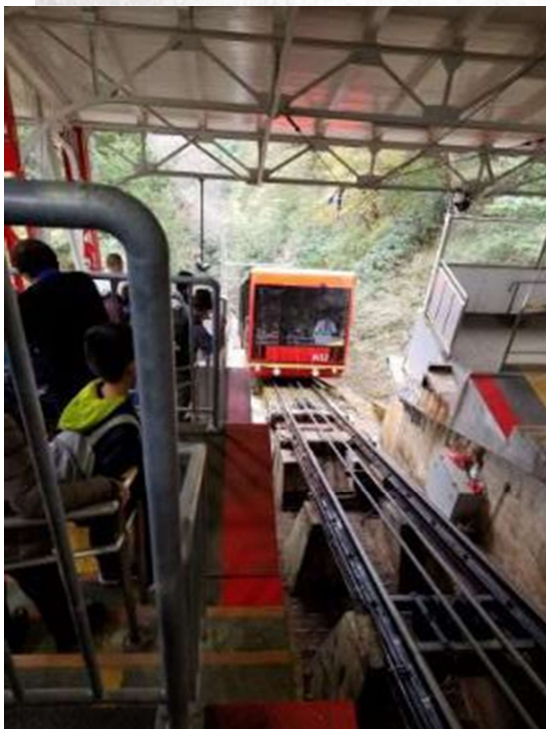
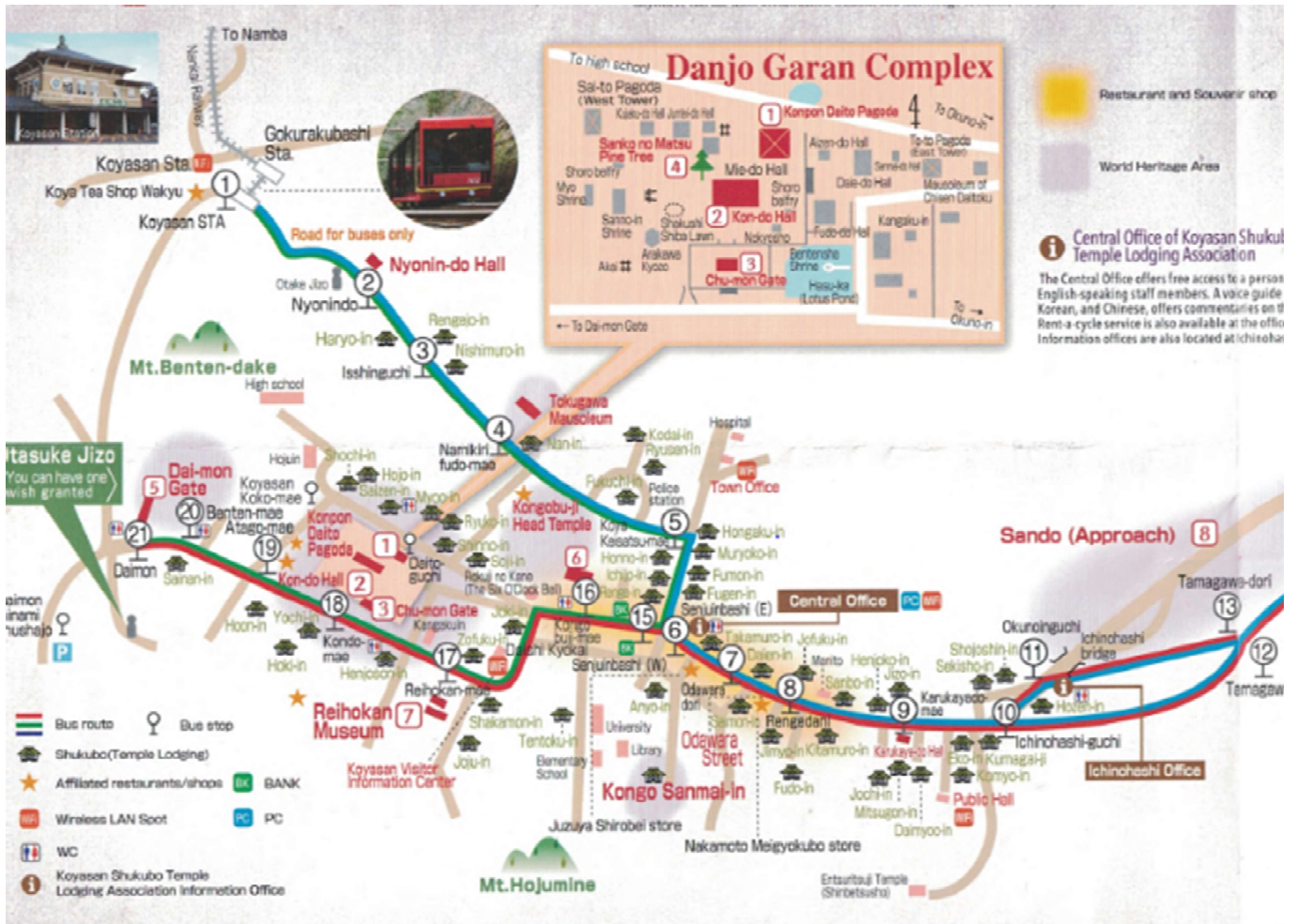
Kurashiki is a city on Japan's Seto Inland Sea. It's known for the centuries-old buildings and shops of the Bikan Historical Quarter.



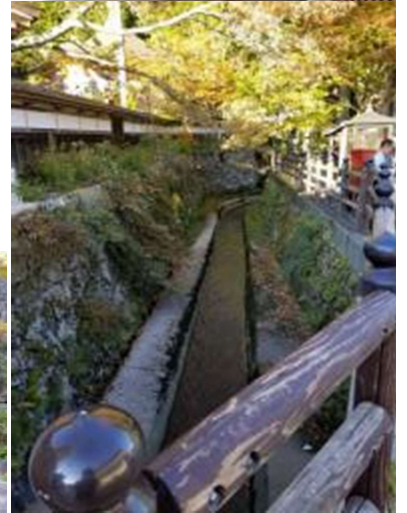




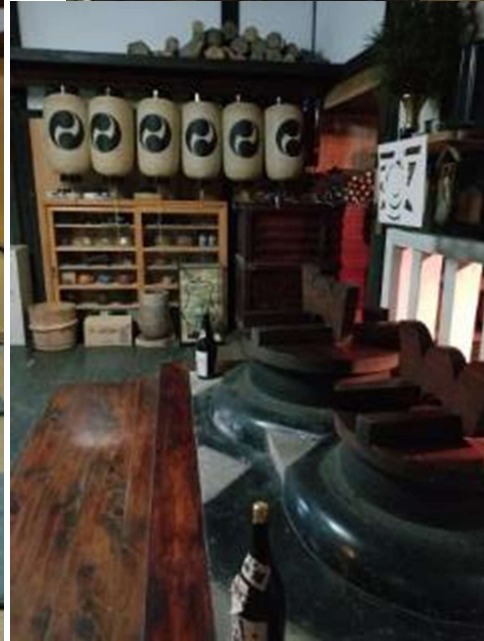
# Koyasan



# Shojoshin-in –Buddhist Monastery

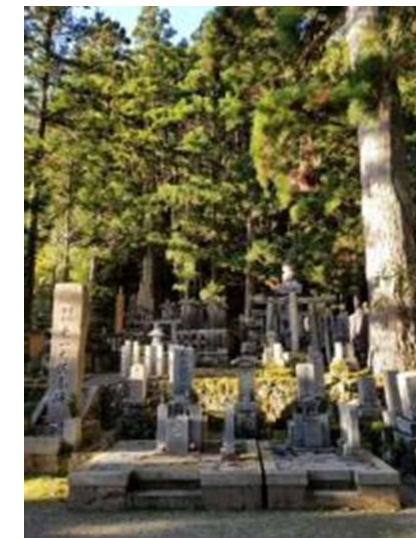
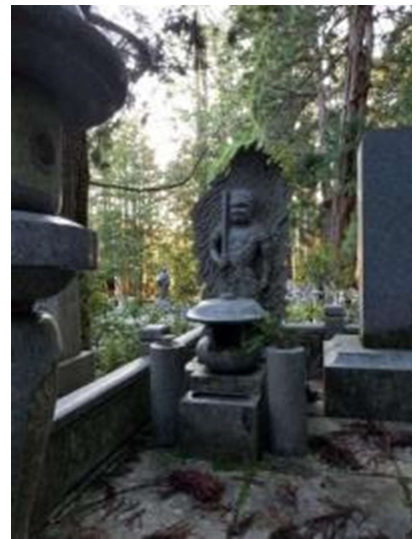
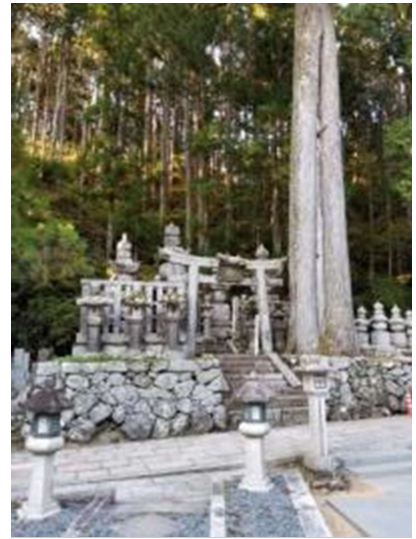
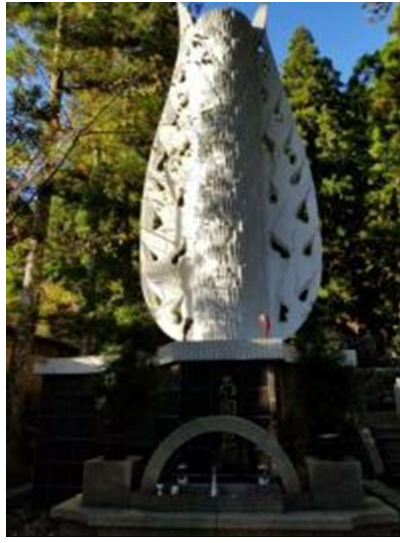
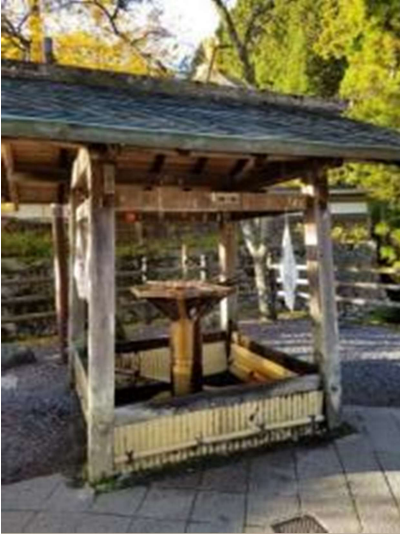


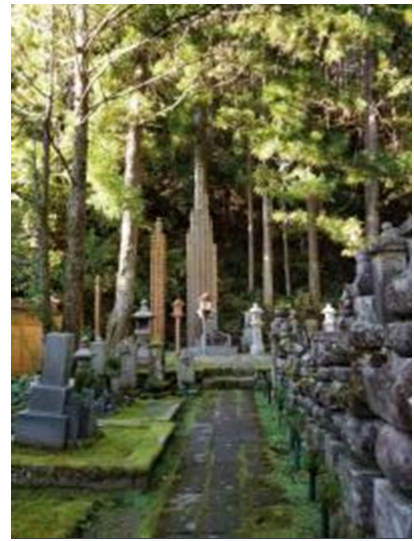
All the food was vegetarian.





# \* Okuno-in Cemetery

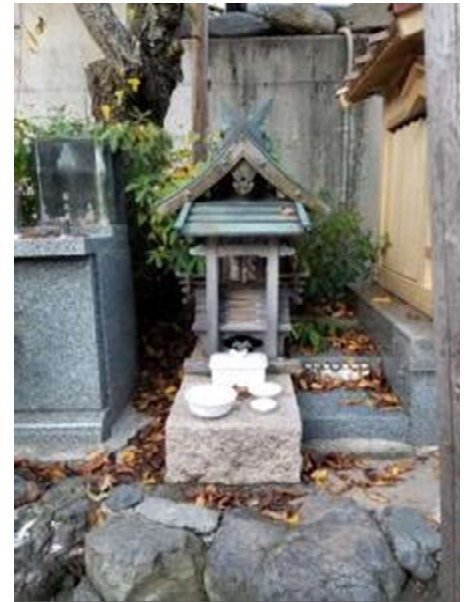
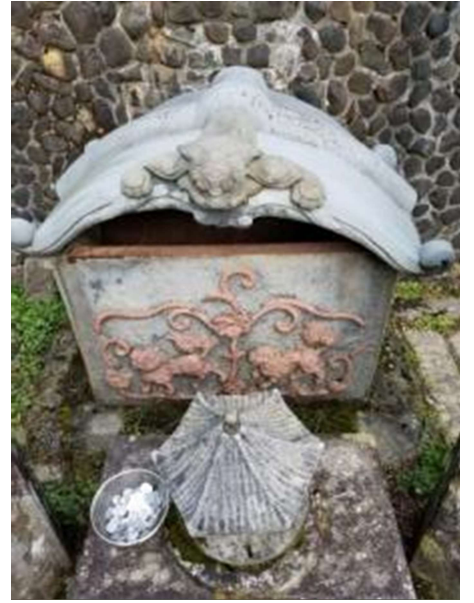
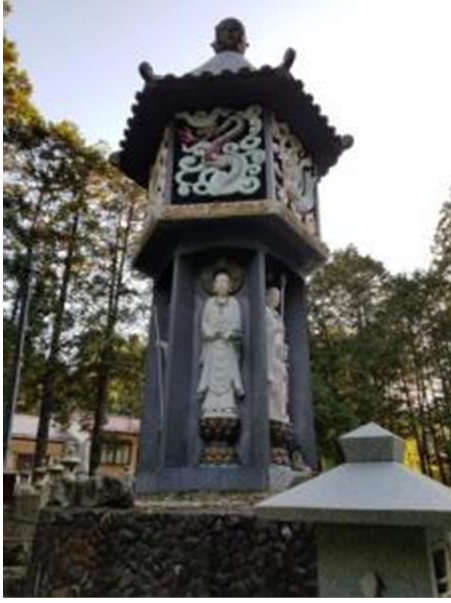


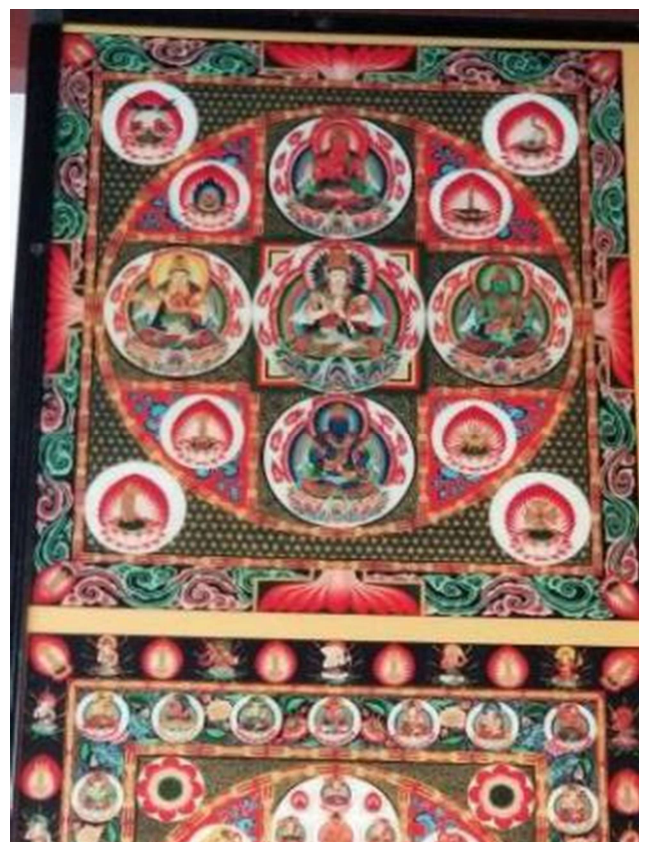




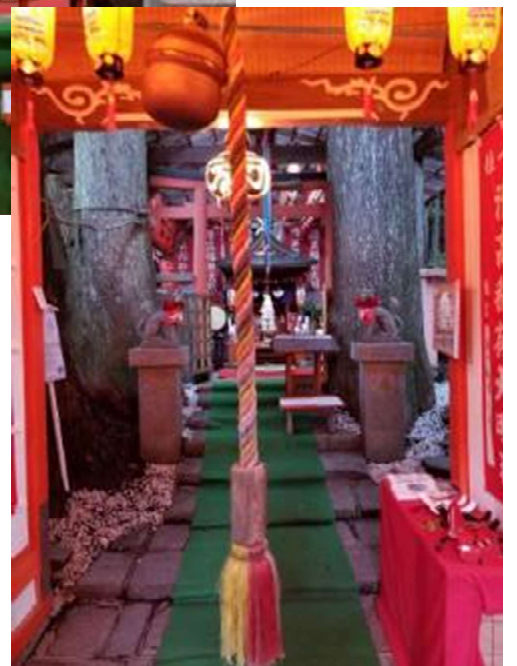




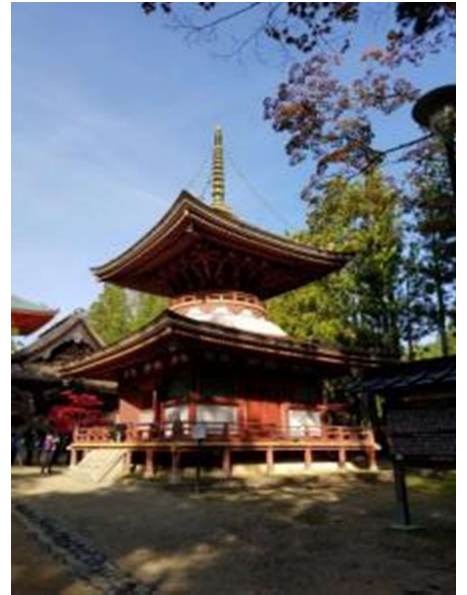


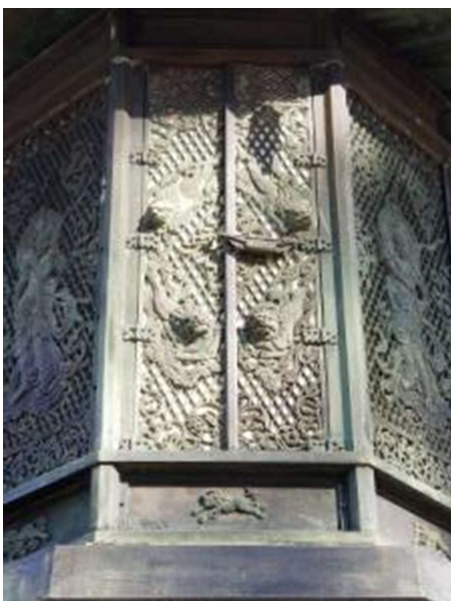
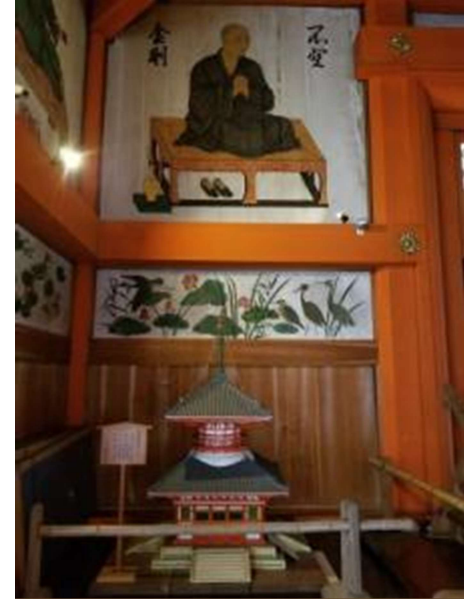












# Konpon Daito Pagoda

