



Autumn & the Art of the Japanese Garden

13 NOV – 28 NOV 2019

Code: 21949

Tour Leaders **Jim Fogarty**

Physical Ratings 

Jim Fogarty explores the many different meanings of traditional & modern Japanese gardens. The tour is timed for November, when the countryside explodes into symphonies of glorious autumnal colour.

Overview

Tour Highlights

- Travel with [Jim Fogarty](#), award-winning landscape architect and author, on this tour of Japan in autumn, when Japan's countryside explodes into symphonies of glorious colour.
- Visit a diverse range of Japan's traditional gardens including: Kinkaku-ji (the Golden Pavilion) & Ryoan-ji (Dragon Peace Temple) in Kyoto, Isui-en in Nara, Kenroku-en in Kanazawa and Koraku-en in Okayama. We also visit a number of small gardens by special appointment.
- Explore some of Japan's splendid art collections, including Tokyo's Suntory Museum of Art and the National Museum, the National Treasure Museum in Nara, and the magnificent collection of kimonos at Itchiku Kubota Art Museum at the foot of Mt Fuji.
- Visit the Jiyu Gakuen School in Tokyo, designed by Frank Lloyd Wright when he lived in Japan.
- Experience Japan's unique culture at a tea ceremony at Kodai-ji in Kyoto and lunch at the delightful teahouse of Happo-en in Tokyo.
- View the great Buddha at Nara's impressive Todai-ji complex, the world's largest timber building.
- Explore the historic Kiso Valley, witnessing the distinctive wooden architecture of the Edo era.
- Stay one night in Nara in a *ryokan* – a traditional Japanese inn (or at the heritage Hotel Nara, which offers western-style accommodation).
- Sample an array of traditional cuisine types, including *shabu-shabu*, *teppan-yaki*, *oskashi* and *kaiseki*.
- Conclude with a visit to the Adachi Museum of Art, where a collection of contemporary Japanese art is harmoniously set within one of the most beautiful and admired contemplative gardens in the country.

Testimonial

This was a wonderful tour which fulfilled our hopes and expectations. Perfectly timed and with very good tour leaders and Japanese guides. Jenny, NSW.

16-day Cultural Garden Tour of Japan in Autumn

Overnight Tokyo (3 nights) • Kawaguchiko (1 night) • Matsumoto (2 nights) • Kanazawa (1 night) • Kyoto (3 nights) • Nara (1 night) • Kyoto (3 nights) • Matsue (1 night)

Overview

The tour has been timed to visit Japan when its countryside explodes into symphonies of glorious autumnal colour. In Tokyo and in historic centres like Kyoto and Nara we'll discover how Japan's gardens can be experienced on many levels and are renowned for subtly combining artifice and nature, blurring the boundaries between garden and landscape. Some gardens are tiny and minimalist, conveying subtle meanings through ingenious combinations of moss, stones, rock and water. Others are grand, framing rich palaces and temples like Tokyo's Imperial Palace Garden. In Tokyo, highlights include Happo-en, where ladies in kimonos serve lunch in a delightful teahouse before we stroll through the gardens viewing 200-year-old bonsai trees. Tokyo National Museum and Suntory Museum of Art offer masterpieces to inspire you, and we will explore examples of contemporary garden design and landscaping in this most modern city. In Kyoto we combine garden visits with expressions of traditional Japanese culture like tea ceremonies, geisha rituals and cuisine. Kyoto gardens include such extensive, ancient temple and garden complexes as Ginkaku-ji (Silver Pavilion), Kinkaku-ji (Golden Pavilion) and Ryoan-ji – the famed Dragon Peace Temple. Throughout, garden visits are also combined with an appreciation of Japan's traditional architecture and great museums to enrich our understanding of Japanese aesthetics. In 8th-century capital

Nara, architectural treasures, great collections and fine gardens include the Todai-ji, the world's largest timber building, Kofuku-ji with a five-storey pagoda and treasure trove of Buddhist statues; we also visit Nara National Museum. At Kanazawa we explore traditional construction techniques at Kanazawa Castle, Nagamachi Samurai Residence and Higashichaya District's many old Samurai houses. Kanazawa's Kenrokuen is the 'garden of the six sublimities'. We also make a very special day tour to villages in Kiso Valley, carefully preserved monuments to Japan's feudal past, and stroll Japan's greatest natural symbol, Mt Fuji. Our tour finishes with a visit to the Adachi Museum of Art. In addition to its stunning collection of contemporary Japanese art, the museum is renowned for its beautiful contemplation garden which visitors enjoy through large picture windows.

Leaders



Jim Fogarty

Award-winning landscape designer and gardening media personality, with an extensive knowledge of contemporary garden design. A graduate of Burnley Horticultural College (Uni. Melb), Jim leads our garden tours to Japan & England.

Jim Fogarty is an award-winning landscape designer and gardening media personality based in Melbourne. A graduate of Burnley Horticultural College (University of Melbourne), Jim has twice presented at the Chelsea Flower Show in London as well as successfully exhibiting in the USA, Singapore and Japan. His many awards include a gold medal at the RHS Chelsea Flower Show 2011, Gold & Best in Show at the RHS Hampton Court Palace Flower Show 2014, the award for Best Design at the 2009 World Garden Competition in Japan, and Gold and Best in Show at the 2011 Gardening World Cup, Japan.

Jim is the current National President of the Horticultural Media Association of Victoria. He has written for the Melbourne *Age* newspaper and was a contributor for *Burke's Backyard Magazine* in Australia for 10 years until its closure in 2013. In 2006 he wrote the garden design chapter in the 42nd edition of the *Yates Garden Guide*, which continues to be republished.

Jim runs a successful company in Melbourne designing residential gardens. Project sizes range from small front gardens and outdoor rooms to coastal gardens and larger estates. His work has enabled him to travel extensively throughout Asia, the USA and Europe.



Itinerary

The following itinerary describes a range of gardens, museums and other sites which we plan to visit. Many are accessible to the public, but others require special permission which may only be confirmed closer to the tour's departure. The daily activities described in this itinerary may change or be rotated and/or modified in order to accommodate alterations in opening hours, flight and train schedules and confirmation of private visits. Participants will receive a final itinerary together with their tour documents prior to departure. The tour includes breakfast daily, lunches & evening meals indicated in the detailed itinerary where: B=breakfast, L=lunch and D=evening meal.

Tokyo - 3 nights

Day 1: Wednesday 13 November, Arrive Tokyo

- Arrival transfer for those travelling on the ASA 'designated' flight
- Japanese Imperial Palace Plaza
- Koishikawa Koraku-en Garden
- Light Dinner

After our arrival in Tokyo those taking the ASA 'designated' flight will be transferred in a private vehicle to the [Hotel New Otani Tokyo](#). This hotel stands within a beautiful traditional Japanese garden originally designed for the *daimyo* (feudal lord) Kato Kiyomasa, Lord of Kumamoto in Kyustiu over four hundred years ago. This garden is well worth strolling through and will introduce you to many facets of the Japanese gardens we shall visit in the coming weeks.

After time to rest at the hotel, we begin our tour with a visit to the Japanese Imperial Palace Plaza, the home of the reigning emperor of Japan and his family. We enter via the Nijubashi, where two picturesque bridges span the moat. The Higashi Gyo-en, or East Garden, was opened to the public in 1968 and provides an attractive environment in which to stroll and relax.

We then visit a rare surviving 17th-century strolling garden, located in the west of the city. Koishikawa Koraku-en was designed in part by Zhu Shun Shui, a Ming dynasty refugee from China, and the garden recreates both Japanese and Chinese landscapes. Here we find waterfalls, ponds, stone lanterns, a small lake with gnarled pines and humped bridges.

Tonight we enjoy a light dinner together at our hotel. (Overnight Tokyo) D

Day 2: Thursday 14 November, Tokyo

- Suntory Museum of Art
- Happo-en Garden
- Welcome Lunch at Happo-en Gardens Teahouse
- Nezu Museum

The Suntory Museum of Art was founded in Tokyo's Marunouchi district in 1961 as the cultural arm of a famous distillery. 'Beauty in Everyday Life' has been the theme of the museum since its establishment when the then President of Suntory, Keizo Saji, developed what is now a 3,000-piece collection containing priceless ceramics, folding screens, kimonos, lacquer-ware, textiles and glasswork. Its aim is to relate old things to the new, present beauty over time, and to represent beauty without regard for cultural frontiers of countries and races.

To enhance this philosophy of fusing the 'traditional' with the 'contemporary', the museum relocated in 2007 to its current Tokyo Mid-town location to be part of the art district known as the Roppongi art triangle. Architect Kengo Kuma, whose aim was to create 'a Japanese-style room in the city', designed its new home using new technology and traditional Japanese design elements. The architect's signature vertical lattice design covers the exterior, while the interior features a sliding 10-metre-high lattice that controls the flow of light. Natural materials like laminated paulownia wood for the interior lattice, washi for the atrium walls, and recycled whiskey barrel wood (a connection to the Suntory distillery) for the flooring create a feeling of warmth throughout the building.

Meaning 'beautiful from any angle', the Happo-en garden lives up to its name. Following a Welcome Lunch at the garden's delightful teahouse, where ladies in kimono will serve you *matcha* (green tea) and *okashi* (variety of snacks), a stroll through the gardens will reveal 200-year-old bonsai trees, a stone lantern said to have been carved 800 years ago, and a central pond.

Our day concludes with a visit to the Nezu Museum, showcasing traditional Japanese and Asian works of art once owned by Kaichiro Nezu, a railroad magnate and politician. Architect Kengo Kuma designed an arched roof that rises two floors and extends roughly half a block through the Minami Aoyama neighborhood. At any one time the vast space houses some of the collection's 7,000 works of calligraphy, paintings, sculptures, bronzes, and lacquer ware. The purpose of our visit however, is to explore the building's surroundings – one of Tokyo's finest gardens with 5 acres of ponds, rolling paths, waterfalls, and teahouses. (Overnight Tokyo) BL

Day 3: Friday 15 November, Tokyo

- Jiyu Gakuen School
- Tokyo National Museum
- Ekouin Nenbutsudo Temple by Yutaka Kawahara Design Studio

We begin our day with a visit to the Jiyu Gakuen School. This is a beautifully preserved building designed

by Frank Lloyd Wright in 1921, one of 12 buildings the American designed during the two years he lived in Japan. Only three of Wright's buildings survived the 20th century, and we shall be taken on a tour of this very special building.

Established in 1872, the Tokyo National Museum is the oldest and largest museum in Japan. The museum, which holds over 110,000 objects, focuses on ancient Japanese art and Asian art along the Silk Road. There is also a large collection of Greco-Buddhist art.

During our travels we'll encounter many traditional and historic temples and explore a variety of gardens that play such an important role in these complexes. This afternoon we visit a contemporary temple – the Ekouin Nenbutsudo Temple by Yutaka Kawahara Design Studio. Completed in 2013, in the lively heart of Tokyo, this Buddhist complex is intended to represent the 'Gokuraku' or 'Paradise in the Sky' and is comprised of the three traditional structures associated with Buddhist architecture – the *vihara* (monastery), the *stupa* (pagoda), and the shrine – stacked one atop the other in response to its compact site. In place of a small stroll garden using moss, stone or sand, here bamboo is used to create a green space for contemplation in this busy metropolis. (Overnight Tokyo) B

Kawaguchiko - 1 night

Day 4: Saturday 16 November, Tokyo – Kawaguchiko

- Sankei-en (Sankei's Garden)
- Itchiku Kubota Art Museum

Today we depart Tokyo by coach and travel west to the iconic Mount Fuji, the largest volcano in Japan. This is Japan's highest peak at 3,776 metres. It last erupted in 1707 and forms a near perfect cone. Mount Fuji is arguably Japan's most important landmark, which stands for the nation's identity. It has been pictured countless times, not least in Katsushika Hokusai's *Thirty-Six Views of Mount Fuji* (1826-1833).

On the way to Mount Fuji we visit the beautiful Sankei-en, a spacious Japanese-style garden in southern Yokohama, in which are set a number of historic buildings from across Japan. There are a pond, small rivers, a profusion of flowers and wonderful scrolling trails. The garden, built by Hara Sankei, was opened to the public in 1904. Among the historic buildings in the park are the elegant residence of a *daimyo* (feudal lord), several teahouses, and the main hall and three storied pagoda of Tomyo-ji, the abandoned temple of Kyoto.

In Kawaguchiko we will visit the Itchiku Kubota Art Museum. When the artist Itchiku Kubota was young, he encountered an example of 'Tsuji-gahana' at the Tokyo National Museum. 'Tsuji-gahana' was a technique used in dying kimonos during the 15th and 16th century, an art that was later lost. Kubota-san revived the art and created a series of kimonos decorated with mountain landscapes in all four seasons and Mount Fuji. These kimonos are displayed in a breathtaking setting. The main building is a pyramid-shaped structure supported by sixteen *hiba* (cypress) beams more than 1,000 years old. Other parts of the museum, displaying an antique glass bead collection, are constructed of Ryukyu limestone. The museum's unique architecture is set against a lovely garden and red pine forest. Tonight we dine together at the hotel. (Overnight Kawaguchiko) BD

Note: Our luggage will be transported separately to our hotel in Matsumoto. An overnight bag will be needed for use in Kawaguchiko.

Matsumoto - 2 nights

Day 5: Sunday 17 November, Kawaguchiko – Matsumoto

- Fifth Station of Mt Fuji
- Nakamachi Street and Kurassic-kan
- Matsumoto Rising Castle
- Japan Ukiyo-e Museum

We start our day with a visit to the Fifth Station (Kawaguchi-ko) at the Fuji Five Lakes, where, weather permitting, we can enjoy spectacular views of the snow-capped peak. A gentle stroll will allow us to identify some of the native flora of this region.

We then focus upon Matsumoto and its surrounds for the next two days. On arrival in the town, we walk through the historic Nakamachi-dori, a street lined with white-walled traditional inns, restaurants and antique shops. Here we visit the Nakamachi Kurassic-kan, an historic sake brewery with black-beamed interiors and traditional plaster-work outside. We cross the river to walk along the market street Nawate-dori before arriving at Matsumoto-jo, the imposing castle approached across a moat.

Matsumoto-jo was founded by the Ogasawara clan in 1504 but it was another lord, Ishikawa, who remodeled the fortress in 1593 and built the imposing black five-tier donjon that is now the oldest keep in Japan. From the top of the tower we enjoy spectacular views of the town and surrounding mountains.

We end our day with a visit to the Japan Ukiyo-e Museum, a privately owned art museum that houses the world's largest collection of Japanese woodblock prints (ukiyo-e). The Sakai family started collecting ukiyo-e in the mid-19th century and subsequent generations built an outstanding corpus of historic and contemporary works. They established the museum in 1982. **(Overnight Matsumoto) B**

Day 6: Monday 18 November, Matsumoto – Kiso Valley – Matsumoto

- Narai
- Tsumago
- Magome
- Nagiso Town Museum

Today we drive out of Matsumoto and head to the Kiso Valley for a taste of how Japan looked prior to urbanisation. Developed by Shogun Tokugawa Ieyasu as one of the five main highways linking his capital Edo (Tokyo) with the rest of Japan, the valley contains eleven post towns and three of them, Narai, Tsumago and Magome, have been preserved as a virtual museum of the feudal past.

At Narai we see distinctive wooden buildings with window shutters and *renji-goshi* latticework. We shall visit the Kashira-ningyo where colourfully painted dolls and toys are still made. Nakamura House dates from the 1830s and was the home of a merchant who manufactured combs, one of the area's specialties. You will have time to visit this and explore side streets where there are temples and shrines and the famous Kiso-no-Ohashi, an arched wooden bridge that crosses the Narai-gawa.

As we follow the valley we'll enjoy features of the Nakasendo route, including Kiso Fukushima, the location of a major barrier, but today the gateway to the sacred mountain of Ontake.

Tsumago was a ghost town 30 years ago, with its traditional Edo-era houses on the point of collapse. Its restoration sparked the idea of cultural preservation in Japan. The pedestrian-only street is similar to that once encountered by lords and their samurai centuries ago. The highlight of Tsumago is Okuya Kyodokan,

a folk museum inside a designated post inn, where the *daimyo*'s (feudal lord) retinue rested. On the opposite side of the street the *Kyu-honjin* is where the *daimyo* used to stay.

Our third village stop is Magome, which means 'horse-basket', because this is where travellers were forced to leave their horses before tackling the mountainous roads ahead.

Our final visit for the day is to the Nagiso Town Museum. Opened in 1995, the museum has three divisions: Tsumago Post Town Honjin, a *sub-honjin*, and a history museum. (A *honjin* is a temporary residence for a lord or dignitary to stay in when travelling to and from the shogunate capital of Edo.) The present building of the *subhonjin* was built in 1878 utilising Japanese cypress throughout, a type of wood proscribed for ordinary construction during the Edo period (1600-1868). The History Museum contains historical materials of Nagiso Town and history of the trust organisation dedicated to the preservation of historic towns, villages, and neighbourhoods. From here we return to Matsumoto, where you can explore the city on your own and enjoy dinner at a traditional restaurant. (Overnight Matsumoto) B

Kanazawa - 1 night

Day 7: Tuesday 19 November, Matsumoto – Kanazawa

- Shinkansen Superexpress train to Kanazawa
- Ishikawa Prefectural Museum for Traditional Products and Crafts
- Nomura-ke (restored samurai residence & house garden)
- Higashi-Chayamachi District

This morning we travel by coach to Nagano, where we board the new Shinkansen Superexpress train to Kanazawa, considered one of Japan's best-preserved Edo-period cities. The Japanese visit Kanazawa in droves but perhaps because of its remote location and very cold winters few foreigners make the journey to experience its rich cultural legacies.

On arrival we visit the Museum for Traditional Products and Crafts, which showcases the fine arts and crafts of Ishikawa, a Prefecture whose culture of fine arts and traditional crafts compares with that of Tokyo and Kyoto. Highlights of the collection include feudal *daimyo* utensils using the Kaga Makie technique, Kutani porcelain from Ko-kutani (Old Kutani) and Wajima lacquer-ware.

The feudal atmosphere of Kanazawa still lingers in the Nagamachi district, where old houses of the Nagamachi Samurai line the streets that once belonged to Kaga Clan Samurai. The T-shaped and L-shaped alleys are distinct characteristics of the feudal town, and the mud doors and gates of the houses remain the same as they were 400 years ago. The houses with their samurai windows (*bushimado*) and mud walls under the yellow Kobaita wooden roofs, which were protected from snow by straw mats (*komo*), evoke a bygone era.

During the Edo Period (1603-1867), the scale and dispensation of land to samurai families who lived in this district, and others in the city, was a fairly accurate indicator of rank. One of the larger Nagamachi estates was assigned to Nomura Denbei Nobusada, a senior official in the service of the first feudal lord of the Kaga domain. The reforms that accompanied the Meiji Restoration in 1868 decimated the lifestyles of the socially privileged. The samurai, whose social class was nullified, not only had their stipends terminated, but their estates were also appropriated by the state. Consequently, the Nomura family, whose considerable land holdings dated back 12 generations, lost their home and were reduced to turning a section of the remaining part of their property over to the cultivation of fruit and vegetables. Though they were discouraged from public displays of ostentation, merchant families and those of former samurai were not

prohibited from commissioning the construction of exquisite gardens.

We visit the restored residence of Nomura, displaying the lifestyle and artifacts of the era, and explore its garden which features trees that are over 400 years old. Broad, irregularly shaped stepping stones provide access to the inner garden whose attractive entrance is flanked by a Chinese maple tree with leaves that turn a brilliant red in autumn.

Across the Asano River is the district of Higashi-Chayamachi, Kanazawa's most famous geisha district. Many of the tall wooden-latticed houses on the narrow streets are still used by geisha for high-class entertainment as they have done since 1820 when the area was established as a geisha quarter. You can take tea (without geisha) at Shima House for a chance to experience its refined and elegant atmosphere. Like Kyoto's Gion, this district has been designated as one of Japan's cultural assets. (Overnight Kanazawa) B

Note: Our luggage will be transported directly from Matsumoto to our hotel in Kyoto. An overnight bag will be needed for use in Kanazawa.

Kyoto - 3 nights

Day 8: Wednesday 20 November, Kanazawa – Kyoto

- Kanazawa Castle, Kanazawa
- Kenroku-en, Kanazawa
- Train from Kanazawa to Kyoto
- Gion District, Kyoto

Our first destination this morning is Kanazawa Castle, the seat of power of the local Maeda clan, hereditary feudal lords (*daimyo*) of the Kaga province from 1583. Burnt down on a number of occasions, only the superb Ishikawa Gate and the Sanjikken Nagaya samurai dwelling survive from the original construction.

Kenroku-en is Kanazawa's prime attraction and one of the three most famous gardens in Japan, along with Koraku-en (Okayama) and Kairaku-en (Mito). Kenroku-en was once the outer garden of Kanazawa Castle and there has been a garden on the site since the late 1600s. The original garden, begun by the fifth Maeda lord, Tsunonori Maeda, was called Renchi *tei* but it was almost entirely burnt out in 1759. It was restored in the 1770s and in 1822 became known as Kenroku-en, a name that means 'the garden of six sublimities' or, 'a garden combining the six aspects of a perfect garden'. These six features were what the Chinese traditionally believed were necessary for the ideal garden – spaciousness and seclusion, artifice and antiquity, water-courses and panoramas: all these characteristics are to be found in the 25 acres of this beautiful garden.

We then transfer to the train station to take the train south to Kyoto. Kyoto was the capital of Japan from the late 8th century (c.794 AD) until 1868, when the court was moved to Tokyo. It is home to 17 World Heritage Sites, 1600 Buddhist temples and 400 Shinto shrines, yet much of the city centre is modern. One of the finest of its contemporary buildings is its dramatic railway station.

We begin our exploration of Kyoto with a glimpse of a vanishing world – the district of Gion, home to geisha houses and traditional teahouses. Although the number of geishas has declined over the last century the area is still famous for the preservation of forms of traditional architecture and entertainment. To experience the traditional Gion, we stroll along Hanami-koji, a street lined by beautiful old buildings, including teahouses, where you may be able to glimpse a geisha apprentice. Contrary to popular belief Gion is not a red-light district, nor are geishas prostitutes. Geishas are young girls or women extensively

trained as entertainers and skilled in a number of traditional Japanese arts such as classical music and dance as well as the performance of the exacting rituals of a Japanese tea ceremony. (Overnight Kyoto) B

Day 9: Thursday 21 November, Kyoto

- Kinkaku-ji (Temple of the Golden Pavilion)
- Daitoku-ji Buddhist Complex incl. the Ryogen-in
- Ryoan-ji (Dragon Peace Temple)

Kyoto is notable for its extraordinary diversity of Japanese gardens, including many of the finest traditional temple gardens. Our first visit in Kyoto is to the Golden Pavilion (Kinkaku-ji). During the 15th century the Chinese Sung Dynasty exercised an enormous influence in Japan as artists, poets and Zen priests were gathered together by Yoshimitsu, the third Ashikaga shogun (1358-1409). Yoshimitsu began construction of the Golden Pavilion just before he retired in 1394, handing power to his nine-year-old son so that he could move to his estate. Little of his work remains but we can sense the character of the garden in its pond, rockwork and extensive plantings.

The pavilion at Kinkaku-ji recalls Sung period architecture but it is a recreation, having been burned down in the 1950s. The present building is an exact replica except that where Yoshimitsu proposed only to gild the ceiling of the third storey with gold; now the whole building is gilded. Yoshimitsu positioned his palace on the edge of a lake. The ground floor was a reception room for guests and departure point for leisure boating, the first storey was for philosophical discussions and panoramic views of the lake while the upper floor acted as a refuge for Yoshimitsu and was used for tea ceremonies. The size of the gardens is increased visually by the water's convoluted edge, the use of rocks and clipped trees and by visually 'borrowing' a distant view of Mt Kinugasa that creates a sense of gradation between foreground, middleground and deep distance.

We next visit Daitoku-ji, a large complex of Zen temples with prayer halls, religious structures and 23 sub-temples with some of the most exquisite gardens in Kyoto, some quite small, including raked gravel gardens and, in the Daisen-in, one of the most celebrated small rock gardens in Japan. The Japanese consider Daitoku-ji one of the most privileged places to study and it is associated with many of Japan's most famous priests. Unlike many of the larger public Buddhist temples of earlier sects, the Rinzai sect monasteries were intimate, inward looking and remained isolated from the outside world.

The temple received imperial patronage and thus grew out from its centre in an organic way. A transition occurred as the complex expanded from a formal centre to semiformal and informal precincts. The central north-south walkway is most formal with wide paths to accommodate processions and ceremonies, while to the side are sub-temples with gates. As you walk through one of these gates you immediately come upon a less formal world with narrow paths, turns and walkways. The temple site contains a number of notable gardens including Daisen-in, Koto-in, Koho-an, Hogo and Ryogen-in.

We conclude the day with a visit to Ryoan-ji – the Dragon Peace Temple. No other garden in the world is so simple, elegant and refined. The garden comprises 15 rocks in a sea of raked gravel surrounded by a compacted mud wall coated in oil that is in itself a national treasure. The garden dates from 1500 as part of a temple of the Rinzai sect of Zen Buddhism. The temple burned but was reconstructed in its original form. The garden constitutes the supreme example of a dry garden where gravel and rock symbolise plant and water elements. Indeed, apart from the moss on the rocks, no other plants grow in it. The meaning of the garden remains unknown. It might symbolise islands in a sea, mountains seen through clouds or tigers and cubs crossing a river, but this doesn't matter since this is a garden to encourage contemplation, the enclosing wall separating the visitor from the world outside, and the verandah creating a horizontal

boundary. (Overnight Kyoto) B

Day 10: Friday 22 November, Kyoto

- Renge-ji
- Shisen-do
- Lunch at the Beaux Sejours, Grand Prince Hotel
- Ginkaku-ji (Temple of the Silver Pavilion)

Today we will visit a number of Kyoto's great gardens. Our first visit for the day is to Renge-ji. The temple is known for its garden, which reflects the beauty of seasonal change. Autumn when the maple leaves change colour, is the best season to visit. Capturing the essence of Japanese gardens, it includes a central pond surrounded by plantings linking to the hillside beyond. Stones, bridge and plantings are all reflected on the water-surface, giving a sense of spaciousness.

The intimate gardens of Shisen-do are considered masterworks of Japanese gardens. Its street walls mask the tranquillity and beauty to be found within. Raked sand, clipped azaleas and the tree covered hillsides of Higashiyama form the main components of this garden designed by Ishikawa Jozan (1583-1672). Clipped azaleas give way to natural vegetation beyond the garden boundary but it is the close harmony between the indoor spaces of the pavilion and the garden beyond that is most striking. The verandah offers a transition between its dark interior and the light-filled garden.

Following lunch at the Grand Prince Hotel's Beaux Sejours restaurant, we visit Ginkaku-ji. Originally constructed as the retirement villa of the Shogun Ashikaga Yoshimasa (1435-1490), the Ginkaku-ji (Silver Pavilion) became a Zen temple upon his death. The garden is complex, comprising two distinct sections, a pond area with a composition of rocks and plants, and a sand garden with a truncated cone – the Moon-Viewing Height – suggesting Mt Fuji; and a horizontal mound – the Sea of Silver Sand – named for its appearance by moonlight. An educational display at the garden contains good moss and weed moss to allow you to tell the difference. (Overnight Kyoto) BL

Nara - 1 night

Day 11: Saturday 23 November, Kyoto – Nara

- Nara Park (Nara-koen) including the temples of Todai-ji and Kofuku-ji
- Isui-en Garden
- Traditional Japanese bath (optional)

We leave Kyoto by coach for the ancient Japanese city of Nara, the national capital prior to Kyoto. During this period Buddhism became firmly established in Japan under the patronage of nobles who sponsored the buildings and works of art that we shall visit.

Our first destination is to the impressive Todai-ji, founded in 745 by Emperor Shomu. Although rebuilt following a fire in 1709 to two-thirds of its original size it nevertheless remains the largest timber building in the world. Two seven-metre tall guardian gods flank the entrance, (known as the *nandai-mon*), to the great Buddha Hall, the Daibutsu-den, which houses the 15-metre-tall bronze statue of the great Buddha. The original casting was completed in 752, when an Indian priest stood on a special platform and symbolically opened its eyes by painting on the Buddha's eyes with a huge brush. This ceremony was performed before the then retired Emperor Shomu, his wife Komio and the reigning Empress Kogen, together with ambassadors from China, India and Persia.

We then visit the wonderful Nara-koen complex. It contains a five-storey pagoda, part of the Kofuku-ji founded in 669, a fine collection of Buddhist statues in the kokuhokan (National Treasure Building) and a 15th-century hall to the north of the pagoda. The kokahokan is a treasure trove of early Buddhist statues and although it is not large, each piece has been carefully chosen as a masterpiece of its style and period.

Our final visit for the day is to the small Isui-en, a traditional Japanese garden notable for its extensive use of moss and its exquisite tea pavilion. This garden is a *kaiyushiki teien* (strolling) style design that allows the visitor to easily walk through the garden and view it from many different angles.

From here you might like to stroll through some of Nara's historic streets or try a traditional Japanese bath (*senjo*: public bath; *onsen*: hot spring bath). The traditional Japanese-style inn we are staying in tonight provides open-air communal baths using hot spring water and affords a wonderful view of Kofuku-ji Temple's five-storey pagoda, which is illuminated at night. Tonight we dine in a traditional style at the Ryokan Asukasou, which serves Japanese *kaiseki* dishes. (Overnight Nara) BD

Note: We will leave our main luggage at the hotel in Kyoto during our 1 night stay in Nara. An overnight bag will be needed for use in Nara

Kyoto - 3 nights

Day 12: Sunday 24 November, Nara – Kyoto

- Treasures of the Nara National Museum
- Shin-Yakushi-ji
- Horyu-ji

Our first visit today is to the Nara National Museum, noted for its collection of Buddhist art, including images, sculpture and ceremonial articles.

Shin-Yakushi-ji is a Buddhist temple built in the 19th year of the Tempyo era (747) by Empress Komio as an offering of thanksgiving when Emperor Shomu recovered from an eye disease. It now constitutes a single hall enshrining a powerful image of Yakushi Nyorai, the Healing Buddha, surrounded by clay sculptures of 12 guardians called Juni Shinsho, the Yakushi Nyorai's protective warriors. In Japanese sculpture and art, the warriors are almost always grouped in a protective circle around the Yakushi Nyorai; they are rarely depicted as single figures. Many say they represent the 12 vows of Yakushi; others believe the 12 were present when the historical Buddha introduced the 'Healing Sutra'; others claim that they offer protection during the 12 daylight hours, or that they represent the 12 months and 12 cosmic directions, or the 12 animals of the 12-year Chinese zodiac.

The grounds of Horyu-ji house the world's oldest surviving wooden structures, dating from the Asuka Period (mid-6th-beginning of 8th century AD). Throughout the 187,000-square-metre grounds are irreplaceable cultural treasures, bequeathed across the centuries and continuing to preserve the essence of eras spanning the entire journey through Japanese history since the 7th century. Horyu-ji contains over 2300 important cultural and historical structures and articles, including nearly 190 that have been designated as National Treasures or important Cultural Properties. In 1993 Horyu-ji was selected by UNESCO as part of the World Heritage as a unique storehouse of world Buddhist culture. Following this visit we transfer by coach to Kyoto. (Overnight Kyoto) B

Day 13: Monday 25 November, Kyoto

- Tenryu-ji
- Saiho-ji (or 'Koke-dera' – moss temple)
- Nanzen-ji
- Nishiki-koji Covered Market

We first visit the Tenryu-ji, which dates from the period of shogun Ashikaga Takauji (1339). He commissioned the priest Muso Kokushi – one of Japan's best known garden designers, who also designed the moss garden at Saiho-ji – to create this garden. Kokushi's work modified an estate of Emperor Gosaga from 1270. He changed its form to include an Heian-style pond garden with popular, contemporary Chinese aspects. These included most notably a group of seven vertical rocks near the rear shore of its pond. These contrast markedly with Japanese rock work that takes a more horizontal form. This is one of the earliest gardens to show *shakkei*, the incorporation of borrowed landscape into a garden's design.

Saiho-ji has the oldest major garden of the Muromachi Period. Originally designed to represent the Western Paradise (or Pure Land) of Amida Buddhism, this so-called 'strolling garden' is set in a dark forest and is designed for meditation. It was re-designed by a Zen Buddhist priest, Muso Soseki, who also designed the garden of Tenryu-ji in Kyoto, when it passed to the Zen Buddhist sect. The chief feature of the garden is the 'golden pond' with pavilions scattered on its shore and connected by a path that allows controlled views of the garden. The pond is shaped like the Japanese character for 'heart' or 'spirit'. It is divided by islands connected by bridges. The mosses, which give the garden its alternative name (Koke-dera – 'moss temple') were established as an economy measure after the Meiji restoration (1868).

Nanzen-ji is one of the most famous Rinzai Zen temples in Japan. It was founded in 1291 by Emperor Kameyama, and was rebuilt several times after devastating fires. At the entrance to the complex one passes through the huge Imperial gate, built in 1628 by Todo Takatora, and into the complex with its series of sub-temples. We will see the *hojo*, or abbot's quarters, which is notable for both its beautiful golden screen paintings and the tranquil sand and rock garden. We will also explore the sub-temple Konchi-in which was added to the complex in 1605.

In the late afternoon we shall walk through the traditional 17th-century Nishiki-koji covered market, which has for centuries been the focus of food shopping in the city. You may wish to try Japanese pickled vegetables or purchase teapots and teabowls from a traditional vendor. Nearby is a Japanese electrical store that shows Japanese consumerism at its height. Spread over five storeys, this extraordinary store offers every imaginable electrical item. We will end the day in the fashionable gallery and restaurant area. (Overnight Kyoto) B

Day 14: Tuesday 26 November, Kyoto

- Heian Shrine
- Tofuku-ji
- Tea Ceremony at Kodai-ji Temple

We begin the day with a visit to one of the newest religious sites in Kyoto, the Heian Shrine, which boasts the largest *torii* (sacred gate) in Japan and lovely gardens. The shrine was built in 1896 to commemorate the city's 1,100th anniversary and to honour its founder, Emperor Kammu and also to celebrate the culture and architecture of the city's Heian-past. It is constructed on the site of the original Heian Hall of State but is a smaller and somewhat imperfect recreation of this earlier building. Four gardens surround the main shrine buildings on the south, west, middle and east, covering an area of approximately 33,000 square metres. The gardens are designated as a national scenic spot representative of Meiji-era (1868-1912) garden design.

We then visit the superb Tofuku-ji Hojo, a garden designed in 1939 by Shigemori Mirei. This will be familiar to many who have read books on Japanese gardens for it combines 20th-century design with elements from Japanese tradition. Mirei implements subtle, restrained design themes such as chequer-boards of stone in moss to allow the natural form and colour of maples on the surrounding hills to make full impact.

We end our visit to Kyoto with a visit to the Kodai-ji Temple to experience a tea ceremony. (Overnight Kyoto) B

Matsue - 1 night

Day 15: Wednesday 27 November, Kyoto – Okayama – Matsue

- Kouraku-en, Okayama
- Adachi Museum of Art
- Farewell Dinner at a Local Restaurant

Today we depart Kyoto and travel by train to Okayama where we visit another of the country's so-called 'Three Great Gardens of Japan', Kouraku-en. This garden dates from the Edo period when the *daimyo* (feudal lord) Ikeda Tsunamasa ordered its construction in 1687. Completed in 1700, it has retained its overall appearance with only a few minor changes made over the centuries. The garden was used for entertaining guests and also as a retreat for the *daimyo*.

In the afternoon we travel by train to Matsue, where we shall visit the Adachi Museum of Art, located in the rural landscape of the Sinmane region. This is a contemporary art museum set within a large garden, considered by many to be one of the most beautiful gardens in Japan. The museum was founded by Adachi Zenko who felt a strong resonance between the sublime sensibility of the Japanese-style garden and the paintings of Yokoyama Taikan whose work he collected. This is a contemplation garden which visitors observe from various carefully designed points within the museum. Each season reveals itself through different aspects of the garden, and during our visit we can expect the hills that form the backdrop to the vista before us to be a blaze of autumnal colour while vivid reds enliven the foliage of the garden. After checking in to our hotel, we shall enjoy a farewell dinner at a local restaurant. (Overnight Matsue) BD

Note: As we will be travelling by train today, our luggage will be transferred directly to the Matsue hotel.

Day 16: Thursday 28 November, Depart Matsue

- Izumo Shine
- Shimane Museum of Ancient Izumo

This morning we travel from Matsue to the nearby town of Izumo to visit the Izumo-taisha, one of the oldest and most important Shinto shrines in Japan. Its foundation date is not known, but it was already a well established religious complex in the 10th century. The complex comprises of multiple prayer halls and sanctuaries. The artistic and archaeological treasures from this area are displayed next door to the shrine at the Shimane Museum of Ancient Izumo.

After lunchtime at leisure we transfer to Izumo Airport for our flights home. B

Accommodation

16-day Cultural Garden Tour of Japan in Autumn

All rooms have en suite bathroom. Rooms for single occupancy may be requested – and are subject to availability and payment of a Single Supplement.

- Tokyo (3 nights): Hotel New Otani – Surrounded by a beautiful 400-year-old Japanese garden, situated in central Tokyo less than a 10-minute walk from 5 subway lines. www.newotani.co.jp
- Kawaguchiko (1 night): Hotel Regina Kawaguchiko – a modern hotel located on the Kawaguchi lakeside, overlooking Mt. Fuji. kawaguchiko.regina-resort.com (Japanese website only)
- Matsumoto (2 nights): Hotel Buena Vista – a sleek, modern hotel located a kilometre from Matsumoto Castle in the historic centre of the town. www.buena-vista.co.jp
- Kanazawa (1 night): Hotel Nikko Kanazawa – a modern hotel close to the Kanazawa station and conveniently located for visiting the Kenrokuen garden and Kanazawa castle. www.hnkanazawa.jp
- Kyoto (3 nights): The Royal Park Hotel Kyoto Sanjo – a modern hotel located in the heart of the city, close to the Imperial Palace and other historic sites. www.theroyalpark.jp
- Nara (1 night): Ryokan Asukasou – a traditional inn located in the heart of the city, offering Japanese-style rooms with tatami mats (all with their own private bath and W.C.). The communal baths use hot spring water. Kofukuji Temple's five-storey pagoda may be seen while soaking in the new open-air bath. Single rooms are not available at this Ryokan. www.asukasou.com Alternatively, if you prefer Western-style accommodation or prefer a single occupancy room in Nara, rooms may be arranged at the historic Hotel Nara (note: payment of 'Single Supplement Option 2' is required). This is a newly renovated historic grand hotel a short walk from the ryokan. www.narahotel.co.jp/eng/
- Kyoto (3 nights): Kyoto Hotel Okura – as described above okura.kyotohotel.co.jp
- Matsue (1 night): Matsue Excel Hotel Tokyo – a comfortable business hotel a short walk from Matsue station. www.tokyuhotelsjapan.com

Note: *Hotels are subject to change. In this instance a hotel of similar standard will be provided.*

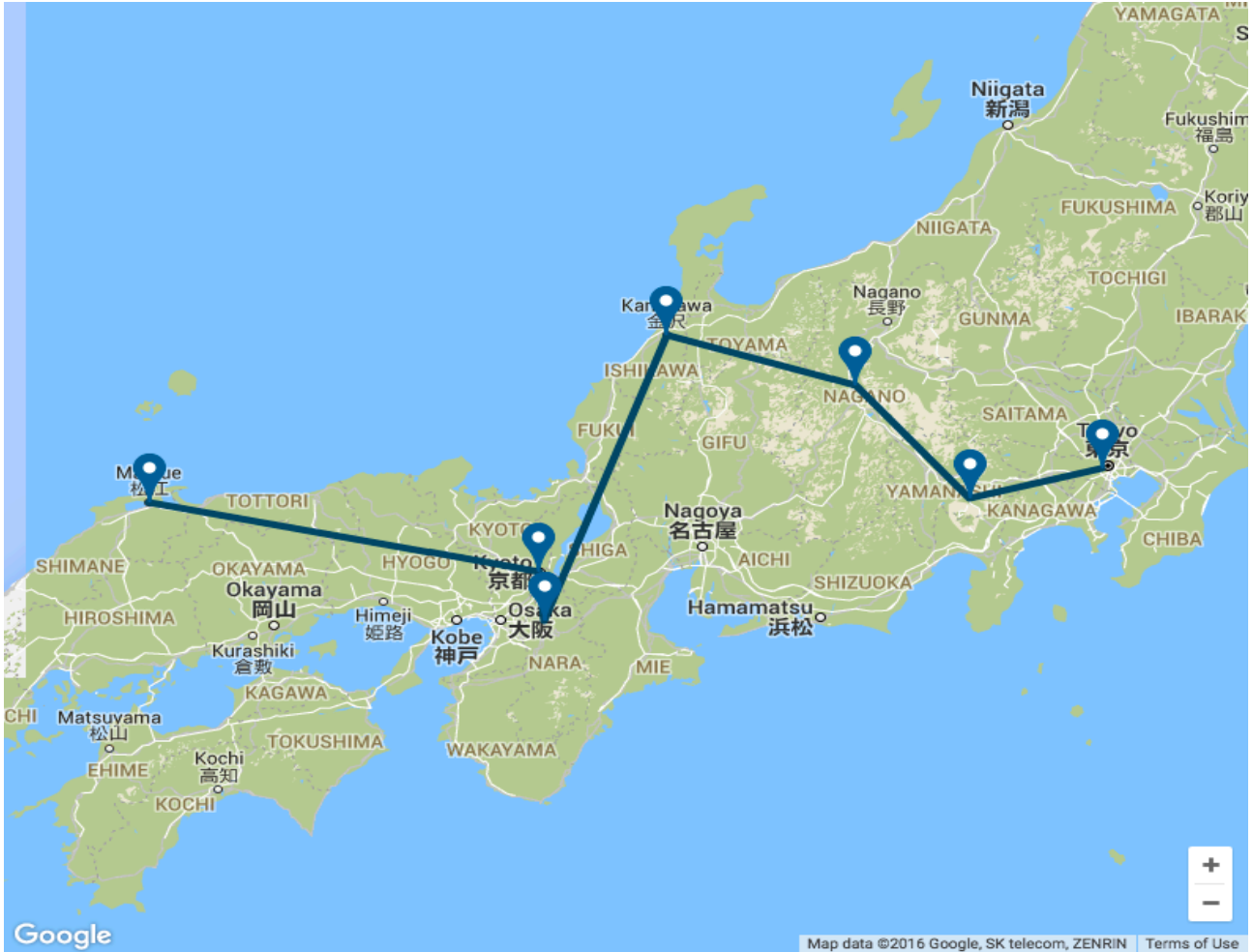
Single Supplements

Single Supplement Option 1: Payment of this supplement will ensure accommodation in a room for single occupancy throughout the tour, except one night in Nara, where accommodation will be twin-share in Japanese-style accommodation.

Single Supplement Option 2: Payment of this supplement will ensure accommodation in a room for single occupancy throughout the tour, including one night in a single-occupancy Western-style room at Hotel Nara.

The number of rooms available for single occupancy is extremely limited. People wishing to take a Single Supplement are therefore advised to book well in advance.

Tour Map



Tour Price & Inclusions

AUD \$11,980.00 Land Content Only – Early-Bird Special: Book before 31 December 2018

AUD \$12,180.00 Land Content Only

AUD \$2580.00 Single Supplement Option 1 (includes 1 night twin-share in the traditional Ryokan Asukasou, Nara)

AUD \$2940.00 Single Supplement Option 2 (single room throughout tour, including a western-style room at the Hotel Nara)

For competitive Economy, Business or First Class airfares and/or group airfares please contact ASA for further information.

Tour Price (Land Content Only) includes:

- Accommodation in twin-share rooms with private facilities in hotels generally of 4-star standard; 1 night in a traditional ryokan in Nara
- Buffet or served breakfast daily, lunches & evening meals as indicated in the itinerary where: B=breakfast, L=lunch & D=evening meal
- Drinks at welcome and farewell meals. Other meals may not have drinks included.
- Transportation by air-conditioned coach and rail as outlined in the itinerary
- Airport-hotel transfers if travelling on ASA's 'designated' flights
- Porterage of one piece of luggage per person at hotels (not at airports or train stations)
- Lecture and site-visit program
- Entrance fees to all sites
- Use of audio headsets during site visits
- Tour notes
- Tips for the coach driver, local guides and restaurants for included meals

Tour Price (Land Content Only) does not include:

- International Airfare: Australia-Tokyo, Matsue-Australia
- Personal spending money
- Airport-hotel transfers if not travelling on the ASA 'designated' flights
- Luggage in excess of 20kg (44lbs)
- Travel Insurance



Physical Endurance & Practical Information

Physical Ratings 

The number of flags is a guide to the degree of difficulty of ASA tours relative to each other (not to those of other tour companies). It is neither absolute nor literal. One flag is given to the least taxing tours, seven to the most. Flags are allocated, above all, according to the amount of walking and standing each tour involves. Nevertheless, all ASA tours require that participants have a good degree of fitness enabling 2-3 hours walking or 1-1.5 hours standing still on any given site visit or excursion. Many sites are accessed by climbing slopes or steps and have uneven terrain.

This 16-day Cultural Garden Tour of Japan in Autumn involves:

- Moderate walking and standing during site visits; walking tours may include steep slopes, flights of stairs, cobbled streets and uneven ground during garden visits.
- Rail travel between Nagano and Kanazawa (Day 7), Kanazawa and Kyoto (Day 8), and Kyoto to Matsue via Okayama (Day 15).
- No lifts at railway stations; you will be required to carry your hand luggage up and down stairs as you change platforms with a limited time to make the train connection.
- The use of audio headsets which amplify the voice of your guide (despite noisy surroundings). This technology also allows you to move freely during site visits without missing any information.

Other considerations:

- Hotels are generally of 4-star standard, with seven hotel changes.
- Accommodation (1 night) at the Ryokan Asukasou in Nara, staying in traditional Japanese-style rooms with tatami mats (note: a limited number of Western-style rooms are available at the nearby Hotel Nara).
- Visits to a number of temples. When entering temple buildings you may be required to take off your shoes.

- You must be able to carry your own hand luggage. Hotel portage includes 1 piece of luggage per person.

It is important to remember that ASA programs are group tours, and slow walkers affect everyone in the group. As the group must move at the speed of the slowest member, the amount of time spent at a site may be reduced if group members cannot maintain a moderate walking pace. ASA tours should not present any problem for active people who can manage day-to-day walking and stair-climbing. However, if you have any doubts about your ability to manage on a program, please ask your ASA travel consultant whether this is a suitable tour for you.

Please note: it is a condition of travel that all participants agree to accept ASA's directions in relation to their suitability to participate in activities undertaken on the tour, and that ASA retains the sole discretion to direct a tour participant to refrain from a particular activity on part of the tour. For further information please refer to the ASA Reservation Application Form.

Practical Information

Prior to departure, tour members will receive practical notes which include information on visa requirements, health, photography, weather, clothing and what to pack, custom regulations, bank hours, currency regulations, electrical appliances and food. The Department of Foreign Affairs & Trade website has advice for travellers: www.smartraveller.gov.au

Overnight Bags & Luggage Transfer

This tour involves several journeys on Japan's high-speed bullet trains. Larger suitcases are not permitted on these trains; the group's luggage will therefore be transferred by truck to the hotel. There are three occasions when a small overnight bag will be required rather than a large suitcase:

- **Tokyo-Kawaguchiko-Matsumoto:** the group will travel from Tokyo to Kawaguchiko by coach and then on to Matsumoto the following day. The group's main luggage will be transferred directly to the hotel in Matsumoto. An overnight bag is **STRONGLY** recommended for this 1-night stay in Kawaguchiko. The group's main luggage will be securely stored at the hotel in Matsumoto.
- **Matsumoto-Kanazawa & Kanazawa-Kyoto:** these journeys are both by bullet train. The group's luggage will be transferred by truck from Matsumoto directly to Kyoto and will be ready for the group when they arrive in Kyoto. For the one night in Kanazawa, an overnight bag **MUST** be used – suitcases cannot be taken on the bullet train.
- **Kyoto-Nara-Kyoto:** the group will travel from Kyoto to Nara and will return to the same Kyoto hotel the following day. An overnight bag is **STRONGLY** recommended for this 1-night stay in Nara. The group's main luggage will be securely stored at the hotel in Kyoto.
- **Kyoto-Okayama-Matsue:** this journey is by bullet train. The group's luggage will be transferred by truck from Kyoto directly to Matsue and will be ready for the group when they arrive in Matsue.

Booking Conditions

Making a Tentative Reservation before the tour price has been published

ASA INTENTION TO TRAVEL APPLICATION FORM

Some ASA tours fill almost immediately. Don't miss out! You can register your 'Intention to Travel' by

completing this application and returning this to ASA with a AUD\$100.00 per person deposit. Once the tour price has been published, the itinerary and ASA Reservation Application Form will be sent to you. From the time you receive the itinerary you will have two weeks to either:

- Send us a completed ASA Reservation Application Form together with an additional deposit of AUD\$400.00 per person. On receipt of this Reservation Application and deposit, ASA will process your booking and if approved, send you a tour confirmation. At this time your deposit of \$500.00 AUD is subject to the tour's Booking Conditions.

Or

- CANCEL your Intention to Travel in writing. ASA will refund your AUD\$100.00 per person deposit, less a \$33.00 service fee (including GST).

Participation Criteria

To participate in an ASA tour, you must be reasonably fit, in good health and able to participate in all activities without assistance from Tour Leaders or other tour members. If you require assistance, a fit and able travel companion must undertake to accompany and assist you with all tasks for the duration of the whole tour. ASA's ability to make reasonable adjustments to accommodate your specific needs, your health and safety and the health and safety of other tour members, is of paramount importance to us. For this reason the ASA Reservation Application includes a Medical Information section. As a general guideline, you must be able to accomplish each of these activities without assistance or support:-

- walk and stand unassisted for at least 2-3 hours a day in hot, humid conditions
- walk confidently on and over uneven surfaces
- climb at least 3 flights of stairs
- embark and disembark from ferries, buses and trains
- walk up and down steep slopes
- walk at a steady pace and no less than 1km every 15-20 minutes
- organise, manage and carry your own luggage
- follow and remember tour instructions
- meet punctually at designated times and places
- administer your own medication

Single Supplements

Single Supplement Option 1: Payment of this supplement will ensure accommodation in a room for single occupancy throughout the tour, except one night in Nara, where accommodation will be twin-share in Japanese-style accommodation.

Single Supplement Option 2: Payment of this supplement will ensure accommodation in a room for single occupancy throughout the tour, including one night in a single-occupancy Western-style room at Hotel Nara.

The number of rooms available for single occupancy is extremely limited. People wishing to take a Single Supplement are therefore advised to book well in advance.



Reservation Application

TOUR NAME _____

TOUR DATES _____

Please complete **one application, per person in block letters and sign**. Parental signature is required for participants under 18 years of age. Please mail this form with the appropriate deposit to: **P.O. Box 8285, ARMADALE, VICTORIA, 3143**. On receipt of this Reservation Application and deposit, ASA will process your booking and if approved, send you a tour confirmation.

Applicant Details (as in passport)

TITLE Mr Mrs Ms Miss Dr Other _____

FIRST NAME _____ Preferred FIRST NAME _____

MIDDLE NAME _____ SURNAME _____

POSTAL ADDRESS _____

CITY _____ STATE _____ COUNTRY _____ POSTCODE _____

TEL. (AH) () _____ TEL. (BH) () _____ Mobile Tel: _____

EMAIL address _____

Date of birth / / _____ GENDER Male Female

Passport Number _____ Expiry date / / _____ Nationality _____

Colour copy of my current valid passport enclosed I'm renewing my passport ASA has a colour copy of my current passport

Travel Plans

I wish ASA to book my airfare, please contact me to discuss my options. Business Class Economy Class

I plan to leave Australia before the tour commences. Planned departure date / / _____

I will be arranging my airfare independently and taking the Land Content Only option.

Frequent Flyer _____ Name of Airline _____ Airline Seat preference _____
Membership # _____ (please note request only)

Tour Accommodation (rooming preferences)

I/we would like: a twin-bedded room a double-bedded room a room for sole occupancy

I am travelling: on my own with a friend/family member Travel Companion _____

Meals

I do not have any specific dietary requests

Please **X** the box if you **CAN NOT** eat any of the following:

fish poultry red meat dairy products

eggs pork nuts

Allergies: Refer to the Medical Information

Other _____

Correspondence

Your preferred method of correspondence Postal Mail Email Address _____

Emergency Contact Details

Note: this person **MUST** be available by telephone and be present in Australia for the duration of your tour with ASA

Name _____ Relationship to Traveller _____

Address _____

TEL. (AH) () _____ TEL. (BH) () _____ Mobile Tel: _____

EMAIL address _____

The purpose of seeking this information is to assist ASA to determine, where necessary, whether ASA is able to make reasonable adjustments to accommodate your specific needs and whether your health and safety (or that of your fellow travellers) is likely to be compromised given your choice of tour. It will also assist you and ASA if you fall ill or have an accident whilst travelling.

- ASA reserves the right to decline your Reservation Application if this Medical Information section is not completed properly and may reject or cancel your reservation, or terminate your participation on any tour, if ASA subsequently learns that you have failed to make full and proper disclosure.
- ASA is committed to protecting the privacy of your personal information. ASA's privacy policy is available for viewing at www.asatours.com.au
- If ASA has any concerns about the information you have provided, it will contact you to request clarification before considering your Application.
- ASA requires you to consider carefully your limitations in light of ASA's Physical Endurance Star Rating System in ASA's Brochure and Itinerary when choosing your tour.
- If you are not likely to satisfy ASA's Participation Criteria (see below), ASA, in its sole discretion, may reject your Reservation Application.
- It is a condition of your tour that you agree to accept the directions of ASA's Tour Leaders in relation to your suitability to participate in activities planned on tour.
- ASA reserves the right to cancel your participation on a tour if your behaviour is in ASA's opinion causing undue distress or damage to any person or their property.
- If your participation is discontinued during a tour, ASA will assist by arranging your onward travel (if required) at your own cost, but you will not be refunded for forfeited parts of the tour.
- ASA tour groups are not accompanied by a medical practitioner. ASA recommends that you see your doctor for advice about your specific needs while overseas. You may also wish to contact a travel and vaccination clinic for advice. www.traveldoctor.com.au tel: 1300 658 444; www.travelvax.com.au tel: 1300 360 164.
- Travel insurers require you to declare all existing medical conditions.
- Please carry a complete list of medications with you during the ASA tour. Include **generic names** of each medication (consult your local pharmacy for information).

Please mark **X** in the YES or NO box to every question below and provide details where necessary:

Participation Criteria

To participate in an ASA tour, you must be reasonably fit, in good health and able to participate in all activities without assistance from Tour Leaders or other tour members. If you require assistance, a fit and able travel companion must undertake to accompany and assist you with all tasks for the duration of the whole tour. The responsibility of the Tour Leader is to ensure that the larger group enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing individual assistance to any one guest.

- | | YES | NO |
|---|-----------------------|-----------------------|
| 1. Can you walk and stand unassisted for at least 2-3 hours a day in hot, humid conditions? | <input type="radio"/> | <input type="radio"/> |
| 2. Can you walk unassisted on and over uneven surfaces? | <input type="radio"/> | <input type="radio"/> |
| 3. Can you climb at least 3 flights of stairs and/or walk up and down steep slopes unassisted? | <input type="radio"/> | <input type="radio"/> |
| 4. Can you walk at a steady pace and no less than 1km every 15 - 20 minutes unassisted? | <input type="radio"/> | <input type="radio"/> |
| 5. Can you organise, manage and carry your own luggage? | <input type="radio"/> | <input type="radio"/> |
| 6. Can you follow and remember tour instructions and meet punctually at designated times and places? | <input type="radio"/> | <input type="radio"/> |
| 7. Can you administer your own medication? | <input type="radio"/> | <input type="radio"/> |
| 8. Do you have impaired vision or hearing which may impact your capacity to participate on this tour? | <input type="radio"/> | <input type="radio"/> |

Mobility and Fitness

As many of ASA's international sites do not provide access to wheelchairs or similar mobility aids, we regret that ASA tours are not suitable for people who require the use of a walking frame, wheeled walker, wheelchair or motorised scooter.

1. Do you suffer from any medical conditions that may compromise your mobility and/or fitness to participate on this program? YES NO
- If yes, please specify

If yes, how will you manage this on tour?

Allergies and/or Food Intolerances

ASA will make reasonable endeavours to organise meals to suit you, provided that you give ASA adequate notice of your specific dietary requirements or allergies. You may be required to research dietary alternatives, as not all destinations may be able to offer suitable food substitutes.

1. Do you have any food allergies or intolerances? YES NO
- If yes, please specify

2. Have you ever had an anaphylactic reaction to anything?
- If yes, please specify

Do you carry an epipen?

3. Do you have any other allergies or reactions to anything, including medical drugs?
- If yes, please specify

Existing Medical Conditions

You alone are responsible for managing any existing medical conditions, your medication and any medical equipment that you may need when on your tour. Please plan for contingencies and take extra medication, dietary supplements and/or fully charged batteries for medical equipment if your health and safety depends on these. You should take into consideration that power sources at some destinations may be unavailable, inadequate, inconvenient or unreliable.

1. Have you any significant medical conditions that may impact your capacity to complete this tour? YES NO
- If yes, please specify

If yes, how will you manage this on tour?

2. Do you require some form of powered medical aid, such as a CPAP machine?

These machines may not be operable on certain international flights, modes of transport, in remote or other areas with inadequate or unreliable power sources without a fully charged independent long life battery or batteries.

Diabetics: You may be travelling and sightseeing for many hours at a time. Insulin dependent diabetics must carry extra supplies of insulin (as this medication cannot be obtained in some destinations), regulators, applicators, storage and refrigeration equipment, as well as any necessary supplements. Accommodation may not provide refrigerators in rooms.

3. Are you diabetic?

Are you insulin dependent?

4. Do you suffer from travel sickness?
- Remember to use an appropriate medication while on tour.

Declaration

I declare that: I have read and understood the ASA Tour Itinerary, Reservation Application and Booking Conditions. I am aware of ASA's terms as relating to refunds, cancellations, responsibility and liability. I understand that ASA relies upon this declaration when considering this Application. I accept that there are inherent dangers and risks that may occur during any tour. I have made full and complete disclosure and have not knowingly withheld any medical information about myself from ASA. I have completed this Reservation Application honestly and accurately. I warrant that I am able to participate independently in all activities described by ASA in the itinerary without assistance from any person.

I will advise ASA in writing if any aspect of my fitness and or health conditions change materially at any time before my departure date. I understand and accept that the itinerary, accommodation and lecturers scheduled for this tour may change.

I agree and consent that ASA may give my personal information in this Reservation Application to tour service providers and relevant authorities as required by law, but for the purpose of making bookings with and engaging services provided for the tour. I understand that if I do not consent to the use of my personal information for this purpose, ASA will decline my Reservation Application.

In consideration of ASA's acceptance of my Reservation Application, I irrevocably release and indemnify ASA from all claims that I, or any other party, may have against ASA its employees, invitees, agents and contractors, however arising in respect of any loss, damage, injury, death or expense incurred in the course of travelling to, on and from any tour.

I understand and acknowledge that this Release and Indemnity applies with respect to:

1. Every general risk to which I or my personal belongings may be exposed in the course of travelling to, on or from any ASA tour
2. Every special risk, in particular medical risks, to which I may be exposed in the course of travelling to, on or from any ASA tour arising from, including, but not limited to:
 - a. intermittent power cycles and/or the temporary or permanent loss of power (beware CPAP or any other medical machine users);
 - b. dietary, food or other allergies (ASA cannot guarantee that traces of items to which you are allergic are not present in food or drink you are served, medication you are administered or other substances with which you may come into contact);
 - c. any event or situation that may compromise the administration of necessary medication or my health, safety and wellbeing generally.
3. All claims arising as a result of my or ASA's cancellation or termination of my continued participation on a tour for whatever reason (refund conditions in ASA's Booking Conditions excepted).

Limitation of Liability

ASA is not a carrier, event or tourist attraction host, accommodation or dining service provider. All bookings made and tickets or coupons issued by ASA for transport, event, accommodation, dining and the like are issued as an agent for various service providers and are subject to the terms and conditions and limitations of liability imposed by each service provider. ASA is not responsible for their products or services. If a service provider does not deliver the product or service for which you have contracted, your remedy lies with the service provider, not ASA.

ASA will not be liable for any claim (eg. sickness, injury, death, damage or loss) arising from any change, delay, detention, breakdown, cancellation, failure, accident, act, omission or negligence of any such service provider however caused (contingencies). You must take out adequate travel insurance against such contingencies.

ASA's liability in respect of any tour will be limited to the refund of amounts received from you less all non-refundable costs and charges and the costs of any substituted event or alternate services provided. The terms and conditions of the relevant service provider from time to time comprise the sole agreement between you and that service provider.

ASA reserves the sole discretion to cancel any tour or to modify itineraries in any way it considers appropriate. Tour costs may be revised, subject to unexpected price increases or exchange rate fluctuations.

Booking Conditions

DEPOSITS

A deposit of \$500.00 AUD per person is required to reserve a place on an ASA tour.

CANCELLATION FEES

If you decide to cancel your booking the following charges apply:

More than 75 days before departure: \$500*
75-46 days prior 25% of total amount due
45-31 days prior 50% of total amount due
30-15 days prior 75% of total amount due
14-0 days prior 100% of total amount due

This amount may be **credited to another ASA tour departing within 12 months of the original tour you booked. We regret, in this case early-bird discounts will not apply.*

We take the day on which you cancel as being that on which we receive written confirmation of cancellation.

UNUSED PORTIONS OF THE TOUR

We regret that refunds will not be given for any unused portions of the tour, such as meals, entry fees, accommodation, flights or transfers.

WILL THE TOUR PRICE OR ITINERARY CHANGE?

If the number of participants on a tour is significantly less than budgeted, or if there is a significant change in exchange rates ASA reserves the right to amend the advertised price. We shall, however, do all in our power to maintain the published price. If an ASA tour is forced to cancel you will get a full refund of all tour monies paid. Occasionally circumstances beyond the control of ASA make it necessary to change airline, hotel or to make amendments to daily itineraries. We will inform you of any changes in due course.

TRAVEL INSURANCE

ASA requires all participants to obtain comprehensive travel insurance. A copy of your travel insurance certificate and the **reverse charge** emergency contact phone number must be received by ASA no later than 75 days prior to the commencement of the tour.

FINAL PAYMENT

The balance of the tour price will be due 75 days prior to the tour commencement date.

PLEASE READ THE ABOVE CAREFULLY, PRINT AND SIGN BELOW

I accept the conditions on this booking form I have read the information about the physical requirements of the tour in the detailed itinerary and confirm that I am able to meet these requirements

Applicant's Signature

Print Full Name

Dated

Tour / Course Name

Name of Traveller 1 _____

Name of Traveller 2 _____

I have enclosed a payment to the value of \$ _____ (including CC or bank fee if applicable) for this tour

The above amount is payable for:

- Intention to Travel Tour Deposit
 Balance of Payment Upgrade from Intention to Travel to a Deposit
 Travel Insurance Other (eg. Airfares, Accommodation) _____

International Payments

Welcome to our international travellers! If you are making a payment and do not have an Australian bank account/credit card, we can only accept payment as follows:

- via credit card with the applicable fee - the credit card company/bank will set the exchange rate
- via bank transfer; please give your surname and tour code (eg. Smith 21705) as a reference and ask your bank to allow for all charges.

Bank cheques or personal cheques will not be accepted.

By Cheque (accept Australian cheques only)

Please make cheques payable to *Australians Studying Abroad*

Direct Deposit or Internet Banking

You will need to:

1. Provide your bank with ASA's bank details (see below) and the amount you wish to transfer OR make a direct deposit through any ANZ branch
2. Include any fees levied by the banks
3. Provide a reference number (Mobile or last name recommended).
4. Complete section below, including confirmation no. (given when transaction completed).

Australians Studying Abroad bank details

Bank ANZ
Branch 420 St Kilda Road, Melbourne Vic
Swift Code ANZBAU3M
BSB 013-423
Account No 3472-32759

Bank confirmation No. _____

Reference used: Mobile or last name recommended

Date Money Transferred _____

Credit Card Payment

Credit card fees apply: Mastercard & Visa 2%
 American Express 2%

Please debit my: Mastercard Visa American Express

I authorise ASA to debit my credit card for the amount due plus the applicable fee as above

Credit Card Number _____

Expiry Date _____ Security Code (CVC) _____

Bank the Card is linked to (eg. NAB or ANZ) _____

Cardholders Name _____

Cardholders Billing Address _____

Postcode _____

State _____ Country _____

Phone _____

Email _____

Cardholders Signature _____

AUSTRALIANS STUDYING ABROAD

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