

Optional Day: challenging 25km hillclimb up Subaru-line drive to Fuji's 5th station (elevation 2305m) with panoramic views, followed by a screaming descent. If you're fit, you can even hike to top of Fuji (3776m). Saturday, cycle from Kawaguchi-ko south to Shin-Fuji city (about 60km), where we will speed by *shinkansen* (bullet train) to Kyoto (about 2 -1/2 hours).

9/22-27 Kyoto and Nara

Arrive at Kyoto station, short walk to hotel. We have five days to take in this ancient, yet modern city, best traversed by bicycle--ride along the Kamogawa river path, through the Gion district, Higashiyama eastern hills and Kiyomizu temple overlooking the city, Heian Shrine and garden, Kinkakuji (Golden pavilion), Ryoanji rock garden, Nijo Castle, head west to the Arashiyama hills where there are riverboats, temples, bamboo forests, and of course, everywhere, tourist shops. On one or more days we'll be joined by Kansai area Bike Friday riders. One day we'll travel by bike/train to Nara, founded in 607 A.D., and visit Horyuji Temple and Todaiji's Great Buddha. Thursday the 27th is the end of the tour. Depart from Kansai International Airport (Osaka), return to Tokyo, or stay and explore more of Japan!

Weather in September (Averages)

Tokyo - 80F/21C high, 68.4F/14C low, precipitation 7.1in

Mt. Fuji - 77F/25C high, 58F/14C low, precipitation 8.2in

Kyoto - 83F/28C high, 67F/20C low, precipitation 8.0in

Hotels (subject to change)

City Pension Zem, located in the heart of old Tokyo near Nihonbashi, www.p-zem.co.jp (in Japanese)

Fit Resort Club at the foot of Mt. Fuji with sports facilities, www.fit-rc.com (in Jp)

Hotel Station Kyoto, 4 min. walk from station, www.kid97.co.jp/st-kyoto/index2.html

Useful links:

Japan National Tourist Organization, www.jnto.go.jp/eng/ Call the L.A. office at 213-623-1952 or email info@jnto-lax.org for free maps and brochures.

Japan Railways, www.westjr.co.jp/english/global.html

Tokyo, www.tourism.metro.tokyo.jp/english/index.html

Fuji 5-lakes region, www.japan-guide.com/e/e6900.html

Climbing Mt. Fuji (anecdote):

www.ajc.com/travel/content/travel/otherdestinations/int_stories/2006/11/30/1203japan.html

Kyoto, www.pref.kyoto.jp/visitkyoto/en/

Tour Organizer and Guide:

Ruthy Kanagy, ruthyk@bikefriday.com,

Tel 800-777-0258 (Tues. to Fri. at Bike Friday), Cell 541-912-9685,

<http://livingabroadinjapan/cycling.htm>