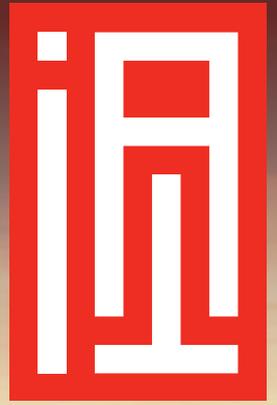


IAT 005 // Summer 2017

east



Travel inspiration from **InsideAsia Tours**
www.INSIDEASIA TOURS.COM

**WIN
GOODIES!
SEE P31**

BURMA FROM ABOVE

Discover jungles and
pagodas by balloon

Hidden Hiroshima ● Top family trips ● Going local in Laos

REGULARS

4 The inside scoop
An insider's view of what's new and exciting in Japan, Burma and Indochina.

27 Insider guide: *Kaiseki* crash course
Your road map to *kaiseki* dining: the haute cuisine of Japan's traditional inns.

28 Top 5 tips: Angkor temples
Angkor expert Andy Booth gives us his top five tips for dodging the crowds at Cambodia's temples.

30 Your adventures
Our competition winner Adrian Fumer reflects on his family trip to Japan; plus WIN Reiko Hashimoto's new cookbook.

FEATURES

8 Hiroshima
There's much more to Hiroshima than its sombre past. Our experts give their favourite things to do in this exciting city.

12 Burma from above
Balloon pilot Allie Dunnington shares the thrills of flying high over Burma – and reveals why it's one of her favourite ballooning destinations.

19 Summer holidays
Looking for the perfect family holiday this August? Our suggestions are guaranteed to delight travellers big and small.

24 Luang Prabang
Violet looks back on a visit to Luang Prabang, Laos' laid-back World Heritage city.



8



12



19



24



28



30

GET IN TOUCH:
www.INSIDEAsiaTours.com

Japan: 0117 244 3463
info@insidejapantours.com
Vietnam, Cambodia & Laos: 0117 244 3464
info@insidevietnamtours.com
Burma: 0117 244 3465
info@insideburmatours.com

Subscriptions & general enquiries:
0117 244 3466, east@insideasiatours.com
InsideAsia Tours Ltd., Hanover House, Queen Charlotte Street, Bristol, BS1 4EX
www.INSIDEAsiaTours.com/eastmagazine

THE TEAM:
Editor: Violet Cloutman
Designer & picture editor: Kate Sanderson
Marketing manager: James Mundy
Contributing editors: Vicky Garnett, Ruth Hubbard, Tom Weston

COPYRIGHT
Designed and produced by InsideAsia Tours Ltd.
All content supplied by InsideAsia Tours staff, except where indicated.

PRINT
Printed by Salmon Consulting Ltd.





JUST BACK



Ali Muskett

Japan consultant
Ali swapped
sushi and
bullet trains

for tarantulas and tuk-tuks
as she joined our Indochina
Encompassed group tour through
Vietnam, Cambodia & Laos.

Memorable moment: Getting
caught in a flood in Hoi An!



Claire Brothers

Claire headed
back to Japan
to explore the
southwestern

island of Kyushu and the garden
city of Kanazawa.

Memorable moment:

Shopping for kimono fabric at
Nippori Fabric Town.



Richard Pearce

Richard
recently led our
Highlights of
Vietnam group

tour, bringing his years of Japan-
based tour-leading experience to
Southeast Asia.

Memorable moment:

Exploring the massive caves of Phong Nha
National Park.



Toby Gallagher

Toby explored
Japan's alpine
towns of
Takayama and

Matusmoto before jetting south
to the sunny islands of Okinawa.

Memorable moment:

Seeing
Iriomote island's mangroves and
rugged coasts.



Welcome to *East*

At InsideAsia Tours we love nothing more than sharing our favourite things to do in each of our destinations. In fact, for Simon and me, it was what inspired us to set up a travel company in the first place.

They say "only a fool climbs Mount Fuji twice", but in my days as a tour leader I had the pleasure of standing on the top of Japan on six separate occasions, which I am sure says something... We take a look at the joys (and struggles) of climbing Japan's highest mountain as we

highlight the best of the summer season across Asia.

For a bird's-eye view of Burma, flick to our main feature with Allie Dunnington of Oriental Ballooning. The tale of her first ever balloon ride in 2002, and the magic of floating over Inle Lake, is a lovely reminder of how travel can be truly life-changing.

On occasion we have all been confused by a meal we have been served whilst on holiday, but Japanese *kaiseki* cuisine with its multiple courses of small, immaculately presented dishes may befuddle even the most seasoned of travellers. Help is at hand with our visual guide to Japanese formal dining. Pop it in your back pocket next time you go and companions will think you're a pro.

While we do love sharing our escapades, nothing beats hearing your travel stories. This edition, *East* photo competition winner Adrian Furner tells the story of his recent trip back to Japan with his family, complete with sacred deer and glow-stick waving salary-men.

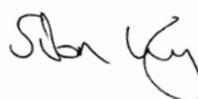
This is the fifth instalment of *East* magazine, for those who love travel as much as we do.



Alastair Donnelly



Simon King



INSIDESCOOP

JAPAN

NEW TOUR STYLE



All-In Japan is our first ever all-inclusive tour: a 12-day adventure brim-full of experiences, from confectionary-making in Kanazawa and meditation at a Zen temple to *taiko* drumming in Tokyo and a private audience with a geisha.

With all of your meals, transport and entertainment included, all you need to worry about is having a fabulous time!

DO IT: £4,975 for 12 nights (exc. intl. flights).

VIETNAM



See Cham antiques in Hue

For hundreds of years, vast swathes of Vietnam and Cambodia were dominated by the Cham: a Hindu people who built the World Heritage port of Hoi An and had a huge influence on modern Vietnamese culture. Now, for the first time since the fall of the Nguyen emperors in 1945, The Royal Museum in Hue is reopening a display of Cham artefacts, offering a rare glimpse into their lost world.

DO IT: Visit Hue on our World Heritage Indochina itinerary, from £1,995 for 14 nights (exc. intl. flights).

NEW TRAIN

Vietnam's railways are an experience – and not always a comfortable one! That was until the introduction this year of a new, improved service, 'Violette', linking Hanoi with imperial Hue and the beach town of Danang. All aboard!



JAPAN

Fortune favours the bald

Follicly challenged? Japan offers an array of discounts for anyone hard-up in the hair department – from Enzo restaurant in Tokyo to Sounkyo Mount View Hotel in Hokkaido.



INSIDER GUIDES

InsideJapan is launching a new 'Insider Guide' series with tour leader Brett Plotz. Watch online now: youtube.com/insidejapantours



MAKING WAVES IN TOKYO

See the work of the great woodblock printmaker, Katsushika Hokusai, at a brand-new gallery in the artist's former neighbourhood.

DO IT: Open 09:30-17:30; closed Mon (or Tue if Mon is a national holiday). Closest station: Ryogoku (Sobu, Oedo lines). You can also catch the Hokusai Exhibition at the British Museum, London this year (25 May – 13 August).

CAMBODIA



Ghosts of the Killing Fields

Angelina Jolie is well-known for her humanitarian work – but few realise that it all began in Cambodia. Having learnt about the ongoing effects of the Khmer Rouge genocide during the filming of *Tomb Raider* in 2000, she maintained her links with Cambodia and even adopted a child from Battambang in 2002. Now, in an effort to give something back to the Cambodian people, she has released a film commemorating the genocide – filmed in the Khmer language and made with an entirely Cambodian cast and crew.

First They Killed My Father is based on the memoir of Loung Ung and was released in Cambodia in February. It will be available on Netflix this autumn.

CAMBODIA

Adrenaline junkies head to Monduliri, Cambodia, where you can now zip through the air for 300 metres over the spectacular Bou Sra Waterfall.

DO IT: Try the Mayura Zipline on our Indochina Conservation itinerary, from £3,600 for 14 nights (exc. intl. flights).

Zip it!



NEW TOUR DATES

Our new group tour dates have just been released! Our most popular dates fill up fast, so check our website to avoid disappointment: www.INSIDEASIA TOURS.COM

BURMA



Discover rural life in Burma

Whether you want to have a go at traditional Burmese fishing, go Irrawaddy dolphin-spotting, pick up authentic handicrafts or just watch the locals rolling cigars and making peanut oil – the little-known village of Hsithé is one of our new favourite places in Myanmar.

DO IT: See *Burmese Family Adventure*, from £2,100 for 13 nights (exc. intl. flights).

BURMA

DID YOU KNOW?

A piece of amber from a Burmese mine has been found to contain the feathered tail of a 99-million-year-old coelurosaur – proving the long-held theory that some dinosaurs had feathers!

LAOS



NEW RESTAURANT

Curious about Lao cuisine? Head to the brand-new Lao Café in Covent Garden for chargrilled meats, freshwater fish, mellow curries and plenty of fresh herbs.

DO IT: 60 Chandos Place, WC2N 4HG. Open 12-22:30 Sun-Thu; 12-23:00 Fri-Sat. Reserve a table: 0203 3740 4748.

BURMA

Colonial luxury in Burma

The next time you're in Yangon, treat yourself to a stay at the Strand Hotel. With over a century offering colonial-style luxury, The Strand's ripe old age was beginning to show – but now, following a comprehensive facelift, it's once again the best hotel in the city.

DO IT: Our *Kipling's Burma* itinerary spends 2 nights at the Strand Hotel. From £2,650 for 14 nights (exc. intl. flights).



BURMA

TRAVEL SECRET: LOIKAW

When the British arrived in Burma, Loikaw was still home to a Saopha – or 'Sky Prince' – who ruled the region from his palace. Today the Saophas may be long gone, but you can still visit the Sky Palace (now a monastery), climb the steps to dramatic Taung Kwe Pagoda, and meet local ethnic minorities including the Padaung – famous for their brass neck-coils. Best of all, it's almost completely off the tourist radar.

DO IT: Visit Loikaw on our *Hidden Trails of Burma* itinerary, from £2,400 for 13 nights (exc. intl. flights).



JAPAN

FUJI ROCKING

Fuji Rock is Japan's answer to Glastonbury, offering festival goers the chance to see some of the world's greatest music acts amid the stunning scenery of the Japan Alps. Acts announced so far include Björk, Aphex Twin, Lorde, Queens of the Stone Age,

The XX and many more – so get your tickets soon or miss out!

DO IT: *InsideJapan's Fuji Rock package runs from £1,030 per person for 7 nights (exc. intl. flights). Festival dates: 28-30 Jul 2017.*



BURMA



ORWELL'S BURMA

Before he became the world-renowned author of *1984* and *Animal Farm*, George Orwell (then Eric Blair) spent five years as a police officer in Burma. Now, his former home in Katha is set to open as a museum, giving fans the chance to walk in his footsteps and see the town that inspired his novel *Burmese Days*.

DO IT: *The museum is set to open later this year.*



ANGKOR
SAURYS
REX?

Sharp-eyed visitors to Angkor's Ta Prohm Temple may spot something rather curious lurking among the bas-reliefs: what appears to be a carving of a Stegosaurus. Did dinosaurs walk the earth with humans, or is it just a misshapen cow? The jury's out.

DO IT: *Visit Ta Prohm on our To Angkor & Beyond itinerary, from £2,850 for 10 nights (exc. intl. flights).*

JAPAN

Access all areas

A trip to Japan can be daunting for any traveller, but perhaps more so for those using a wheelchair. How will you know which route to take to avoid staircases? Will you be able to find the nearest accessible toilet? Which hotels really are as wheelchair-friendly as they claim? InsideJapan has created its first fully accessible Golden Route trip, giving wheelchair travellers the chance to sample this amazing country without barriers.

DO IT: *The 10 night Wheelchair Accessible Golden Route costs from £3,370pp (exc. intl. flights) and can be tailored to suit you and your needs.*



Itsukushima Shrine

This world heritage site in Miyajima is officially one of the three most scenic spots in Japan



Hiroshima may be infamous for the tragic events of 1945, but today's city is about as far from depressing as it's possible to get. From cheering on the Hiroshima Carp at the Zoom-Zoom Stadium, to kayaking through Miyajima's 'floating' gate, to eating okonomiyaki shoulder-to-shoulder with the locals – here are some of our favourite ways to make the most of it.

INSIDER'S



MIYAJIMA
HUGH CANN

Tour leader Hugh has lived in Hiroshima for many years, and never tires of escaping to peaceful Miyajima.

A tiny island sitting just a few kilometres across Hiroshima Bay, legend has it that Miyajima is the home of the gods – and it's not hard to see why.

Miyajima is best known for its vermilion Itsukushima Shrine, a World Heritage Site founded over a thousand years ago, but it has a huge range of attractions beyond this celebrated spot. For a start, it's famous for its oysters and *anago meshi*: grilled sea eel on rice. I love eating lunch and sipping frothy *matcha* tea while gazing out across the channel separating the island from the mainland – then walking it off with a wander through Momijidani Park, where the resident flock of deer are blissfully unperturbed by my presence.

From the park I then take the ropeway ride to the top of Mount Misen (or, if I'm feeling energetic, hike to the summit) – quite literally topping off the experience with absolutely spectacular views of the surrounding Seto Inland Sea.

The best way to experience Miyajima is to spend a night on the island, lodging in one of the traditional inns that lie dotted through the old town and surrounding forest. After the daytime crowds have gone home to the mainland, you're free to wander the twilight streets alone, with the shrine's illuminated *torii* gate gleaming across the bay. Magic!

HIROSHIMA



KAYAKING IN HIROSHIMA BAY

MATTHEW WILKINSON

Sales team leader Matthew studied Japanese at university and spent a year living in Kumamoto, on Kyushu Island.

The ‘floating’ gate of Itsukushima Shrine is one of Japan’s most iconic sights, but how many people get to approach it like a true pilgrim – by water?

In Shinto tradition, the shrine gate (called *torii* in Japanese) marks the entrance to hallowed ground, signalling the visitor’s transition from the ordinary world to that of the gods. Since the entire island of Miyajima is considered sacred, historically travellers had first to pass through this floating gate before setting foot on its shores.

Though these days most visitors arrive by ferry, there was something very special about following in the footsteps (oar-strokes?) of ancient pilgrims, gliding silently on the water with nothing but my own power to propel me. Paddling across the bay from Hiroshima, it was possible to get a sense of Japan as an island nation – something I didn’t often appreciate while exploring the famous sights of the mainland. It certainly made a change from walking!

Kayaking on Hiroshima Bay can be arranged as a half- or full-day tour. Don’t forget that tide times vary, so on some days it’s not possible to paddle through the gate itself.



MAZDA MUSEUM

MARK JOHNSON

Senior travel consultant Mark spent three years living in Yamaguchi Prefecture. As a proud owner of a Mazda 3, he couldn’t resist visiting the Mazda Museum.

Robotic arms busily assembling machinery, cars floating overhead on aerial conveyor belts, and more lovingly preserved vintage models than you can shake a stick at: one thing’s for certain, this is much more than just a museum.

Hiroshima’s Mazda plant is a time capsule, working factory and futuristic showroom all rolled into one. English-speaking guides introduce the history of the company, from its founding in the 1920s to the present day. Meanwhile, old models sit side-by-side with the latest concept cars, offering a look at the past and a glimpse into the future. One of my highlights was seeing the only rotary engine car ever to have won the 24 Hours of Le Mans, but it’s also great fun looking at the latest James-Bond-esque developments in automotive technology.

It’s easy to get ‘temped out’ in Japan, so the Mazda Museum makes an excellent break from all the shrines and gardens. Zoom Zoom over there and check it out for yourself!

The Mazda Museum requires advance tour reservations for all visits, but entry is free.



OKONOMI-MURA

KATRINA CORDERY

Sales team leader Katrina spent three years living in Japan, splitting her time between Nagasaki and Tokyo.

After a sobering visit to the Peace Park and museum, there is no better place to lighten the mood than Okonomi-mura: the home of the much-loved savoury pancake, *okonomiyaki*.

Okonomiyaki is hugely popular throughout Japan, but Hiroshima’s Okonomi-mura is probably the best place in the country to get a taste of it. With three floors packed with more than 25 stalls – each serving a variation on the same dish – you’ll be completely spoilt for choice. Just look for a booth with space at the bar, pull up a pew, and get cracking.

While Osaka-style *okonomiyaki* is made from cabbage mixed with batter and assorted toppings, the Hiroshima version is built up in layers with a base of noodles and your choice of extras – from squid and pork belly to *wasabi*, cheese, and *kimchi*. ‘*Okonomi*’ literally translates to ‘as you like it’, so play it safe or be as adventurous as you choose!

Once you’ve chosen your toppings, the whole thing is layered up and fried on a hotplate in front of you before being slathered in delicious sauce, sprinkled with *bonito* fish flakes, and wolfed down with relish. Yum!



© sabino, parente - Fotolia; Sean Pavone / Alamy Stock Photo; InsideAsia Tours staff



PEACE PARK & MUSEUM

ALI MUSKETT

Ali is a senior travel consultant in our Bristol office and lived in Japan for three years. She visited Hiroshima for the first time in 2006.

It seems strange looking back on it now, but when I first visited Hiroshima I didn't really want to go at all. I wasn't interested in history, I didn't like museums – what relevance did any of it really have to me? But I allowed myself to be persuaded, and I'm so glad I did.

Exploring the Peace Memorial Museum and seeing the evidence of history laid out before me forced me to think about things I'd never really considered before. The everyday objects salvaged from the wreckage – not to mention the burnt-out shell of the A-Bomb Dome, which still stands as a memorial in the heart of the city – brought history to life in a way that I never expected, and it's stayed with me to this day. I had worried that as a westerner I might not be welcomed, but there was nothing one-sided or accusatory; just the facts of what happened, and a strong message of peace for the future. This is echoed in the Peace Park: a beautiful green space filled with life and colour and the perfect place to reflect.

Hiroshima isn't all about the atomic bomb, but learning about its history helped me appreciate its miraculous journey from ground zero to one of Japan's most vibrant and exciting cities.

The Peace Memorial Museum is open 0830-1800, except for August, when it closes at 1900 and Dec-Feb when it closes at 1700. Entry: 200 yen (£1.40).



SEE A BASEBALL GAME

BRETT PLOTZ

Tour leader and baseball enthusiast Brett has lived in Japan for over ten years, and regularly makes time to see the Hiroshima Carp at the Mazda Zoom-Zoom Stadium.

Watching a Hiroshima Carp baseball game is a hands-on, full-body experience. There is dancing. Yelling. Singing. Synchronised cheers. You may find yourself asking, how does everyone know what to do, what to say, at what time? Did they all get together and practice beforehand? Is there some

email chain you're not a part of? No one knows – just enjoy the game!

As opposed to your typical American baseball game, the Carp fans never sit down – and I mean for the entire time – and they have songs, cheers, and dances memorised for every occasion. Concessions are also different: sure, there are hot dogs, nachos and soda. But there's also curry, fish, and *onigiri* (Japanese rice balls), and if you want a beer in the stands – no problem: there are ushers

with kegs strapped to their backs ready to serve you a cold draught beer right at your seat.

At first, watching a Carp game alongside the diehards in the bleachers can be confusing, even intimidating. But I can guarantee that after an innings or two, you'll be yelling and stomping alongside 30,000 other fans for life.

DO IT: *The baseball season runs from April to October.*



DO IT: *Hiroshima is less than two hours on the bullet train from Kyoto and Osaka, and makes a great addition to any trip. Try our Best of Japan itinerary, from £1,860 for 14 nights (exc. intl. flights). Call our experts on 0117 244 3463 to find out more.*

FLOATING ON AIR





Ballooning over Bagan is one of Burma's most iconic experiences – but the rest of the country is only just taking off. Balloon pilot Allie Dunnington takes to the skies to give us a new perspective...



“With 2,000 Lilliputian spires laid out before me, I grasped for the first time what a monumental kingdom this once was.”

He had to talk me into it. It was mid-afternoon, and I was nursing a sore throat by the pool while the rest of my tour group headed out to explore the red-brick temples of Bagan. I'd been feeling rather sorry for myself when, on my way back to my room, I'd bumped into the hot-air balloon pilot on his way to a flight over the plains.

“I've got one more space if you want it,” he offered. For me, flying meant turbulence, claustrophobia, and the sticky cabin air of a commercial airliner. I shook my head.

“I'm not a keen flyer” I said.

“It's not flying, it's floating,” he replied, clearly determined to persuade me.

I had to admit I was intrigued. The afternoon light was so soft and enticing, and I thought wistfully of the cool breeze I might find up there in the clouds. Before I knew it, I was climbing into the wicker basket of my first-ever hot-air balloon, wondering what on earth had come over me.

We have lift-off

The sensation of taking off in a balloon is nothing like what you imagine. It's not like standing on a cliff edge, with that feeling of vertigo and the abyss just beyond your toes, and it's certainly nothing like the mechanical roar of taking off in a jet.

As we prepared to cast loose, I grasped the basket edges and steeled myself for the moment when my heart would plunge into my feet and my legs turn to jelly, but to my surprise I felt nothing of the sort. In fact, if I hadn't been able to see the earth retreating and the buildings of Bagan's town centre shrinking before my eyes, I wouldn't have believed we'd left the ground at all.

Once in the air, all was perfectly quiet but for a few gasps and the click of camera shutters. I'd been to Bagan numerous times before, but this was different: 2,000 Lilliputian spires were laid out before me with the glittering Irrawaddy as their



backdrop, and I grasped for the first time what a monumental kingdom this once was. Flying lower, I could make out intricate carvings on the rooftops, and see the shape of each pagoda on the ground. It was the most amazing sensation.

That first flight was back in 2002, and I've never looked back. I'm now a licensed commercial balloon pilot and have flown in 81 countries, each with its own attractions and challenges. I've floated over the endless sand dunes of Libya, soared to 3,600 metres over the snow-cloaked Alps, and shot a film with Werner Herzog while bobbing over the 'Lost World' of Venezuela. I've even had my balloon retrieved by camels in Rajasthan! Yet despite all these unforgettable experiences, I still have a place in my heart for Burma, the country where I first took to the skies.

Bird's-eye view

Ballooning in Burma has changed somewhat since my first flight. With 21 commercial balloons now operating (as opposed to a single craft in 2002), it rather feels like flying in a balloon fiesta – which is an experience in its own right! But while Bagan may be booming, the rest of the country is only just getting started. Mandalay, which many terrestrial travellers dismiss as just another big, dusty city, becomes a complex network of stories waiting to be told when viewed from the sky. Every flight reveals a new insight into city life: an ant-like line of maroon-clad monks waiting to receive their morning alms; a taxi driver taking a nap between trips in a shady park; a woman hanging out on the washing on a flat roof, partially obscured beneath a tangle of telegraph wires.

At Inle Lake, ballooning completely transforms the way you experience the landscape. As you putter from village to shore in a water taxi your experience is fragmented; you never comprehend the whole. But from above it's a different story: longtail boats trace chevrons in the glassy surface, rows of floating crops divide the water into poker-straight lines, and the Shan Hills seem to cradle the sky between their forested peaks.

But though all of these destinations are spectacular, there is one place in Burma I love more than any other.



Wild world

“Welcome to the wilderness,” I say, pumping a few burns into the envelope as we hit 600 metres. The morning sun is just beginning to send its first rays over the mountains, illuminating the whole landscape in a golden haze.

“Down there is the Bay of Bengal – and over there you can see the Thandwe River, meandering down from the mountains. Beyond that, it’s jungle as far as you can see.” My passengers are peering in trepidation over the edge of the basket at the treetops sticking out of the morning mist, the river a golden ribbon disappearing into the mountains.

Sandwiched between endless, deep blue ocean and forested mountains, Ngapali is a balloon lover’s paradise. I first began exploring the area – one of Southeast Asia’s last remaining habitats for wild elephants – in 2013, and was immediately hooked.

Only from a hot-air balloon can you drift over these unspoilt jungles, spotting monkeys playing in the treetops and hornbills darting from branch to branch. There aren’t many places in the world where you can fly so close to a major ocean, and I always get a little thrill thinking that if we just kept going, the next country we’d come to would be India.

Up, up and away

I pull the green-and-black ropes to rotate the balloon. It takes a bit of practice to make sure everyone gets to see the same amazing views without joggling the cameras, but after ten years I’ve had time to hone my technique.

Dipping low over Thandwe town, we’re close enough to count the mangoes at each market stall and catch the faint cries of ‘mingalaba!’ (‘hello!’) that drift up from the streets. Balloons may be a daily sight in Bagan, but here we’re still a novelty – attracting waves and grins wherever we go.

As the breeze picks up and carries us away from the town, I’m pleased to realise that it’s

going to carry us directly over the gold-plated spire of Nandaw Pagoda, one of three holy temples in Thandwe, where a giant reclining Buddha lies in contemplation of the landscape. Peering over his shoulder as we drift past, I see what he sees: a thousand shades of mist stretching off into the hills, like a Chinese silk painting.

Coming in to land

An hour of flying and plenty of photos later, it’s time to scope out a suitable landing spot – which is no mean feat when most of the rice paddies are full of water. We eventually come to land in a nearby field, chased down by a crowd of children keen to investigate this new arrival. For me, this is one of the highlights of the trip: meeting local people who are genuinely surprised and excited to see you. That’s something you don’t often find elsewhere.

So if you have the chance to take a balloon flight – anywhere, at any time – take it. Ballooning offers you a unique opportunity to see the world from above: to spot the invisible patterns that surround us and see a side of life that’s usually hidden to all but the birds. I’ve never met anyone who hasn’t loved it.

As for me – it’s no exaggeration to say that ballooning changed my life. The pilot who first persuaded me to set foot in a balloon is now my husband, and I get to share my adventures with people from all over the world. So I urge you to look past your fears and give it a go; you never know where the wind will take you.

Allie Dunnington is a pilot for *Oriental Ballooning, our partner in Burma.*

Oriental Ballooning offer flights over Bagan, Mandalay, Inle Lake and Ngapali, any of which can be included in our Classic Burma trip: from £2,400 for 15 nights. Call us on 0117 244 3465 to find out more.



Burma Essentials

GETTING THERE: Flight time from London to Yangon: from 13 hr 25 min with at least one stop. Within Burma, domestic flight is the quickest and most reliable way of getting to each destination.

WHEN TO GO: The ballooning season runs from the beginning of October until the first week of April.

WHAT TO BRING: For balloon trips it’s sensible to bring your camera, a bottle of water, something warm to wear in case it’s chilly, and a good pair of shoes (you never know where you might land!)

VISAS: UK citizens will need a visa to enter Burma. This can be arranged in advance with a physical visa in your passport via the Myanmar Embassy, or with an evisa via <http://evisa.moip.gov.mm>.

CURRENCY: Myanmar kyat (MMK). £1 – approx. 1,705MMK. USD is the most popular form of currency accepted for conversion to kyat, which can only be done at official banks and currency exchange offices. Money can also be exchanged at various hotels but the exchange rate is normally poor.

READ MORE: Our website has plenty of information to help you plan your trip. Visit www.INSIDEASIA TOURS.COM.



Bird's-eye view
Oriental Ballooning offer flights over Bagan,
Mandalay, Inle Lake and Ngapali





OKINAWA

Jewel in the crown of Asia
The best-kept secret in Pacific resort destinations



<http://visitokinawa.jp>



Okinawa Story



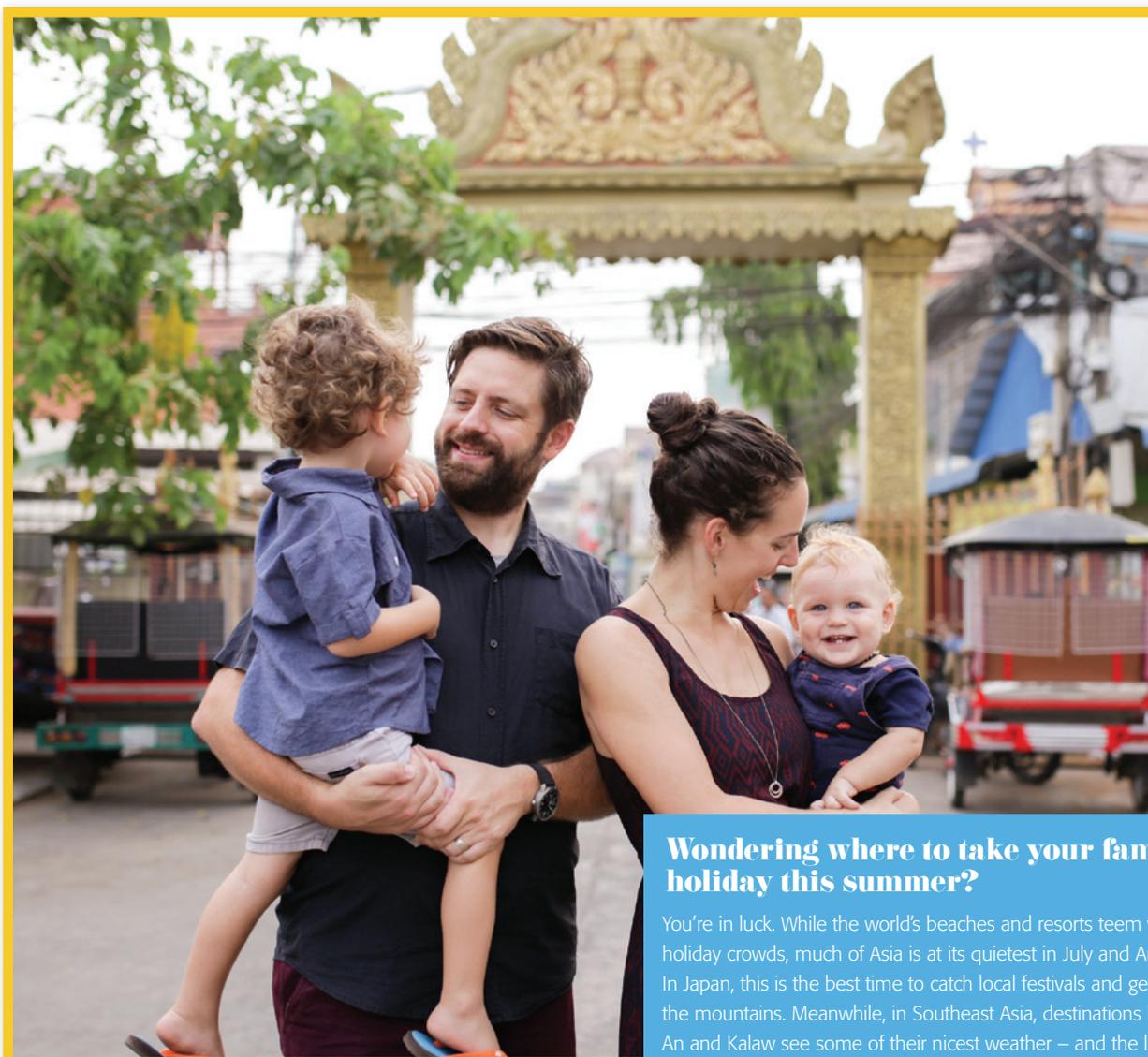
visit_okinawajapan



#Beokinawa
#visitokinawa

Summer Holidays

From kayaking and mountain-climbing to jungle temples, festivals, white beaches and wildlife – Asia has everything your family is looking for this summer.



Wondering where to take your family on holiday this summer?

You're in luck. While the world's beaches and resorts teem with school holiday crowds, much of Asia is at its quietest in July and August. In Japan, this is the best time to catch local festivals and get out into the mountains. Meanwhile, in Southeast Asia, destinations like Hoi An and Kalaw see some of their nicest weather – and the lakes and rivers become ripe for waterborne exploration. So what are you waiting for? Here are six of our top recommendations for this summer.



Kayak on Tonle Sap, CAMBODIA

Tonle Sap is Southeast Asia's largest lake, swelling to cover around 16,000 km² (10,000 mi) in the wet season and harbouring one of the most varied and productive ecosystems in the world. Above the surface, stilt villages tower up to eight metres in the dry season or appear to float on the water in the wet season, and boats gather by their hundreds to sell bananas, watermelons and juicy mangoes from deck to deck. While most visitors opt for a boat tour, it's much more fun to hire a kayak and paddle through the villages, waterways and flooded forests under your own steam. July and August are the perfect time to visit as water levels are beginning to rise, giving you access to more of the lake than at other times of year.

WHO'LL LOVE IT?

Kayaking on Tonle Sap is the perfect choice for any adventurous family. We recommend that children from age 11-12 have their own kayak, while younger kids can share with their parents.

WHAT ELSE CAN WE DO?

Tonle Sap is just a few miles south of Siem Reap, the gateway to the jungle temples of Angkor. Hire bikes and have your very own Indiana Jones-style adventure among the ruins, then head to the Flight of the Gibbon zipline to soar through the jungle canopy. Cap it all off with a visit to the Phare Circus for an evening of death-defying acrobatics that never fails to wow.

OUR EXPERTS RECOMMEND

Our action-packed Family Cambodia itinerary includes all of the above, plus a visit to the Phnom Tamao Wildlife Rescue Centre, a bone-rattling ride on the Bamboo Train, and four full days on a beautiful desert island. From £1,400 for 12 nights (exc. intl. flights). Call us on 0117 244 3464.



Enter the world of Ghibli, JAPAN

Studio Ghibli has been producing beautifully crafted, heart-warming films since the mid-1980s – but Japan's answer to Disney only found fame in the west after scooping an Oscar for *Spirited Away* in 2004. Since then, the studio has taken the world by storm – and the brains behind the operation, Hayao Miyazaki, is something of a national hero. At the Ghibli Museum, in the suburbs of Tokyo, you'll get an insight into his fantastical world, with exhibits ranging from an exclusive short film to a recreation of Miyazaki's office, and from giant robots to a children's play area shaped like the catbus from *My Neighbor Totoro*.

WHO'LL LOVE IT?

The Ghibli Museum attracts die-hard fans of all stripes, but is especially well suited to younger children – with plenty of hands-on exhibits.

WHAT ELSE CAN WE DO?

If your kids are anime-mad, there are plenty of attractions across Japan. Younger children will love Hello Kitty's Sanrio Puroland, while teenagers might prefer a trip to the Kawaii Monster Café or a video game tour of Tokyo with one of our experts.

OUR EXPERTS RECOMMEND

Our Manga & Anime itinerary was designed with enthusiasts in mind, but packs in the classic cultural hotspots too. From £1,610 for 10 nights. Call us on 0117 244 3463 to find out more.

Walk with elephants, BURMA

Meeting an elephant is one of those once-in-a-lifetime, bucket-list experiences that you and your children will remember forever – so don't settle for anything less than the best. Thanks to rising standards in animal tourism, well-run, responsible elephant sanctuaries are on the rise, and we know of none better than the Green Hill Valley Elephant Camp in Kalaw. Surrounded by woods and fields,

the camp was founded in 2011 to give ex-working elephants a happy and peaceful retirement. Their elephants are well looked-after by a full-time vet, and are not forced to give rides or perform tricks. Instead, these gentle giants are allowed to relax in a stress-free setting, and visitors are invited to learn about them and help with their day-to-day care, including feeding and bathing.



WHO'LL LOVE IT?

We've never met anyone, old or young, who hasn't loved Green Hill Valley. An absolute must for animal-lovers.

WHAT ELSE CAN WE DO?

Though July and August bring rain to southern Burma, this can be the best time of the year to visit central Burma, as crowds are fewer, prices are lower, and showers are relatively infrequent. After a stay in Kalaw, why not go kayaking on Inle Lake, or cycling among the ancient pagodas of Bagan?

OUR EXPERTS RECOMMEND

Our consultants can tailor you the perfect trip to meet your family's needs and interests – just call us on 0117 244 3465 to get started.

Climb Mount Fuji, JAPAN

Most visitors to Japan plump for spring and autumn, for pink blossoms and red leaves respectively, but summer holds one big attraction that no other season can beat: the chance to climb Japan's tallest mountain. There are various routes up the iconic cone, but all are best tackled with an overnight stop in one of the 'fifth station' mountain huts. Wake up before dawn and trek to the peak

for sunrise, where you may find yourself above the clouds – or gazing at Fuji's shadow stretching across the Kanto plains. The sense of achievement is second-to-none.

The Fuji climbing season opens at the beginning of July and closes in mid-September. It is not possible to summit the mountain outside of these dates.

WHO'LL LOVE IT?

The Fuji climb is pretty demanding, but the rewards are unforgettable. Recommended for active families with kids in their teens and above.

WHAT ELSE CAN WE DO?

If your children are too young to scale Fuji, the surrounding national park offers pirate ship rides across Lake Ashi, heart-stopping rollercoasters at the Fuji-Q Highland theme park, steaming hot springs where you can boil a black egg in sulphurous waters, and an open-air sculpture park with hands-on installations to delight all ages.

OUR EXPERTS RECOMMEND

Add a Fuji climb to our Golden Route itinerary, the perfect introduction to the highlights of Japan. From £1,790 for 9 nights. Many of our summer tours will offer the opportunity to climb. Call us on 0117 244 3463 to find out more.



Have some festive fun, **JAPAN**

Summer is festival season in Japan, and there is none quite as impressive as the Nebuta Festival. The highlight of the calendar in the Tohoku region, this eye-popping celebration sees the city's streets taken over by giant, brightly lit lantern floats depicting scowling demons, historic figures and celestial battles, towering up to five metres high and nine metres wide. Each float is made of traditional *washi* paper layered over a wire frame, then paraded through the streets to the accompaniment of *taiko* drumming and traditional dance.

The Nebuta Festival takes place from the 2nd-7th August in the city of Aomori.

WHO'LL LOVE IT?

Japanese festivals are a joy for all ages, with street-food stalls, games, music and traditional costumes. Younger children in particular tend to love the brightly coloured floats – and all the attention from the locals!

WHAT ELSE CAN WE DO?

If the Nebuta Festival doesn't fit in with your plans, don't worry. Summer is chock-a-block with traditional festivities throughout the country, so just ask one of our travel consultants for a suggestion that suits your itinerary.

OUR EXPERTS RECOMMEND

Our Northern Highlights itinerary can easily be tailored to include a stop in Aomori. From £2,820 for 14 nights. Call us on **0117 244 3463** to find out more.



Relax on Hoi An's beaches, **VIETNAM**

Hoi An is easily Vietnam's most beautiful town. An important trading port since the 15th century, it started life as part of the Hindu kingdom of Champa and welcomed traders from as far afield as Holland, Portugal, India and China. But though Hoi An's saffron-coloured merchant houses, lantern-strung markets and famous Japanese bridge are the main draw for culture vultures, its fabulous white beaches are the perfect place for kids to swim, snorkel, and generally relax. Luckily, while northern Vietnam experiences some of its highest rainfall during July and August, Hoi An is still basking in the summer heat – making this the perfect time to get some sun, sea and sand.

WHO'LL LOVE IT?

If your family is looking for a beach break with a little culture nearby, there could be nowhere better than Hoi An. Highly recommended for families of all ages.

WHAT ELSE CAN WE DO?

If relaxing on the beach isn't your style, Hoi An makes a great base for some more active adventures. Go cycling through the paddy fields, take a Vespa street food tour (kids aged seven and up), ride a basket boat out of town to a cookery class or explore the ancient ruins of My Son.

OUR EXPERTS RECOMMEND

Hoi An can be added to any tailored trip in central Vietnam. Why not combine with the imperial city of Hue and the jungles and caves of Phong Nha National Park, both of which are excellent at this time of year? Call us on **0117 244 3464** to begin planning.

Luang Prabang

Laos' Shangri-La



Luang Prabang may be justly renowned for its World Heritage architecture, but beyond the temples Violet Cloutman discovers a living heritage that's just as compelling.

Susan blinked two big, brown eyes at me and gave me a look that said: "You don't have a clue what you're doing, do you?"

I was standing up to my knees in a rice paddy, clinging to one end of a wooden plough that wouldn't have looked out of place in medieval England. At the other end was Susan the buffalo, and something told me she wasn't particularly impressed.

"She can keep going all morning," says Laut Lee, watching with amusement from the sidelines. Luckily he means Susan, not me, and soon I'm scrubbing the mud from my feet and looking forward to a bowl of the sticky rice I've 'helped' to plant, harvest and thresh.

The Living Land

The Living Land project is an organic farm that gives tourists the chance to muck in with the messy job of rice production ('muck' being the operative word, I soon realised). And for Laut Lee, the project's charismatic director, it's his life.

"We farmers don't have watches or calendars – we live our lives by the sun and moon, and take our breaks whenever we want. Farming is freedom." Lee explains that in a world of increasing mechanisation, he wanted to stay in touch with tradition.

"In the past, slash-and-burn farming left the earth here degraded and unusable. The land was dead – but we're reversing the process. That's why we're called the 'Living Land,'" he says. And the fruits of his labour are already in evidence: the Living Land employs seven families,

provides training for students from the Luang Prabang agricultural college, and raises money for community projects in the local village.

"It's a beautiful life," he says. And if it sounds idyllic – it is.

The Shangri-La of Laos

Lee's farm has such a sense of timelessness that it's easy to forget you're just a ten-minute tuk-tuk ride from the jewel of Laos – a city with a history that spans millennia: Luang Prabang.

According to legend, Luang Prabang was founded by one of the seven sons of Khun Borom, a demi-god and the mythical father of the Tai people, in 698 AD. Then, as the

whole city from above. From such a vantage point it wasn't difficult to understand why kingdoms were won and lost over this place.

Luang Prabang occupies a wonderful position in the crook of the Nam Khan River, at the point where it joins its power to the mighty Mekong. Golden spires and red roofs peep out from among the palm trees, pink splotches of bougainvillea line the dusty streets, and the chocolate-brown sweep of the Mekong curves through the landscape, disappearing into the jungle-clad mountains beyond. Early visitors must have thought they'd stumbled upon a Laotian Shangri-La.

In many places, the past lies buried beneath

"We live our lives by the sun and moon, and take our breaks whenever we want. Farming is freedom."

Khmer Empire rose to dominate Southeast Asia, a young prince set up the first true kingdom of Laos – a place he named Lan Xang, or 'Land of a Million Elephants and White Parasols'. The heart of this new kingdom was the place we now know as Luang Prabang.

Seized by a desire to get the lie of the land, I rose early the next morning and crossed the bamboo bridge across the river to town, making a beeline for Mount Phousi: a steep hill rising up 100 metres in the city centre. Having made my way to the summit, I surveyed the

lurid shop fronts and electrical cables, surviving only as a list of dates to be reeled off by tour guides. But as I made my way back down the hill and into Luang Prabang proper, history was everywhere I looked. I wandered past gleaming golden facades flanked by skinny palms and Bodhi trees; pink plaster walls inlaid with mother of pearl; temples decorated with silver-plated elephant heads and glittering mosaics of turquoise – and everywhere orange-clad monks going about their everyday business.

Sandwiched between these Buddhist

Buff-hello
Meeting Susan the buffalo
at the Living Laos project





masterpieces, meanwhile, were rows of colonial buildings that hinted at the city's more recent past as the centre of the French Protectorate of Laos, from 1893 until 1954. Their provincial-style shuttered windows and shady porches just beckoned me to pull up a chair, order an iced coffee, and watch the world go slowly by – an invitation I duly obeyed.

Getting crafty

If visitors come to Luang Prabang for its unique architectural heritage, I soon realised that there were many more reasons to stay. That afternoon, I rented a bike and pedalled out of the city centre to Ock Pop Tok – or 'East Meets West' – a weaving workshop perched on a high embankment overlooking the Mekong.

Veomanee Douangdala, who learned to weave from her mother when she was eight, founded the workshop at the age of 24 to help local women make a living from their skills. She now employs a whole host of weavers from Luang Prabang and the surrounding villages. As I arrived they were chatting and singing while their fingers flew over the looms, turning colourful silk threads into scarves and tapestries while others whipped up dyes into shades of deep green and orange



using plants grown in the garden. Browsing their handiwork, I immediately fall in love with a pair of elephants woven in blue with white trimmings.

"This isn't just for tourists" explains Kham, my guide, as I try to coax a silkworm into eating a mulberry leaf. "People come here from all over Laos to learn about their heritage." She tells me that many of the textiles on sale here are produced by communities in different areas of the country, giving remote tribes the chance to make extra income. The result is a fantastic repository of traditional regional designs passed down through generations of Lao women.

"We have to pass on our traditions to our children or they'll disappear." She says, echoing the sentiment Laut Lee expressed the day before. Here is a generation of young Lao people who recognise that their heritage is more than bricks and mortar, and as I headed home with my two woven elephants, I was glad to have played my part in keeping it safe.

DO IT: Visit Luang Prabang on our Authentic Indochina itinerary, which combines the top sights of Laos and Vietnam. From £1,850 for 14 nights (exc. intl. flights).



Laos Essentials

CAPITAL CITY: Vientiane

MAIN RELIGION: Theravada Buddhism

POPULATION: 6.5 million

LANGUAGE: Lao

TIME: GMT+7.

GETTING THERE: Flight time from London to Luang Prabang is 15 hr+ with at least one stop.

WHEN TO GO: Traditional peak season for Laos is Oct-Mar, when it is generally dry throughout the country (though sometimes rather chilly in the mountains). April is the hottest month of the year. The rainy season runs from around May-Sep, but isn't necessarily a time to avoid – it brings with it fewer crowds, lower prices, and beautiful scenery.

VISAS: UK citizens can obtain a visa on arrival in Laos for USD36.

CURRENCY: Lao Kip (LAK). £1 = approx. LAK10,266

MORE ONLINE: www.INSIDEASIA.com

Insider's guide to...

kaiseki cuisine

You've heard of sushi and ramen – but have you ever sampled the delights of kaiseki?

Usually served at traditional *ryokan* inns or specialised restaurants, *kaiseki* is Japan's answer to haute cuisine. A *kaiseki* meal consists of a set menu of many little dishes served in a prescribed order, showing off many different cooking techniques, flavours and textures, each presented more beautifully than the last.

Tackling *kaiseki* can be daunting, but our handy Insider Guide will help you decipher any menu. Although the courses will vary according to seasonal and regional specialities, all *kaiseki* meals usually include the following:

Starters



Aperitif

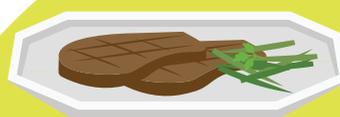
A small glass of sweet wine or local alcohol.



Appetisers

Bite-sized appetisers on a rectangular plate.

Main courses



Grilled dish

Grilled meat or fish. Often *wagyu* beef, river fish or seafood.



Boiled dish

Vegetables, meat or seafood simmered in soy sauce, sweet cooking sake and sugar.



Sashimi

Thinly sliced, raw fish with shredded radish. Soy sauce is provided for dipping.



Soup

A light soup with vegetables, tofu or seafood.



Deep-fried fish

Vegetable and seafood tempura, deep fried in a light flour batter. Served with a dipping sauce or salt seasoning.



Vinegared dish

Vegetables and seafood (often prawns or octopus) dressed in a vinegar-based sauce.



Steamed dish

A savoury egg custard with morsels of mushrooms, chicken, *gingko* nuts and seafood. It's OK to eat this with a teaspoon!

Rice courses



Rice

A bowl of rice comes towards the end of the meal.



Miso soup

Miso soup with vegetables, tofu or seafood.



Pickles

A small assortment of pickled vegetables.

DO IT: Our Gastronomic Adventure itinerary is the perfect culinary introduction to Japan. From £3,250 for nine nights (exc. intl. flights). Call one of our Japan experts on 0117 244 3463 to find out more.

Top 5 tips:

DODGING THE CROWDS AT **SIEM REAP**

The crumbling, vine-entangled temples of Angkor, Siem Reap, are the first stop on every traveller's Cambodia itinerary – but as visitor numbers swell, is it ever possible to dodge the crowds?

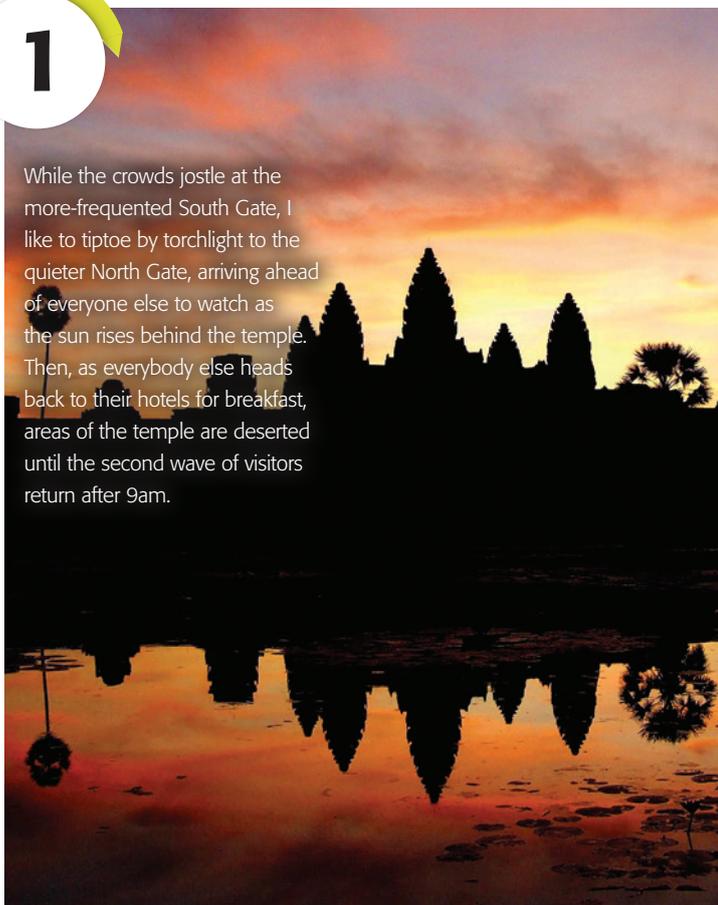


Andy Booth, founder and CEO of ABOUTAsia and our partner in Siem Reap, reveals his top tips for a quieter, more authentic day among the ruins...



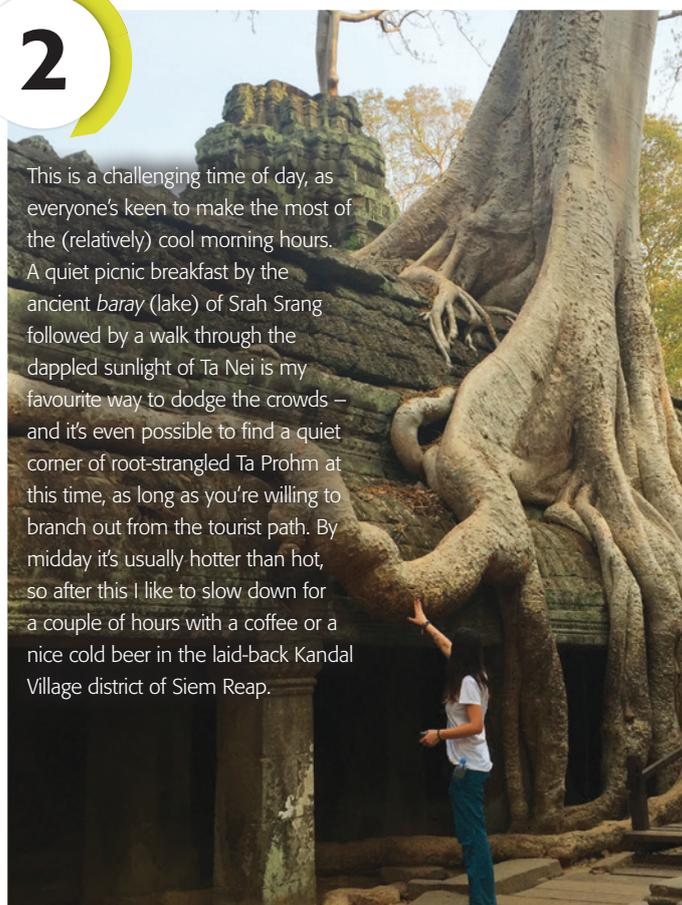
1 Sunrise: Angkor Wat

While the crowds jostle at the more-frequented South Gate, I like to tiptoe by torchlight to the quieter North Gate, arriving ahead of everyone else to watch as the sun rises behind the temple. Then, as everybody else heads back to their hotels for breakfast, areas of the temple are deserted until the second wave of visitors return after 9am.



2 Morning: Forest temples

This is a challenging time of day, as everyone's keen to make the most of the (relatively) cool morning hours. A quiet picnic breakfast by the ancient *baray* (lake) of Srah Srang followed by a walk through the dappled sunlight of Ta Nei is my favourite way to dodge the crowds – and it's even possible to find a quiet corner of root-strangled Ta Prohm at this time, as long as you're willing to branch out from the tourist path. By midday it's usually hotter than hot, so after this I like to slow down for a couple of hours with a coffee or a nice cold beer in the laid-back Kandal Village district of Siem Reap.



© Norman Blake, ABOUTAsia, InsideAsia Tours staff

Afternoon: Angkor Thom

3

Most visitors follow a well-trodden route through the temples, hitting Angkor Thom in the late morning. After lunch you'll find the ancient city much quieter, giving you free rein to walk or cycle along the city walls and get a sense of the sheer scale of the place. Then, diverging from the ordinary route through the Terrace of the Elephants, take a back road to the great stone faces of Bayon, which tend to be at their quietest between 3 and 5pm.

Sunset: Cruise on a temple moat

4

As evening draws on, the temples begin to fill up with visitors keen to see the bas-reliefs illuminated in the dying light. At this time, I like to remove myself from the crowds and take to the water with a sunset cruise on the lake of Angkor Thom.

5

Evening: Dinner at Villa Chandara

Hidden in the midst of rice paddies and spice gardens to the west of Angkor Thom, ABOUTAsia's private villa really is worlds away from the hustle and bustle of the town centre. Indulging in a five-course dinner with free-flowing drinks, on a terrace surrounded by candlelight, is the perfect way to end a wonderful day in Siem Reap.

DO IT: Our *To Angkor and Beyond* itinerary is perfect for those who want to see temples away from the crowds. From £2,850 for ten nights. Call us on 0117 244 3464 to find out more.

Your adventures

East's first competition winner
Adrian Furner on holiday with
his family in Japan

We love hearing where InsideAsia travellers have been exploring and will be printing our favourites. **This issue:** the Furner family return to Japan.

As our plane descended over Mount Bandai we could see the peaks of the mountains, pink with autumn colours. Just a year after our first incredible trip, we are back in Japan! Although famous for its cities and technology, 70-80% is mountainous countryside, rich in nature and history. On our second trip to Japan, we knew we wanted to get a balance between the two.

City life

Friends who are regulars to Tokyo insisted that we should spend a Sunday afternoon in Yoyogi Park, where we picnicked among dancing rockabillies, skateboarding dogs, and full-on Frisbee tournaments. Then, as the sun went down, we walked to Shibuya and its famous crossing. We're used to London's crowds, but nothing could have prepared us for Shibuya at its peak. The lights, noise, flashing billboard trucks, and of course the thousands of people who swarm across the crossing every 90 seconds, really are an assault on the senses.

In Kyoto we targeted some

of the city's lesser-known sights (luckily there are many!) before combining two nearby cities into one day: Nara and Osaka. Nara is a great day trip: from roaming deer (purported to be the messengers of the gods, which seems to give them full licence for mischief) to Todai-ji Temple, home to a giant bronze Buddha 15 metres tall.

"It's often the lesser-known places that provide the most memorable experiences"

If Nara is cultural immersion of a historical nature, Osaka is a full baptism into modern Japan; we finished the day surrounded by glowstick-waving men at a performance of the Japanese girl-band Kamen Joshi.

Country charms

While the cities are fun, it's too easy to overlook the areas of countryside just outside of them. From Tokyo we jumped on the train to Mount Takao, about an hour's journey that

takes you to the western edge of the city. By the time we made it to Takao's summit, the weather had closed in and the mountain's fabled Fuji views were obscured – but what better way to spend a wet afternoon than sitting in the local hot springs looking at the rain splashing down and the beautiful autumn colours?

So the end of another great adventure in Japan. What has it taught us? Well firstly, we were right when we thought that we'd only just scratched the surface on our first trip. Secondly, it's often the lesser-known places that provide the most memorable experiences. And thirdly, Japan is different in every season – and with two seasons done we just have to find a way of doing the other two!

Adrian Furner won our first-ever East photo competition. His prize was a luxury family trip to Japan, combining Tokyo and Kyoto. You can read more about his experience on our blog: www.INSIDEJAPANTOURS.COM/BLOG



© Adrian Furner

east COMPETITION

1st



WINNER OF A
LUXURY TRIP
TO CAMBODIA!

2nd



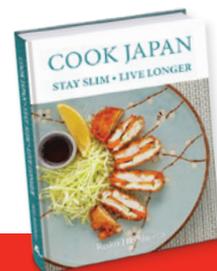
Congratulations to last issue's winner Ian Stone, whose photo of children playing in Burma won our fourth 'movement' themed *East* competition – and a luxury trip to Cambodia! Ian, we'll be in touch soon with details of your prize. Our first runner-up was John Sexton, with his beautiful photo of a white-tailed sea eagle in Hokkaido. A big thank you to everyone who took part, the standard was high and picking a winner wasn't easy!

CAPTION COMPETITION



HOW TO ENTER:

- 1) Read our terms & conditions. You can find them at: www.insideasiatours.com/eastmagazine
- 2) Send your captions to east@insideasiatours.com by 5pm (GMT) on 31 July 2017. Include your name, address & contact details.
- 3) The winner and runners up will have their captions published in the next issue of *East*.

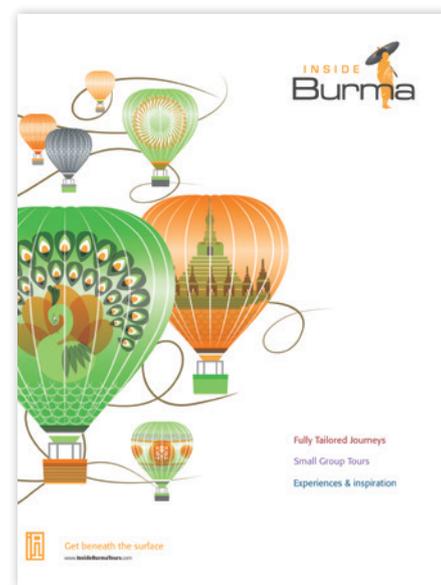


SEND US YOUR CAPTION FOR THE PHOTO ABOVE!

In this issue of *East*, we're giving away an exclusive copy of Reiko Hashimoto's new cookbook: *Cook Japan*. Packed with authentic Japanese recipes inspired by Hashimoto's Kyoto upbringing, this accessible introduction

to healthy Japanese cuisine will have you cooking up a storm in no time. To be in with a chance of winning send us a caption for the photo above! Anything goes... Good luck!

To find out more and start planning your next holiday, order a brochure now using the form inside...



0117 244 3463
info@insidejapantours.com



0117 244 3464
info@insidevietnamtours.com



0117 244 3465
info@insideburmatours.com



/InsideJapanTours /InsideJapan /InsideJapanTours



/InsideAsiaTours /InsideAsiaTours /InsideAsiaTours



/InsideAsiaTours /InsideAsiaTours /InsideAsiaTours



Get beneath the surface
www.InsideAsiaTours.com

Subscriptions & general enquiries: 0117 244 3466, east@insideasiatours.com
Phone calls may be recorded for training purposes.