

SAS CITY PORTRAIT

Tokyo

7th ed.

SAS SCANDINAVIAN AIRLINES



Front cover: Flower arrangement (Ikebana) is an art in Japan.

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The information given in this booklet
is based on facts available in January 1971.



Introduction

A conglomeration of the city proper, 23 townships, 2 counties and 7 islands, Greater Tokyo constitutes the largest city in the world—a bustling, noisy, ever-changing metropolis of 11 million people in 800 square miles.

It is, too, a world of East and West, a chameleon of a city. On a single stroll you can watch the change. From a soaring ultra-modern hotel block to a quiet, hidden-away rock garden, pretty with stunted pines. From a complex maze of thoroughfares, alive with speeding cars and great, bright department stores, to narrow backstreets.

Excavations show that the city was inhabited as early as Stone Age times. It was only, however, in the mid-15th century that Edo, as Tokyo was then called, began to enjoy political and cultural importance and not until four centuries after that (when the Meiji Government moved from Kyoto to Tokyo) the city received its present name and status as Japan's capital.

The subsequent years have seen Tokyo forge from industrial strength to export leadership. Today, it sits proudly at the helm of a nation that bests the world in shipbuilding, camera manufacture and in its yearly catch of fish, a nation well up among the top producers of automobiles, rolling stock, iron and steel. Aside from being Japan's economic and administrative hub, and a thriving harbor, Tokyo is also its urban pulse—possessor of many theaters, amusement parks and night-spots that would do most Western cities justice, with a public transport network that is probably the finest, most comprehensive in the world.

For most, however, Tokyo is the enchanting gateway to the Japan of fables, fans, cherry blossom, and shining pagoda-topped shrines. Here you can appreciate the serenity and mysticism of the Tea Ceremony, stroll rock gardens full of meaning, attend the noisy, classic dramas and dances of the renowned Kabuki Theater and the

rather strange, rather wonderful Noh Plays, thrill to the clashing encounter of Sumo wrestlers, join in the laughter and gaiety of a Geisha party at one of the city's fabled Tea Houses, or witness the fireworks and chanting, colorful processions that herald most of the local and national festivals that crowd the capital's calendar . . . Of one thing you can be certain – no one ever forgets Tokyo, the old or the ultra-modern.

Your arrival in Tokyo

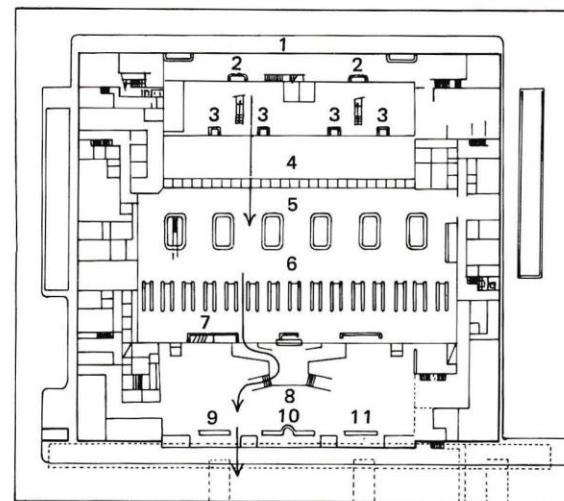
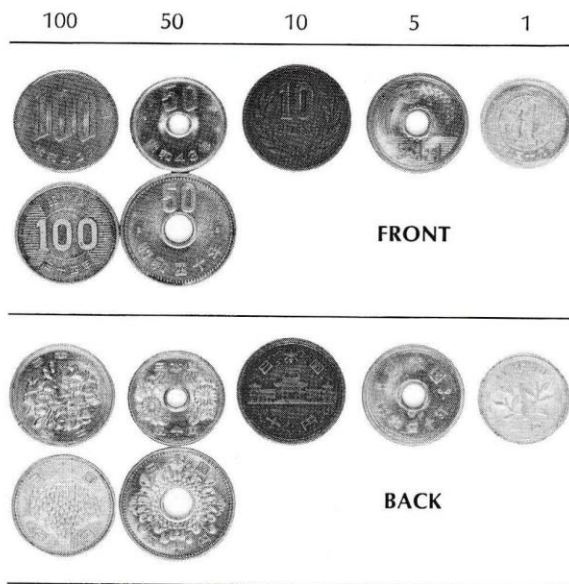
Tokyo International Airport, your arrival-point, lies in Haneda, just 12 miles (19 kms.) from the city center.

On disembarking your aircraft, an SAS or THAI International Hostess will guide you to the Arrival Hall where immigration and customs control take place.

The airport information desk, bar, restaurant, souvenir shops, bank, post office and telegraph offices are conveniently located in the public lobby.

If you are exchanging currency here, you'll want to know that the yen is the main monetary unit in Japan.

The coins look like this:



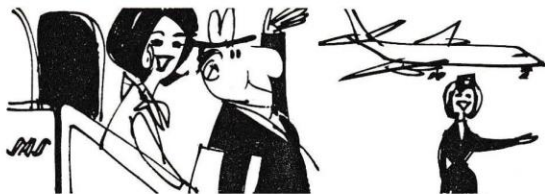
Map of Tokyo International Airport

- | | |
|------------------------------------|--|
| 1. Ramp bus. | 7. Currency exchange. |
| 2. Interline counters. | 8. Arrival hall. |
| 3. Quarantine inspection counters. | 9. Limousine counter. |
| 4. Immigration counters. | 10. Hotel information and reservation. |
| 5. Baggage pick-up. | 11. SAS counter. |
| 6. Customs clearance. | |

Bus services operate frequently between the airport and town. Departure point, the front of the Terminal Building. Buy your ticket at a counter just inside the door.

Mini-buses (limousines) and taxis are also available. A limousine costs 480 yen and takes about 30 minutes. Taxis cost between 1,000 and 1,500 yen and take approximately 20 minutes. Alternatively, if you'd like to ride into town on the world's longest monorail, the station is right under the plaza in front of the Terminal Building. Departure every 10 minutes between 6.20 a.m. and 11.30 p.m. for Hamamatsucho (near the Tokyo Tower). Fare: 150 yen one way, time: 15 minutes.

If you are flying on from Tokyo by SAS or THAI International, one of the first things to do when you arrive is to reconfirm your onward reservation by informing SAS or THAI International of the reservation you hold and your intention to use the space previously reserved for



you. If your plans change, please advise the SAS or THAI International office as quickly as possible, so that the staff may secure you an alternative reservation.

Entry regulations. In addition to a valid passport, you are required to produce a valid certificate of vaccination against smallpox, and a certificate of inoculation against cholera, if traveling from infected areas. In many cases visas are not required and in some instances where they are necessary they are granted free.

You may take into Japan duty-free 400 cigarettes, 100 cigars or 500 grams of tobacco, and a maximum of 3 bottles of spirits.

Departure: When you are about to leave Tokyo, tell the hall porter in the morning of your flight number and departure time. He will arrange for a mini-bus to pick you up at the hotel 2 hours before departure. The bus makes a round of several hotels and may therefore be a few minutes late. But don't worry, it will take you to the airport in time.

Hotels

Tokyo abounds with hotels of all classes and kinds. The visitor may choose from ultra-modern hotels, offering a service and decor which is entirely westernized, or from the quaint, picturesque ryokans (Japanese inns) – each an enchanting example of Japanese hospitality and custom. If you're contemplating a stay in the latter, read the section later in this chapter.

Tokyo being equally attractive in all seasons, it is advisable to book accommodation in advance. This you can do by contacting your travel agent or any SAS/THAI International office. Either can offer you, through the SAS Travel Planning Service, detailed information on all classes of hotels with immediate confirmation of accommodation in most.

Should you arrive unaccommodated, however, the following list may prove useful.

De luxe class

Okura (F8) ホテルオークラ (F8)
港区赤坂葵町3
Minato-ku, Tokyo
Tel. 582-0111

Imperial (H8) 帝国ホテル (H8)
千代田区内幸町1-1
Chiyoda-ku
Tel. 504-1111

Tokyo Hilton (F7) 東京ヒルトン (F7)
千代田区永田町2-57
Chiyoda-ku
Tel. 581-4511

New Ohtani (F7) ホテルニューオータニ (F7)
千代田区紀尾井町4
Chiyoda-ku
Tel. 265-1111

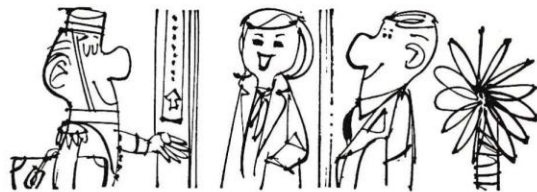
Palace (H6) パレスホテル (H6)
千代田区丸の内1-10
Chiyoda-ku
Tel. 211-5211

Tokyo Prince (G10) 東京プリンス (G10)
3 Shibakoen, Minato-ku
港区芝公園3
Tel. 434-4221

First class

Hotel New Japan (F8) ホテルニュージャパン (F8)
千代田区永田町2-29
Chiyoda-ku
Tel. 581-5511





Akasaka Tokyu (F7)
11, 2-chome, Nagata-cho
Chiyoda-ku
Tel. 580-2311

Marunouchi (I6)
1, 1-chome, Marunouchi
Chiyoda-ku
Tel. 215-2151

Ginza Tokyu (I8)
15-9, Ginza, 5-chome
Chuo-ku
Tel. 541-2411

Tourist class

Dai-ichi (H8)
6-2, 1-chome
Shinbashi
Minato-ku
Tel. 501-4411

Shiba Park (G10)
3, 6 Shibakoen, Minato-ku
Tel. 433-4131

Fairmont (G5)
17-1, Kudan-Minami
2-chome, Chiyoda-ku
Tel. 262-1151

Haneda Tokyu (Airport)
8-6, 2-chome, Haneda
Ota-ku
Tel. 742-3111

Tokyo Air-Terminal (Airport)
3-1, 2-chome, Haneda
Ota-ku
Tel. 581-0451

赤坂東急ホテル (F7)
千代田区永田町2-11
Tel. 580-2311

丸の内ホテル (I6)
千代田区丸の内1-1
Tel. 215-2151

銀座東急 (I8)
中央区銀座5-9-15
Tel. 541-2411

第一ホテル (H8)
港区新橋1-2-6
Tel. 501-4411

芝パークホテル (G10)
港区芝公園
Tel. 433-4131

フェアモントホテル (G5)
千代田区九段南2丁目1-17
Tel. 262-1151

羽田東急ホテル
羽田空港
Tel. 742-3111

東京エアターミナルホテル
羽田空港
Tel. 581-0451

New Hotels

First class

Hotel Pacific
3 Takanawa, Minato-ku
Open July 27, 1971

ホテルパシフィック
港区高輪3

Keio Plaza (B5)
2-2-1, Nishi-shinjuku
Shinjuku-ku
Open June 1971

京王プラザホテル (B5)
新宿区西新宿1-2-2

Hotel rates range as follows:

For de luxe single rooms with bath between 6,000 yen and 8,500 yen. For double rooms with bath between 7,200 yen and 12,500 yen.

In first class, between 5,000 yen and 7,200 yen for a single with bath and between 6,000 yen and 9,500 yen for a double with bath.

In tourist class, between 3,000 yen and 4,800 yen for a single with bath and 3,800 yen and 5,400 yen for a double with bath.

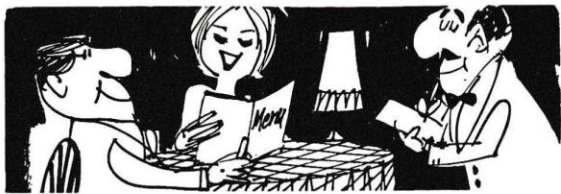
Electricity: In Tokyo hotels the voltage is 110 AC and US adaptors are usable.

Shoe manners. A useful tip when visiting ryokans (see next section), Japanese-style restaurants and homes – walking in your shoes on Japanese floors is considered bad manners. A simple rule of thumb to follow: stone floors – shoes, wooden – slippers, tatami matting – socks/stockings.

Japanese Inns (Ryokans)

If you like the unusual, a stay for a night, or two, in a Japanese inn (ryokan) is an experience you shouldn't miss. Too often, unfortunately, the common misconception that these typically Japanese abodes are only for the initiated and the hardy pre-





vents many would-be guests from trying them. This is a pity. For quite the contrary is true. Here the comforts of life have been adjusted to floor-level living and the artful beauty of a Japanese garden has been deployed to its most restful purpose.

Novelty number one, for those who have not been to the East before, will be the proffering of Japanese slippers for your shoes at the inn's entrance.

Thus the pampering begins – so it continues.

Usually a maid is assigned to your room to take care of your comfort throughout your stay. She will hang your clothes, provide you with a yukata (a cotton coat cut like a kimono and a most comfortable replacement for hot, travel-tight top-clothing), arrange meal times to suit you, draw your bath, prepare your bedding (usually a thick mattress, soft futon, and warm, comfortable quilt cover, laid out each night over the tatami matting), take care of any special requests, and advise you on local sights, tours and entertainment.

Contrary to Western practice, it is usual for guests to take their meals in their rooms. Western foods are available as well as Japanese specialties, and in most modern ryokans, a large hole has been thoughtfully placed under the ankle-low Japanese tables so that Westerners may dangle their feet freely.

Within the ryokan you'll also find yet another talked-about Japanese custom: the Japanese bath. By tradition you wash (soap and douse) before entering the bath, whether it be of the communal kind, or in your own room. (Incidentally, it's customary to bath "au naturel" in the former but don't let this worry you . . . it won't worry anybody else!) In essence, a Japanese bath is a wonderful excuse to relax in the pine-wood interior and soak – after you've done the scrubbing outside the tub or pool!

There are some 70,000 ryokans in Japan, 1,300 of which are members of the National Ryokan Association, a guarantee of both high service standards and quality facilities.

It is customary for ryokans to charge a flat rate per day, including lodging, supper and breakfast. (The midday meal is extra and is not served unless ordered. Drinks and special dishes are also extra.) Rates per day, per person range from 2,000 to 5,000 yen depending on the class of ryokan, with charges for the midday meal running from 500 to 1,000 yen.

Restaurants and cuisine

Tokyo's array of eating houses caters for almost every national palate. From the delicious fresh seafoods drawn from Japan's bountiful surrounding waters, cooked to perfection in native atmosphere, you can move on and sample the intriguing fare of an Indonesian restaurant or slice into the juiciest of steaks, as delicious as any in America.

If you're desirous, however, to sample first and foremost dishes indigenous to Japan, then the list under "Local Specialities" will assist you through the initial stages of selection.

Where to eat

Japanese

GARDEN RESTAURANT

Chinzanso (D2)
41 Sekiguchi-daimachi
Bunkyo-ku

椿山荘 (D2)
文京区関口台町41

TEMPURA

Ten-ichi (I8)
6-5, 6-chome, Ginza-Nishi,
Chuo-ku

天一 (I8)
中央区銀座6丁目5-6

Hashizen (H8)

7, 1-chome, Shimbashi,
Minato-ku

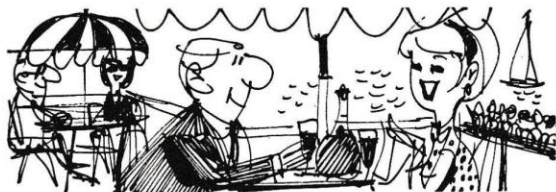
橋善(H8)
港区新橋1丁目1

SUSHI

Nakata (H8)
First basement,
Imperial Hotel
Uchisaiwaicho, Chiyoda-ku

なかた (H8)
千代田区内幸町
帝国ホテル地下1階





SUKIYAKI

Rangetsu (I8)
5-8, 3-chome, Ginza,
Chuo-ku

らん月(I8)
中央区銀座3丁目5-8

Suehiro (I8)
11-6, Ginza
Chuo-ku

スエヒロ (I8)
中央区銀座6-11

SHAB SHAB

Serina (D10)
Roppongi 3, Minato-ku

しゃぶしゃぶ 瀬里奈(D10)
港区六本木3

TEPPAN-YAKI

Benihana of New York (I8)
3, 6-chome, Ginza,
Chuo-ku

紅花オブニューヨーク (I8)
中央区銀座6丁目3

Hasejin (E9)
6 Iikurakata-machi
Azabu, Minato-ku

はせ甚(E9)
港区麻布飯倉片町6

New Hama (D10)
2-7, Roppongi
Minato-ku

ニューハマ (D10)
港区六本木7-2

Steak House

Copa Little Club (F8)
4-6, 3-chome, Akasaka,
Minato-ku

コパリトルクラブ (F8)
港区赤坂3丁目6-4

Mon Cher Tonton (C5)
Seryna Bldg.
9 Mikawa-daimachi,
Minato-ku

モンシェントントン (C5)
港区三河台町9

Steak-Corner Koma (H8)
Toho Twin Tower Bldg.
2nd basement
2-1, Yuraku-cho, Chiyoda-ku

ステーキコーナー・コマ(H8)
千代田区有楽町1-2
東宝ツインタワービル地下2階

French

Crescent (F9)
8-1 Shiba Park
Minato-ku

クレセント (F9)
港区芝公園1-8

Shido (F7)
TBS Bldg.
36 Akasaka, Hitotsugicho
Minato-ku

シド (F7)
港区赤坂36-ツ木町
TBSビル内

Maxim (I8)
5, 6-chome, Ginza-Nishi
Chuo-ku

マキシム (I8)
中央区西銀座6丁目5

Chinese

Totenko (H8)
Toho Twin Tower Bldg.
3rd Floor
2-1, Yurakucho, Chiyoda-ku

東天紅 (H8)
千代田区有楽町1-2
東宝ツインタワービル3階

Liu-en (G10)
9, 5-gochi, Shiba Park
Minato-ku

留園 (G10)
港区芝公園5号地9

German

Ketel's (I8)
5, 5-chome, Ginza-Nishi
Chuo-ku

ケテル (I8)
中央区西銀座5丁目5

Lohmeyer's (I8)
1, 5-chome, Ginza-Nishi
Chuo-ku

ローマイヤ (I8)
中央区西銀座5丁目1



Italian

Nicola's Pizza House (D10)
32 Gazenbo-cho, Azabu
Minato-ku

ニコラスピッツァハウス (D10)
港区麻布我善坊町32

Antonio's (D10)
1-20, 3-chome, Nishi Azabu
Minato-ku

アントニオ (D10)
港区西麻布3丁目1-20

Indonesian

Indonesia Raya (H8)
4, 4-chome, Shimbashi
Minato-ku

インドネシア・ラヤ (H8)
港区新橋4丁目4

Kosher Foods

Anne Dinken's (F8)
25-6, 9-chome, Akasaka
Minato-ku

アンディンケンス (F8)
レストラン コウシャ
港区赤坂9丁目6-25

Scandinavian

Palace Viking (H6)
Palace Hotel
10, 1-chome, Marunouchi
Chiyoda-ku

ヴァイキング (H6)
千代田区丸の内1-10
パレスホテル地下1階

Continental Room (F9)
Hotel Ohkura
3 Aoicho, Akasaka
Minato-ku

コンチネンタル・ルーム (F9)
港区赤坂葵町3
ホテルオークラ

Seafood (Prunier)

Emeral Room (F9)
Hotel Ohkura
3 Akasaka Aoicho
Minato-ku

エメラルド・ルーム (F9)
港区赤坂3葵町
ホテルオークラ内

Local specialities

Kabayaki: Thin fillets of eel, charcoal broiled, and basted with a special sauce, are sweet and meltingly tender.

Okaribayaki: A delicious and most unusual sukiyaki-like dish made from your choice of beef, pork, chicken or wild game and cooked right before your eyes.

Shabu-Shabu: Thin slices of tender beef cooked at the table by dipping them into a bubbling pot of well-seasoned broth make an unusual and very tasty dish.

Sukiyaki: Japan's most famous dish is a wonderful blend of tender beef, vegetables, bean curd and Japanese noodles cooked right on the table and eaten with a special sauce.

Sushi: Primarily slices of raw fish served on a vinegared rice with a dab of hot mustard, it is astonishingly good as a late hour snack.

Tempura: Deep fried shrimp, fish and choice vegetables served with an extremely delicious sauce dip.

Teppan-yaki: Prime cuts of beef cooked right before your eyes on a special iron grill make some of the best steak eating this side of paradise.

Yakitori: Bits of chicken and vegetables skewered, basted and charcoal broiled make a most delicious snack.

Meal times and prices

Many restaurants open at 11 a.m. and shut close to midnight, whilst others remain open until the early hours of the morning. Prices vary, depending naturally, on where you eat. These average figures will serve, however, to guide you: Breakfast 300-600 yen, lunch 800-1,200 yen, dinner 800-2,000 yen.

Beverages

Tastefully complementing any Japanese dish is the national drink, sake, a wine made from rice and served hot (about 100°F). Customarily, it is not drunk during the rice course, and a Japanese holds his sake cup when it is filled. There are more than 200 brands in the country. Japanese beer is considered excellent by most world standards, try for example Asahi and Suntory, and whisky and other spirits are available in addition to wines and soft drinks.

Sharing the popularity of sake is green tea, which is drunk with meals and frequently enjoyed on its own as a refreshment. Black tea and coffee are also becoming popular. Water from the tap is quite safe to drink.





Sightseeing and excursions

Professionally conducted sightseeing coach tours leave the Central Station (L6) and several of the leading hotels each morning and afternoon. (Should you be interested in escorted nocturnal outings, there are tours in the evening, too). Morning tours usually include in the itinerary the Imperial Palace Plaza, the National Diet Building, Shiba Park, Tokyo Tower, Meiji Shrine and its Outer Gardens. Afternoon tours generally take in Ueno Park, Asakusa Park and the shopping streets of Ginza. "Tokyo-by-night" tours include in their program visits to a Geisha House, a de luxe nightclub and a Japanese-style dance hall. And for the art-enthusiast there is a string of fascinating 5-hour "Art-around-town" tours every afternoon.

A number of companies operate city sightseeing tours and excursions into Tokyo's enchanting surroundings – for recommendations contact the Japan Travel Bureau (there is an office in many of the larger hotels) or the SAS Office.

In order that you may determine just what you want to see before booking a tour, a short description of each of the prime city sights and excursion points are listed below with, in the case of the city sights, an appropriate map reference.

City sights

The Meiji Shrine (at Yoyogi – B7). The Shrine is dedicated to the Emperor Meiji and his consort and is located in a picturesque park of about 180 acres (72 hectares), enhanced by over one hundred thousand trees which were donated by the Japanese people when the shrine was constructed in 1920. On the stage in front of the main building, programs of ancient music and "bugaku" dances are performed on special occasions. At the rear is the Meiji Shrine Treasure Museum which contains various articles used by the Emperor and his consort. The Museum is open April–November, 8.30 a.m. to

4 p.m.; December–March, 9.30 a.m. to 3.30 p.m. Admission fee. The Meiji Shrine Outer Garden, connected to the Shrine by a broad cherry tree-lined avenue, contains the Memorial Picture Gallery and various sports facilities, including the National Stadium, main arena for the Tokyo Olympic Games in 1964.

Shinjuku Gyoen (C6). The Shinjuku Gyoen National Garden was the gift of the Imperial Family to the state, and is today a recreation area. It is open 9 a.m. to 6 p.m. (4.30 p.m. from September to April). Admission fee. The Shinjuku District, in uptown Tokyo, is a comparatively new shopping and amusement center. The Mitsukoshi and Isetan department stores are located in this area as well as many fashionable tea-rooms and cinemas.

Nihombashi (I6) is one of the most popular and flourishing shopping areas of the city. Its famous bridge, subject of one of a series of famous prints by Japanese artist, Hiroshige, was originally constructed in 1603, and rebuilt in 1911. It is the official geographical center of Japan, the point from which distances are measured.

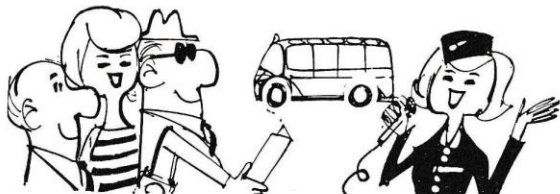
National Museum of Modern Art (I7). A regularly changing exhibition of modern works of art, the Museum gives space, in turn, to specific groups of periods of Japanese art. Open daily from 10 a.m. to 5 p.m. (closed on Mondays). Admission fee.

Toshogu Shrine (J2). Founded in the 17th century, the shrine commemorates Ieyasu, founder of the Tokugawa Shogunate. The stone and bronze lanterns which line the approach of the shrine were gifts of feudal lords. The 5-storey pagoda in front of the shrine dates back to 1639.

Asakusa (L3). Largest of downtown's amusement centers, Asakusa comprises a vast number of restaurants, cinemas, vaudeville theaters and souvenir shops. The famous Kannon Temple, dedicated to the Goddess of Mercy, is a prime landmark of this lively district and was purported to have been erected in the 7th century. Each May it is the scene of the picturesque Sanja Festival – see "Public holidays and festivals".

The National Diet Building (F7). The Diet, a three-storey white marble and granite edifice, 678 feet (207 meters) long, covers three acres. The massive tower in the center is 215 feet (65





meters) high. The building is the meeting place of the House of Representatives and the House of Councilors. While Parliament is in session, tickets to the Visitors' Gallery are obtained from members of the Diet, diplomatic missions of countries maintaining relations with Japan, or from Japanese government officers.

Tama Zoological Park, covering an area of 106 acres (43 hectares) contains about 200 families of animals from different parts of the world, especially Asia. Most of the animals are free to roam an area, secluded only by deep moats or high cliffs, so that visitors may view them as in their native habitats. One of the attractions of this park is the Lion Bus service operated in the Africa Garden, a section where several families of lions run wild. From aboard the air-conditioned bus one can observe them safely. Admission fee.

The Kabukiza Theater (I8). See "Entertainment and night life".

Hibiya Park (H8). 41 acres in area (16 hectares), Hibiya Park is both Western and Japanese in style, with picturesque and colorful flower beds, ponds and delightful walks. In November it abounds with chrysanthemums. Among the large buildings in the park are the Hibiya Public Hall and the Hibiya Library.

The Central Wholesale Market (I9). Located in Tsukiji, the Central Market is the noisy, colorful, harbor-side scene where some 30,000 wholesalers and retailers gather to do business. Here foodstuffs of all kinds change hands and 90% of the city's fish is transacted. Best time to go if you want to see activity is the early morning.

Yasukuni Shrine (F5), is dedicated to Japanese war victims. The granite "torii" at the south entrance is 40 feet (12 meters) high, and the largest in Japan. Twice during the year, April 21-25 and October 17-21, commemorative festivals are held here, and in the spring, when the cherry trees are in bloom, the shrine and its surroundings are an especially picturesque sight.

Ueno Park (J2). Tokyo's largest park, "Ueno" covers an area of 210 acres (85 hectares). Here you'll find the National Science Museum, the Metropolitan Fine Art Gallery, the Tokyo National Museum, the Tokyo University of Arts, the Metropolitan Festival Hall (see "Entertainment and night life"), the

Ueno Library and the Zoological Gardens, as well as many exquisite shrines and temples.

The National Science Museum (J2) is open daily at 9 a.m. to 4 p.m. (closed Mondays). Admission fee.

The National Museum (J2), largest museum in Japan, contains more than 86,000 historic and fine arts exhibits of Japan, China and India. Open daily 9 a.m. to 4 p.m. except Mondays (closed from December 26 to January 3). Admission fee.

The Metropolitan Fine Art Gallery (J2) stages various art exhibitions throughout the year, the most important being those in the fall, which are sponsored by some of Japan's leading art organizations. Open daily 9 a.m. to 4 p.m.

Ginza (I8). The Broadway of Tokyo, Ginza is the busiest, most active section of the city. Countless stores, restaurants, nightclubs, coffee shops and theaters are concentrated into this area.

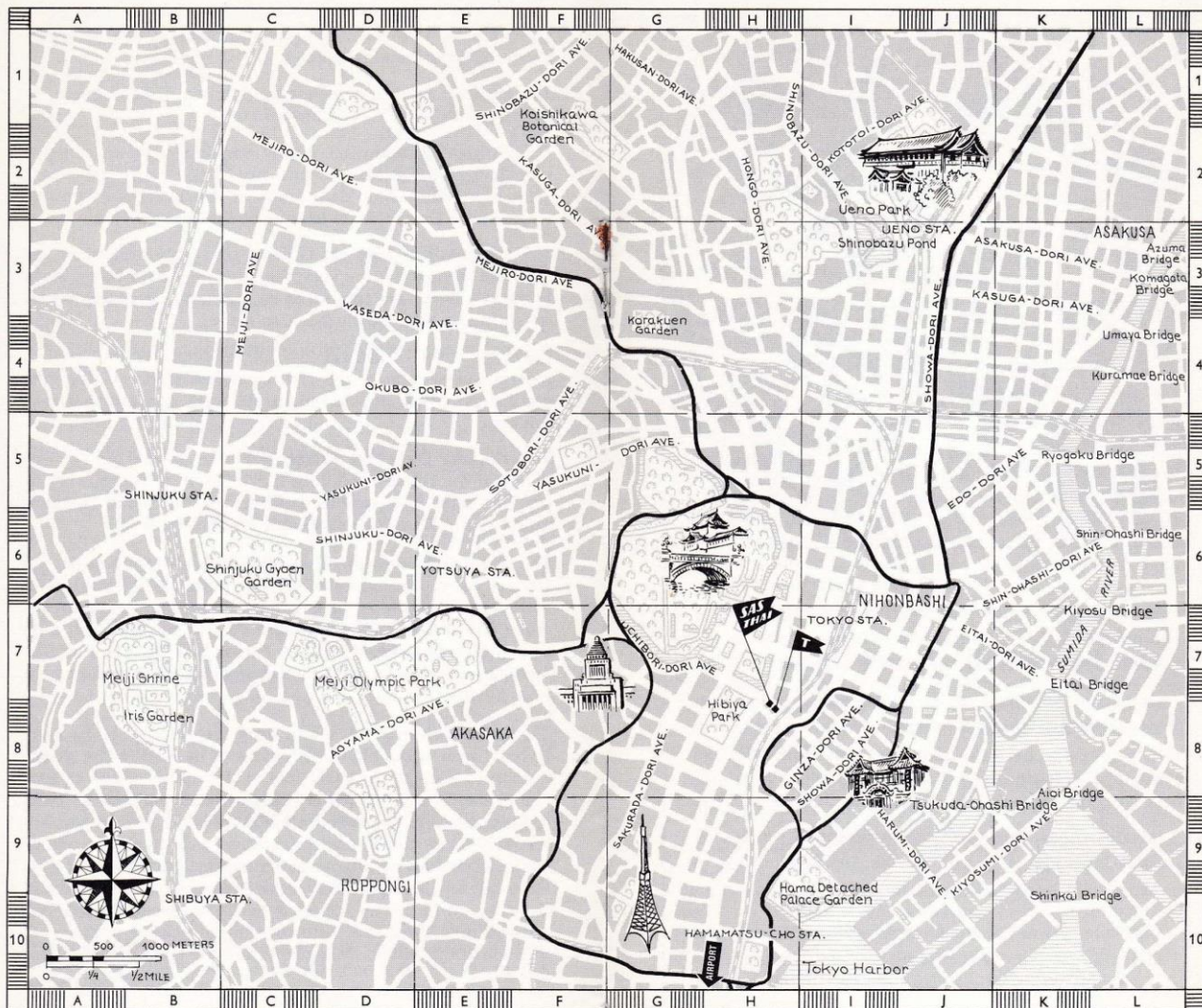
The Akasaka Detached Palace (E7). The palace was a residence of the Emperor Meiji in the 1800s. A splendid building, decorated with famous paintings by French and Japanese artists, it is now used for various official purposes.

The Imperial Palace (H6). The Palace is open to the public on January 2 and the Emperor's birthday, April 29. On other days, you may walk as far as the Nijubashi Bridge and see the decorative feudal gate, the two bridges and the beautiful old pine trees which line the moat. The Palace was the castle of the Tokugawa Shogunate until the Emperor moved his court here from Kyoto in 1869.

The Tokyo Tower (G10). Rising from the green of Shiba Park, Tokyo Tower is the highest structure of its kind in the world, soaring to a height of 1,092 feet (333 meters), about 43 feet higher than the Eiffel Tower. The tower, completed in 1958, has two observation platforms - 490 feet (150 meters) and 820 feet (250 meters) high - both serviced by elevator, and affording a stupendous panorama of the entire city of Tokyo, Tokyo Bay and the Izu and Boso Peninsulas. The Tower is open daily 9 a.m. to 9 p.m. (closes 8 p.m. December-March). Admission fee. There is a 5-storey Modern Science Museum at the base of the Tower, showing the latest in electronic development.

(cont'd on page 23)







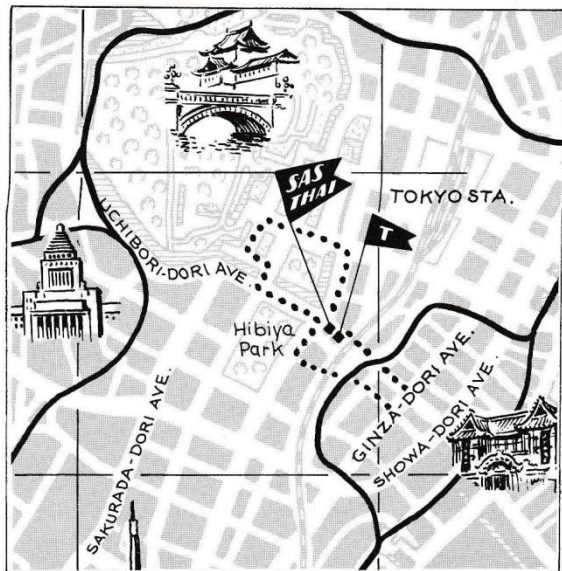
Code numbers in this booklet refer to the above map. Thus (H8) is located where lines drawn from "H" and "8" cross each other.

Interesting sights in Tokyo

- | | |
|-----------------------------------|--|
| (H8) Imperial Hotel. | (G6) Imperial Palace. |
| (I8) The Kabukiza Theater. | (J7) Nihombashi Bridge. |
| (H8) Hibiya Park. | (F5) Yasukuni Shrine. |
| (F7) The Diet Building. | (I3) Ueno Park. |
| (B7) Meiji Shrine. | (L3) Asakusa Amusement Center and the Kannon Temple. |
| (C6) Shinjuku Gyoen Garden. | (G10) Tokyo Tower at Shiba Park. |
| (E7) The Akasaka Detached Palace. | |

Useful addresses

-  **SAS and THAI International Ticket Offices:**
Toho Twin Tower Buildings (H8), 3-2, 1-chome, Yuraku-cho, Chiyoda-ku. Tel. 503 81 81, 503 81 01 (for reservations). Office hours: Monday through Friday 9 a.m. to 6 p.m., and Saturdays 9 a.m. to 3 p.m.
Limousine available between airport and town.
-  **Tourist Information Center:**
Tokyo Office (H8): 1 Yuraku-cho, Chiyoda-ku. Tel. 502 14 61, daily 9 a.m. to 12 noon and 1 to 5 p.m. except Sunday.
- Distance to airport from city center: 12 miles (19 kms.).

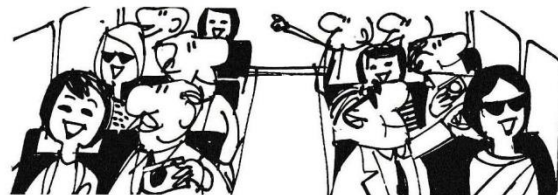


One hour's walk around Tokyo

Start at the Imperial Hotel and walk through the colorful Hibiya Park to Imperial Palace. Stop for a moment to admire the beautiful old pine trees which dot the Imperial grounds. Walking back to the corner of Hibiya Dori Avenue and Harumi Dori Avenue, turn to the left towards Ginza, one of the most prosperous shopping areas in Tokyo, and pass by the SAS/THAI office in Toho Twin Tower Building on the right.

Continue down Harumi Dori Avenue until you meet Ginza Dori Avenue, where some large department stores can be seen, then turn to your right on the Ginza Dori Avenue passing Matsuzakaya Department Store. Turn to the right at the first corner and you will find your way back to Imperial Hotel.

On your way to the Imperial Hotel, you will pass the theatrical district where the cinemas and revue theaters are located.



(cont'd from page 19)

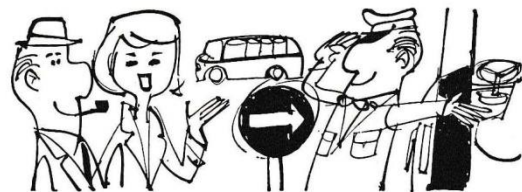
Surrounding interest points

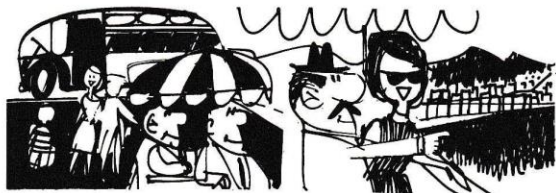
Excursions out of Tokyo are as fascinating as they are numerous, stimulating and enjoyable, whether you decide to fly as far north as the beautiful vacation-island of Hokkaido, with its unique fauna and flora, or take the train to the nearby, popular resort of Atami, at the neck of the Izu Peninsula.

Miyanoshita Spa, in the Hakone Mountain district, two hours from Tokyo by train and bus, is part of the Fuji-Hakone National Park, the domain of the famous Mount Fuji, which rises cone-like into the skies. At the foot of the mountain are lakes, waterfalls, and forests. If you are stopping here overnight, try the comfortable Fujiya Hotel.

Kamakura. One hour by train from Tokyo, Kamakura is a popular seaside resort, with a large number of ancient shrines and temples as well as many other artistic treasures, reminiscent of Japan's prosperity and prestige during the 13th century. Noteworthy among these, is the enormous, 700-year-old, bronze image of Buddha (42 feet – 12 meters – high), generally known as the Daibutsu.

Nagoya. Principally known for its contribution to Japan's economy, Nagoya is surrounded by thriving industries such as cotton spinning, weaving, clock- and watch-making. Chief tourist attractions include imposing Nagoya Castle, the lovely Atsuta Shrine, Higashiyama Park with its Zoological and Botanical Gardens and a gay amusement quarter. Not far from here is Gifu, whose fishermen still use leashed cormorants to catch fish, a method as ancient as it is unusual. Although 230 miles (360 kms.) from Tokyo, Nagoya can be reached in 2 hours by the new Tokaido Line express train.





Nikko National Park is 2 hours by train from Tokyo Station. The city of Nikko is noted for the mausoleums of Tokugawa Ieyasu and his grandson Iemitsu. The famous Yomeimon Gate, ornate entrance to the main shrine, is called the "gate where one carries all day". It's true, too!

Karuizawa, a fashionable summer resort, 3,049 feet (929 meters) above sea level is 3 hours by express train from the Ueno Station in Tokyo. Nearby is Mount Asama, one of Japan's many active volcanos. Ample recreation facilities include tennis courts, golf course, ice- and roller-skating rinks, with terrain ideal for hunting, horse-riding and hiking.

Kyoto. 3 hours from Tokyo by train (1½ hours by air and bus via Osaka), Kyoto was the capital of Japan for more than ten centuries prior to 1868, and certainly, as far as beautiful shrines, temples and palaces count, it is still the country's first city. More than 2,000 imposing edifices reflect its former splendors: 30 sects of Buddhism are represented by its temples. Almost as numerous are the colorful festivals, local and national, that enhance visits here throughout the year. Doyen of Kyoto's architectural treasures is Nijo Castle with its beautiful murals. Explore, too, Kyoto's handmade craft factories – where you can buy, as well as sightsee, silk fabrics, lacquerware, dolls, bronze-work, porcelain – all evidence of superb Japanese workmanship.

Nara. 4 hours from Tokyo and 35 minutes from Kyoto by train, is an even older city – the capital of Japan from 710 to 784 A.D. Nara is the cradle of Japanese arts and crafts, literature and industry and occupies an important place in the country's history. Many buildings were destroyed by fire, and the town today is considerably smaller than it was, but the remaining buildings, and the treasures they house, reflect the life of this early period vividly. Don't miss seeing the magnificent Todaiji Temple with its 1,200-year-old Buddha (54 feet – 17 meters – high) and Horyuji Temple founded in 607, on the outskirts of the city, the oldest existing wooden structure in the world, which houses a wealth of priceless objets d'art.

Osaka. Dubbed the "Venice of the Orient", Osaka possesses many canals and more than 1,700 bridges. It is Japan's foremost industrial and commercial metropolis, home-and-em-

ployment to a population exceeding three million. Osaka is also richly endowed with historical and cultural treasures – Osaka Castle, the largest and one of the best known castles in Japan; Shitennoji Temple built in 593, one of the oldest temples in the country; and the renowned Bunraku-za Theaters, scene of the famous Bunraku puppet shows. Each year the city plays host to the most internationally renowned of classical musicians at its annual music festival.

Osaka can best be reached from Tokyo by super-express train (the world's fastest, in fact). Fare: 12,260 yen first-class round-trip. Time: 3 hours, 10 minutes.

More detailed information about Kyoto/Osaka can be found in the SAS city portrait covering these cities.

Entertainment and night life

Offering a glittering bill of ways to spend a gay or relaxing evening, Tokyo abounds with bars, nightclubs, saloons and cabarets. Whether you just feel like liquid refreshments, dancing or exotic floor shows, somewhere a beckoning spot is ready to serve you.

And added to this glut of international night-spots is the distinctly Japanese brand of entertainment – the classic Noh plays, the world-renowned puppet shows, the Tea Ceremony and Flower Arrangement displays and the ubiquitous Geisha Houses with their fascinating evenings of folklore performed by Geishas and Maikos.

Whichever your choice, the following should suffice:

Kabuki Theater - Noh Plays

The Kabuki is a traditional stage art of Japan, which combines the physical attractions of the actors, the beauty and color of the stage setting and the harmony of the music into a unified, aesthetic whole. The Noh





Play, more than seven centuries old, is filled with mysticism and symbolism and pictures a world of ages past. The dramas are closely related to Buddhism and illustrate its principle, that the good of the world will survive in a future life, while evil souls will endure the agony of hell. The musical accompaniment of these plays is simple and effective – a kind of flute, three different types of drums beaten with the hands, and the “samisen”, a three-stringed Japanese guitar.

The Kabuki Drama is performed daily at the Kabukiza Theater (4-chome, Ginza – 18, tel. 541 31 31). The Noh Play takes place periodically at several Noh theaters – the Hoshokai Noh Stage (Suidobashi, tel. 811 48 43) for instance, or the Kanze Kaikan (Shin Ogawa-machi, tel. 260 72 41).

The Tea Ceremony

The Tea Ceremony, or Chanoyu, dates back in origin, if not in name, to the Nara Period, in the 8th century. Chanoyu is best described as a way of cultivating and savoring mental composure while enjoying the taste of the tea itself. To the task of making and taking tea has been brought an aesthetic appreciation. Your hostess will scoop up the powdered green tea (made from the leaves of 20–70-year-old trees) with a small bamboo ladle, deposit it into a deep bowl and pour hot water over it, a bamboo whisk being used to whip up a frothy brew. This careful preparation takes a great deal of time. It is considered etiquette to drink the tea very slowly. The best procedure is to cradle the cup in your left hand and turn it slowly three times with your right hand, grasping the rim. Then drink, preferably in three or four sips, and place the cup gently on the tatami floor before you. Simplicity, serenity and elegance – “wabi” as the Japanese call it – are the essential elements of the ceremony and politeness deems that you examine your cup, but not too closely, and compliment your hostess on its beauty.

Flower arrangements

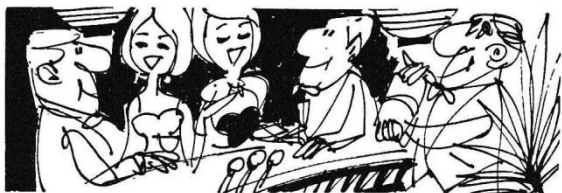
To the Japanese, Flower Arrangement (Ikebana) holds deep meaning far beyond the admiration of a bloom or blossom’s beauty. Through this art they express the wonders of nature or perhaps a mood. For some, the various elements in an arrangement bear a total religious significance: God, Man and Earth. It is certainly not an appreciation easily defined to the Westerner. This is to be seen in the fact that an arrangement of evergreen branches expressing the life of a tree or plant is considered more beautiful than colorful flowers that fade and die quickly.

Geishas and Maikos

Geishas and Maikos (apprentice geishas) are highly specialised Japanese women entertainers, and not, as is often presupposed, “girls of the night”. They might almost be described as polished and charming dinner companions. They are well versed in the aesthetic arts of the Tea Ceremony and Flower Arrangement, and while becoming a Geisha, the Maiko learns not only singing, dancing and all the graces of a good hostess, but also the correct way to stand, sit, open sliding doors, pour tea and sake.

Operas, concerts, recitals

Kokusai (L3)	国際劇場(L3)
Asakusa	浅草
Tel. 843 59 31	Tel. 843 59 31
Tokyo Takarazuka (H8)	東京宝塚劇場(H8)
Yuraku-cho	有楽町
Tel. 591 12 11	Tel. 591 12 11
Tokyo Metropolitan Festival Hall (J2)	東京文化会館(J2)
	上野公園
Ueno Park	Tel. 828 21 11
Tel. 828 21 11	
Nichigeki Theater (H8)	日劇(H8)
Yuraku-cho	有楽町
Tel. 201 22 11	Tel. 201 22 11



Cinemas

There are many cinemas in Tokyo, with several showing films in the English language or with English sub-titles.

Night spots

Copacabana (F8)

6-4, 3-chome, Akasaka
Minato-ku

One of Tokyo's most popular nightclubs. Dancing, floor shows and hostesses. Music usually in Latin style. Cover charge 2,000 yen.

New Latin Quarter (F8)

13-8, 2-chome, Nagata-cho,
Chiyoda-ku

Known for its own shows.

Golden Gessekai (F7)

10-4, 3-chome Akasaka,
Minato-ku

A big stage and spacious dance floor. Hostesses available. Cover charge 800 yen.

Crown (I8)

5-13, 6-chome, Ginza-Nishi,
Chuo-ku

Located in the heart of the downtown section. Charming Japanese hostesses. Cover charge 1,700 yen.

Tipping

The hotels, ryokans and restaurants of Tokyo will usually add a 10% service charge to your bill. (In instances where such establishments do not automatically add a service fee, a gratuity of 10-15% of the bill is adequate.) The only hotel personnel to be tipped in addition are

the bar attendant and the hall porter: 100-200 yen each. Luggage-porters should be tipped according to the weight and distance carried, while shoeshine boys expect 50 yen. It is not customary to tip drivers, barbers, hairdressers, cinema and theater attendants, etc., unless they have performed an exceptional personal service.

Shopping

Tokyo is every visitor's favorite bazaar. No lady can resist Japan's gleaming cultured pearls and gorgeous silk kimonos: no man, the nation's renowned range of cameras and transistor radios. The skilled, inherent craftsmanship and highly aesthetic sense of the Japanese shows through, too, in a score of other treasures . . . exquisitely-costumed dolls, hand-painted screens and woodblock prints, dexterously-made bamboo and paper fans, beautiful lacquerware, highly glazed pottery, ivory carvings and traditional pen-etchings and paintings.

Indeed, watching many of these exquisite handicrafts being made before you browse or buy constitutes a double pleasure. Particularly fascinating is the tour out to Ise Bay where you can watch the Japanese girls diving for pearl oysters and the highly-skilled sorters at work selecting and grading the pearls by luster, size, color and shape - the points to observe, incidentally, when buying them.

Tokyo's treasure-trove has been opened up to visitors to Japan by generous tax-free concessions, with the result that you may now buy many of Japan's celebrated souvenirs duty-free by producing the necessary credentials.

Where and what to buy

Ginza-dori Avenue (I8) and Nihombashi (I6) - two of Tokyo's leading shopping streets - are lined with glitteringly modern department stores like Matsuzakaya,





Matsuya and Mitsukoshi. For an array of things temporarily Japanese, there's the Japan Design House (L6), Kokusai Kanko Kaikan Building. And among the many speciality shops you might like to try the following, all of which are members of the Japan Souvenir Association:

Pearls: K. Mikimoto, 5-5, 4-chome, Ginza; Fuji Pearl Co., 6-7, 7-chome, Ginza; Matoba & Co. Inc., Hibiya Park Bldg., Nikkatsu Arcade, Yuraku-cho.

Dolls: Yoshitoku Dolls Co. Ltd., 5-9, 1-chome, Asakusabashi, Taito-ku.

Cameras and radios: Canon Camera Co. Inc., 9, 5-chome, Ginza; Kinjo Camera Co., 8-5, 7-chome, Ginza; Tokyo Photo Art Pisa Camera Shop, Tokyo Prince Hotel Arcade.

Damascene: Amita Jewelry Corp., Sukiya-bashi Shopping Center.

Ivory: Hakusui Ivory Co., Hotel New Japan; Arcade, Nagatacho, Chiyoda-ku.

Kimono: Eri-En, 10-6, 4-chome, Ginza.

Lacquerware: Yamada Heiando, 4, 3-chome, Nihombashi-Edobashi.

Silks: Kanebo Tokyo Store, 5-1, 3-chome, Ginza.

Woodblock prints: M. Nakazawa, 14, 1-chome, Yurakucho, Chiyoda-ku. Opposite the Imperial Hotel.

Craft objects: Nippon Craft Co. Ltd., Shimizu Bldg., 12-17, 2-chome, Nishi Gotanda, Shinagawa-ku.

Many of the larger stores and renowned speciality shops are officially authorised to cash traveler's checks and change foreign monies into yen. Many also stage special displays of folk culture – i.e. flower arrangement and tea ceremony – and, in addition to offering tax-free concessions, provide a packing and forwarding service of goods to points abroad.

Department Stores

Shinjuku Area (B5)

Isetan
Shinjuku, Shinjuku-ku

Mitsukoshi
Tsunohazu, Shinjuku-ku

Odakyu
Tsunohazu, Shinjuku-ku

Keio
Tsunohazu, Shinjuku-ku

Ginza Area (I8)

Matsuzakaya
Ginza, Chuo-ku

Matsuya
Ginza, Chuo-ku

Mitsukoshi
Ginza, Chuo-ku

Yurakucho Area (I7)

Sogo
Yurakucho, Chiyoda-ku

Nihombashi Area (J7)

Takashimaya
Nihombashi-dori, Chuo-ku

Mitsukoshi
Muromachi, Nihombashi
Chuo-ku

新宿

伊勢丹—新宿区新宿

三 越—新宿区角筈

小田急—新宿区角筈

京 王—新宿区角筈

銀座

松坂屋—中央区銀座

松 屋—中央区銀座

三 越—中央区銀座

有楽町

そごう—千代田区有楽町

日本橋

高島屋—中央区日本橋通

三 越—中央区日本橋室町

Business hours

Banks: Weekdays 9 a.m. to 3 p.m., Saturdays 9 a.m. to noon.

Business Houses: Weekdays 9 a.m. to 5 p.m., Saturdays 9 a.m. to noon.

Shops: Weekdays, Saturdays and usually national holidays 10 a.m. to 8 p.m. (large department stores tend to close at 6 p.m.).

Restaurants and coffee shops: Every day 10 a.m. to 9 p.m. (coffee shops until 11 p.m.).



Business contacts

Visitors interested in discussing business with various Japanese executives of government and industry should contact the Tokyo Chamber of Commerce and Industry, Babasakimon (tel. 211 44 11) or the Tokyo Trade Center, Ohtemachi (tel. 231 45 65).

The Japan Trade Bureau also offers a number of Technical Tours, providing an insight into Japan's leading industries.

Those interested in arranging conventions, congresses etc., in Tokyo, should contact: The Convention Bureau of JNTO (Japan National Tourist Organization), 2-13 Yurakucho, Chiyoda-ku, tel. 216 19 01, 216 29 05.

Books and periodicals

Hotel newsstands and large bookshops will be able to supply a wide range of books and magazines in English, as well as many other languages. Four English-language daily newspapers published in Japan are also available at hotels, The Japan Times, the Mainichi Daily News, the Asahi Evening News and the Yomiuri.

Transportation

Tokyo has a complex network of electric trains, underground railways, streetcar, bus and taxi services.

Train and buses run from about 5 a.m. until midnight, and if you have to make a choice between the two, plump for train. None of the buses carry signs in the English alphabet, whereas quite a few of the railway stations do. The rapidly developing subway system (chikatetsu), the main electric loop (Yamate-sen), and the central (Chuo-sen) Lines cross and circle the city, connecting all the major districts.

Taxis can be distinguished at a glance by their green licence plates, and are always plentiful and easily obtained from the street, or by calling from your hotel or a main railway station. Fares vary according to the size and type of cab: a middlesized cab will cost about 100 yen for the first 2 kilometers and 20 yen for every additional kilometer; a small cab will cost about 90 yen for the first 2 kms. and 20 yen for every additional km.

A word on getting about: Don't be alarmed if your taxi-driver stops to ask the way. Street names have only been introduced to Tokyo in the last few years and many streets still don't bear a name. 'Dori' and 'doro' mean street or avenue: thus, the main street in Ginza has become Ginza-dori. But most Japanese still find their way around by geographical designations such as 'near Kyobashi' or 'behind the Matsuya department store'.

To be sure of getting where you want, ask your hotel clerk to write down in Japanese the name of your destination. And always remember to carry a hotel card so that you can show it to a driver when you wish to return. When going to the SAS and THAI International Office by taxi, show the driver this address:

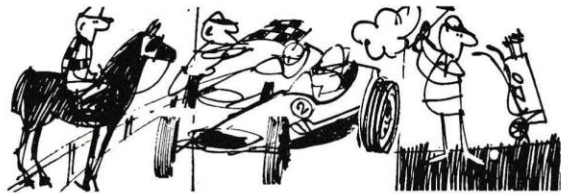
有楽町 1-2 東宝ツインタワービル(日比谷)

SAS スカンジナビア航空
THAI タイ国際航空

For travel to points outside Tokyo the Japanese National Railway provides a nation-wide system extending to the remotest corners of Japan. Super-express and limited-express trains, offering the height of travel luxury, serve Kyoto (and Nara), Nagoya, Yokohama and Osaka. Osaka, for example, can be reached this way from Tokyo (a distance of 340 miles, 515 kms.) in 3 hours 10 minutes. Alternatively, there is a comprehensive domestic airlines network and steamer services. For information, call Japan Travel Bureau Head Office, tel. 211 32 11.

Sports

Few nations have given birth to more sports of individual combat than Japan. Jujitsu, judo, sumo wrestling and kendo fencing - all exemplify the Japanese aptitude for allying chess-board cunning to physical encounter.



Visit Kuramae Kokugikan (a few minutes' walk from Kuramae subway station) and you can watch Sumo's huge, muscular protagonists (some weigh over 300 lb.) perform their dramatic, pre-match ritual and then wrestle competitively as their samurai (warrior) forefathers did. Tokyo's important championship tournaments are held at the Kokugikan three times a year, January, May and September.

The best place to see Judo any time of the year is at the city's celebrated Judo Hall (Kodokan, Kasugacho, Bunkyo-ku).

Most popular of the sports adopted from the West is baseball. Professional games are played at the Korakuen-Stadium and the Jingu-Stadium. But you will also find golf, fishing, hunting and swimming are firm national favorites with the sports-loving Japanese. You can fish close to Tokyo at Tonegawa River or Miura Peninsula, hunt at Chiba and swim in the indoor-pool at Meiji Shrine Outer Garden, the locale of many important meets and enjoy a round or two of golf at Yomiuri Golf Course. Finally, if you are in Japan for one or other of the many colorful festivals, you may witness any of a whole string of ancient and fascinating sports, from equestrian-archery to an ancient kind of football.

Climate and clothing

In general, the climate of Japan is similar to that of Central United States or Central and Southern Europe. Spring is a time of warm sunshine, flowering cherry trees (sakura) with fragrant pink blossom. June brings a rainy spell, a blessing to farmers transplanting their rice seedlings to the paddy fields. July marks the beginning of the hot summer season. Autumn is pleasantly cool, radiant with its golden chrysanthemums and the changing colors of the trees. Winter can be chilly, but with the appropriate clothing, you'll still be comfortable.

Except for the height of summer, you will be wise to wear a light sweater or jacket, and to carry a raincoat. In winter, a warm overcoat is necessary. Most occasions require only informal dress. Laundry and dry-cleaning facilities are readily available through your hotel, and the service is good.

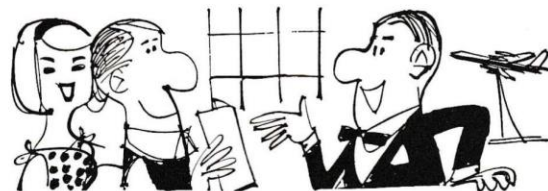
The climate is mild, and the mean temperatures and humidities for the four seasons are respectively: Spring (April) 13.1°C (55.6°F) and 68%, Summer (July) 25.1°C (77.2°F) and 80%, Autumn (October) 16.7°C (62.1°F) and 77%, Winter (January) 3.7°C (38.7°F) and 60%.

Japanese words and phrases

English is a compulsory subject in Japanese schools and many Tokyoites speak it well. It is advisable, however, to know a few words of Japanese, and to carry with you the address of your hotel written in the language to show to taxi drivers.

You may also find the following phrases useful:

ENGLISH	JAPANESE
Good morning	<i>Ohayo gozai masu</i>
Good afternoon	<i>Konnichiwa</i>
Good evening	<i>Konbanwa</i>
Good night	<i>Oyasuminasai</i>
Good-bye	<i>Sayonara</i>
How are you?	<i>Gokigen ikaga desuka?</i>
Thank you	<i>Arigato</i>
I am sorry	<i>Gomen nasai</i>
Excuse me	<i>Sumi masen</i>
Do you speak English?	<i>Eigo ga hanase masuka?</i>
I don't understand	<i>Wakari masen</i>
How much?	<i>Ikura desuka?</i>
To the . . . Hotel	<i>. . . Hoteru ma-de</i>
Today	<i>Kyo</i>
Tomorrow	<i>Asu</i>
Where is the toilet?	<i>Otearai wa dok desuka?</i>
Bath	<i>Ofuro</i>
Yes	<i>Hai</i>
No	<i>lie</i>





Religion

The three major religions in Japan are Shinto – indigenous to Japan – Buddhism and Christianity. Of these, Shinto, a religion worshipping ancestors and ancestral gods, enjoys the greatest following, with Buddhism (a 6th-century import), a strongly represented second.

The visitor reaps a double reward in the many beautiful shrines and temples that are prevalent on any tour of Japan. Incidentally, just in case you're one of the many who get the two confused – the shrines are Shinto, the temples Buddhist.

For those wishing to attend the services of other creeds, we list the following:

Roman Catholic: St. Ignatius Church, 7 Kioicho, Chiyoda-ku, tel. 261 44 78.

Protestant: International Christian University Church, 2-10-3 Osawa, Mitaka-shi, tel. 0422 31 31 31.

Anglican: Saint Alban's Church, 10 Shiba-Sakaecho, Minato-ku, tel. 431 85 34.

Baptist: Tokyo Baptist Church, 2-9 Hachiyamacho, Shibuya-ku, tel. 461 84 25.

Christian Scientist: First Church of Christ Scientist Tokyo, 10-2, 1-chome, Nagatacho, Chiyoda-ku, tel. 581 05 21.

Seventh Day Adventist: Seventh Day Adventist Church, 11-5, 1-chome, Jingu-mae, Shibuya-ku, tel. 401 11 71.

Lutheran: Tokyo Lutheran Center, 32-2, 1-chome, Fujimicho, Chiyoda-ku, tel. 261 52 66.

Jewish: Tokyo Jewish Community Center, 8-8, 3-chome, Hiroo, Shibuya-ku, tel. 400 25 59.

Greek Orthodox: Nicolai Cathedral, Surugadai, Kanda, Chiyoda-ku, tel. 291 18 85.

Mohammedan: Mohammedan Mosque, 1-19 Ohyamacho, Shibuya-ku, tel. 466 06 78.

In case of illness

Contact your hotel's reception or call to JNTO Information Center (tel. 502-1461) and ask for hospital or clinic information.

In case of emergency, call 119.

The following hospitals and clinics can be recommended:

Tokyo Medical and Surgical Clinic (G10), tel. 431-4121, Masonic Bldg., 13 Shiba Sakae-cho, Minato-ku.

Hibiya International Clinic (H8), tel. 501-6551, Hibiya Mitsui Bldg., 1st basement, 12, 1-chome, Yurakucho Chiyoda-ku.

Seibo Byoin (International Catholic Hospital), tel. 951-5111, 5-1, Nakaochiai, 2-chome, Shinjuku-ku.

Telephones

The public telephones in Tokyo are dial phones, enabling you to call any number in the city area, simply by depositing 10 yen in the adjoining box and dialing the number.

For information in English, ring 248 94 11; for long distance in English: 249.

Should you require the police, dial 110.

Overseas calls (U.S.A., Canada, Mexico, New Zealand and Great Britain) 109.

Other countries 211-5511.

Public holidays and festivals

While government and public offices, educational institutions, banks, etc. close for the following national holidays, shops and department stores generally stay open. Also included in the list below, are the more important of the festivals staged in Tokyo.

January 1, 2, 3

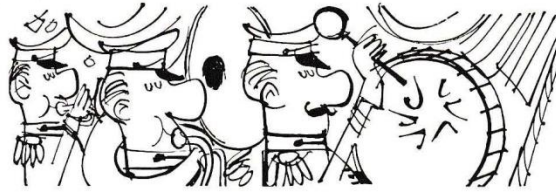
New Year Celebrations.

January 15

Adults' Day.

February 4

The Bean-Throwing Ceremony. People throng the grounds at many of Japan's shrines and temples to participate in the traditional "Throwing of the beans", intended to drive away imaginary devils. Festivities include displays of Sumo wrestling.



- February 11 **National Foundation Day.**
- March 20 or 21 **Spring Equinox Day.**
- April 29 **Emperor's Birthday.**
- May 3 **Constitution Day.**
- May 5 **Children's Day.**
- May 17, 18, 19 **Sanja Festival of the Asakusa Shrine,**
Tokyo. The origin traces back to Japan's
Edo period (1616-1868). "Lion" and "Bin-
zasara" dances are performed in the
shrine precincts.
- July 7 **Tanabata (Star) Festival.** In ancient times,
a festival symbolising the woman's yearning
to be skilled at weaving, Tanabata is
simply today a time for colorful celebra-
tions.
- September 15 **Respect-For-The-Aged Day.**
- September 23 or 24 **Autumn Equinox Day.**
- October 10 **Athletics Day.**
- October 11, 12, 13 **Oeshiki Festival of the Hommonji Temple,**
Tokyo. This festival is celebrated in honor
of the founder of the Nichiren Sect of
Buddhism (1282). On the night of Octo-
ber 12, thousands of devout worshippers
march towards the temple carrying large
square lanterns, beating their flat-shaped
drums and reciting a sacred formula.
- November 3 **Culture Day.**
- November 23 **Labor Thanksgiving Day.**



Name of my hotel:

Address:

Tel.:

Edited by Alan C. Lovejoy

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Our Special Meal Service

If your diet is governed by religion, health, or regional preference, or if you need something different from the regular menu, ask your SAS office or travel agent about the SAS Special Meal Service.

This extra SAS service allows you to preorder from eight different categories of special meals – 70 dishes, among which we are sure you will find a meal to suit your individual taste, or that of your children.

