



Making Travel Easy with

We all love to travel. It is in our blood to explore and to find new places and different cultures. I have created this sheet to help you plan your holiday or adventure. So whether it is your first time travelling or you are ready for that journey of a lifetime, it is probably time to make that dream become a reality.

I'm told I'm a lucky person being paid to tell people where to go! I'm looking forward to helping you.

May 2011

The recent earthquake and subsequent Tsunami in north-eastern Japan has decimated the local tourist industry. My local operator, Bashukway Travel, is offering discounted prices on travel to the Kyoto and southern areas. On page 2 you will find three itineraries.

Information evenings

These are informal gatherings for people to meet fellow travellers and to see photos from various places around the world.

Tuesday 14 June

Lhasa to Kathmandu by bike with Sheena Hall

Tuesday 28 June

Central Asia with Greg and Sherrie

Tuesday 12 July

Karakorum Highway from China into Pakistan with Colin and others.

Cycling in the USA

If you are thinking about cycling in Maine, New Hampshire or Cape Cod visit [The American Lung Associations Treks Across New England website](#). The three day trek across Maine is a very popular ride for veteran and novice cyclists who are looking for a spring challenge.

Flying is very safe...

Life has many risks but when it comes to getting where you are going, air travel is safer than anything else. There are many reasons to prove it. More Americans die each year falling from ladders, drowning in bathtubs and freezing to death than by flying.

It is often reported that air travel is the safest in terms of deaths per passenger mile. Odds summarized in the journal NATURE give the following lifetime odds of dying of these causes: 1:90 for motor vehicle accident, 1:9,000 for drowning, 1:30,000 for an airplane crash (and these include not just scheduled airlines). MIT professor Arnold Barnett, a statistical expert in the field of aviation safety, says you would have to fly every day for 19,000 years before encountering a fatal accident. [To make a booking!](#)

A good book

A Blonde in the Bazaar by Jill Worrall is a richly textured and vivid account of Jill's extensive travels in Pakistan, a country often badly misunderstood in the west.

My website names

www.makingtraveleasy.com.au
www.hikebiketours.com.au

A yoga retreat in Bali

I am pleased to announce that my friend Anne Maree Kennedy will be running another 'feed your soul' yoga retreat in Ubud, Bali, commencing 22 August for 6 nights.

Anne Maree has been practising yoga for 20 years and teaching since 2005. She enjoys teaching a myriad of styles having studied yoga in India and Australia and attended workshops in the USA with Judith Lasater, Baron Baptiste, Shiva Rea & Rodney Yee.

Anne Maree's passion is to create a sense of inner peace and space, utilising the more subtle and gentle practices of yoga. [More details](#).

Special airfare

Philippine Airlines has just released some companion fares to 17 destinations. For sale until 20 May and for travel up to 30 September. Melbourne to Saigon from \$756 including tax and from \$1556 business class. Similar fares from Sydney. Conditions apply.

And in the end...

Thanks again for all your support and please tell your friends. If you do not wish to receive my newsletters please write the words "Please take me off your newsletter list" in the subject line of an email.

Japan

Kyoto is 540km south of the area affected by the Tsunami while Tokyo is 250km, Osaka 600km and Lake Biwa 500km. Lake Biwa is 200km in circumference and the aim of many Japanese cyclists, according to Matsumura Hiroyuki, is to cycle around it at least once in their lifetime.

Prices are higher than Europe. Our experience is that some self guided trips end badly as people become frustrated with being deep in the country areas where no one could help them with basic English.

Kansai Hiking Trip

Kansai, west Japan, is an amazing region. You can enjoy the great nature and sophisticated Japanese culture at the same time. Kyoto, a city, which was founded as a capital of Japan in late 8th century, and Nara, another ancient city founded as a capital before Kyoto in early 8th century. These two ancient cities are both real mother of Japanese culture, however boast bounteous nature. Given the long history, more than 1,000 years, there are countless interesting stories behind, many attractions, temples, shrines, raked pebble gardens, geisha district...etc.

This is a 7 day trip staying in our traditional Japanese ryokan for six nights in Kyoto. It has a small garden, tatami mat rooms and a shared onsen and is within easy walking distance of Kyoto station.

This year the trip will cost between \$1700 and \$2020* per person based upon 2 people travelling together. And in 2012 between \$1740 and \$2076* per person.

Kansai Cycling trip

This is a fascinating 10-day journey into the heart of Japanese culture. With a carefully selected route, adventurous programs, and a variety of off-bike activities, we bike from Kyoto, which had been the capital of Japan since late 8th century until 17th century.

Taking a course around Lake Biwa which is the biggest lake in Japan, we go to Nara, that had been a capital before Kyoto (through 8th century), then we go to Asuka which is a real ancient capital (6th to early 8th century) even before Nara. We will ride, see and feel these three ancient cities.

You will visit ancient relics, Buddhist temples and cultural and historic sites to gain a better understanding of the lifestyles, history, culture and economics of the people of Japan.

You will need to have a good level of fitness to participate in this trip. You will cycle on paved roads, generally flat and rolling, with some of long climbs and descents.

There are 8 cycling days in total, with 50 to 120km a day. A combination of traditional Japanese-style inns, and western style hotel, no tent camping. Traditionally, Japanese sleep with mattress and quilts on tatami matted floors.

This year the trip will cost between \$2470 and \$3144* per person based upon 2 people travelling together. And in 2012 between \$2605 and \$3265* per person.

Japan's three golden cities

This is a 7-day journey into the heart of Japanese culture visiting Tokyo, Osaka and Kyoto. Overnight stops will be in ryokan (Japanese-style inns).

We start from Tokyo where all the "latest" gather. However, if you walk through the city, you can spot old Tokyo lifestyle which still remains. We will have a walking tour through an old Tokyo neighbourhood to see something old which appears to be new to us.

Kyoto is the city most people associate with traditional Japan. It was founded as a capital of Japan in the late 8th century and is filled with fascinating traditional Japanese culture. Here we will enjoy walking through the old Geisha district where you can hear them practicing musical instruments while walking. You will also enjoy a traditional tea ceremony experience.

Osaka, another interesting city with a totally different culture to Tokyo and Kyoto has a unique style in food, fashion and dialect.

This year the trip will cost between \$2055 and \$2551* per person based upon 2 people travelling together. And in 2012 between \$2250 and \$2765* per person.

You can fly into Osaka and Tokyo from many cities in Europe and Asia. [Contact me for airfares.](#)

***These prices vary depending on time of year, level of accommodation and other factors. Prices reduce if more than 2 people travelling together.**

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