

TRAVEL NEWS

nine kinetic sculptures set in a whimsically landscaped garden intrigue and delight. Each element is designed to entice children ages 2 to 7 to observe, touch, interact, and marvel. Admission: \$12.50. Closed Mondays. Tel: 626-405-2100 or www.huntington.org

Minnesota / St. Paul

Grand Excursion, riverfront, July 3–5

CELEBRATING THE original Grand Excursion of 1854, the largest steamboat flotilla to travel up the Mississippi in 150 years arrives in St. Paul on July 3 and is celebrated with extensive festivities. Cruises: \$24–\$148. Tel: 866-GEX-2004 or www.grandexcursion.com

New York / New York City

Lunch and dinner sightseeing cruises, Pier 61, Chelsea Piers

EXCEPT FOR ITS HULL AND hardwood floor, Bateaux New York's *Celestial*, a European dining yacht, is entirely glass. The lunch and dinner sightseeing cruises on New York's Hudson River provide views of Big Apple icons, including the Statue of Liberty, the Brooklyn Bridge, and Ellis Island. Admission: \$45.62–\$116.89. Tel: 866-211-3806 or www.bateauxnewyork.com ▶

WEEKEND
BREAKAWAY:
CLIMBING TOKYO

There's more to Tokyo than business; there's outdoor opportunity aplenty.

From a fast, scenic loop of Hakone National Park to a once-in-a-lifetime climb of Mount Fuji, Tokyo is a capital trailhead. And the hikes often lead to inspiring cultural contact with the Land of the Rising Sun. / By Randy Johnson

JAPAN IS A LAND DEFINED BY ITS mountains. Even sprawling Tokyo can't avert its eyes from Mount Fuji, floating over the busy capital. If you're visiting and want to head for the hills, don't be cowed by the city's congestion. Mass transit makes it easy for the adventurous to quickly find themselves afoot. As I discovered, Hakone National Park and even Fuji itself are accessible breakaways.

Hakone is 90 minutes southwest of the city. A trip out to the park and back is doable in a day from Tokyo thanks to high-speed rail, a mountain-climbing train, aerial cable cars, buses, and ferries—all employed on a single visit. But if you don't want to join the mass of locals who are moving ever onward via the motorized "course" of Hakone, you can find quiet trails that lead to mountaintops where shrines sit in the vaporous ebb and flow of fog.

To start your getaway, catch a cab or a train to Tokyo's Shinjuku station. Japanese department stores started rail lines to bring in customers, so the Odakyu line to Hakone begins beneath the towering Odakyu department store (perfect for last-minute trail and travel items).

Shinjuku's English-speaking Odakyu Sightseeing Service Center can answer questions and provide a hiking map and an all-inclusive Hakone Free Pass transportation ticket. The Ltd. Express Romance Car train is steps away and takes you to the first transfer at the mountain hot-spring spa town of Hakone Yumoto.

To stretch a one-day circuit into a perfect three-day weekend, a variety of hotels participate in packages that are also available at the service center. Many who make Hakone Yumoto their base stroll the bridge across the rocky, emerald-green river and take the cliffside elevator to the Fujiya Hotel for lodging with indoor and outdoor hot-spring baths.

The switchbacking, gorge-straddling Hakone Tozan Train was my next ▶



Even at the bottom, Mount Fuji's endless stone steps are steep. And they only get steeper.

PHOTOGRAPHY / RANDY JOHNSON

TRAVEL NEWS

Rochester

“Site Seeing: Photographic Excursions in Tourism,”
George Eastman House,
through September 5

THIS EXHIBIT EXPLORES HOW photography and video have defined the way we see the world and encouraged both actual and armchair travelers to explore it. Admission: \$8. Closed Mondays. Tel: 585-271-3361 or www.eastman.org

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Virginia / Roanoke

O. Winston Link Museum,
recently opened

WALK INTO THE TICKETING hall of the restored former N&W Railway Roanoke Passenger Station and back to the age of steam locomotives through the photographs of Winston Link, one of the most influential photographers of the 20th century. Then watch the freight trains rumble by outside the station. Admission: \$5.

Tel: 540-982-LINK or
www.linkmuseum.org /END/

Lisa Fann is a HEMISPHERES contributing editor.



“Site Seeing”

On Location



vehicle, headed up the valley to the small touristy hamlet of Gora. A mountain-climbing cable car train took me to tiny Sounzan.

A variety of trails originate the course route—maps have walking times and directions to the trail from the station. The map brochure also indicates when each train or conveyance stops running.

From Sounzan station, I strolled 100 feet to a trail bound for nearby Mount Kami. My pre-hike lunch was a local specialty: sulfurous-smelling eggs, hard-boiled black in the volcano vents. Perfect prep for a trail that leaps up to the cloud-bound summit, an excellent leg workout for my next target—Mount Fuji.

Back at Sounzan, the “ropeways” came next: aerial cable cars like those seen at many of the world’s ski areas. The lifts—“destroyed” in the 2001 movie battle between Godzilla and Baragon but now nicely intact—soar over the mountain-top above steaming volcanic vents (also reachable on foot). Fuji dominates the distance. The ride ended on Lake Ashi, where a kitschy pirate ship ferry cruised to the other end of the lake past the red torii of the Hakone Shrine on the shore. A Mississippi River-style sternwheeler incongruously flew a Japanese flag.

Every stop on the Hakone circuit touts attractions—the Steamed Fish Paste Museum and the Gotemba Sports Car Garden are among many that are offbeat and intriguing. But at the far end of the lake, don’t miss the Hakone Checkpoint and the avenue of cedars, landmarks for 17th-century travelers along the Tokaido Highway between Tokyo and Kyoto.

The Hakone Free Pass affords unlimited on-and-off transport everywhere, even to remote trailheads. From the lake, a bus heads back to Hakone Yumoto, where it’s another foolproof connection for a Romance Car ride to Tokyo.

Or head to Mount Fuji. The Japanese have long revered this mountain southwest of Hakone. The pyramidal peak lies at the heart of Japanese culture, and a millennium of artistry has paid it homage. The climb to see sunrise from Japan’s highest summit is the ritual of a lifetime. The mass appeal, arduous challenge, and short climbing season—July and August—require an organized approach. Buses bring climbers from Tokyo to various starting points. There, large groups merge into one huge gathering that snakes its way up the mountain.

After zigzagging back and forth on steepening trails for much of the day, various groups check into no-frills mountain hostels called huts to eat and rest (but rarely sleep) before starting off again at midnight for the summit. On the way, stations mark the ascent, and many people pay to have station stamps burned onto their hiking staffs.

After viewing a summit shrouded in sulfurous fog in Hakone, I was sure I’d see the sunrise from Fuji. Years of climbing have often rewarded me with stunning vistas, even where clear views are rare. When I realized I could be standing

Thanks to seamless mass transit, parks and peaks put outdoor adventure on Tokyo’s doorstep.

on the world's most perfect mountain on my birthday, I felt fortunate in more ways than one. Sadly, I stepped out of the bus into sheets of torrential rain that continued mile after mile. It stopped just as I entered Toyokan Hut. While hikers queued in the thin air to buy cans of compressed oxygen, I walked out to see a mountain-rimming sea of clouds stretched across a sleeping world. A huge moon shone above.

I dozed a few hours, then headed onward and upward, so steeply a hiker could fall off the trail. In a disorienting maelstrom of bobbing headlamp beams, climbers slogged into a cloudcap of even heavier rain, then sleet. It was like being in a *Lord of the Rings* movie; each hut appeared above like a flickering castle tower, the weather a barrage of abuse poured down by an invisible enemy.

After a numbing trudge, I passed through the summit torii to a sunrise of sorts—the gloom turned pink. The peak was a Zen painting of windy voids where troops of climbers hiked off to evanesce out of sight and crags rose and retreated. I could only imagine the sunrise I'd hoped to see from 12,389 feet (3,776 meters).

Later, soaking in a local hot spring, exchanging shy smiles and bows with now-naked people I'd earlier seen struggling up the mountain, I felt wonderfully refreshed.

I hadn't seen Japan stretched out at

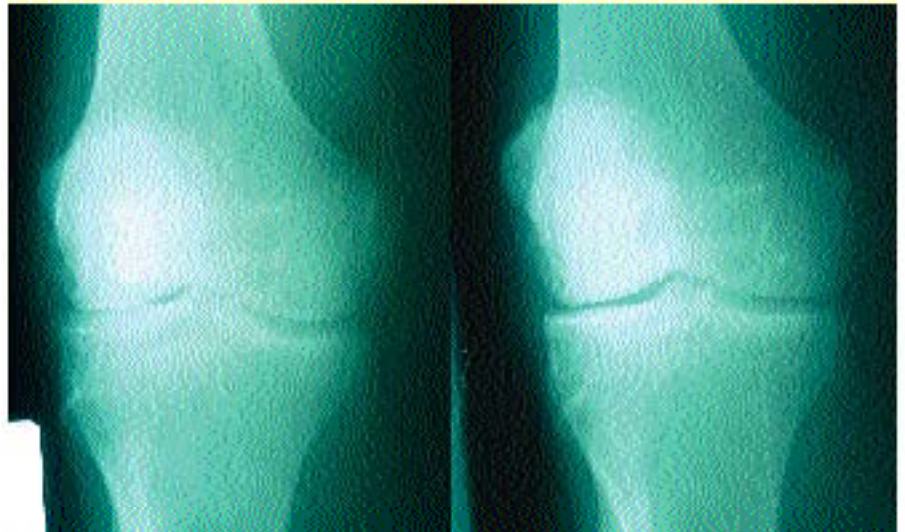
my feet, but after 10 hours spent straining to the summit of Fuji, I passed through the torii at the top and something dawned on me. The Japanese seek a spiritual reward in climbing Fuji. After an hourslong mantra of rhythmic breathing and sharing my pilgrimage with real pilgrims, I realized it's communion with the spirit of the mountain that counts. To Mount Fuji's masses, the means is the end; the climb is the

reward. Success is about gazing at an inner horizon when the outer one doesn't cooperate. Surprisingly, all of this came into view just a few hours from Tokyo.

Details, Details, Details / For Hakone, start with www.odakyu-group.co.jp/english. For Fuji guided climbing tours, visit www.jtb.co.jp/sunrisetour and click on Mt. Fuji/kyoto. /END/

Randy Johnson is HEMISPHERES' editor.

THE CENTER FOR REGENERATIVE MEDICINE. A NON SURGICAL TECHNIQUE TO FIGHT AGAINST ARTHRITIS AND SPORTS INJURIES



Above x-rays of Right knee before and after; Mike D. with bone on bone phenomena of right knee (left x-ray) was considering total knee replacement before he came to see us. Patient had remarkable improvement after treatment (right x-ray).

This is how Regenerative Medicine works: Using Digital Imaging the damaged area will be mapped out, at that point the physician will introduce natural growth stimulants into damaged, inflamed, arthritic cells by means of a precise injection. This process will induce natural Regeneration and Nuevo-Generation of ligaments, tendon fibers, cartilages and joints, improving Arthritis/Sport injuries and therefore improving mobility and pain. This is a non-surgical technique that reduces or eliminates pain. By injecting a substance, a reaction occurs which stimulates a natural healing process and growth of collagen. This increases the strength and size of tendons, ligaments and joint capsules that caused pain because of incompetence or strain at the junction with the bone. This process is followed by infrared scattered laser which in turn increases the circulation of blood to the damaged tissue. Since all of the growth factors and stimulants that are used are natural to the body the procedure is safe. Depending on the tissue damage, severity of the condition, the size of joint that needs to be injected, people usually need a series of 1 to 6 injections. There is usually no down time and people can go back to their usual activities immediately. The treatments can help most muscular skeleton problems such as lower back pain, neck pain, shoulder pain, knee pain, hip pain, ANHE, carpal tunnel syndrome, whiplash, hand and foot pain, sciatica, tendonitis, migraine & tension headaches, tennis elbow, sprains, strains, torn ligaments & cartilages, fractures, joint infections and necrosis.

Located at 9573 Harding Avenue Miami Beach, Florida; The Center for Regenerative Medicine is considered cutting edge by combining 21st century medical technology to repair joints, ligaments and tendons. For more information, please visit www.Arthritisusa.net or call (305) 866-8384.

JULY CROSSWORD ANSWERS																					
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