

# Barrel's Layover Gouge



This is only my gouge I'm sure there's bigger, better and cheaper. It's only intended for rookies. So with that in mind take the info for what it is, just my gouge. I've spent most of my time in Asia so I don't have much on Europe sorry. Note-info for KIX train and sight seeing provided by Shifty Pears.

This was last updated on 02/22/11.

If you lose it you can get me at [barrel@gci.net](mailto:barrel@gci.net) for an e-mail copy.

Vaccinations- The company and the union are pretty bad at informing you about the risks of international travel. Check with your doctor or the CDC about what vaccinations you should have prior to traveling. The below are what I keep up to date. The company will reimburse you for some of the shots (sorry I don't know which or how you get the cash). The Hep B is a 3 shot series that takes about 4 months to complete (start now).

Hepatitis A & B  
Typhoid  
Tetanus  
Yellow Fever

Along with the above you will travel where medical care is pretty bad to say the least (read Almaty, Delhi etc). You all know about that self medication thing but.....

A great way to let friends/family know where you're at is to join "My Time Traveler" ( I think it's about \$30 one time) [www.classactionpl.com](http://www.classactionpl.com). The program is called "Titan Class" but you will get to a website called "My Time Traveler". You load your schedule into the website then invite anyone you want to look at it. Friends can then see where you are and what the local time is for you. In addition they can click on your hotel information and get the phone number if they need to contact you (if you so desire). You only enter the hotel information once then the next time you put your schedule in it knows the address/phone numbers. If your schedule changes you need to keep it updated. No I don't own it nor do I get a cut. Here's what it looks like if you want to check it out.

<http://www.classactionpl.com/MyTimeTraveler/itinerary.jsp>  
username-barrel  
password-1234

I use both Magic Jack <http://www.magicjack.com> and Skype <http://www.skype.com>. I lean towards Skype because of the phone in ability (computer on, someone calls my Skype "in" number and the computer rings) but for some reason they charge 5 cents a minute to call into and out of ANC, so that's why I use Magic Jack as well.

Internet-The company will pay for all internet charges just make sure you keep the receipts and do the expense report at the end of the month. I turn in all receipts for internet regardless of the cost. Speaking of laptops you will need a power adaptor. There are many, I use the Travel Smart All-In-One Adapter Plug (about \$12) <http://www.amazon.com/Travel-Smart-All-in-One-Adapter-Plug/dp/B0010BLSAY> I carry a couple of them.

Internet Security-There are problems in China, Dubai and a few other countries that restrict websites, trace what you're doing and generally create all kinds of problems when surfing the internet or emailing. To get around them you should think of setting up a VPN (Virtual Private Network). If you don't have a clue what that is, like I didn't check this website <http://computer.howstuffworks.com/vpn.htm>. There are hundreds of VPN networks I use [gotrusted.com](http://gotrusted.com), no I don't own it or get a cut from it. It's very easy to setup, costs \$6 per month and works great. No problems logging onto any website anywhere or sending/receiving email. Another reason for having a vpn is you can use Netflix online (can't use it offshore without it).

Light weight Fedex Leather Jackets- [www.bomcrewmall.com](http://www.bomcrewmall.com). Best jacket you can own currently \$140 take the measurements exactly (they add a bit) and give them your Fedex account number and you'll have it in about 2 weeks (no the company will NOT reimburse you). It's lighter than the unlined company coat and packs much better.

What ever bank you use check with them about the rates they charge for use of your ATM card internationally. I use Alaska USA and the rates are very low. I've heard USAA is cheap as well.

ATM's are pretty much everywhere with a few exceptions. The ATM rate is about the best you'll get, much better than any hotel.

NRT-The only one I know of now is at the airport so get your drink coupons before you go to the hotel. Or when you go thru KIX (ATM's all over) get extra Yen so you'll have it when you go to NRT. There is a cash machine where you check in the hotel at NRT but it's a really bad rate. I normally have some money in all of the currencies of the countries where we stay for tipping.

Tipping (my rule only, make your own as you figure it out). I tip all drivers except in Japan (they don't expect it, some will take it if you offer most won't) one dollar per bag. So I have 2 bags and you have 3, it's five bucks in their currency. Normally we trade off.

Plastic Room Keys-If domestic never return your key if they have taken a swipe of your credit card (your credit card number is encoded on the key). Carry a couple of extra key cards. Most of the international hotels require a key card to turn the power on for a/c, tv, etc, the slot is right by the door. If you want your room at the temp you left it in use a spare key to keep the a/c on. For the green guys go hug a tree and sweat. For security reasons I always leave the TV on when I leave the room.

Credit cards- As a rule I don't use them unless I know the business well. Japan is one of the few countries that don't accept them so plan on cash there for everything, except at the Jetlag (Vincent does take credit cards) i.e. don't leave the hotel for dinner and drinks with \$20 in yen in your pocket, you won't last long.

Passport-I never carry it anywhere when on a layover except in Almaty. In the same breath never leave the hotel in NRT/KIX without your shore pass and DON'T lose it.

Wallet-I never carry it period. I take whatever cash and id and carry it in my front pocket.

Don't leave a hotel without the hotel card with the address in the local language ever!!

Pickup Time-It's pickup time not show up in the lobby time. Some hotels can take several minutes to check out (PVG, DEL etc). Start with about a 10 minute head start on pickup time and you'll figure out what hotels take more or less.

Customs-MEM, OAK no problems

ANC-You can only bring in one (1) fake item of any kind. So 1 DVD, 1 CD 1 golf club, 1 purse etc. It's not worth your job to try and save a few dollars on junk, enough said.

Asia in general-You will notice most hotel people will hand you your bill/ credit card with both hands, it's a sign of respect. So you should receive your bill/credit card the same way.

### **ALA-**

First don't leave the hotel without the alert sheet and your passport. On the back is a "blood chit" (ask an old dude what a blood chit is or watch "30 Seconds Over Tokyo", if you don't know), it's a get out of jail card. It tells the local police that you work for Fedex and are not required to have a visa to be in the country. That has been the problem in the past, the local police jack you up for not having a visa and would accept whatever cash you have not to take you to jail.

Taxis-There aren't that many in the city but they have a very unique system for that kind of service. You stand on the street and hold your arm out pointing at about a 45 degree angle to the ground (watch the locals). Someone will come along and stop and you barter for your ride. Tell them where you're going and what you're willing to pay.

Hotel- The bar in the lobby is very expensive. If the weather is ok the outdoor BBQ in front of the hotel is not bad if you're not interested in going too far.

I don't know the name of the restaurant but if you want some pretty good Indian food, go out the front of the hotel and walk past BBQ area, then thru the front gate and take a right. When you get to the main street take a left and walk about 2 blocks or so until you come to a major intersection with the first stop light. Look to your right and you'll see the restaurant on the other side of the street. Very good food and the prices are pretty good.

If you continue straight ahead at that intersection (instead of turning right and crossing the street) for another block you'll find a 3 story brew pub on your left. Food is pretty good and the local brewed beer is not that bad (OK it's very average at best). The restaurant is on the second floor. If the weather is nice go up to the roof for beers.

Soho Club- A cab ride, the food isn't bad but a good place start if you're pressing on into the night.

Mad Murphy's Irish Pub-Pretty good pub with good food and good prices for beer. It's a bit of a sports bar as well.

Tequila Sunrise-Late night, night club. The wild west show. There are many others but this one is cheaper than most and more fun.

Silk Road-If the weather is good this is a great place to go for lunch. Get a cab (it's a 45min walk) grab a seat at an outdoor cafe and watch what travels by.

The hotel will give you the addresses for the above clubs.

Bottom line Almaty is a very interesting place but you need to be very careful about where you go and what you do. Medical assistance is very, very primitive at best.

### **ANC-**

F Street Station-Right around the corner from the Hilton. Pretty good food. You will generally find Fedex guys in this place.

Humpy's-<http://www.humpys.com> If you're a bit tired of the F Street try this one. Better selection of beers on tap and the food is pretty good as well.

Club Paris-<http://www.clubparisrestaurant.com> best steak in town.

Sullivan's Steak House-<http://www.sullivansteakhouse.com> my favorite bar, better steaks at Club Paris.

McGinley's Pub-<http://www.mcginleypub.com> another good place for beers and good food.

Orso-<http://www.orsoalaska.com> nice bar excellent food.

Snow Goose-<http://www.alaskabeers.com> not my favorite but another choice.

Glacier Brew House-<http://www.glacierbrewhouse.com> good food.

Bear Tooth Theater Pub-<http://www.beartooththeatre.net>. This is a great place if you want to catch a flick and have dinner/drinks while you're watching the movie. Buy the ticket walk in and order your food (Blackened

Halibut Burrito is NOT to be missed) line up to go into the theater. Once in the bar is in the back right corner of the theater.

## **CAN-**

There is a real problem with counterfeit 100 Yuan notes in CAN. To check the bill hold it up to the light and look in the lower left corner with Mao facing you. You should see a watermark of Mao and a white 100 beside the green 100. In addition there should be a vertical fabric strip that just cuts thru the right edge of the first zero in the large 100 number to the left of Mao. Make sure you take small bills for the cab drivers. If you only have 100 Yuan notes make sure you hold the bill up to the light and make sure the cabbie sees you doing it before you give it to him pointing out the proper markings. If you don't what they have done in the past is to try and palm a counterfeit bill off to you. You hand him a good note and he will palm it and hand you back a bad one indicating that you have given him a counterfeit note.

Most everywhere you want to go is a cab ride away. Start by catching a cab to the Garden Hotel, it's kind of the center of the expat area. Once you get to the Garden Hotel turn around and face the street with your back to the hotel. Look at about the 10 o'clock position and you will see a foot bridge that crosses the main highway (Huan Shi Dong Road). Go over the bridge and take a left and walk about a 100 yds. On your right look up and you will see the-

Western Oasis Bar- #351 Huan Shi Dong Road, Happy Hour 11:45am-5pm (open 11:45am-3:00am). The food used to be pretty good, but no longer. Change in the cook or management. Still cheap cold beer, just don't eat the food.

When ready to press on after 5pm head back towards the foot bridge and at the base of the bridge just to the left you'll find-

Elephant & Castle Pub- #363 Huan Shi Dong Road, Happy Hour 5pm-8pm (open 5pm-2am). Nice place for a beer.

There are several bars in the area one of the better Irish Pubs you'll find anywhere is back behind the Garden Hotel.

The Paddy Field- <http://www.thepaddyfield.com/about.php> #38 Hua Le Lu, get on the street to the left side of the Garden Hotel as you face it and walk to the end of the street and take a left. You will see the bar down the street about 100 ft on the right side of the road. Good food and better beer.

Shopping is not anything like PVG, the two main shopping areas are behind the hotel and Beijing Road. Get a card from the concierge and take a cab to Beijing Road (shopping area). Once there look closely to your left and right and you will see passages that lead to shops behind the main street stores. Mostly stuff for ladies. In the center of the road are the original road beds under glass. The road kind of slopes, to find one of the better Chinese Restaurants in town turn around and go back up the street (slightly up hill). You will cross a main street and on the right side of the road you should see-

Tai Ping Guan Restaurant-No.342, Beijing Road, Awesome!

1920 Restaurant and Bar-183 Yan Jiang Zhong Road, Excellent German food. About a 15min cab ride.

Train to Hong Kong from Guangzhou vice deadhead-Pretty easy to do and I prefer it over China Southern or who ever else they come up with. The hotel can set the whole thing up for you thru the business center. Find the schedule here <http://www.it3.mtr.com.hk/B2CfrmScheduleGuangdong.asp?strLang=Eng> the one you want is the KTT train it runs 3 times a day at 0818, 1531, and 2015 local times. You are going Guangzhou-Hung Hom (which is the Kowloon station) and you want Premium Class (one up from First Class) check it here <http://www.it3.mtr.com.hk/B2C/frmScheduleGuangdong.asp?strLang=Eng> fare is \$230HK about \$30 US. Take a cab to the "East Train Station" allow 30-45 minutes for the ride (about 40 rmb). Walk into the station and you'll see the ticket window to your right about 30 feet into the building. The train ride is just shy of 2 hours once you get to the Kowloon station take another cab to the hotel (too far to walk). The whole evolution will cost you about an hour more than the DH. If you want to go the other way from Hong Kong to Guangzhou you can buy your tickets online by registering here <https://www.it3.mtr.com.hk/B2C/frmRegister.asp?strLang=Eng>.

## **CDG-**

Way to many places to list here are a couple

Le Restaurant Au Sergent Recruteur-<http://www.lesergentrecruteur.com>  
Good food, good fun.

The Great Canadian Pub-<http://www.tgcparis.com>  
Lots of airline folks and expats hang out there. Very good burgers also live sports.

One thing about Paris if you order a cab the fare starts from where the cab is when the call is made not at the pickup point. You are better off hailing a cab in the street. Remember to check the meter when you get in.

## **DXB-**

One of the things you have to do. Go down to the business center and sign up for the sand dune trip. Not really sure what's it's called but they'll know what you are talking about. It use to cost about \$70. You leave the hotel about 4pm and return around 11pm. You go sand dunning for a while, and then end up at an encampment with a BBQ and all you can drink and eat with belly dancers.

Irish Village-<http://www.theirishvillage.ae/> Nice place. Cab ride is the best way to get there.

"Gold Souk", talk to the concierge about how to get there it's a gold market that's pretty interesting to walk thru.

Don't miss "Charlie's" in the hotel (excellent rack of lamb) and the "Sea Food" buffet is pretty awesome as well in the main lobby. I always fall for the raffle ticket (about \$125 US) in the airport for a very high end auto. They only sell 1000 tickets best odds I've ever seen, but on the same token I've never won and I've spent about \$2500 or so on tickets.

## **DEL-**

A must see is the TAJ. Call "Sanjeev Kumar" phone# 9811135995 (it's a local call) cab number 6559. You'll leave at 6am and return depending on what you want to see somewhere between 4-6pm. Price? He'll tell you "pay me what you think". We gave him \$100 each, some guys have paid \$50, so over to you on that one. You do have to pay the "guide" at the TAJ he'll tell you how much, make sure to ask. Once you finish the tour at the TAJ he will want to take you to a few shops (marble, rugs and jewelry) that adds about an hour or so to the trip. If you're not interested in any shopping tell him you want to take a pass and head back. The rug store he took us to was pretty interesting and the prices were about the best I've ever seen. We had him stop on the way back at a road side stand and picked up a few beers for the return.

If you don't want to make the trip to the TAJ there are several places to see in town that Sanjeev can take you to. Check [www.akshardham.com](http://www.akshardham.com), it's only about 20 minutes away and well worth the trip. Buy the full package it's pretty interesting. He also knows the best place for carpets or anything else you might want. A good guy treat him right.

The happy hour in the Dublin Bar is free (it's down stairs behind the check in desk). But beware when happy hour is over the price for cocktails is very expensive.

## **HKG-**

Best cheap breakfast-Big John's Cafe, out of the hotel take a right and go up the street to the first red light and cross Nathan Rd (just past Murphy's Irish Pub) and take the first right (Lock Rd) after crossing Nathan Rd. It's about 100yds or so up on the left side. Menu is on the wall, order in the back and take a seat (25HKG dollars, about 3bucks for two eggs, bacon, toast, orange juice and coffee).

One of the best burgers (if your so inclined) is in Murphy's Pub, look above to find it.

Nomads for lunch is a must (Mongolian BBQ). Take a right out of the hotel and go up Nathan Rd to Kimberly Rd about 6 blocks and take a right. After the right it's about 200 yards or so down on the left side. Number 55

Kimberly. You get a Fedex discount of 10% (don't really need your id just tell them you're Fedex). Pretty good deal for lunch (2 bowls). Dinner is quite a bit more but all you can eat.

Cheap lunch-I don't know the name of this place but it's easy to find. Out of the hotel take the right go up to the first light take a left and cross Nathan Rd and take the second right which is Hankow Rd then take the first left which is Ichang St. At the end of that block on the corner on the right side is an outdoor noodle shop. Most excellent. I like the Singapore noodles which cost about \$3. No place to sit so I usually take them back to the room if I'm looking for a quick lunch. If you go around that corner on Ashley Rd there are several good places for dinner.

Jimmy's Kitchen-<http://www.jimmys.com> famous place that's a bit pricy. Best known for their pepper steak.

Weinstube-Nice little German pub/restaurant that's up on the second floor. Very small sign and a bit hard to find it's right across the street from Gaylords Indian Restaurant (i.e. large sign).

Gaylords Indian Restaurant-excellent as most of the indian restaurants are in Kowloon. It's a bit more than most but it's also a cut above with entertainment as well.

A few other restaurants of note. Get a map from the concierge and they can mark it for you.

Spring Deer-Excellent Chinese food #42 Mody Rd, Kowloon

Biergarten German Pub & Restaurant #8 Hanoi Rd, Kowloon

Fat Angelo's #8 Minden Rd, Kowloon

Schnurbart German Pub on Humphrey Rd, Kowloon (difficult to find without a guide or popcorn trail)

One of the best happy hours is right in the hotel at Morton's on the 4th floor. For those on the cheap they serve mini prime rib sandwiches that are hard to beat.

Lan Kwi Fong-

Take a cab and tell him you want to go to Lan Kwi Fong (It's on the island). More upscale than Wanchai . Lots of ex-pats, nice bars and restaurants.

Wanchai-

Easiest way to get there is by cab. Lots of bars, tell the cab driver you want to go to "Joe Banana's" <http://www.joebananas.com> it's a good place to start. Don't miss "Carnegies" <http://www.carnegies.net/page14.htm> good place for ex-pats. Lots of bars/restaurants.

Stanley Market-If you haven't been there it's a good way to spend the afternoon and see the island. Take the Star Ferry to "Central" and catch the # 260 bus (costs 10.60 HKG, you need correct change, or the "octopus" card, see below) sit on the right side of the bus going and the left side coming back (better view). The bus makes a couple of stops but the best way to get there. Make sure you get to the water front in Stanley and have lunch and a few beers in one of the several bars there.

Octopus Card-Best place to buy is at the service window in the subway (excellent subway system by the way). Take a left out of the front door of the hotel and then a quick right crossing Nathan Rd at the light. Once across take another right and on the second block you'll see the entrance to the MRT station. Go down the stairs, the service counter is straight ahead to the left side. Tell the agent you want an Octopus Card. It costs 150HKG of which 50HKG is a deposit on the card and 100HKG is for use on all transportation except taxi's. You can recharge it at any 7-11 (across the street from the hotel). You can turn the card in and get the 50HKG back at anytime (the card is good forever as long as you use it once every 3 years). The only way to get around HKG. On the subway you use it both going in and out (watch the locals) on buses, the ferry and trollies only entering.

A good way to see the night life and night markets in Hong Kong is to take the Star Ferry to the Central landing NOT Wanchai then walk to Connaught Rd and catch the 2 decker trolley and ride it to the end of the line and back. You want to catch the trolley moving to the left as you get to Connaught Rd. A great time is after dark. Yes and you can use the octopus card.

Fedex Uniform tailors HKG-Linda Chow is an authorized Fedex tailor (you will get reimbursed by the company). I've known her for over 30 years and

she does a great job. Her prices (no bargaining) are very close to what you would pay in MEM but the quality is far superior. Out of the hotel to the right, cross Nathan Rd at the first light and stay on the left side of the street. She is one door past Delaney's Irish Pub (most excellent by the way) at the Universal Commercial Building # 69 Peking Rd, Looks a little weird but go thru the doors and take the elevator to the 11th floor and take a quick right to room 1101. Her prices for other tailoring (i.e. sport coat etc.) is not cheap but you would be hard pressed to find better quality.

Jewelery-Thomas Wong Jewelry, right below the the Sheraton Hotel. See Victoria and tell her you are a Fedex Pilot and know Linda Chow. Very nice stuff and good prices.

Mac Guys-This is the guy for Mac software. Ken Tang at [pioneer@me.com](mailto:pioneer@me.com). E-mail him and tell him you are a Fedex pilot he will send you a pdf with all of the software he has. The good news you can get it online. Email him with the list of programs you want and he will return with the price listing. He will list the prices in Hong Kong Dollars and then at the bottom the total will be in US dollars. If you pay by PayPal he will send you a link to his idisk and you can download the program from there. Excellent stuff and he responds ASAP if you have a problem. He's located in the Golden Shopping Arcade which is a subway ride away. E-mail him for directions if you want go to his shop.

## **ICN-**

Take the bus to Itaewon check with the front desk when it leaves. There are lots of bars/restaurants and shopping. About the only real deal are socks. Pretty much everything else you can get cheaper in PVG. Make sure you barter about 50% less than what they're asking is a good starting point. The following are a few of the standards unless listed they are all on the main street in Itaewon.

Agra Indian Restaurant-Take a right after you get off the bus and it's up the street about 100 ft or so. It's below street level so look for the arch. Not bad for Seoul.

Nashville Club-Pretty average food.

Gecko's Terrace Pub-Average food but an above average bar.

Pancho's-Very average mexican food if you need the fix.

The Pub-Little hard to find, it's in a alley up the hill from the main street. Put your back to the Nashville Club and you'll see a hotel across the street. On the left side of the hotel is an alley running up hill. Go up the alley and make a left you'll see the "Pub" ahead to the right. Pretty good german food for Korea.

Catering-ICN has the best meal in the system. Order the Seafood Medley and cook it 25-30 minutes (it's so large 20min won't cut it).

Poker-Hotel casino, I play Texas Hold'em it's a tough table and the players there are very good, so be careful.

### **KIX-**

Noodle shop across the street from the hotel (if you go out the right exit) is excellent. It's the shop with the dark wooden slats. I think the chili pepper soup there is better than the noodle shop in NRT.

History 1985-2011 Noodle shop-I think better than above. Go across the street and take a left. Walk to the end of the street and cross to Micky D's. Take a right and cross the side street and the noodle shop is the second door on the left. It has an orange paper lantern hanging above a wooden door that slides left to right to enter. They have an English menu. The spicy noodle comes in 3 levels of spice, the Extra spicy will get your attention.

If you're hungry late (or for that matter anytime) take a left after you cross the street like you are going to the noodle shop and walk to the end of the block. You will see a Micky D's across the street. To your right is an outdoor food stall. They make only one thing and it's pretty good for about \$1.30 US.

Cinquecento-Great Martini Bar ask the concierge how to get there and right around the corner is-

Murphy's Irish Pub, again ask the concierge

There are several other pubs/restaurants it's just too hard to try and tell you how to get there (i.e. you really need a guide).

### Osaka to Kyoto (following provided by Shifty Pears)

The following is the information I recorded to get from the Swissotel in Osaka to Kyoto coupled with some of the recommended sight seeing there. Some of what I saw (incredible) some that I need to see in the future. Let me say up front that the concierge at the hotel in Osaka was very helpful and really got me going in the right direction (no pun attended). The only map she did not have was an English Version for the Bus Map for Kyoto but you can get that at the bus ticket place in Kyoto. Kyoto is amazing; it is WELL worth the trip.

#### A. **Transportation to Kyoto**

(1) Leave hotel and go down to bottom floor. Enter Namba (M20) Station. Look for the signs to the Midosuji Line.

(2) Go to one of ticket kiosks and put in a ¥1,000 or some smaller amount say ¥300. The cost one way to where you want to go (Umeda Station # M16) is ¥230. Put in your ¥ and hit the 230 button. You will get out a small ticket and appropriate change. I could not see where you could use a card so use cash.

(3) Go through the appropriate turnstiles for the Midosuji line, putting in the ticket (you get it back of course) and look for the correct track to go north. It should say Shin-Osaka. Get off at Umeda Station which is four stations up from Namba (Shin-Osaka is 7 stations up). They announce the stations you are coming to in Japanese and English (most of the time) so listen up and/or count.

(4) At Umeda Station, exit. I went to the first window where they were selling tickets (there was not English signage there so it was a guess on my part that worked out). I bought two tickets on the **JR Train** to Kyoto one each way. I bought tickets that were just good to start the ride (go through the turnstiles) from 1000-1700 for ¥330 each from Osaka Station. You can get a ticket that is good anytime of the day for ¥440. From that ticket booth, I walked to the left, took a right turn up that stairs to street level. Go pass the buses, across the street and into the JR Terminal...just look for the signs.

(5) The train line you will be getting on is the Blue One. However you are going to be going through Shin-Osaka and Takatsuki which are

major stops on your way to Kyoto. The end of the “Blue” line is Nagahama. Put the train ticket into the receptacles upon entry. There are train line maps on the walls in the terminal for orientation.

(6) There are “Local” trains and “Rapid” Trains. I am not sure of the difference, but have to assume the “Rapid” ones make less stops and are quicker. Trains are coming all the time (**and are on time to the minute**). I got on the first available Rapid Train that said to Yasu. There are other Rapid trains that head to Kyoto (another major stop on that line) but terminate I guess at a different place than Yasu. There are electronic signs that alternate between Japanese and English to help you figure out where to go (Track#) and when it leaves. I think the Rapid Trains are shown in red and the local ones in yellow.

(7) Once you get to the Track (more electronic signs), directions are announced in English and Japanese on where to queue up in the loading area. Just stand there and wait for the train. Best to be at the beginning of any of the lines so you can get a seat.

(8) Stops are always announced in Japanese, and sometimes in English. You can see the train stop in English on the ramp as you go by. On they way up we stopped at

Shin-Osaka  
Iwabuki  
Takatsuki  
Yamazaki  
Nagaokkyo  
Mukumachi  
Nishiogi  
Kyoto

Total time Osaka to Kyoto was 37 Minutes. On the way back we only stopped @ Takatsuki and Shin-Osaka...total return time 29 minutes. I am not sure why the difference, might be the direction and time of day...who knows.

(9) In Kyoto, I left the train area, went up to the next level and went out the “East Exit). I did a U-Turn after the Turnstiles and then walked down a long passageway into kind of mall area. Follow the signs to the “Bus Commutation” You will finally make a left turn and go up some stairs to the outside. Walk about 200 feet, The Bus Ticket/Info Office is on the right. Go in and purchase a ticket. You can get an all day Bus Ticket for ¥500. If you already don’t have, pick up a Bus “Trail Map” in English that is helpful. I used it to compare with the Kyoto touring map I got at the Hotel in Osaka. Exit and then keep walking. The bus you want will either be at Spot D-1

(#100) or D-2 (#206); more on that in the following section.

## B. Touring in Kyoto

- (1) The concierge recommended five places to go. In order:
  - Kiyonizu Temple
  - Yasaka Shrine
  - Nijo Castle
  - Kinkakuji Temple
  - Ryoanji Temple.

There are other places to go I am sure. I only had time to go to the first three on the list. The bus order below is based on CCW flow.

- (2) Get on either the #100 or #206 Bus at spots D-1/D-2 respectively at Kyoto Station. First stop will be for the Kiyonizu Temple, one of most amazing places I have ever seen. To get there get off at the Kiyomizu Michi Stop (just past the Gojozaka stop). (note most if not all the buses at the front indicate on an electronic sign what the next stop is going to be in Japanese and English) Walk back about 1/2 block to the stop light, turn left and head up the hill for about 1/3 of a mile. As a land mark look for a "Focus" sign on a store on the left side at the corner. It is an uphill walk. You will know where you get there. No cost for the initial entrance but if you want to get into the main part of the Temple Area, you need to by a ticket for ¥300. All I can say is truly incredible. I spent 3 hours there. There is also a separate Shrine (Jishu) on the grounds that you can check out.

- (3) I left, walked back down the street to the main street, took a right turn and walked North about 6-7 blocks to the Gion Bus Stop. Across the street is the entrance to the Yasaka Shrine which was interesting but not close to size nor impact of the Kiyonizu Temple.

- (4) When I was done there, I walked back across the street heading West to the Gion Stop. There I got on the # 12 bus stop and headed towards the Nijo Castle. You get off at the Nijojo-mae stop. Walk back about 100 yards through the Parking Lot to the Castle entrance. Cost to get in is ¥600 which you can get at a kiosk using cash. This castle dates back from the early 17th century and was where the Shoguns hung out. There are two palaces and three Japanese gardens inside...all very cool and pretty, especially when the Cherry Blossoms are doing their thing. I spent an hour there.

- (5) I ran out of time there, and needed to get back to the train station so took a cab vice a bus back. Cost was ¥ 1360. Oh well, bad

planning on my part but it just takes longer to see things than I thought.

(6) If I had had time, the next stop would have been the Kinkakuji-michi Temple up to the NorthWest. The # 12 bus will also take you there. From there you can walk down to the SSW to he Ryoanji and Ninnahi Temples. That is where my tour would have ended. It was recommended to walk back past the Kinkakuji-michi Temple to the Kinkakuji-michi stop (not very far) to get a return bus to Kyoto Station. Any bus with a “JR” on it will work but looking at the line, so would # 205 (this might be one in the same; I am not sure.

### C. **Transportation back to Osaka.**

(1) The cab left me off at a different entrance to the Kyoto Station. All I can say is follow the signs to the “JR” You will have to go through one building across a street and into another. However I think if the bus brings you back, you just have retrace your steps from when you left. Look for signs to the JR and Osaka/Shin-Osaka. When you arrive there from Kyoto, just leave the JR Terminal and cross the street into the Subway station. Again look for the Midosuji Line. Buy another ¥230 ticket and get on the subway to Namba (4 stations down). You, of course, are starting this time at Umeda Station. Get off at Namba station and then exit and look for the signs to Swisshotel and you are “home” It took me 55 minutes from train station in Kyoto to my room at the Swissotel on my return...not a bad deal.

(2) Hope this all makes sense.



Kiyonizu Temple Buildings

## **NRT-**

Jet Lag-Pretty much the place now for cocktails (only guy in town who takes credit cards).

Geeta New World Cook-All you can eat Indian food. Walk past Jet Lag about 200 yards or so on the right side of the street.

Flyers-The old place not much happening now.

The Cage-See above.

Pappas-Spicy Chicken (excellent).

Noodle Shop-Chili Pepper Soup.

The Bond-All you can eat.

The Barge Inn-When the bus stops running they will take you back to the hotel by van.

## **SHINKANSEN – BULLET TRAIN FROM NARITA TO OSAKA**

The first step in this process is to request a mid-trip deviation. The request is under Expense Reports, then go to Status Reports (I think this is correct). Once you have that approved, you will need to e-mail both the Narita and Osaka Ramp folks and advise them of your plans. Request Narita to cancel G/T to Haneda and request Osaka to cancel G/T from Kansai to the hotel. E-mail addresses are [NRTOPS@emc.fedex.com](mailto:NRTOPS@emc.fedex.com), and [KIXOPS-1@emc.fedex.com](mailto:KIXOPS-1@emc.fedex.com). Both are in the ALPA pocket calendar. They are pretty good about responding to your e-mail, but follow up if for some reason you don't get a reply.

1. Start at the Narita Airport – Hilton Hotel provides free bus service starting at 6:30 am.

2. Get off the bus at terminal 2. There are signs for the JR (Japanese Railroad)/trains. Follow them downstairs to the ticket counters. There was a ticket counter of some sort before the lowest level in the terminal. Bypass them and go all the way down to the lower level where the trains are.
3. Buy your ticket from Narita to Osaka. Specify that you want the Narita Express to Tokyo Station and the Shinkansen from Tokyo Station to Osaka. Use the company credit card to pay for it. The fare should be around 22,700 yen for First Class and about 17,000 for Ordinary. Recommend getting a first class seat... it costs a little more, but they are more comfortable. You will be given three (3) tickets. These get you through the turnstiles at all points including the exit in Osaka. You feed them all into the turnstile machine as a stack of three. The machine does the sort and spits them out at the other end. Collect them and you're on your way to the platform. If you have any difficulty with this, there is a uniformed train agent there to assist.
4. Your ticket will have a train car number and seat number printed on it. The place to stand for each car is on signs hanging from the overhead. Very orderly!
5. The Narita Express train takes you to Tokyo Station with a few stops along the way. Total time enroute is about 1 hour and 15 minutes.
6. Once at Tokyo Station, follow the signs for the Shinkansen. They are well marked and it's about a 5-8 minute walk through the station to get to the train.
7. Look for the NOZOMI SuperExpress to Okayama. This train makes stops in Shin-Yokohama, Nagoya, Kyoto, and Shin-Osaka. It's about a two and a half hour trip from Tokyo Station to Osaka, and the train is really fast! If you can't find the name of the train, just check the departure time on your ticket against the screens all over the station and platforms. If you encounter any difficulty finding the correct platform for the train, there are lots of uniformed folks around who will gladly point you in the right direction. The train pulls out at exactly the departure time on your ticket. Now sit back, relax, and enjoy the scenery. Mt. Fuji is on the right hand side, but you can only see it if the weather is fairly clear.
8. Once you arrive at Shin-Osaka, you will exit a final set of turnstiles that will take your tickets and open the gate for you. No ticket to collect on this one. Follow the signs for the Subway. It's a very short walk to there. You will have to buy a ticket from one of the machines.

They are all in Japanese, but it costs 270 yen to get from station M13 where you are to station M20-Namba Station. Just drop the money into the machine and it will light up a selection of fares. Push 270 and you've got your ticket. M –stations are the Midosuji Line. This is the red subway line. Hop on the first train that comes by (going toward Namba station) and get off at Namba Station, M-20.

9. Once you get to Namba Station, you will get off the train and see signs for the Exit. Follow the Exit 1----10 sign, and go out exit #4. Go up a couple of escalators, and this puts you right in the bottom of the Swissotel. Take the elevator to the lobby and you're there.

From the time you leave the Hilton in Narita until you check-in in Osaka, it will take about 5 hours and 45 minutes. You will have avoided two very long cab rides, airport security at Haneda, and a two hour wait before your flight. Aside from some self-inflicted apprehension about doing this, it was as easy as taking the Amtrak from DC to Boston. I'll probably do this every time I have a D/H to Osaka from now on.

## **PEN-**

The best kept secret in the system.

I rent a motorcycle (they're small 125cc) and ride around the island (you need a motorcycle license). Takes about 3 hours, nice way to see the island.

Mario's Italian Restaurant-Take a left out of the hotel and walk down the road about 1/4 mile and it's on the right side, Great place.

**Malaysian Kitchen**-Right beside Mario's Italian restaurant. This is a new restaurant and in my opinion the BEST in Asia period. Make sure you have Tina (the owner along with her brother) serve you. Tina worked at Mario's for years now she's on her own with a truly AWESOME restaurant.

Ferringhi Garden Restaurant-<http://www.mytasteheaven.com/2009/08/ferringhi-garden-restaurant-batu.html> Take a right out of the hotel and walk up the street about 100 yards or so. Most excellent.

There are several small restaurants along the street that serve good cheap breakfasts (\$3-\$5 US).

Software and DVD's-Take a cab (about 15 minutes) to the Stop & Shop (get the address from the concierge). Best DVD's are on the top floor and you can check them before buying. It's the only place I know of in Asia (besides Oscar's in PVG) that sell dual layer DVD's (just like home). Remember if the movie just came out it will not be a good copy, they will tell you that in this store (you won't hear it anywhere else). To my knowledge you can't get Blue Rays anywhere in Asia, however you will see them packaged that way.

There is a night market that starts at night fall out on the street in front of the hotel. Just take a left and walk a block or two.

## **PVG-**

Have the concierge write the address down so the cab driver will know where you're going.

Best cheap breakfast- Keven's Cafe for breakfast #525 Heng Shan Lu. You need to take a cab (they're cheap). It's down the street to the right about 2 miles or so. It will be on the left side of the road. Shanghai Cafe across the street from the hotel is ok for breakfast but not as good as Keven's.

Lunch-"1221", 1221 Yanan Xi Lu (thats the name and also the address) awesome chinese food. When you get there you'll feel you're in the wrong place. You have to walk thru a small apartment building parking lot with the restaurant in the back.

Best dinner deal-"Tairyo Teppanyaki Resturant" Go out the front of the hotel and across the street to the Shanghai Cafe and take a left, walk to the corner (don't cross the street) and take a right. Walk about 200 yds it's the second building past the hotel on the right. It's a two story building all you can eat and yes all you can drink for 150 rmb (approx \$22). Amazing deal!

Sasha's for dinner (a bit spendy but well worth it). It's at the corner of Heng Shan Lu (main road in front of the hotel) and Dongping Lu. You can walk there, it's about a 10-15 minute walk. Out of the hotel take a right. When

you approach it (hard to miss it's a large mansion), just before you cross the street to enter the gate, look to your left and you'll see a Guinness sign about a 100yds down the street on the right. That's O' Malley's Irish Pub pretty good little bar. When you go into Sasha's go thru the bar and out the back door you'll get to a courtyard that's between Sasha's and Zapata's Mexican Restaurant (pretty good food). The courtyard is a great place for a cocktail or two if it's warm out. The dining room for Sasha's is on the second floor (not a t-shirt/flip flop place).

Brasil Churrascaria- It's moved from it's old location, it's now to the right on the main street in front of the hotel. Take a cab it's about two miles or so on the right side of the road. It's cheap and all you can eat (lots of guys go there, I don't care for it that much myself).

Big Bamboo-<http://www.bigbamboo.cn/> 24 hour live American sports bar, food is pretty good as well. There are 3 in town you want the one at 132 Nan Yan Lu not more than 5-10 minutes by cab.

#### Shopping-

Most go to the 580 mall that's #580 Nanjing Xi Lu (xi lu, read- west road), it's ok and a short cab ride from the hotel but the better place is the Subway Market.

DVD's-Oscar's-go out the back door of the 580 mall and it's across the street. Once inside ask where the DVD's are or you'll never find them. Excellent quality, but make sure you ask if it's a good copy (they're honest and will tell you if it's not). As a general rule if the movie has been out for less than 3 months it most likely won't be a good copy. Expect to see people walking in front of the handheld camera. Best place for DVD's and CD's that I know of in PVG.

Subway market- out of the hotel take a left and go up the stairs to cross the main intersection and while on the bridge cross over to the right side of the bridge (ie you want to be on the right side of the road). Walk about a 100 yards and take a right going down several steps to the subway. When you get to the to auto ticket machine (I think it's in the upper right corner) select "english". You want the "green line" (which I think is track #2) and select the "Science and Technology Museum" station (don't forget what station you're leaving from "Temple" station). Get change from the hotel before

you leave it's 4 yuan for a one way ticket. When you get to the station (15 minute ride or so) go up the stairs and you're there. This is big time bargaining at it's best. As a rule I normally take 75% (at least) off of the opening price. If you get out the door and they don't come after you your price was too low. If they let you out the door and then chase you down you're just about right with the lowest price. Some examples sunglasses they start at 200 or 300 yuan if you pay more than 50-60 yuan you paid too much (make sure when you look at sunglasses you have the case and the little cleaning cloth together or the case will be extra). As a rule I generally take a pass on electronics in China. Kind of remember what your Mom said "You get what you paid for". For example you will see 240gb thumb drives and even larger, well they just don't make them that big period, it's a rip off. So buyer beware.

Tommy Bahama Shirts-Shop # A2-18 in the Subway Market. She's a tough lady but you should be able to get her "good shirts" (patterns match on the front where it buttons) for \$10 US.

Real Deal NFL and other sports jerseys-#C1-42 in the Subway Market. \$15 for NFL jerseys talk to Jerry.

Pearls-Laura Pearls & Jewelry- Shop #2017, 2nd Floor, Shanghai Hongqiao International Pearl City, #3721 Hangmen Road Changing District (15min cab ride). Best prices, best quality I know of in Shanghai (all the United Flight Attendants go there). Say you are a Fedex guy, prices are fixed. If you don't know squat about pearls tell her and she will give you an education. Nice lady and she will take care of you. Remember she is up on the second floor.

Musical Instruments-Best Friend Music Co, Get the address from the concierge (it's about a 20 min cab ride). There are lots of music stores up and down the street but I've found Best Friend to be the best. Good deal on guitars. Set prices with a little wiggle room.

Antique Market-Shanghai Dong Tai Road Antique Market. Again have the concierge write the address down for you. Don't miss the cricket market across the street (it's under a large white tent).

"Old Town" of Shanghai-Take a cab, it's down near the river. While there don't miss the Yu Garden it cost a \$1 or so to get in and well worth it.

Go Karts-I think there are now 3 tracks great fun get the info from the concierge.

## **SIN-**

Brazil Churrascaria-<http://www.brazilchurrasco.com/> One of my favorites. Make a reservation before you go and get the address from you know who. It's out on 6th Ave (about 15min by cab).

Banana Leaf-Great for lunch if you like Indian food. Take a cab but it's a great walk back thru the Indian section of town and then getting on Bugis Street. Look for the Sim Lim Building as you walk back (you should be able to see it in the cab, ask the cab driver to point it out). You might want to take a tour thru Sim Lim. Several floors loaded with the latest gadgets. Out of the Sim Lim building look for Bugis Street (ask somebody if you can't find it) and walk thru the open air market.

Fatty's-Awesome local fare (favorite of Lane's and now mine). Take a left out of the hotel and walk 5 blocks and take a right on Bencoolen Street. Walk about 3-4 blocks on the left side of the street and you'll find Fatty's in the square around the corner just prior to the Sim Lim Center (tall building on the corner of Bencoolen and Middle Rd) 175 Bencoolen Street #01-31. Open 12pm-2:30pm and 5:15pm-10:15pm. Try the Black Pepper Prawns. When you're ready to head back take a right out of Fatty's and go across Benoolen and follow the crowd down to Bugis Street. It's now a night market, it was something far different years back.

Clark Quay-Go out the front door of the hotel and take a left, walk up the street and take a left when you get to the light. Now you're going to walk several blocks until you get to the river. Get on the right side of the street somewhere along the walk and when you get to the river take a right prior to crossing the river. Walk along side the river until you reach the row of bars and restaurants.

Elephant Bar- is one of my favorites for late night cocktails and music (doors open but the A/C blasting). If you continue up the river you'll come to a bridge next to Hooters. Go over the bridge and take another right and you'll get to one of the very few brew pubs in Asia. Good food and good beer.

Brewerkz- [www.brewerkz.com](http://www.brewerkz.com)

Molly Malone's- Excellent Irish Pub [www.molly-malone.com](http://www.molly-malone.com) a little hard to find but lots of fun. Instead of taking a right at the river prior to crossing the bridge, go across the bridge and take a left and walk along the river until you get to the second or third street and take a right. Just ask somebody when you get close. Classic Irish Pub.

Newton Circus-Outdoor food stalls at their best. Little tough to find but once there most awesome (you don't want to miss this). Tiger prawns and fried rice with tiger beer, how could it be any better. This place is not to be missed.

### **STN-**

The Eagle Pub is one of the best pubs in town. Take a look at the ceiling and ask one of the workers about the writings. If you've got time go to Duxford and see the museum. Take a left out of the hotel and then another left and a quick right you'll see a bus stop on the right. I think it's the number 5 bus, but there is a schedule at the bus stop. It takes about 40min to get to Duxford and the last stop is the museum so you can't miss it. Make sure you save your bus ticket because that's good for the return as well. <http://duxford.iwm.org.uk>

### **SYD-**

Darling Harbor-Take a right out of the hotel and walk down to the pier. Catch the ferry to Darling Harbor. Lots of things to do, restaurants, bars etc. The Australian National Maritime Museum is well worth the short trip alone. The Sydney Aquarium is also worth the time. There is an I-Max theater and you can check the schedule here [www.imax.com.au/films/nowshowing.asp](http://www.imax.com.au/films/nowshowing.asp).

Manly Beach-You need to take a ferry to get there but if it's summer time it's an awesome trip.

George Street Bar-Take a right out of the hotel walk towards the pier and take a left at the street just prior to the pier. When you get to George Street

take another left and the Bar is about 30 feet on your left. Good place to start. Food's pretty good.

Fortune of War Pub-[www.fortunefwar.com.au](http://www.fortunefwar.com.au). They claim to be the oldest pub in Sydney but then so does Lord Nelson's. Take the same route towards the George Street Bar except when you get to George Street take a right and get on the left side of the street. The Pub is about 50 feet or so down the street.

Lord Nelson's Pub-<http://www.lordnelsonbrewery.com/>. A bit of a walk but well worth the effort. Walk past the Fortune of War Pub on George Street and take a left on Argyle Street (the Orient Hotel is on the corner). Walk up the hill thru the tunnel and you'll see Lord Nelson's about a 100 yards ahead on the right side of the road.

The Orient Hotel-[www.orienthotel.com.au](http://www.orienthotel.com.au). Like you're going to Lord Nelson's except don't take the left on Argyle Street. Younger crowd but can be great fun on the weekend. Food is ok.

Peter Doyle @ The Quay-[www.doyleatthequay.com.au](http://www.doyleatthequay.com.au). My favorite restaurant in Sydney. If the weather is good it's the only place to eat. Walk down to the pier and take a left and then a quick right and continue down to the end of the pier. It's right across from the Opera House. King prawns are excellent.

Lowenbrau Keller-<http://www.lowenbrau.com.au>. Pretty good German restaurant. Walk towards the Orient Hotel and take a left on Argyle Street (the way to Lord Nelson's). The restaurant is just past the Orient Hotel on the right side.

Sydney Bay Bridge Tour-[www.bridgeclimb.com](http://www.bridgeclimb.com). Something that everyone of you needs to do if you're senior to me.

## **TPE-**

Get the addresses from the concierge for all listed below, cabs are pretty cheap.

PaPa Gio'-<http://www.papagio.com.tw/main.html>. One of the best Italian restaurants in Asia.

Tandoor Indian Restaurant-The concierge has the business card. There are two in the city you want to go to the first one listed on the back of the card (it's the closest).

Genghis Khan Restaurant-Mongolian BBQ, #176, SEC.3, Nanking East Road, Not as good as Nomads in HKG but one of the best in Taipei.

Malibu West Club (there is an East Club as well)-Great for lunch and not bad for dinner (very cheap and not bad). It's over near the Imperial Hotel (where we used to stay).

Dan Ryan's Chicago Grill-Pretty good food, nice bar.

The Tavern-<http://www.tavern.com.tw/> great sports bar. Place to watch American sports live.

The World Trade Center-Check with the concierge about what trade show is in town. Something is always going on and it's pretty interesting to walk around.

Watches-Best fakes are in TPE. Go to Imperial Hotel (our old layover hotel) as you look at the hotel look to the LEFT and you will see the-

International Watch Store-Talk to Jammy (that's not a misspell), call him first and tell him you're on the way 0913-660970. He will give you a lesson in fake watches. Don't get sucked in and go to the Imperial Watch Company which is to the RIGHT of the Imperial Hotel (it's owned by his ex-wife and her sister). Any problem with a watch and Jammy will take care of you. While there stop in the Malibu West Club, it's down the alley that runs along the RIGHT side of the Imperial Hotel.

