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FREE FOOD AND ACTIVITIES IN SAN FRANCISCO BAY AREA

www.coldstonecreamery.com/birthday

Adults and kids: 2 for 1 coupon

www.baskinrobbins.com/BDayclub

Adults and kids! Free Scoop on your birthday!

www.armadillowillies.com

Free Birthday BBQ sandwich on your birthday month!

www.Benihana.com

Join the Chef's Table program and get a \$30.00 birthday certificate good for dinner Mon-Thur with purchase of one adult meal. (ages 13 and up).

FREE Museum Pass Program

Passes are limited. Go to Menu / Venues on the 1st of each month for release of new passes. All San Mateo Residents. Selection of museums varies by city!

South San Francisco / Daly City / San Bruno / Millbrae, Pacifica & other San Mateo County library card holders.

Visit www.discover.ssf.net or www.plsinfo.org Free Passes to: Exploratorium, California Academy of Sciences, Asian Art Oakland Museum of CA, De Young, Legion of Honor, Lawrence Hall of Science, USS Hornet, Pinball Museum and many more! Book early for best pass availability. Pass normally good for 1-2 adults and or dependant children under 17 OR under 12. Passes don't need to be printed until a few days before your visit. Once tickets are printed you can not cancel. (During summer CA Academy & Exploratorium not always available). SF & Alameda also offers this program!

California Academy of Science (SF)

FREE once per quarter on Sundays.

55 Music Concourse Drive, Golden Gate Park, www.calacademy.org Discover & Go! (415)379-8000

Bay Area Discovery Museum (Sausalito)

FREE 1st Wednesday of each month. Closed Mon. Fort Baker, 557 McReynolds Road, Best for ages 8 and under! www.baykidsmuseum.org (650)339-9000 Discover & Go!

Oakland Museum of California

FREE 1st Sunday of each month 11 AM-5 PM www.museumca.org (510)238-2200 Discover & Go!

CuriOdyssey (San Mateo) (ages 4-10)

Various FREE DAYS. www.CuriOdyssey.org (650)342- 775

Asian Art Museum of San Francisco

FREE 1st Sunday of each month

Modern Art museum of San Francisco

FREE 1st Tuesday of each month

Legion of Honor San Francisco

FREE 1st Tuesday of each month

De Young Museum San Francisco

FREE 1st Tuesday of each month

Japanese Tea, Garden Golden Gate Park

FREE 9 AM-10 AM Mon, Wed, & Fridays

Bank of America Museums on Me program. Good in 50 states. 1st Sat & Sun of each month w/ BofA Visa.

From the office of Randall T. Lum, O.D. (650) 589-7198

www.LumOptometry.com

1 Hour FREE parking Pier 39 w/ AAA	Get a Free 1 hour parking validation coupon with AAA or visitor coupon book. Go to the Welcome center on the second floor for your free pass. Coupons on the back of Pier 39 tourist brochures.
4 Hours FREE parking near Fisherman's Wharf area	Parking is FREE for 4 hours near Aquatic Park or inside Fort Mason off of Bay Street. Check the signs for days and times.
4 Hours of Free Validated Parking @ Embarcadero Center	Embarcadero Center parking on Sat & Sun. Validation at restaurants/stores. Mon-Fri after 5 PM special rates.
Train Town USA (Sonoma)	Great day trip for the young train-buff. A train and a few smaller carnival rides (Ferris Wheel, swings, Merry-go-round, airplane) Saturday, Sunday, and daily in summer. \$4.75 / 20 min train rides. 20264 Broadway, Sonoma. www.traintown.com (707)938-3912
Train Rides at Tilden Regional Park In Berkley Hills	Great local train ride in the hills. Open weekends, summer, and holidays. Small gauge railroad and small gauge train rides Saturday and Sunday 11 AM to 6 PM. \$3 or 5/\$12. 2501 Grizzly Peak Blvd. www.ggls.org or www.redwoodvalleyrailway.com (510) 548-6100 Use Discover&Go combine with a trip to Lawrence Hall of Science.
San Jose Children's Museum	Great younger kids and separate toddler play areas. Parking across street \$5. Closed Mondays (except summer). 180 Woz Way, San Jose (408)298-5437 www.cdm.org Go to spaghetti factory after!
CineMark FREE weekly food item	Sign up for the CineMark weekly email for coupon (i.e. buy a drink and get a free popcorn). You can upgrade to larger sizes for a little more. www.CineMark.com Free popcorn or drink with purchase!
Oakland Zoo	Has kids carnival rides located outside main entrance of the zoo.
Chabot Space & Science Center	25555 Hesperian Blvd, Hayward. www.chabotspace.org (510) 723-6600 Fri & Sat Evenings: 7:30pm - 10:30pm
Stern Grove FREE Summer concerts	FREE Sunday concerts during summer months.
Monterey Bay Aquarium & Wharf Area	Free parking just past the American Tin Cannery Outlets & the aquarium (right by the water). Walk along the path to the aquarium. GOT KIDS! Check out the Dennis the Menace playground!

Many museums around the country have FREE days or reduced admission days during the month. When you are traveling always check with the museum to see if it offers these special discounts or late evening hours. However FREE days are often more crowded and can have long lines.

If you have any comments about these tip sheets, please let me know when you come in for your next visit. We are always open to feedback about our office and any recommendations you may have about our tip sheets. Feel free to share our tips with your family and friends. Please tell your family and friends about our office-we greatly appreciate your referrals! Have a safe and wonderful trip. Tip sheets are also available for: Honolulu, Maui, Big Island (HI), Disneyland & Disneyworld, Las Vegas, Monterey Bay, New York, Seattle, Washington D.C. Puerto Vallarta Mexico, Cruising, Bay Area Restaurants, Italy, London & Paris. These are also available online at www.LumOptometry.com under "patient forms."

LOCAL RESTAURANT RECOMMENDATIONS IN THE BAY AREA

- Koi Palace** Daly City. Best dim sum in the peninsula. Also has a great 4 person Peking Duck dinner. Near the Outback steak house & 24 hour fitness. As good or better than Hong Kong restaurants. 363 Gellert (650) 922-9000. Go early for less wait. Also features live seafood dishes.
- Yang Sing** Best dim sum in San Francisco. Pricy but special. As good or better than Hong Kong. 2 locations (Rincon Center). 121 Spear Street (415) 957-9300 or 49 Stevenson (415) 541-4949.
- West Coast Café** In San Bruno (on San Mateo Ave). A great small Italian restaurant. Across the street from Bank of America. 466 San Mateo Avenue (650) 588-1912
- New England Lobster Company** In Burlingame. Lobster rolls, lobster bisque & Fresh live lobsters. Happy hour Mon-Fri 3-6 pm. 824 Cowan Road. Across & down the street from the Airport Marriott. 11 am – 9 pm (650) 443-1559
- Kamameshi House** In Daly city. Just past Orchard Supply hardware (in SSF) Try the hamachi sashimi, hamachi kama or the sukiyaki. (650) 952-0444 2080 Gellert Blvd, #7, Daly City
- Spiral Japanese** San Bruno. 705 Camino Plaza Try the Spiral Ramen or the rolls. (650) 871-0177
- Mazra** San Bruno 504 W San Bruno Ave. Mediterranean food. (650) 225-9027 Top Yelp! pick
- Shanghai Dumpling House** In Millbrae. Order the Shanghai Dumplings (at least 2 orders) The house specialty. 455 Broadway. (650) 697-0682
- Ichi Ramen** Located in San Bruno Towne Center (near Lucky's & Hawaiian Drive Inn) Gets busy. They have Japanese Ramen & good Chinese food. 1230 El Camino Real (650) 873-3088
- 16 Mile House** Millbrae. Good prime rib and French Prime Rib dip. 448 Broadway. (650) 697-6118
- Ben Tre** South San Francisco. Vietnamese food. Pho and five spices chicken. 219 Grand Ave. Also in Millbrae @ 219 El Camino Real. 213 2nd Avenue in San Mateo.
- Fil Am** South San Francisco (downtown). BBQ sticks and pancit to go. Grand Ave. Filipino food.
- Izayaki Japanese** South San Francisco (downtown) Japanese ramen and other food.
- Porridge King** Cash only. Good Chinese food in Daly City 55 Skyline Plaza. Good palace for duck and noodles.
- Lam Hoa Thuan** The BEST ROAST DUCK in San Francisco 2337 Irving Street. Also Roast pork, White Chicken.
- Banana Island** Singapore/Malyasia Thai Cuisine Westlake Shopping center in the back by Wing Stop/parking garage. 278 Lake Merced Blvd. Daly City. (650) 756-6868
- Marnie Thai** Best Thai food in the city. Small restaurant so go early (5 pm) to avoid a wait. 2225 Irving Street, (Btw 23rd & 24th Ave). San Francisco, CA (415) 665-9200 or 2nd location 1243 9th Avenue (btwn Irving & Lincoln Way)
- Tu Lan** Hole in the wall Vietnamese food. Everyone orders the shrimp fried rice. Vietnamese beef cubes are also good. 6th street off of Market. San Francisco (415) 626-0927
- Gen Korean BBQ** 2540 W El Camino Mountain View CA Cook your own Korean BBQ. (650) 559-5997 Also Fremont and Concord locations.

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(650) 589-7198

www.LumOptometry.com

- Gary Danko** Best formal romantic dining spot. 3,4 or 5 course options. Book 1-2 months ahead for anniversary or other special occasions. 800 North Point @ Hyde (415) 749-2060
- Slanted Door** Best Vietnamese food fine dining. In the Ferry Building in San Francisco. Directly across the street from the Embarcadero Center.
- Tadich Grill** 240 California Street in San Francisco. Seafood Cioppino, sand dabs, Dalmation stew, Oysters Rockefeller. Classic gold rush era restaurant. No Reservations.(415) 391-1849
- Bi-Rite Creamery** San Francisco 3692 18th Street & 550 Divisadero Street. Great small batch ice cream!
- Salt and Straw** In San Francisco 386 Hayes St & 1309 Burlingame Ave. Custom ice cream flavors.
- Zachary's Pizza** Berkeley, Oakland and Pleasant Hill locations. Best Chicago deep disk pizza. Thin crust is also good. Worth the drive. 5801 College Ave. Oakland (510) 655-6385 or 1853 Solano Avenue, Albany (510) 525-5950 or 140 Crescent Dr (925) 602-7000.
- Fenton's** Oakland & the Nut Tree in Vacaville. 4226 Piedmont Avenue (510) 658-7000
1669 East Monte Vista Avenue.
- Top Dog** In Berkeley. 2534 Durant Avenue. Downtown Berkeley. Also in Oakland 3272 Lakeshore Avenue. Also bulk sausages for BBQ's or parties. Mix & match cook at home 6 pack with buns. \$13
- Palace BBQ Buffet** Sunnyvale 1092 E. El Camino #1 @ Lawrence Express Way (408) 554-9292
- Fisherman's Wharf Monterey: Old Fisherman Grotto.** Best clam chowder on the wharf! Also try the Mexican shrimp cocktail & smoked salmon.
- Montrio** 414 Calle Principal Monterey. (831) 648-8880 Open daily from 4:30 pm Monterey Bay.
- Fandango** Pacific Grove in Monterey. Good Italian / Mediterranean food. 223 17th Street (831) 372-5325
- Mezzaluna Pasteria & Mozzarella Bar** 1188 Forrest Ave in Pacific Grove, Monterey. Up the street. Local French restaurant. (831) 372-5325
- Kadok's Filipino Food** 57 St Francis Square in Daly City. Pancit Bihon, MikiBihon Noodles, Lupia Shanghai
- TC Chinese Pastry** 79 St. Francis Square in Daly City. To go dim sum. Noodles and won ton.
- Valeros Tropical Bakery** 37 St Francis Square in Daly City.
- House of Prime Rib** San Francisco on 1906 Van Ness Ave. Local favorite.
- Harris Steak House** 2100 Van Ness Ave. Best beef in town. Even have Wagu steaks.
- Noble Folk Ice Cream** Santa Rosa Best ice cream stop. 539 4th street. Great stop on the way North.

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Honolulu, Hawaii

- Halekulani** Best breakfast buffet in Waikiki Sunday Orchid Brunch Buffet with a view of Diamond Head. www.halekulani.com Sashimi/Roast pig/Duck salad, Coconut Cake, Bread pudding (808) 923-2311 A Dr. Lum Favorite! 2199 Kalia Rd. Also has High Tea and romantic dinners!
- Hoku's @ the Kahala Hilton** This is tied for the best Sunday Brunch with Hakekulani. Need a car to get here. Also priced the same as Halekulani (\$75).
- Longi's at Ko Olina** Great breakfast, lunch & dinner place. In the Marriott Lobster Longi special for dinner (serves 2 or 3). Also located on Maui on Front Street & Wailea. (808) 671-8887
- Ala Moana Shopping Center** HUGE food court with a ton of different kinds of foods. (Makai Market place) Korean / Hawaiian / Japanese/ Curry House great choices. Also a Japanese food court at Shirokiya. At the far end of the shopping center. 40+ food stalls. Also try Foodland supermarket for the best poke and food to go.
- Roy's** Located on most islands. Famous local chief. Also several locations on the mainland. Fine local dining. Early bird specials
- Young's Fish Market** Located near Costco. Local Hawaiian food. 1286 Kalani Street. Try the squid Lu'au, turkey tail, chicken long rice, Kulolo or Haupia for dessert. Also get Ube treats across the street.
- Sugoi Bento & Catering** Next to Young's Fish Market. 1286 Kalani, #106 Must try Garlic chicken or bento. Real local food.
- Nisshodo Candy Store** 1095 Dillingham Blvd. Located at the back of a warehouse plaza. The best freshest mochi that you will ever have. Mochi, Manju and Chichi Dango. Near Young's /Sugoi's
- Komedokoro M's Musubi** Eaton Square Japanese Musubi place behind Hilton Village
- Leonard Malasada** Portuguese donut place. 933 Kapahulu Avenue. 737-5591
- Waiola Shaved Ice** 2135 Waiola Ave. In Honolulu. Local shaved ice place. Multiple locations!
- Zippy's Multiple locations** Local plate lunch. Fried & Korean Chicken/Chili/Zip Pack Order ahead online or call in. Great to bring on the plane.
- Gen Korean BBQ** Ala Moana Upper level. All you can eat and cook BBQ.
- Goma Tei Ramen** Pearl Ridge Mall, Kahala Mall, multiple locations on the island.
- Koko Head Café.** Great Hawaiian fusion Breakfast place. 1145 12th Ave. (808) 732-8920
- Matsumoto Shaved Ice** On the North Shore. Great T-Shirt designs.
- Randall T. Lum, O.D.** (650) 589-7198 More Tips online @ www.LumOptometry.com

Genki Sushi Ala Moana (Near Tiffany's on the outside part of the mall), Kapahulu Avenue & at Waikele Premium Outlets (across the street). (808 678-3180)

Giovanni's Shrimp Truck Near Kahuku, Haleiwa and at H-Mart in Kakaako in town (down the street from Ala Moana). Garlic Shrimp Scampi. Order extra rice

Kim Chee IV Order Meat Jun or Shrimp Jun (breaded meat or shrimp) a Hawaii original. Mixed barbecue plate and Chicken Katsu. Korean food.

Side Street Inn Located near the Zoo in Kapahulu. Order pork chops, black bean clams & fried rice. 614 Kapahulu Ave #100 (808) 739-3939

Sekiya's Off of Kapahulu Avenue near Leonard's Malasada. 2746 Kaimuki Ave. Local Japanese food. Very local spot. Marinated Fried chicken good. (808) 732-1656

Tamura Super Market. Multiple island locations. Stop in for fresh Poke as you drive around.

Uncle Bobo Smoked Barbeque North Shore. 51-480 Kamehameha Ka a'awa (808) 237-1000

Green Door Café (Malaysia) Singapore / Malaysian food. 4614 Kilauea (808) 533-0606

Farmers Markets Best place for fresh fruit. Papaya, Big Island Loog anh. Mango's. Also local food vendors. Sat. KCC Farmers Market 7-11 am, is the best of the bunch. Also Kaka'ako near Ward Ave 9-11 am. Wed. 4-7 pm Honolulu in town. Manoa Market place on Sunday & Wednesday for fresh fruit.

Hilton Hawaiian Village FREE fireworks every Friday night. Poolside hula show & torch lighting ceremony. 1 drink min. \$20 7-8pm call for exact time. (808) 949-4321 Or you can watch anywhere along Waikiki beach.

Ala Moana Center Stage Free Hula show daily @ 5:00 pm. Go 15 min early sit in front or 2nd level. Lots of other local entertainment.

Kilohana (old Kodak) Hula show Waikiki Shell Mon-Wed 9:30-10:30 Check times

Also Kuhio Beach Mound (near Duke Statue) Tue, Thur, Sat 6:30-7:30 pm

Sunset cocktail Sheraton Moana Surfrider hotel (2365 Kalakaua Avenue), Halekulani's House Without A Key, Duke's Waikiki & Rum Jungle!

Hike Diamond Head Drive into the crater, park & take a one hour 1.4 mile hike to the top for a great views of Waikiki. Lots of stairs. Consider Uber or Taxi. 7-8 am to beat the heat. Go on Saturday, then visit the KCC farmers market for early lunch! Advanced reservation needed.

Manoa Fall's hike In the back of Manoa Valley 1.6 miles beginner hike. Small waterfall & forest hike. Bring bug spray. Don't go if raining.

Children's Discovery Center Great museum for kids 3-10. (808) 524-5437 Across the street from Kakaako Waterfront Park. www.discoverycenterhawaii.org Tue-Sun. Call for hours.

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Ohana Hale marketplace Indoor local craft stalls, food place and sometime live entertainment. 333 Ward Ave. Free parking. Saturday Kaka'ako Farmers Market.

U.S. Army Museum Fort DeRussy at the end of Waikiki near the Hilton. Can climb on top of old army tanks. 10 am -4 pm Validated parking stamp available from gift store \$2.50.

Crazy Shirts Outlet at Waikele Premium Factory Outlets and Ward CENTER street side. Fun designs. A Dr. Lum Favorite! Regular stores all over Hawaii.

Town & County Surf Great for surf and skate T-shirts, backpacks swim wear.

HIC T-Shirts Hawaiian Island Creations. Nice surf and skate T-shirts. Located at Ala Moana Center lower level.

Local Motion T-Shirts Several locations. Surf and skate T-Shirts, back packs, swim wear. Also at Waikele Premium Outlets & Waikiki.

Aloha Flea Market Wednesdays, Saturdays & Sundays. GREAT place to pick up 4/\$25 t-shirts, hats, snacks & bags. Local food eating area. 6 am-3 pm Go early to beat the heat. Best on Sat/Sun \$2 fee

Arizona Memorial Go early in the morning to beat the crowds. Opens @ 7:30 am. (7am) to beat the tour busses! 4,500 visitors a day! Same day early. Limited tickets available. Best is on line reservations (ahead) (808) 422-0561 Across from the Aloha Flea Market. NO BAGS.

Dole Plantation On the way to the North Shore. Dole whip treats. Also has a pineapple maze.

Polynesian Cultural Center Imax movie, 12:00 pm canoe pageant, Canoe ride, Hawaiian games and activities, cultural demonstrations, mini hula shows & one of the best evening Luaus. If you are not staying for the Luau see the last Imax movie. For the kids get temporary tattoos (don't wear white), make a coconut fish, & go fishing. Great full day activities. www.polynesia.com (808) 293-3000 Opens 12 noon M-Sat Go early to see the canoe parade at noon.

Macy's 11% off coupon Ask at visitors center or gift wrap counter for an out of state discount card. Show your hotel card or out of state I.D.

SAM's Club Walmart Located across the street from Ala Moana Shopping center. Good place to get aloha wear, t-shirts and island snacks.

Ward Center Local shopping center. Has several complexes. Great slipper store, Crazy Shirts, good places to eat. Located down the street from Ala Moana shopping center. Nordstrom Rack Good place for designer Aloha Shirts at a discount. Tori Richards, Kahala and others.

Off Saks 5th Ave / Target at Ala Moana. Target best place to get groceries and other supplies.

Kailua Beach Adventures Rent a Kayak for the day and bring a picnic lunch for a great day at the beach. www.KailuaBeachAdventures.com (808) 262-2555

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Waikale Premium Outlets Hawaiian Moon matching Aloha wear for the family. Crazy shirts & Local Motion outlets. Off Saks AAA discount booklet at visitor booth. (or show an out of state ID) Also food truck area to eat

Wednesday Zoo Concert Honolulu Zoo Wednesday night summer concerts. Best of local island entertainment. Great local event. \$8.00 admission Gates open at 4:30 pm. End of Waikiki. A Dr. Lum Favorite!

Waikiki Aquarium Wonderful aquarium at the end of Waikiki beach (near Diamond Head) See tropical island fishes, Hawaiian Monk seals & more. \$15.00 During the summer also has special evening Hawaiian music concerts.

Friday Noon Royal Hawaiian Band Concert (free) 12 noon Friday's at Iolani Place grounds. Near Chinatown. Across from the King Kamehameha Statue in downtown. Also tour Iolani Palace (wonderful tour)

Sunday Concert Royal Hawaiian Band plays Sunday at Kapiolani Park (near the zoo) 1-2 pm. Or Ala Moana Wed 11 am Schedule @ www.royalhawaiianband.com

Foster Botanical Gardens Summer evening music series. Can walk around the gardens and listen to some great music. June/ July. 4:30-7 pm \$

Wahiawa Botanical Garden Visit when driving around the island. Free garden walk. Bring bug spray. 1396 California Ave. Wahiawa

Hanauma Bay Best snorkeling spot on the island. Go early. Limited admissions each day. Closed Mon/Tue. Stop by shopping center for lunch, snacks before. Bring your own lunch. Advance Reservations needed. \$25

Beach Time Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Also important for snorkeling trips and other water activities. Swim shirts can help to protect your skin. Available at Long's Drugs and other swimwear stores.

Best time of year May/September/October. Aloha Week festival- September. With kids early June.

www.alternative-hawaii.com List of Free local activities. Listing for all islands.

www.honoluluadvertiser.com Look under entertainment for weekend special events.

www.gohawaii.com Official Hawaii Visitors Bureau web site. www.hawaii radiotv.com/puka

List of a ton of Hawaii Web sites. www.dakine.net Pictures of top spots & reviews.

<http://the.honoluluadvertiser.com/specials/bestrestaurants08/index> Best local restaurant reviews.

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

Maui, Hawaii

- Maui Ocean Center** Outstanding aquarium with sharks, manta rays, turtle and tropical fish. Summer hours are longer. They also have a kids day program available. Good gift store. Highway 30 Ma'alaea Harbor (808) 270-7000 www.mauiocenter.com \$24 adults 10 am – 5 pm. **A Dr. Lum Favorite!**
- Sheraton Black Rock** One of the best snorkeling spots on the island. Go in the AM Next to the Sheraton Maui in Lahaina. Best parking is at Whaler's Village. It says no beach parking. However you get 3 hours of free parking with validation. ABC store will validate with a minimum \$15 purchase. No free beach parking at Shearton.
- Whaler's Village** Nice shopping complex with a mix of stores. Martin & MacArthur, Sandal Tree, Cinnamon Girl, Endangered Species, & Del Sol. Check out the Whaling Museum on the 3rd floor. Great museum with a free audio guide. **A Dr. Lum Favorite!** 2 hour validated parking.
- Beach Time** Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Also important for snorkeling trips and other water activities.
- Star Gazing** At the Hyatt Regency Kaanapali. Evening on the roof. \$20 adults & \$10 for kids. 8,9,10 pm
- Lahaina Cannery Mall** Safeway and Longs Drugs store for water and breakfast supplies. Keiki Hula show Sat & Sun 1 pm. Hula show Tue & Thur 7 pm
- Ali Lavender Farm** Up country near Haleakala. Lavender lotions great for dry skin. (808) 878-3004
- Haleakala Crater** Be aware that in the afternoon the summit will often be cloudy with poor visibility of the crater. Remember it is a 2 hour drive up the slopes. Early morning tends to have clearer weather but a lot more traffic. Call ahead to find out the weather conditions. (808) 572-4400 or (808) 871-5054 Need to reserve tickets to watch sunrise online.
- Penne Pasta Café** 180 Dickenson St. See Free parking tips. Great lower priced restaurant. Try the Nicoise or Caesar salad with Ahi. Split the salads they are huge. Pizza also good. Closed for lunch Sat and Sun. **A Dr. Lum Favorite!**
- Cilantro Fresh Mexican Grill** Located at Old Lahaina Shopping Center. Didn't eat here but sister restaurant to Penne Pasta Café.
- A Saigon Café** Wailuku, Maui Try the chicken and Shrimp clay pot. Combination Asian Burrito wrap. And the Sweet and sour Shrimp.
- Da Kitchen Café** 1215 Kihei Rd Suite E (808) 446-3486 Large portions. Great local food.
- Eskimo Candy Seafood Market & Café** 2665 Wai Wai Place, Kihei, Maui (808) 891-8898

- Longi's** Try Lobster Longi Platter Can share this platter with two or three people. Filet Longi's is also good. Also try the chocolate soufflé. Fresh fish is also good. Try Opakapaka or Onaga if on the menu. Wailea. **A Dr. Lum Favorite!** The shops at Wailea (808) 891-8883 www.longis.com
- Costco Near the Airport** Costco near the airport is a good first stop for water, bread, fruits.
- Old Lahaina Luau** This is a great traditional luau in Lahaina. Outdoor seating.
- Opakapaka and Onaga** Will not be available May 1 to September 30 due to a fishing ban on these fishes. Great tender snapper fish. **A Dr. Lum Favorite!**
- Best time of year** May/September/October. Good weather. Aloha Week festival in September.

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KAUI, Hawaii

Taro Ko Chip Great Freshly made Taro Chips. Located on the first bend as you enter the town of Hanepepe on the way to Waimea Valley. 3940 Hanapepe Road (808) 335-5586

Hamura's Saimin Stand The most local bowl of saimin (noodle soup) that you can have in Hawaii. Also has great shaved ice for desert. Located in the town of Lihu'e. 2956 Kress Street (off of Rice Street). (808) 245-3271

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Island Art Gallery Great Hawaiian prints and art work. 3814 Hanapepe Road.

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www.dakine.net **Has pictures of some of the top spots and quick reviews.**

<http://the.honoluluadvertiser.com/specials/bestrestaurants08/index> **Best local restaurant reviews.**

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

Randall T. Lum, O.D. (650) 589-7198 More Tips online @ www.LumOptometry.com

BIG ISLAND OF HAWAII

Kahalu'u Beach Park Just South of Downtown Kona. Great snorkeling spot. Can often spot turtles here. Snorkling gear rental available. Also usually has a food truck there. **Puuhonua o Honaunau** Place of refuge. (30 min stop) Has great tikis.

Punaluu Black Sand Beach Good picture stop. A real beach with black sand.

Punaluu Bake shop Good stop to pick up sandwiches if going to the volcano. Also has terrific breads. They can pack it in a travel box to take home. Fill gas in Punaluu.

Mauna Loa Macadamia Nut Factory Located off of highway 11 on the right side of the road when driving from the volcano area down to Hilo. Neat stop and FREE samples.

Akaka Falls Short jungle hike to a 420 ft. waterfall. In Hilo area.

Kilauea Volcano Stops to make: **Visitor's Center:** Movie and information about the park
Volcano Art center. Just to the side of the visitor's center. Local artist interpretation of volcano. **Volcano House.** Just across the street from the visitors center. Good stop for a bathroom break, light snack and souvenirs. Great view of the crater.

Do Crater Rim Drive. Stop at the **Steam vents, Jaggar museum,** recent lava flows, **Halemaumau crater overlook, Devastation trail** and **Thurston lava tube.** I don't think that it is usually worth the drive DOWN Chain of Craters Road to try and view the active lava flow. It is a long drive and you usually can't see much. You see a steam cloud where the lava enters the ocean. No gas stations.

Opakapaka and Onaga Will not be available May 1 to September 30 due to a fishing ban on these fishes. Great tender snapper fish. A Dr. Lum Favorite!

Beach Time Best time of the day to swim in the ocean is in the early morning. Later in the day the surf and waves tend to pick up. Swim shirts can help to protect your skin.

Best time of year May/September/October. Good weather lower rates. Aloha Week festival in September. With kids early June.

www.alternative-hawaii.com List of Free local activities. Listing for all islands.

www.honoluluadvertiser.com Look under entertainment for weekend special events.

www.gohawaii.com Official Hawaii Visitors Bureau web site. www.hawaiiradiotv.com/puka

List of a ton of Hawaii Web sites. www.dakine.net Pictures of the top spots & reviews.

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Disneyland Tip Sheets

Purchase your tickets before you arrive from AAA, Under Cover Tourist, ARES travel (online slight discount) or from your hotel before you get to the park. You don't want the first line you stand in to be the ticket window. **Arrive at the front gate with ticket in hand 45 minutes before the park officially opens. Arriving early is the key to getting on a lot of rides quickly.** If traveling with younger children then you should try to do Fantasyland rides first. These are low capacity rides with no G+.

EARLY ADMISSION: Not offered currently. 3, 4 & 5 day park hoppers allow early admission 1 day in DL park. Normally Tuesday, Thursday or Saturdays for Disneyland ONLY. If you are staying at one of the 3 Disney properties, DL hotel, Paradise Pier, or Grand California; you have early admission EVERY day you are staying on property. Even on the day that you check in & leave. If you are checking in, go to the hotel that morning and ask for a room key so that you can take advantage or early admission.

Days of the Week: SATURDAY Vs. MIDWEEK! Disneyland Resort, Disneyland and California are often VERY crowded these days. There are over 1 million annual passes. Go when the Select Southern California and Deluxe annual passes are blocked out. This is usually on Saturdays and during peak seasons. The Premium annual pass is never blocked out. Disney also sells special 3 day passes for residents that live around the resort in special zip codes for as low as \$150 for 3 days. These tend to expire before peak seasons. IF SATURDAY has Select and Deluxe black out dates listed for the parks this is a GREAT day to visit Disneyland as it will be less crowded. Check the DL web site for pass restrictions.

Best time of year is first two weeks of December. Cooler weather and decorated for Christmas. If you go during the summer, bring an umbrella, water, and a stroller if you have younger kids. Also good to carry a few snacks and bring a small pack of wet wipes. Have your children wear bright colored clothing if possible (easier to spot if they get lost). Halloween parties are also a very popular time now. Bring along sun glasses. Remember to take the sunglasses back from your kids or have them wear it on their heads or put in their pockets to prevent loss. Never put sunglasses down on a table when eating a meal. If traveling with kids under 5 bring a stroller along.

Fast Pass, Disney Max Passes & Genie+ are now gone. Replaced by Lightning Lane MultiPass

Lightning Lane MultiPass Need the Disneyland Mobile App to use. Cost is \$35-\$39 a day per person per day. When you enter the park you can start using the LL to select ride times and enter the Lightning Lane (old Fast Pass) entrance. This should allow you a shorter wait time. If there are no lines then you may just wish to ride the old STANDBY line and save the LL for a second ride later in the day.

Unlike the old FastPass: With LL you are only allowed ONE (1) LL entrance per ride per day. You cannot ride more than once using the LL. Standby line is or singles lines are the other options. There is **free LL for two rides:** Radiator Springs (\$18) Rise of the Resistance (\$25). You must either pay the extra fee to get a Individual LL or do Standby Line. The best free option is one hour after park opening to jump in line or the last 30 minutes before the rides official closing time. NOTE Rise of the Resistance often closes a few hours earlier (8:00 pm on a 11:00 or 12:00 PM closing) than Disneyland.

Disneyland. Best use of LL Space Mountain. Big Thunder, Matterhorn often have a 45-1 hour wait time. Matterhorn has a single rider line! Singles lines have been changing.

For DCA Standby line or ride one hour before closing are free options. For RSR there is a singles line option.

The other rides that the LL will run out later in the day are Guardians of the Galaxy, SOARIN and Toy Story Mania.

Parent Swap Pass (Switch Pass): This is offered on all rides that offer LL. Just ask when entering the line. Must have a child that does not meet the height requirements or does not want to ride (afraid of ride). The Cast Member at the line will offer you a special FP that allows up to THREE (3) persons to ride again using the G+ line after the first parent rides. Can also use LL to get multiple rides in along with the Switch Pass.

Small World and Pirates of the Caribbean and Indian Jones. Ask for front row seating when you get to the front of the line. Just ask politely when you get to the front. The view is better and you just need to wait one turn to get a front seat. You can also ask to be seated in the front row for all roller coasters. If available you can also sit in the front of the train, the monorail, the pilot house of the Sternwheeler boat just ask the attendant when boarding. Ring the bell on the pirate ship.

Soaring Over California Front row center is best. ASK for B1. Otherwise, the screen looks warped. LL run out by later afternoon (4-7 pm) Good ride for all ages.

Thunder Mountain Last row is best ride. Usually has LL until later in the day. Evening ride is more exciting. (LL available until late night). Watching fireworks while waiting in line/riding is fun.

Star Tours: Least Motion Front Center (First row). Most motion back on the side (last row). LL usually available until later afternoon to early evening (5-7 pm on busy days)

Matterhorn Right side near Alice: Slower and wider turns. Left side faster with 1 small drop. Single Rider option. Single rider line moves very quickly. LL

Space Mountain: Will run out of LL by mid-day on busy days (2 pm) Ask for front row. Space is also a good first ride at rope drop (park opening). Or last minute evening ride.

Small World: Ask for **front row**. Don't ride midday (sun is very hot and not much shade). If you must ride midday pick the inside (left) side of the line. There is a little shade from the trees as you wait in line. Holiday's after September is Christmas themed. LL

Buzz Lightyear: Aim for targets that are lighted for bonus points and targets that are further away. LL

Autopia: Look to see which side is running two lanes of cars. If inside lane running two lanes pick inside (or right) side of line. If outside lane running two lanes pick outside line. Don't ride midday (sun is very hot and no shade). Ride early before 10 am or after 6 pm. LL

Indiana Jones: Pick the **LEFT** side of the steps as you reach the boarding area. Less steps to climb after the ride is over (most of the time). Front row is best. Singles rider line has been removed LL. This ride often breaks down. Don't save to too late at night.

Haunted Mansion: Has LL during the busy season when it switches over to Halloween theme. Halloween theme is less scary for younger children. Runs out of GG quickly during holidays.

Fantasmic now operates on a FastPass system. The later show is always less crowded. Hold a spot and take turns riding Pirates or Haunted Mansion. Or you can send someone for popcorn and drinks. Hold on to your kids hands!!! **Dr. Lum Favorite!** Popcorn located near Haunted Mansion. FP run out.

Disneyland Parade directions: When parades have two different showing. The first parade starts at Small World. The second parade starts near Main Street Train station. This is important as you can often find last minute spots looking down the parade route. If you are looking directly down main street from the Hub, (you can sit right in the middle of the walkway where the sidewalk curves – Looking directly down Main Street). Other areas to check are near the bathrooms next to Alice in Wonderland (only 1 side) The second parade is ALWAYS much less crowded than the first parade. Sometime there is a day time parade at 3 pm that is different from the evening parade.

Best viewing spot for the **Parade** in California Adventure is directly in front of the entrance to Hollywood Pictures Backlot in between the two pillars. There is a marking on the sidewalk to let you know where you can sit. If the parade starts in Paradise Pier, it takes a little while for the parade to reach Hollywood area. You can take turns visiting the Animation building or ride Monster Inc or shop while waiting. Currently there is no late evening parade (World of Color is evening show). Only one day time parade at DCA.

SHOPPING Take pictures in the store with all the stuffed animals you want, funny Goofy ear or Mickey Mouse hats, pictures of the T-Shirt's, or toys. These items are often a great reminder of the places you have been and using the items in the store is like having free props for your pictures.

Stacking the line. Most Disney rides will allow you to ride one last ride as long as you are in line a few minutes before the official closing time of the park. Disney stacks the line to make it appear longer by holding people at the entrance. This could be the shortest line of the day. Once closing time passes a Disney Cast member will stand at the end of the line and inform you that the ride is closed. But most of the time the line moves so quickly into the waiting area that they simply rope off the entrance. I like to ride Pirates of the Caribbean or Splash Mountain as my last ride. These rides take 10-15 minutes to go through, longer ride. It is kind of neat to be the only person or group left in the park after closing.

FIREWORKS Best location is directly in front of the castle or on main street. However gets really crowded during the busy season. Really good to watch from Fantasmic area if you are in the front. A lot of people will get up and try to move to the central hub after the end of Fantasmic. Another good last minute viewing area is just in front of Thunder Mountain or next to the Mexican restaurant.

This area is crowded on 2nd Fantasmic show nights since it is the holding area for the 2nd show. Live Shows.

Avengers Show at DCA **This is the newest show.** Need to sign up ages 4-11 first thing in the morning. Do this right after riding Guardian of the Galaxy ride or Radiator Springs.

World of Color: This show in DCA is more difficult to see. The viewing area is not set up very well. Need FP for early show or later show. Blue section has the best view. Still need to arrive early to area so that you can get a spot by one of the railings. If you have younger children, it is difficult to see if as everyone stands during the show. Second show is always less crowd when 2 shows are presented. Christmas has a different show. This is one time having a package that includes preferred viewing section might be worth while.

Halloween Party: This is a special ticketed event. Cost have been going up over the years. Now a very popular event. Adults \$100+. Has been in the Disneyland Park in the past. Can enter the park as early as 3:00 pm. Event starts at 6:00 pm and runs until 11:00 pm. Need wrist band to ride and stay in the park. Highlights are the special Halloween Fireworks show (want to be able to see the Castle for special projections) and the Halloween Parade. Disney Villains and characters in special costumes. Don't stop for candy as it is very heavy and not the reason to visit the special event.

Christmas in the Parks: Starts official the week before Thanksgiving and runs until the first week of January. This is one of the best times of the year. Special Christmas parade (this is a highlight), special food (treats- Candy Canes), and special rides. Small World Holiday, Haunted Mansion, Jingle Cruise.

Star Wars Land: There will be 2 headliner rides. Should be your first area to visit when the park opens. BEST OPTION ARRIVE 30 minutes before park opening and DO NOT go on early admission days if you don't have early admission. Singles lines is not as good an option if you are in a group. Not much time savings and not as fun as flying with your friends and family. Can book the Cantina 30 days out.

Other special events: **Sweethearts Nights** for Valentines. \$\$ **Christmas Party** early December. \$\$ **Food and Wine festival** at DCA Spring.

If someone is **celebrating a birthday**. Stop by City Hall in Disneyland or the information booth at DCA and ask for a Happy Birthday pin or I'm celebrating can get a Happy Birthday Pin at the character meals or other celebrating pins. Can also ask for pins at the Character meals.

Have your children ask the characters questions. Ie ask Mickey where Pluto is? Ask Snow White where Dopey is? Ask Ariel where prince Eric is? More interaction and funny responses.

Dining Reservations Required: As of 2022 dining reservations are available exactly 60 days ahead of your visit date with a credit card guarantee. You can cancel or modify your reservation at and time. Cancel without a \$10 per person fee 1 day before your visit. If you do not show up or cancel less than 24 hours there is a \$10 per person fee.

Strategy for dining reservations. Get up at 5:58 am on for each day that you are planning on visiting the parks. 4 day trip would mean getting up early 4 days in a row 60 days ahead. Practice a few days before your actual date to make some reservations to test how the system works. Then cancel the test reservations. You can always modify the party size or cancel. However once the reservations slots are gone it is very difficult to find open slots. Hardest to book are Blue Bayou, Goofy's Kitchen, Oga's Cantina, Wine County Trattoria, Trader Sam' and Lamp Lighters Lounge.

Character meals **Goofy's Kitchen, Chip and Dale** Breakfast and breakfast with Minnie inside Disneyland park. Must reserve 60 days ahead at 6:00 am PST to make reservations for each meal.

LAMP LIGHETERS LOUGE. Lobster nachos. Sit inside for air-conditioning. Inside DCA park by Paradise Pier.

Eat Lunch before 11 am or after 2 pm. Eat Dinner Before 5 pm or after 8 pm.

Don't schedule breakfast meal at Goofy's. Better to ride in the morning and eat a late lunch or an early dinner at Goofy's kitchen. **Lunch at 2:00 or dinner at 4:30 is a good option.** Early dinner can mean you can still catch the evening parades at either park. You also have more time to work off your meal. If you are going to do a breakfast do it on the day you arrive or the day you are leaving. **Breakfast at 10:30 am** can also work out well. This way you can ride for 2 hours and then have a late breakfast. If you go later for breakfast it is less crowded which means you wait less and get more one on one time with the characters. They will actually sit down at your table while you are eating. **A Dr. Lum Favorite!**

Food options for consider for snacks: **MINT JULEP BAR:** Behind New Orleans Square train station across from the bathrooms: Mickey Beignets and Mint Julep drink (request light ice). **ROYAL STREET VERANDA:** Bread bowl clam chowder or gumbo. Can ask to have the bread and the soup separated. This way you can break off the bread to eat as you go and save the extra bread for a snack later.

Motels across the street from Disneyland: Most include limited FREE continental breakfast.

Desert Inn & Suites (800) 433-5270 Family rooms available. **Carousel Inn and Suites**

Taking the shuttle from a hotel further away can take 30-45 minutes to get door to door. You also pay for the shuttle. Better to walk across the street from your motel. Not fancy but close to the park.

OR if staying across the street or near the Toy Story Parking lot (convention center hotels) walk across the street INTO the Toy Story parking lot and take the FREE shuttle directly to the front gate of DL Resort! They will often have a security check point here before you board the bus. Little faster.

Other Favorite is Sheraton across the street from Toy Story Parking Lot.

www.themouseforless.com OR www.allears.net or www.wdwinfo.com Look up the DIS boards for questions about the parks, Disney cruise lines, ect.... www.disneyland.com You can request a Free DVD about the park. Good to watch before you go. www.disneyworld.com

Unofficial Guide to Disneyland OR Disneyworld Great resource to read before you go. By Bob Sehlinger. White book. Has 1 & 2 day touring plans with and without children. There is even a Dumbo or die in a day touring plan to maximize the enjoyment of the park for your younger kids. Hotel recommendations. Rating of rides and shows. Rating of eating places. Hotel recommendations and even as detailed as to which building and floor to ask for. Good and not so good rooms. Viewing spots for parades.

Parking Options Always park at Toy Story Lot. Never park at Micky and Friends parking lot.

In the morning Toy Story lot is usually a lot fast to get into and get into Disneyland or DCA In the morning Toy Story has their own security line and really fast bus ride to the parks. End of the night bus ride back is almost immediate departures.

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Disneyland The new Lightning Lane MultiPass reservations system.

Requirement:

Download and sign up for the Disneyland App on your phone to navigate a Disneyland vacation.
If you have an older phone you will need to bring a portable charger to charge your phone.
You may wish to pick the person in the family that likes to organize things as the point person to schedule your rides.
Enter a valid credit card to purchase Genie+ and to use the mobile food ordering system.

Disneyland now requires advanced reservations for each day that you wish to visit.
The weekends and busy holidays tend to book out further ahead of time.
You must pick which park you wish to start the day at, either DL or DCA.
If you have a park hopper you can jump to the other park starting at 1:00 pm
You should check to see if the days are available before you purchase your tickets.
Then reserve the days as soon as possible.

Lightening Lane MultiPass Available for an additional \$35-\$39 fee for each person.
Highly recommend this for all days at the park.

LL has replaced the old free FastPass system and the paid MaxPass & Genie+ systems.

Electronically pull LL.

If you wish to avoid standing in lines for many of the popular rides you now need to schedule your ride times using the paid Genie+ system. It is much harder to get ride times versus the old FastPass or MaxPass systems. More guest are using this new Genie+ service than the old FP.

Lighting Lanes: [LL] The new name for the old FastPass lines.
Individual Lighting Lanes: [ILL] Pay extra \$15-\$23 for select rides in both parks.

ILL in DL Rise of the Resistance (\$23) A not to be missed ride at DL. & Mickey Runaway Railroad.
ILL in DCA Radiator Springs (\$15) Single Rider Line available
The ILL rides are not part of the Genie+ paid system. You must pay extra or use the Standby line.

Space Mountain, Indiana Jones, Matterhorn run out the fastest in DL Tiana's Bayou

Guardians of the Galaxy, SOARIN, Web Slingers and Toy Story Mania run out the fastest in DCA

Ability to immediately pull a LL as soon as you enter the park.

Can pull LL from your hotel room when resting.

Cancel and repull LL if you are not able to use it BEFORE the beginning of the entry time window.

You CANNOT repull a LL if you do not use it during your return time.

You will lose this ride LL for the day.

You can only book your next Genie+ ride AFTER you have used your current Genie+ or 2 hours after booking your last ride. If you wait until later in the day Genie+ rides that run out the fastest will be offering evening ride time by mid to late afternoon (return times 9:00 pm -11:00 pm) You can extend your return time before it starts for a later time.

LL TIP If you are only in the park for one day. Use the LL for the best rides first. I.e. Space Mountain, Indiana Jones, Matterhorn, Tiana's Bayou (old Splash), SOARIN, Web Slingers, Toy Story and Guardians of the Galaxy. If you ride these early there is almost no wait time to ride after you pull your LL. You can then pull another LL right away. If you wait to the afternoon or evening the wait times could be 2-4 hours before the next LL ride time. Then you can't use the Genie+ for other rides. You can only ride one time with Genie+ (Unless you get Multiple Experience Pass).

Save some of the rides for later in the evening. Star Tour, Buzz, Small World and Millennium Falcon are usually available until later evening (may still need to pull by early afternoon).

Multiple Experience Passes. If a ride breaks down during your return time. You get a special pass that can be used on many rides. Even rides that DO NOT offer LL. There will be a list of rides that you can choose from. The multiple Experience Passes do not expire until the end of the night. And sometime it might be good the next day (if the ride breaks down near closing time). If a ride says "Not Currently Offered" but are still distributing Lightning Lanes for the near future. Grab one, and if the ride remains closed when your return time arrives, it will instantly convert to a coveted Multiple Experience attraction, even if it has been less than 2 hours. This happens more in the morning. It is possible to have multiple Multiple Experience Passes at one time.

Hold and Modify Trick Always modify your existing return time to be later, and modify again every time your return window approaches. If you push back by 2 hours, you'll be able to pick up an additional return time. Repeat this cycle every 2 hours, for late afternoon or evening return times. However, do not miss the start time of your LL. Can only be modified before the start time.

Requesting a specific row. You may ask for a specific row for the maximum ride experience. No not all seats are equal. Example Guardian of the Galaxy Mission Breakout: always ask for row 1 or row 6. You just need to ask the Disney cast member when you get to the front of the line. If you have a younger kid, it is better to have them ask if they are in your party (it's cuter if they ask). If you are only riding one time, it is best to get the best seat possible. Don't be shy. This happens all the time. Most people just don't ask. They may make you wait one or two ride cycles before they seat you, but it is worth it.

PhotoPass shots with the official Disney photographers. Ask for Magic Shots if they have them. Magic shots are special inserts or seasonal characters inserts that are done by Disney after they take the photo. I.e. add special backgrounds, Oogie Boogie during Halloween, Christmas, Valentines or other holiday backgrounds, baby Groot ect... These take longer to appear in your account (end of the day).

Take a screen shot of the PhotoPass Bar code to show to the photographers.

All ride photos are included. Just need to take a snap shot of the ride photo number at the ride exit. You can enter the ride photo later in the day or evening. PhotoPass LENSES is a new feature. Add magic shots on your phone, on your own.

Anyone in your party can use the LL that you have collected. If someone does not want to ride, another person can use their LL to ride a second time.

You need to download the digital photos after you get home off of the Disney web site. The photos on the Disney web site will expire after about 45 days. You can add borders & other enhancements at home.

Bring a small portable charger. Recharge your phone in airplane mode for faster charging.

You can use your paper admission ticket for scanning into the rides if you are running low on battery.

FOOD: Most of the food is now available on the mobile app to order ahead of time.

Proper planning is needed to avoid waiting for your food. Lots of special food festivals. Food & Wine, Valentines, Christmas ect... Popcorn buckets make a nice souvenir.

You order on line and pay with your registered credit card.

You then select "I AM HERE" Begin preparing my food. Then pick up food at the mobile app window.

You can click please prepare my food as you are walking toward area where the food is located. (10 min)

Rather than waiting until you get there to click I am here. This will avoid a wait when you arrive.

Pin Trading Fun activity to do. Order bulk pins to trade online from EBay.

Cost is about \$0.50 per pin. For a family of four order 100 pins to trade (about \$50) Use a zip loc to store pins. Pin trading varies more now. Can always ask to pin trade with a cast member.

Each person can pick a theme. Ie Avengers, Star Wars, Princesses, Mickey, Stitch ect...

Many of the shops and in different areas there are pin boards where you simple swap out one pin for one pin.

Rope Drop for Disneyland Galaxy Edge / Rise of the ResistanceThe ONLY way to skip the line at Rise of the Resistance is to be at the front of the line for Rope Drop in front of the Fantasyland entrance and heading straight to Rise. Go RIGHT towards Thunder Mountain and Left into Galaxy Edge. Then Left towards Rise. Do not try to go through Fantasyland or via Splash Mountain entrances. If you only have one day at DL I feel it is worthwhile to pay the \$20 for the Individual Lightening Lane pass. Rise is a not to be missed ride.

Special Events: There are special events "Almost" every time of the year. Check the season that you are going and see what special shows, character meet and greets and ride conversions that occurs on a limited basis. New April 5, 2024-June 2, 2024 "Season's of the Force" StarWars themed event. Different special night time separate admission events (Villian's, StarWars, Halloween, Christmas ect...). These also lead to early closing times for the parks.

New: Star Tours has added new Mandalorian, Andor & Ahsoka Plots to the ride. Random plot selection.

New Rides: Mickey and Minnie Runaway Railroad and Tiana's Bayou Adventure. Use LL to access these rides. Tiana closes early and has more frequent break downs.

Universal Studios Hollywood. New Mario Land. May need reservations for Mario Land during the busy times to enter. Also can pay to enter 1 hour early \$20-\$30 per ticket. Visit our web page a go to **MORE - DR LUMS Travel Tips** to see how to get the **VIP front row seat for SOARIN'** and other rides (best seat in the ride). Also how to get the **shortest line of the night** for the rides that run out of Genie+ passes (look for **Stacking the Line Tips**). **Single rider time saving tips. Parent swap options. Front row, back row, or middle tow** – which is the best and how to ask for preferred seating. Scroll down for tips from Dr. Lum's many past trips to Disneyland.

Get **Unofficial Guide to Disneyland by Bob Sehlinger** for detailed plans & step by step planning help!

Randall T. Lum, O.D. (650) 589-7198

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LEGOLAND in CALIFORNIA Not good for kids under age 4 or under 36 inches for rides. Ride height restrictions limit the number of rides children under 36 inches can ride. Legoland is best for kids 5-11 years of age. Get tickets at AAA and get 2nd day free. Has been expanded quite a lot over the past few year.

A few roller coasters. Good options for kids that are more timid about riding roller coasters. Teenager over the age of 12 will be bored with Legoland. If going to both Disneyland and LegoLand. Save DL for end of the trip.

UNIVERSAL STUDIOS HOLLYWOOD

Universal studios Hollywood has a tram ride (pick the left side / driver side of the second or third tram for the best view) that takes you through several different movie set adventures. One of the highlights. Unlike Disneyland you can do Universal Studios Hollywood in one day. NEW in 2016 is Harry Potter Hogwarts and the Forbidden Journey Ride and Olivander's Wand Shop (show). These are must do and first rides of the day. Also Jurassic World ride has been redone.

Other highlights are Terminator, Shrek 4D, Simpson the ride and the Mummy ride (FYI for the Mummy ride and Forbidden Journey ride ABSOLUTELY no bags or camera bags-free lockers available).

They offer an all you can eat pass on line and at the door. The all you can EAT meal ticket is NOT WORTH it. You must eat three meals a day to break even. Lines can take 20-30 minutes each meal.

Always check at Universal if they offer a discount for meals and ANY purchases with the AAA card. Also at City Walk many of the restaurants offer a AAA discount or Kids Eat Free with an adult meal. Always worth while asking if this benefit is being offered.

The parking structure at Universal is HUGE and there are two structures. Take a digital picture of the floor that you are on to avoid hunting for your car at the end of the day.

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

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DISNEYWORLD

Many but not all of these tips also work at other Disney parks. At DisneyWorld, I recommend skipping rides that are available at Disneyland. This especially applies to the Magic Kingdom.

Magic Kingdom Ride Stitch's Great Escape, Mickey's PhilharMagic 3-D, evening parade and firework, the new FantasyLand rides.

Animal Kingdom: The Lion King show, Dinosaur ride, Kilimanjaro Safaris, and Expedition Everest. Smaller park. Can be done in one day. Fewer headliner rides. Festival of the Lion King. Sit on the mid to upper bleachers for better sight lines. The first few rows are flat and hard to see, unless you are in the first row. Even then a lot of action occurs all over the theater. New area is Avatar Land and evening river of light show.

EPCOT EPCOT opens in the morning. Test Track, Mission Space. Worldshow case opens in the afternoon. American Adventure. Test Track, Mission Space and the new Soarin' around the world have a singles rides line. If you split up your party you can ride much faster than the standby line or get a Fast Pass.

Mission Space (FP run out by 4 pm) Orange Line: Spinning/centrifuge ride. Green Line: Non Spinning. More like a Star Tours ride. Don't ride on an empty stomach and eat at least 1-2 hours before riding. Can cause motion sickness. Barf bags are available at each seat just in case.

All Epcot the rides are cool. Worldshowcase is more educational & good eating spots.

Disney Hollywood Studios Little Mermaid show, Beauty & the Beast show, Aerosmith Rock 'n' Roller Coaster, Fantasmic, Great Movie Ride, and Indiana Jones Stunt Show. New area is Galaxy edge Star Wars Land and Toy Story Land.

FANTASMIC If you are seeing Fantasmic consider purchasing a dinner and show package that has a ticket for viewing of Fantasmic. The seating is off to the side, but at least you have a reserved section. The line for Fantasmic opens two hours before the show. On bad weather days the show can be cancelled because of high winds. Disney will often not make a call until just before show time. Mama Melrose's Italiano (\$29/\$10 ages 3-9) and Hollywood & Vine Buffet (\$22/\$10) have Fantasmic Dinner Packages. Special entrance/reserved section. You can avoid a 60-90 minute wait. 48 hour cancellation/no refunds due to bad weather. Eat 2 hours or more before the start of the show. Sit in the middle 3 or 4 sections.

Stacking the line. All Disney rides will allow you to ride at last ride as long as you are in line a few minutes before the official closing time of the park. Disney stacks the line to make it appear longer by holding people at the entrance. This could be the shortest line of the day. Once closing time passes a Disney Cast member will stand at the end of the line and inform you that the ride is closed. But most of the time the line moves so quickly into the waiting area that they simply rope off the entrance. I like to ride Pirates of the Caribbean or Splash Mountain as my last ride. These rides take 10-15 minutes to go through, longer ride. It is kind of neat to be the only person or group left in the park after closing

www.themouseforless.com OR www.allears.net or www.wdwinfo.com Look up the DIS boards for questions about the parks, Disney cruise lines, ect.... www.disneyland.com You can request a Free DVD about the park. Good to watch before you go. www.disneyworld.com

Unofficial Guide to Disneyland OR Disneyworld Great resource to read before you go. By Bob Sehlinger. White book. Has 1 & 2 day touring plans with and without children. There is even a Dumbo or die in a day touring plan to maximize the enjoyment of the park for your younger kids. Hotel recommendations. Rating of rides and shows. Rating of eating places. Hotel recommendations and even as detailed as to which building and floor to ask for. Good and not so good rooms. Viewing spots for parades.

Touring order of the theme parks. If you are traveling with children to maximize the interest of the four different parks you should tour them in this order. EPCOT, Animal Kingdom, MGM Studios, and then finally the Magic Kingdom. You move from the more educational parks to the more fantasy filled theme parks.

The **water parks and pools** are also VERY popular with the kids. The water parks are especially crowded on the weekends when local residents use their annual passes. All pools and water parks are heated year round. Same as with the other amusement parks, **ARRIVE EARLY** to beat the crowds. For the hotel pools this can be a great break in the afternoon before lunch and a 2-3 hour nap. Then you can return to the park for the evening hours rested and relaxed. If you are returning to the same park later in the same day for the evening shows, remember to collect a Fast Pass for the ride you didn't do yet or really want to ride again **BEFORE** you leave the park to go back to your hotel. The FP can then be used when you return in the evening.

UNIVERSAL STUDIOS FLORIDA

Unlike Universal Studios Hollywood, there is not a tram ride that take you through different areas or attractions. Here the Jaws and earthquake are separate rides.

ISLANDS OF ADVENTURE There are a lot of unique rides here. Lots of great roller coasters. Spiderman ride is one of the best in the country.

Universal Studios Orlando Express Pass or Front of the line Pass. If you stay at one of the Universal Studios three properties you can get a front of the line pass. This enables you to skip standing in line and proceed to the front of the line for most of the larger rides and attractions. You can also purchase this benefit. It might be of value to spend a few days at one of their properties just for this benefit, especially during the busy vacation times. Some of the rides and shows are also located at Universal Studios Hollywood. I recommend skipping these shows if you are limited to only a few days here.

Unlike the FP at the Disney theme parks. USO Express Pass is good at almost ALL USO attractions. There is an Universal Express Pass PLUS program that cost \$15-\$50 depending on the season that you can purchase at the gate. This pass allows you a ONE time use of the express entrance to each of the express attractions with no return window.

3 Hotels on Property. Portofino Bay (Deluxe), Hard Rock Hotel, and Royal Pacific.

Staying at any of the three hotels gives you front of the line pass access at the two theme parks. You just show your room key to access the express pass line.

Even if you are also visiting Walt Disney World, it might be worth while to move hotels for 3 night to the Universal Studios Hotels for the front of the line access pass privilege.

Also ask about the kids eat Free program. In the past there was a kids eat free program when an adult purchased a meal.

For hotel guest you also get next table available at certain CITY WALK restaurants. Make sure to ask if this is available. You can also get priority admission to USO shows by showing your room card.

SEAWORLD Can be done is 8-9 hours. About the size of the Magic Kingdom. Many stadium or walk through exhibits. Lines are not much of a problem. You can arrive at 12-1pm and stay until 9 pm for the evening show. Cooler and less crowded later in the day. Most stadium shows: Show up 10 minutes early (20 on crowded days). 3 must see shows are Believe (Shamu), Seamore and Clide (Sealions), and Blue Horizons (whale and dolphin show).

DISCOVERY COVE There is a 1,000 maximum guest per day. The highlight is a 90 minute swim with an Atlantic Bottlenose Dolphin. Ages 6 and are comfortable in the water. Also a coral reef snorkel and swim. Large bird aviary and a tropical laze river. 9:00 – 5:30 \$249-\$279 per person. Also includes a 7 day pass to SeaWorld. (877) 4-DISCOVERY www.discoverycove.com A once in a lifetime experience.

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

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NEW YORK CITY

- Lombardi's Pizza** 32 Spring Street in Soho area. Shop first then eat.
(212) 941-7994 1st Pizza restaurant in U.S. sub Blue C-E
- John's of Bleecker Street (Pizza)** 278 Bleecker Street in Greenwich Village area
Great coal fired Pizza and Ravioli's
(212) 243-1680 A Dr. Lum's Favorite!
- AquaGrill** Fresh East Coast Fish & oyster bar.
210 Spring Street in Soho at 6th avenue (212) 274-0505
- Blue Ribbon** 97 Sullivan in Soho area, Great small restaurant.
Go around 5 pm for no waiting. btwn Prince & Spring St.
Order Bone Marrow Marmalade and Jonah crab
(212) 274-0404 A Dr. Lum's Favorite!
- Serendipity 3 Frozen Chocolate Dessert.** Ask to sit upstairs. Across from Bloomingdales. (Movie: Serendipity) 60th St btwn 2 & 3 Ave.
- Jaques Torres Chocolates** 285 Amsterdam (@ 73rd & 74th) upper West
350 Hudson (@ King St) A block S of Huston.
- Dylan's CandyBar** 1011 3rd Avenue (subway Lexington/59th St) N,R,W,4,5,6
- Max Brenner** Chocolate drinks, Deserts, Fondue and meals.
141 2nd Ave. (@ 9th St) Greenwich Village (212) 388-0030
841 Broadway (@ 13 & 14th St.) Union Square
- Gray's Papaya** Hot dogs & fruit smoothies. Top hot dog places in America.
539 8th Avenue @ 37th Street, 2090 Broadway @ 72st Street,
402 6th Avenue @ 8th Street in the West Village
- International Soup Kitchen** 42nd & 5th avenue near Grand Central Station
- Food Cart Vendors** Hot dogs & falafels ect. Good fast food.
- Chinatown Ice Cream Factory** 65 Bayard Street. One block South of Canal St.
- Bagels** New York City bagel locations. New Yorkers don't toast it!
- Murray's Bagels** 500 6th (@ 12 & 13 st.) Greenwich
242 8th Ave (@ 22 & 23 St.) Chelsea
- H & HBagel** 2239 Broadway (@ 80th St) Upper West
- Ess-a-bagel** 359 1st Ave. (@ 21st) Murray Hill
831 3rd Ave (@ 51 & 52nd St.) Midtown
- Daniel's Bagels** 569 3rd Ave (@ 37 & 38 St.) near Grand Central

Tal Bagels 333 E 86th St (@ 1st & 2nd Ave) Upper East
2446 Broadway (90th) Upper West
977 1st Ave (@ 53rd & 54th) Midtown

Bagelfellers 36 W 48th St. (@ 5th & 6th Ave) near Rockefeller Center

Kossar's 367 Grand Street (@ Essex & Norfolk St)

Absolute Bagel 2788 Broadway (@ 107th St)

Century 21 Discounted fashion designer wear for men and women. Across the street from ground zero. M-F 7:45am-8 pm. 22 Courtland St. btwn Broadway & Church.

Filines Basement 4 Union Square S. Park Avenue South @ 16th Street.

Shoe district West 8th Street @ 6th Avenue

Perfume District 28th and 31st streets & Broadway Near Madison Square
Garden 30-50% off designer brands. Can also purchase
sample sizes.

Leather Area Delany & Grand

Toy District 23rd St. and 5th Avenue between 21-27th Streets
200 5th Avenue Toy Center

SONY WONDER LAB 550 Madison Ave (53rd St. & 5th Avenue)

Nike Town 6 East 57th Street (@ 5th Avenue)

Disney Store 711 5th Avenue @ 55th

Imitation Designer Purses Canal Street exit in Chinatown. On one or more of the street corners
there are people with a folded up piece of paper that shows some
of the different styles available. They will take you to a van or
storage area that holds the purses. Go with a friend during the
day for extra safety. One of the storage areas was DIRECTLY
off of the Canal St. subway entrance at the bottom of the steps.

Macy's Flagship Store Go to visitors center and show your out of state ID & hotel card.
Request a 11% saving coupon good on all purchase all day. 151
W. 34th Street. (Movie: Miracle on 34th Street)

**Taxi's can be easier but more expensive. Can take you to spots not well serviced by the subways.
Also good for late night rides. Otherwise take the subway.**

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- Metro Card (Subway)** 1 day to 7 day cards available. Unlimited Subway rides.
Also pay-per-ride card 6-12 rides. Easier to pre-purchase cards than to fumble with cash at the subway station. Recommend 3 or 7 day unlimited ride card.
- Ellis Island Immigration Museum.** Buy ferry tickets at Castle Clinton in Battery Park. 9:30-5 pm
Great views of NYC and statue of Liberty. (Movie: Hitch)
- Empire State Building** You can buy tickets online ahead of time to save waiting in line. Entrance is on 5th Avenue. Dusk is a popular time. www.esbnyc.com
(Movie: Sleepless in Seattle & Love Affair)
- Rockefeller Center** Also has an observation deck. More modern and views of central park and the empire state building. About the same price as Empire State Building.
- U.S. Custom's House** At Bowling Green. National Museum of the American Indian (branch of the Smithsonian). Free. Wall Street Bull is just up the street.
Great food carts outside (pita's)
- Charging Bull** Just past Bowling Green park. Great photo spot.
- Trinity Church** At Wall & Broad Street. Famous people buried here Robert Fulton-inventor steam boats, Alexander Hamilton-killed in a duel with Aaron Burr, Francis Lewis-signer Declaration of Independence. (Movie-National Treasure) World Trade Center monument outside.
- St. Paul's Church** Concerts at noon or one. Used as during WTC bombing as a firefighters headquarters.
- New York City Concerts at One** Mondays in St. Paul's Chapel on Broadway (212) 602-0747
Thursdays in Trinity Church on Wall Street
- Chinese History Museum** Chinatown. 70 Mulberry Street & Bayard. Go upstairs.
- Frick Museum** 1 East 70th Street. No kids under 10. Tu-Sat 10-6 Collection of arts displayed in a mansion across the street from Central Park. Sunday 11-1 suggested donation.
- Museum of Modern Art** Great Impressionist collection. 53rd St. www.moma.org closed W 2880700 One of the best in the world. Free Fridays 4-8
- Metropolitan Museum of Art** World class. Pay as you wish. Suggested admission. Good place for lunch. Visit the Egyptian temple and Impressionist collections. (Movie: When Harry Met Sally)
- Natural History Museum** Dinosaur skeletons / Ocean & wild life dioramas. Start on the 4th floor dinosaurs. Café in basement for food. Central Park West & 79th St. B or C line to 81st. Pay as you wish. (pay as you wish does not apply to planetarium shows). Hayden Planetarium. Special Cosmo show. (Night at the Museum/KPax)
- Randall T. Lum, O.D.** (650) 589-7198 More Tips online @ www.LumOptometry.com

Ellis Island Immigration station. Free movie and audio tours. (Movie Hitch) Castle Clinton.

Subway Entertainment Performers in the subways are licensed by the city. Really good entertainment for a few bucks tip. Watch for pickpockets. Most major stations. Very interesting.

BROADWAY PLAYS PLAYBILL.COM Discount show tickets available. But does not list all show playing. Only shows that advertise with Playbill. Can just type in the show name & discount to see what is available online. Also ask your hotel if they offer discounted tickets/codes to shows. Some hotels have coupon numbers that will allow you a discounted purchase.

If you are traveling all the way to New York and you want to see a play it is better to pay for the ticket at full face value and get a better seat. I like the isle seats looking down the aisle (NOT an aisle seat in center section). Try to get about 6-8 rows back. Too close and you are looking up all the time.

WICKED About Glenda and the wicked witch of the East when they were young and in school. Long before the Wizard of Oz.

LION KING Story of the Lion King set to music. Perfect for people of all ages. Spectacular show. Also on DVD.

BOOK OF MORMON: Older teens to adults. Language caution.

www.NYCVISIT.com

HadesTown

Half Price Tickets Go to the **Lincoln Center** indoor ticket center for Same Day or Next Day Matinee shows. This is much better than the Times Square location. This location is much more local and much less crowded. Near 72nd street / Central park/ Lincoln Center.

Many shows are listed. You can view the a week or two out to see what type of shows are being offered as a discount. Sometime you get really great house seats that the theater holds back until the day of. Ie Six, & Juliet, ect...

SEAT SELECTION Always try to talk to an agent to get seats looking down an aisle. For a family of four request 2 sets of isle seats back to back. ie Row D seats 1 & 2 and Row F 1 & 2. This way both kids or two adults will get an unobstructed views down the isle. It makes no sense to sit four in a row. You never know who is going to be sitting directly in front of you. Also once the show starts you don't talk to each other.

<http://gonyc.about.com/cs/museums/a/museumdeals.htm> **Check for Free museum days.**

ROME TIPS

- Basilica San Clemente** Located behind the Colosseum down Via Labicana. Church on top of a church on top of a church. Three levels down. **A Dr. Lum Favorite!**
- St. Peter's Basilica Dome** Climb the dome. Elevators located to the right of the main entrance to the Basilica. Great view inside the church from the balcony and view of the Vatican gardens and Rome. Bring binoculars. Inside the Vatican museum get the audio guide.
- Galleria Borgheses** Great Bernini sculptures. Two story villa with great art. Need to call to reserve a ticket. Take one of the twice daily English language tours. I liked this museum and tour more than the Vatican museum. **A Dr. Lum Favorite! 06-328101 www.ticketeria.it Tu-Sun**
- Colosseum** Prebook an admission time to avoid standing in line. www.pierreci.it 06-39967700
Lunch at Piazza Navonna or in front of the Pantheon. (DVD Return to Me)
Try Tre Scalini's Tartufo Chocolate desert in Piazza Navonna.
- Girarrosto Fiorentino** Meat from Tuscany. 46 Via Sicilia off Via Veneto. Can stop by on the way back from Galleria Borgheses. Also great buffalo cheeses.
- HB-Bettoja Hotels** Located near the train station. Moderate prices. 0632810.

VENIC

- Harry's Dolce** Great restaurant across the Grand Canal and St. Mark's Square. Need to take a water taxi across. **A Dr. Lum Favorite!** Best meal I've ever had. 773 Giudecca 041-52 24 844
- Glass Bead Shop** Located on the mainland side at the start of the Rialto Bridge. Bracelets, necklaces, pendants. Make nice gifts. Rialto 79
- Café Florian** Have a hot chocolate or coffee at night while listening to violin music. St. Mark's square. Expensive but worth it. Can also stand and listen.
- River Taxi #1** Goes down the Grand Canal. Can sit in the front for a better view.
- Pauli Glass shop** Murano glass shop. Very well know. Higher quality works. Also good glass beads jewelry. Have them ship your pieces. St. Marks Sq.
- SIENNA Atica Siena** pottery store. Located on the corner of the plaza to the right as you are facing city hall. Have them ship your pieces home.
- Flying to Europe** If taking a group tour I highly recommend flying in 1-2 days ahead of your official tour start date. This gives you extra time to adjust to the jet lag and explore a little on your own. Most companies can extend your hotel days a few days early for you at a special rate. Try Insight Vacations Tours.

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

LAS VEGAS

Tournament of the Kings Good for kids. At the Excalibur Hotel. 2 shows a night most nights. However get your tickets ahead of time. Buy a flag and cheer on your knight. Includes dinner and drinks. 6/8:30 \$48 Excalibur.com

Cirquedusoleil.com Several productions in town. Usually can book 90 day in advance.

Mystere at Treasure Island W-Su 7:30/10:30 \$95

O at Bellagio W-Su 7:30/10:30 \$150

Ka at MGM Fri-Tu \$150 Ka.com

Blue Man Group at Venetian Hotel Blueman.com 7/10 Don't sit in splash zone. \$110

LeReve at Wynn hotel Water based show and theater is in the round so most seats have a great view. Sa-W 7:30/10:30 Around \$125.

FREMONT Street Experience Every hour on the hour at night. FREE downtown show.

RIO Sky Parade FREE at the Rio Hotel. Off the strip. Catch the bead being thrown. 3,4,5,6:30/7:30/8:30/9:30. You can actually pay to ride in the parade.

Bellagio Fountains 3-7 pm M-F every 30 minutes. Sat Sun noon-7 pm every 30 minutes. Every 15 min 7pm-12. Great to watch just off of the strip.

SEAT SELECTION Always try to talk to an agent to get seats looking down an aisle. For a family of four request 2 sets of isle seats back to back. ie Row D seats 1 & 2 and Row F 1 & 2. This way both kids or two adults will get unobstructed views down the isle. It makes no sense to sit four in a row. You never know who is going to be sitting directly in front of you. Also once the show starts you don't talk to each other anyway.

Lied Discovery Museum Children's Museum just past downtown. 833 Las Vegas Blvd. Tu-Sun 105 www.ldcm.org (702) 382-3445 Great day activity for kids.

ShowCase Mall GameWorks, M & M world, World of Coca Cola (taste Cola products from around the world) Look for Ethel M Free Chocolate coupon. Sometime M & M coupons and free M & M Movie.

Forum Shops Best indoor shopping mall and eating spot. Try Joe's stone crab or Spagos for lunch or dinner. 2 FREE shows on the hour. In the center of the mall and all the way at the end (better show). FAO Schwartz store and Arcade on 3rd floor for the kids.

Fashion Show Mall Huge mall with Sak's, Dillards, Macy's, Nieman Marcus, Nordstrom. Has a runway fashion show several times a day (about every hour).

Macy's discount Get a 11% saving coupon at the visitors center. Show out of state ID and hotel room card. Also 11% Bloomingdales discount.

Wynn Hotel Buffet Best Lunch or Dinner Buffet. **Dr. Lum Favorite! Eat Early or Late**

Wynn has a free 5-10 min show on the hour or half hour. Free 2nd floor balcony to watch from. Just off the Parasol bar. Can sit and wait for the next show.

Okada Japanese Restaurant Wynn Hotel. Great Japanese food.

Bellagio Hotel Buffet Also a top notch Lunch or Dinner Buffet. **Eat Early or Late**

Paris Le Village Buffet Paris Hotel. Great indoor setting. Good food from different areas of France.
Eat Early or Late

Main Street Buffet Downtown in the Main Street Hotel Hawaiian/Asian themed buffet. Seafood nights on Fridays. More casual and less expensive than the strip buffets.
Eat Early or Late

Eat Early or Late Eat dinner at **5:00 pm** to avoid waiting in line for 1 hour or more. Some hotels start dinner as early as 4:30pm. This applies to most large hotel buffets. Also having lunch early at **10:30 am or late at 3:30 pm** can also work well. Also more time to walk off the meal.

Each of the large casinos also have premier dinning locations. Famous chiefs from around the country have opened up second branches outside of New York, San Francisco, LA, Dallas ect.

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MEXICO

Puerto Vallarta

Serendipity The best Mexican Pottery. Butterfly pottery from Guanajuato is beautiful. Also metal work and other pottery available.

2 blocks away from the main church on 472 Juarez Street.

Or across the river over the first bridge (closest to the ocean) away from old town, on the right hand side of the street 2 blocks away. **A Dr. Lum Favorite!**

Tapas Barcelona Matamoros & 31 de Octubre streets. Lunch & dinner. Great bay view. 4 blocks up from Sr. Frog store. www.barcelonatapas.net

NH KRYSTAL Hotel Located in the hotel zone just outside of town. More of a local Mexican resort. Stay in the NEW beachside complex. Terrific pool complex. Can also use the pool if coming in on a cruise. If is just down the street from the cruise terminal. Just order a few drinks and food from the pool side bar. Hotel has a huge Yellow dome.

SPA Treatments At NH Krystal Hotel. Message specials for 2 people / 75 minute messages for \$75 U.S. Wonderful professional staff.

Restaurant Pescartore 2nd floor of the municipal marketplace. Very local spot. Just eat the fresh fish. Have them fry it. Order only bottle water & soda in a can. No ice! Don't eat the salad. Very good fish! **A Dr. Lum Favorite!**

Pirate ship Maragalante Pirate Land Day Program. Great all day adventure for the family. Includes breakfast and lunch, banana boat rides, snorkeling, beach games and onboard pirate show.

Pirate Night Adventure is adult themed. No children under age 10. www.vallartapirateshow.com

MAZATLAN Mazatlan Frank. Can arrange private tour of the city and shopping for you. About \$25 per person. Can also help arrange horseback riding. www.mazatlanfrank.com

Saint Thomas Virgin Isles godfrey@godfreytoursvi.com Private tour operator that can do a custom tour for your group. www.godfreytoursvi.com

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CRUISING

Check in at the cruise terminal early. Most ships will let you board the ship at 12 noon. You may not be able to go to your cabin yet but you can have lunch, swim at the pool (without anyone else), use the hot tub if it is on deck, explore the ship and have lunch on board.

You should also make your special dinner reservations as soon as you get on the ship if there is a separate dining restaurant option. These will fill up very quickly. Surcharge usually runs about \$10 to \$15 extra. It will usually be an Italian, Steak or special chief's restaurant. Even at the extra charge restaurants you can order more than one appetizer, more than one entry and more than one desert. You can also share food with your party. If you have a group of 6 share all of the appetizers and dinner options with in your group. Let your waiter know that you are sharing amongst your group. Ask him to have the chief prepare an appropriate serving size for your group. You should tip the waiter EXTRA above the normal extra dining room charge for this type of service.

Don't book special restaurant dinners on the Captain's Formal night in the main dining room. Usually there is better food on this night in the main dining room. Sometimes however there are also special dining menus in the different restaurants on Captain's night.

To get a window seat at dinner. Ask the head waiter when you first get on board. Offer him \$20-\$40 and ask him if he can help rearrange your seating so the you get a nice window seat. It is really nice to look out the window while eating if you are on the early dinner seating.

Early of Late Dinner Seating: If you have children early is usually better. Otherwise dinner could be as late as 8:00 or 8:30pm. If you have early dinner, you do need to be aware of what time the ship leaves port. Dinner could be right after the ship sets sail. If this is the case you might be rushed into getting ready for dinner, almost as soon as you return from your shore trips.

Discount Dining. Some alternative restaurants have a discounted night on slow evening. These nights tend to be when the ship is in port late since many people will be doing evening shore excursions. Also you can ask the restaurant's host if there are typically special nights or offers or read the daily newsletter for dinner or spa specials.

Bring or buy bottle water or a six pack of soda before you get on board or at the first port. This way you can have it in your cabin. Saves you some money. Better yet skip the soda and the calories.

Bring your own wine or liquor aboard. Many lines will allow one bottle of wine. There may be a corkage fee at the dinner table, however it is still less expensive than purchasing their wine. Or you can have a drink in your room for free.

Room Service: Makes a nice lunch break without having to rush to the dining room.

Spa reservations should also be done on this day. For the SPA you can usually view the spa treatment options on line before you go. Check for SPA specials on the first day or when the ship is in port.

For more exercise. Skip the sodas. Walk up and down the steps instead of taking the elevator. Walk around the deck after dinner or even before dinner. Skip or share the deserts. Use the gym or steam room.

Hairdresser: You should also make your reservations for formal night as soon as you can.

Randall T. Lum, O.D.

(650) 589-7198

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Shore excursions book before you leave on line or as soon as you get onboard if you know which tours you want to take. You can also walk off the ship and get tours just off of the ship at most ports for less money than the ship charges. This works if you are flexible and not totally set on one particular tour. Most of the time a general city tour and highlights tour is very easily booked just off shore. You can also share a cab with other families of people you meet on the ship.

TIPS Remember to tip your waiters and cabin helper their full tips. They work 6-9 months 7 days a week. They do not get paid U.S. wages. They are paid very little. Most of their income comes from your tips. Most of the time the cruise companies now automatically charge your account for these tips at the end of the cruise. Also all beverage and food purchases usually will include a automatic 15% tip. The tip line will still be printed on the receipt that you sign. Be careful not to tip twice.

SHOWS: Usually two (2) major shows on a 7 night cruise. Show up to your assigned dinner time early so you can finish dinner ahead of everyone else. You can then be the first to get seats for the show. You might even want to skip desert and head over to the showroom to get seats. Bring a jacket to save seats for the other member of your party. Sometime there is an early 3:30 or 4:00 pm show (Disney Cruise).

SEAT SELECTION Always try to get seats looking down an isle. For a family of four select 2 sets of isle seats back to back. ie Row D seats 1 & 2 and Row F 1 & 2. This way both kids or two adults will get an unobstructed views down the isle. It makes no sense to sit four in a row. You never know who is going to be sitting directly in front of you. Also once the show starts you don't talk to each other. Also may want to look for seats that have a drink table in front of you.

Shuffle Board: Great after dinner game and exercise on deck.

THE POOL Bring Swim goggles and swim toys for the kids. Most pools are salt water. The Jacuzzi is always fresh water. Except on the Disney Ships. Good day to swim is the first day right after you arrive on board. The pools are not crowded yet. Keep a change of clothing in your roll on bags.

Extra Bags: Pack an extra duffle bag or tote bag if you are going to be doing any major shopping. Better to plan ahead for all the nick nacks. Rather than a large suitcase pack suitcase that stack within one another or that have a soft side so you can hide it under the bed or in the closet.

Safety: Remember that outside of 12 miles you are outside of U.S. waters. The laws of the United States do not apply at sea. Since the ships are flagged in foreign ports, they do not have to follow U.S. law. Be careful of your environment. For women traveling alone must be especially careful. Also the staff of the ships come from many different parts of the world. Drinking alcohol is encouraged, since the ships make a lot of money off of alcohol. Use good judgement.

Returning Home: Luggage and the ability to leave the ship is done in an order. If you have an early flight or need to get some where quickly you should ask your cabin steward for the early disembarkation luggage tags. This works really well if you do it before you give out your final tip envelopes. If you are not in a rush you can take a last stroll around the ship after breakfast.

Internet use. If you are using the internet to send message for work you should compose your messages before you sign on. Then when you log on you can just send the messages. Also if you plan to use the internet a lot sign up for a internet package. You can check weather before you arrive at your port. Talk to the kids at home or other family member house sitting. You can also stop in at an internet café IN port and pay a few dollars for internet access. Just be careful with your credit card information .

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Formal Portraits This is a wonderful opportunity to take a nice formal portrait with no obligation. On formal picture night there will normally be 4-5 separate areas where you can take formal portraits. These different areas have different backgrounds and props. Make sure you get the portrait area EARLY to beat the crowds and to make it to your dinner on time. On different nights they have casual or theme night photos also. If you are in a large group they can take a picture of the entire group, individual families, just the adults and just the kids. Just ask the photographer for the different combinations. You end up spending a lot of money on the photos but memories are priceless. You can usually swap out photos if you buy one on the first night and then take a better picture a couple night later. Also ask about specials if you purchase more photos over the course of the cruise. Sometimes they will give away a photo of the ship or a frame for the picture.

Join the cruise lines frequent cruising members club. Usually no cost and get extra perks the next time you sail with them. Or you can buy stock in the company. This will also get you a saving or special perks.

Kids Clubs On most ships the kids club will have special events of nights. Ask the staff working at the kids clubs what are the highlight night, activities or events that the kids should try not to miss. Also at most kids clubs they GIVE away a T-Shirt or some type of other kids club items or pack on the last day or night. Ask if there are any special gifts for the kids. Even if you don't go on the last night you can stop by and get the kids their gift. On Disney they give away T-Shirts, Hats, and mouse pads. On Carnival they give away a small duffle bag with Carnival goodies.

Disney Cruise Line: Perfect for families with kids. Look for the best kids clubs on the ocean. Even if your children do not participate in all of the activities check the schedule for special give away nights or times. Usually the last night they give out Free T-shirts or kids stuff to the children that have been participating in the different programs. Read the daily guides for the times.

Disney will often have an early show of the major productions. Good if the kids are having a hard time staying awake at night. See all of the major production shows (3) they are really outstanding. Broadway caliber Disney show.

Disney's Palo adult only Northern Italian Restaurant. We did brunch, high tea and dinner here. Highly recommend that you try all three. Ask for a tasting menu of the different selections on the menu. Share and order extra. Worth the extra few dollars.

Best Disney Cruise Souvenir: Bring a picture frame 8 x 10 or a 5 x 7 with a LARGE WHITE MAT. Drop off the picture frame at the Front Desk of the Ship and Ask to have the picture frame MAT signed by the characters. You can also have Pillow cases for the kids signed in a similar fashion. They will deliver the signed picture frame with about 12 signatures to your cabin on the last night of the cruise. You should include a zip lock bag of multicolored sharpie pens for them to sign with. Place you cruise picture with Mickey and Minnie Mouse in the frame when you get home.

Holland America On board Art IPOD audio tours. Can download before going on your ship or can check out a free IPOD on board and take the 45 minute audio tour of the different art work.

Royal Caribbean: Rock climbing wall. Best time is early in the morning or day. One of the best values is the 4 night cruise out of Los Angeles. Really low year round rates. Not too exciting ports of call but great cruising value.

Carnival: Good kids club on most ships. Younger crowds.

www.cruisesonly.com You can look at cabin locations for a lot of different ships and see exactly where your room will be located. Try to select rooms away from the main elevators and stairs. Also select rooms that are not directly over or under a disco, show room or the kitchen. However you might get incentive by booking with an agent. Always ask for a on board room credit of some sort. Many travel agents can give you \$50 to \$100 on board credits for booking with them. Mexico trips from LA and Caribbean cruises from Maimi are especially affordable. However remember the hurricane season is from June to September. Especially bad in August and September depending on the year.

St. Thomas Virgin Islands www.godfreytoursvi.com godfrey@godfreytoursvi.com

Fly One Day Ahead Fly into your starting port or city one day ahead to avoid flight delays or cancellations. This also gives you one day of rest before the start of your cruise. This also helps to avoid LOST luggage. Image going on a one week cruise with no luggage, evening dress or swim suit.

Airports to Avoid Avoid airports on the East Coast and Mid-West during the winter months on connecting flights to avoid weather related delays or cancellations of your flight. If you have an option pick an airport connection in the Southern part of the United States. Especially avoid Chicago, JFK and Boston airports. However Dallas and Atlanta can also have traffic/storm problems. Better yet aim for a direct flight.

Hurricane Season Avoid the Caribbean during the months of July until October to avoid the hurricane season. Living in California you really don't think about seasons in the same way as people living in these areas. If there is a hurricane during your trip you will miss ports of call and have rougher sailing.

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

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MONTEREY BAY AREA

Dennis the Mennis Playground Just North of the Downtown/Fisherman's Wharf area
Great slides and rock climbing stones. Peddle boats rides available. Also a skate board park.
Snack bar in parking lot.

Monterey Bay Aquarium

The aquarium is one of the best in the entire country. As such it gets really busy during the summer months. Arrive at OPENING time to avoid the crowds. Also purchase your tickets ahead of time. Best value is from AAA. At a minimum you can purchase your tickets from your motel. There is a separate entrance on the side of the building for people with tickets. Don't need to stand in line to get in.

Best **FREE parking** for the aquarium is just past the Tin Cannery Outlet shops. If you go just past the Tin Cannery there is FREE parking along the street. It is a short and beautiful walk along the bicycle/walking path to the aquarium. We usually bring our bikes and ride along this area. There are bike racks in front of the aquarium.

Portola Café inside the aquarium has WONDERFUL food. There is also a sit down restaurant inside with a separate seating area and table service. If you bring your own snacks and eat outside be very careful of the seagulls. They are VERY aggressive and will attack small children with food in their hands.

Outer Bay Exhibit Big Fish Feeding

Arrive 15 minutes early to get a seat in the front. **11 am on Sat/Sun/Tu/Thu** Time the day of your trip so that you can see the feeding. It is really neat.

Kelp Feeding 11:30 / 4:00 pm Sea Otter Feeding 10:30 / 1:30 / 3:30 Penguin 10:30 / 3:00

TIDE POOL EXPLORATION: Explore the beach area just past the Tin Cannery Outlets. If you follow the road directly by the beach, there are places to pull over and explore the tide pools. Remember never to turn your back to the ocean.

Fisherman's Wharf: Old Fisherman's Grotto. Best clam chowder.

Bubba Gump's You can call ahead to put your name down on the waiting list. Normally about a 1 hour wait.
There is a sandbox play area directly in the front.

Fandango In Pacific Grove. Very good Italian/ Mediterranean food. Nice setting. 223
17th St. (831) 372-3456

FIFI's French Food On Forrest Ave. Up the street from Pacific Grove. Good local French restaurant.

Ghirardelli Chocolate Soda Fountain. Great sundaes. Down the street from Aquarium.

Bed and Breakfast Four Sisters Inn. Great set of inns. Visit their web site for Fall/Winter specials. Some of them will allow a one night stay on Saturday only. (800) 527-8828 (Gosby) 800-833-8836 Carmel Clarion Motel on Munras Avenue has an indoor heated swimming pool. Free Breakfast.

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GENERAL TRAVEL TIPS

Fly One Day Ahead Fly into your starting port or city one day ahead to avoid flight delays or cancellations. This also gives you one day of rest before the start of your cruise or tour.

If flying to Europe this is especially important. Most tour groups will allow you to book one or two extra days ahead of your tour in the same hotel that you are staying at a special rate. This way you can be fully rested before the tour starts. Most European flights are red eye flights from the East Coast. You arrive in Europe the next day. Since it can be very difficult to sleep on the plane you can use the extra day to sleep in late. Most tours begin the day after your arrival at 7:00 am and can go for 9-12 hours of touring.

Airports to Avoid Avoid airports on the East Coast and Mid-West during the winter months on connecting flights to avoid weather related delays or cancellations of your flight. If you have an option pick an airport connection in the Southern part of the United States. Especially avoid Chicago, JFK and Boston airports. However Dallas and Atlanta can also have traffic/storm problems. Better yet aim for a direct flight.

Airline Seat Selection On flights that are overnight or longer flights. Pick a seat towards the back of the plane. Then book a window and an isle seat if you are traveling with two persons on a three A,B,C seat configuration. If the plane is not completely full most people will not select a seat in the middle and towards the back of the plane. If the flight is not full you get the extra middle seat space. If the flight does fill up you can just ask the person in the middle if they wouldn't mind switching seats so you can sit next to your travel companion. This will absolutely work if the other person is a child.

Hurricane Season Avoid the Caribbean during the months of July until October to avoid the hurricane season. Living in California you really don't think about seasons in the same way as people living in these areas. If there is a hurricane during your trip you will miss ports of call and have rougher sailing.

Restaurants Ask the flight attendants where special places to eat can be a good idea for international flights. They tend to know good places for different kinds of food since they stay overnight in the cities they are flying to. You can also ask the hotel front desk persons or the doorman for restaurants near by the hotel. Jot down the names and streets if possible. Or ask them to write the name down for you. Venture out. Try to avoid McDonald's and other chain restaurants that we have back home.

Photography Take a digital picture of your special show ticket for a play, entertainment event or sports event. The ticket shows that date, location and what you saw. This helps you to remember your special day.

You can also take a picture of your airline ticket. It shows where you were traveling to, the date of your trip, and what airlines you were on.

If traveling to another country or state you can also photograph the daily newspaper to remind you of where you went. It will have the name of the city, the date and any special events going on.

You can also take pictures of the airlines magazines for your scrap book.

Take a picture of the different restaurants that you visit. Also take a photo of your meal before you begin eating. Don't worry they already know that you are tourist.

Shopping Take pictures in the store with all the stuffed animals you want, funny Goofy ear or Mickey Mouse hats, pictures of the T-Shirt's, or toys. These items are often a great reminder of the places you have been and using the items in the store is like having free props for your pictures.

Kids ID Dress your kids in brighter colored clothing if possible. This makes them easier to spot if they get lost or separated in a crowd. Taking a morning photo of your kids with their jackets off in front of the hotel, in the room or at breakfast. This can be used as identification in case your child gets lost. You know exactly what they were wearing that morning.

Rental Car Tips Take a digital picture of your rental car. It's often hard to remember what you are driving. You also might want to take a picture of the make and model.
Take a picture of what floor you parked your car on at the airport.
Gas tank location. There is an ARROW that points to the side of the car that the gas tank is located on. It is located next to the fuel gage.
Bring a spring shade from home to use in the rental car if traveling to a warm destination. Using a spring shade also helps to make your car look less like a rental car.
Take a Kleenex box from the hotel and put it into your rental car if you will be in town for more than a few days. It is always handy to have Kleenex around in the car.

Best place to book car rentals is from Costco Travel. You can book ahead and cancel if you need to. The further you book ahead the better the rate.

Band Aid Kit Make a small band aid kit with an alcohol wipe and put it with your roll on luggage or camera bag.

Zip Lock Bags You can always find a use for a few zip lock bags.

Slippers/Flip Flops Bring Slipper or flip flops for the pool and around the hotel room.

Plastic fork & Knife Pack a few forks, knives and spoons. Just in case you have need it at your hotel. Put these items into your zip lock bag!

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Advil / Tylenol Pack a couple of Advils or Tylenols in a zip lock bag and place in your roll on luggage or camera bag. Never know when that headache will strike.

Post-it Notes Use post-it notes to mark things to bring along that day or things to remember to do and stick it on the hotel mirror.

Traveling with Kids If you have children try to travel the first week after school gets out or the LAST week before school begins to avoid some of the crowds. Easter break can also be a good time to travel since some schools get out a week before Easter and some get out a week after Easter.

Traveling WITHOUT Kids Never every travel during kids Christmas, Spring, or summer breaks. Travel in the months of September to November in Europe. Travel in January to May in the Caribbean.

Water Back Pack (Camel) Get a camelback water backpack to carry ice water around. Works great for hikes, skiing, theme parks, general touring. Can also store snacks in the pack for the kids.

Have a wonderful trip. Please share our tips with your friends and family. Thank you for telling your friends and family about our office we greatly appreciate referrals. Tip sheets for Disneyland, New York City, Las Vegas, Italy, Spain, London, Paris, Washington D.C., Seattle, Puerto Vallarta Mexico, Monterey Bay, Big Island of HI, Maui, San Francisco Bay Area, Bay Area Restaurants are also available online at www.LumOptometry.com under patient forms. This sheet and updated information in on-line.

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London Concerts at One Monday, Tuesday & Friday Royal Parish Church
Of St. Martin-in-the-fields.

Travel tips book

Ski cable lock to secure your suitcases inside a rental car if planning on leaving the luggage for periods inside of the car.

SKIING / SNOWBOARDING TIPS

Heavenly Ski Resort If you take the Gondola up on the California side of the resort from the Marriott lodge, when you reach the top of the mountain, there is a elevator just to the left as you exit that will take you down to the slopes. Ride the elevator down and up at the end of the day to skip walking up and down the large staircase.

On windy days, drive to the stagecoach lift on the Nevada side. Normally Stagecoach and Olympic lift are running on windy days.

Squaw Valley Off of the FUNITEL to access the intermediate lift GOLD COAST. Take the first door on the right hand side as you exit the Funitel. Ski around the front of the building for a quick ride to the GoldCoast Lift.

Resort Creek run on the left side of the mountain is a great LONG uncrowded intermediate run. Access the run via Red Dog lift. Most people go up the mountain and stay to the left side of the mountain.

Homewood Ski Resort A great family ski resort. Beautiful views of lake tahoe from the runs. Very good tree lined runs. So Homewood is exceptionally good during windy days.

Northstar There is FREE overnight ski and board storage at the bottom of the village just as you leave the slopes. If you are skiing the next day take advantage of this service. More than one night storage cost \$5 per day.
Use Mittens on Cold days. You can use hand warmers and your fingers stay together for added warmth.

Renting Gear. Rent Skis or snowboards the day before after 3 or 4 pm to avoid the crowds in the morning. Renting gear in the morning can take as long a one hour.

Water Back Pack (Camelback) Get a camelback water backpack to carry water around. Can also store snacks in the pack for the kids.

Candy. Buy candy at home or before reaching the mountain. Cost off mounitian \$0.99 versus \$2.75.

Eat lunch early to avoid the crowds. Everyone tries to eat lunch between 11:30 and 1:00pm. Try to eat early before 11:00 or late after 1:30 pm.

Look for Ski Drop off points. Most resorts have an area for drop off and pick ups. One person can park, one can get the lift tickets or help the kids with their gear. Also the kids don't have to walk as far.

Pre-purchase Tickets. Check Lucky's, REI, Safeway, local ski rental shops and your hotel for discount single or multi-day tickets. Always good to save some money and not have to stand in line.

www.slidingonthecheap.com Discount ski lift tickets locator guide.

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Seattle

Pikes Market Place

Pike Place Chowder. (Finds) Located at 1530 Post Alley 11-5 pm Has a four soup sampler. \$10.50 4-5oz portions. A Dr. Lum Favorite!

Le Panier Croissants/breads 1902 Pike Place Great Ferilletes (Normandie) pasteries.

Belle Epicurean Try Brioche Buns 93 Pikes Place #2

Piroshky Piroshky 1908 Pikes Place Good desert pasteries. Piroshky's only so so.

Garlic Garden 93 Pike Street #3 Try Lebaneses Garlic Dip/Spread. Cannot be place in carry on luggage, must be checked into checked luggage. Around the corner from Pig Statue

Le Pichet (French) 206-256-1499 1933 1st Ave. Roast Chicken for 2. N end of Pikes Market Also good small plates and appetizers. Call for reservations. 8 am – 12 midnight.

Matt's in the Market 2nd floor Corner Market Building Smoked catfish. 206.467.7909 Directly across the street from the Information booth. 94 Pike Street. 11:30-2:30 Tue-Sat 5:30-9:30 Call for reservations.

Elliott's Oyster House. Raw Bar happy hour 3-6 M-F. Happy hour starts at \$0.50 and goes up \$0.20 every 30 minutes. 1 ½ hr Validated parking at Republic parking before 5 located directly across the street. Valet after 5 pm. Pier 56. 1201 Alaskan Way 206-623-4340

Emmett Watson's Oyster Bar. Back of Pike's Market at the end of the Soames Dunn Building. Affordable oysters \$18 a dozen. Other food only so so. 206-448-7721

1st Starbucks 1912 Pike Place. Look at the original Mermaid that is now the Logo.

Look for the GUM WALL and add your gum to it.

Bottega Italliana Gelato 1425 1st Ave.

Procopio Gellato on the steps that lead down to the waterfront. 1501 Western Avenue.

www.pikeplacemarket.com

Have the kids look for Sasquatch and the giant hanging squid next to DeLaurenti Italian Grocery store in the corner of pikes.

Glass Galleries in Seattle near Pike's

William Travler Gallery 110 Union St & 1st

Vetri Gallery 1404 1st Ave. towards the end of Pikes Market on 1st Ave. Has Dale Chihuly pieces on the second floor. Across the street from the Seattle Art Musuem. At the end of Pike's Market on 1st.

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City Center Shopping has Dale Chihuly displays located at 1420 5th Ave & Pike.

Seattle Art Museum. 1300 1st ave. Tu-Su 10-5 Café. \$20 or pay what you wish option.
www.Seattleartmuseum.org

Coffee Houses

Ladro Cafe. 7011 California Ave., 801 Pine, 108 Union in downtown
2205 Queen Anne Ave, 452 N 36th Street in Fremont area Try the
Espresso Chip Pound Cake.

Cafe Vita Chains. Espresso around town.

813 5th Ave. Lower Queen Anne Area
& 1005 E Pike Street

Pioneer Square Area Eating Spots

Salumi. Near Pioneer Square. Take out. House cured meats & sandwiches. 309
3rd Avenue South 206-621-8772 Tu-F 11-4

Zeitgeist Coffee. 171 S. Jackson Street. Across the street from Klondike gold.

Cow Chip Cookies 102A 1st Ave. S. Across the street from Pioneer Square.

Grand Central Baking Company. 214 1st Avenue European style bakery and breads.

Pioneer Square Sites

Waterfall Park. 1 block E up Main Street. Site of the first UPS store in the country. Down
the street from Klondike Gold Rush and up the street from Occidental Park.

Klondike Gold Rush National Park 3195 2nd Avenue @ S. Jackson. Closes at 5:45 pm.
Movies/walk in displays/artifacts. FREE

Fremont Area Restaurants

Brad's Swingside Cafe (Italian) Closed Sun/Mon 4212 Fremont Ave N 206-633-4057
A few block away from the bridge on the right hand side of the street.

Paseo (Cuban) 4225 Fremont N Closed Sun/Mon Midnight Cuban Sandwich

Blue C Sushi 3401 Fremont Ave. N Near the bridge. Boat Sushi. (206) 633-3411

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Fremont Area Sculptures

Fremont St. & 36th street
N 36th St. Fremont Troll A Dr. Lum Favorite!
N 36th Street Lenin Statue
N 34th at Fremont Avenue Waiting for the interbaun

459 N 36th St Fremont Coffee Company.

Gas Works Park 1201 N Northlake way. Near Fremont area.

Ballard Locks

Ballard locks & Fish ladder. Visitor's center 10-6 Near Fremont area.

Ray's Boathouse Upstairs cafe. 6049 Seaview Avenue NW 206-789-3770 Views of Seattle
11:30–10 pm 206-782-0094 Try Crab Cakes, Steamed clams or pasta with smoked salmon.

Belltown area

Buenos Aires Grill. Tango Dancing. Meat's plate. Argentinian food. 2028 Virginia Street. 206-441-7076. Rachael Ray pick. 5-10:30 pm dinner only. \$32 5 meats serves 2-3 people Happy hour 5-7 M-F ½ off bar menu. Monday Evening

Assaggio's Itallian food. Lunch and dinner. 2010 4th Avenue. 11-2 pm & 5-10 pm 206-441-1399 Located in Bell Town. Mid range prices but great food.

University District

Ivar's Salmon House. 401 NE Northlake Way 206-632-0767 www.ivars.net Reservations recommended. 11-9 Indian longhouse building design. On Lake union. Just over the Ship Canal Bridge near UW. Also has Ivar's bar locations.

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Mukilto & Edmonds Area

Arnie's Seafood in Mukilto. near Everett also at Edmonds. Watch the ferries come and go. 714 2nd Street 425-355-2181

Smoked Salmon comes many different ways. I like the blocks and long smoked jerky belly strips. Ask for the fat strips \$34 / lb. Samples to try. Kinds of salmon. Sockeye (Red) Salmon (strongest riches flavor very fatty) May-Sept., Alaskan King Salmon/Chinook/Spring (stronger flavor than Coho) May-Sept., Coho or Silver June-Oct., White Alaskan King Salmon. Chum or silverbrite (fall).

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Mussel 2 types. Blues Jan-March, Mediterranean March –Nov.

Clams 3 types. Manila best in warm weather. Little Neck Sept-April. Razor clams (dug by hand) 6 week season in either spring or summer.

Oysters. 5 types. European Flat (or Belon best in season) Oct-June. Olympic Oct-May, Kumamoto's year round, Pacific year round. Eastern year round. Oysters are not as good in the summer warmer months.

Halibut March-November

International District

Uwajiyama 600 5th Avenue S. 206-624-6248 9-9pm www.uwajimaya.com Parking Validated with \$15 purchase = 1 hour \$25 purchase = 2 hours. Large Asian Food Court. Also try the bubble drinks.

Kobe Terrace Park 221 6th Ave. S. Great view of the city and water.

Along the WaterFront / Alaskan Way

Olympic sculpture Park 9 acre open air park with sculptures. 4 blocks down from Pacific Science Center. Western Ave at Broad Street.

Ye Olde Curiosity Shop Pier 54 Alaskan Way. Good shop for little trinkets. Near Elliot's oyster bar.

View Seattle options other than Space Needle

Bank of America 5th Ave and Columbia M-F 8:30-4:30 \$5

Smith Tower 506 2nd Ave. \$6 call to see if open 206-622-4004 2 blocks up the street from Pioneer Square.

Seattle Center

Space Needle \$16 9 am to evening. Don't ride up on rainy/overcast days.

Pacific Science Center. www.pacsci.org 1st science center in US. 10-5 \$11 206-443-2844 200 2nd ave. Also has IMAX movies.

Children's Museum \$7.50 www.thechildrensmuseum.org 10-5 206-441-1768 Best for younger children under 8.

Experience the Music Project / Science Fiction Museum. Opens later than Pacific Science center. 3rd floor has drum, guitar, keyboards JAM session rooms. \$15 / \$12

Ride the Ducks land and water tour. \$25 / \$17 90 minute land and water tour. Ask for Captain Chuck or STU-PENDOUS. A Dr. Lum Favorite!

Seattle center Parking. Public lot on 5th Ave. N & Mercer. \$6.00 for 10 hrs. Down and across the street from the EMP building on the right hand side of the street.

Shopping

REI 222 Yale Ave. 206-223-1944 Near I-5 1 hour Free parking. Kids play area on the 2nd floor.

Nordstrom 500 Pine Steet. 206-628-2111

Nordstrom Rack 1601 2nd Ave @ Pine. M-Sat 9:30-8 pm 1 block up from Pikes Market.

Westlake Center and Pacific Place www.westlakecenter.com

City Center 1420 5th Ave. Near Pike St. (2 blocks S)

Parking Howell & Boren. \$12 for 10 hrs. Walk about 4 blocks to Pine. Then down to Pikes place.

Everett, Washington

Future of Flight & Boeing factory tour. Located in Everett. (800) 464-1476 \$15/\$8 8415 Paine Field Blvd. Mukilteo Best to purchase tickets on line ahead. They do sell out during the summer time. A Dr. Lum Favorite! Buy Boeing planes at the store, less expensive than at Pikes or other locations.

Everett Imagine Children's Museum. Excellent children's museum. Worth the stop. Do together with Boeing and Arnie's for lunch.

Museum of Flight. 9404 E. Marginal Way S, Tuiwila. One of the best aircraft museums in the United States. See the 1st 747, 1st 737, last blackbird spy plane and one of the few remaining concord planes. I-5 South, exit 158 and turn Right on Marginal Way. www.museumofflight.org \$14 10-5pm 206-764-5720 A Dr. Lum Favorite!

Movie to watch. Sleepless in Seattle.

TIVO Rachael Ray Seattle. Or visit www.foodnetwork.com <http://www.rachaelraymag.com/travel-tips/best-trips/locals-only/locals-only---seattle/article3.html>

FREE MUSEUM DAY IN SEATTLE IS NORMALLY THE FIRST THURSDAY OF EACH MONTH. Check with each of the individual museums for the FREE day policy and times.

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Home Remodeling projects General Contractor Ting Ma (415) 519-5165

Mr. Ma built my office and remodeled my home. Very good workmanship.

Young's Custom Cabinets Yvette Liu Custom design your cabinets for any space.

1760 Yosemite Ave., San Francisco (415) 822-8313 www.standardcabinet.com

New Art Kitchen Anita Ip Need to have a good idea of what you want.

2076 Oakdale Ave. San Francisco (415) 821-3338

Grohe, Toto, Axor, Kohler and many more bath products all at 40% off.

Sierra Pacific Windows (also consider doors & moulding style) Dave Kruss

45897 Hotchkiss Street, Fremont 650-345-4528 www.sierrapacificwindows.com

Wood windows. Marvin quality at Anderson price. Hidden sash locks.

The Moulding Company (also consider window and door style) Doug or Terrance

355 Adrian Road, Millbrae (650) 648-0300 www.TheMouldingCompany.com

Caldwell Doors 200 Industrial Blvd. San Francisco www.caldwells.com Expensive Good

place to view different style doors.

Belmont Hardware Store. Door fixtures and knobs. Large in stock selection of styles.
Also has a plumbing supply store next door that can be useful.

www.belmonthardware.com 940 El Camino Real Belmont, CA 94002 (650) 591-0345

You should consider the window casing, door style and moulding style when picking. They should match each other. Good to visit all three vendors around the same time.

Universal Electric Supply Anna Wu/ Tony www.universalelectricsupplyco.com

438 8th St, San Francisco, CA 94103 (415) 621-1888

Great place to purchase lighting fixtures and electrical supplies

Cornerstone Granite www.cornerstonehd.com

168 Marco Way South San Francisco, CA 94080 (650) 866-3222

PreFabricated granite and Ceasar Stone countertops. Affordable tile.

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More Tips online @ www.LumOptometry.com

Bullnose Tile (near Porcelanosa) www.bullnosetileinc.com

1783 Rogers Avenue, San Jose (408) 441-1221 Special in wall shower boxes.

PORCELANOSA, USA 391 Brokaw Road, San Jose (408) 467-9400
www.porcelanosa-usa.com Can also be ordered at Cornerstone granite.
Showroom with custom tile from Spain. Also has unique faucets and sinks.

Best Tile 625 Bayshore Blvd, San Francisco www.besttilesf.com Contractor pricing.

Good place for designer tile at low contractor prices. Located around the corner from New Kitchen Art and Bath and Caldwell Doors.

Bedrosian Tile for Grout Located on the same street as Cornerstone Granite
160 Marco Way. SSF, CA

You will need to purchase grout for tile and stone work. Bedrosian Tile in SSF has a larger selections of grout colors. For grout you should consider picking a darker grout than your tile to make the tile stand out.

New Art Stone Company. Owner Jing Wu Granite, marble, installation. Good prices.
Free estimates. (510) 908-3361 Fax (510) 437-9736

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Washington DC

Cab ride from National

TourMobile Tour Arlington [8:30 A.M.] Arlington is open early
{ MetroBlue B/O McPherson Sq. to Arlington } [8:00 A.M.]

National Mall & Monuments Day Tour Lincoln, Korean, Vietnam, WWII

Post Office Museum (@ Union Station)

{ MetroRed Union Station / TR Gallery Place / to G/Y Archives }

LUNCH Teasm 480 7th St. 8th and D Street / Across Navy Museum

Archives Tour (202) 357 – 5450

US Navy Museum 701 Pennsylvania & 7th St.

Behind Natural History Museum

NGA Sculpture Garden across the street from Archives

Trolley Tour Start at Union Station

National Mall / Monuments Day Tour [9:30 A.M.]

Thomas Jefferson Memorial Walk along Tidal Basin to FDR Memorial

& Martin Luther King Exit Tourmobile at WWII

Walk The Ellipse & White House 1600 Penn Ave.

White House Visitor Center 12th & Penn Ave.

LUNCH: Old Post Office

Old Post Office Ride the elevator up the Clock Tower

Ford's Theater / Peterson House 511 Tenth St.

National Gallery of Art (West-Impressionist 12 must see)

East 15 Must see Matisse Room and Rothko Gallery

DINNER Jaleo's 480 7th St. / La Tasca (Tapas) 722 7th

Pizzeria Paradiso Redline Dupont Circle 2029 P St. & 21st

Ella's Pizza 901 F St (b/t 9th & 10th / Korean Food carts

Georgia Brown : Southern 950 15th St. Near McPherson Sq. Metro

National Zoo (See the pandas)

Metro to the Zoo { MetroRed Farragut North to Cleveland Park }

Metro from the Zoo { MetroRed Woodley Park to Gallery Place }

Lunch Ella's Pizza, Matchbox, Legal Seafood

Portrait Gallery (1 Hour) 8th & F Street

Natural History Museum [Open until 7:30 P.M.] Use the back entrance.

Mount Vernon Tour (45 Mins) / National Treasure Tour (1 Hour)
Mount Vernon opens at 8 A.M. Good for early morning visits.

At the end of George Washington Memorial Parkway.
LUNCH at Old Mount Vernon Inn. Call for reservation.

Fort Ward. Fort and Civil War display. 9-4. 4301 W. Braddock Rd.
I-395 S. to Seminary Rd. exit. Left at 4th light (Alexandria Hospital
/ North Howard St.) and right at W. Braddock. South of Alexandria.

Old Town Alexandria:

George Washington Mason Memorial 9-4 & U.S. Patent Office 10-5
Ramsay House Visitor Center 221 King. Free two hour parking pass.
Gadsby Tavern 134 N. Royal Street
Stabler-Leadbeater Apothecary Museum 105 S. Fairfax
Torpedo Factory Art Center 105 N. Union @ Cameron St. by the waterfront
DINNER: Fish Market 105 King St. / Hanks Oyster Bar 1026 King St.
Air force Memorial / IWO Jima Memorial

Drop car off at Union Station Avis. [Return by 8:40 P.M.]

Supreme Court (Exterior view) 20 mins behind Capitol
{ MetroBlue B/O McPherson Sq. to Capitol South }

Capitol Tour (Visitor's center and guided tour) 2 hours

Library of Congress (Madison Building 4th floor Copyright Office display)
6th floor food court stop for Lunch (8:30-5 P.M.)
Library tour (1 hour) 10:30/11:30/1:30/2:30/3:30 Jefferson building

National Air and Space Museum IMAX movie Hubell 5:50 or 6:50 P.M.

Purchase tickets in morning for the evening show after the museum closes.
{ MetroBlue B/O L'Enfant Plaza }

American Indian Museum
Lunch at American Indian Museum Café

U.S. Botanical Garden in front of Capitol

Engraving enter at 14th. Try to ge the BIP tour (available from Congress Rep)
{ Metro to Smithsonian walk to Engraving }

Holocaust Museum Daniel's Story 1st floor, OK for kids. No ticket needed.
Ronald Reagan Building food court (noon)

{ MetroBlue B/O Smithsonian to Metro Center to Madame Tussards } or Walk.
Madeame Tussards. 1001 F Street @ 10th. Use coupon.

Museum of American History [Open late until 7:30 P.M.]
Lower level Gelato Bar

{ MetroBlue Federal Triangle to McPherson Sq. Hotel }

START: Washington D.C. to Mount Vernon and Surrounding Areas.

To: Mount Vernon
3200 Mount Vernon Memorial Highway, Mount Vernon, Virginia 22309

To: Old Town Alexandria / Ramsey House
221 King Street, Alexandria, Virginia

To: Fort Ward Museum
4301 West Braddock Rd. Alexandria, Virginia 22304

To: Pentagon Memorial (need to walk from Pentagon City)
P1 Rotary Rd. Arlington, Virginia

To: Air Force Memorial
One Air Force Memorial Drive Arlington, Virginia 22211

To: Iwo Jima Memorial
U.S. Marine Corps War Memorial Virginia

To: Avis Rent a Car @ Union Station
50 Massachusetts Ave. Washington D.C.

Food Places Near Gallery Place / Chinatown

Legal Seafood 704 7th St. North of Gallery Metro (202) 347 – 0007
Elle's Pizza 901 F St (b/t 9th & 10th) Southeast of Gallery Metro 638 – 3434
Matchbox 713 H St (b/t 7th & 8th) North of Gallery Metro 289 – 4441
Jaleo 480 7th St (b/t Gallery & Archives Metro) 628 – 7949

Food Places Near Dupont Circle { MetroRed Line }

Pizza Paradiso 2003 P St. East of Dupont Metro (202) 223 – 1245
Hank's Oyster Bar 1624 Q St (b/t 16th & 17th) 462 – 4265
Julia's Empanadas 1221 Connecticut Ave Dupont & Farragut N Metro

Food Places Near McPherson Square

Korean Food Court 1425 K St North of McPherson Metro

Korean 1400 L St (Yellow Cart) Bulgolgi Cart

Five Guys Burgers (Multiple locations)

Lunch Options Near Capitol

Montpelier Buffet 6th floor Madison (202) 707 – 8300 11:30-2:00 P.M

Dirksen Senate Building South Buffet Room M-F 11:30-2:30

Metro Passes Online Short rides of a couple stops around \$1.75
www.wmata.com \$1.75 x 5 = \$8.75

Taxi \$2.75 Flat and \$1 per person base fare

TicketMount Vernon National Treasure Ticket (Pre-Purchase)

National Archives (Pre-Purchase)

Ford's Theater (Pre-Purchase)

Engraving Letter

Capitol Tour

Metro Passes (Order online for delivery before trip)

TourMobile

Marine Barracks Washington Friday evenings. 8:45 pm last about one hour. 202-433-6060
www.mbw.usmc.mil normally runs beginning of May until the end of August. 8th and I street. Not
in a really good part of town behind the Capitol.

Also Marine Band U.S. Capitol West Terrace. Wed. 8:00 pm

Marine Band U.S. Sylvan Theater Thursdays 8:00 pm.

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ITALY 2 Week Schedule

July 18 SATURDAY Departs SFO-FCO via FRA

July 19 SUNDAY Arrive Rome 2:00 PM Sun Rise 5:49 am – 8:42 pm Temp: 95*
Car service airport transfer DonDon
Spanish Steps (10 min walk to Trevi)
Trevi Fountain [Salvi 1762], Gelato
Dinner

July 20 MONDAY Temp 97*

Metro to St. Peter in Vicoli – Michelangelo Moses
Barberini 2 stops to Termini, Transfer to Cavor
[Cavor Metro stop] (prisoners in Florence) (Salves in the Louve)
Walk downhill to FORUM Purchase ROMA PASS
Rick Steve's Audio download Forum & Colosseum
Explore Forum 1.5 hours

COLOSSEUM 1.5 hours explore Roma Pass (audio guide or tour)
Lunch near San Clemente (pizza) Walk
San Clemente Church - 3 churches on top of each other.
Take bus or Taxi to Pantheon, St. Maria sopra Minerva,
Gesù church (5:00 PM lighting ceremony) Jesuit's home
Pantheon Gelato places Cremeria Montefort west side
DINNER. Taxi back to hotel.

JULY 21 TUESDAY Temp: 100*

11:00 am Gallery Borghese 11-1 pm Tickets pre-purchased
Need to arrive by 10:30 to sign up for English language
tour or do audio. (first come first served)
Walk from hotel. 15-20 min walk to park
LUNCH Girarrosto Toscano 29 Via Campania
Combo Appetizer, Buffalo cheese, pasta, Bisteca for 2
Castle San Angelo Or Capitoline Museums
Dinner Piazza Novona – four rivers fountain, Tartufo?

JULY 22 WEDNESDAY Temp 101* Don Don Infante dondon.infante@yahoo.com

POMPEII Car service pick up at hotel 7:00 am.
Stop for breakfast on the road. Arrive Pompeii 9:30 am
2.5 hours self guided tour, use Rick Steves audio download
Drive to Naples:
LUNCH @ Ristorante la Scialuppa (the Rowboat)
in Santa Lucia district. Borgo Marianari 4.
(telephone 081-764-5333) www.lascialuppa.it
Walk to Metro via Royal Palace, Castel Nuovo, Galleria Umberto I
Station: Enter @ Piazza Municipio Exit @ Museo (3 stops)
Buy ticket at Tabacchi store or newsstand \$1.30
Museo Archaeological (audio guide) [2 hrs]
Farnesee collection Pompeii mosaics, statues, Secret Room
Walk through Town (Rick Steves Audio Tour) [1.5 hrs]
Spaccanapoli (Via Croce, Via Baigio)
Dinner 6:30 @ Antica Pizzeria De Michele
@ Via Pietro Colletta & Via Cesare Sersale #1.
Drive back to Rome hotel.

JULY 23 THURSDAY Temp 99*

Metro or Taxi 11e Barbarini to Ottaviano
7:30 Copula climb, St. Peter's Basilica, Grottos
12:00 Lunch Than walk to Vatican Museums
1:30 Vatican Museums Pio Clemintine, Pinocotta, SistineAudio Tour
Maybe: Castle St. Anglo
Dinner

JULY 24, FRIDAY Temp 99*

Car service to Florence via Assisi, Perugia, Sienna
Pick up 6:30 am at hotel
2.5 hour drive to Assisi
Visit St. Francis of Assisi Basilica. (1.5 hour)
45 min drive Perugia Chocolate factory tour & shopping
LUNCH in Perugia or Cortona
Drive to Sienna 1.5 hours
Afternoon visit to Campio and Sienna Duomo [3 hrs]
Dinner in Sienna than drive to Florence. Arrive (8:30 pm)

JULY 25 SATURDAY Temp: 94*

Accademia 8:30 am David & prisoners [1 hr]
San Marco(around corner) Fra Anglica frescos [Closter – Savonarola] [1 hr]
Medici Chapels in San Lorenzo church [Night & Day Dusk & Dawn] [1 hr]
Palace Medici-Riccardi [1 hr]
Mercato Centrale Lunch [1:00 pm]
Shopping outlets bus from Train station 2:30 pm
Shops close at 8:00 pm [July summer sale]

JULY 26 SUNDAY Temp: 92* maybe rain showers

Uffizi Gallery 8:15 am [Audio guide] [3 hrs]
LUNCH
Bargello Sculpture museum [Donatello Room] [1.5 hr]
Pitti Palace & Gardens [1.5 hr]
Santa Maria Novella Church [Spanish Chapel] [1 hr]

JULY 27 MONDAY

Brunelleshi's Duomo (1436) [3 hrs]
Baptistry & doors [Ghiberti N & E Gate of Paradise](1128)
Campanile by Giotto (1350) @ Santa Mara Del Flori
LUNCH
Galileo Museum [1 hr]
Pallazzo Vecchio (state apartments) & Ponte Vecchio
Piazza Signoria & Loggia dei Lanzi [Neptune fountain, Cosimo I, Rape of Sabines]
Santa Croce (Franciscan) & leather shops [1 hr]
Pazzi Chapel, Refectory, Michelangelo Galileo, Dante

JULY 28 TUESDAY Milan Day Trip

8:25 am -10:18 am 2 hour train ride. (Arrive by 7:35 am)

JULY 29 WEDNESDAY .Italo Train #9984

Mid morning train 10:55 to Padova Arrives 12:32
Sheraton Padova
Chapel Scrovegni Chapel in evening 6:00 pm Dinner in town

JULY 30 THURSDAY 11:18 – 12:00

Trenitalia Train to Verona: Walk around town. Rick Steves Tour
Lunch & Dinner Enoteca Can Grande
Piazza Bra at Via Dietro Liston 19D (045-595-022)
Or Ristorante Torcolo Behind Piazza Bra
@ Via Carlo Cattaneo 11 (045-803-3730)
Return 20:29 (8:29 pm)

JULY 31 FRIDAY Venice Museum Pass 32 euro at train station

Train to VENICE (11:00 am) \$6.50 each way 26 min
Santa Lucia Train Station Take R or RV regional trains
Grand Canal, Get kids rolling Venice pass & adults buy 3 day transit pass
Doge's Palace, St. Mark's Basilica, St. Mark's Square, Correr Museum,

AUGUST 1 SATURDAY

VENICE MURANO Glass Museum opens around 10:00 am
BURANO Lace Museum (11:00 am)
Walk around Venice. Correr Museum, La Fenice Opera House
Dinner and music Café Florain or Caffè Quadri
Train back to Padua 7:00 pm

AUGUST 2 SUNDAY

Walk and explore VENICE
Rialto Bridge, Fish & Produce Market,
Mocenigo Costume museum, Ca' Pesaro modern Art
LUNCH
FRARI church
Gondola ride (by Santa Margarita area) & Ca' Rezzonico

AUGUST 3 MONDAY Maybe walk around Padua downtown in morning

Naples Lunch @ Ristorante la Scialuppa (the Rowboat)
Santa Lucia district. Borgo Marianari 4 (telephone 081-764-5333) www.lascialuppa.it
Antica Pizzeria De Michele
@ Via Pietro Colletta & Via Cesare Sersale #1 for dinner.

Florence (piazzale Michelangelo and San Miniato Church)

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SFO to BCN Spain 14 day Spain Schedule 81* / 69* Spain 7:17 am – 8:24 pm

Sunday 9/2

store @ Airport Hauptbahnhof main station
Birkenstocks near Kleinmarkthalle (indoor Market) Hauptwache S or U Ban station than South
Department Store North of S or U Ban station Also Café Hauptwache near station. 75* / 58*
Lunch at Romer Pils Brunnen one Block North of Kleinmarkthalle (German food) Get the
Family S Bahn ticket.

Arrive Monday 9/3 Arrive Barcelona 7:35 pm Walk around Sagrada for night view.

Taxi to Air BnB: 14 Passatge de Maiol, Across the street from Sagrada. 3 nights 1 block

Tuesday 9/4 81*/69* 7:12 am – 8:32 pm

Sagrada Familia 9:15 [Lv @ 9:00] Nativity Façade / Elevator Reserve Tickets + Audio \$112
Taxi to Mercat Del Ninot for lunch. Seafood lunch at La Medusa 73. Jamon from stall.
Taxi to La Pedrera (Casa Mila) / view from the outside or visit OR visit Casa Batllo
[both by Gaudi] @ Passeig de Gracia 43 \$21.5 Interactive Audio \$3 Reserve Ticket.
Kids liked this house better.
Taxi to Park Guell 6:00 pm Taxi Reserve Ticket than Barri Gotic walk

Wednesday 9/5 Metro to Plaza de Catalunya than start Rick Steve's Ramblas Walk

Churros & Chocolat for breakfast @ Granja Viader off Ramblas (125 years old) @ 6 Cardedeu
See remains of old Roman road and tombs behind Ramblas than
walk to La Boqueria market (best am) Say hello & take a picture with Juan.
Lunch @ Kiosko Universal (in the corner of market), buy porcini dried mushrooms, buy
Saffron from Costco
Walk around Cathedral and Roman Towers (follow Rick Steves Barri Gotic walk)
Picasso museum 4 pm-7 pm 4 PM Reserve tickets \$58
Dinner Fideua or Paella Taxi
La Mar Salada* Passeig Joan de Barbo 58 www.lamarsalada.cat
Or Barraca Passeig Maritim Barcelonetta 1 www.tribuwoki.com
[Option: Eixample district area walk / dinner tapas Magic Fountains at Montjuic (Metro)]

Thursday 9/6

Flt BCN–GRX Granada [Lv @ 8:30] 10:30 am – 12:00 Vueling Air 1.5 hr 88* / 55*
Bus to Air BnB @ Calle Alhondiga, 23 2 nights Near Cathedral (2 blocks) 2 pm/12 noon
Walk around old town Cathedral (6:45) \$4 & Royal Chapel \$4 (closes 7:30)
Cathedral 1 of 2 Renaissance churches (Cordoba) & 2nd largest (Sevilla)
Royal Chapel Tombs of Queen Isabel & King Ferdinand. Alcaiceria / the Grand
Bazar shopping
Reservation for Dinner Estrellas de San Nicholas. (do 1 hour before sunset) Taxi
up hill. Take photos at look out first. Restaurant is next to look out. \$\$\$ or eat at
one of the Carmens.
Option: Carriage rides Carretera de Jaen Option: Walk around Albayzin Moor district

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More Tips online @ www.LumOptometry.com

Friday 9/7

Alhambra Churreria for breakfast. Churros & Chocolat. 84* / 61* Do the audio tour.
Alhambra palace 9:30 am entry. [Taxi Lv @ 8:30] 8:30 - 2 pm Need to
Reserve/BOOK FAR AHEAD!

Palacio Nazzaries / Charles V's Palace / GeneraLife Gardens [Games of Thrones location] Nap!
Walk around Albayzin Moor district. Taxi up the hill than walk down. View of
Alhambra @ San Nicolas Viewpoint 7:40 am Sunset 8:50 pm Dinner at Albayzin El
Acebuche de Amadeus

Saturday 9/8

Taxi to AM Train to Seville. Book tickets ahead of time. About 12 noon departure.

Air BNB Calle Manuel Font de Anta 6 Sat-Mon 2 Nights(in 3 pm / Out 12)

Christina North of center of town Off Calle Jesus del Fran Poder &

Santa Ana Nap

Dinner at Catalina Bar de Tapas. Catalina de Ribera 4. Behind the old town & walk
through the park.

La Casa del Flamenco \$18/\$16 (\$68) 20:30/8:30 show 1 hour 6, Calle Ximenez de Encisco

Reserve Ticket

Sunday 9/9

9:30 Real [Royal] Alcazar palace \$80 Reserve Ticket 89* / 65* 7:50 am-9:00 pm

Triana pottery district (closed Sunday and 2-5 pm): Lunch at Las Golondrinas: try the pork tenderloin!

Bull fighting museum El Arenal. \$8 Walk back to BnB via Sierpes and shop & visit @

Martian Ceramic @ Sierpes 74 Note lunch hours. Than take a nap like the locals.

Than taxi to cathedral than take a Carriage ride from Cathedral to Park. [Plaza Espana / Maria Luisa park]

Walk to dinner in Triana @ Bar Bistec (1932) by Santa Ana Church

Monday 9/10

Cathedral Opens at 11:00 am – 6 pm & La Giralda tower. \$20 (\$80) Reserve ticket. Store bags
@ BNB.

Flight from Seville - Madrid [Lv @ 4:30] 5:55 pm – 7:00 pm SVQ-MAD Air Nostrum
2 persons No bags & 2 persons w/ 2 bags with ticket

Air BnB: Calle de Sta. Catalina, 8 2 blocks from Thyssen Museum 5 nights

Puerto Walk Paseo Puerto del Sol 85* / 61* 7:37 am – 8:54 pm

Dinner: Taberna EL BUO (not La Buha) Have the Spanish Tortillas and Paella @ Calle Gravinias 6,
Chueca

Tuesday 9/11

Royal Palace 10:00 am \$15 (\$45) Reserve ticket Lunch at Mercado de San Miguel.

Tapas, oysters, meats from (Raza Nostra meats).

Walk to train station or book on line for am & return pm Toledo on Thursday. Back to

BnB for a Nap

Paseo del Arte combo ticket \$25+12 for audio Kids are Free except at Thyssen museum. @ 5:00
pm 10:00- 7:00

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Wed 9/12

Prado Museum 10:00 am – 8:00 (Free 6-8) Kids Free. Lunch across street @ VIP (American food)

Churros and Chocolat snack at Chocolateria Valor. @ San Martin 7

Dinner: Tapas @ Casa Alberto [1827 Cervantes lived in the building] @ Calle de las Huertas 18

Thur 9/13

AM Train to Toledo Taxi up the hill with one stop at lookout point (\$15)

Good Christmas photo spot!

Cathedral (10 am) Option: Army Museum 8 x El Greco's @ Santa Cruz art (9:45)

museum Option: Los Cuatro Tiempo Rest. Game 1-5 pm Buy Knives @ Fabrica de Zamorano shop.

Fri 9/14

Gran Via Walk / Puerto walk Tapas Reina Sofia (Guernica) 10:00 – 9:00 pm (Free 7-9) Kids free.

Cochinillo Asado Suckling pig @ El Neru Chocolat and churros @ Chocolateria San Gines [1894]

Sat 9/15 [Lv for airport Taxi @ 9:00 am] 11:35 am – 2:00 pm MAD-EWR 777-200 8
hrs 25 min 3:25 pm – 6:30 pm EWR – SFO 777-200 6 Hrs

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Japan April 13-30 2024 Spring

Brochure Request: email and fill out and they mail you information in 2-3 weeks www.japan.travel.com

Fri Depart UA 35 SFO KIX 10:50 AM - 2:50 pm arrive Saturday 2:50 pm
Arrival Osaka 5 nights Courtyard Shin Osaka Sunrise 5:00 am Sunset 6:15 pm

5 Day Kansai Hiroshima Tourist Pass Good on Shinkansen Limo Bus ticket inside **Shin Osaka Bus #5 UM**

Sat 13 evening Osaka **Osaka Aquarium Kaiykan** Avoid subway at Rush Hours 7-9 am & 5-7 pm

Dontonbori Dinner bustling streets iconic **Gilco Running Man** sign Kani Crab Hanamaruken Pork Ramen 24/7

Minami Bridge over the river Ebisu-bashi Mizuno Okonomiyaki Akashiya Fluffy Octopus
Kuidaore Taro Souvenir Shop Brown Butter Cake Dontonburi

Sun 14 Breakfast in hotel? **Nara Koen** 30 min Feed the deer Kofuku / Pond
Kofuku-Ji 5 story pagoda Free **Yoshikien Garden** Walk through to Todaji temple

Todaji Temple with the Great Buddha Daibutsu-den (North) Then Take Taxi to

Kasuga Trisha 2,000 stone lanterns (South East 20 min) 15 min Lunch Le Case

Osaka Explore Central Osaka Katsuoji Temple **Osaka Castle** and surrounding park
Fumi-Chans Okonomiyaki Oysters & Okonomiyaki Dinner LINKS Umeda Unagi rest.

Mon 15 Hiroshima Western Honshu 1 hr 25 min train Take **6:00-6:30 train**
Tokado-Sanyo: Mizuno & Nozumi

Ferry to **Miyajima Island Otorii Gate** Or JR San-Yo Line every 15-20 min Itsukushima Shrine (1875)
To Miyajima-Guchi Station Ferry \$340 5 Storied Pagoda & Senjokadu Pavillion Lunch Tempura Momiji
JR Sanyo Line (420) towards Iwakuni JR West Miyajima Ferry Matsudai Kisen (180) Miyajima Pier 10 min
Ferry from the Peace Park Motoyasu Pier one way 2,200 45 min ride low tide issues

Peace Memorial Park Museum A Dome 1,000 paper cranes 8/6/45 Little Boy UNESCO 1996
Visit Folded Cranes here

Return Train 7:00 pm Train Station Dinner Shin Osaka

Tue 16 Kobe 20 min train from Osaka Station every 15 min San-Yo Shinkansen To Shin Kobe
Waterfall Nunobiki Falls Just North than walk down Chinatown to lunch
Great Hanshin Awaji Earthquake Museum / Port

Lunch Set Kobe 1:30 Ishida 150 grams & Garlic Rice Kobebeef-ishida.com
Train from Sannomiya Station to Himeji Castle Late afternoon tour Near Kobe

Dinner in **Osaka** Nightlife area **Namba Area** Izakayas or Street food stalls

Wed 17 Universal Studios See below.

Thursday 18 Breakfast Hotel than **Train to Kyoto Train** 3 nights Booking.com
Yamadaya Ryokan 3:00 pm 10 am
600-8159 Kyoto Shimogyo Ward Shimogyo-ku Kame-cho 6 +81 75-371-3127 \$82,500

Nijo Castle World Heritage site. Worth seeing! **4:00 pm Hot Springs Dinner 6:00 pm**

Southern Kyoto Visit **Fushimi Castle** Known for its impressive architecture and cherry blossoms
Hot Springs evening Dinner

Night **Central Kyoto** Explore the historic **Gion district**, know for its traditional wooden machiya houses and geisha culture. Maruyamacho night Kiyomi Zudena

Fri 19 Morning Visit **Kinkaku-Ji the Golden Temple Pavillion** Kyoto's most famous landmark NW

Western Kyoto Arashiyama District famous Bamboo Goves & Iconic Togetsukyo Bridge

Explore the **Tenryuji Temple and gardens** NW **Okochi Sanso Garden**

Explore the traditional streets of **Higashiyama district** Visit Historic **Yasaka Shrine**

Sat 20 Visit **Ginkaku-Ji the Silver Pavillion** enjoy the gardens NE

Explore the **Philosopher's Path** a scenic walking trail lined with Cherry Trees

Evening Visit the **enchanted Fushimi Inari Shrine** SE Know for its thousands of Torii gates

Option Visit Kiyomizu-Dara Temple offering stunning views of Kyoto. Or Nanzenji

Option Geisha quarter Tour 4:00-6:30 \$4500 Meet at Minami-Za Kabuki Theater

Transfer Bag to Tokyo hotel or Airport Yamato Takyubin \$15 Train Car D or E sit on right side for Mt Fuji

SUN MON TUE see Tokyo Disney Section

Wed 24 Train to Tokyo 5 nights AC Hotel Ginza April 24-29 Wed to Mon

Early PM **Edo Tokyo Museum** (closed until 2025) in Ryoaku Station

Akihabara Dinner Gachapon KaiKan Hall mini prize building **SkyTree** option **Borderless** Option

Thursday 25 Meiji Shrine AM Harajuku Marion Crepes on Takeshita Dori

Urasando Garden Desert place

Omote visit Starbuck Terrace for a free view Soba House Konjiki Hotogisu

Tokyo Plaza Mirror Photo Shibuya Nikuya Yokocho Udagawacho Unlimited Wagyu Hama Sushi

Shibuya Scramble & Hachiko Top Left Exit **Inside Myth of Tomorrow 2nd fl Inokashira** Tower Records Shops 11 am

New Building to see crossing Shops Snacks & Mayashita Park 19 Restaurants & Square rooftop Stream

Mega Don Quijote shopping Loft Dept Shibuya Hikarie 11th Floor view

Fri 26 Tsukiji Outer Market Solatsuki (mochi)

Nakasei Tempura 15- year old Kakiagedon = Prwan and Clams bentos 1-39-13 Just South of Asakusa

Ueno National National Museum Open til 9 pm Fridays National Museum of Western Art

Ningyocho Imahan sukiyaki. Reservations needed. Lunch or dinner.

Sat 27 Tean Lab Planets 9:00 am Bus Toyosu Market Sushi Kotoku Senkyaku Banrai center

Ginza Uniqlo Daiso Shitamachi Museum Mitsukoshi Nihomibash

Sun 29 Breakfast in hotel **Shinjuku Metro Observatory** (Free) 45th floor **Sinjuku Geon Garden**

Ginza St Closed Sun. Team Borderless evening Godzilla Sinjuku

Mon 30 Breakfast in hotel Walk around Ginza area

Leave hotel around 1:30 arrive 2:30 Limo Bus or \$930 Asakusa 2 stops than Monorail Hamamatsucho

UA 876 depart 5:45 pm Arrive Tue arrive 11:20 AM

Tokyo Metro Day Pass 600 or 72 hour Pass \$1500

www.vjw.digital.go.jp Register for entry forms online

Tsukiji Fish Market Food Tour Magic Trip Tsukiji Koromo Sushi or Kagura Sushi Honten

Osaka Food Tours Backstreet Osaka Tours
Tokyo

JIKKO Knives Kamata Knives Matsugoya Taito Asakusa Kap.kam.com Kappabashi District West of Station
1. To the side of Asakusa Temple Also Siesuke Tsubaya and Kama-Asa

Aritsugu Custom Knives Outsdie market at Tsukiji & Toyosu Markets Jikko Pronto Kyoto Pontocho Dori

Yoshinoya Gyudon Fast Food
Takashimaya Unagi Nihonbashi Kobunacho Closed Sun Above Ginza
Gachapon Kai Kan Akihabara Below Ueno

Shopping Shinjinku Takashimaya Sendagaya Shibuyo Tokyo Hands in Shinjuku
Ikebukuro Tobu 1-1-25 Nishi Toshima Matsuya Sanai Building at dusk see neon
Nihombashi Mitsukoshi Ginza Asahi Building Kimono / Silversmiths Waki Clock on top
Ameyoko Shopping/Street food/Sneakers Alpen Tokyo Shoes in Shinjuku

Team Lab go first hour or last 3 hours for less crowds Team Planet or Borderless Pre buy tickets online
Hello Kitty or Pokemon Café Desert Café Kanda Takemura

Kanda Yabu Soba 140 yr old Kanota Matsuya

Tokyo sushi Tour of Tsukiji and 8:30-10:00 make sushi 10-12:30 sushi restaurant in Ginza Nakamura Soto \$100

Kobe Beef Ishida kobebeef-ishida.com Ginza Ushigoro high end Michelin Wagu Yakiniku

Sushi Osaka Hasegawa Savorjapan.com

Gyu Katsu Motomura www.gyukatsumotomura.com Shibuya, Shinjuku and Osaka

Midor Sushi one outlet Shibuya

Momijdu Main Store Mangu Maple Leaves with Red Bean and Agemomiji Fried Version

Arigato Food Tour Meguro River Snacks along river Tokyo Tower (games inside) Tokyo National Garden

Yaesu China Gai under Tokyo Station Ramen

Yen 200 = 1.33 400 = 2.66 500 = 3.32 600 = 3.99 700 = 4.65 800 = 5.32 900 = 5.98 1,00 = 6.65
1100 = 7.31 1200 = 7.97 1300 = 8.64 1400 = 9.30 1500 = \$10 1700 = 11.30 2000 = \$13.5 2500 =
16.75

7900 = \$52	7100 = \$47	8900 = \$59	17,800 = \$119
900 = \$6	1,000 = \$6.67	1300 = \$8.67	
3000 = \$20	5,000 = \$33	10,000 = \$66.70	

Akihabara Super Potato Vintage game store, Namco Store, Yodobashi-Akiba, Kanda Shrine, Akihabara
Gachapon Kan, Mandarake manga store, Akihabara Animie store

Periods	Jamon 3,00-2,00 BC	Yayoi 1 st -3 rd AD	(Korea Three Kingdoms / Qin/Han)	Kofun 7 th
	Asuka 710 (Tang)	Nara 794 (unified Silla)		Heian 1192 (Goryeo / Song)
	Kamakura 1333	Nanbokucho 1392 (Joseon / Ming)		Muromachi 1573
	Azushi-Momoya 1603 (Qing)	Edo Period 1868	Meiji til 1912	Showa 1926-1989 Heisei 1989

Buddhism India 2,500 Mid 6th century Kingdom of Baekje gave items to Japan ruler
Esoteric Buddhism emphasizes rituals and verbal transmissions 9th Century Japan

Zen Buddhism during the Kamakura Shogunal period. New teachings from China. Ink paintings. Landscapes.

Tea Drinking introduced by Chinese Zen priest in late 12th century. Tokonoma alcove and Tatami mats.

Free standing Tea house. Sen no Rikyu in Kyoto by tea master Kobori Enshu 1579.

Wabi-sabi aesthetic of humility and simplicity.

Court Culture Early Heian Period emulated Chinese culture. Early Calligraphy/Chinese stye.

Wayo Japanese developed after. Read scroll right to left.

Samurai "One who Serves" During Heian Period ranked below nobility. Military Style Government Shogunate.

Kamakura and Muromachi Periods. Kyoto destroyed in Onin War 1467.

Then Daimyo after Shoguns. Oda Nobunaga (1534-1598). Son Toyotomi Hideyoshi (1536-1598) unified Japan and ruled as a Regent. Tokugawa Ieyasu (1543-1616) in the battle of Sekigahara ruled as Tokugawa shogunate in Edo.

Restrictions on daimyo and society maintained peace.

Daisho Pair of long and short swords. Katana swords worn in Obi sash.

Pre Modern times: Muromashi to Edo periods. Folding screen doors paintings. Kano School / Warrior Tosa / Court Azuchi-Momoyama Genre scenes (old yearning for afterlife) replaced by scenes of interest in everyday life, activities, seasonal events. Edo Kano School. In Kyoto Rinpa style

Calligraphy Wayo Traditional Japanese style Heian Period and Karayo based on Chinese style. Wayo imperial court and shogunate. Karayo style mainly used by Zen priest.

Noh 14th Century. Traditional court dances Bugaku introduced from China. Slow, symbolic and highly stylized.

Kitsuke (inner garment), Uwagi (outer garment) and Hakama (trousers).

Between plays Kabuki developed, short comical or satirical acts know as Kyogen. Kyoto early 17th century by female performer Izumo no Okuni. Later only males played both parts. Dance, dramatic gestures and music.

Kabuki costumes based on clothing worn by commoners during Edo period.

Kosode Robes small wrist openings. Mid Muromachi. Later worn by all social classes.

Tsujigahana style combined tie-dyeing, painting, gold and silver leaf, and color brushing. Nuihaku Embroidery and gold and silver leaf.

Furisoda Garment has long hanging sleeves. Kanzashi Hairpins and combs

Ukiyo-e in the Edo Period “pictures of the floating world” Women, courtesans, kabuki actors and merchants. Shift from Warrior to merchant class power. Woodblock allowed mass-production. Mitate (Parady)

National Treasures Important Cultural Properties 1950 law

Japan Nippon or Nihon No official religion Parliamentary Government with constitutional monarchy

Chief of State Emperor Head of Government Prime Minister Constitution 1947
Area 378,000 sq km 6,852 islands Largest is Honshu (size of California) Population 2010 126 million 2024 125.7 million
Tokyo 9 mll /37 Osaka 2.67 / 19 million Kobe 1.5 million Kyoto 1.470 million Hiroshima 1.178 million
66% urban Yen in 2011 83 Yen = \$1.00 98.5% Japanese Shintoism 83.9% Buddhism 71%
Shinto 80,000 shrines Torii separates sacred from the rest of the world. Honor/pray to Kami (loved ones)
Buddhism Actions follow you into the next life. Birth & rebirth. Karma Reborn into higher status. Motives matter.

Flag Red circle represents the sun. Nisshohki or Hinomauru which means sun disc.

Omisoka New Years Eve Shogatsu New Year 3 days Hina-Matsuri Girls Day March 3 Sakura Cherry

Obon spirits of the dead Altars Undokai Sports Day Otsukimi Moon Viewing Oct. tsuyu June/July plum rain

Ohayougozaimasu Good Morning Konnichi Wa Good Afternoon

Saynara Good-bye Ogenki desu ka How are you?

Genki desu I'm fine Hai Yes iie No

Sumimasen Excuse Me doumo arigatou Thank you.

Katakana Characters represent foreign words and names 46 Kanji China Thousands characters 5th century

Hiragana different sounds (46) simpler than Kanji combine Kanji and Hiragana

School begins in April 240 days (60 more than US) Spring/Winter breaks with one month summer.

High school and university require competitive entrance exams.

Emperor Hirohito Emperor during WWII (1901-1989)

Akira Kurosawa Film Maker

Osamu Tezuka Father of Manga Art

Commodore Perry	1853 trade starts
1894	Japan defeats China in Sino-Japanese War get Taiwan and trading rights
1904	Russo-Japanese war
1910	Annexes Korea
1914-1919	Joins Britain in WWI Treaty of Versailles gets many German territories in Pacific
1923	Great Tokyo earthquake 140,000 killed
1931	Japan invades Manchuria
1936	Anti Communist agreement with Germany 1937 go to war with China
1941	Attacks Pearl Harbor 1942 Occupies Philippines, Dutch East Indies, Burma & Malaya.
1945	August 6, 1945 Hiroshima (Fat Albert). 3 days later Nagasaki Occupation 1945-52)
1952	New Japan independence. Okinawa still held by US (until 1972) Diet. Councillors & Reps
1964	Tokyo Olympic Games 1 st Asian nation
1989	Hirohito dies succeeded by son Akihito
1995	Great Kobe earthquake 6,000 people die
1997	Japanese recession
2011	Fukushima Tsunami Earthquake Fukushima Nuclear accident 9.0 19,000 died

Avoid travel during Japanese school breaks (if possible)

`School year. Starts in April

` Early April. Late July.

`Sept to Dec.

` Jan to end of March.

Golden Week. End of April first week of May

Summers really hot. Avoid the summer months if possible. Get an umbrella. Museums & eat 11-4 pm

Best time of year is mid April. or. Oct. Nov.

Team Labs. Planets. or Borderless Try to book 2 months in advance and select first admission.

Disneyland. DisneySea. Universal. Plan to eat and shows during the hottest time of the day.

5. Day Kansai pass. Good for Oasaka area travel (including Hiroshima)

Upgrade seats on United to Premier section 22 seats. Between \$300-425 to upgrade. More leg room better seat to sleep in. One week before departure start checking.

Trains. Use the stop numbers to help with directions. Ask gate agent where to go.

Take a photo of the entrance and exit number for your hotel. Exits are yellow.

Subway is different than JR train. But they can look the same.

JR train is different than Shinkansen (bullet trains) sometime different stations.

Multiple different subway companies. They often don't connect to each other. Or if they do they have different physical station locations. As soon as you see a color/symbol for the line you want. Ie the Red line.

Ningyocho Imahan sukiyaki. Maybe first sukiyaki place 1956
Reservations needed. Multiple locations. Near Ueno. Tokyo. Founded 1895
Also Kaiseki, steaks & shabu shabu \$198 per

Shisheido Parlour In Ginza. Egg rice dish and strawberry dessert. 1906. \$95.-2 Tokyo

Sushi MaguroDonya Harakado. O toro \$75-2 Near Harajuku. Tokyo HARA. 6th floor
Also 5th floor public space. And street view.

JIKKO knives. Osaka Kyoto and Tokyo Nishiki market. \$200-\$250. Sakai
Custom knives. Do stainless steel Santoku all purpose kappabashi Pontocho

Kobe Beef Ishida do the lunch special 17500 A5. Kobe beef.
also add the shrimp, scallop and fish and garlic rice Multiple locations. 3 in Kobe and Osaka (Links Umeda). Tokyo. Kobe Steak Ishida Honten (not Ginza six).
Reservations required. \$130-\$150 each

Ginza Shabuki All you can eat shabu shabu. Near Ginza
Kobe beef, Matsusaka and Omi beef shabu shabu Ginza. Set menu and all you can eat option
4th floor. Reserve online. 76. 159. \$225. Per also Simbashi and Shinjuku areas.

Unagi No Nakasho. Fresh water eel. Osaka Station/Umeda.
Links dining shopping mall. Walk up. No reservations. 90 yrs old restaurant
Fresh on site - live eel
Three cost options (3 species). Chopped, deluxe and exquisite deluxe. 3800. 4500. 6200. (\$42). Get the exquisite deluxe

Miyajima island. Tempura Momiji Soba place. Ask for Second story tatami dining
Just where 2 paths merge and a little stream. Shopping path (small bridge) and main road. Across from the petrified tree in the wired mini building/display.

Ginza and Akihabara. Main Street closed. 12-5 pm on Sundays. Good time to explore the area.

Kyoto. In Gion district. **Kikume.** On the main street. Pottery specialty shop
Rokubey. Kiln. 7th generation Small flower vase 55,000. Custom Tea cups 11,000 yen.

Tsukiji fish market. Tokyo. Only thing worth eating was egg omelet on a stick. Corner store called **Solatsuki.** Assorted mochi, strawberries on a stick and strawberry soft serve on the Main road. Rest of seafood not that good tourist trap.

Nishiki market Kyoto. Flame grilled shrimp. Uni from live sea urchin (not the prepared ones).
Sashimi. Skip the all dishes 500Y places.

Nicer designer umbrellas. Visit the large department stores for a premium selection of shade umbrellas. You can do this on your first day and use the umbrella the entire trip. Nicer designs. \$\$
During the summer months you must hide from the sun. Plan rest, snacks & museums from 11-4 pm.

Salon de Royal If you visit the Arashiyama bamboo forest. Across the street from Togetsukyo bridge.
Chocolate Pecan Nuts. Also try **SUGI** Bee Garden Ice Cream.

Universal Studios Park 9:00 am – 7:00 pm Osaka Station Osaka Loop Line 10 min walk

7-Express Pass Wizzard 1:10 pm Lunch than Mario World 4:20 pm Mario World Express Pass \$8,900 plus \$17,800 Harry Potter Forbidden Journey **1:30-2:00**, Flight of Hippogriff **2:00-2:30**, SNW Entry **4:20** Mario Kart Koopa's **4:20-4:50**, Yoshi Adventure **4:50-5:20**, WaterWorld Show?

See the 2 My Hero Academy 4-D & Demon Slayer XR, Despicable Me, Jaws, Stand in middle of waiting room for middle seats Flying Dinosaur Tri Wizard Rally, Monsters Live Mario Popcorn In front of Beverly Hills

Sumimasen Sutekka Ga Arimasu Ka? Excuse me, do you have any stickers? Minions Bring Passport over 5.8% discount returned

Singles Line FJ, Mario Kart, Despicable Me, Jaws **Easter Parade 2:00 pm**

Sun 21 Train to DISNEY RESORT 2.5 hr 3 nights April 21-23 Disney Ambassador Hotel Stitch Train from Kyoto Arrive Early afternoon Walk Around DisneySea PM Photos Watch nighttime show Mon Tue 7,900 / \$52 7,100 / \$47 3 PM entrance Dinner inside park Disney Sea Believe! Sky fireworks

Mon 22 Disneyland 9:00-9:00 line up early access 15 min 45 min – 60 min before official opening time

Get **Electric Parade SP**, Get **Beauty and Beast EP**, Request Mickey Magical World PM, direct to Ride **Bey Max**, **Space FP**, **Monsters**, Buzz, **Ride Beauty**, **Haunted FP**, **Splash EP**, ST (late), Country Bear, Popcorn bucket Monorail Carabiner Food Pork Rice Ball with Fried Egg Rackety's Racoon Station Critter Sundae & Tortilla Hot Dog Tomorrowland Pan Galactic Pizza Port Snow Crab pizza & Alien Mochi Skippers Galley Teriyaki Chicken Leg **Electrical Parade 7:15 & Fireworks 8:30** Pirates, Jungle, Tiki Room, Alice, SW, PP, Pinocchio, Haunted, Roger Rabbit, Minnie House, Buzz, Stitch Stitch and Tiki Room English support option Club Mouse Beat PM. PhilharMagic

Club 33 World Bazaar walk left Past House of Greetings & Magic Shop To the right of Sumitomi Bank and across from Eastside Café is the entrance to Club 33.

Tue 23 Disney Sea 9:00-9:00 Get **Believe SP 7:20**, Get **SOARN' EP**, Get Big Band Lottery, **Ride**

Journey to Center of the Earth 2x, Get Temple of the Crystal Skull FP, than 20,000 Leagues Under the Sea, Indie and Raging Spirits SR, Ride SOARN', get Tower of Terror EP, Nemo SeaRider, Aquatopia, Big Band Beat Lottery, Venetian Gondolas, Electric Railway, Steamer Line, Fortress Explorations, **Believe Show & Fireworks** Magic Lamp FP

DS Casbah Food Court Curry and rice Chandu Tail and Steamed Chicken cream bun Sultan's Oasis and Sultan's Sundae Seaside Snacks Halfway between Cape Cod and Port Discovery has Doanld Duck Life Preserver Shrimp buns Mysterious Island famous Gyoza Dog Pork Gyoza at Nautilus Galley Vulcanian Asia Buffeteria Teddy Roosevelt Lounge Drink (reserve) & Magellan's Lounge upper lever of SEA order a Coke Disneyland Tokyo Disney Sea and Universal Studios Japan

Most parks open 30 minute before official opening time. Some guest have early admission privileges.

Beauty and the Beast Staircase room - make your way to the far LEFT Take your time after leaving room.

Duffy and Friends Mickey Mouse's bear given to him by Minnie Mouse. US 2002 then disappeared. Unofficial mascot of Tokyo Resort Shellie May, a cat called Gelatoni, a rabbit called StellaLou, and a fox called LinaBell.

Tower of Terror: Famous old hotel owned by explorer Harrison Hightower III. Tour to his penthouse via elevator. He vanished 23 years ago last seen in the elevator. Hightower like to bring home souvenirs from his travels, not all of them acquired legally. On his last trip, he stole Shiriku Utundu, the protective idol of a local tribe and brought it back to New York hotel. After showing off his idol at a party, he entered the lift and was never seen again. Newspaper clippings on the wall (in English) explain some of the events. See the Idol on the right in the first room next to the gramophone. Oh oh the Idol was cursed!

Raging Spirits. Same as in Paris DL. Inside an ancient temple, there the gods of fire and water are battling. The two gods used to live in harmony but one day explorers entered the temple and moved the God's idols so they faced each other and this triggered their age old rivalry. Their curse has caused the rail tracks to bend and loop!

Journey to the Center of the Earth. Scientist in a subterranean vehicle piloted by Captain Nemo. Where you are going is secret. Captain Nemo's workshop shows his note and discoveries. Board your terravator transport into the depth of Mt. Prometheus, but watch out for the volcanic activity. Lava Monster!

20,000 Leagues Under the Sea Volunteer exploration crew. The subs are remotely controlled. Use the searchlights to illuminate all the sights. Then on to the electric Squid and Atlantis. But you are running out of air and power.

Haunted Mansion Old family graveyard is the starting point. Bats under the umbrella. Host is a ghost butler. Sinister 11 with their scary eyes. The bride has a glowing red heart. Worth getting reserved seating for the Disneyland Electric Parade. Reserved seating spot. Get as soon as you enter the park. Before PA or 40th anniversary pass.

Fantasy Springs a new land in DisneySea park. Opened June 6, 2024 A brand new land with 3 premier rides and one kids ride. "1-Day Passport Fantasy Springs Magic" is only available with Vacation Package hotel stays or by staying in the new Fantasy Springs hotel. The Vacation Package cost a lot more than the standard hotel room. However, it guarantees you admission into Fantasy Spring and includes unlimited Premier Access line on the three rides in Fantasy Springs plus other rides and restaurants.

New rides. Anna and Elsa's Frozen Journey (boat ride), Rapunzel's Lantern Festival (Boat ride), Peter Pan's Never Land Adventure, and Fairy Tinker Bell's Busy Buggies. These rides are exclusive to Tokyo DisneySea. You can also try to get a Premier Access paid pass for one or more of these rides or a Standby Pass that allows you to stand in line and wait for the ride. You must have one of these passes to enter Fantasy Springs. You may not just stand in line and wait to ride. People are lining up at 6:00 am for a 8:15 gate opening and only getting one Premier Access Pass ride. Keep refreshing and checking the app for more open slots during the day or cancellations. These do open up during the day, but they disappear almost instantly.

Vacation Fantasy Springs hotel and Vacation packages are very hard to get. You must plan far ahead to get a reservation. You can always cancel a reservation before your trip if the cost is too high or your plans change. There are 2 new hotels attached to the Fantasy Springs land that allow you access to purchase the 1-Day Passport Fantasy Springs Magic without having to purchase a Vacation Package.

Vacation Packages that include Fantasy Springs 1-Day Passport also include meet and greet reserved times, several

Premier Access Ride reservations that can be made ahead of time, unlimited drinks in a cup during your stay, some Tokyo Disney swag.

Drinks: Fantasy Springs Rapunzel Magical Milk Tea, Fruit Ice Tea (near Tower of Terror), Arabia food court Ice Tea, Kiwi drink from Lookout Cookout. Beauty & Beast drink. Must wait 5 minutes to order a second drink. Also good or sodas.

T-Shirt sizes. There are not a lot of Disney T-shirts in Tokyo Disney. The sizes also run smaller. Lots of head bands, snack tins (with cookies), other collectibles. NO PIN TRADING. Not many pins.

Utah National Parks Arches, Canyonlands, Capitol Reef, Bryce, Zion

Sept 2022 **Sunrise 6:58 am Sunset 7:29 pm**

Thursday 9/15 SFO-Las Vegas SouthWest 8:30-10:00 am
Budget Rental Car SUV \$795 96* Inter SUV

Friday 9/16 Show Lunch Dinner 97*

Sat Sept 17 9:00 am Drive to MOAB 85*

Hwy 15 to Kolob Canyon National Park Part of Zion.

Drive up mountain and short hike. Timber Creek Overlook. 1.1. miles 35 min.

LAS - Cedar City 2 hr 30 min .

Lunch at Artic Circle Try the Fry Sauce Halibut View the Rock Church

Cedar City – **Cove Fort Historic Site** 1 hr 5 min

Cove Fort – Moab 3 hr 5 min

Sunday Sept 18 85* Breakfast **Moab- Arches** 15 min 5 mile North on US 191 VC 7:30 am

Balanced Rock 20 min Easy Short hike.

Delicate Arch Viewpoint Hike Short Easy

Devil's Garden Trail Landscape Arch 2 miles 1 hr

Pine Tree and Tunnel Arch Make the extra hike to Partition and Navajo Arch

Longer hike: Double O Arch 2.5 miles more North End

Sunset or just after sunset view of the park Park Avenue view point

Monday Sept 19 82* Canyonlands Leave @ **5:30 am** 34 Miles West of Moab Island in the Sky 40 min

US 191 N (30 min) 10 miles to Utah 313 (Turn Left West) follow S into park (45 min)

Shafer Canyon Overlook at entrance 0.5 mile past VC on the Left

Mesa Arch Trail 0.5 Mile round trip 15 min Easy **Sunrise** Middle

Arrive 1 hour after sunrise to catch the sun just behind the top of the arch. Arch glows!

Upheaval Dome Overlook Trail 1-2 hr 1 mile Easy 2 overlooks North

White Rim Overlook 0.75 Mile 1 mile South End

Grand View Point Trail 1 hr 1 mile South End

Tuesday Sept 20 73* Arches NP Breakfast Sunrise Sunset VC 7:30-8:30 permit 04 00 85 57 52
\$16

Fiery Furnace hike Special Ranger Guided Tour 2 miles 2.5 hrs 9:30-12 1-2 times per day Middle
VERY Difficult to get tickets. Exact timing needed & maybe multiple tries. Only 15 tickets per tour.
One of the most unique hikes in Arches. Very fun and just a little challenging.

Windows Section & Double Arch (across parking lot) Hike 60 min each Easy 1 mile South East
Delicate Arch Late afternoon 3 hrs 3 miles Mod Diff Wolfe Ranch Middle East Sunset

Wednesday Sept 21 69* Breakfast Leave early am

Moab to **Goblin State Park** 1 hr 35 min

Goblin Valley SP Goblin Valley Rd off Hwy 24 5 Miles West than 7 miles South Movie Galaxy Quest

Goblin to **Capitol Reef VC** 1 hr 16 min **One of my Favorite parks on our trip.**

Capitol Reef NP Drive Behunin Cabin, turnout Capitol Dome,

Hickman Bridge Hike 2 miles 1.5 hrs Easy Petroglyphs 1.2 Miles W of VC ,
Fruita Rim Overlook VC Sunset Point from Goosenecks parking area 0.3 miles,

Capitol Gorge Trail to Tanks 7.9 miles South of VC 2.2 mile East 1.8 Miles 1 hour
0.2 miles petroglyphs 0.5 miles Pioneer Register 1 mile The Tanks Waterpockets

Gooseneck Overlook 1 Mile S of Panorama and Panorama Point 2.4 Miles W.

Capitol Reef to **Anasazi State Park** /Boulder 55 min

In Boulder Hell's Backbone Grill 4:00 pm Patio dining

Boulder to Escalante city 41 min

Escalante City to Bryce Pines Motel 57 min

Thursday Sept 22 64* **Bryce Canyon VC** 10 min 18 mile Scenic dr.

Queens Garden / Navajo Loop / Rim Trail 2-3 hrs 2.9 miles Mod Sunrise Point Thor's Hammer
Make sure to hike back through **Wall Street** Go left at the fork.

Drive to Yovimpa & Rainbow Point **Bristlecone Loop Trail 1 mile**

Drive back and all overlooks are to the left side of road. Ponderosa Canyon Overlook, Agua Canyon,

Natural Bridge, Farview Point, Paria View, Bryce Point, Inspiration Point, Sunset Point. 1-2 hours

Friday Sept 23 85* Breakfast **Bryce to Zion**

Red Canyon 10 min **Hike Arches Trail** 30 min 0.75 miles Right next to parking lot.

3.3 Miles E of US 89 on UT 12

Red Canyon to East Entrance 1 hr 5 min

Canyon Overlook Trail. 40 min Just E of UT 9 tunnel 1 mile Easy see Checkerboard Mesa

East Entrance to **Visitor center** 25 min Check on Narrow Hike status for Sat.

Court of the Patriarchs Short hike

Emerald Pools Hike 2.2 miles 1 hour Start at Horse Corral Parking lot Zion Lodge

Leave Zion to check into hotel and Get Gear for the Narrow Hike. **4:00 pm**

Saturday Sept 24 86* Arrive **6:15 am** **Zion Shuttle 1st 7:00 am** Last Temple 7:15 pm

Narrows Hike to Orderville Canyon first part 1 hr Riverside Walk Bring change of clothing.

River Walking Temple of Sinawava 7 – 12 3-5 hours first bend Mystery Falls Floating Rock

One of the most iconic hikes in the country. Hike up the river. **GO EARLY GO EARLY!**

Zion Outfitters 95 Zion Park Blvd 8-8

Picnic area The Grotto or Zion Nature Center

Option Moderate hike **Grotto West Rim Trail to Scout Lookout** 3.8 miles 2 hrs

Sunday Sept 25 back to Las Vegas. Breakfast St. George **Brigham Young Winter Home** 1-7 pm

St George Dinosaur Discovery Site 2180 Riverside Dr. 10-6

to St George 55 min

St George to Las Vegas 1 hr 50 min

SpringHill Suite Moab 1865 North Hwy. 191 Moab Utah 4 nights

Bryce Canyon Pines Motel Wed 9/21 - Fri 9/23 2 nights \$480 Hwy 12 mile marker 10

Conf # 905 5827 Deluxe Room full kitchen \$225

SpringHill Suite Springdale Zion 1141 Canyon Springs Drive Fri 9/23 -Sun 9/25 2 nights \$774

Sunday 9/25 SouthWest Flt **1234 7:25 pm – 9:00 pm** LAS-SFO \$203

Springdale Spotted Dog Café Falinigan's Inn
Oscar's Café Blue Corn Nachos burgers
Bit and Spur Sweet potato tamales

St. George Painted Pony Sat Sweet corn bread pudding Truffle potato chips fritters
Wood Ash Rye Grilled octopus

Moab Eddie McStiff's American 57 S Main St. 435 259 2337
Moab Diner & Ice Cream Shoppe Breakfast 189 S Main St. 6:00 am
Moab Brewery St. Louis smoked Pork Ribs 686 S Main
Miguel Baja Grill 51 N Main

Torrey Café Diablo 3-9 599 W Main Tex Mex
Slacker's Burger Joint

Bryce Canyon City Cowboy Buffet and Steak Room at Ruby's Inn 26 S Main St. 435 834 5341

Harmon's Cold Fried Chicken

Artic Circle Cedar City and St. George Fry Sauce Fish Sticks Brown Topper

Scones Navajo Taco / bread

InsaDong 11-3 InsaDong 10 Gil 5,000 Won Koong Kaeseong Style dumpling
11,000-14,000 Line 3 to Angula Exit 6

Chang Hwa Dang 10,000 Won
23 Supyo-ro 28 gil Dumplings Mandu Line 1,3,5 to Jongno 3-Sa Exit 4
Charcoal w Tteokbokko

Gogung Bibimbap (Jeonju) Basement of Socmziegil Line 3 to Anguk Exit 6 8,000 Won

Jirisan Hot Pot Rice Dolsotbap 10,000 Won Line 3 Anguk Exit 6

Ikseon Dimibang 18,000-26,000 Won
Scorched prawns risotto Fusion set lunch 1227 Supyo-ro Line 1,3,5 Jongno Exit 4

Hongik Sutbul Galbi 146-1 Eoulmadong-Ro Shopping district near the University Great for eating
and walking around. Line 2 to Hongik University Exit 7/8
Fell & Cole Ice Cream

Myeong Dang Gyoja Kalguksu 8,000 Won Zg Myeongdong Noodle L-4 Myeongdong Exit 8

Mokmyeoksanbang Bibimbap 7,000-17,000 Won Line 4 Myeongdaong Exit 3 627 Namsangongwon

Yeong-Yang Centre Korean Chicken 52 Myeongdong 10,00-22,500 won Line 4 Myeongdong Exit 6

Tosokchon Ginseng Chicken Soup Samgyetong 5-Jahamun-Ro Line 3 Gyeongbokgung Exit 2

Gwanghwamun Ddookam Gamjatang Pork Bone Soup 21-Saemunun-Ro Line 5 Exit 1

Hanmiri Modern Royal Cuisine Premier Place 34,000-56,000 won 8 Cheonggyecheon-Ro
Line 5 Gwanghwamun Exit 5

Bongpiyang BBQ Pork Ribs Cold bowl of Pyongyang Naengyeon Byekje Galbi Gukbap Hot stew
1-4 Yangjae-Ro Songpa-Gu

Woo Lae Oak Mul Naengmyeon (Cold Buckwheat noodles) Bulgogi Galbi & Beef Tartare Yukboe
6239 Changgyeonggung-Ro Jung Gu **MUST VISIT Best meal in Korea.**
Watch Netflix cold noodles show. Features Woo Lae Oak

Neung Rabo Naengmyeon 7-Eonju-Ro Gangnam-Gu Eokokjaengban – hot pot beef
Nokdujeon Mung Bean pancakes and Mandu

Moomyung 50 Seongbuk-Ro Seongbuk-Gu Sikdang Mixed Grain Rice Bapsang Set menu
or Byeolmi Bapsang Regional

Yang Chul Cooking Bansan Set Meals 10,000-15,000 15 Nonhyeon-Ro 157 Gil Gannam-Gu

Gwangjang Market 88 Changgyeongguny Jangno-Gu

Namsangol Hanok Village Korea House Best Restaurant

Deoksu Palace Tue-Sun 10:45 & 1:30 English Tours
11,2,3:30 Changing of the guards Tue-Sun Wonderful house tour. Book online. About 1 hour.

Cheonggyecheon Stream Great for evening walks.

Gwanghwamun Intersection Shopping Center

North of Cheonggyecheon

GYEONGBOK Palace Wed – Mon Tour 11, 1:30 & 3:30

National Palace Museum of Korea Tour 11:00 & 2:30 pm Worth to see the treasures of Korea.
East of Gyeongbok Palace

CHANGDEOGUNG Streets Bukchandong & Samcheong-Dong

BIWON Secret Garden Guided Tours only 11:30, 1:30 and 2:30 Best garden tour. Perfect photo spots

National War Museum South of Itaewon Nice to see about the history of Korea.

GYEONGGI Province Royal Tombs Heoninneung
Icheon & Ceramics

Hans Kim Driver Private jueup64@gmail.com Van Service If you have side trips can be a good option for a private driver. 5-6 people it would be less expensive than taking the commercial tours.

We did a day trip to BuYeo to see the tombs, museum and pagoda.

Amsterdam, Brussels & Bruges Oct 17-28

UA 968 2:45 pm 10 hr 35 mi **arrive Friday Oct 18 10:20 am**

The College Hotel Autograph

Friday 18 Amsterdam 10:20 am hotel around 12:30 breakfast on the plane

Snack Albert Cuymarkt Street market Stoop waffle

Tujuh Maret Indonesian 18 dishes Rice Table **3:30 pm** 38E Res

Van Gogh afternoon 6:00-7:30 pm

Sat 19 The Corner Bakery breakfast

Haarlem Day Trip Train Top deck sit with back to Amsterdam Rick Steve train tour Lunch

Sat = Market **Frans Hal Museum St Bavo**

Corrie Ten Boom House (Near Grote Markt) Need to make free Res 6 months ahead.

Haarlem Canal Tours combo with Windmill de Adriaan (meeting spot)

Noordermarkt Sat Market

Jordan Walking Area Tulip Floating Museum

Vijffvlieghen Traditional Dutch food opens 5:30
Amsterdam Dinner The Seafood Bar

Sun 20 Anne Frank Huis 9:15 am 30 min talk / 1 hour

Tickets Available **EXACTLY 6 weeks ahead at 3:00 am PST on a Tuesday.**
Also **second release 2 weeks** ahead with more limited time slots.
Can only be booked online.

Resistance Museum 10-5

The Pancake Bakery (pancakes) WINK 43 Pie

Red Light Area Royal Palace

Walking Tour 3 hours 3:00 pm David Meet at Dam Sq Statue

Dinner Moeder Dinner 7 pm Res

Mon 21 Day Trip Deft & Hague 4/hr 50 min **Leave at 9:00** arrive 10:30 Tour **11 am**

Delft Royal Delft de Koninklijke Porceleynse Fles

Combo River boat Delft Tour. **Rondvaart Delft Boats 11/12/1/2** 3 hours round trip 15 min train ride

Lunch Stads-Koffyhuis or Matties 2:30-3:30

The Hague 15 min Train

Mauritshuis Museum 1 pm-6 Old Masters Vermeer-Girl with the Pearl Earring Goldfinch

Dutch Parliament Building The Binnenhof and Ridderzaal

Dinner Denneweg Sreet just past Eicher museum Walter Benedict or others

Tue 22 Amsterdam start I-Amsterdam card 10:00 am 60 E 24 hour card

MOCO 9:45 Res & Diamant Museum (near Van Gough) 9-5 Near MOCO Museum

Van Loon House Dutch East India Company House **Willet-Holthuysen Museum/House**

Resistance (Verzetsmuseum) Museum 10-5 , **Micropia Museum** (maybe) 10-5

Jewish Quarter Portuguese Synagogue 10-5

Rembrandt House Museum

Oude Kerk Church (Maybe)

Our Lord of the Attic Church 10-6

This is Holland 5:00 PM Res A'Dam lookout EyeFilm option

Canal Cruise 10-10

Wed 23 Amsterdam 9:00 am **Rijksmuseum** AM Res

Train to Brussels. Evening in Brussels IC 2 hr 50 min every hour

The Dominican Design Hotel #99 157 074 Rue Leopold 9

Thue 24 Ghent 30 minutes University town. Train 21.60E

Elevator to top of **Belfort Pommes Frits 24, 38, 40 original**

Sint-Bavokerk Jan van Eyck's The Adoration of the Mystic Lamb 13 section VR tour

Gravensteen Castle reservation

Restored medieval district of **Patershol**

Fri 25 Bruges 1 hour train 34E

Church of the Lady on the walk into town

The Old Chocolate House = Near Sint Salvatore hot chocolate

The Chocolate Line Dumon Truffles * Frietmuseum (Fries)

Burg and Markt at Markt climb 366 steps to top of the Belfort bells 11-12 12E

Café lunch Visit **Basiliek van het Heilig**-blood drops of Christ blood @ Brug Sq

Choco-Story the **Chocolate Museum** or Friet Museum French Fries museum

Groeningemuseum to view Flemish artist Bosch and Van Eyck Graffiti Street

St. John's Hospital Sint-Jans hospital Memling medical Exhibits

Sat 26 **Antwerp** 50 minutes Rubens hometown 2nd largest city. Train 10.20E

Red Star Line Museum Tram 24 I-Card MAS View point Snijder & Rockox House

Grote Markt City center **Brabo Fountains** **Plantin-Moretus Printing Museum**

Rubens home (closed). Gothic **Sint-Pauluskerk** church Visit the Diamond quarter.

Sun 27 **Brussels** **Grand Palace** tour The Old Chocolate House

Passage du Nord, Museum of Illusion, Manneken Pis

Musees Royaux des Beaux-Arts Belgique Rubens, Bruegel, Magritte (eccentric surreal works)

Stoll Parc de Bruxelles and view Palis Royal & Palais dela Nation (Parliament Building)

Seafood Dinner near Marche aux Poissons (Fish Market) Chez Leon (Mussels)

Monday 28 Return home Gain a day

Return Oct 28 **UA 995** 10:15 am – 1:35 pm BRU-EWR 8 hr 20 min 787-10 Lunch
UA 548 3:25 pm -6:50 pm 6 hr 25 min EWR -SFO

Amsterdam Canal Cruise 1 hour Flagship Canal Cruises or Captain Jacks

Rijksmuseum Dutch Golden Age Vermeer, Frans Hals, Rembrandt

Van Gogh Museum get advanced tickets also

Anne Frank Huis 7 wks every Tue reservations Tue 10 CEST am = 1 am PST also 3 wks
30 min intro talk easier to get tickets 23E 7 weeks out (vs 16E)

Winkle 43 apple pie Moeders Traditional Dutch

Stedelijk Museum Modern art and contemporary Portuguese Synagogue

Verzetsmuseum Dutch Resistance Museum

Albert Cuymarkt Street market Wander the gardens of Begijnhof convent