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Boris blasts 'demented' Cameron

by AIDAN RADNEDGE

BORIS JOHNSON called David Cameron 'demented' yesterday for suggesting that Brexit could raise the risk of war in Europe. The former London mayor mocked his Tory colleague's forecasts of doom as he set off on a Leave campaign tour. He said: 'Only a few months



ago, the prime minister said people were needlessly scaremongering about leaving the EU and there was no doubt we could do a free trade deal. 'That was in the days when he was saying that actually he

might consider leaving himself. Obviously things have changed a bit since then.

'I think all this talk of World War III and bubonic plague is totally demented, frankly.'

Mr Johnson was on typically eccentric form as he began his Brexit roadshow at a market in

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Lend me your spears: Boris brandishes a bunch of asparagus as he talks to market vendors in Cornwall PICTURE BY



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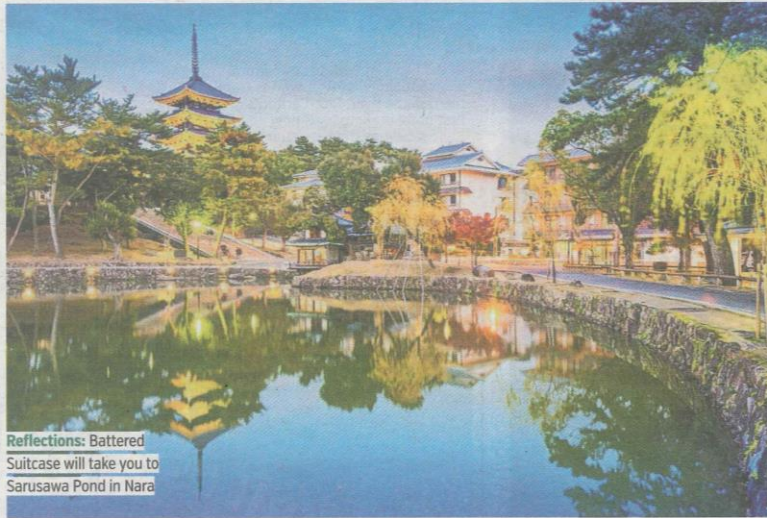
8 ORIGINAL WRAPS

Escape Extra News | Deals | Round-ups

A devaluation in the yen means savvy travellers should head to Japan now, says **Caroline Eden**

Walk this way

JAPAN might be known for its futuristic robots, neon lights and high-rises but the country is also incredibly scenic, with plenty of rewarding walks to tackle. One of the newest is the Izu Geo Trail, launched by Japanese travel pro, Walk Japan. 'As the only in-depth English speaking tour of the area, the Izu Geo Trail provides a unique seven-day insight into the diverse landscape of rugged coastlines, lush green mountains and abundant onsen [hot springs],' says company boss Paul Christie. The walk, graded easy to moderate, zigzags its way south along the



Reflections: Battered Suitcase will take you to Sarusawa Pond in Nara



Footwork: On the Izu Geo Trail, above, and sumo fighters in action



A land of wonder beyond Tokyo

Izu Peninsula's east coast and mountainous central backbone to its southernmost point at Cape Irozaki before going back along the west coast then inland to Shuzenji, a pretty onsen resort town. The vistas promise to be spectacular, with views of Mount Fuji on clear days and a mixed terrain of forests, inlets, waterfalls, gorges and valleys, with Izu's prized seafood a highlight. *Around £2,200, excl flights, walkjapan.com*

Flashpacking in the land of the rising sun

TO really get under the skin of Japan you need to immerse yourself in the local culture, be it joining a meditation class in a temple or

BUCKING THE TREND
 Inside Japan's eight-day Price Cruncher tour includes a ride on a bullet train, guided tour of Kyoto, a soak in the hot springs of Hakone and time in Tokyo. *£1,010, excl flights, insidejapan.tours.com*

learning kick-ass samurai moves from a Japanese master. Both of these experiences are on offer during a quirky new 13-day backpacking trip through Japan with The Dragon Trip. Its crammed with cultural discoveries such as trying out local delicacies like black eggs (hard boiled in hot sulphur springs), learning how to make sushi, watching sumo in action and hiking through bamboo forests or climbing mountains. *£1,499, excl flights, departs Sep 12, thedragontrip.com*

Step back in time
 IF investigating historic sites and national parks is your kind of holiday, Battered Suitcase has

the trip for you. Its 16-day Japan Unesco World Heritage tour takes in the best cultural sites. Starting in Tokyo, the trip moves on to Nikko, Takayama, Kyoto and Nara, visiting the steep-roofed 'gassho-zukuri' farmhouses constructed without nails and Nikko National Park with its Unesco-listed Toshogu shine. In Kyoto, there's the castle of Nijo dating from 1603, while Hiroshima is home to the poignant peace memorial park. *From £3,857, including flights, battered-suitcase.com*

Kip in a first-class cabin
 TOKYO is awash with five-star hotels but there are less costly sleeps to be had. One exciting but cheap-as-chips place is capsule hotel First Cabin



Futuristic: Capsule accommodation at First Cabin Tsukiji

Tsukiji. Based on first-class air travel, it offers dinky single-occupancy rooms and shared showers but with a dash of designer flair - think blonde wood, hi-tech gadgets and curved walls. There is a female-only floor, coin-operated laundry, vending machines and an extended wine list too, but best of all, it's super convenient for the renowned Tsukiji fish market and the buzzy Ginza entertainment district lies just five minutes walk away. Think about reserving soon if you want to nab a bed here for the 2020 Olympics when it's bound to be booked solid. *From £37 per night, first-cabin.jp Return flights to Japan from £548, britishairways.com*

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