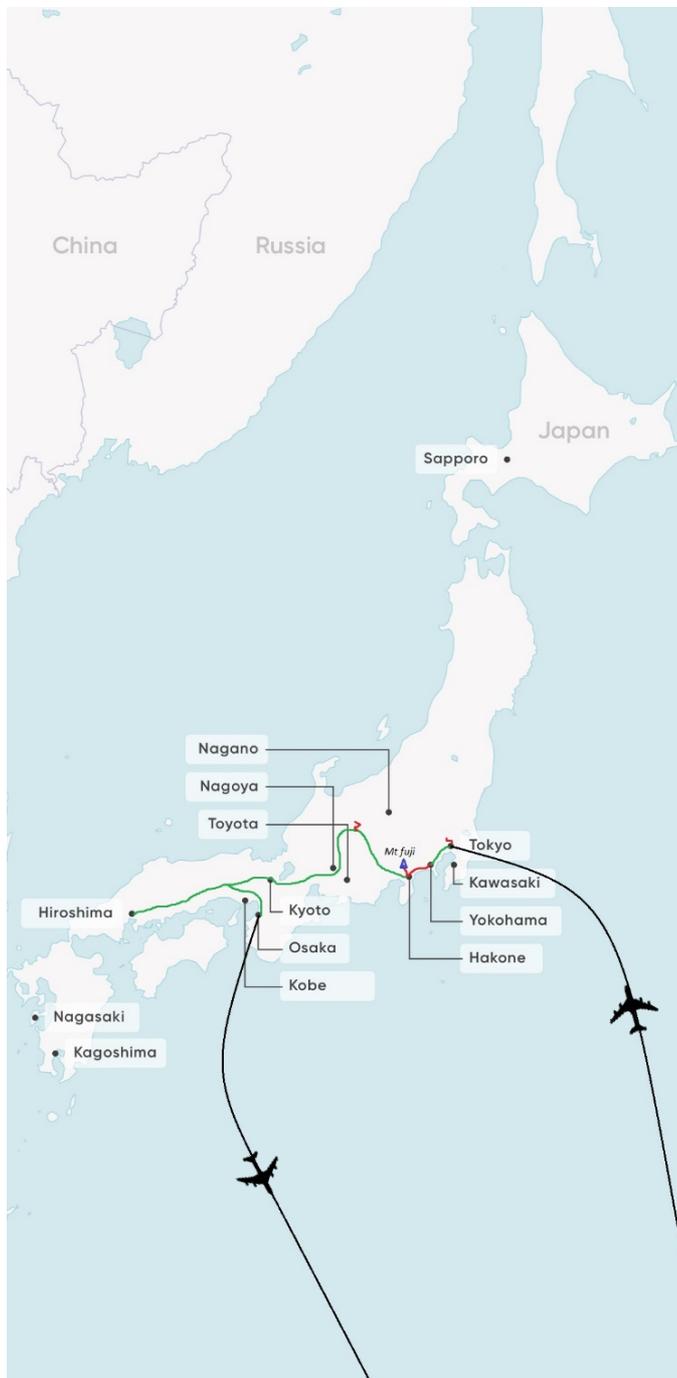


Culinary Tour of Japan

Departs anytime (2018 -19)



Please note: This itinerary can be modified in any way to best suit your school's particular aims, learning objectives and budget.

Please contact us detailing any changes you'd like to make.

In Japan, it seems that you're never more than a minute's walk from some kind of eatery. Many restaurants in Japan serve only a single dish – having probably spent generations perfecting it – as its maker watches every stage, from sourcing the freshest ingredients to assembling the dish before it is presented.

Students will cook, formulate, and observe throughout this interactive culinary adventure. Above all, we will learn of the diversity and ceremony behind our favourite world fare.

This itinerary will include a full exploration of Tokyo, an excursion to Yokohama's instant noodle museum, as well as stunning Kyoto, Hiroshima and iconic Mt. Fuji.

It will also entail travel to the less frequented prefecture Gifu to visit a Japanese farming community in Takayama. A tour of one of the world's largest seafood market and a traditional Japanese tea ceremony and other student-initiated activities are other features of this comprehensive trip.



David Eales
Asia Manager

Day 1

Arrive Japan (Tokyo)



On arrival in Tokyo, we will be greeted at Tokyo International Airport by our tour leader. From here we will head straight into Tokyo city and up the world's tallest viewing tower – the Tokyo Sky Tree— for our entrée to this incredible metropolis.

Whilst Tokyo is a city that is forever reaching into the future, you can still see traces of the shogun's capital in its quiet alleys, raucous traditional festivals and lantern-lit *yakitori* (grilled chicken) stands.

Tokyo is the country's pop-culture laboratory, which we will learn of this afternoon. We will visit the famed Shinjuku district, the centre of Japanese pop culture. In addition, we will engage in the city's central district to experience some of the most vibrant streetscapes, and human energy found anywhere on our planet and attempt to negotiate the world's busiest pedestrian intersection, the Shibuya Crossing.

This evening we will enjoy our first taste of Japanese cuisine at a popular local restaurant. [Takkumian restaurant -Tonkatsu] (dinner) **Flight details to be advised**

Day 2

Tokyo



We will depart our hotel early to visit the exotic Tsukiji Fish Market. Located in the city centre of Tsukiji District, it is the largest fish and seafood market in the world. The Japanese diet is heavily based on fish, and the importance of fish markets in Tokyo and around the country dates back centuries.

This market handles over 2,000 tons of sea products every day and has a large array of rare fish for sale. The market has been the focus of concern to environmentalists in recent times – a topic our tour leader will discuss openly as Japan faces increasing pressure over its fishing practices.

Lunch today will be at one of the city's awesome Ginza district food courts after which there will be a short time for some independent exploration.

Later we will visit the bright lights of Chuo Dori Street in Akihabara (Japanese Electronic Town) for a taste of Japanese youth culture. We will enjoy dinner here at one of the cities sky-high restaurants or alternatively, at one of the yakitori eateries for which Tokyo is duly famous. *Yakitori* (literally 'grilled chicken') cuisine implies skewers of chicken alongside other meats and vegetables. The traditional *yakitori-ya* restaurants here are essentially small stands with chefs grilling skewers on the charcoal right in front of hungry customers. (breakfast, dinner) *NB: in 2018 Tsukiji will be closing and relocating to Toyosu market.*



NB: other lunch and dinner options include also the city's famous quirky cafes:

Options:

Alice I wonderland café - <https://appetiteforjapan.com/2017/01/04/alice-in-wonderland-restaurant/>

Fishing café - <http://www.zauo.com/en/howto/>

High-speed sushi café - <http://www.genkisushi.co.jp/en/>

Monster café - <http://kawaiimonster.jp/>

Day 3

Tokyo Yokohama

We will awake in good time this morning to enjoy breakfast at Bills - one of the most popular and anticipated breakfast place in Tokyo. We will then depart for an exciting trip to the port city of Yokohama— Japan's second largest city and famous as a centre of manufacturing, innovation and technology. Yokohama was originally a small fishing port that was frequented by early foreigner traders from 1859. In more recent times it has developed into a major port and important commercial hub servicing Tokyo and beyond.

We will visit The Cup Noodles Museum, a fun and interactive museum in Yokohama's Minato Mirai District. This museum shows the history of instant ramen noodles using a combination of whimsical exhibits and hands-on workshops where students can create their own flavours and toppings. It was opened by the Nissin Food Company, whose founder invented instant ramen noodles in 1958 as a fast and convenient food. We will enjoy lunch here.



In the afternoon, we will visit Yokohama's own Chinatown. *Yokohama Chukagai* is Japan's largest Chinatown, established when Japanese ports first opened to foreign trade in 1859. During this time, Chinese immigrants flooded into the city looking for opportunities to flourish in what had been previously closed from outsiders. Another site of interest is the Kanteibyō – a gaudily coloured temple in the centre of Chinatown. It is here that we will enjoy local culinary favourites, which may include steamed buns (Manjū), ramen noodles and a wide array of other Chinese dishes, many of which have been Japanized to a certain degree. This evening we travel to Hakone, a delightful mountainous town known for its hot

springs resorts (onsen) and views of the iconic volcano Mount Fuji. Here we will check into our Ryokan and later enjoy a very traditional buffet style meal whilst wearing the obligatory *Yukata* (breakfast, dinner) **Ryokan**
<http://www.tenseien.co.jp/>

Day 4

Hakone (Mt. Fuji prefecture) Nagoya



After a leisurely breakfast, we will depart our Ryokan for an excursion to Mt. Fuji – Japan's most famous and revered mountain— where we can enjoy terrific views of this cultural emblem and its delightful hinterland.

This morning we will board the Mt. Komagatake Ropeway, an aerial tram that takes us from the shores of Lake Ashi to the top of Mt. Komagatake for amazing views of Lake Ashi, the Owakudani volcanic valley and majestic Mt Fuji.

After lunch, we will travel to nearby Lake Ashi, located in Hakone National Park to board a boat for a short cruise across the lake. The views from our boat are spectacular indeed from where we may admire the pristine waters surrounding Mt.

Komagatake, Mt. Fuji and other mountains.

In the afternoon we will depart to Nagoya, Japanese 4th largest city and centre of industry and manufacturing. Later we will enjoy a walking tour of this friendly city as well as the option of the quintessential Japanese pastime, Karaoke, before dinner at a local restaurant. (breakfast, dinner)

Day 5

Nagoya Takayama



A new adventure begins this morning as we head deeper into the Japanese interior aboard one of the country's famous high-speed trains. The bullet train, or *Shinkansen*, has long been a symbol of Japanese efficiency, but its importance in shaping Japan's economy is much more than that. Most of Japan's population lives in a surprisingly small number of places—only 20 per cent of the country's land is habitable—and a high-speed train is an elegant solution for shuttling workers from one dense city to another.

We will arrive in the famous city of Nagoya from where we will transfer by express train to Takayama in the Gifu prefecture, a particularly picturesque region of central Japan. This area is famous for its local Hida beef, rivalling the more famous Kobe variety. After a tasty local lunch of this famous beef dish, we will visit a meat production facility before enjoying a leisurely cycling activity to view the prefecture's farming hinterland. Dinner tonight will be a local affair at a small restaurant in Takayama to enjoy dishes made from local produce. **Information:** *Gifu prefecture is known to produce excellent high-altitude vegetables. Here we can explore the morning markets that have been a feature of this region for 600 years. Stalls of seasonal produce brought in from the surrounding countryside set up by local farm women. The prefecture is renowned for the unique local style of pickles, the bags of miso wrapped in leaves, genkotsu ame (soybean candy), preserved fish, spices, and the delicious marshmallow treat of owara tamaten. Popular regional dishes – mitarashi dango (rice dumplings roasted in soy sauce), houba miso (miso vegetables cooked in magnolia leaf) and chuka soba (Hida's favourite noodle dish).* (breakfast, lunch, dinner)

Day 6

Takayama (Gifu Prefecture) Kyoto



We will set out this morning to visit the famous Miyagawa Market (local foods and crafts). Lunch today will be at a local beef restaurant to enjoy other regional delicacy.

NB: Our menu today includes: hoba miso steak or other popular dishes such as mitarashi dango (rice dumplings roasted in soy sauce), houba miso (miso vegetables cooked in magnolia leaf) and chuka soba (Hida's favourite noodle dish).

In the afternoon we will depart Takayama for Kyoto - Japan's premier city of culture and beauty. It also served as Japan's capital and the emperor's residence for over 1000 years, persisting through wars and fire outbreaks. Owing to its historical value, Kyoto was spared from the list of targeted cities for the atomic bomb and other bombing raids during World War II. Today its countless temples, shrines and other historic structures survived.

We will just have time to stroll around the streets close to our hotel to get a feel for the city, famous for its Miko and Geisha – some of whom we will undoubtedly come across as we wander around Kyoto's Gion district. This evening we will visit one of the city's ubiquitous food districts featuring a great array of inexpensive meals to sample and enjoy. (breakfast, lunch)

Day 7

Kyoto (Student-Initiated Activity Day)

Prior to travelling to Japan a Student Educational Adventures staff member will talk to you and your students about specific activities that student might like to add to their itinerary. These activities might be based on students' prior knowledge of the country based on their interests or passions for any aspect of the culture. These OPTIONS can be of a culinary nature (see options below) or other programs such as the following: For example: a visit to a Japanese Theme Park (Universal Studios), youth cultural district (Akihabara), martial art activity (Kendo/Judo), Japanese cooking class, sporting pursuits (activity e.g. Sumo, Japanese Baseball, cycling) or a themed culinary experience (e.g. robot, owl or cat cafe) etc.

OPTION 1:



Dessert class – One only needs a simple motivation to visit Japan, and the sampling on the country's plethora of deserts could very easily be that reason. Even before the modern introduction of sugar, people in Japan were making desserts with everything they had available to them, from rice and sweet beans to naturally sweet plant sap and flower nectar. When sugar arrived in Japan via Europe, this love for dessert intensified and Japan experienced a boom of creating Western-style sweets. From beautiful and traditional kuzu-mochi, anmitsu or daifuku, to the legendary mochi ice cream, today we will learn much about this famous Japanese culinary category.

OPTION 2:

Ramen – Learning the secrets of Japan's winter comfort food, ramen, during your trip to Japan will be memorable as it is satisfying. Under the guidance of a professional chef, we will learn the intricacies of creating traditional ramen from scratch as well as have the chance to try its many varieties.

OPTION 3:



Japanese Tea ceremony - This famous ritual has been an integral part of the traditional Japanese culture for centuries. A quiet celebration performed with grace and beauty, the ritual is a bonding experience of mindfulness, respect and a focus on the now. We will learn of the intricate detail of this quintessential ancient ritual today.

Aside from its physical beauty, Kyoto is also famous as a culinary centre of Japan. Japanese food is very regional. While there are common dishes and ingredients across the country, each region has its own specialty dishes, ingredients and techniques.



This afternoon we will enjoy a light hiking activity in the mountains surrounds or alternatively, a leisurely cycling tour around its old districts. En route we will visit some of Kyoto's famous temples, charming waterways, tea houses and a delightful Bamboo forest. There are numerous wooden machiya merchant houses all with purposely designed narrow and long architecture to avoid the land taxes in the past. Many of the tea houses in Gion are the abodes of Geishas of whom we will see several strolling around the streets in their traditional costumes and white painted faces. Dinner tonight will be a private affair at our Ryokan. (breakfast, dinner)

Day 8

Kyoto  Hiroshima



We will depart early for our full day excursion to Hiroshima by way of the Shinkansen (bullet train). Arriving at Hiroshima Station by mid-morning, we will continue our drive to Port Miyajimaguchi by private bus from where we will take a ferry to Miyajima. En route we will visit the beautiful Itsukushima Shrine. For lunch, we will enjoy Okonomiyaki (literally - 'grilled as you like it') - a savoury version of Japanese pancake, made with flour, eggs, shredded vegetables and meat and topped with a variety of condiments.

We will visit the Hiroshima Peace Memorial Museum and ground zero, directly below where the atomic bomb was detonated. We will also stroll through the

Hiroshima Peace Memorial Park that was once the site of the city's political and commercial heart.

It is here that we will learn of perhaps the most terrible event of World War II and certainly one of the most tragic in recorded history – the dropping of the first atomic bomb on this city in August 1945, killing and injuring an estimated of 130,000 people. The dropping of the 'A-Bomb' on Hiroshima (and shortly afterwards Nagasaki) was approved by the American military forces with the intention of bringing World War II to a close as fast as possible. It was also prevented the need for American soldiers to invade the Japanese mainland, something which would have very likely dragged the war on for months.

We visit one of the very few remaining buildings still standing in the initial blast zone called the A-Bomb Dome that still has an eerie feeling to it as it stands alone. Our guide will help explain the events and the efforts that went into rebuilding Japan. Dinner this evening will be a seafood affair for which Hiroshima is famous at a quaint local eatery. (breakfast, lunch, dinner)

Day 9

Hiroshima  Osaka



We will fare well Hiroshima and travel by train a couple of hours heading to Osaka. Osaka is a large port city and commercial centre of Japan known for its modern architecture and hearty street food.

This morning we will visit the 16th century shogunate Osaka Castle, surrounded by a moat and park with plum, peach and cherry blossom trees. Following this, we will enjoy a soba noodle cooking class to learn of one of Japan's most famous exports from a talented local chef.

Soba, or buckwheat noodles, is what many consider to be an essential component and jewel of traditional Japanese cuisine (*washoku*).

The very subtle flavour of soba is precisely the appeal to the Japanese. Without being masked by other ingredients, one is able to appreciate the depth and quality of soba by those who made them.

This afternoon we will learn of the multi-billion-dollar fake food industry in Japan as we visit one of the industry's most famous workshops. This fine art is a distinct Japanese phenomenon, displayed in countless restaurants we have crossed thus far. It is deeply linked to the Japanese preference of first 'tasting with their eyes' and rooted in the nation's extraordinary appreciation of the visual aesthetics of food. Whilst plastic, this choice material is definitely not synonymous with cheap: the replica food itself typically cost twenty times as much as the dishes it advertises!

Our final meal in Japan will be at a very local restaurant and will feature a host of the county's most important dishes. (breakfast, lunch, dinner)

Day 10:

Depart Osaka ✈️



Today is departure day. We will leave our hotel early this morning (06:00) to make our flight in good time.

Depending on our flight time today, we may have time to visit the world-famous Osaka Aquarium. This aquarium is like no other you will have ever seen, being the world's largest and home to tens of thousands of marine species that inhabit the Pacific Rim.

Our tour leader will take care of all our onward travel arrangements and wave us farewell. (no meals) **Flight details to be advised**

Summary

Grading

Moderate: Students will be required to be in good health to get the most out of this trip while any one of reasonable fitness will be able to take part. There are no real physical difficulties however students will be expected to walk every day. It will be necessary for you to carry your own luggage throughout the trip but only for short distances.

Accommodation

Student accommodation is on a twin/triple share basis. Teacher accommodation is on a single room basis. Hotels hold a 3-star equivalent rating.

Transport

Modern air-conditioned bus, train and boat.

Group Size

Minimum group size 20 students & 2 staff members travelling *free of charge*.

▲ [Smaller group sizes can be quoted upon application](#)

Your Tour Leader

Your tour leader is probably the person who most influences the success of your trip. Thus, Student Educational Adventures employs our own team of meticulously trained student dedicated, local tour leaders - not foreigners, imported at your students' expense with no language skills or insight into your host culture.

These nationals are not only the best folk to show you their country. They are your teachers, translators and an enthusiastic purveyor of authentic experiences. They are there to facilitate your immersion into new cultures and are the bridge between you and the world of education and new experiences.

Your tour leader is always with your students throughout your trip and is thoroughly versed in safety protocols and duty of care responsibilities. This ranges from assisting in the most basic of health and safety measures to ensuring that teachers & students are always safe during our trips. All have been chosen because of their ability to deal with the needs and unique issues associated with escorting young people through this wonderful and at times, most foreign of regions.

Culinary Trip of Japan

Inclusions

- All accommodation and transfers, sightseeing and entrance fees for museums, attractions as described in the itinerary
- All internal transport (bullet trains etc.)
- Student Educational Adventures Group Leader throughout your trip
- Local guides where required
- Meals (and water with meals) as described in the daily itinerary
- Pre-departure support, briefing and planning meetings for students & parents
- 24/7 in-country support

Exclusions

- International flights to / from Japan
- Some meals as described
- Japanese Visa