

## Japanese Food & Cookery with Tim Anderson

▶ TOKYO ▶ TAKEFU ▶ KYOTO ▶ MIYAJIMA ▶ FUKUOKA

▶ KUMAMOTO ▶ MIYAZAKI ▶ TOKYO

13 nights - £4,900 (intl flights not incl)

Start date: 8th November 2012

Explore Japan and learn to cook Japanese food with **Masterchef 2011 winner Tim Anderson** and our food-loving tour leader and Japan expert Liam Chawdhary.

This very special 13 night tour is a one-off departure in 2012 and will offer a unique experience of the world of Japanese cuisine.

Places are strictly limited so please do get in touch and book early to avoid missing out.



### Tour Overview

Perfect for lovers of Japanese cuisine and those wishing to learn to cook from a proven expert in the field, this tour frames unique food experiences against the backdrop of the must-see sights in Tokyo, Kyoto and rural Kyushu.

We will be trying the full spectrum of Japanese cuisine on this 13 night tour; you'll dine in a Michelin starred restaurant in Tokyo, eat finest *kaiseki* in Kyoto and discover regional delicacies throughout the rural island of Kyushu. And you won't just be eating Japanese; you'll be preparing it too: Three cookery master-classes led by Tim are included alongside a sushi making lesson and a soba noodle making experience.

Japan is famous for its chefs' knives and Takefu is home to some of the nation's finest manufacturers. Here we will be visiting a knife museum where you will witness some of the intricate processes used to forge knives. Alongside this will be a visit to a pottery to see examples of finest Japanese porcelain.

For the night in Takefu we will be staying in a Japanese *ryokan* (traditional inn). The spectacular banquet dinner is served in elegant *tatami* rooms - a first chance to experience some of the very best in Japanese hospitality. We will then be repeating the experience later in the tour with *ryokan* stays on Miyajima Island and in Miyazaki.

Food aside, you will also see some of Japan's most iconic sights. Experiences include the Golden Pavilion, Path of Philosophy and Ryoanji Temple in Kyoto, the bustling precincts of Sensoji Temple in Tokyo and the stunning Mt. Aso, the world's largest caldera, on Kyushu. You will also be visiting some beautiful Japanese gardens as well as seeing the bright lights of modern Tokyo.

Some of the best food experiences in Japan are simple street fare. With a small group size we have the flexibility to taste the delicacies of the *yatai* food stands in Fukuoka; sample *okonomiyaki* pancakes and *takoyaki* octopus dumplings in Osaka; and in Yokohama indulge in a dish very close to the heart of Tim, the simple yet sublime *ramen* noodles.

Making extensive use of the Shinkansen 'Bullet' Train to travel between destinations will also provide ample opportunity to enjoy another Japanese food institution; the famous '*bento*' lunch box. Not simply a packed lunch these are an art-work in themselves!

Visits to a brewery in Fukuoka, a *sake* tasting and tea ceremony in Kyoto and a *shochu* distillery and winery visit in Miyazaki ensure a complete exploration of Japan's culinary culture.

In total 12 evening meals are included along with breakfast everyday and a number of lunches cooked during the lessons. Accommodation is of a 4 star level throughout and is fully en-suite. At the Japanese inns you also have the chance to enjoy traditional *onsen* hot spring baths.

This one off departure is truly the trip of a lifetime.





## Day-by-Day

### Day 1 - Tokyo (D)

You will be met by your tour leader today and transfer to our hotel in the historic Asakusa district of Tokyo by express train and taxi. Sensoji temple and Kappabashi cookery street are just a short walk from our hotel so there is lots to explore in this area. Tonight's dinner is included at a local restaurant and is a great chance to get to know Tim, Liam and the other tour members.

### Day 2 Tokyo (B/L/D)

We will be visiting Tsukiji Fish Market this morning with an optional early start to see the famous Tuna auctions. All that fish should prove inspirational for your first included cookery lesson, a sushi making class with a local expert with Tim and Liam also on hand to assist you. This afternoon we will explore some of Tokyo's top sights including Hamarikyu gardens and Meiji shrine as well as the temple area near our hotel. In the evening we will be dressing up smart for an included dinner at a Michelin starred restaurant.

### Day 3 - Tokyo (B/L/D)

Today you will have your first Japanese cookery class with Tim. The three included classes will teach the basics of Japanese cooking as well as some of the special techniques showcased on Masterchef in 2011. After enjoying eating your creations you will spend this afternoon in Tokyo's neighbour city Yokohama, where we will visit the fabulous Ramen museum for dinner time noodle treats.

### Day 4 Takefu (B/L/D)

The Shinkansen 'Bullet' Train will take us in speed and comfort into the countryside today for a one night stay in Takefu in rural Japan. Here we are staying Japanese style with gourmet meals included. Takefu is famous for knife making, pottery and paper making and you will be able to see each of these crafts. You will also be trying your hand at making soba noodles – one of Japan's simplest but most delicious meals.

### Day 5 Kyoto (B/L/D)

We will travel to Kyoto today for a 3 night stay in the ancient Imperial capital of Japan. This is *the* place to really get to grips with Japan's history, its culture and its food. On this first day we plan to walk the scenic Path of Philosophy visiting

the Silver Pavilion with its fabulous gardens and the impressive Nanzenji Temple enroute. We will stop for lunch in the Nanzenji area which is perfect for trying some *shojin ryori*, traditional Buddhist cuisine. Dinner tonight is sure to be a real treat as you try the cuisine of Emperors' – Kyoto's famous *kaiseki* dishes.

### Day 6 Kyoto (B&D)

Highlights of Kyoto await today with a visit to the Golden Pavilion, Ryoanji zen gardens and the scenic Arashiyama area known for its bamboo groves. You will also visit a confectionary museum to sample some of the sweets that Kyoto is well known for. This evening we make a night visit to nearby Osaka, Japan's lively second city and a foodies' paradise. On the menu will be some typical and delicious street food including *okonomiyaki* and *takoyaki*.

### Day 7 Kyoto (B/L/D)

Today we will explore the centre of Kyoto finishing up at Nishiki Market, a treasure trove of ingredients which we will use during our second cookery lesson with Tim. Following up on the skills and recipes learnt in Tokyo you will create some more masterpieces together. This evening we will reward ourselves with a *sake* tasting session and learn about this subtle Japanese drink which has as many varieties, aromas and flavours as wine.

### Day 8 Miyajima (B&D)

It is back on the Shinkansen today as we head west to Miyajima. This scenic island, just off the Hiroshima coast is famous for its vermilion *torii* gate 'floating' in the inland sea. We will explore the island and take views of the maritime national park from the top of Mt. Misen – perhaps even encountering some local monkeys as we do. This evening we are staying Japanese style on the island with dinner included. Local speciality oysters are just one treat to look forward to.

### Day 9 Fukuoka (B&D)

Travelling further west, today we head to the southern island of Kyushu. We begin exploring with a one night stay in the city of Fukuoka. You will visit the well known Asahi brewery this afternoon and our tour will include a tasting session at the end. This evening we will explore Fukuoka's vibrant street

life: *Yatai* stands line the river in the centre of town and sell all variety of simple but delicious foods. With Tim leading the way you will be taste testing a smörgåsbord of local specialities.

### Day 10 Kumamoto (B&D)

A packed day today as we break from food and culture to see one of Japan's natural wonders in the shape of Mt. Aso. This huge volcanic caldera is an awe-inspiring and beautiful sight. A cable car takes visitors to the top affording splendid views into the crater and across the surrounding landscape. The mountain is en-route to Kumamoto, a scenic castle town and our base for the next two nights. Dinner tonight is included at a local restaurant in Kumamoto.

### Day 11 Kumamoto (B&L)

You will have plenty of time to explore Kumamoto castle today as well as to walk around the beautiful surrounding gardens. This charming small city is the venue for our third cookery class with Tim and another chance to pick the brains of the Masterchef 2011 winner. Tonight is left free to explore the city.

### Day 12 Miyazaki (B&D)

We travel further south today to the coastal prefecture of Miyazaki. Here we are going to visit and stay at the Shusen no Mori centre. This literally translates as 'spirits of the forest' and is an area known for its *shochu* (distilled Japanese liquor) and wines as well as some fantastic *onsen* hot spring baths. We will be trying all three before enjoying a banquet meal served at our Japanese style inn. This countryside break allows a glimpse of arable Japan.

### Day 13 Tokyo (B&D)

Heading back by plane to the capital today you will have time for last minute sightseeing and shopping. Tonight's included '*sayonara*' dinner will be a special treat.

### Day 14 Sayonara (B)

Time to head home – your airport transfer by comfortable airport coach is included.





## Accommodation



### Tokyo - Asakusa View Hotel

Located in the heart of Tokyo's most traditional district, the Asakusa View Hotel offers first class accommodation and friendly service. Directly outside the hotel is Tokyo's newest subway line, the Tsukuba Express which links Asakusa with Akihabara electronics district. The View Hotel is the best hotel in this area and as the name suggests, the upper floors command great views over Tokyo, with the sky bar a great place to unwind at the end of the day whilst enjoying a drink and the spectacular view. This is also the best place to take in the view of the newest addition to the Tokyo skyline - the incredible 600 metre tall Sky Tree.



### Takefu - Akaboshitei

The Akaboshitei is a traditional Japanese ryokan hotel complete with onsen bathing and sauna. Akaboshitei is known for its friendly staff and great seafood (vegetarian options also available).



### Kyoto - ANA Hotel

The ANA is a smart superior grade hotel located in the centre of Kyoto just a few steps from Nijo castle. The hotel has well sized and comfortable rooms, a range of restaurants and a swimming pool and gym. This is a great base from which to explore this historic city.



### Miyajima - Benten no Yado

The Benten no Yado is a fabulous Japanese style inn located on the scenic island of Miyajima just off the Hiroshima coast. The ryokan has beautiful Japanese style rooms with full en-suite facilities. The meals here are particularly good and highly recommended by our staff!



### Fukuoka - Hotel Nikko

One of the best hotels in the dynamic capital city of Kyushu Island, the Hotel Nikko is in a great location in the centre of the city. Generously sized rooms and a range of restaurants will ensure a comfortable stay.



### Kumamoto - Hotel Nikko

The best hotel in Kumamoto, the Nikko is a great place to be based to explore this attractive city. The castle and gardens are close at hand and the hotel has modern, bright rooms. Restaurants are available on site.



### Miyazaki - Shusen no Mori Ryoyotei Ryokan

Set in the centre of the 'Sprits of the Forest' park, this lovely ryokan is well known for its fine food and fabulous range of hot spring baths. This is a real countryside escape and should make for a very relaxing stay. Rooms are fully en-suite.



### Tokyo - Park Hotel

Consistently voted in the top 10 of Tokyo's hotels, the Park Hotel is an InsideJapan Tours favourite and makes for a very comfortable stay. A tower hotel, the rooms enjoy great views and are modern and bright. Friendly English speaking front desk staff and nice breakfast options ensure that this is a great base for a Tokyo stay. Tsukiji fish market and the Ginza are just a short walk away.





## What's Included

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The following elements are all included in the price of your tour:

- ✓ 13 nights accommodation in 4 star (or equivalent) hotels and inns including Japanese *ryokan* in Takefu, Miyajima and Miyazaki
- ✓ Full time services of your tour leader Liam and chef Tim Anderson, winner of Masterchef 2011
- ✓ 3 cookery classes led by Tim Anderson plus 2 additional classes focusing on sushi & soba noodles
- ✓ 12 evening meals including a Michelin starred restaurant in Tokyo and traditional *kaiseki ryouri* in Kyoto
- ✓ 6 lunches including those cooked by participants during our cookery classes
- ✓ A mix of Western and traditional Japanese style breakfasts everyday
- ✓ Tea ceremony, brewery visit, *sake* tasting and *shochu* distillery visit
- ✓ Temple and garden highlights in Tokyo and Kyoto
- ✓ Knife museum and pottery museum entrance in Takefu
- ✓ Ramen museum visit in Yokohama
- ✓ Mt. Aso caldera volcano visit in Kyushu

- ✓ Meet and greet upon arrival at Narita Airport
- ✓ All transport between destinations in Japan including return airport transfers
- ✓ Tokyo transport pass
- ✓ Luggage forwarding Tokyo to Kyoto and Fukuoka to Miyazaki
- ✓ InsideJapan Tours' complimentary Info-Pack

### NOT included

- ✗ International flights (please ask if you would like a quote)
- ✗ Local transport (buses, subways, taxis) at any destination except that covered by transport passes in Tokyo
- ✗ Any entrance fees including those for shrines, temples and museums except those noted above
- ✗ Baggage handling - you will be expected to carry your own bags for the duration of the trip

### Bathroom arrangements

During the tour we will stay in a variety of different accommodation, some Western-style, others Japanese-style. At all night stops your room will have full en-suite facilities (attached bath, shower and toilet).

### Single Supplement

Please ask us regarding the single supplement for this tour.

### Your Tour Leader

The tour leader for this tour is Liam Chawdhary, a Japanese speaking Brit who originally hails from Bristol. Now living in Nagoya, Liam has many years of experience living and working in Japan as well as a huge passion for Japanese food. He is there to ensure that you get the most out of your trip and that the whole adventure goes smoothly. Liam travels with the group and stays at the same hotels and ryokan so please feel free to ask for help or advice at any time. It is important to remember your tour leader is not a guide so may not know every historical detail of every shrine, temple or palace; however, he is available pretty much all day every day and will even accompany (willing) tour members to karaoke...

### Meals

Being a food focused trip there are a lot of meals included. Please be sure to let us know if you have any special dietary requirements and we will do our very best to accommodate them.

### Transport on tour

Please note that all transfers are by public transport making use of Japan's first-rate transport network. All the hotels and *ryokan* have been chosen for their location close to the nearest station. However, you will have to carry your bags for short distances and some stations do not have escalators. At some points during the tour an overnight luggage forwarding service is included.

## Your Japanese Cookery Expert, Tim Anderson

Tim Anderson was born in Wisconsin, USA and at age 14, he became enamored with Japanese cuisine upon first watching the Japanese cooking competition show Iron Chef. He moved to Los Angeles at 18 for college, where he studied regional Japanese food culture and became a connoisseur of noodles. In 2005 he was awarded a grant to independently study local food museums, which took him from Tokyo to Hokkaido, then down to Yokohama, the mountains of Nagano and finally Kyoto.

Upon graduating from college, Tim moved to Japan to indulge in the country's many hot springs and diverse local foods – in particular the unexpectedly pork-intensive and indelicate dishes of Kyushu, Japan's southernmost island. Tim travelled and ate extensively in the south of Japan, visiting all the prefectures on Kyushu, but also making culinary trips to Osaka, Kobe, Hiroshima, Miyajima, Yamaguchi, and back to Tokyo. In 2008 Tim moved to the UK to be with his British wife, and in 2011 he used his knowledge of Japanese ingredients to win the BBC cooking competition MasterChef. He currently works as a freelance chef and is opening a southern Japanese-style izakaya in 2012.

