



A Taste of Japan! *with Nancy Leson*

October 23 - November 2, 2022



Join award-winning food writer and radio personality ***Nancy Leson*** for a food-lover's journey to Japan! Visit the land of the rising sun's most delicious hotspots, from the glittering skyscrapers of Tokyo, to the infinite street-food stalls of Osaka, to the green tea plantations of Kyoto. You'll stroll famous fish markets, master the art of sushi making, sample craft whiskey and sake and more. Unique culinary experiences await you on this epicurean adventure – don't miss out! *Space is limited! Note: This will be Nancy's third trip with Earthbound Expeditions!*

TRIP AT A GLANCE

- ❖ Overnight flight to Tokyo
- ❖ 4 Nights Tokyo
- ❖ 2 Nights Osaka
- ❖ 4 Nights Kyoto



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.

P.O. Box 11305, Bainbridge Island, WA 98110 USA

T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480

www.EarthboundExpeditions.com



IT'S INCLUDED

- ❖ With special food host, Nancy Leson
- ❖ Fully guided by a savvy Earthbound Expeditions program manager
- ❖ Four-star, centrally-located hotels throughout
- ❖ All breakfasts, plus special meals highlighting the artistry of Japanese cuisine
- ❖ Private transport, plus tickets on Japan's famed high-speed train
- ❖ Special outings highlighting the food, wine, sake and whiskey of Japan
- ❖ Guided visits to temples, museums, gardens and farms
- ❖ A fun group of friends who share your passion for travel, culture and food

TRIP FACTS

10 Nights/ 11 Days (*not including air travel*)

\$5,995 per person double occupancy

\$1,450 single supplement (waived if a roommate is found)

Optional Group Flight Departs Seattle: **October 22, 2022**

Arrive in Tokyo: **October 23, 2022**

Depart from Kyoto: **November 2, 2022**

WAYS TO SAVE \$400: Travel alumni save \$100 ❖ Pay your final balance by check and save \$200 ❖ Reserve before March 15, 2022 and save \$100

NOT INCLUDED: Travel insurance ❖ Items not mentioned in your itinerary ❖ International Air tickets

BOOK WITH CONFIDENCE: Deposits are refundable until May 1, 2022 (less a \$75 per person admin fee)



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Experience the fall colors of Japan!

Your Adventure Begins!

Meal Code: B = Breakfast / L = Lunch / D = Dinner

DAY 0: Saturday, October 22 - Depart the USA for Tokyo

An optional group flight departs Seattle today for Tokyo. If flying independently, remember, you must depart the USA by this date.

DAY 1: Sunday, October 23 - Arrive in Tokyo *Konichiwa! Tokyo e yokoso!*

Welcome to Tokyo, Japan's ultra-modern capital. This is truly the World's Greatest Metropolis and the World's Greatest Food City, with more Michelin stars than New York and Paris combined. We believe that this understates the number of high-quality restaurants that should be recognized. Several restaurants in Tokyo have actually shunned the award, and there are thousands that the reviewers have not even got round to sampling! But, Michelin has helped publicize something that Tokyoites have known for a long time: our city is the gastronomic capital of the planet. None of the cliches will prepare you for the incredible experience that lies ahead. You'll be transferred to your well-located accommodation in Tokyo. Relax and rest up before joining your tour hosts and local guide for an orientation and dinner. *Sleep in Tokyo (D)*



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Enjoy the colorful markets of Japan

“If I were trapped in one city and had to eat one nation's cuisine for the rest of my life, I would not mind eating Japanese. I adore Japanese food. I love it.”

- Anthony Bourdain

DAY 2: Monday, October 24 - Discover Tokyo

Tokyo is a vast city, and we have a lot to see! We'll spend a day checking out some of the city's most iconic sights. Tokyo has many sides to explore, from the sublime to the magnificent. We'll visit Meiji Jingu, the city's most important Shinto shrine, whose serene environs - yes, a forest in the heart of Tokyo - contrast with the busiest crossing in the world in eclectic Shibuya, where you'll be regaled with the tale of the Hachiko, Japan's most famous dog. As a first evening icebreaker, we'll be experiencing a Japanese craft beer tasting under the guidance of a drinks expert. *Sleep in Tokyo (B, L, D)*

DAY 3: Tuesday, October 25 - Tokyo

Today we explore off-the-beaten-track Tokyo. First, we'll experience a Buddhist Fire Ceremony, an incredible experience like no other - one even many locals don't know about. Then, we'll explore the Tsukiji Honganji Temple with its unique stone architecture. After that, we'll visit the Tsukiji Outer Market with its over 400 shops selling everything food-related, from fresh ingredients to cooking utensils, where you will learn about Japan's seafood culture. Finally, enjoy an independent lunch at the market. You'll walk off lunch at one of Tokyo's most beautiful gardens, followed by some free time to explore the city.

Sleep in Tokyo (B)



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DAY 4: Wednesday, October 26 - Discover Tokyo

Today, we'll enjoy a memorable experience with Nancy Singleton Hachisu, renowned author of *Food Artisans of Japan*, at Hachisu House in Kamikawa-machi in Saitama Prefecture. First, we'll do a guided tasting and learn insider information on spotting quality ingredients. Then, we'll head to Yamaki Jozo for a tofu tasting, soy sauce barrel viewing and talk. Lunch will be an exquisite soba lunch at Soba Ra run by Chef Kanji Nakatani. *Sleep in Tokyo (B, L)*

DAY 5: Thursday, October 27 - South to Osaka by High-Speed Bullet Train via the Shizuoka Distillery: After breakfast we depart for Osaka via Shizuoka. In the foothills of iconic Mount Fuji, we'll get off at Shizuoka and head to the Shizuoka Distillery. This craft whisky maker is making waves in Japan, with many of the world's whisky critics, such as Serge Valentin at Whisky Fun, believing that Taiko Nakamura and his team are making the best distillate in the country. Prices for their first single malt release are fetching *10 times* the recommended retail price! Luckily, we will try some at the guided tasting after our tour. We will then continue on our way to Osaka by bullet train. *Sleep in Osaka (B, L)*

DAY 6: Friday, October 28 - A Day in Sakai and Gojo

We'll be heading out of Osaka, visiting Sakai City. Sakai is the home of Japanese knives with a history of 600 years, but it preserves legacies that go back to before cities existed in Japan. The city was once known for the production of Samurai swords but is now revered for its kitchen knives. Purchase your own cutting-edge souvenir to remember your trip by. After that, we'll visit a sake *shuzo* - a brewery - and learn about everything that goes into making Japan's national drink. Finally, we'll enjoy a dinner in Osaka tonight, a great chance to celebrate the halfway point of our trip of a lifetime! *Sleep in Osaka (B, L, D)*



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DAY 7: Saturday, October 29 - Morning in Osaka then transfer to Kyoto

After breakfast, we will tour Osaka. Osaka is Japan's third-largest city and is known as the Kitchen of Japan. The city is renowned for its *okonomiyaki* and *takoyaki*. We'll take in sites such as Osaka Castle and Shinsaibashi. After that, we will transfer to Kyoto.

Sleep in Kyoto (B, L)

DAY 8: Sunday, October 30 - Experience Kyoto

Today we will explore some of the many World Heritage Sites which make Kyoto the cultural heart of Japan. Founded initially as Heian-Kyo (tranquillity and peace capital) by Emperor Kammu in AD794, Kyoto was the capital of Japan for over 1000 years. We'll get acquainted with this beautiful city visiting some of its most incredible sites, including Sanjusangendo, famous for its 1001 statues of Kannon, the goddess of mercy, founded in 1164. The 1000-armed Kannon are equipped with 11 heads to witness human suffering, with 1000 arms to help assuage it. Enjoy a special dinner tonight! *Sleep in Kyoto (B, L, D)*

DAY 9: Monday, October 31 - A Day in Kyoto

We head to the colorful Nishiki Market, a bustling glass-roof covered shopping area known as 'Kyoto's Kitchen'. You'll find local specialties such as seafood, pickled and dried vegetables, fermented rice, green tea, kyo-wagashi sweets, and ceramics.

In the afternoon, we will experience an extraordinary and traditional tea ceremony. Engage with the tea ceremony master to reveal secrets of one of the most critical aspects of traditional Japanese culture. This experience will give you a deeper understanding of what we see in temples, gardens and traditional architecture. *Sleep in Kyoto (B, L)*



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DAY 10: Tuesday, November 1 - Explore Uji and Nara

We make our way to Uji City. When the capital of Japan was moved to modern-day Kyoto in 794, the nearby Uji City developed as a resort get-away for aristocrats. It's now famous around the world for its green tea. We'll visit a tea farm to understand the work needed to bring you the depth of natural flavor found in traditional Japanese tea.

Uji is most famous for Byodo-in Temple, registered as a World Heritage site in 1994. On the grounds of Byodo-in Temple, the architecture of the Phoenix Hall is a national treasure and remains just as it was when the temple was first constructed. Currently, the design of the Phoenix Hall is used on the 10-yen coin!

We will then head to Nara. Nara is a place that blossomed as the national capital before it was moved to Kyoto. We'll visit the Great Buddha of Todai-Ji and interact with the world-famous deer inhabiting Nara Park. But watch out - they may steal your snacks! We'll get back to Kyoto with some time to freshen up before our farewell dinner.

Sleep in Kyoto (B, L, D)

Day 11: Wednesday, November 2 - Explore Kyoto & Depart Japan for the USA

Discover the charm of Arashiyama, located on the Western outskirts of Kyoto. We'll head to the world-famous bamboo grove (bamboo is an essential material for products and construction) and finish off at Tenryuji Temple, a 14th-century temple built by the ruling Shogun Ashikaga Takauji to appease the spirit of Emperor Go-Daigo. Designated as a UNESCO World Heritage Site, you can take in the simplistic beauty of this important Zen Temple before exploring its tranquil grounds. After lunch, we will depart Kyoto for Osaka's Kansai Airport by coach. *Return Flight Home (B, L)*

~ Itinerary is Subject to Change ~



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Meet Your Host, Nancy Leson!



Nancy Leson is an award-winning food writer, radio personality, cooking instructor and public speaker who learned much of what she knows about food during her first career: waiting tables. Seattle readers know her as the mouth that scored — for the better part of two decades — as restaurant critic and food columnist for the Seattle Times. These days, when she's not chatting about recipes or interviewing makers and shakers in the food world for NPR member-station KNKX, she helps end hunger, one loaf at a time, as a neighborhood hub coordinator for the Community Loaves project. Find her @nancyleson and, nancyleson.com. Photo by Matt Hulbert/Visit Edmonds



RESERVATIONS & QUESTIONS

Call Earthbound Expeditions at 800-723-8454

or

Email our travel staff at: info@earthboundexpeditions.com



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Know Before You Go!

Vaccine Requirement: Guests must provide proof of full vaccination against Covid-19 in order to participate.

Physical requirements: In order to make the most of your custom journey and join all included activities, you should be able to walk at a moderate pace, independently, for one to three miles, often over uneven cobblestones. You should also feel comfortable standing for an extended period of time during walking or museum tours or visits to other sights. Naturally, you may always choose to bow out of an activity and enjoy the sites while sipping a tea or coffee in a café.

Dress: In general, we suggest “casually smart” dress and a good pair of walking shoes.

Travel Insurance: Earthbound Expeditions strongly encourages the purchase of travel insurance coverage. We include information on trip insurance in your deposit information.

Planned Special Events: If a planned event or concert is cancelled for any reason, another event or concert will be included in its place. This is not cause for refund.

Hosted Journeys: The inability of a host to participate in a tour is not grounds for a full or partial refund.

Book with Confidence: Deposits are refundable until May 1, 2022 (less a \$75 per person admin fee)

Terms and Conditions: Please read Earthbound Expeditions full terms [here](#).

About Earthbound Expeditions!

Founded by Matthew and Danna Brumley in 1997, Earthbound Expeditions creates specialized tailor-made adventures for guests of public radio stations, botanic gardens, museums and chefs. Our savvy team has over 100 years of combined travel experience. We are frequently out in the field, meeting guests and looking for new and exciting activities.



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Earthbound Expeditions offers customized overseas adventures for universities, museums, garden clubs, and numerous public radio stations. Earthbound Expeditions is committed to supporting environmental education, local small businesses and providing guests with a one-of-a-kind, authentic travel experience. Whenever possible, Earthbound reserves locally-owned hotels, utilizes the talents of local lecturers, and dines in family-owned establishments. Earthbound also supports projects like the Children’s Eternal Rain Forest of Monteverde, Costa Rica, the Soweto Youth and Development Project of South Africa, the Mama Rosie Orphanage in Cape Town and is assisting families and projects in Cambodia and the USA.

The Carbonfund.org motto, “Reduce what you can; offset what you can’t” fits perfectly with Earthbound Expeditions’ long-established philosophy of supporting locally-owned businesses, promoting education and embracing the concept of “slow” travel.

By using a simple carbon calculator, Carbonfund.org is able to determine the size of your carbon footprint for any specific domestic or overseas adventure. You then may purchase carbon credits. These credits go towards supporting (1) renewable energy, (2) energy efficiency and (3) reforestation projects.



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