



Itoigawa Field Trip in October

Itoigawa is a small rural city located on the coast of western Niigata, where the mountains of the Northern Japan Alps meet the Sea of Japan. Offering striking and varied scenery, Itoigawa, Japan's first UNESCO Global GeoPark, is the meeting point of East and West Japan in both geological and cultural terms. A world away from the modern skyscrapers of Tokyo or the busy tourist spots of Kyoto, Itoigawa is a hidden beauty. Here, you can experience the authentic Japanese culture and lifestyle without being jostled by other tourists. Itoigawa's varied natural and cultural treasures make it an attractive destination to visit all year long. Home to many rice farmers, fishermen, and sake brewers, Itoigawa never fails to serve a variety of fresh and delicious local food. We look forward to welcoming you!



Enjoy a taste of Japan deep inside Japan in Itoigawa in autumn

October Trip | Rice Harvesting in the Hayakawa Valley

Highlights: Visit a rice farmer and get an experience in rice harvesting, enjoy a picnic lunch with the farmers, hiking in Hayakawa valley, pottery making with the artwork expert and more.

Accommodation: Traditional Japanese Ryokan with Onsen (2 Nights)

Access: via the Hokuriku Shinkansen in just two hours from Tokyo

Date: Please check <https://www.japan-kotobuki.com/calendar-1>

Price: Please check <https://www.japan-kotobuki.com/prices>



Program

Day 1 | Friday

- > Arrive in Itoigawa JR station after dinner for pick-up
- > Transfer by car to the Onsen Ryokan
- > Welcome drink at the Ryokan and introduction to Itoigawa and the program
- > Relax in the Onsen – good night in a Japanese style futon bed on tatami !

Day 2 | Saturday

- > Japanese style breakfast at the Ryokan
- > Visit the rice farmer in the valley
- > Introduction to the rice farming process with a focus on harvesting
- > oBento picnic lunch in the rice fields
- > Hands-on experience on rice farming by hand and by machine
- > Visit an old farmer's house and meet local people for a tea break
- > Learn how to properly cook Japanese rice
- > Return to the Ryokan and relax in the Onsen
- > Traditional Japanese music performance
- > Enjoy a traditional Kaiseki dinner - a highly-refined style of Japanese cuisine
- > Good night in a Japanese style futon bed on tatami !

Day 3 | Sunday

- > Japanese style breakfast at the Ryokan
- > Transfer by car to the salt road - UNESCO GeoSite
- > Guided hiking along the historical salt road to the little lake
- > oBento lunch at the little lake
- > Return back to the parking lot
- > Transfer by car to the pottery artist
- > Pottery making – your own rice bowl
- > Return back to the city center for drop off

End of program