



# KANAZAWA



*Discover your treasure experience program*

Tourism Promotion Section, City of Kanazawa  
Kanazawa City Tourism Association  
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


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# Geisha Evenings Private Plan

## ✓ Outline

In this event, you can see the live performances of singing, dancing by geisha and interact with them at Kaikaro, the largest teahouse in Higashi Chaya District, Kanazawa. Humorous talks about geisha culture and teahouse customs, given by the landlady of Kaikaro in English without an interpreter, are noteworthy. The event is held during the evening hours, so that the atmosphere of the original “Ozashiki”, or drinking play with geisha, can be experienced in a more realistic way. Normally closed to first-time visitors, this teahouse offers a chic Kanazawa experience, as enjoyed by upper-class merchants and business masters.

## ✓ Highlights

- The teahouse, which is normally closed to first-time visitors, is rented out for the event.
- Enjoy live performances of authentic dance and music by geisha in a traditional setting.
- Enjoy humorous talks by the landlady of the teahouse in English

Program	Meet and break up at Kaikaro ( <a href="https://www.geishaevenings.jp/">1-14-8 Higashiyama, Kanazawa</a> ) *Doors open 30 min prior to the start time (gather 15 min prior) <ul style="list-style-type: none"> <li>• Greeting in English by the landlady</li> <li>• Enjoy a performance of song and dance by the geisha</li> <li>• The secrets of teahouse culture and geisha explained in English (between dances)</li> <li>• Interact with the geisha</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	Year-round (request-based)		
Minimum Participants	2	Maximum Participants	20
Private Reservation	Private only	Number of people required for a private reservation	2-30
Included in the Price	/		
Not Included	Food, drinks		
Available languages	English		
Allergy Support	/		
Organizer	Geisha Evenings Project Office Executive Secretariat (Artex Inc.)		
URL	<a href="https://geishaevenings.jp/">https://geishaevenings.jp/</a>		





# Geisha Entertainment (with meal)



## ✓ Outline

Enjoy the geishas' elegant dance performances and songs at a *chaya* teahouse. Usually one cannot enter without an introduction by a known guest. You will get a unique chance to interact with *geigi* – Kanazawa geisha performers –, and savor a special bento box made from seasonal ingredients by a well-established restaurant.

## ✓ Highlights

- A chance to watch a performance by *geigi* in a relaxed atmosphere with a small group of people, something usually only possible if you are introduced to the store.
- A pleasant talk with the *geigi* during dinner, followed by *zashiki* party games, such as playing with a taiko drum.
- An atmospheric space with a view of the garden, created by renovating a 100 year old house
- For private use, the content of the experience can be changed to accommodate your request (e.g., to watch singing and dancing for a long time, or to enjoy the Ozashiki taiko drums for a long time)

Program	17:50 Meet at "In Kanazawa House" ( <a href="#">1-4-28 Hosai, Kanazawa</a> ) 18:00–18:15 Watch singing and dancing 18:15–19:00 Dinner and a pleasant talk with the Kanazawa <i>geigi</i> 19:00–20:00 Ozashiki party games and commemorative photo 20:00 Break up at In Kanazawa House <span style="float: right;">( Duration: approx. 2 hr )</span>		
Conducted date	Year-round		
Minimum Participants	6	Maximum Participants	14
Private Reservation	Possible	Number of people required for a private reservation	2–14
Included in the Price	Geisha, dinner (a special bento box from a well-established restaurant)		
Not Included	Drinks (some soft drinks and alcoholic drinks are available)		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/experience/geigi.html">https://www.in-kanazawa.com/experience/geigi.html</a>		





# An Evening Out in the Nishi Chaya District

## *Dinner and traditional games with geisha*

### ✓ Outline

Spend your evening in a thoroughly Japanese fashion. The night will start with a dinner of seasonal sashimi, sushi, or grilled fish in a private room at a well-established sushi restaurant. Chat with the owner as he prepares your food right in front of you and get your fillet of fish in a cozy, private environment. After dinner, the night will take you to the Kanazawa Nishi Chaya district, one of the three tea districts in Kanazawa, where you can enjoy Kanazawa nighttime activities and teahouse culture. Geigi, as geisha is called in Kanazawa, will serve your sake, perform dances, talk with you, and play music on the shamisen. Join them in games as you try hitting a taiko drum in the right rhythm.

### ✓ Highlights

- Listen to profound stories on sushi by chef that have honed their skills over many years of training, as you enjoy Japanese food in a fashionable counter-seating style private room with views of a beautiful garden.
- Exquisite sushi with carefully selected bowls, rice cooked over firewood and seasonal fish at its best in every season.
- Try out ozashiki taiko drumming to the “Ohya!” call of geigi while being instructed.

Program	17:30 Pick-up at your accommodation (within Kanazawa city) or at Kanazawa Station west exit 18:00–19:30 Sentori-sushi restaurant 19:30–20:00 Take a taxi 20:00–21:30 Asanoya teahouse in Nishi Chaya district 22:00 Drop-off at your accommodation or at Kanazawa station ( Duration: approx. 5 hr )		
Conducted date	Except Thursdays		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Private only	Number of people required for a private reservation	2–6
Included in the Price	Transport (to and from hotel or Kanazawa station), private guide, dinner, and 1 drink at Asanoya, <i>chaya</i> teahouse		
Not Included	Drinks		
Available languages	English, Spanish		
Allergy Support	/		
Organizer	Kanazawa Adventures Inc.		
URL	<a href="https://kanazawaadventures.com/experience/">https://kanazawaadventures.com/experience/</a>		



## Samurai Culture and Sword Experience

### ✓ Outline

Five authentic Japanese swords have been passed down through the Kaga domain and the Shijimaya family. We will disassemble them and explain their charm and how they are made with video clips. You will also learn how to handle them safely and experience their beauty, charm and weight. You can also experience the basic movements with an replica sword in your *lai-hakama* trousers and have your photo taken (optional). Finally, there will be a demonstration of test cutting with a real Japanese sword. The building and garden of the main shop of Shijimaya Honpo, a traditional townhouse more than 100 years old, can also be enjoyed.

### ✓ Highlights

- Explanation and demonstration of the Japanese sword by the head of the family, who is a qualified iai practitioner.
- Experience the charm of a real Japanese sword in your own hands.
- Wear an iai-hakama trousers and have your photo taken with an replica sword (optional).

Program	Between 9:30–18:00 Meet and break up at Shijimaya Honpo Yayoi Main Store ( <a href="#">1-17-28 Yayoi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Disassemble and explain Japanese swords (~30 min)</li> <li>• View real Japanese swords (~30 min)</li> <li>• Take photos and demonstration (~30 min)</li> </ul> <p style="text-align: right;">( Duration: approx. 90 min )</p>		
Conducted date	February to October, everyday except the 1st Sunday of every month *Negotiable from November to February		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Private only	Number of people required for a private reservation	2–6
Included in the Price	/		
Not Included	/		
Available languages	English (Other languages: Translation device)		
Allergy Support	Allergies can be accommodated to the extent possible, e.g. allergy-friendly, vegetarian, etc., when ordering the fermented healthy lunch option (on request).		
Organizer	Shijimaya Honpo Inc.		
URL	<a href="https://www.kabura.jp/contents/samurai/">https://www.kabura.jp/contents/samurai/</a>		



# Kanazawa Matsuri Night

## ✓ Outline

Matsuri Night is an opportunity to watch and experience the Kaga Lion Dance, a traditional performing art still practised today in Kanazawa. The dance featuring a powerful performance with a large lion's head, a heroic performance of lion killing called "bofuri", and the movements of the "kaya" that supports the lion's body part by the Kaga Lion Dance Preservation Association in Ono-machi, Kanazawa, which is responsible for the festival. Visitors can also interact with members of the preservation association while enjoying festival food and locally brewed sake. The festival finale concludes with the reading of the catalogue, creating an unforgettable moment.

## ✓ Highlights

- Be enchanted by this special performance of the Kaga Lion Dance, which can usually only be seen at local festivals or on special occasions, as it is performed by 6 to 10 professional members of the Kaga Lion Dance Preservation Association.
- The Kaga lion head, costumes and musical instruments, which normally cannot be paraded outside of festivals, are genuine items used in actual festivals.
- Meals are recreations of local dishes actually served at local festivals.

Program	18:50 Meet at "In Kanazawa House" ( <a href="#">1-4-28 Hosai, Kanazawa</a> )		
	19:00–19:05 Explanation and introduction of the history of Kaga lions and festivals, performances, acting roles and members		
Program	19:05–19:15 Viewing the Kaga lion dance performances		
	19:15–19:50 Wearing festival costumes, experiencing the lion dance performance and interacting with the performers		
	19:50–20:30 Enjoying local delicacies such as <i>matsuri</i> sushi (pressed sushi for festival) and <i>berobero</i>		
	20:30 Break up at In Kanazawa House ( Duration: approx. 90 min )		
Conducted date	Except July and August		
Minimum Participants	10	Maximum Participants	20
Private Reservation	Possible	Number of people required for a private reservation	10–20
Included in the Price	Dinner (pressed sushi or local cuisine)		
Not Included	Drinks (some soft drinks and alcoholic drinks are available)		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/">https://www.in-kanazawa.com/</a>		



# Samurai Celebration Experience in Kanazawa

## ✓ Outline

Kanazawa is a town in which samurai culture remains alive to this day. In this tour, you get the chance to experience the real wedding traditions that the samurai once performed. Women will change into traditional bridal kimono and men into hakama. You will receive an explanation about the traditional wedding ceremony at the shrine before walking in a bridal procession at Higashi Chaya District (the preserved area of important traditional buildings). After the bridal procession, you can enjoy authentic Kaiseki cuisine (Japanese traditional course meal) at a well-established Kanazawa restaurant, and listen to the chef's explanations of the food as you eat.

## ✓ Highlights

- The shrine priest will perform a purification ritual and teach you about the wedding ceremony at a shrine connected to the Maeda clan, the samurai family that ruled over Kanazawa.
- Bridal procession in Higashi Chaya district, where the historical townscape largely remains.
- Enjoy authentic kaiseki cuisine in a long-established ryotei restaurant with traditional artisanal vessels, which even the samurai used to eat.
- You will receive a photo album, photo data and wedding gift confectionery.



Program	15:30	Pick-up at your accommodation (within Kanazawa city) or at Kanazawa Station	
	16:00–	Change clothes at the shrine	
Program	17:15–	Be purified and learn about the traditional wedding ceremony from the shrine priest.	
	17:45–18:15	Walk in a bridal procession at Higashi Chaya District (In case of bad weather, a wedding ceremony-style tea party will be held instead.)	
Program		* Professional photographers take photos during the bridal procession.	
	18:20–	Take a taxi to the restaurant	
Program	18:30–19:00	The bride walks through the bridal curtain “Hanayome Noren”, then changing clothes	
	19:00–	Eat traditional wedding food with explanations by the chef. Receive a photo album, the data for the photo's and wedding sweets	
Program	21:00	Drop-off at your accommodation or at Kanazawa station ( Duration: approx. 5 hr )	
	Conducted date	Weekdays	
Minimum Participants	2	Maximum Participants	2
	Private Reservation	Private only	Number of people required for a private reservation 2
Included in the Price	Kimono rental, make-up, kimono fitting, photography, photo booklets (3 books), photo data(a careful selection of the photo's taken), a private guide, transport, Shinto service, wedding sweets		
Not Included	/		
Available languages	English, Spanish		
Allergy Support	Vegetarian menus and allergies can be accommodated (Consult with us at the time of booking)		
Organizer	Kanazawa Adventures Inc.		
URL	<a href="https://kanazawaadventures.com/experience/">https://kanazawaadventures.com/experience/</a>		

# Photo Wedding Tour

## ✓ Outline

This is a special tour for couples. Wear traditional Japanese clothing and take commemorative photos at famous locations such as Kanazawa Castle. Participants will have their hair and make-up done professionally, and change into kimono and *hakama* trousers. At the end of the tour, they will receive photo data and three photos taken of them at famous locations in Kanazawa in print.

## ✓ Highlights

- Wearing traditional Japanese wedding costumes, commemorative photo shoots at Kanazawa's famous tourist attractions, Kenrokuen Garden and 21st Century Museum of Contemporary Art, Kanazawa
- Make-up, hair arrangement and kimono dressing at a wedding parlor



Program	9:30 Pick-up at your accommodation (within Kanazawa city) or at Kanazawa Station		
	10:00–13:30 Kimono dressing, hair and makeup at wedding shop		
Conducted date	14:00–16:00 Two photo locations (Kenrokuen Garden and 21 <sup>st</sup> Century Museum of Contemporary Art, Kanazawa)		
	*In case of bad weather, the shooting locations may be changed to a photo studio.		
Minimum Participants	18:20 Change of clothes, drop-off at your accommodation or at Kanazawa station		( Duration: approx. 8 hr )
	Weekdays		
Private Reservation	2	Maximum Participants	2
Included in the Price	Private only	Number of people required for a private reservation	2
Not Included	Kimono rental, kimono wearing, hair and make-up, photography fee, 3 photos, photo data (a careful selection of the photo's taken), transport, a private guide		
Available languages	/		
Allergy Support	/		
Organizer	Kanazawa Adventures Inc.		
URL	<a href="https://kanazawaadventures.com/experience/">https://kanazawaadventures.com/experience/</a>		

## Shinsen Art Calligraphy art workshop

### ✓ Outline

Discover the joy of calligraphy art at the Hokku-ji temple near Kenroku-en garden. Create calligraphy art using the words of Kitakata Shinsen, the calligrapher who started this temple, in a moment of mindfulness and peace. You can also opt for additional Buddhist or matcha experience.

### ✓ Highlights

- You can write your own calligraphy work while looking at examples of Kitakata Shinsen (1850–1905), who was a Buddhist monk as well as one of the main calligraphers of his time and created his own unique calligraphy style
- In calligraphy, the act of writing a word is a very deliberate and calming thing. When you copy someone’s writing, you start with observing the letters. You become one with the brush and try to focus on the here and now before you even put the brush to the paper.

Program	Between 9:00–18:00 Meet and break up at Shinsen Hall in Hokku-ji Temple ( <a href="#">7-10 Kosho-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Listen to an explanation of the materials</li> <li>• Select a word from the works of Kitakata Shinsen</li> <li>• Join the calligraphy art workshop (facilitated by Sangha monks)</li> <li>• Take a commemorative photo with your work (optional)</li> </ul> *Time and date needs to be discussed in advance (reservation required) ( Duration: approx. 30–45 min )		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	8–16
Included in the Price	/		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Shinsen no Oka at Hokku-ji Temple		
URL	<a href="http://shinsen-art.com/">http://shinsen-art.com/</a>		



# Shinsen Mindfulness



## ✓ Outline

Relax with this meditative program centered around calligraphy art at Hokku-ji temple, near Kenroku-en garden. This mindfulness session is based on fundamental Buddhist thought and the creation of art using the words of Kitakata Shinsen, the calligrapher who built Hokku-ji temple. Matcha tea and Japanese confectionary are included.

## ✓ Highlights

- Rediscover yourself through meditation, Buddhism, and calligraphy.
- During a mini-lecture about Buddhism, discover the meaning of the Buddhist chant “Namu Amida Butsu”.
- Through chanting it yourself, you can experience a part of Buddhism.
- You can also experience a relaxing Japanese moment with matcha.

Program	Between 9:00–18:00 Meet and break up at Shinsen Hall in Hokku-ji Temple ( <a href="#">7-10 Kosho-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Self-reflection Workshop preparation (~10 min)</li> <li>• Explanation of Kitakata Shinsen, selecting a word that fits your way and theme of life, calligraphy Art Workshop (~30 min)</li> <li>• Mini lecture on Buddhism, how to hold the prayer beads and how to use incense, meditation (~40 min)</li> <li>• Retrospection over matcha tea and Japanese sweets, commemorative photograph (~10 min)</li> </ul> *Time and date needs to be discussed in advance (reservation required) ( Duration: approx. 90–100 min )		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	7–10
Included in the Price	matcha and sweets		
Not Included	/		
Available languages	English		
Allergy Support	Impossible		
Organizer	Shinsen no Oka at Hokku-ji Temple		
URL	<a href="http://shinsen-art.com/">http://shinsen-art.com/</a>		



# Let's Enjoy Calligraphy!

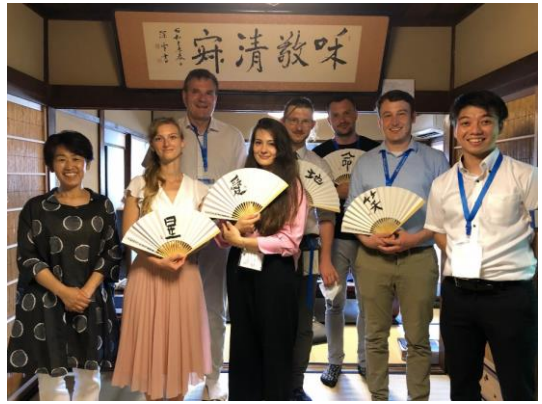
✓ **Outline**

Experience writing Japanese kanji characters on *uchiwa* round fan or *sensu* folding fan with brush and ink. After choosing and practicing the character you like, write it neatly on uchiwa round fan or sensu folding fan. Learn how to write calligraphy whose career spans for 40 years, from a local calligrapher who is an ex-elementary school teacher and the current owner of Sofuan. The venue is a 90-year-old tasteful Kanazawa machiya (traditional merchant's house). We also have all the necessary tools readily available so you can experience calligraphy firsthand and take the finished work home immediately.

✓ **Highlights**

- Enjoy a lighthearted calligraphy experience.
- Receive careful instruction, so even if you never held a brush, you can complete a piece before you go home.
- Take a tour of a traditional Japanese architecture in this house decorated with traditional craft art pieces.

Program	Between 10:00–18:00 Meet and break up at Sofuan ( <a href="https://www.kanazawa-sofuan.jp">17-10 Nishi-cho-yonban-cho, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Learn about the workshop (~2 min)</li> <li>• Learn the origin of characters, the history of calligraphy and its tools (~5 min)</li> <li>• Select letters and practice (~40 min)</li> <li>• Make a clean copy to finish your work (~10 min)</li> <li>• Commemorative photo (~5 min)</li> </ul> ( Duration: approx. 60 min )		
Conducted date	Year-round when the facility is available (Sofuan also serves as accommodation so the workshop cannot be held if there are guests)		
Minimum Participants	1	Maximum Participants	6
Private Reservation	Private only	Number of people required for a private reservation	1–6
Included in the Price	One uchiwa (or sensu) fan, calligraphy tools (rent-out)		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Sofuan		
URL	<a href="https://www.kanazawa-sofuan.jp/calligraphy-reservation/">https://www.kanazawa-sofuan.jp/calligraphy-reservation/</a>		





## Let's Enjoy Tea Ceremony!

### ✓ Outline

Experience the spirit of tea ceremony and taste matcha tea and Japanese confectionery for tea ceremonies in a 90-year-old tasteful Kanazawa *machiya* (traditional merchant's house). Matcha is served two times. First you will drink tea prepared by the instructor, and then you will make your own matcha tea. You can experience Japanese gestures such as entering and leaving the Japanese room and greetings.

### ✓ Highlights

- Enjoy a lighthearted tea ceremony in a traditional machiya house.
- Instruction on basic manners is provided in an easy-to-understand way for first-timers.
- You can make your own matcha tea.



Program	Between 10:00–18:00 Meet and break up at Sofuan ( <a href="https://www.kanazawa-sofuan.jp/">17-10 Nishi-cho-yonban-cho, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Learn about the workshop (~5 min)</li> <li>• Lectures on entering and leaving the tearoom, and greetings (~5 min)</li> <li>• Taste Japanese sweets and drink matcha tea (~25 min)</li> <li>• Make and drink your own matcha tea (~20 min)</li> <li>• Commemorative photo (~5 min)</li> </ul> <p style="text-align: right;">( Duration: approx. 60 min )</p>		
Conducted date	Year-round when the facility is available (Sofuan also serves as accommodation so the workshop cannot be held if there are guests)		
Minimum Participants	1	Maximum Participants	6
Private Reservation	Private only	Number of people required for a private reservation	1–6
Included in the Price	Matcha tea (2 bowls) , Japanese sweets (2 kinds)		
Not Included	/		
Available languages	English		
Allergy Support	Impossible		
Organizer	Sofuan		
URL	<a href="https://www.kanazawa-sofuan.jp/">https://www.kanazawa-sofuan.jp/</a>		

# Tea Ceremony at 400-year-old Samurai Garden

## ✓ Outline

Experience the tea ceremony at Saisetsu-tei, Kanazawa's oldest tearoom, where you can drink matcha tea prepared right in front of you, followed by the experience of making your own matcha.

## ✓ Highlights

- Experience two types of tea, one prepared by the tea master and the other by yourself.
- For beginners, staff will politely teach you manners and etiquette.

Program	1) 11:00–12:00 2) 14:00–15:00 Meet and break up at Nishida Family Gyokusen-en Garden ( <a href="#">8-3 Kosho-machi, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Tea ceremony with matcha experience (incl. <i>namagashi</i> fresh Japanese sweets)</li> <li>• Tea whisking experience with <i>higashi</i> dried Japanese sweets (Duration: approx. 60 min)</li> </ul>		
Conducted date	Except winter closures (25th December to the end of February)		
Minimum Participants	2	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	2–10
Included in the Price	Admission fee, Matcha tea (2 bowls) , Japanese sweets (2 kinds)		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Nishida Family Garden Preservation Society		
URL	<a href="https://gyokusen-en.net/tea-ceremony/">https://gyokusen-en.net/tea-ceremony/</a> (Japanese)		



## Making Japanese Sweets & Authentic Tea Ceremony in Tearoom

### ✓ Outline

Kanazawa is known as one of the three best cities in Japan for confectionery. Japanese pastry chef will explain and teach you how to make Japanese sweets, while you make them designed to suit the season at the Former Nakamura House, an annex to the Kanazawa Nakamura Memorial Museum, which boasts enormous items for tea ceremony and crafts collection. After that, you will experience an authentic tea ceremony in "Kounan" tearoom on the same premises, where you will learn the tea ceremony etiquette from the master and enjoy Japanese sweets you have made. A genuine experience unique to Kanazawa, a city of samurai culture

### ✓ Highlights

- Private, friendly and polite instruction by Japanese pastry chef
- Experience tea ceremony in the tea room while eating Japanese sweets you have made yourself
- Time can be adjusted due to private reservation



Program	Meet up at Former Nakamura-tei House ( <a href="#">3-2 Honda-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Making 2 pieces of Japanese sweets with a Japanese pastry chef (~45 min)</li> <li>• Move to a tea room on the same premises</li> <li>• Tea ceremony in "Koun-an" tearoom</li> </ul> Break up at Koun-an tearoom (3-2 Honda-machi, Kanazawa) ( Duration: approx. 2 hr )		
Conducted date	Year-round *on request		
Minimum Participants	6	Maximum Participants	12
Private Reservation	Private only	Number of people required for a private reservation	6-12
Included in the Price	Facility fee		
Not Included	Transport		
Available languages	English		
Allergy Support	/		
Organizer	Maruichi Kanko Inc.		
URL	<a href="https://greentours.maruichi-gp.co.jp/">https://greentours.maruichi-gp.co.jp/</a>		

# Tea Ceremony Experience and Etiquette Workshop

## ✓ Outline

Chanoyu, Japanese tea ceremony, begins with a cup of tea. Experience a part of the tea ceremony that has been perfected as a culture with a sense of beauty such as "Kotan-bi", beauty in subdued refinement or "Seijaku-bi", beauty in tranquility based on its unique form and the spiritual background of Zen. You can experience the ways in which formal tea ceremonies change depending on the season and learn the proper way to drink tea, how to stand, how to behave and how to considerate of the neighbours.

## ✓ Highlights

- Tea gathering allows you to experience the heart of tea ceremony, to learn the consideration that it teaches and which you can apply in your day to day life, and to take a moment to feel in harmony with nature.
- Held in a tranquil tearoom inside a 100-year-old *machiya* traditional townhouse where you can learn and taste tea at leisure

Program	1) 10:30–11:30 2) 13:00–14:00 3) 15:00–16:00 (gather 10 min prior) Meet and break up at Machiyajuku ( <a href="http://www.machiyajuku.com/">1-34-6 Higashiyama, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Learn Japanese tea ceremony etiquette: how to open the sliding door, how to walk on the tatami, how to observe the tea room and tea ceremony items,...)</li> <li>• Participate in a traditional tea gathering: learn how to enjoy tea, how to drink the tea and how to eat the sweets (If you wish, you can also try your hand at making tea.)</li> </ul>		
	( Duration: approx. 1 hr )		
Conducted date	Except Thursdays		
Minimum Participants	2	Maximum Participants	15
Private Reservation	Possible	Number of people required for a private reservation	1–15
Included in the Price	Matcha tea (2 bowls) , Japanese sweets (2 kinds)		
Not Included	/		
Available languages	English		
Allergy Support	Optional vegetarian dishes can be accommodated for allergies if requested at the time of reservation.		
Organizer	Machiyajuku		
URL	<a href="http://www.machiyajuku.com/">http://www.machiyajuku.com/</a> (Japanese)		



# Kimono and Tea Ceremony Workshop

## ✓ Outline

Experience the tea ceremony wearing a high-quality kimono and having tea in an authentic tea room. Chanoyu, Japanese tea ceremony, begins with a cup of tea. Experience a part of the tea ceremony that has been perfected as a culture with a sense of beauty such as "Kotan-bi", beauty in subdued refinement or "Seijaku-bi", beauty in tranquility based on its unique form and the spiritual background of Zen. You can also learn the Japanese culture of hospitality, how to receive tea and sweets, and how to behave during the tea ceremony.

## ✓ Highlights

- A tea gathering allows you to experience the heart of tea ceremony, to learn the consideration that it teaches and which you can apply in your day to day life, and to take a moment to feel in harmony with nature.
- Held in a tranquil tearoom where you can learn and taste tea at your leisure.
- Experience a tea ceremony in a fine kimono made for a tea gathering.

Program	1) 10:30–12:00 2) 13:00–14:30 (gather 10 min prior) Meet and break up at Machiyajuku ( <a href="http://www.machiyajuku.com/">1-34-6 Higashiyama, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Change into kimono (~30 min)</li> <li>• Tea ceremony experience : learn how to walk on tatami mats, how to observe the tea room and the tea ceremony tools, how to drink tea, how to eat sweets, and more. (~60 min)</li> </ul> ( Duration: approx. 90–120 min )		
Conducted date	Except Thursdays		
Minimum Participants	1	Maximum Participants	5
Private Reservation	Possible	Number of people required for a private reservation	1–5
Included in the Price	Kimono rental, kimono fitting, matcha tea (2 bowls) , Japanese sweets (2 kinds)		
Not Included	/		
Available languages	English		
Allergy Support	Optional vegetarian dishes can be accommodated for allergies if requested at the time of reservation.		
Organizer	Machiyajuku		
URL	<a href="http://www.machiyajuku.com/">http://www.machiyajuku.com/</a> (Japanese)		



## Tailor-made Incense Workshop

### ✓ Outline

In this workshop, dozens of precious Chinese herbal incense materials and fragrant wood (sandalwood, agarwood) are sniffed, followed by counselling in a relaxing atmosphere by an expert in incense and psychology. You will create individualized incense in accordance with your own emotions and physical condition. Afterwards, the fragrant wood is burnt with incense charcoal and you experience their fragrance and feel at ease. The incense is tailor-made and created to suit each individual's emotional and physical state.

### ✓ Highlights

- Use rare natural medicinal herbs to make your own protective incense.
- Experience purifying and healing scents in a nostalgic and comfortable Japanese space.
- The unique and fun counselling session is full of laughter and tears, and helps you face yourself.

Program	1) 10:30–12:30 2) 13:30–15:30 (gather 10 min prior) Meet and break up at Machiyajuku ( <a href="http://www.machiyajuku.com/">1-34-6 Higashiyama, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Smelling of Chinese herbal incense materials and fragrant wood, and counselling by an expert in incense and psychology</li> <li>• Burning natural fragrant wood with incense charcoal and enjoying its aroma</li> <li>• Tailor-made preparation and creation of incense</li> <li>• Teaching how to use the incense you have made</li> </ul> ( Duration: approx. 2 hr )		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	3
Private Reservation	Private only	Number of people required for a private reservation	1–3
Included in the Price	Materials(incl. aromatic wood and traditional medicine), seasonal Japanese sweets, matcha		
Not Included	Incense case		
Available languages	English		
Allergy Support	Optional vegetarian dishes can be accommodated for allergies if requested at the time of reservation.		
Organizer	Machiyajuku		
URL	<a href="http://www.machiyajuku.com/">http://www.machiyajuku.com/</a> (Japanese)		



# Kōdō Incense Aroma Experience

## ✓ Outline

Kōdō is one of Japan's three major performing arts, alongside flower arrangement and tea ceremony. It is "the Way of Fragrance"; an artistic way to decipher the subtle differences in *kōboku* (fragrant wood) while enjoying scents that are connected to waka poetry, history and the seasons. This workshop includes three types of simple incense. Participants will have an elegant experience with high artistry and are given a chance to enjoy the delightful bond between fragrances and literature. Join in a non-competitive variety of a traditional *kōdō* game in the relaxed and open space we prepared at our store.

## ✓ Highlights

- Enjoy the peace of kōdō: one of the three classical Japanese arts of refinement
- Learn about the minute differences between fragrant woods as you try to guess the different aromas in this traditional game of incense

Program	Between 10:30–15:30 (gather 10 min prior) Meet and break up at Koho Kyara ( <a href="#">19-17 Takaoka-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Incense Explanation (~10 min)</li> <li>• Incense Experience: testing 3 types of scents and discerning their differences (~30 min)</li> <li>• Q&amp;A (~10–15 min)</li> </ul> ( Duration: approx. 1 hr )		
Conducted date	Except 1st, 3rd, 5th Wednesday of every month and year-end and New Year holidays *Other days may also be unavailable due to the instructor's schedule. Please inquire in advance.		
Minimum Participants	2	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	2–10
Included in the Price	Material (fragrant wood) fee		
Not Included	Interpreter's fee		
Available languages	None *Translation device available		
Allergy Support	/		
Organizer	Koho Kyara		
URL	<a href="https://www.kyara.co.jp/experience">https://www.kyara.co.jp/experience</a>		



# BUDO (Martial Arts) Experience

## Try authentic “Kendo”, swordsmanship

✓ **Outline**

Focusing on the martial arts that originated in Japan, in this workshop you will experience kendo, which has both a sporting aspect and a Japanese spiritual aspect. Participants will wear a real mask and *kote* gauntlet, and will be carefully guided by Enoki, a 7<sup>th</sup> Dan kendo instructor. Participants will also be able to observe the instructor's practical skills and receive a certificate of completion after the experience is over.

✓ **Highlights**

- Spar with a bamboo sword in *hakama* and *sashiko* costume.
- Experience the feeling of being a samurai
- Enjoy a serious and tension-filled kendo demonstration
- Certificate of completion will be issued



Program	Between 10:00–11:30 (gather 30 min prior) Meet and break up at Saishikan ( <a href="#">1-14-102 Sakurada-cho, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Learning about Kendo: (~60 min)</li> <li>• Kendo fight demo: viewing Kendo <i>Kata</i>* and traditional Kendo performance (~15 min) *Kendo Kata are fixed patterns that teach Kendo practitioners the basic elements of swordsmanship. The first seven <i>kata</i> patterns use <i>tachi</i>, a long wooden sword, for both student and teacher. The last three <i>kata</i> patterns use <i>tachi</i> for the teacher and <i>kodachi</i>, a shorter one, for the student.</li> <li>• Commemorative photos and Observing training armors (15 min)</li> </ul> ( Duration: approx. 90 min )		
Conducted date	On request		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Possible	Number of people required for a private reservation	2–6
Included in the Price	Experience Fees/Insurance		
Not Included	Private car or shuttle for hire can be arranged for guests upon request		
Available languages	None *Must be accompanied by interpreter (interpreter can be arranged on request)		
Allergy Support	/		
Organizer	Maruichi Kanko, Co. Ltd.		
URL	<a href="https://www.maruichi-gp.co.jp">https://www.maruichi-gp.co.jp</a>		



# BUDO (Martial Arts) Experience

## Try your hand at “Kyudo”, traditional archery

### ✓ Outline

Focusing on the martial arts that originated in Japan, in this workshop you will experience kendo, which has both a sporting aspect and a Japanese spiritual aspect. Participants will wear a hakama, and will be carefully guided by members of Ishikawa Prefecture Kyudo Federation. Participants will also be able to shoot arrows at a target and receive a certificate of completion after the experience is over.

### ✓ Highlights

- Wear a *hakama* and shoot real arrows
- Enjoy a traditional archery demonstration
- Certificate of completion will be issued



Program	1) 10:00–11:30 2) 13:00–14:30 (gather 10 min prior) Meet and break up at Kenrokuen Garden Archery Field ( <a href="#">18-1 Ishibiki, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Learn the basics of kyudo under the instruction of experts from Ishikawa Prefectural Kyudo Federation</li> <li>• A rare chance to wear a “hakama” costume during your experience</li> <li>• Practice to shoot arrows at a target (up to 4 arrows)</li> <li>• Receive an official certificate of completion</li> </ul> <p style="text-align: right;">( Duration: approx. 90 min )</p>		
Conducted date	Year-round (except for Japanese holidays)		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Possible	Number of people required for a private reservation	2–6
Included in the Price	Experience fees, traditional “tabi” socks, insurance, experience certificate		
Not Included	Private car or shuttle for hire can be arranged for guests upon request		
Available languages	None *Must be accompanied by interpreter (interpreter can be arranged on request)		
Allergy Support	/		
Organizer	Maruichi Kanko, Co. Ltd.		
URL	<a href="https://www.maruichi-gp.co.jp">https://www.maruichi-gp.co.jp</a>		

# Kanazawa Home Cooking Workshop

## Cook a local meal with fresh ingredients



### ✓ Outline

The “In Kanazawa House” is a traditional Edo period building which used to be a dye house. Join us here for a cooking experience and learn how to cook local, daily dishes and regional cuisine with seasonal ingredients purchased from Omicho market. A local food researcher and expert in Kanazawa food culture will be your instructor.

### ✓ Highlights

- Learn about Kanazawa food culture from a local food expert.
- Local cuisine using local ingredients such as Kaga vegetables can also be enjoyed.
- Experience the meticulous attention to details using Kutani ware and Wajima lacquerware in a nearly 100-year-old Kanazawa *machiya* townhouse.
- After dinner, you can also take a tour of the studio and co-working space in the townhouse.

Program	1) 11:00–13:00 2) 13:00–15:00 (gather 10 min prior) Meet at “In Kanazawa House” ( <a href="#">1-4-28 Hosai, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Program explanation and <i>machiya</i> (traditional merchant’s house) tour (~10 min)</li> <li>• Hands-on cooking experience (~1 h)</li> <li>• Q&amp;A, photos, lunch</li> </ul> <p style="text-align: right;">( Duration: approx. 2 hr )</p>		
Conducted date	Year-round		
Minimum Participants	6	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	2–10
Included in the Price	Ingredients, cooking tools, aprons, etc. which are necessary for the cooking workshop, tea		
Not Included	/		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/experience/walkin.html">https://www.in-kanazawa.com/experience/walkin.html</a>		



# Handball Sushi Making Workshop

## ✓ Outline

Make colorful, cute sushi balls called *Temari Sushi* using fresh seafood, meat, seasonal vegetables and fruit. Create your own original sushi with your preferred ingredients in a tasteful *machiya* (traditional merchant's house).

## ✓ Highlights

- Make *temari* sushi with your own choice of over 10 different ingredients, including fresh fish, fruits and vegetables from the local market.
- Learn about Kanazawa food culture from a local food expert.
- Experience the meticulous attention to details using Kutani ware and Wajima lacquerware in a nearly 100-year-old Kanazawa *machiya* merchant's house.

Program	11:50	Meet at "In Kanazawa House" ( <a href="#">1-4-28 Hosai, Kanazawa</a> )	
	12:30	Orientation	
	12:30–13:00	Sushi ball making	
	13:00–13:30	Lunch & Kaga bocha (twig tea)	
	13:30	Break up at In Kanazawa House	
( Duration: approx. 90 min )			
Conducted date	Year-round		
Minimum Participants	6	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	2–10
Included in the Price	Ingredients, cooking tools, aprons, etc. which are necessary for the cooking workshop, tea		
Not Included	/		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/experience/temari.html">https://www.in-kanazawa.com/experience/temari.html</a>		



# Omicho Market Tour and Cooking Workshop



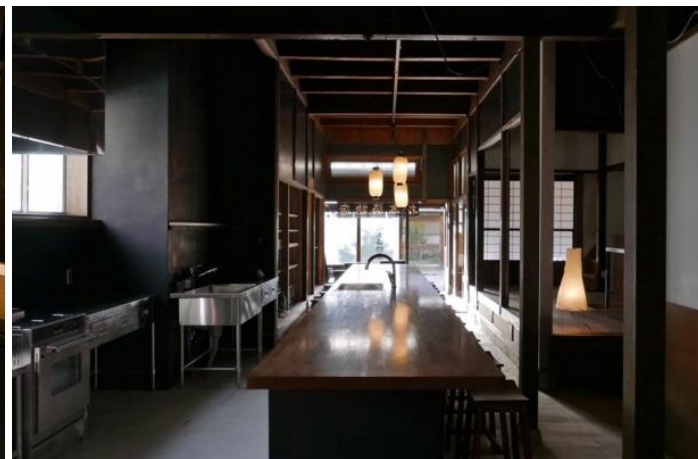
### ✓ Outline

This experience includes a tour of Omicho market, casual talk with the market workers, and a cooking class with local fresh ingredients. A local food researcher and expert in Kanazawa food culture will guide you through the market and teach you how to cook local food (soup and three kinds of dishes) using local seasonal ingredients.

### ✓ Highlights

- Introduction of seasonal ingredients and delicious ways to eat them from professional connoisseurs in the market shops, which have been open for 300 years.
- At a fish shop, greengrocer's (fruits and vegetables) shop and dry goods shop, visitors are introduced to recommended seasonal ingredients and ways to eat them by shopkeepers, and at the fish shop, visitors can see how fish are sliced.
- Cooking local dishes using the ingredients introduced at the market.
- A local cookery expert, who knows the market inside out, guides visitors through the market and shows them how to cook.
- Cooking and tasting in a kitchen studio in a renovated 100-year-old townhouse.

Program	9:50 Meet at the front of Mister Donuts at Omicho Market ( <a href="#">50 Kamiomi-cho, Kanazawa</a> ) 10:00–10:40 Orientation and Omicho market tour 10:40–10:50 Walk to “In Kanazawa House” (1-4-28 Hosai, Kanazawa) 10:50–11:50 Cooking experience at In Kanazawa House 11:50–12:20 Lunch (the menu may differ, depending on the season) 12:30 Break up at In Kanazawa House ( Duration: approx. 2.5 hr )		
Conducted date	Except Wednesdays (when the market is closed)		
Minimum Participants	6	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	2–10
Included in the Price	Ingredients, cooking tools, aprons, etc. which are necessary for the cooking workshop		
Not Included	/		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/experience/cooking.html">https://www.in-kanazawa.com/experience/cooking.html</a>		



# Omicho Market Tour and Premium Cooking Workshop

## ✓ Outline

On this premium tour, a cookery expert, who was born and raised in Kanazawa and is well versed in the local cuisine, guides you through Kanazawa's citizens' kitchen, Omicho Market. You will experience the market as if you were Locals, just like Kanazawa people. During the cooking experience, you can learn the secrets of diverse Japanese cuisine by making Kanazawa's local, Japanese and home-cooked dishes. Ingredients for the cooking experience are carefully selected by a cookery expert, who provides the best local ingredients according to the season. The finished dishes are then enjoyed in beautifully selected dishes and in a specially set up tatami room. Special demonstration on how to make delicious *Kaga-bocha* twig tea is also available.

## ✓ Highlights

- Showing the behind-the-scenes of the market, which is usually inaccessible, while getting to know the real faces of the market workers and enjoying explanations and tastings of fresh local produce.
- If you have any Japanese dishes you would like to make, it can be arranged into a customised menu on request.
- Cookery expert teaches you techniques specific to Japanese cooking, such as how to use a knife, various peeling methods, how to make delicious soup stock and how to use a mortar and pestle.
- Premium course with fragrant *Kaga-bocha* twig tea and excellent marriage with locally brewed sake.

Program	9:50	Meet at the front of Mister Donuts at Omicho Market ( <a href="#">50 Kamiomi-cho, Kanazawa</a> )	
	10:00–10:45	Orientation and Omicho market tour	
	10:45–11:00	Take a taxi to “In Kanazawa House” (1-4-28 Hosai, Kanazawa)	
	11:00–12:00	Cooking experience at In Kanazawa House	
	12:00–13:00	Lunch	
	13:00	Break up at In Kanazawa House (Duration: approx. 3 hr)	
Conducted date	On request basis (except for year-end and New Year holidays)		
Minimum Participants	5	Maximum Participants	15
Private Reservation	Possible	Number of people required for a private reservation	5–15
Included in the Price	Ingredients, cooking tools, aprons, etc. which are necessary for the cooking workshop, transportation (between Omicho Market and “In Kanazawa House”)		
Not Included	/		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/">https://www.in-kanazawa.com/</a>		



## Cooking Experience

### - Learning about Japanese Fermentation Culture -

#### ✓ Outline

The cooking class is held in a renovated Kanazawa *machiya* (traditional merchant's house) around 120 years old. Through your Koji based cooking experience, you can deepen your understanding of Kanazawa's charm as well as Japanese culture and history.

Along with the dishes popular among people from abroad, participants are offered to cook Kanazawa local cuisines, such as *Jibun* (a traditional stewed duck dish). The recipes have ingenuity which makes it possible for you to apply what you learnt back home in your own country.

#### ✓ Highlights

- Completely private class in an elegant and tasteful *machiya house* for exclusive use
- Menus can be customized on request

Program	1) Lunch class: 11:00–14:30 2) Dinner class: 17:00–20:30 Meet and break up at Cooking Studio KANAZAWA Salon ( <a href="https://www.cookingkanazawa.com/">6-6 Musashi-machi, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Welcome drink and presentation on food culture and koji (~30 min)</li> <li>• Cooking (with occasional intermissions) (~2 hr)</li> <li>• Meal (incl. alcohol and homemade soft drinks) (~1 hr)</li> </ul> <p style="text-align: right;">( Duration: approx. 3.5 hr )</p>		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	8
Private Reservation	Private only	Number of people required for a private reservation	1–8
Included in the Price	Ingredients, cooking tools, aprons, etc. which are necessary for the cooking workshop, hand towel, drink		
Not Included	/		
Available languages	English		
Allergy Support	The menu can be arranged according to guests' dietary requirements. Vegetarian and vegan courses are available.		
Organizer	Cooking Studio KANAZAWA Salon		
URL	<a href="https://www.cookingkanazawa.com/">https://www.cookingkanazawa.com/</a>		



# The History of Japanese Traditional Fermented Food

## ✓ Outline

Shijimaya Honpo is a specialty store that has been selling fermented food for more than 140 years. The store dates back to 1875 and is especially known for its local dishes of Kabura-zushi, Daikon-zushi, and other fermented foods that have strong ties with the region. Join us on a tour of the store and learn more about fermentation and Ishikawa's traditional fermented foods as you try several types of fermented foods yourself.

## ✓ Highlights

- Traditional *machiya* merchant's house with a tasteful atmosphere, built in the early Meiji period (late 1800s).
- Learn about Ishikawa and Kanazawa's rich fermented food culture while enjoying a small plate of fermented foods.

Program	Between 9:00–18:00 Meet and break up at Shijimaya Honpo Yayoi Main Store ( <a href="#">1-17-28 Yayoi, Kanazawa</a> ) • Enjoy a detailed explanation, a tour of the store, and food tasting ( Duration: approx. 30 min )		
Conducted date	February to October, everyday except the 1st Sunday of every month *Negotiable from November to January		
Minimum Participants	4	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	4–10
Included in the Price	A plate of fermented foods		
Not Included	Drinks		
Available languages	English (Other languages: Translation device)		
Allergy Support	Allergies can be accommodated to the extent possible, e.g. allergy-friendly, vegetarian, etc., when ordering the fermented healthy lunch option (on request).		
Organizer	Shijimaya Honpo Inc.		
URL	<a href="https://www.kabura.jp/contents/en">https://www.kabura.jp/contents/en</a>		



## Making Japanese Pickles with *Koji* Mold

### ✓ Outline

Shijimaya Honpo is a specialty store that has been selling fermented food for more than 140 years. The store dates back to 1875 and is especially known for its local dishes of Kabura-zushi, Daikon-zushi, and other fermented foods that have strong ties with the region, offering an opportunity to make Japanese pickles with *koji* mold. Following a fun introduction of the basics of fermentation and koji mold, you will make simple but profound “Japanese pickles with koji mold”. The pickles made with koji mold can be enjoyed as soon as the next day. You can also try homemade sweet sake with koji mold (non-alcoholic) made only with koji and rice.

### ✓ Highlights

- Traditional *machiya* merchant’s house with a tasteful atmosphere, built in the early Meiji period (late 1800s).
- Making tasty and healthy Japanese pickles with koji mold
- You can enjoy homemade sweet sake with koji mold (non-alcoholic) made only with koji and rice.



Program	Between 9:00–18:00 Meet and break up at Shijimaya Honpo Yayoi Main Store ( <a href="https://www.kabura.jp">1-17-28 Yayoi, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Learn about the basics of fermentation and koji (~30 min)</li> <li>• Make Japanese pickles with koji using 3–4 different vegetables (~30 min)</li> </ul> <p style="text-align: right;">( Duration: approx. 60 min )</p>		
Conducted date	February to October, everyday except the 1st Sunday of every month *Negotiable from November to January		
Minimum Participants	4	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	4–10
Included in the Price	Pickles making kit (koji mold bed, 3–4 veggies), homemade sweet sake with koji mold (non-alcoholic)		
Not Included	/		
Available languages	English (Other languages: Translation device)		
Allergy Support	<ul style="list-style-type: none"> <li>• In the making of Japanese pickles with koji mold, no ingredients containing allergens are used.</li> <li>• If any vegetables you do not like, we can accommodate you.</li> </ul>		
Organizer	Shijimaya Honpo Inc.		
URL	<a href="https://www.kabura.jp/contents/en">https://www.kabura.jp/contents/en</a>		





## Jibu-ni Stew Workshop

### ✓ Outline

Jibu-ni is a local dish that has been familiar and standard in Kanazawa since the Edo period (1603-1868), a thick stew of duck or chicken, *Sudare-fu* wheat gluten, seasonal vegetables and mushrooms simmered in a broth. At Aoki Cooking School in Naga-machi, where samurai residences stand side by side, visitors can experience authentic jibu-ni cooking. English explanatory pictures and recipes are provided, as well as staff-guided cooking make it easy to participate.

### ✓ Highlights

- Authentic Kanazawa local cuisine prepared at a renowned cooking school that has been running for over 60 years.
- Enjoy the picturesque area lined with samurai residences.
- Learn, cook, eat and enjoy the flavours loved by the locals with all your senses.

Program	16:00–17:00 Meet and break up at Aoki Cooking School ( <a href="https://www.aokicooking.com">1-1-17 Naga-machi, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Learn about the history of jibu-ni and Kanazawa's food culture</li> <li>• Cooking Jibu-ni stew</li> <li>• Tasting</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	From Monday through Saturday		
Minimum Participants	1	Maximum Participants	40
Private Reservation	Possible	Number of people required for a private reservation	1–40
Included in the Price	Ingredients, cooking tools, aprons		
Not Included	/		
Available languages	English (with pictures and recipes), translation device for other languages		
Allergy Support	Meat and fish can be substituted with other ingredients. Gluten-free support is not possible.		
Organizer	Aoki Cooking School		
URL	<a href="https://www.aokicooking.com">https://www.aokicooking.com</a> (Japanese)		



## Sake Brewery Tour (Yachiya Sake Brewery)

### ✓ Outline

The Yachiya brewery was founded in 1583. Join a tour of this traditional sake brewery and learn about the historical building with a 250-year long history as well as the sake making process. You can also taste some sake.

### ✓ Highlights

- Get a tour by the president of the brewery
- The building is around 250 years old and registered by the agency for cultural affairs as tangible cultural property
- Enjoy sake tastings

Program	Starting anytime between 9:30–11:00 or 13:30–15:30 (gather 5 min prior) Meet and break up at Yachiya Sake Brewery ( <a href="#">8-32 Ohi-machi, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Sake brewery tour (~30 min)</li> <li>• Sake tasting (~10 min)</li> </ul> *Only 20 years and over are allowed for sake tastings. ( Duration: approx. 40 min )		
Conducted date	Except Sundays and year-end and New Year holidays		
Minimum Participants	1	Maximum Participants	10
Private Reservation	Private only	Number of people required for a private reservation	1–10
Included in the Price	Sake tasting		
Not Included	Additional sake you purchase		
Available languages	English		
Allergy Support	/		
Organizer	Yachiya Brewing Co., Ltd.		
URL	<a href="http://www.yachiya-sake.co.jp/kengaku.html">http://www.yachiya-sake.co.jp/kengaku.html</a> (Japanese)		



## Sake Brewery Tour (Fukumitsuya Sake Brewery)

### ✓ Outline

Take a tour of Fukumitsuya, the oldest sake brewery in Kanazawa, founded in 1625.

### ✓ Highlights

- 1) Compare the tastes of the popular sake of Fukumitsuya. You can also try our Kanazawa limited Junmai Daiginjo sake.
- 2) The Fukumitsuya premium line's sake tasting course is a chance to try limited sake straight from the brewery. Enjoy their individuality and unique flavours.
- 3) A course to see the sake brewing process up close. Learn about the history of Fukumitsuya brewery and why we only make Junmai sake. Discover the complicated depth of Sake brewing and the deliciousness of Junmai sake for yourself.

Program	1) 11:00–11:30 2) 15:00–15:45 (gather 5 minutes prior either time slot) Meet and break up at Fukumitsuya Sake Brewery ( <a href="#">2-8-3 Ishibiki, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• 1) Basic Sake tasting course Watch a video, learn about the water used in sake making, participate in a sake tasting with explanation, do some shopping</li> <li>• 2) Premium Sake testing course Watch a video, learn about the water used in sake making, compare premium sake with explanation, participate in sake tasting, so some shopping</li> <li>• 3) Guided tour of the brewery (temporarily out of service) Watch a video, learn about the water used in sake making, tour the brewery, participate in a sake tasting with explanation, do some shopping</li> </ul> <p style="text-align: right;">( Duration: 1) approx. 30 min, 2) approx. 30 min )</p>		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	1) 6, 2) 4
Private Reservation	Possible	Number of people required for a private reservation	1) 1–6, 2) 1–4
Included in the Price	Sake tasting		
Not Included	Additional sake you purchase		
Available languages	English		
Allergy Support	/		
Organizer	Fukumitsuya Sake Brewery Co., Ltd.		
URL	<a href="https://www.fukumitsuya.co.jp/global/guidedtour/index.html">https://www.fukumitsuya.co.jp/global/guidedtour/index.html</a>		



## Gastronomy Tour

### - Long-established Sake Brewery & Sushi Restaurant -

#### ✓ Outline

On this gastronomy tour, you can experience the brewing of sake, Kanazawa's culinary culture and the pairing of sushi and sake at Fukumitsuya, the oldest sake brewery in Kanazawa, founded in 1625, and a famous sushi restaurant in a private space. The tour is guided and hosted by the 14th generation of Fukumitsuya, the *toji* (master brewer) responsible for the sake brewing process, and the owner-chef and madam of the sushi restaurant.

#### ✓ Highlights

- Brewery tour by the 14<sup>th</sup> generation of Fukumitsuya and the *toji*, master brewer
- Premium sake tasting at the brewery
- Sushi and sake pairing in a specially rented out sushi restaurant that is not normally open during the day

Program	10:30 Meet at Fukumitsuya Sake Brewery ( <a href="#">2-8-3 Ishibiki, Kanazawa</a> ) 10:30–11:50 Sake brewery tour and sake tasting 11:50–12:00 Move from Fukumitsuya to sushi restaurant 12:00–13:30 Sushi and sake pairing lunch (*menu varies by season) 13:30 Break up at sushi restaurant ( Duration: approx. 3 hr )		
Conducted date	Tuesdays–Fridays from early October through mid-April (on request basis)		
Minimum Participants	3	Maximum Participants	10
Private Reservation	Private only	Number of people required for a private reservation	3–10
Included in the Price	Sake tasting, Lunch at sushi restaurant with paired sake		
Not Included	Transportation (from Fukumitsuya to sushi restaurant)		
Available languages	English		
Allergy Support	/		
Organizer	Fukumitsuya Sake Brewery Co., Ltd.		
URL	<a href="https://www.fukumitsuya.co.jp/global/guidedtour/index.html">https://www.fukumitsuya.co.jp/global/guidedtour/index.html</a>		





# Kanazawa Food Night and Bar Hopping

## ✓ Outline

Join us on a tour of Kanazawa's main food hub and enjoy food made with fresh ingredients, fish taken from the Kanazawa harbor every morning and local vegetables known as the Kaga Yasai, as we visit bars with a wide selection of prefectural sake and pubs with a showa era (1926~1989) atmosphere. A local guide who is a familiar face in these shops, will recommend good places catered to your own personal needs (ex: vegetarian, dessert,...). Enjoy the local food and drink in a typical Kanazawa fashion.

## ✓ Highlights

- Guided tours to cozy, counter-only bars recommended by a local guide
- Enjoy conversations with the owners over the counter without hesitation, as the bars are recommended by the guide.
- You can choose the second bar according to your mood of the day.

Program	18:30	Meet at Katamachi Kirara ( <a href="#">2-2-2 Katamachi, Kanazawa</a> ) or at your accommodation (Katamachi and Korinbo areas only) Learn about the Kiguramachi area as you walk around	
	18:45–19:45	Dinner at a bar in Katamachi Moving to Chuo Mishokugai (2-13-8 Katamachi, Kanazawa) by walk	
	21:00–21:30	Pick 2 bars at Chuo Mishokugai	
	21:30	Break up at Chuo Mishokugai (taxi available for additional fee) <span style="float: right;">( Duration: approx. 3 hr )</span>	
Conducted date	Year-round		
Minimum Participants	2	Maximum Participants	4
Private Reservation	Possible	Number of people required for a private reservation	2–4
Included in the Price	Guide fee, 2 dishes/person and 2 drinks/person at the first bar, 1 dish/person and 1 drink/person at the second and third bar		
Not Included	Additional food and drinks		
Available languages	English		
Allergy Support	Vegetarian options available if you let us know beforehand. Vegan options not available.		
Organizer	Maruichi Kanko Inc.		
URL	<a href="https://greentours.maruichi-gp.co.jp/tours/307/">https://greentours.maruichi-gp.co.jp/tours/307/</a>		





# Ohi Ware Gallery Talk & Tea Ceremony

## ✓ Outline

350 years ago, the fifth lord of the Kaga domain, Maeda Tsunanori, invited Sen Soshitsu (the fourth generation Urasenke) from Kyoto to Kanazawa to promote the tea ceremony. Ohi ware was founded when Chozaemon I, a senior disciple of the fourth generation of the Raku family, Ichinyu, whose founder was Chojiro, was invited from Kyoto to accompany Sen Soshitsu. Since then, eleven generations have produced tea sets, water jars and confectionary tray for the tea ceremony in a unique style different from Raku ware. Ohi ware is characterized by its unique shining amber colour and texture. Almost all of the pieces are hand-twisted without a potter's wheel, in line with Zen philosophy, and feel comfortable in the hand and on the lips.

## ✓ Highlights

- At Ohi Museum, which has been awarded a "one star" in the Michelin Green Guide, an unprecedented achievement for a private museum, Ohi Chozaemon XI explains the genealogy of Ohi ware and the world of Kanazawa's tea ceremony in English.
- After a guided tour of the museum, experience a tea ceremony in the tearoom overlooking the Shoto Garden and Orizuru-no-matsu pine trees on the premises, with tea utensils from successive generations of the Ohi family as masterpieces.

Program	Meet up and break up at Ohi Museum ( <a href="#">2-17 Hashiba-cho, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Gallery talk by Chozaemon Ohi XI at Ohi Museum</li> <li>• Tea ceremony by the Ohi family in the tearoom attached to the Ohi Gallery on the premises</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	On request		
Minimum Participants	1	Maximum Participants	15
Private Reservation	Private only	Number of people required for a private reservation	1-15
Included in the Price	Gratuity, admission fee, tea service		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Kanazawa City Tourism Association		
URL	<a href="https://www.visitkanazawa.jp/en/ichigo-ichie">https://www.visitkanazawa.jp/en/ichigo-ichie</a>		



# Gold-leaf Workshop - Design it yourself -



## ✓ Outline

In this workshop you can make a gold leaf craft product using gold leaf with a thickness of 1/10,000 mm. Choose an item (e.g., chopsticks, small plate, hand mirror, small box) to decorate with gold leaf and create your own design with masking tape, putting on the gold leaf and complete. It will be your self-made unique gold leaf artwork in the world. You can take your piece home with you on the day. Fixed patterns are also available, and anyone young and old can participate.

## ✓ Highlights

- Use the fixed patterns or work on your own original design.
- Use *entsuke* gold leaf that is made using techniques that are on the UNESCO Representative List of the Intangible Cultural Heritage.
- Observe up close how the artisan transfers the gold leaf.

Program	1) 9:00–10:00 2) 10:30–11:30 3) 13:00–14:00 4) 15:00–16:00 Meet and break up at Gold-leaf Sakuda ( <a href="https://goldleaf-sakuda.jp">1-3-27 Higashiyama, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Choose a base product (e.g., chopsticks, boxes)</li> <li>• Create your original design (max 30min)</li> <li>• Gold leaf applying</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	50
Private Reservation	Possible	Number of people required for a private reservation	1–50
Included in the Price	Gold leaf, a base product (e.g., chopsticks, boxes)		
Not Included	/		
Available languages	English(Reservation required), Chinese(Reservation required)		
Allergy Support	/		
Organizer	Gold-leaf Sakuda		
URL	<a href="https://goldleaf-sakuda.jp/en/trial/">https://goldleaf-sakuda.jp/en/trial/</a>		



## Gold-leaf Workshop

### ✓ Outline

In this workshop, you can try your hand at applying gold leaf, which is only available because the shop is directly managed by a long-established gold leaf manufacturer in Kanazawa, which has been in business for 120-odd years. Gold leaf is applied to small plates, containers and lunch boxes using die-cut stickers of rabbit, dolphin and other shapes. The staff will help you with the work right up to the end, making it easy for children and adults alike, even those who are not confident.

### ✓ Highlights

- Anyone can easily apply the gold leaf, just like die-cut stickers.
- You can also hire a large Japanese-style room with panoramic view of the garden for a 'private' hands-on experience.

Program	Between 9:00–17:00 (Last admission: 16:00) Meet and break up at Kanazawa Katani ( <a href="#">6-33 Shimoshin-cho, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Guidance (~5 min)</li> <li>• Select the base material (e.g., small plate) and the sticker (~5 min)</li> <li>• Gold leaf applying (~30 min)</li> <li>• Sprinkle with glittering powder for the finishing touch (~10 min)</li> </ul> ( Duration: approx. 1 hr )		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	35
Private Reservation	Possible	Number of people required for a private reservation	1–9
Included in the Price	Gold leaf, base material (e.g., small plate)		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Katani Co., Ltd.		
URL	<a href="https://www.k-katani.com/experience-e">https://www.k-katani.com/experience-e</a>		





## Gold-leaf Workshop

### ✓ Outline

More than 99% of Japan's gold leaf is produced in Kanazawa. You can make your own original craft piece in this workshop by applying gold leaf to a pair of chopsticks or a plate.

### ✓ Highlights

- The setting for this event is a Kanazawa style room with Bengala coloured walls.
- The workshop takes place on the second floor so you can look out over Higashi Chaya District.
- The first floor is a store which sells accessories and tableware made by young craftsmen of the Hokuriku area.

Program	1) 10:00–11:00 2) 11:00–12:00 3) 13:00–14:00 4) 14:00–15:00 4) 15:00–16:00 (gather 5 min prior) Meet and break up at Kanazawa Bikazari Asano ( <a href="#">1-8-3 Higashiyama, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Choose a base product (e.g., plum-shaped plate, small container, etc.) and apply gold leaf onto it</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	Except New Year's Day		
Minimum Participants	1	Maximum Participants	20
Private Reservation	Impossible	Number of people required for a private reservation	/
Included in the Price	Gold leaf, a base product (e.g., plate, container)		
Not Included	/		
Available languages	English, French, Chinese (traditional/simplified), Korean (all procedure manuals)		
Allergy Support	/		
Organizer	Hakuichi Co., Ltd.		
URL	<a href="https://enkanazawa.hakuichi.co.jp/experience/">https://enkanazawa.hakuichi.co.jp/experience/</a>		



## Gold-leaf Workshop, Gold-leaf Translocation

### ✓ Outline

More than 99% of Japan's gold leaf is produced in Kanazawa. You can make your own original craft piece in this workshop by applying gold leaf to a pair of chopsticks or a plate. Use the tools that craftsmen use and transfer the gold leaf like a pro.

### ✓ Highlights

- Witness a fantastical projection display in the “Gold-Leafed Chamber” decorated with over 10,000 gold leaves.
- Learn about the process of making gold-leaf and observe a gold leaf craftsperson as they beat and transfer the gold leaf.

Program	Meet and break up at Hakukokan ( <a href="#">2-1-1 Morito, Kanazawa</a> ) 1) 9:00– 2) 10:00– 3) 11:00– 4) 13:00– 5) 14:00– 6) 15:00– 7) 16:00– (gather 5 min prior) [ Gold-leaf Workshop ] <ul style="list-style-type: none"> <li>• Master course (30–60 min): Postcards, chopsticks, plum-shaped plates, small containers, etc.</li> <li>• Wizard course (60–90 min): Chopsticks, small containers              ( Duration: approx. 30–90 min )</li> </ul> [ Gold-leaf Transfer ] Between 9:00–16:00 (reservation required) ( Duration: approx. 5–10 min )		
Conducted date	Except New Year's Day		
Minimum Participants	1	Maximum Participants	75
Private Reservation	Possible	Number of people required for a private reservation	20–75
Included in the Price	Gold leaf, a base product (i.g., chopsticks, container)		
Not Included	/		
Available languages	English, French, Chinese (traditional/simplified), Korean (all procedure manuals)		
Allergy Support	/		
Organizer	Hakuichi Co., Ltd.		
URL	<a href="https://enkanazawa.hakuichi.co.jp/experience/">https://enkanazawa.hakuichi.co.jp/experience/</a>		



## Makie Workshop Decorating a Lacquerware Tray

### ✓ Outline

Try your hand at decoration on lacquerware by using gold powder and paint to colour in pre-drawn sketches on a 24 cm diameter wooden lacquerware round tray. We use a substitute lacquer so you won't need to worry about getting an allergic skin rash.

### ✓ Highlights

- Choose your favourite design from three different picture patterns
- Easy for children and adults of all ages to experience, as the outlines of the picture are already drawn.
- Finished works can be taken home on the spot.



Program	1) 10:30–12:00 2) 13:30–15:00 (gather 5 min prior) Meet and break up at Nosaku ( <a href="tel:076-222-1160">1-1-60 Hirosaka, Kanazawa</a> ) • Colouring and decorating a lacquerware round tray (Duration: approx. 90 min )		
Conducted date	Except Wednesdays and year-end and New Year holidays		
Minimum Participants	1	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	1–10
Included in the Price	1 wooden tray		
Not Included	/		
Available languages	English (explanation sheet)		
Allergy Support	/		
Organizer	Nosaku		
URL	<a href="http://www.kanazawa.gr.jp/nosaku/info/makietaikin/index.html#english">http://www.kanazawa.gr.jp/nosaku/info/makietaikin/index.html#english</a>		

## Visit to the Maida Senga Kogei Studio of Kaga Yuzen



### ✓ Outline

The history of Kaga Yuzen silk dyeing is said to date back about 500 years and is characterised by picturesque patterns based on nature and classical motifs, with a focus on detailed, realistic floral patterns. Techniques such as 'mushikui', which depicts leaves eaten by insects, and 'saki-bokashi', which creates a three-dimensional effect in the design, are used. Unlike Kyo-yuzen, which is decorated for a final touch with gold leaf, tie-dye, embroidery and other embellishments, this technique is characterised by its use of delicate dyeing techniques alone to depict natural beauty. In this programme, you will visit the workshop of Kaga Yuzen artist Hitoshi Maida, which is not normally open to the public, and after a lecture on the techniques and characteristics of Kaga Yuzen, you will be able to experience Kaga Yuzen techniques through a tour of the workshop.

### ✓ Highlights

- Hitoshi Maida, the third generation of Maida Senga Kogei, explains the history, techniques and 15 processes of Kaga Yuzen in an easy-to-understand manner, showing samples.
- Guided by Hitoshi Maida, you can enter the workshop, which is usually closed to the public, and observe up close the actual craftsmen's skillful techniques such as underpainting, glue application and colouring.

Program	Meet up and break up at Maida Senga Kogei studio ( <a href="https://www.visitkanazawa.jp/en/3-9-19-Honda-machi-Kanazawa">3-9-19 Honda-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Lecture by Hitoshi Maida at Maida Senga Kogei studio (~30 min)</li> <li>• Guided tour of the studio by Hitoshi Maida to see and experience Kaga Yuzen processes up close (30-40 min)</li> </ul> (Duration: approx. 60–90 min )		
Conducted date	On request		
Minimum Participants	1	Maximum Participants	10
Private Reservation	Private only	Number of people required for a private reservation	1–10
Included in the Price	Gratuity and guided tour		
Not Included	/		
Available languages	Must be accompanied by an interpreter		
Allergy Support	/		
Organizer	Kanazawa City Tourism Association		
URL	<a href="https://www.visitkanazawa.jp/en/ichigo-ichie">https://www.visitkanazawa.jp/en/ichigo-ichie</a>		



# Kaga Yuzen Studio Silk Colouring Experience

## ✓ Outline

In this workshop, participants can learn about Kaga Yuzen silk dyeing techniques, from its origins to the charm of its traditional handwritten patterns famous for their simplicity, elegance, and long history. Colour a silk piece with the same authentic dyes used by the actual Kaga Yuzen artists. Chose a piece of silk to decorate and frame (15x15 cm). The traditional Kaga Yuzen patterns are already drawn on them with glue so select your favorite one. After you colour your work, we will steam it, wash out the glue and send it to you via post.

Here you can have an authentic colouring experience of Kaga Yuzen, which represents Japan's traditional crafts, at the actual artist's studio.

## ✓ Highlights

- The traditional Kaga Yuzen patterns are already drawn on pieces of silk so select your favorite one.
- At the studio, many line drawings of Kaga Yuzen are displayed for you to study and compare.
- You can view videos and posters explaining the process and historical materials of Kaga Yuzen or view genuine Kaga Yuzen kimono and crafts.

Program	Meet and break up at Nagamachi Yuzen Kan ( <a href="#">2-6-16 Naga-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Mini-framed silk colouring experience</li> </ul> *Time and date need to be discussed in advance ( Duration: approx. 90–120 min )		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	40
Private Reservation	Possible	Number of people required for a private reservation	20–30
Included in the Price	Tour of the center, a piece of mini-framed silk		
Not Included	Shipping fee		
Available languages	English		
Allergy Support	/		
Organizer	Kaga Yuzen Workshop, Nagamachi Yuzen Kan		
URL	<a href="http://www.kagayuzen-club.co.jp/en/">http://www.kagayuzen-club.co.jp/en/</a>		



# Kaga Yuzen Dyeing Workshop and Tea Ceremony

## ✓ Outline

Participate in this silk stole dyeing workshop at a Kaga Yuzen atelier. For lunch, enjoy traditional Kaga dishes made with local ingredients at a famous local restaurant. Afterwards, put on the silk stole you decorated and enjoy a tea ceremony while learning the Japanese spirit of “wa” (harmony). The stole will be sent from the atelier after finishing the necessary process.

## ✓ Highlights

- Try your hand at traditional dyeing techniques in a Kaga Yuzen atelier, enjoy lunch at a famous local restaurant, join a tea ceremony in a Kanazawa tearoom, and experience authentic Kanazawa tradition first hand.
- Photography is allowed at the Kaga Yuzen atelier and in the tearoom. For those wishing to make a commemorative photobook, we can hand you additional brochures.

Program	Meet and break up at Nagamachi Yuzen Kan ( <a href="http://www.kagayuzen-club.co.jp/en/">2-6-16 Naga-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Select your favorite pattern and enjoy dyeing the silk stole (2–2.5 hr)</li> <li>• Move to the restaurant for a lunch of Kaga dishes (~1.5 hr)</li> <li>• Show off your artwork as you wear the silk stole you decorated at a tea ceremony (~2 hr)</li> </ul> *Time and date need to be discussed in advance ( Duration: approx. 6 hr )		
Conducted date	Year-round		
Minimum Participants	4	Maximum Participants	30
Private Reservation	Possible	Number of people required for a private reservation	4–30
Included in the Price	A Silk stole, transportation, lunch		
Not Included	Shipping fee		
Available languages	English		
Allergy Support	Consult with us at the time of reservation		
Organizer	Kaga Yuzen Workshop, Nagamachi Yuzen Kan		
URL	<a href="http://www.kagayuzen-club.co.jp/en/">http://www.kagayuzen-club.co.jp/en/</a>		



# Kaga Yuzen and Nature

## ✓ Outline

Kaga yuzen silk dyeing is one of the traditional crafts of Kanazawa and has stolen the hearts of many throughout the decades. It captures the vitality of nature on kimonos with its realistic flower patterns and intricate designs. This program takes you on a walk through the back-alleys of Higashiyama and around the beautiful nature at the foot of Utatsu-yama mountain with the help of a knowledgeable guide. Afterwards, a traditional craftsman will teach you the meticulous manufacturing process of Kaga yuzen through demonstration and teach you some of the basic techniques (sketching, applying glue and painting). Use the flowers you saw on your walk as inspiration and paint a 10 cm square handkerchief using the techniques you learned. See, touch, and learn about Kaga yuzen and its connection with the nature surrounds Kanazawa in this program that stimulates the intellectual curiosity.

## ✓ Highlights

- Walk through nature with a nature-loving guide from Kanazawa
- Try your hand at Kaga yuzen dyeing techniques under the guidance of a traditional artist.
- Create a piece of art you can take home right after the workshop.



Program	1) 13:00–17:00 2) 15:00–19:00 (gather 5 min prior) Meet at Higashiyama Kagan Ryokuchi Park ( <a href="#">1-1 Higashiyama, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Walk with a nature guide who will teach you about the nature at the foot of Higashiyama, people and daily life here, looking for design ideas in nature to use in your Kaga yuzen dyeing.</li> <li>• Q&amp;A session on Kaga Yuzen, dyeing techniques and tools at Ryukokuji, a temple associated with Kaga Yuzen; hands-on experience of drawing, drafting, gluing and colouring.</li> </ul> <p>* Teatime included Break up at Ryukokuji Temple (2-25-72 Higashiyama, Kanazawa) ( Duration: approx. 4 hr )</p>		
Conducted date	Except December 30 <sup>th</sup> to January 4 <sup>th</sup>		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Possible	Number of people required for a private reservation	2–6
Included in the Price	Matcha, wagashi (Japanese confectionary), materials, insurance fees.		
Not Included	/		
Available languages	English, Spanish		
Allergy Support	Allergies can be accommodated		
Organizer	TABITAIKEN Net		
URL	<a href="https://tabitaiken.net/kaga-yuzen/">https://tabitaiken.net/kaga-yuzen/</a>		

## Authentic Hand-painted Kaga Yuzen

### ✓ Outline

The exterior of the Meiji-period (1868–1912) townhouse has been preserved and is still used today as a *Kaga Yuzen* silk dyeing atelier, Akaneya. In the gallery, where you can experience the craftsmen's mastery and learn deeply about the meaning and spirit of the patterns they draw, you will create an authentic hand-painted *Kaga Yuzen furoshiki* handkerchief. You will receive advice from a yuzen artist, practise your own ideas and colouring while applying authentic techniques such as blurring, and finally complete the process by washing with water (yuzen-nagashi).

### ✓ Highlights

- You can witness the collaboration with nature, listen to the stories behind the techniques and designs, and experience the sensibilities of an artisan first-hand.
- In the gallery, panels explaining the process of completing *Kaga Yuzen* are displayed in English.

Program	1) 10:00–11:30 2) 13:00–14:30 3) 15:00–16:30 Meet and break up at Akaneya Archive Gallery ( <a href="#">53-1 Satomi-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Choose a seasonal flower pattern from 5 options and decorate your own 50cm square furoshiki handkerchief.</li> </ul> ( Duration: approx. 1.5 hr )		
Conducted date	Saturdays and Sundays		
Minimum Participants	2	Maximum Participants	10
Private Reservation	Possible *weekdays only	Number of people required for a private reservation	2–10
Included in the Price	Furoshiki handkerchief		
Not Included	/		
Available languages	None *Must be accompanied by interpreter (interpreter can be arranged on request)		
Allergy Support	/		
Organizer	Akaneya Archive Gallery		
URL	<a href="http://akaneya-web.com/archive/">http://akaneya-web.com/archive/</a>		





## Fine and Detailed Kaga Embroidery - Small item or Mini-framed Embroidery -

### ✓ Outline

Kaga embroidery is a style of hand-embroidery passed down in the Kaga area since the Muromachi period (1336-1573). In this workshop you can design a small item such as a key chain, strap, or hair tie, or create a mini-framed decoration that will fit anywhere in your home. Don't worry if you are unfamiliar with needlework, experts will guide you with simple explanations.

### ✓ Highlights

➤ This programme can be enjoyed by those who like embroidery and patchwork, as it uses a unique stitching technique that differs from normal embroidery.

Program	1) 10:00– 2) 13:00– 3) 15:00– Meet and break up at Kaganui IMAI ( <a href="http://www.imai1912.com">3-4-19 Mitsukuchishin-machi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Listen to an explanation of the workshop (~ 5 min)</li> <li>• Choose the small item you want to decorate, the materials, the design you want to embroider, and the colour of the strings (~10 min)</li> <li>• Embroidery workshop                         <ul style="list-style-type: none"> <li>small item embroidery: 1-2h</li> <li>mini framed embroidery: 2-3h</li> </ul> </li> </ul> ( Duration: approx. 2–3 hr )		
Conducted date	Year-round		
Minimum Participants	1	Maximum Participants	20
Private Reservation	Possible	Number of people required for a private reservation	5–20
Included in the Price	Small item (e.g., key chain, strap) or Mini-frame		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Kaganui IMAI		
URL	<a href="http://www.imai1912.com">http://www.imai1912.com</a>		



## Painting Experience at Kutani Pottery Kiln

### ✓ Outline

In this 150-year-old building you will find the only Kutani pottery kiln in Kanazawa where the whole process of pottery manufacture, from pottery wheel work to painting, is done by hand. Here you can have an authentic pottery painting experience. After observing a part of the workshop and the traditional style of Kutani pottery, select your favorite base material (white vessel) from several choices and draw outlines of the pattern. After selecting your favorite colour from the samples, the artwork will be fired and completed in about two months after the artisan finishes colouring it.

### ✓ Highlights

- Experience authenticity in this historical kiln.
- Create your own completely original work based on traditional Kutani pottery wares.

Program	Between 9:30–15:30 Meet and break up at Kutani Kosen Kiln ( <a href="#">5-3-3 Nomachi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Visit parts of the workshop and a small exhibition of traditional style pottery (~5 min)</li> <li>• Select the base material (e.g., a white bowl) (~5 min)</li> <li>• Paint your pottery (~5 min)</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	Year-round (10:30–15:30 only during the year-end and New Year holidays)		
Minimum Participants	1	Maximum Participants	60
Private Reservation	Possible	Number of people required for a private reservation	1–30
Included in the Price	Tour of the kiln, base material, glazing fee		
Not Included	Packing and shipping		
Available languages	English		
Allergy Support	/		
Organizer	Kutani Kosen Kiln		
URL	<a href="https://kutanikosen.com/en/experience.html">https://kutanikosen.com/en/experience.html</a>		



# Kutani Pottery Workshop Tour

## ✓ Outline

Take a tour of this historical Kutani porcelain kiln founded in 1870. Learn about the production process of real Kutani pottery while watching a demonstration of kiln use and pottery molding at on potter's wheel.

## ✓ Highlights

- Enjoy a tour of the kiln with a live demonstration of potter's wheel at work.
- This is more than just a one-sided explanation so feel free to ask any questions you have.
- As this is a personalized tour we will do our best to meet your expectations.

Program	1) 9:30–10:30 2) 11:00–12:00 3) 13:00–14:00 4)14:30–15:30 5) 16:00–17:00		
	Meet and break up at Kutani Kosen Kiln ( <a href="#">5-3-3 Nomachi, Kanazawa</a> )		
	<ul style="list-style-type: none"> <li>• Walk through displays of the brief history of the workshop and Kutani ware (~10 min)</li> <li>• Observe potter's wheel molding (~15 min)</li> <li>• Compare unglazed and glazed pottery (~5 min)</li> <li>• Observe the main kiln (~5 min)</li> <li>• Learn about the entire process (~10 min)</li> </ul> <p style="text-align: right;">( Duration: approx. 45 min )</p>		
Conducted date	Year-round (10:30–14:30 only during the year-end and New Year holidays)		
Minimum Participants	1	Maximum Participants	25
Private Reservation	Private only	Number of people required for a private reservation	1–25
Included in the Price	Demonstration fee		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Kutani Kosen Kiln		
URL	<a href="https://kutanikosen.com/en/tour.html">https://kutanikosen.com/en/tour.html</a>		



# Potter's Wheel Experience at Kutani Kosen Kiln

## ✓ Outline

In this historical Kutani porcelain kiln founded in 1870, you can have an authentic potter's wheel experience. The artisan in the kiln will gently guide you as you work to get the form you wish. You can complete your work yourself by trial and error, or you can let the craftsman help you to shape it into the ideal form you want.

## ✓ Highlights

- The porcelain clay used to make Kutani ware is fine-grained, giving it a unique texture.
- Experience authenticity in this historical kiln.
- The artisan in the kiln will gently guide you throughout the workshop.

Program	1) 9:30–10:30 2) 11:00–12:00 3) 13:00–14:00 4) 14:30–15:30 Meet and break up at Kutani Kosen Kiln ( <a href="#">5-3-3 Nomachi, Kanazawa</a> ) <ul style="list-style-type: none"> <li>• Visit the workshop (~2 min)</li> <li>• Observe potter's wheel molding (~5 min)</li> <li>• Experience potter's wheel molding (~50 min)</li> <li>• Select the colour of glaze (~3 min)</li> </ul> <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	Year-round (10:30–14:30 only during the year-end and New Year holidays)		
Minimum Participants	1	Maximum Participants	4
Private Reservation	Possible	Number of people required for a private reservation	4
Included in the Price	1 piece of work made during the workshop		
Not Included	Packing and shipping		
Available languages	English		
Allergy Support	/		
Organizer	Kutani Kosen Kiln		
URL	<a href="https://kutanikosen.com/en/experience2.html">https://kutanikosen.com/en/experience2.html</a>		



## Pottery Experience

### ✓ Outline

There are two plans to choose from: the hands-on plan, where you can mold the clay by hand or the potter's wheel plan, where you can mold the clay using an electric potter's wheel. Instruction staff will work with you on the day of the experience. After the workshop, you will select a piece to be fired from the ones you have made and choose your favourite colours from an array of samples. Over about a month, the work will be dried, unglazed, coloured and fired, and then sent to the address you specify.

### ✓ Highlights

- Making tableware that lets you feel the atmosphere of clay is popular.
- Popular on social media! The atelier is a renovated sword storehouse of almost 400 years old. Experience working at a potter's wheel in this old storehouse facility.
- Located in Honda no Mori park, Kanazawa's well-known power spot.

Program	Between 10:00–20:00 (gather 5 min prior) Meet and break up at Hokutoh ( <a href="#">3-2-1 Honda-machi, Kanazawa</a> ) • Pottery experience in either hand molding by using string or with flattened clay, or molding using an electric potter's wheel. ( Duration: approx. 1.5–2 hr )		
Conducted date	Except on Sundays and holidays		
Minimum Participants	1	Maximum Participants	25
Private Reservation	Possible	Number of people required for a private reservation	10–25
Included in the Price	Materials, tool rental, apron rental		
Not Included	Firing and shipping		
Available languages	Translation app		
Allergy Support	/		
Organizer	Hokutoh		
URL	<a href="https://www.hokutoh.net/service/99/">https://www.hokutoh.net/service/99/</a>		



# Kanazawa Mizuhiki Workshop

Program	1) 10:00–11:00 2) 13:00–14:00 3) 15:Ja00–16:00 Meet and break up at Hiraoka Yuinoho ( <a href="https://www.hiraokayuinouho.com/">10-11 Oyama-cho, Kanazawa</a> ) • Create a Mizuhiki strings art piece <p style="text-align: right;">( Duration: approx. 1 hr )</p>		
Conducted date	Except Tuesdays and year-end and New Year holidays		
Minimum Participants	1	Maximum Participants	10
Private Reservation	Possible	Number of people required for a private reservation	4–10
Included in the Price	Materials (strings)		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Hiraoka Yuinoho		
URL	<a href="https://www.hiraokayuinouho.com/">https://www.hiraokayuinouho.com/</a> (Japanese only)		

## ✓ Outline

Kanazawa is known for making *mizuhiki* strings used to decorate traditional engagement gifts. In the workshop, experienced *mizuhiki* craftsmen, who have tied 8,000 good marriages over the past 50 years, will instruct you how to tie *mizuhiki* in an easy-to-understand and polite manner. Choose from a selection of message cards, accessories, congratulatory gift bags, etc., and create your own *mizuhiki* art piece with original colour matching.

## ✓ Highlights

- Mizuhiki is one of Kanazawa’s traditional crafts and these little art pieces are often used as lucky charms or added to gift envelopes.
- Mizuhiki experience in a traditional townhouse built over 100 years ago.



# Kanazawa Traditional Crafts

## Mizuhiki accessory making workshop



Program	1) 10:00–12:00 2) 13:00–15:00 3) 15:30–17:30 Meet and break up at Mizuhiki Accessory Kanazawa Kurumi ( <a href="#">Shinboya 2nd floor, 1-15 Yasue-cho, Kanazawa</a> ) • Make 2 pieces of Mizuhiki accessories ( Duration: approx. 2 hr )		
Conducted date	Weekends and holidays except December 20th to January 3rd		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Possible	Number of people required for a private reservation	2–6
Included in the Price	Materials		
Not Included	/		
Available languages	English		
Allergy Support	/		
Organizer	Mizuhiki Accessory Kanazawa Kurumi		
URL	<a href="https://kanazawa-kurumi.com/english">https://kanazawa-kurumi.com/english</a>		

### ✓ Outline

Create cute accessories by knitting together mizuhiki strings, one of Kanazawa’s traditional crafts. Mizuhiki is light, elegant and very comfortable to use. These art pieces act as a lucky charm that you can carry around or wear to protect you. As they are small, they won’t become cumbersome baggage, so it’s perfect as a souvenir from your trip to Kanazawa. There are over 50 colors of mizuhiki. You can combine your favorite colors to make original accessories such as earrings, hair ornaments and cufflinks.

### ✓ Highlights

- You make two pieces of Mizuhiki accessories, so why not take one as a souvenir and one for yourself?
- Cute and colorful Mizuhiki accessories are Instagrammable.
- They also go perfectly with kimonos, so why not make them a memorable part of a uniquely Japanese cultural experience?



# Falcons in the Kanazawa Sky

## The link between falconry and samurai

### ✓ Outline

Enjoy a traditional falconry experience at the Ishikawa Fourth High School Memorial Park, near Kanazawa Castle. In Japan, falconry was prevalent in the Edo period (1603-1868). Even the head of the Maeda clan, Kanazawa's ruling feudal clan, participated in this style of hunting.

During this event, you can get the chance to witness raptor training from close by in an area that has historical ties to falconry. You can even have the falcon land on your arm with careful guidance by the falconer.

### ✓ Highlights

- Learn about Japanese traditions in details with an explanation of falconry, which is said to have been enjoyed by Sengoku period, or the "Warring States period" (1467-1568) warlords such as Oda Nobunaga and Tokugawa Ieyasu.
- Seeing the falcon take off is a masterful experience. Watch as the falcon flies up to catch lures mid-air.
- Let the falcon land on your arm and feel as if you became a falconer yourself.

Program	Pick-up at your accommodation (within Kanazawa city) or at Kanazawa Station west exit Falconry experience at the Fourth High School Memorial Park, Ishikawa Drop-off at your accommodation or at the station *Hours of experience are negotiable between morning and sunset. ( Duration: approx. 1 hr )		
Conducted date	Year-round		
Minimum Participants	2	Maximum Participants	20
Private Reservation	Possible	Number of people required for a private reservation	2-20
Included in the Price	Transport fee, a private guide		
Not Included	Food and drinks		
Available languages	English, Spanish		
Allergy Support	/		
Organizer	Kanazawa Adventures Inc.		
URL	<a href="https://kanazawaadventures.com/experience/">https://kanazawaadventures.com/experience/</a>		





# Kanazawa Garden Tour

## ✓ Outline

Kanazawa boasts many distinguished gardens such as Kenrokuen, which is known as one of Japan's "three most beautiful landscape gardens". The Kanazawa Garden Tour will take you along some of the gardens of Kanazawa, from gardens not open to the general public, to those of elegant samurai houses dating back to the Edo period (1603-1868) or gardens connected to the Kaga domain, which is over 400 years old. You are joined in this journey by an interpreter and guide who will teach you about the connection between temples and gardens or Japanese architecture, so you can gain a deeper understand and appreciation for Japanese gardens. The tour will end with a dinner of traditional Japanese food in a restaurant overlooking a Japanese garden.

## ✓ Highlights

- Visit the garden of Shinrensha temple, which is normally closed to the public.
- Our interpreter guide will explain about the temple and the garden as you enjoy the view of one of Kanazawa's most scenic gardens.
- Enjoy the garden of the former samurai residence, which has a 300-year-old dodan-tsutsuji tree (a kind of azalea) that is exceptionally beautiful in autumn with fall leaves, and Kenrokuen Garden, which changes its appearance with the seasons: cherry blossoms in spring, autumn leaves in autumn and snow in winter.

Program	12:30 Meet at the Kanazawa Station Tourism Information Center ( <a href="#">1-1 Kinoshinbo-machi, Kanazawa</a> ) Taking a taxi		
	12:45–13:45 Shinrensha temple 14:10–14:40 Walk to The Old Site of Mr. Kurando Terashima's House 15:10–15:50 Walk to Gyokusenmaru Garden and green tea break 16:10–17:10 Walk to Kenrokuen Garden 17:30–19:00 Walk to dinner venue (Gyokusentei or Sekitei) 19:20 Break up at restaurant (taxi available for additional fee) ( Duration: approx. 6 hr )		
Conducted date	Consultation in advance required *Special evening tours are available when Kenrokuen Garden is illuminated		
Minimum Participants	2	Maximum Participants	8
Private Reservation	Possible	Number of people required for a private reservation	2–8
Included in the Price	English guide, green tea, dinner, admission to the gardens		
Not Included	Drinks during dinner		
Available languages	English		
Allergy Support	/		
Organizer	Maruichi Kanko Inc.		
URL	<a href="https://greentours.maruichi-gp.co.jp/tours/308/">https://greentours.maruichi-gp.co.jp/tours/308/</a>		



## Kenrokuen Garden Walk and Lunch Plan

### ✓ Outline

Enjoy a walk around Kenrokuen garden while listening to the guide explain not only the design of Kenrokuen garden, but also the landscaping techniques that have been passed down from generation to generation and the biodiversity that is nurtured within the garden, including other points of view. The tour then moves on to the Gyokusentei restaurant, where you can enjoy a view of the Gyokusenen Garden, which has a longer history than Kenrokuen, while savouring a meal prepared with ingredients from the sea and mountains that are unique to Kanazawa.

### ✓ Highlights

- Not just a typical stroll around Kenrokuen, but in-depth guiding by an expert
- Authentic *kaiseki* Japanese lunch with seasonal ingredients served with a view of the 400-year-old Nishida Family Garden Gyokusenen.

Program	9:50 Meet at the Renchi-mon Gate ( <a href="#">1 Kenroku-machi, Kanazawa</a> ) Taking a taxi		
	10:00–11:20 Walking around Kenrokuen Garden with a guide		
	11:20–11:30 Walk to Gyokusentei		
	11:20–11:30 Lunch at Gyokusentei		
	13:00 Break up at restaurant (taxi available for additional fee) (Duration: approx. 3 hr)		
Conducted date	Year-round		
Minimum Participants	2	Maximum Participants	6
Private Reservation	Possible	Number of people required for a private reservation	2–6
Included in the Price	Guide, admission to the garden, lunch		
Not Included	Drinks during lunch		
Available languages	English		
Allergy Support	/		
Organizer	Maruichi Kanko Inc.		
URL	<a href="https://greentours.maruichi-gp.co.jp/">https://greentours.maruichi-gp.co.jp/</a>		





# Kanazawa Castle Town Night Walk

## ✓ Outline

Kanazawa Castle by day is very different than the castle by night when it is lit up by atmospheric lanterns. Discover this different side of Kanazawa in a walk around town with a local English-speaking guide. During the walk you can have okonomiyaki, local curry, or ramen for dinner at a restaurant that comes recommended by the locals. The choice of restaurant will depend on the season and be decided on as you walk.

## ✓ Highlights

- A Kanazawa native will guide your around a walking course recommended by the locals.
- Discover a completely different Kanazawa than you can experience during the day with this night-time walk.
- Feel yourself travel back in time as you walk around the historical castle town of Edo period at night.

Program	17:45	Meet at the front of Mister Donuts at Omicho Market <a href="#">(50 Kamiomi-cho, Kanazawa)</a>	
	17:45–18:30	A light meal near Owari-cho, Musashigatsuji or Higashi Chaya District	
	18:30–19:00	Walk around Kanazawa Castle Park and Gyokuseninmaru Garden	
	19:00–21:00	Walk around Hirosaka, Oyama Jinja Shrine (Change according to season)	
	21:00	Break up between Korinbo and Omicho Market ( Duration: approx. 3 hr )	
Conducted date	Year-round		
Minimum Participants	2	Maximum Participants	8
Private Reservation	Possible	Number of people required for a private reservation	6–8
Included in the Price	English guide		
Not Included	A light meal and Drinks		
Available languages	English		
Allergy Support	Can be accommodated (request to the guide on the day)		
Organizer	Maruichi Kanko Inc.		
URL	<a href="https://greentours.maruichi-gp.co.jp/tours/308/">https://greentours.maruichi-gp.co.jp/tours/308/</a>		



# Forest Bathing & Learning about the Water in Kanazawa

## ✓ Outline

Honda-no-Mori Park is a patch of nature in the center of the city that is home to a thicket of primeval evergreen trees. This area was once where the residence of Honda, the chief retainer of the Kaga domain, could be found. Now, the park is home to cultural facilities such as the Ishikawa Prefectural Museum of Art and the National Crafts Museum. This spot is loved by locals because it offers the chance to enjoy nature while staying in the city. Experience moment of peace in this tiny remnant of an ancient forest surrounded by giant trees.

## ✓ Highlights

- This is an nature tour that will take you through the center of Kanazawa to wander through the natural surroundings, history and culture of the city.
- Relax feel the forest with all your senses
- Learn about the water in Kanazawa, do a taste test and think about water. Ponder around water
- Learn about the water in Kanazawa, try tasting water and ponder about water.



Program	<ul style="list-style-type: none"> <li>■ Walking course departing from Ishiura Jinja shrine 8:50 Meet at Ishiura Jinja shrine (<a href="#">3-1-30 Honda-machi, Kanazawa</a>) 9:00–11:00 Orientation and start of the tour Walk in the following order: D.T. Suzuki Museum, Tatsumi canal, Kanazawa shrine and Honda-no-Mori park *Take a break at Honda-no-Mori park Water tasting in front of Nakamura Memorial Museum Break up around Nakamura Memorial Museum (3-2-29 Honda-machi, Kanazawa) <span style="float: right;">( Duration: approx. 2 hr )</span></li> <li>■ Walking course departing from Oyama Jinja shrine 8:50 Meet at Oyama Jinja shrine (<a href="#">11-1 Oyama-cho, Kanazawa</a>) 9:00–12:00 Start of the tour Walk in the following order: Nezumi tamon gate, Gyokusen'inmaru garden, Kanazawa castle park, Hommaru-enchi park, Kanazawa shrine and Honda-no-Mori park *Take a break at Honda-no-Mori park Water tasting in front of Nakamura Memorial Museum Break up around Nakamura Memorial Museum (3-2-29 Honda-machi, Kanazawa) <span style="float: right;">( Duration: approx. 3 hr )</span></li> </ul>		
	Conducted date		
Minimum Participants		2	Maximum Participants
Private Reservation		Possible	Number of people required for a private reservation
Included in the Price		Guide fee, testing waters, tea and sweets	
Not Included		/	
Available languages		English, Spanish	
Allergy Support		Can be accommodated	
Organizer		TABITAIKEN Net	
URL		<a href="https://tabitaiken.net/hondanomori-tour/">https://tabitaiken.net/hondanomori-tour/</a>	

# Mount Iouzen Trekking

## ✓ Outline

Discover the beauty of the sacred mountain Iouzen with a nature guide. Iouzen is a low mountain – its summit does not even reach a thousand meters above sea level – with a landscape full of variety. It is also part of a long tradition of mountain worship in Japan, making it a beloved and treasured place for the locals. Explore a variety of scenery at Oike-daira and Tonbi-iwa, discover the diverse plant life of this mountain, and bask in the rich nature of the beech wood forest. This is a course that allows you to fully enjoy the attractions of Mt. Iouzen, including the view from the summit and the lush nature of the beech forests.

## ✓ Highlights

- The view from the summit is always breathtaking. In spring, you can see the sunlight shining through the fresh beech leaves and in fall, the autumn foliage bathes the forest in a sundry of colours.
- Refresh and relax in this forest bathing experience.
- Mt. Iouzen is home to many rare plants so it is very interesting to listen to the explanation by the guide or to ask them questions as you walk.

Program	8:00	Meet near the public toilet next to the pond, past the administration building and car park in the Iouzen Auto camping site ( <a href="#">Obishike-machi, Kanazawa</a> ) Orientation	
	8:20–15:00	Drive to Shigarakubi, starting point by car Trekking in the following order: Shigarakubi, Shirahage-yama, Oike-daira, Sanshoku spring, Sanjaga falls, Nozoki and back to Shigarakubi.	
	15:00	Break up near the Iouzen Auto Camping Site ( Duration: approx. 7 hr )	
Conducted date	May to June, October to November		
Minimum Participants	2	Maximum Participants	9
Private Reservation	Possible	Number of people required for a private reservation	2–9
Included in the Price	Guide fee, , insurance, tea and sweets		
Not Included	Lunch, portable food and drinks (bring your own)		
Available languages	English, French, German and Spanish		
Allergy Support	Can be accommodated		
Organizer	TABITAIKEN Net		
URL	<a href="https://tabitaiken.net/mount-iouzen-trekking/">https://tabitaiken.net/mount-iouzen-trekking/</a>		



# Forest Bathing in Sacred Mount Iouzen

## ✓ Outline

Mount Iouzen has been an important part of the mountain faith since ancient times. It is home to sacred places like the Sanjaga Falls; a former training ground for ascetics. Visitors to the mountain will feel the abundance of nature at Lake Oike, which is home to salamanders, and Sanshoku Spring, where the water changes colour with the seasons. Enjoy a relaxing time as you refresh your body and soul in this walk along the water and the sacred sites of Mount Iouzen.

## ✓ Highlights

- The Sanjaga falls have a cave where ascetic practitioners trained, and the sound of the water refreshes the body and mind.
- View the symbol of Mt Iouzen, Tonbi-iwa (“the Kite’s Rock”) from the Oike-daira pond, a rare open space in the middle of the mountains.
- Mt. Iouzen is home to many rare plants so it is very interesting to listen to the explanation by the guide or to ask them questions as you walk.

Program	8:00 Meet at the <a href="#">Tsuzumi-mon gate</a> at the east gate of Kanazawa Sta. Take a taxi 8:40 Orientation (Introduction of the guides and the course) at the Iou-no-sato Auto Camping Ground *No toilets after this location 8:50–12:10 Forest bathing at Oike-daira pond, teatime at Sanjaga Falls, Sanshoku Spring, Kansen-enro road, and the Mount Iouzen Visitor Center 12:25 Leave the Mount Iouzen Visitor Center by taxi 12:50–14:00 Onsen hot spring bathing and lunch 14:15 Break up at Kanazawa Station ( Duration: approx. 6 hr 15min, including approx. 2 hr 20 min walking )		
Conducted date	May to June, October to November		
Minimum Participants	2	Maximum Participants	9
Private Reservation	Possible	Number of people required for a private reservation	2–9
Included in the Price	Guide fee, insurance, tea and sweets, lunch, onsen hot spring bathing		
Not Included	Drinks (bring your own)		
Available languages	English, French, German and Spanish		
Allergy Support	Can be accommodated		
Organizer	TABITAIKEN Net		
URL	<a href="https://tabitaiken.net/forest-bathing-tour/">https://tabitaiken.net/forest-bathing-tour/</a>		



# Hakusan Cycling Tour

## ✓ Outline

In this tour, you can experience the nature and food culture of Tsurugi town. Tsurugi is located at the foot of Mt. Hakusan which is one of Japan’s three holy mountains. Ride through villages that line the Tedorigawa river and forest roads on an electric bicycle. On the way, we will visit Shirayama Hime Shrine. This is the head shrine to the 3,000 Hakusan and mountain trout. Shrines in Japan, and known as a matchmaking shrine. For lunch we will take a cable car up to the Shishiku Highland for a meal of local mountain vegetables

## ✓ Highlights

- A local guide will show you recommended places in the *satoyama* area at the edge of the mountain.
- We travel by electric bike so everyone can enjoy the tour regardless of their endurance level or physical strength.
- Enjoy the locally popular dish of mountain trout for lunch.

Program	8:50 Meet at Tsurugi Station ( <a href="#">4-ni Tsurugihon-machi, Hakusan</a> ) 9:00–11:15 Cycle along the Tedorigawa River 11:15–12:00 Have lunch at Shishiku Highland 12:00–13:00 Cycle through the Shishiku Highland 13:00 Break up at Tsurugi Sta. <span style="float: right;">( Duration: approx. 4 hr )</span>		
Conducted date	March–July, September–November		
Minimum Participants	2	Maximum Participants	5
Private Reservation	Possible	Number of people required for a private reservation	2–5
Included in the Price	Electric bicycle and helmet rental, lunch, water, and rain wear		
Not Included	/		
Available languages	English		
Allergy Support	Allergies (e.g., gluten-free) and vegetarian menus can be accommodated. *If you wish your request to be accommodated, please contact us at least 3 days in advance (in some cases, we may not be able to meet your request).		
Organizer	Kohaku Inc.		
URL	<a href="https://www.in-kanazawa.com/experience/cycling.html">https://www.in-kanazawa.com/experience/cycling.html</a>		

