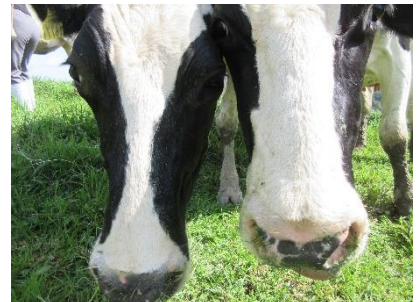


Gan wu traditional farm and cooking experience



Blessings from the surrounding nature have abounded in Gan-wu since ancient times. Here, the seemingly opposing elements of the mountains and sea come together and have had a profound impact on the area's history and landscapes.

Discover how locals have lived in harmony with the nature around them over the past 100 years as you visit a ranch designed to preserve the natural landscape, meet local residents and learn about the area's heritage.

Get to know the everyday lives of local people, witness the blessings of the mountains and the sea first hand and create memories that will stay with you long after the day is over.

Highlights:

- Try milking cows and taste premium ice cream at Mita Farm
- Make temari sushi using local seafood specialties
- Interact with local residents and learn about the area's history and culture

Location:

Gan-wu, Shiribeshi, Hokkaido Japan

Main Activity: Farm experience, cooking workshop, interaction with local residents

Difficulty: Level 1

Tour Dates: 11 September 2023

Pax: Minimum 4 Maximum 20

[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

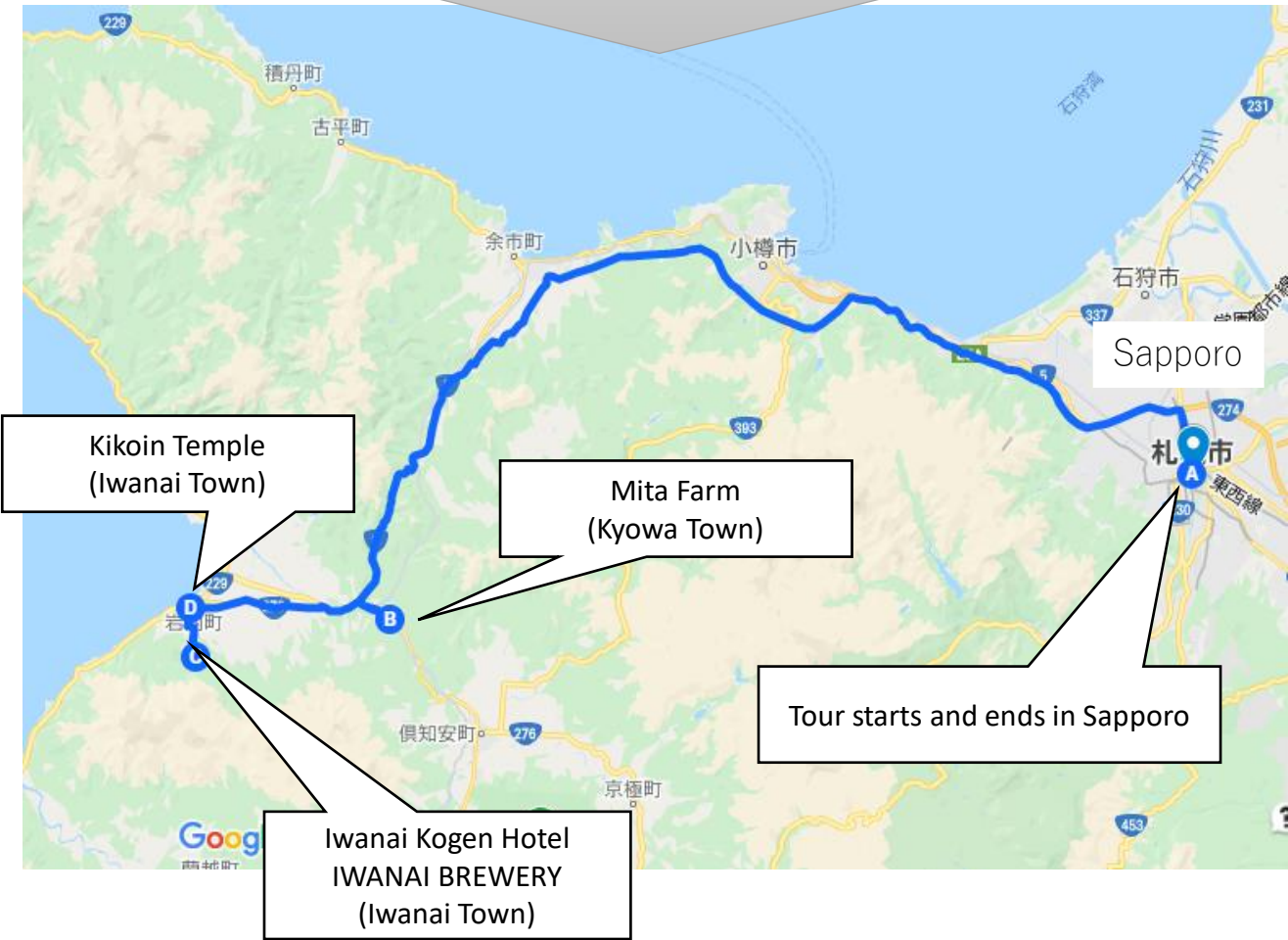
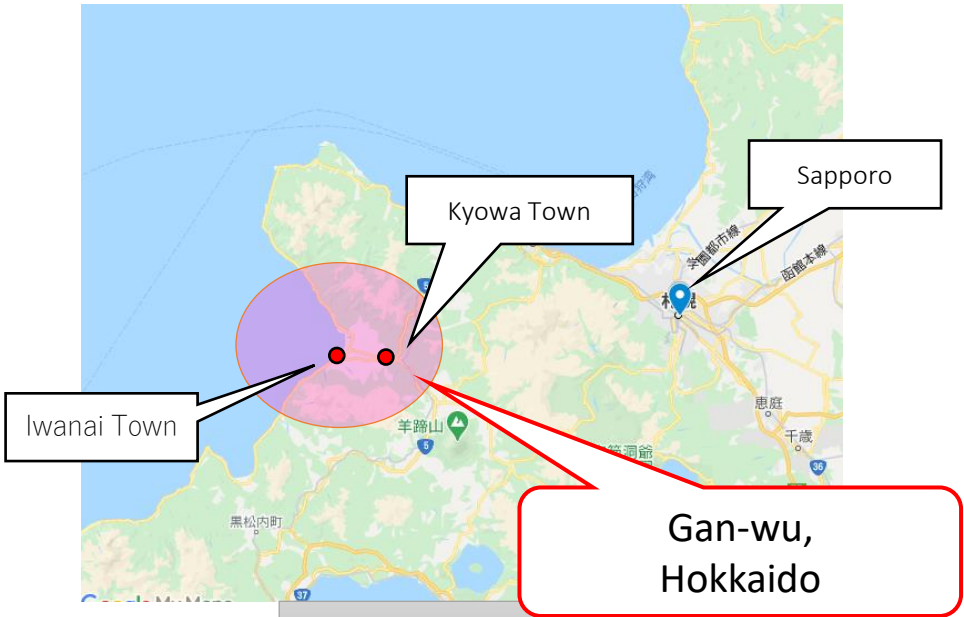
[What we provide / What to bring](#)

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[Information and Requirements](#)

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Route map



Itinerary

September 11th

- Gan-wu: 100 Years of Living in Harmony with Mountain and Sea

After meeting your tour guide at Sapporo Station at 7:30am, you'll take the train to Kozawa Station, arriving at 9:40am. From there, you'll take a five-minute bus ride to Mita Farm, the first stop on the tour.

The farm opened in 1902 and is one of the oldest ranches in Hokkaido. With grounds that extend for over 600 ha, it takes a traditional approach to dairy farming and raises its cattle using stress-free, sustainable methods, leaving them to graze freely in the meadows on the rolling hills.

After you change into the provided boots, a local farmer will take you on a 30-minute guided tour. On a clear day, you can also enjoy magnificent views of Mount Yotei from the ranch.

Next, it's time to try milking a cow for yourself before tasting delicious ice cream from the milk of the healthy, happy cows that live on the ranch. Chosen as part of the Hokkaido High Grade Foods Selection, this ice cream brings out the rich sweetness of the fresh milk and has a refreshing aftertaste.

After departing from Mita Farm, you'll head to Kikoin Temple, which boasts the largest wooden Buddha statue north of Tokyo, standing at an impressive 6.8m. Recently celebrating its 100th anniversary, the temple has long been an integral part of the town. The chief priest will give you an insight into its connection with the lives of local people through tales of the local history, culture, and climate, interwoven with anecdotes relating to Buddhism.

Next, you will arrive at the Iwanai Kogen Hotel around noon. Here, you'll learn how to make temari sushi, colorful sushi named after its resemblance to traditional Japanese thread balls. The chef will show you the ropes before letting you try your hand at creating your own adorable sushi balls using ingredients ranging from fresh seafood to local vegetables and cheese. During the workshop, you'll also have the chance to interact with local people and hear about how they make the most of the abundant blessings of the sea.

For lunch, you can enjoy your own handmade temari sushi together with a set lunch made using locally-produced ingredients.

Itinerary

Lunch

Enjoy a delicious set lunch featuring locally-caught seafood such as herring, herring roe, abalone, salmon and cod roe together with vegetables harvested from farms in the surrounding area. Every aspect of the meal is prepared with due consideration for the local environment, from the use of non-disposable tableware to ensuring that no food is wasted during cooking.

* Specific dishes are to be confirmed at a later date.

After lunch, you will have the chance to relax in the hotel's beautiful natural hot spring. Rental yukata are also available free of charge for you to enjoy the full hot spring experience.

Nothing goes better with a hot bath than a crisp, refreshing beer. From 2:00pm, you'll join a tour and tasting at the IWANAI BREWERY for about one hour. In this small brewery surrounded by beautiful highland scenery, you'll learn about the history of the Japanese beer industry, which owes its existence to a fateful discovery here in Iwanai Town.

In 1871, Thomas Antisell, an American mining engineer and chemist, discovered wild hops in what is now Iwanai Town during a geological survey of Hokkaido.

Antisell, foreseeing that the beer industry would flourish in Japan, proposed the cultivation of hops to the Hokkaido Development Commission, who considered brewing beer in Tokyo. Five years after the hops were first discovered, the Kaitakushi Brewery (now Sapporo Beer) was established in Sapporo, and Hokkaido's beer culture was born. Following in these pioneering footsteps are two young men who established IWANAI BREWERY in June 2022 to take beer in a new direction. The brewery is still small, but is already contributing to the development of Iwanai Town. You can enjoy sampling Iwanai Beer in this historic location.

The return journey takes approximately 2 hours, and you will arrive in Sapporo at around 6:00pm.

Activity: Farm experience at Mita Farm, cooking workshop and cultural exchange with with local residents at Iwanai Kogen Hotel

Difficulty: Level 1

What's included

- JR train ticket from Sapporo Station to Kozawa Station
- Bus tickets
- Cost of activities and admission to facilities
- Lunch (drink not included)

What we provide / What to bring

What we provide

- Rental aprons, etc. are provided free of charge during the cooking workshop
- Rental yukata are available free of charge at the Iwanai Kogen Hotel for visitors wishing to use the hot springs

What to bring

The following items are recommended:

- Comfortable shoes
- Water bottle
- Casual clothing that allows free movement

About us

JTB -- “Perfect moments, always.”

The JTB Group traces its roots back to 1912 when “Japan Tourist Bureau” was formed to attract international travelers to Japan and assist with their travel needs. While our activities and clientele have expanded greatly since then, the JTB Group remains aligned around a core purpose: bringing people, places and possibilities together. Developing innovative services and solutions that enable our customers to connect more deeply and meaningfully. Contributing to the creation of sustainable communities and a more peaceful and interconnected planet.

No matter how the world changes, the JTB Group remains as committed now as 108 years ago to delivering unrivaled excitement, value and satisfaction. At its essence, JTB’s legacy resides in the bonds of trust we have forged with our customers, communities and stakeholders.

Guides

The tour will be led by an experienced English-speaking guide.

Information and Requirements

Dietary Restrictions

Vegetarian, vegan and gluten-free temari sushi made using locally-grown vegetables in place of seafood can be provided if required.

Emergency Response Plan

In the event of an accident or emergency, your guide and local staff will provide assistance and instruction in English.

For injuries in the ranch and its surroundings, ranch staff will provide first aid together with your guide.

As part of measures to prevent food poisoning, any meals provided by the Iwanai Kogen Hotel shall be prepared and cooked in accordance with JTB's accommodation and meal contract. Should any unexpected health problems arise, local English-speaking volunteers will provide assistance alongside your English-speaking guide.

A first aid kit including disinfectant, adhesive plasters, bandages, sterile gauze, scissors and polythene gloves will be available.

Disclaimer

By taking part in this tour, participants acknowledge and willingly assume the risk of accidents and injuries during the tour. This includes, but is not limited to, falling during outdoor activities at the ranch or injuries when using a knives during the cooking workshop.

Although we implement safety measures as necessary to minimize the risk of injury to participants, we cannot guarantee the complete elimination of such risk during the tour.

Guides will provide instruction, take decisions relating to safety, and advise participants with regards to relevant precautions during the tour, however, participants are also expected to exercise their own judgement and take full responsibility for their own actions.

Tour Operator / Contact



Perfect moments, always

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