



### Web link to JNTO events pages

Check out the summer events in Japan:

<http://www.jnto.go.jp/eng/indepth/history/traditionalevents/index.html>

### Hot pot (Chanko Nabe) from Sumo Stable

Last issue, we mentioned the delicious chanko nabe that sumo wrestlers prepare, and many people asked for a recipe. In this issue, we're proud to present the recipe from Arashio sumo stable.

### Recipe



**Ingredients:** Shirataki noodles (made of yam), abura-age (fried tofu pouches), nira (leeks), green onions, cabbage, chicken, carrots, shiitake mushrooms

You may need to go to a Japanese food store to get the shirataki and abura-age.

Cut everything into bite size pieces – remember you're going to pick this straight out of the pot with chop sticks. Ceramic do-nabe are best for chanko – look for them at Japanese stores!

### Directions:

1. Put water and chicken into large pot
2. Turn heat to high
3. Once the water has started boiling, add the other ingredients (except the leeks) and boil until cooked
4. Add salt
5. Add the leeks
6. Serve and enjoy!

### Features

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All previous Newsletters can be accessed at <http://www.jnto.go.jp/canada/newsletter.html>

**Win a trip for 2 to Tokyo!**  
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Contest ends June 30, 2008

Celebrating 40 years of Japan Airlines service to Canada!

Yokoso! JAPAN JAL BO CRESTAL TOWER TOKYU HOTEL

## Tokyo Metro Special Open Tickets for Tourists

The Tokyo Metro system has created a ticket that's a perfect way for visitors to get around Tokyo. It offers great savings as well as the convenience of not having to worry about lining up for tickets. There are two types of unlimited ride tickets for tourists, and they are available at Narita Airport counters.



### Types of tickets

- (1) Tokyo Metro 2-Day Open Ticket  
(Adult: 980 yen, Child: 490 yen)
- (2) Tokyo Metro 1-Day Tourist Open Ticket  
(Adult: 600 yen, Child: 300 yen)

[http://www.jnto.go.jp/eng/indepth/featuredarticles/JN/tokyo\\_metro/](http://www.jnto.go.jp/eng/indepth/featuredarticles/JN/tokyo_metro/)

## Hokkaido Rail Pass

**NEW!** NOW TRAVEL IN HOKKAIDO IS RICHER AND MORE FLEXIBLE!

|                                  |                  |                                 |
|----------------------------------|------------------|---------------------------------|
| <b>FLEXIBLE 4-DAY</b> For 4 days | For Ordinary Car | For First Class Car (Green Car) |
|                                  | <b>18,000yen</b> | <b>25,000yen</b>                |

Within the 10 day valid period of your ticket you can use the rail pass on any 4 days you choose, whether consecutive or not. You cannot choose the starting date of this pass, it is effective the moment you exchange your Hokkaido Rail Pass.

[http://www2.jrhokkaido.co.jp/global/english/railpass/4days\\_01.html](http://www2.jrhokkaido.co.jp/global/english/railpass/4days_01.html)

## JR East launched Internet Service for Train Seat Reservation



Seat reservation service online for Shinkansen and Limited Express Train in East Japan Region

<http://jreast-shinkansen-reservation.eki-net.com/pc/english/common/menu/menu.aspx>

## Unforgettable Experiences in Japan

If you are looking for unforgettable experiences in Japan, here are some options.

### Japanese Home Cooking

*Learn how to cook typical Japanese dishes such as Tempura (deep-fried food), Sushi and other healthy home favorites at Japanese private homes with recipes written in English. Then, enjoy having them!*

Location : Kyoto City, Kyoto Prefecture

Fee : 16,000/person (For details, please check the website.)

Contact : Tel: +81-75-212-9993 • E-mail: wak@wakjapan.com (WAK Japan, Ltd.)

<http://www.wakjapan.com/en/katei/cooking.html#others>



### Sake Tasting at Sake Museum

*The Gekkeikan Okura Sake Museum introduces you to the fascinating history of sake brewing with its nostalgic buildings, tasting experience, and valuable collection of traditional brewing tools.*

Location : Kyoto City, Kyoto Prefecture

Fee : Adults (¥300), Children aged 12-17 (¥100), Children aged 0-11 (free)

Please make reservations in advance for group visits.

Contact : Tel: +81-75-623-2056 (Gekkeikan Okura Sake Museum)

<http://www.gekkeikan.co.jp/english/products/museum/index.html>



### Pottery Making Experience

*The village organizes a program to provide you with an experience of using its municipally operated ascending kiln to fire pottery pieces of your own making.*

Location : Echizen Pottery Village, Fukui Prefecture

Fee: ¥1,000 for Hand Making Course

Contact: Tel: +81-778-32-3200

E-mail: echizenyaki@town.echizen.lg.jp (Echizen Town Miyazaki Tourism Association)

[http://www.echizentogeimura.com/index\\_e.html](http://www.echizentogeimura.com/index_e.html)

### "Yuzen" Kimono Dyeing Experience

*You can enjoy the Yuzen stencil dyeing process by making your own souvenir. Select the material and dyeing pattern you wish.*

Location: Kyoto City, Kyoto Prefecture

Fee: ¥1,050 (Admission fee ¥500 also required)

Contact: Tel: +81-75-823-0500 • Fax: +81-75-823-0502

E-mail: y-en@kodaiyuzen.co.jp (Kodai Yuzen-en)

<http://www.kodaiyuzen.co.jp/english/handmade.html>



### Firefly Squid Fishing

*Observe fixed-net Firefly Squid (a small type of squid with natural luminescence) fishing on an early-morning (middle of the night) boat tour and see the squid light up as the ship touches the fixed net.*

Location: Namerikawa Fishing Port, Toyama Prefecture

Fee: Adults: ¥3,000, Students: ¥2,000

Contact: Tel: +81-76-475-0100 (Namerikawa City Tourism Association)

[http://kanko.toyamaken.jp/english/toyama\\_guide.html](http://kanko.toyamaken.jp/english/toyama_guide.html)

## Nagara River Cormorant - Fishing Master's Home Visit

*Ukai (Cormorant Fishing) is the fishing method in which a fishing master catches fish using a cormorant, and has been performed for about 1300 years. Cormorant fishing is handed down hereditarily and there are 6 fishing masters in the Nagara area. Visit one of the cormorant fishing master's home and learn about his everyday life. (English interpreter required)*

Location: Fishing Master Junji Yamashita's Residence, Gifu Prefecture

Fee: Please Contact

Contact: Tel: +81-58-263-7291

E-mail: [info@gifucvb.or.jp](mailto:info@gifucvb.or.jp) (Gifu Convention & Visitors Bureau)

<http://www.gifucvb.or.jp/en/kankou/ukai/index.shtm>



## Shosha-zan Zen Meditation Experience & Japanese Vegetarian Cuisine

*Visit the Engyo-ji at Shosha-zan, which is known as a spot where "The Last Samurai" was filmed, and experience Zen meditation. Enjoy the Japanese traditional vegetarian cuisine. (English speaking interpreter required.)*

Location: Himeji City, Hyogo Prefecture

Fee: Ropeway ¥900

Japanese Vegetarian Cuisine: ¥5,250 (April-November. Reservation required)

Votive Charge: ¥300 (Special Votive charge including bus fare at the top of mountain ¥1,000)

Contact: Tel:+81-79-266-3327 • Fax:+81-79-266-4908 (Engyo-ji)

<http://www.himeji-kanko.jp/en/spot/ss014.html>

## "Experience Asakusa, Ebisuya Rickshaw and Rickshaw Man" the First of This Kind in Japan!



*Rickshaw ride tour around Asakusa, draw a rickshaw, wear a happi-coat for a photo. Experience the exotic area of an old town in the traditional Edo, the old Tokyo. We guide you through the exquisite city of Edo by rickshaw.*

Location: Tokyo

Fee: ¥10,000 (1 hour)

Contact: E-mail: [support-desk@his-exp.jp](mailto:support-desk@his-exp.jp) (H.I.S. Experience Japan CO., LTD.)

[http://hisexperience.jp/index.php?option=com\\_content&task=view&id=253&Itemid=15](http://hisexperience.jp/index.php?option=com_content&task=view&id=253&Itemid=15)

## Fun & Learning Culture Tour at Edo Wonderland

*Dress as residents of old Japan, and enjoy and learn ancient Japanese virtue in the extensive cultural theme park where recreated the history of Japan.*

Location: Nikko City, Tochigi Prefecture

Fee: Adults (15 years up) ¥4,500, Children (7 to 14 years old) ¥3,000

Contact: Tel: +81-288-77-1777 • FAX: +81-288-77-1781

E-mail: [edomura@jidaimura.co.jp](mailto:edomura@jidaimura.co.jp) (Edo Wonderland Nikko Edomura)

(Reservation available from 5 people to 30 people a week before your visit.)

[http://www.edowonderland.net/nikko\\_e/index.html](http://www.edowonderland.net/nikko_e/index.html)

