

Savor the culinary delights of Shizuoka in the shadow of Mt. Fuji



Shizuoka Culinary Tour 2 days, 1 night Fujinomiya, Yaizu & Shizuoka

Tour Highlights

- Visit the World Heritage city of Fujinomiya at the foot of Mount Fuji and discover a rich food culture fostered by the mountain's spring water.
- In Yaizu, a city with a long history as a fishing port, experience the drama of a local tuna auction and visit a longtime producer of dried bonito that still utilizes traditional manufacturing methods.
- Chojiya in the city of Shizuoka has a history of over 300 years. Through ukiyo-e prints depicting post towns along the old Tokaido road and food that was once served to weary travelers, enjoy an experience that transcends time.
- Dine at restaurants run by prefecture-designated "Fuji no Kuni Maestro Chefs" and savor select Shizuoka cuisine made with fresh local ingredients.

Day 1 (Fujinomiya)

Experience a land blessed by the spring water of Mt. Fuji.

Mt. Fuji is a mesmerizingly beautiful mountain.

And its abundant nature enriches the lives of the people who inhabit its foothills.

The rain that falls on Mt. Fuji seeps into the ground, where it collects as subsoil water. After much time has passed, it rises to the surface as spring water that supports the production of food.

Today, you visit Fujinomiya, known as a "World Heritage city," to marvel at Mt. Fuji, which towers over the city, and to meet farmers who take advantage of this fresh mountain water source.



Board a morning Shinkansen bullet train to Shin-Fuji Station and then head to the city of Fujinomiya.

Your first stop is Mt. Fuji World Heritage Centre, Shizuoka, where you can learn about Mt. Fuji. A five-minute walk away is Fujisan Hongu Sengen Taisha, an important shrine that has long been the center of Mt. Fuji worship.

Lunch is at Mitsu, a French restaurant where a prefecture-designated "Fuji no Kuni Maestro Chef" is working his magic. With the concept of "cuisine at the foot of Mt. Fuji," Mitsu specializes in locally grown pesticide-free vegetables, meat from mountain-reared livestock, seafood from Tagonoura Port, some 20 minutes from Fujinomiya, and dishes rich in homegrown herbs.



After eating your fill of the finest mountain ingredients, head to Asagiri Kogen, a sweeping plateau at the foot of Mt. Fuji.

The first local produce you encounter here is wasabi. Indispensable as a condiment in Japanese dishes such as sashimi and soba, wasabi will only grow where the water is very clean.

Visit a farm that has been working this land for over a century and view the beauty of the wasabi fields. Observe how clear river and subsoil water washes across the fields.



Your next stop is a Wagyu beef farm focusing on rearing healthy cows using premium Mt. Fuji groundwater drawn from wells. The farm is known for its low production volume and high-quality meat, features that are easily appreciated when you see its cows leisurely grazing in the shadow of Mt. Fuji.



Another local attraction is the craft beer. Breweries in the foothills around Fujinomiya grow their own pesticide-free barley, hops and rice as raw materials for beer making, and use Mt. Fuji spring water that has been bubbling to the surface for millennia.

From Fujinomiya, head to Shizuoka, the prefecture's namesake capital city, and make a beeline for Kakuya Bessho. Here, enjoy a dinner crafted by yet another "Fuji no Kuni Maestro Chef." Feast on authentic Japanese-style dishes brimming with seasonal ingredients and relish the variety and wealth of Shizuoka's food culture.

After dinner, return to Yaizu and head to Minato no Yado Migiwaya, your accommodation for the night.



Day 2 (Yaizu & Shizuoka)

Shizuoka's food culture has played an important role in the history of Japan. Yaizu, in particular, has a long history as a fishing port.

From the Edo era (1603-1867) onward, the industry here was centered on bonito fishing in coastal waters in the Showa era (1926-1989).

Fishermen from Yaizu were the first in Japan to pioneer southern bluefin tuna fishing in the undeveloped waters of the southern hemisphere. Today, Yaizu is one of Japan's largest fishing ports.

At Yaizu Port, experience the thrill of the regularly held tuna auction. When the auction kicks off, dozens of brokers call out their bids one after another. As the shouting grows louder, the price for each tuna goes up and up, creating a powerful spectacle that unfolds at breakneck speed before you. With your appetite whetted, head into the city for lunch at a choice sushi restaurant that specializes in tuna and marvel at the variety of sushi that can be made from one fish.



Another fish that has come to symbolize Yaizu is bonito. The city boasts the largest catch of bonito in the country and is the one of Japan's three major katsuobushi production areas.

Katsuobushi, or bonito flakes, was developed as a nonperishable and is a very important ingredient that forms the basis of Japanese *dashi* food culture.

Today, you visit a katsuobushi producer that has been in business for over 130 years. Each dried bonito is flaked by hand using traditional techniques that have been passed down through the generations.



Close by the katsuobushi factory is Hamadori, a street of elegant buildings that rekindles the ambiance of the past. At the center is the former Hattori residence, known for the great contribution the family made to the development of Yaizu's fishing industry. The history of Yaizu is palpable as soon as you step foot in this nostalgic area.



The final stop on your culinary tour of Shizuoka Prefecture is Marikoshuku, a former post town on the old Tokaido road. The town is home to Chojiya, a farmhouse-style restaurant with a history that stretches back over 400 years and is depicted in Hiroshige ukiyo-e prints from the time. The Tokaido was a major highway developed in the Edo era to link the city of Edo (now Tokyo) with Kyoto and Osaka. Spend time studying Chojiya's ukiyo-e prints and let your mind travel back in time to the bygone Tokaido post towns. As well as trying Shizuoka sake, be sure to enjoy a cup of Shizuoka's celebrated tea served with traditional teacakes. For a taste from the past, don't miss the famous *tororo* soup, which was served to travelers here centuries ago.

Your tour ends at Shizuoka Station, from where a Shinkansen train whisks you to your next destination.

