

# Authentic Experiences in Nakatsugawa

Intimate Experiences of Local Japanese Life



## Contact Information

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# Experience Local Cuisine on the Nakasendo!

## Make Your Own Hoba-Sushi at a Traditional 200-Year-Old Teahouse

The Nakasendo is a 534km long ancient road that connects Kyoto and Tokyo. These days people still walk the old road. In the areas of Nakatsugawa City and the Kiso Valley, the Nakasendo is particularly beautiful. Echizenya is a teahouse along the Nakasendo estimated to be around 200 years old. Around 150 years ago the shop closed. But in recent years the proprietress renovated and reopened the place. It now serves coffee and tea in addition to traditional food. They also brought back the family's signature dish, sanmon-mochi, which is mochi covered in black sugar syrup. A dessert of sanmon-mochi comes included with this experience. For the experience's main course, you will make your own hoba-sushi, a local sushi dish beloved by the locals of Nakatsugawa, with the cheerful, hospitable proprietress herself.



### Hoba-sushi

This cooking experience takes place at Echizenya. There you can make hoba-sushi, a local dish beloved in the city of Nakatsugawa. Flavored sushi rice with various toppings is wrapped in a *hoba* (the leaf of a Japanese magnolia tree known as a *ho-no-ki*). The leaf not only keeps the food fresh, but the flavor of the leaf infuses with the ingredients inside making a delicious lunch for farmers or people working outside. Toppings include items such as salmon, shiitake, egg, pickled ginger, and more. Vegan options are available.



### Sanmon-mochi

In ancient times, Echizenya's specialty dish was sanmon-mochi, mochi covered in black sugar syrup. Black sugar was very rare during the Edo period and, at that time, the snack sold very well and became extremely popular. Three local women including the proprietress herself, Megumi Tsukada, have brought back sanmon-mochi from the dead, finding clues about the snack from ancient texts. A dessert of three sanmon-mochi is included for each guest who joins the hoba-sushi experience.



### Japanese garden

Guests of the experience can also enjoy a tour of the teahouse's Japanese garden, with its suikinkutsu, a musical device of Japanese gardens used before tea ceremonies. Water trickles into the device creating a beautiful splashing sound that is said to resemble a Japanese *koto*.

### Details

**Price:** 2,500 JPY per person (4 – 12 people), 3,000 JPY per person (2 – 3 people)

**Time required:** Approximately 1 hour

**Reservation:** At least 1 week in advance

**Inquiries:** Echizenya ([mysweetload0423@yahoo.co.jp](mailto:mysweetload0423@yahoo.co.jp))

**Location:** Ochiai 1070, Nakatsugawa City, Gifu Prefecture

**Access:** On the Nakasendo – 40 minutes walk from Nakatsugawa Juku and 10 minutes walk from Ochiai Juku

## [1 night + 1 activity plan]: Make a *hanko* (Japanese stamp)

In Japan, everybody has a *hanko*. Where westerners sign their name, Japanese stamp with their hanko. From banks to offices and everything else, you can't get much done in Japan without one. They were introduced to Japan from China around the year 145 BC and since the Meiji era (1868-1912) they have become ubiquitous in regular people's lives.

In this experience, make your own hanko stamp by carving your name (written in Japanese characters) into a hanko. The Ryokan O in Nakatsugawa offers this experience with a 1 night + 1 activity plan. Your friends will love receiving a postcard with your new hanko stamp.

### Details

**Price:** 12000 JPY (1 person), 19500 JPY (2 people), 27000 JPY (3 people)

**Time required:** Approximately 90 minutes

**Number of people:** 1-3 people

**Inquiries:** The Ryokan O ([theyokano@gmail.com](mailto:theyokano@gmail.com))

**Location:** Otamachi 2-2-24, Nakatsugawa City, Gifu Prefecture

**Access:** 2 minutes walk from Nakatsugawa station

