



SUNDAY PLANNING

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SANSAI (Edible Wild Plant) Picking and Hiking Course



- Program Runs Dairy, April 17 through June 20,2010
- Meets at the Lodge Grampia by the Lake Nojiri at 9:00AM.
- This course is designed for age from 10 through adults.

(Children under 10 years old can participate with a guardian)

People often wonder whether we can eat such weeds. It looks just a weed. But once you try some, you might become lover of edible wild plants called SANSAI in Japanese. In Japan, people have been eating SANSAI for a long time, and SANSAI is now one of the essential ingredients for Japanese cuisine such as SANSAI TENPURA, SANSAI SOBA and so on. There are lots of SANSAI in the mountains around the Lake Nojiri. Join us for touching the nature and Japanese customs!

Price

You can enjoy our SANSAI Picking and Hiking Course with cozy lodging for a bargain price.

	Adult	Child
SANSAI Picking and Hiking Course	6,000 yen	6,000 yen
Lodging Set Course (1day guide with 1night stay)	13,000 yen	12,000yen
Lodging Set Course (2days guide with 1night stay)	18,000 yen	17,000 yen

※You can enjoy snug twin room with additional charge of 1000yen.

※A four-bed rooms are available from three.

Rental

	Rubber boots (for Adult)	Rainwear (for Adult)
One-Day	200 yen	1,000 yen

The charge include...

- SANSAI Picking and Hiking Course includes a guide of edible wild plant, rental basket and gloves, map, transportation to and from the mountain and travel accident insurance.
- Lodging Set Course includes relaxing overnight stay in our lodge with a special SANSAI dinner and breakfast.

※If you would like to enjoy our special SANSAI dinner without Lodging Set Course, you can try it with additional charge of 2,200 yen per person. Fresh SANSAI that you picked will be cooked in Japanese style such as TENPURA, OHITASHI and so on! You can't taste these anywhere else!

What to bring!

- Hiking wear (a long-sleeved shirt, trousers)
- Rainwear (better separated top and bottom)
- Rubber boots (You can use our rental rubber boots for 200 yen)
- Hat with a visor
- Hand towel
- Lunch and drink (We will stop by a convenience store before going to the mountain)
- Backpack

Itinerary



AM 9:00:

Check-in at the reception in Sunday Planning Lodge Grampia, Lake Nojiri. Get ready.

AM 9:30:

Head to the mountain. (We will stop by at a convenience store before going to the mountain)



Wearing a long-sleeved shirt and trousers with rubber boots and gloves is the “formal wear” for SANSAI picking, because SANSAI are often found in the bush and wet land such as near streams or ponds and we often cross the streams.



Searching for SANSAI, we will go into deep in the forest. In the mountain, there are various kinds of SANSAI. One of them is ostrich fern called KOGOMI in Japanese. In SANSAI picking, it is very important to leave some of SANSAI, otherwise the roots will die and they can't harvest next year!



Searching SANSAI around makes us very hungry. We will have a lunch in the deep forest. Having a lunch with the twitter of birds, the song of stream and wind in the green is one of the happiest moments.



PM4:00 Return to the Lodge Grampia and the course ends.

Fresh and 10~20 various kinds of SANSAs you have picked are now cooked in Japanese cuisine such as TENPURA, OHITASHI and so on! Toast to our labor and harvest!