

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



Location: Gan-wu, Shiribeshi, Hokkaido

Main Activity: Farm experience  
Cooking workshop  
Interaction with local residents

Difficulty: 1/5

Duration: 1 day

Pax: Min.15 Max. 25

### Highlights

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



Mita Farm



Mita Farm



Cooking workshop



Temari sushi

## Overview

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.

## Itinerary

—Gan-wu area—

Mita Farm	30-minute guided tour / Farm experience
Iwanai Kogen Hotel	Cooking workshop. You'll learn how to make temari sushi
Kikoin Temple	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.

## 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.

## Contact

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