



ĀMAN

Japan Culinary Journey

15 - 24 May 2022

• JAPAN •

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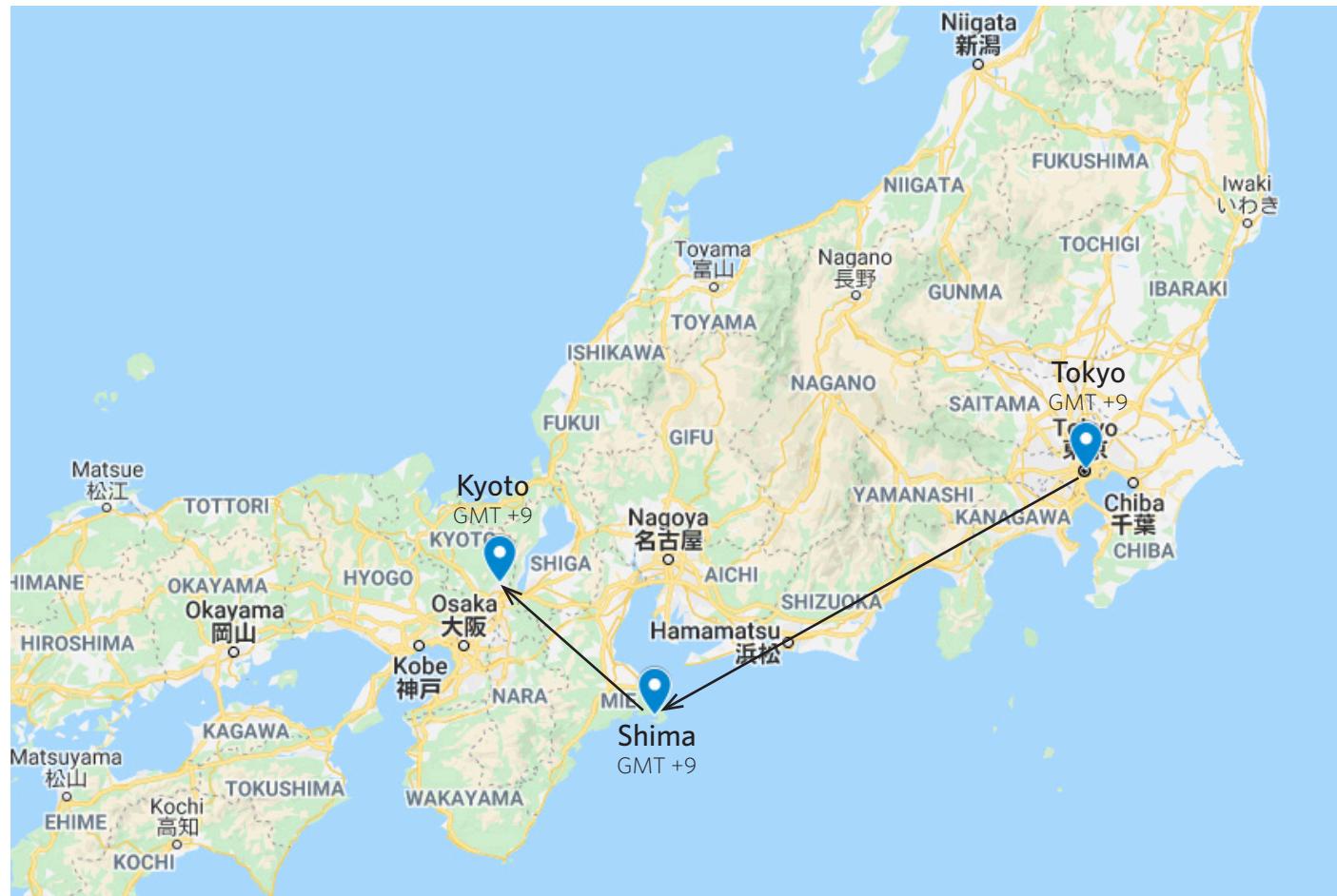
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SCHEDULED TRAINS AND HELICOPTER CHARTERS:

DATE	TRANSPORTATION	FROM	TO	DEPART	ARRIVE	DURATION
19 May 2022	Shinkansen Bullet Train	Tokyo	Nagoya	09:30	11:09	1 hour 39 minutes
21 May 2022	Helicopter Charter	Shima	Osaka	09:20	10:10	50 minutes

VISA INFORMATION: Your passport must be valid for at least six months beyond your trip.

Japan: Visas are not required for US passport holders visiting for less than 90 days.



THE JOURNEY AT A GLANCE

DAY 1

Sunday, 15 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

D

- Arrive in Tokyo, Japan on your long-haul flight.
- Private transfer to Aman Tokyo (30 minutes or 1 hour + traffic, depending on arrival airport).
- Welcome cocktails and dinner at Aman Tokyo, with an introduction to Japanese cuisine and libations from an expert.

DAY 2

Monday, 16 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

B L D

- Full day touring in Tokyo, including:
- Toyosu fish market with top chef in off-limits areas.
- Tea ceremony.
- Sushi experience and lunch with an expert chef.
- Art Aquarium.
- Japanese soufflé pancake tasting.
- Evening shochu tasting with a shochu "sommelier."
- Dinner at an Izakaya restaurant.

DAY 3

Tuesday, 17 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

B L

- Full day touring in Tokyo, including:
- Fukagawa Fudo fire ceremony.
- Depachika food hall.
- Soba noodle making class and lunch.
- Sword fighting lesson.
- Sumo demonstration with recently retired wrestlers.
- Evening Japanese baseball game (*schedule TBA*).

DAY 4

Wednesday, 18 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

B L

- Full day excursion to Yamanashi (1 hour 30 minutes to 2 hours + traffic each way).
- Lake Kawaguchiko with views of Mt. Fuji.
- Lunch and wine tastings at top Japanese vineyards.



DAY 5

Thursday, 19 May 2022

Amanemu, Mori Suite (Shima, Japan)

B **L** **D**

- Bullet train from Tokyo to Nagoya (09:30-11:09).
- Hitsumabushi lunch.
- Transfer to Amanemu with touring along the way (2 hours 30 minutes + stop):
- Ise Jingu Grand Shrine or Mikimoto Pearl Island.
- Cocktails and kaiseki dinner at Amanemu.

DAY 6

Friday, 20 May 2022

Amanemu, Mori Suite (Shima, Japan)

B **D**

- Full day at leisure to relax and enjoy Amanemu's onsens and spa.
- Cocktails and Matsusaka Wagyu beef dinner at Amanemu.

DAY 7

Saturday, 21 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

B **L**

- Helicopter charter from Shima to Osaka (50 minutes). *Option to drive from Shima to Osaka (3 hours).*
- Street food tour with lunch in Osaka.
- Momofuku Ramen Museum.
- Suntory Yamazaki Whisky Distillery and tasting.
- Transfer to Aman Kyoto (1 hour).

DAY 8

Sunday, 22 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

B **D**

- Full day personalized touring in Kyoto with a private car, driver and guide.
- Optional excursion to Nara, Uji and Wazuka Town.
- Optional excursion to the Miho Museum and Fushimi Inari Taishi Shrine.
- Sake tasting at a brewery.
- Geisha dinner with entertainment.

DAY 9

Monday, 23 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

B **L** **D**

- Full day touring in Kyoto, including:
- Wagashi sweets making lesson.
- Zen meditation.
- Traditional Shojin-ryori lunch.
- Nishiki market.
- Philosopher's walk and Ginkakuji temple.
- Cocktails at a foremost Japanese ceramics gallery.
- Farewell dinner at Aman Kyoto.

DAY 10

Tuesday, 24 May 2022

B

- Private transfer to Kyoto station or Osaka airport for your onward train or flight (30 minutes or 1 hour + traffic).



JAPAN

The word 'Japan' immediately conjures up myriad diverse images: fashion-forward Harajuku girls on a Sunday afternoon in Tokyo; the serene, iconic Mount Fuji; snowboarders carving through perfect powder in Hokkaido; futuristic bullet trains; cherry-blossom-fringed pagodas in Kyoto; and seemingly shy salarymen and women performing bizarre feats on nationally televised game shows.

The prosperous Japan of today was greatly enabled by 1947's pacifist constitution, which embraced the liberal democratic policies that set Japan on a trajectory of unbridled economic growth. Even after a crippling recession in the 1990s, the country is still home to the world's third-highest GDP and continues to be a beacon of prosperity and modernity to a continent that is sprinting to catch up with this once hermitic nation.

Although Japan's insular past is long gone, many of the old ways remain. One can still see elegant women in kimonos gingerly stepping across massive crosswalks, kabuki opera performances, and sushi masters trained in traditions dating back to the Edo period (1603-1868). What makes Japan so appealing is the harmonious confluence of 'old Japan' and 'new Japan' into one fascinating whole, firmly rooted in tradition but ever hurtling into the future.



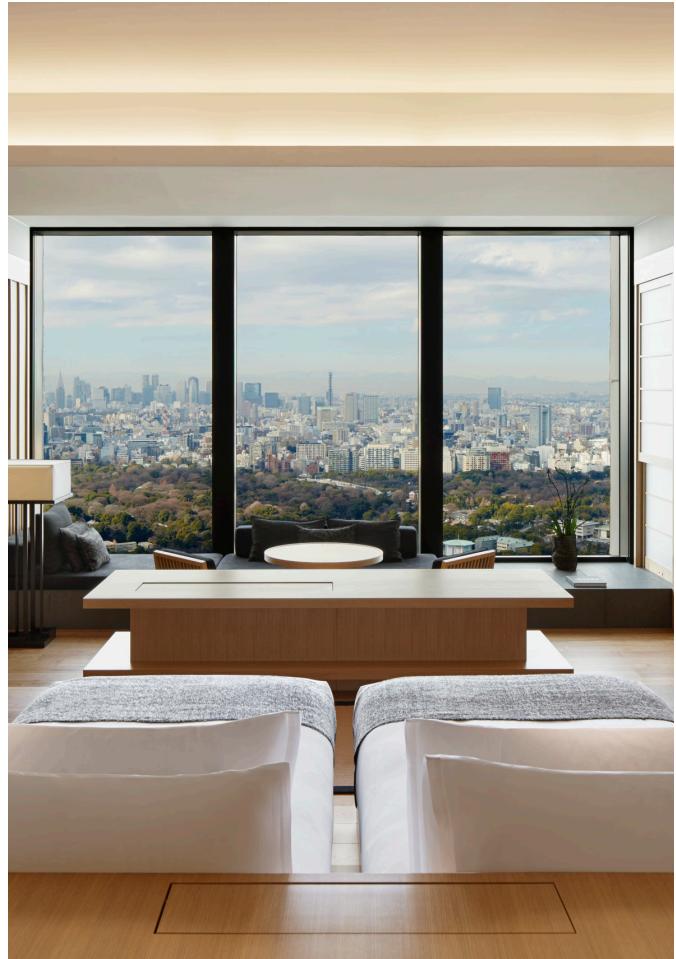
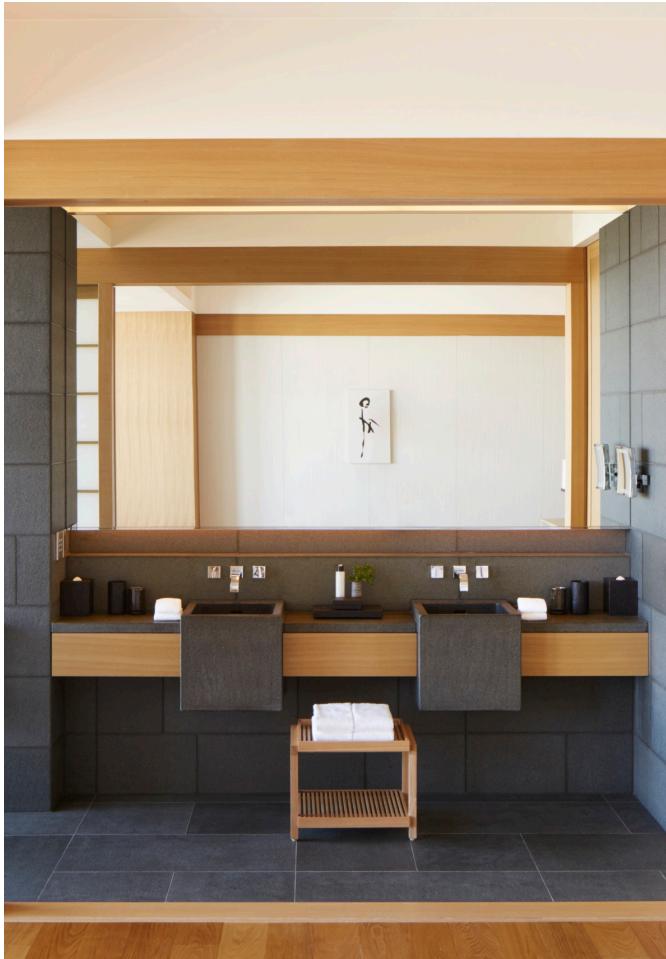
TOKYO, JAPAN

A trip to the ultra-modern city of Tokyo is unforgettable – from Aman Tokyo, one can gaze upon the multi-coloured glow of the city leading straight to the horizon, an awe-inspiring sight. Tokyo has been the nation's capital since the start of the Meiji Restoration in 1868 when, among other major changes to the nation's political and social structure, Japan came out of its self-imposed isolation. Prior to 1868, Tokyo was a small castle town known as Edo, which had become Japan's political centre in 1603, when Tokugawa Ieyasu established his feudal government there. Edo was renamed Tokyo, 'eastern capital', in 1868.



AMAN TOKYO

An urban sanctuary atop the shimmering Otemachi Tower, Aman Tokyo is a monument to the modern-day Japanese capital, a place where dynamism is tempered with serenity. History, commerce and culture fuse truly cosmopolitan yet intrinsically Japanese aesthetics, offering fascinating juxtapositions at every turn. Gleaming skyscrapers reach for the heavens beside nineteenth-century palaces; humming intersections exist alongside quaint lanes lined with convivial yakitori-ya, ramen shops and shochu bars; state-of-the-art shopping centres overlook beautiful parks, pink with cherry-blossom in spring.



ROOMS & SUITES

Aman Tokyo's rooms and suites are lofty urban havens drawing design inspiration from traditional Japanese residences. Blending wood, washi paper and stone with modern technology and luxurious fabrics, they offer magnificent views including the Imperial Palace Gardens, and Mt Fuji on the horizon on clearer days.

DINING & WELLBEING

Aman Tokyo offers a selection of sublime dining experiences. Arva brings Italian seasonal ingredients and cooking techniques, while maintaining a distinctly Japanese emphasis on clean, refined flavours. Early every morning the Master Chef travels to the fish market, to select the freshest, seasonal fish and seafood for Edomae style sushi at Musashi by Aman. The vast garden and bar lounge, designed to resemble the inside of a traditional shoji paper lantern is the perfect spot for all-day dining in Tokyo. During the day, sample Afternoon Tea – an Aman Tokyo speciality – high above the Imperial Palace Gardens. The Café by Aman features French desserts and drinks to be enjoyed in the small green lush forest.

Aman Spa Tokyo is a vast, light-filled space set high above the Tokyo skyline. A complete range of treatments, therapies, and facilities draws on the Japanese principles of nature and balance. Multiple treatment rooms are available, and the signature Spa Journeys focus on Japanese natural ingredients and philosophies. The Spa features large Japanese-style hot baths and steam rooms, a light-filled 30-metre pool with panoramic city views, a world-class fitness centre with the latest cardiovascular and weight-training machinery, and dedicated yoga and Pilates studios.



DAY 1

Sunday, 15 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

Included Meals: **D**

Arrive in Tokyo, Japan on your long-haul flight.

Private transfer to Aman Tokyo (approximately 30 minutes from Haneda airport or 1 hour from Narita airport + traffic).

Welcome Cocktails and Dinner with Introduction to Japanese Cuisine and Libations — 18:00: This evening, meet your fellow travellers as you gather for cocktails and dinner at Aman Tokyo. Learn about Japanese cuisine and libations from an expert.



DAY 2

Monday, 16 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

Included Meals: **B L D**

TODAY'S SCHEDULED EXPERIENCES

Collection time: 06:45

Return time: 08:45

Toyosu Fish Market with Top Sushi Chef: Rise early this morning for an exclusive visit to Toyosu Fish Market with a top sushi chef. Recently constructed to replace Tokyo's storied Tsukiji Fish Market, Toyosu's massive scale and meticulous design are meant to solve the many problems that have plagued Tsukiji in recent years, chief among them a lack of space and increased tourist visits. The ample facilities at Toyosu are sleek and modern and offer a more streamlined process for those buying and selling the enormous quantities of seafood required to keep Tokyo's fabulous eateries up and running.

While the old Tsukiji wholesale market was open to the public, visitors are now only able to view the famous tuna auction from the upper observation galleries at Toyosu. However, with our top chef, you will have the unique opportunity to enter the off-limit Toyosu market floor where only professional buyers are allowed.





Breakfast: After your exclusive tour of Toyosu market, return to Aman Tokyo to rest and enjoy breakfast.

Collection time: 09:45

Return time: 16:00

Tea Ceremony: Experience a traditional Japanese tea ceremony, Chanoyu. Originating more than 1,000 years ago when Japan adopted the Chinese practice of drinking powdered green tea, and following Zen Buddhist beliefs, this is seen as a spiritual experience that embodies harmony, respect, purity and tranquility. The ceremony is a choreographed ritual of preparing and serving Japanese matcha green tea; traditional sweets are also served to balance the tea's bitter taste. The aesthetics of the ceremony are paramount: one's attention must focus on movement and gesture; even the placement of the tea utensils must follow a certain method. In this lesson you will learn the subtle yet significant ceremony etiquette shaped by Zen Buddhism. Enjoy the tea and sample wagashi, a traditional type of Japanese confection which is often served during tea ceremonies. These are made with mochi, azuki bean paste, fruits, sweet potato, and other simple ingredients.

Sushi Experience and Lunch: Learn the art of sushi with one of Tokyo's premier sushi masters. Notice the delicate care required to prepare sushi's basic rice with vinegar, slice various fish and vegetable ingredients and roll, cut and display the pieces.

Art Aquarium: Visit this stunning fish and light exhibition with over 30,000 fish in glass vessels of all shapes, sizes and colours. Headed by artist Hidetomo Kimura, the Art Aquarium sees fish as living works of art and features the fish in glittering spectacles.

Japanese Soufflé Pancake Tasting: For an afternoon snack, try the delectable Japanese pancakes that are incredibly light, fluffy and airy like a soufflé.

Return to Aman Tokyo. Freshen up and relax before your evening out in Tokyo.

THIS EVENING'S SCHEDULED EXPERIENCES

Collection time: 18:00

Return time: 22:30

Shochu Tasting: Begin your evening at a local Izakaya, a popular type of Japanese bar that is small and serves snacks and small dishes to accompany drinks. Taste a



variety of local shochu, a traditional Japanese liquor, under the guidance of a shochu "sommelier."

Izakaya Dinner: Following your shochu tasting, enjoy a delicious Japanese dinner featuring a variety of small-plate local cuisine.

Return to Aman Tokyo after dinner.

DAY 3

Tuesday, 17 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

Included Meals: **B L**

Breakfast: Enjoy breakfast at your hotel.

TODAY'S SCHEDULED EXPERIENCES

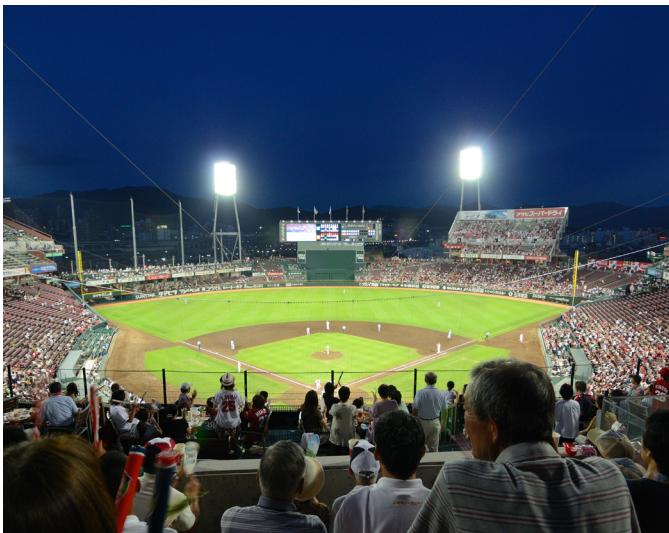
Collection time: 08:30

Return time: 17:00

Fukagawa Fudo Fire Ceremony: Visit Fukagawa Fudo, an active temple in Tokyo where fire rituals called Goma take place daily. Sutras are read, drums are pounded, and various amulets and objects are passed over the flames in blessing. Walk down the prayer corridor and marvel at the 9,500 miniature crystal Buddha statues. Upstairs is a gallery depicting all 88 temples of the 850-mile pilgrimage route on the island of Shikoku. It is said that offering a prayer at each alcove has the same effect as visiting each temple.

Depachika Food Hall: Ginza is home to many flagship stores, including Mitsukoshi, Japan's oldest department store. Currently, there are around 300 department stores located in the major cities across Japan, and are thought of fondly as city landmarks by customers who frequent them on a daily basis. The most unique aspect of department stores in Japan is said to be their second-to-none attitude to service and amenities.

Soba Noodle Making Class and Lunch: Experience soba-making under the tutelage of a professional soba-chef who has undergone an apprenticeship at one of the most respected soba establishments in the world of soba-making. While soba is often considered to be a form of Japanese "fast food," the handmade teuchi soba is nothing short of a culinary masterpiece. Refreshing, easy to eat, and above all else delicious, soba is made



from a mixture of just soba flour and water.

Sword Fighting Lesson: Japan's ancient samurai swords were once employed during battle, and their use is today considered an art form. During your sword lesson you will practice movements evolved from the techniques used by samurai in battle.

Sumo Lesson with Retired Wrestlers: Meet with recently retired sumo wrestlers to learn more about the ancient art form. Sumo is a serious sport that combines weight, speed, intellect, technique and guile, and many ritual elements such as purifying the ring with salt. Matches can last from a few seconds to a couple of minutes, until one wrestler forces the other either out of the ring or to touch the ground with anything other than the soles of his feet. Contrary to appearances, being gigantic and overweight is not de rigueur for becoming a successful sumo wrestler; it is even common to see a smaller wrestler defeat a larger opponent. In this private informational session, you will be free to ask questions and, if you wish, you can also don a 'sumo suit' and try your hand at the sport.

Return to Aman Tokyo to rest and freshen up before your evening activity.

THIS EVENING'S SCHEDULED EXPERIENCES

Collection time: 17:45

Return time: 19:15

Japanese Baseball Game: One of the favourite contemporary Japanese sports, baseball is a high-octane event in Japan. The stadiums are packed with fans, singing chants and rooting for their favourite ball players. The sport is an interesting cultural phenomenon, and even if you are not a baseball fan, a visit is highly recommended. Early evening, check out a local game and stay for a couple of innings. Enjoy trying a variety of local snacks, which are unlike the stadium food found in the United States. Snacks may include yakitori, bento boxes, takoyaki, edamame, donburi and noodles. Beer is conveniently poured seat-side from a backpack, and is always a fan favourite. *Please note: The 2022 baseball schedule will be confirmed closer to your departure date.*

Return to Aman Tokyo when you are ready to leave.

Dinner: Enjoy dinner on your own.

DAY 4

Wednesday, 18 May 2022

Aman Tokyo, Deluxe Room (Tokyo, Japan)

Included Meals: **B** **L**

Breakfast: Enjoy breakfast at your hotel.

TODAY'S SCHEDULED EXPERIENCES

Collection time: 09:00

Return time: 17:15

Today, venture out of Tokyo on a full-day excursion to explore the Mt. Fuji and Yamanashi area. Alternatively, you may choose to continue exploring Tokyo with a private car, driver and guide (supplemental cost).

Transfer to Yamanashi (1 hour 30 minutes + traffic).

Mount Fuji: Japan's highest and most prominent mountain, Mt. Fuji is located on Honshu Island and at 12,388 ft. is an active stratovolcano that last erupted in 1707-08. The iconic mountain lies about 62 miles southwest of Tokyo, and can be seen from the city on a clear day.

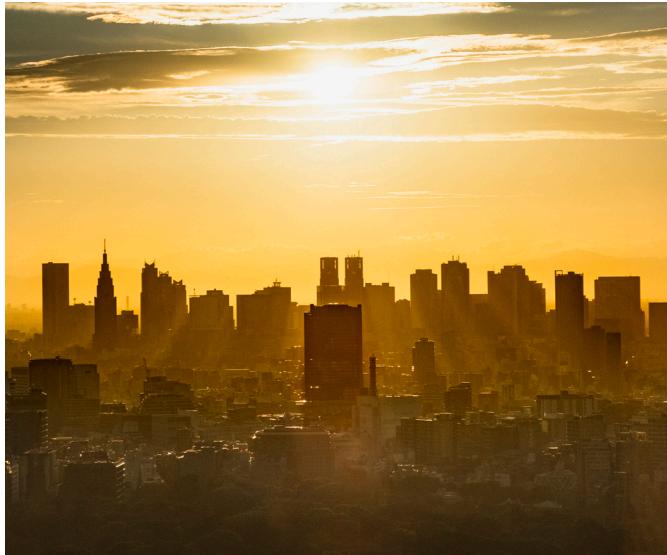
Lake Kawaguchiko: Lake Kawaguchiko is one of the Fuji Five Lakes and located in Fujikawaguchiko southern Yamanashi Prefecture near Mount Fuji. It is the second largest of the Fuji Five Lakes in terms of surface area and is located at the lowest elevation. It also has the longest shoreline of any of the Fuji Five Lakes. There is a walking trail exclusive to pedestrians around Lake Kawaguchiko, which covers 80% of the lakeside. The view of Mt. Fuji from the walking trail of the north shore is magnificent.

Lunch and Wine Tastings at Yamanashi Vineyards:

Yamanashi prefecture is dotted with vineyards that produce Japan's finest wines. Lying in the Kofu basin, Yamanashi is a natural fortress protected by Mt. Fuji to the south, the Okuchichibu Mountains to the north and the Japanese Alps to the west. Enjoy lunch with a wine tasting at a local vineyard.

Following lunch, visit another vineyard and enjoy a second tasting. With more than 60 vineyards, Yamanashi produces 30% of Japan's wine. The aromatic pink-hued Koshu white wine grape is primarily cultivated here.





Transfer back to Aman Tokyo (2 hours + traffic).

Dinner: Enjoy dinner on your own.

DAY 5

Thursday, 19 May 2022

Amanemu, Mori Suite (Shima, Japan)

Included Meals: **B L D**

Breakfast: Enjoy breakfast at your hotel.

Collection time: 09:00

Check out of your hotel and transfer to Tokyo Station (approximately 5 minutes).

09:30-11:09: Bullet train from Tokyo to Nagoya on Shinkansen Nozomi #21 in green (best) class (1 hour 39 minutes).





SHIMA, JAPAN

The Shima Peninsula is home to Japan's most sacred Shinto shrines, the Ise Shrines, and is a popular leisure resort area among the urban population of Nagoya and Osaka. Attractions besides the Ise Shrines include several theme parks and pearl cultivation along the peninsula's rugged coast.

The peninsula has been designated as Ise-Shima National Park for its natural beauty and cultural importance. It is located in southern Mie Prefecture and consists of the cities of Ise, Toba and Shima and the town of Minami-Ise. The area is also popularly referred to as Ise Shima.



AMANEMU

Amanemu, set in a national park on the shores of Ago Bay, embraces the ancient Japanese tradition of onsen mineral hot springs and the culinary heritage of this gourmet region. The resort's name is drawn from *aman*, the Sanskrit-derived word for "peace," and *nemu*, which means to "share joy" in Japanese.

The hills above Ago Bay, Japan, are the serene setting of Amanemu, situated close to the holy Shinto site of Ise Grand Shrine. The region's natural beauty takes centre stage as the seasons change, offering opportunities to discover cultural treasures and witness the pearl rafts by the bay. The UNESCO World Heritage-designated Kumano Kodo pilgrimage trails can also be visited.



ROOMS & SUITES

Nestled within the landscape with scenic views out to the bay or gardens, Amanemu's 24 suites and eight two-bedroom villas are positioned on a hillside offering garden views or panoramic vistas of Ago Bay, its picturesque islets and drifting pearl rafts. The Suites are abound in elegant simplicity and each feature a private onsen. Generous terraces provide maximum enjoyment of the natural surroundings in all seasons.

DINING & WELLBEING

The Restaurant, with pearl rafts and forests in sight, focuses on Japanese food, while some Western cuisine is also served. The Ise Shima region is renowned as the bread-basket of the ancient Imperial court, and The Restaurant fully embraces this heritage. The head chef not only sources the finest produce from the areas surrounding Amanemu, but also from across Japan. Thanks to the varied microclimates of Mie Prefecture, local suppliers provide delicate fruits, an array of vegetables, as well as the renowned Matsusaka beef and a variety of fresh seafood.

Amanemu is Aman's first hot spring destination. Each suite and villa features its own mineral-rich private onsen, and the resort also offers two Onsen Pavilions with indoor and outdoor bathing areas. A range of spa and fitness facilities complement Aman's holistic approach to wellness – including the outdoor thermal spring, in which guests can relax in swimwear.



DAY 5

Thursday, 19 May 2022

Amanemu, Mori Suite (Shima, Japan)

Included Meals: **B** **L** **D**

11:09: Arrive by bullet train in Nagoya (1 hour 39 minutes).

TODAY'S SCHEDULED EXPERIENCES

Enjoy a leisurely walking tour of Nagoya on your way to lunch.

Endoji: Located just a 10 minute walk from Nagoya station, Endoji is Nagoya's oldest shopping street. Browse the traditional shops, some dating back 80 years, and experience a taste of "old Japan" amidst the modern nearby buildings.

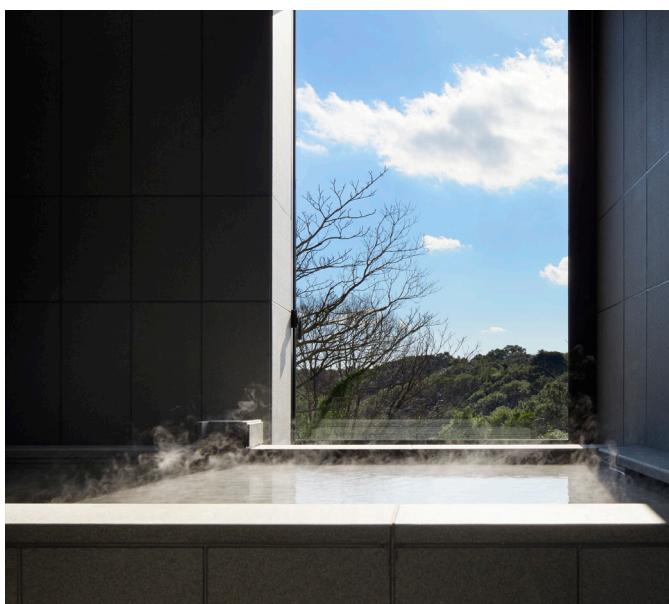
Shikemichi: Explore Shikemichi old town on foot, a calm residential area today that was originally established when nearby Nagoya Castle was being built. Many of the traditional houses still feature the "Yanegamisama," a small shrine mounted at the outside on the 2nd floor.

Hitsumabushi Lunch: Arrive at a traditional restaurant for a delicious hitsumabushi lunch. Hitsumabushi is the Nagoya style of eating unagi, or barbecue freshwater eel, and is served in a large bowl of rice with finely chopped unagi and a variety of condiments and toppings.

Transfer to Amanemu, with touring along the way (2 hours 30 minutes + stop). Due to time constraints, you may choose to visit either Ise Jingu Grand Shrine or Mikimoto Pearl Island.

Ise Jingu Grand Shrine: This shrine complex is the holiest in all of Japan, as it includes the Naiku, or "Inner Shrine," which is said to be the abode of Amaterasu, the sun goddess of the indigenous Shinto religion. She is the head of the Shinto pantheon, and supposedly the progenitor of the Japanese imperial family. Her Naiku, as well as the large Geku (the "Outer Shrine" and home of Toyouke, goddess of agriculture and industry) are completely off-limits to visitors. Pilgrims and visitors alike are permitted only near enough to see the thatched roofs of the shrines, while the rest of the buildings are obscured by wooden fences.





These two main shrine buildings, along with the nearby Uji bridge, are rebuilt every 20 years as part of a purification and renewal process called shikinen sengu. With a few exceptions due to war or other circumstances, these structures have been rebuilt every 20 years since at least the 7th century. All the more remarkable is the fact that they are constructed entirely without nails or metal: each piece of cedar wood is carved so precisely that the buildings hold together simply by the interlocking of the pieces.

Mikimoto Pearl Island: Visit Mikimoto Pearl Island, the first place to succeed in cultivating pearls in 1893, and see the legendary amas, or women divers. Amas have been working in this area since ancient times, free-diving to catch seafood, collect seaweed and find precious pearls. Today, the amas still wear traditional white dive suits and collect their finds in old wooden buckets.

Check in to Amanemu.

Cocktails and Kaiseki Dinner — 19:30: Gather for cocktails and a traditional kaiseki dinner this evening at Amanemu. Analogous to French haute cuisine, Japanese kaiseki consists of multiple small courses, typically using local, seasonal ingredients and served with exquisite attention to aesthetic presentation.

DAY 6

Friday, 20 May 2022

Amanemu, Mori Suite (Shima, Japan)

Included Meals: B D

Breakfast: Enjoy breakfast at your hotel.

Spend your day at leisure relaxing at Amanemu and enjoying the spa, onsen and resort activities.

Aman Spa and Onsens: Rooted in Japan's sixth-century tradition of onsen bathing, Amanemu's 2,000-square-metre spa embraces the restorative power of water. Designed around a vast hot-spring bath fed by mineral-rich waters of Ise-Shima, the spa takes a holistic approach, fusing Japanese healing practices with nature-inspired therapies from around the Aman world.

Japan has understood the healing power of mineral bathing since the days of the shogunate, when samurai



would use onsen to restore their health and recover from the rigours of battle. As well as aiding in recovery from fatigue and injury and relieving pain, onsen bathing can improve general well-being. Today, Amanemu guests can enjoy the same restorative benefits as the samurai, with sessions in the spa's mineral-rich pools.

Amanemu wellness treatments use natural ingredients which enhance your skin and soothe both your body and soul. The outdoor thermal spring garden features daybeds which provide a private bathing and relaxing space. Two onsen pools provide naturally heated water, maintained at a comfortable temperature. A swimming pool overlooks the surrounding forested hills and the smooth waters of Ago Bay. *Supplemental cost for spa treatments and private onsen sessions.*

Lunch: Enjoy lunch on your own at Amanemu, or skip lunch if you have a large Japanese breakfast on the late side (*recommended*).

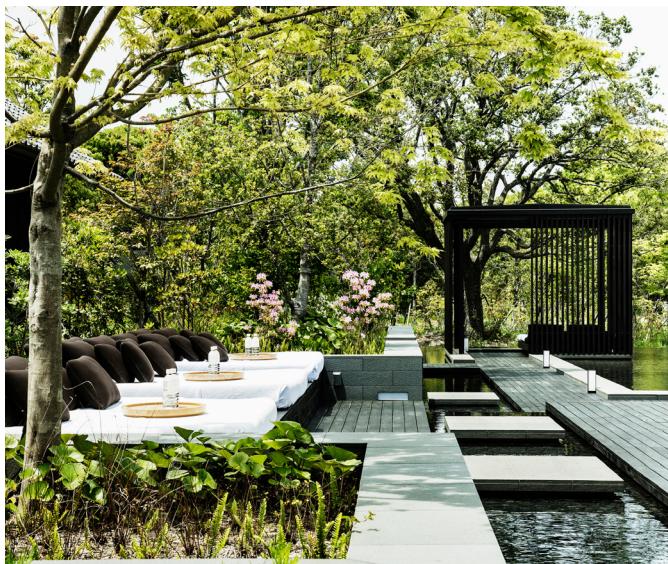
You may wish to experience some of the following resort activities during your day at leisure (*supplemental costs may apply*):

Golf: Neighbouring Amanemu, the 18-hole Nemu Golf Club enjoys one of the most beautiful settings in Japan. The sweeping greens overlook the drama of the Ago Bay below, and offer golfers the opportunity to tackle challenging shots over the coastal inlets, as well as a driving range with natural grass tees, some of which are covered for all-weather play. *Supplemental cost.*

Cycling: Amanemu's two cycling courses, with high-end Bianchi road bikes and all necessary equipment provided, are the perfect way to explore the natural and cultural wonders of Ise Shima National Park. The 26.5 kilometre Kashikojima to Yokoyama short tour is ideal for beginners or those looking for a moderate workout and takes approximately 3 hours. The route scales Mt. Yokoyama, offering a spectacular vista of Ago Bay, and heads back to Amanemu via picturesque Kashikojima island and the rugged shores of the area. *Supplemental cost.*

Zen Meditation and Nakiri Village: Guests of Amanemu enjoy exclusive access to Daijiji Temple in Nakiri, where they can experience zazen meditation – an ascetic form of training for monks. The session is followed by a traditional Japanese tea ceremony, and then a stop at picturesque Nakiri village, where you can explore with your guide.





Tennis: A nearby tennis court is available for guests of Amanemu. Play with friends, family, or a staff member.

Hiking: Amanemu's location within Ise Shima National Park is the ideal starting point for hikes across the region. The Yokoyama Hazako course is an intermediate trail just a 10-minute car ride from Amanemu. Guests can hike through the local woodland to reach Yokoyama Observatory, offering a spectacular vista of Ago Bay.

Stand-up Paddle Boarding and Kayaking: The beautiful waters of Ise Shima are ideal for a range of water activities.

Fishing: Fish with an expert angler from the sheltered shore, or from further out in the ocean. The Amanemu chefs will do the rest, preparing the catch in the best way possible.

Ago Bay Cruise: There's no better time to venture out into Ago Bay than golden hour. These cruises depart at just the right moment, allowing guests to soak up some of Japan's most beautiful sunsets. Both a 26-foot boat and 50-foot cruise are available for an hour excursion around the bay.

Cocktails and Wagyu Beef Dinner — 18:00: Gather for cocktails and a special Matsusaka Wagyu beef dinner this evening at Amanemu. Matsusaka, a coveted, well-marbled beef renowned for its high fat-to-meat ratio, originates from the Shima region and is one of the most acclaimed varieties of Japanese Wagyu beef.

DAY 7

Saturday, 21 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

Included Meals: **B** **L**

Breakfast: Enjoy breakfast at your hotel, before checking out.

Collection time: 09:00

Check out of your hotel and transfer to the helipad (5 minutes).

09:20-10:10: Helicopter charter from Shima to Osaka (50 minutes). *Option to drive from Shima to Osaka if you prefer not to take a helicopter (3 hours).*



KYOTO, JAPAN

Once the imperial capital of Japan, Kyoto was built in 794, modeled on the Chinese capital of Chang'an. During World War II, Kyoto was spared much of the devastation that other Japanese cities faced, and as a result, retains many of its historic buildings – so much so that there are almost 20 UNESCO World Heritage Sites within Kyoto. Indeed, so well-preserved is its old quarter that many buildings are as ornate and stunning today as they were during Kyoto's heyday as the capital of Japan.



AMAN KYOTO, JAPAN

Set in a secret garden at the heart of a 32-hectare forest, Aman Kyoto lies at the foot of Mount Hidari Daimonji, a stone's throw from Kyoto's golden Kinkaku-ji Temple and 16 other UNESCO World Heritage Sites. A tranquil Aman Spa offers onsen, while serene restaurants overlook this verdant world apart. Spacious and light-filled, the resort's 26 latticed guest rooms, suites and pavilions pay contemporary homage to the traditional Japanese ryokan inn, each framing spectacular natural surroundings.



GUEST ROOMS, SUITES AND PAVILIONS

Aman Kyoto's 26 latticed guest rooms, suites and pavilions are strikingly minimalist in their geometry with ryokan features such as tatami matting and sliding doors. Starting at 60 square metres, interiors are spacious and light-filled, ingeniously crafted to foster peace, relaxation and contemplation at every turn.

DINING

Sample the peerless art of Japanese hospitality at Taka-An, where Aman's gifted chef presents an omakase (set menu) dining experience or savour Western and local cuisines at the convivial Living Pavilion, with its fire-warmed interiors and breathtaking garden terrace. Three centuries ago, the artist and polymath Honami Koetsu helped shape the culture and creative life of the Takagamine district of Kyoto, and from there, Japan as a whole. Taka-An is a culinary homage to him as his artistic legacy is explored and expressed through food and hospitality. Open to both guests and non-residents, the Living Pavilion by Aman complements its beautiful natural setting, reflecting the seasons with a constantly changing menu. Open throughout the day and into the night, the restaurant serves home-cooked Kyoto-style cuisine, as well as a range of international dishes.

WELLNESS

Set in tranquil woodland, the resort's Aman Spa presents a wellness offering defined by nature in every way. Mineral-rich waters feed traditional onsen, while a range of treatments tap into Japan's plentiful natural apothecary. Both the elegant spa reception area and the relaxation lounge claim mesmerising forest views, as do three spacious treatment suites. The forest itself is an extension of the Spa, serving as a serene setting for guided yoga, meditation and shinrin-yoku ('forest bathing') experiences.



DAY 7

Saturday, 21 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

Included Meals: **B** **L**

10:10: Arrive by helicopter charter in Osaka (50 minutes).

TODAY'S SCHEDULED EXPERIENCES

Street Food Tour and Lunch: Led by your guide, take a flavourful stroll through Osaka and sample the delicious array of street food options. Enjoy lunch as you try a myriad of local favourites. You may visit the following neighbourhoods with your guide:



Dotonbori District: Bustling with bright lights, people, food and ambience, Dotonbori is Osaka's most popular nightlife and entertainment area, characterized by its eccentric atmosphere and large illuminated signboards. Osaka is a food destination and Dotonbori is often considered the best area for cheap and good food, especially the famed okonomiyaki (loaded savoury pancake), takoyaki (octopus balls) and kitsune udon (large flour noodles with dried tofu skin). The north side of the canal has many restaurants and bars. Walk further south to find various eateries and Osaka's iconic giant signs like the moving crab, drum-playing clown and the Glico running man.

Kuromon Ichiba: Wander through Kuromon Ichiba, a local neighbourhood market that is nearly 200 years old. Here, you can taste tempura, BBQ chicken, deep-fried cricket, grilled scallops and more.

Momofuku Ramen Museum (time permitting): This museum in Ikeda is dedicated to the creator of Instant Ramen Noodles, Momofuku Ando. After an entire year of research, on 25 August 1958, he created the world's first instant noodles. The museum introduces visitors to the importance of invention and discovery through informative exhibits and workshops. Guests can make their own fresh instant noodles or assemble their own personal cup noodles from pre-made ingredients.

Transfer to the Suntory Yamazaki Whisky Distillery (45 minutes).





Suntory Yamazaki Whisky Distillery: Deepen your knowledge of the history of whisky through two floors of exhibits at the Yamazaki Whisky Museum. At the Tasting Counter, enjoy the opportunity to taste whisky that can be tasted nowhere else, including limited and constituent whiskies (*additional charges may apply*). Commemorate your visit with a stop by the Museum Shop, where a variety of original distillery products are on offer.

Transfer to Aman Kyoto (1 hour).

Dinner: Enjoy dinner on your own.

DAY 8

Sunday, 22 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

Included Meals: **B D**

Breakfast: Enjoy breakfast at your hotel.

TODAY'S EXPERIENCES

Today is yours to explore Kyoto and the surrounding area as you please with your private car, driver and guide. Discuss with your guide what you would like to see and do. We recommend the following three options:

Suggested collection time: 09:00

Suggested return time: 17:00

SUGGESTED EXPERIENCE #1: The Highlights of Kyoto (recommended for first timers)

Arashiyama Bamboo Forest: Drive to the gorgeous Arashiyama Bamboo Forest, one of the most highly regarded in all of Japan and a unique setting. Get out of the car and take a stroll through the park.

Monkey Park in Arashiyama: If you wish, visit the Monkey Park, located in Arashiyama. It is inhabited by a troop of over 170 Japanese macaque monkeys. The animals are wild but can be fed food purchased at the park. In addition to the monkeys, visitors can also see wild deer and over 100 species of birds.



Kiyomizu-dera Temple: Kyoto's most famous temple, Kiyomizu-dera is built high on massive stilts in the eastern foothills, with sweeping views of Kyoto. Kiyomizu means "pure water," and the temple takes its name from the Otowa waterfall that flows within its grounds. The waterfall tumbles in three streams, said to represent wisdom, health, and wealth. Visitors typically queue up to sip from ladles provided. It is polite to follow tradition when doing so: first use one cup to rinse your hands, then a second cup to sip from, and finally a third cup to stand on the ladle's end to allow water to flow down and rinse the handle.

Lunch: Enjoy lunch on your own at a local restaurant

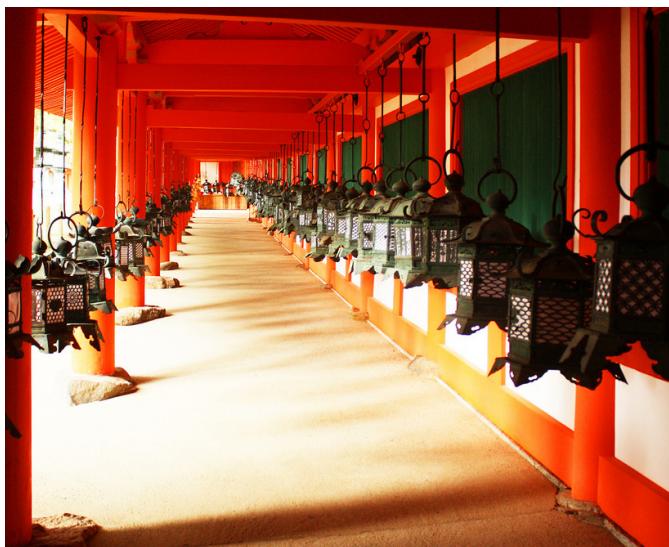


The Golden Pavilion: Visit Kinkaku-ji, or the 'Golden Pavilion', one of Kyoto's most iconic images. Located in the western reaches of the city, the temple was built as a retirement villa by one of the Ashikaga shoguns in the fifteenth century. The present building, whose exterior is fully covered in gold leaf, is actually an exact replica of the original temple, which was destroyed by arson by a deranged monk in 1950. It remains, though, one of the most exquisite and perfect buildings in Kyoto's cityscape and has beautiful gardens as well.

Nijo Castle: Visit the magnificent Nijo Castle, one of Kyoto's Unesco sites. The castle's construction was decreed by Tokugawa Ieyasu (1543-1616), the founder and first shogun of the Tokugawa Shogunate of Japan, which ruled for the entire Edo period (1600-1803). Following a decisive victory in battle in 1600, he ordered feudal lords in western Japan to build Nijo-jo as his place of residence when he visited from Edo (Tokyo). Today, the castle remains remarkably well preserved and its main hall is open to the public for an extensive walking tour. The great hall is evocative of feudal Japan, transporting its visitors back to the era of the samurai. Nijo Castle also has lovely gardens that are known for their variety of rocks and plant life, and many of the buildings are fitted with the famous 'nightingale' floors, constructed so that the 'bird song' of nails chirping against wood would alert the shogun to any intruders.

Gion: This charming neighbourhood first developed in front of Yasaka Shrine in the middle ages, and is famous for its preservation of traditional architecture and entertainment venues. Today it is home to





many geisha and traditional tea houses, and in the evenings, colourfully-dressed geisha shuffle down the quiet, cobblestoned streets, on their way to entertain the patrons of one of Gion's many tea houses and restaurants.

SUGGESTED EXPERIENCE #2: Excursion to Nara, Uji and Wazuka Town

Day Trip to Nara: An architecture and history buff's dream, Nara was the capital of Japan from 710 to 784, lending its name to the Nara period. The original city, Heijo-kyo, was modelled after the capital of Tang Dynasty China, Chang'an (present-day Xi'an). Highlights of Nara include Horyu-ji – home to two of the oldest wooden buildings in the world – as well as Todai-ji, Kasuga Grand Shrine, and Nigatsu-do and Sangatsu-do Halls. *Please note: Nara is approximately a 1 hour drive plus traffic each way.*

Deer Park: In and around Nara Park, hundreds of deer roam freely. Considered to be messengers sent down from the nearby mountains by Shinto deities, Nara's deer have become a symbol of the city and have even been designated a national treasure. Vendors in the park sell small packets of rice crackers that can be fed to the deer.

Kasuga Grand Shrine: Nestled at the base of the sacred mountains surrounding Nara, the Kasuga shrine was officially established in 768 by the Fujiwara clan, but is believed to date from the very beginning of the Nara period (710-794). The Fujiwara clan was one of the most powerful aristocratic families of the period, and the Imperial court often worshipped here.

Lunch: Enjoy lunch on your own at a local restaurant.

Naramachi: Literally 'Nara Town,' explore the old Nara neighbourhood's narrow alleys lined with charming old machiya houses, quaint shops and interesting museums. The store fronts of machiya were often kept narrow in order to save on taxes, which used to be calculated on a property's street access rather than its total area. Today, a handful of machiya have been preserved and made open to the public as museums, shops or inns.

Uji: Founded in the 4th century, Uji is home to many centuries old Shinto shrines, Buddhist temples and other culturally relevant sites. It is also known for its natural beauty featuring a scenic riverside, parks and a botanical garden. Beginning in the middle of the 14th century, the



Shogun at the time began cultivating green tea in the region, and ever since then Uji has been an important production and distribution centre for quality green tea. Uji can be visited on the way to or from Nara, or on its own. *Please note: Uji is approximately a 1 hour drive plus traffic each way. Combining a visit to Uji with Nara is approximately a 3 hour drive plus traffic round trip.*

Phoenix Hall of Byodoin Temple: Phoenix Hall is the main temple of Byodoin Temple, originally built in 1053 as a country palace for the Fujiwara clan. The temple is iconic in Japan and is featured on the 10 yen coin. Phoenix Hall is the most famous building in the temple, taking its name from the two phoenix statues that are displayed on the roof.

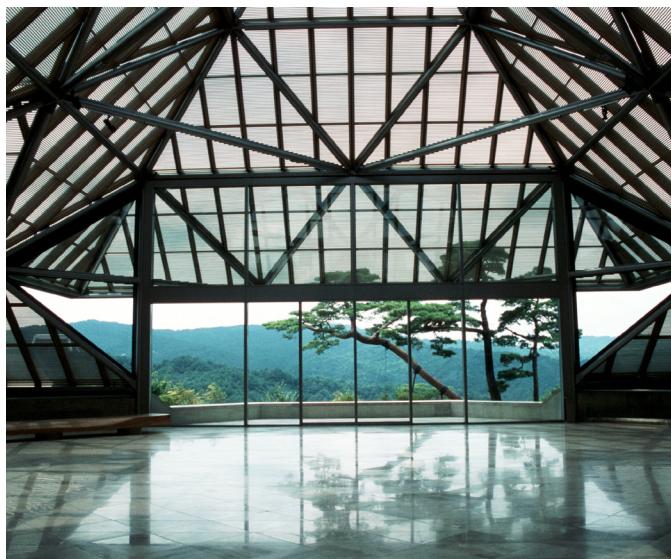
Ujibashi-dori: This shopping street is lined with various artisanal shops and bakeries, as well as tea houses offering tasting opportunities. Local specialties include green tea cakes, jellies and other treats, served alongside freshly brewed cups of green tea.

Wazuka Town: The Kyoto region is home to the finest Uji matcha, and Wazuka town is responsible for half of this green tea production. An hour outside of central Kyoto, the town is framed by beautiful tea plantations cascading down the surrounding mountains. Enjoy picking some green tea leaves and making matcha yourself. Explore Wazuka town and the many green tea shops lining the streets.

SUGGESTED EXPERIENCE #3: Excursion to Miho Museum and Fushimi Inari Taisha Shrine

Day Trip to Miho Museum: Embark on a half-day trip to the I.M. Pei-designed Miho Museum, located about 1.5 hours by car southwest of Kyoto and considered one of Asia's finest museums. The museum was the dream of Mihoko Koyama (after whom it is named), the heiress to the Toyobo textile business and one of the richest women in Japan. It houses Koyama's private collection of Asian and Western antiques, as well as other pieces with an estimated value of several hundred million US dollars. Each exhibit in the Miho Museum was carefully selected as much for its artistic beauty as its historical significance, and careful attention is paid to how the collection is displayed.

Pei's design, which he came to call Shangri-La, is executed in a forested landscape. Approximately three-quarters of the 17,400-square-metre building is





situated underground, carved out of a rocky mountaintop. The roof is a large glass and steel construction, while the exterior and interior walls and floor are made of a warm beige-coloured limestone from France – the same material used by Pei in the reception hall of the Louvre. The Miho's hilly position gives visitors a clear view to another of Pei's works commissioned by Koyama, the bell tower at Misono.

Lunch: Enjoy lunch on your own at a local restaurant.

Fushimi Inari-taisha Shrine: Make a visit to the iconic Fushimi Inari-taisha on your way back to Kyoto from the Miho Museum. The popular Shinto shrine is well known for the thousands of vermilion torii (Japanese shrine gateways) lining the paths on the hill. Inari, the Shinto god to whom the shrine is dedicated, is the patron of business as well as the god of rice. Each torii was donated by individuals or companies in gratitude and to gain merit. Fushimi Inari holds over 10,000 gates that date back to AD 711. Follow the torii-lined paths and stop at various food stalls that specialise in kitsune udon noodles.

THIS LATE AFTERNOON'S SCHEDULED EXPERIENCE (OPTIONAL)

Fushimi Sake District: Home to almost 40 different sake breweries, the Fushimi Sake District is one of the largest centres of sake production in Japan. It has flourished in southern Kyoto for centuries, its brewers drawing crystal-clear water from the Horikawa River and then shipping their wares by boat to shops across the country. Gekkeikan, one of the most famous and largest sake breweries, was founded in Fushimi in 1637, and has maintained the traditional appearance of its facilities. The centuries-old architecture and tranquil, willow-lined river are reminiscent of Japan's feudal past, lending the area a nostalgic charm. Enjoy an exclusive behind-the-scenes visit and sample some of the breweries famed sake.

Return to Aman Kyoto to freshen up and relax before your evening activity.

THIS EVENING'S SCHEDULED EXPERIENCES

Collection time: 18:00

Return time: 21:30

Private Geisha Entertainment and Dinner: Over a Japanese dinner in a private room, be entertained by a three-person troupe typically comprising a geisha,



a maiko and a jikata (shamisen player). Geisha are known for their wit, beauty and encyclopaedic knowledge of traditional arts. They entertain their guests with traditional dances, jovial drinking games and light-hearted conversation. The performances are masterful - the delicate gestures are minimal and subtle, but incredibly graceful with a deliberate precision. Traditionally, one is unable to enter the establishment unless referred by an existing patron.

Return to Aman Kyoto after dinner.

DAY 9

Monday, 23 May 2022

Aman Kyoto, Nara Room (Kyoto, Japan)

Included Meals: **B L D**

Breakfast: Enjoy breakfast at your hotel.

TODAY'S SCHEDULED EXPERIENCES

Collection time: 09:00

Return time: 17:00

Wagashi Sweets Making Lesson: Learn how to make wagashi, a Japanese confectionery, at a long-established confectioner from the Edo period. Discover how to make the confectionery under the guidance of a wagashi master. After completing the lesson, sample your efforts with some matcha tea.

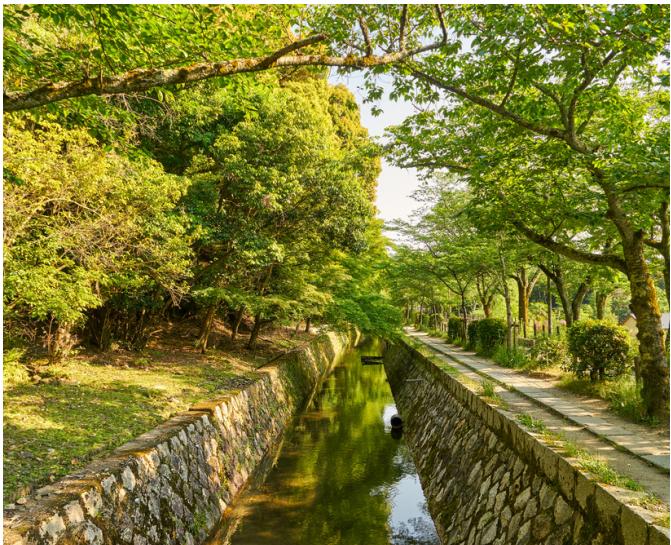
Zen Meditation: Led by a monk, learn the proper breathing techniques and practices of Zen meditation, or zazen. The primary Buddhist religious practice, meditation is done while sitting and is meant to suspend judgemental thoughts with the aim of attaining enlightenment. In Kyoto, the Rinzai school is the dominant sect of Zen Buddhism.

Shojin-ryori Lunch: Have a light Shojin-ryori lunch after your meditation experience. Shojin-ryori is the ancient all-vegetarian cuisine preferred by Japan's Zen Buddhist monks. The cuisine is simple and light and typically served at monasteries. Enjoy tasting this traditional meal, but note you may wish to supplement your light lunch with something heartier afterwards at



Nishiki Market.

Nishiki Market: This enormous market's maze of food stalls serve all manner of delicious Japanese snacks: yakitori (grilled chicken on a stick), fried fish and chicken, oshinko (pickled vegetables), kamaboko (fish dumplings), takoyaki (fried octopus balls), sake and much more. Nishiki is where many residents of Kyoto do their grocery shopping, and patronage by locals is always a sure sign of quality.



Philosopher's Walk: Go for a stroll along the Philosopher's Walk, named so after a Kyoto University philosophy professor, Nishida Kitaro (1870 – 1945), who trod this path along the man-made Shishigatani canal daily. The path, which is about 1.6 miles long and stretches from near Nanzen-ji up to Ginkaku-ji, takes you past several temples and shrines and side streets lined with coffee houses, boutiques and craft shops. Cherry and maple trees line the walkways, making the Philosopher's Walk popular year-round.



Ginkakuji Temple: The Silver Pavilion is now a Zen temple along Kyoto's eastern mountains, the Higashiyama, but was originally built in 1482 as shogun Ashikaga Yoshimasa's retirement villa. Ginkakuji was modeled after Kinkakuji - the Golden Pavilion - his grandfather's retirement villa at the base of Kyoto's northern mountains, the Kitayama. The villa was converted into a temple after Yoshimasa's death in 1490. As the retirement villa of an art-inclined shogun, Ginkakuji became a centre of contemporary culture, creating a new "Higashiyama Culture" that stood in contrast to the Kitayama Culture of his grandfather's times. Unlike the Kitayama Culture, which remained limited to the aristocratic circles of Kyoto, the Higashiyama Culture had a broad impact on the entire country. The arts that were developed and refined during the time include the tea ceremony, flower arrangement, noh theatre, poetry, garden design and architecture.

Cocktails and Sake Tasting at Robert Yellin Yakimono

Gallery: Visit Robert Yellin Yakimono Gallery to see a curated selection of ceramics, both antique pieces and those by contemporary artists. Robert Yellin is a Japanese pottery specialist and a licensed antique dealer. Robert has resided in Japan since 1984 and regularly writes for numerous publications about Japanese ceramics. He also gives lectures about the



art and will discuss with you the history of Japanese pottery and show you his collection.

While at the gallery, taste Japan's signature liquor: sake. The production of sake can be traced back to the third century, when a similar, more crude concoction was introduced from China. Since then sake has been Japan's national alcoholic drink, featuring in historic art and literature, and it is still the choice tipple for special occasions.

Return to Aman Kyoto.

Farewell Cocktails and Dinner - 19:00: Gather for a Japanese dinner this evening at Aman Kyoto to toast your voyage and say farewell to your fellow travellers.



DAY 10

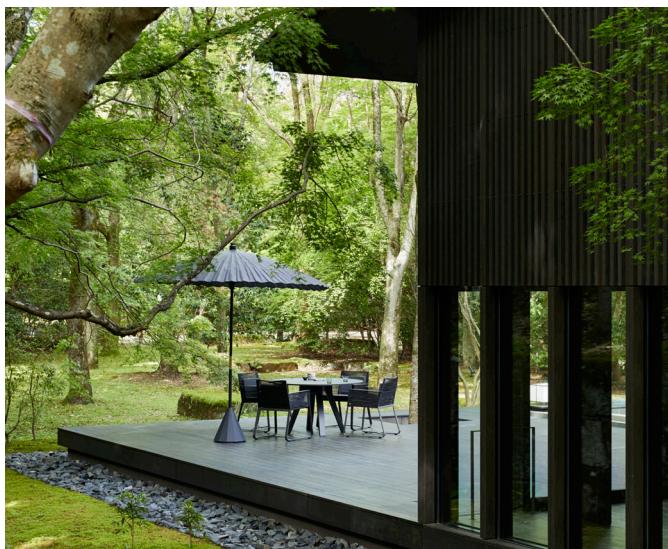
Tuesday, 24 May 2022

Included Meals: B

Breakfast: Have breakfast at your hotel before checking out.

Private transfer to the Kyoto train station or Osaka airport (approximately 20 minutes or 1 hour + traffic).

End of Aman Japan Culinary Journey by Remote Lands.



TOUR LEADER

Catherine E. Heald
CEO and Co-Founder of Remote Lands

Catherine is an adventurer, an Asiaphile, and a serial entrepreneur. She describes her greatest fear in life as mediocrity, her second greatest as boredom and the combination as the stimulus for Remote Lands. A former software engineer and technology entrepreneur, she considers herself lucky to have found her true calling at the age of 42, and to have been able to turn her life's passion for Asian travel into her profession.



Some of her most memorable travel experiences include having a private lunch with the Queen of Bhutan in her palace; a magical New Year's Eve in Mongolia sharing a ger with a nomad family at 7°C (-44.6°F); hiking to far-flung hill tribe villages off the grid in eastern Myanmar; off-piste skiing in Gulmarg, Kashmir, in 1989; trekking alone in the Everest region of Nepal; taking a private helicopter up to view the peak of the third highest mountain in the world, Kanchenjunga in Sikkim; cruising in Siberia from the Arctic Circle to Vladivostok in a Russian icebreaker; chartering a private plane to visit remote corners of the Gobi Desert and eastern Mongolia; getting married in an Iban tribal longhouse in Borneo, a Hindu temple in Kerala, and a Buddhist temple in Bhutan; and travelling solo across North Korea.

Catherine (née Evans) graduated from Shady Side Academy in Pittsburgh, and then headed to New York to attend Columbia University (Barnard College) in 1980. This was the first year Columbia offered Computer Science as a major, and her instinct told her computers would become increasingly integral to business and life in general. She earned her BA in Computer Science in 1984 and then spent four years writing code for Wall Street's L.F. Rothschild, Unterberg, Towbin while attending NYU's Stern School of Business, but she left for Hong Kong before earning her MBA.

She lives with her husband, Donald Heald, a collector and purveyor of rare books and manuscripts, and their white Labrador, Bali, on Manhattan's Upper East Side and in Sherman, CT. Her proudest accomplishments include having been the youngest female CEO of a publicly traded American company at the age of 33 (as Catherine Winchester); being featured onstage with Bill Gates in two of his major keynote speeches in 1991 and 1993; and finishing the 1985 NYC Marathon in 101st place with a time of 3:17. She still runs 40 miles a week, albeit rather slowly now, and credits running and the self-discipline she learned from daily training as being the foundation for all her achievements in life.

JAPAN CULINARY GUIDE

CUISINE TYPES

KAISEKI

Known as the most famous haute cuisine in Japan, kaiseki is a traditional multi-course dinner. Balancing taste, texture, appearance and seasonality, the small, intricate dishes are frequently elevated to an art form. Local ingredients are used whenever possible to enhance flavours, and the dishes and plates are carefully chosen to reflect the intentions of the chef.

TEMPURA

The modern Japanese style of tempura deep frying actually came to Japan in the 16th century, brought over by Jesuit missionaries. Though the Japanese had already been frying foods for hundreds of years without batter or with rice flour, the type of batter used by the Westerners was different. The Japanese word "tenpura" is derived from the Latin "tempora", or time. The Jesuits typically ate this type of fried food on the "ember days" - or "quattor tempora" in Latin - when Catholics are forbidden from eating red meat and opt for vegetables or fish instead. From the Latin phrase the Japanese took "tenpura". Typically consisting of various seafood and vegetable combinations, the chosen ingredients are covered in a light batter made from flour, egg and cold water, and deep-fried. The crispy result is commonly served with Tentsuyu dipping sauce and sea salt, or as an accompaniment to other dishes.

SUSHI & SASHIMI

Sushi is the Japanese preparation of combining raw fish or other ingredients over a small bed of cooked and slightly vinegared rice. Sushi is often served with soy sauce, pickled ginger and wasabi paste. Sushi is often confused with sashimi, which is simply very fresh sliced fish or meat without rice or accoutrements. *Note: The majority of sushi restaurants will not accept reservations if there are major food restrictions such as gluten-free requirements or an aversion to raw fish.*

ROBATAYAKI

Literally translated as "fire-side cooking", robatayaki is a form of Japanese-style grilling over hot charcoal and is similar to barbecue. Traditionally, combinations of seafood and vegetables are cooked over the open hearth, but other meats have become popular in recent years. Grab a spot at the robata counter and have your food served by the chefs on large wooden paddles, directly from hearth to your plate.

TEPPANYAKI

This style of cooking centres on the iron griddle and has been made popular in the West by restaurant chain Benihana. Teppanyaki style cooking focuses on steak and seafood, as well as dough-based foods like yakisoba (fried noodles) and rice. Teppanyaki is often confused with hibachi grilling; Hibachi, however, utilizes an open-grate grill, whereas teppanyaki uses a flat, solid, griddle-style cooking surface. This makes Teppanyaki suitable for cooking smaller and more finely chopped ingredients, including rice, bean sprouts, onions, carrots and mushrooms. The best seat at the table is always in front of the chef.

SHABU-SHABU & SUKIYAKI

Shabu-shabu is a style of Japanese hotpot dish of thinly sliced meat and vegetables boiled in water. The food is cooked piece by piece by the diner or a server at the table, then eaten with dipping sauces. Sukiyaki is also a hotpot-style meal cooked at the table. Instead of water, however, the broth is a mixture of soy sauce, mirin and sugar.

SHOJIN RYORI

Shojin ryori is the traditional dining style of Buddhist monks in Japan and grew widespread in popularity with the spread of Zen Buddhism in the 13th century. As the cuisine is made without meat, fish or other animal products, it can be enjoyed by vegans, vegetarians and meat-eaters alike. A typical shojin ryori meal is centred around soybean-based foods like tofu along with seasonal vegetables and wild mountain plants, which are believed to bring balance and alignment to the body, mind and spirit. This simple meal contributed to Japan's elegant haute cuisine called kaiseki, and today can be eaten at the dining halls located in Buddhist temples across Japan.

KUSHIYAKI

Skewered foods, known as kushiyaki, feature delectable bites of meat and vegetables that go perfectly with beer or sake. "Kushi" refers to the bamboo skewers used to spear the ingredients, while "yaki" means grilled or fried. This traditional style of preparation dates back to at least the 17th century. The oldest and most common type of kushiyaki is yakitori, or grilled chicken skewers. Yakitori features various parts sourced from the entire chicken, and is commonly found at izakayas, a sort of Japanese pub.

SPECIALTY DISHES

CHAWAN MUSHI

A steamed savoury egg custard in a cup, chawan mushi is served as an appetizer or as a customizable addition to a lunch set. Fillings often include shiitake mushrooms, gingko and prawns, but can also be dressed down with leftovers or elevated with lobster and fish roe.

DONBURI

Donburi is a big bowl of steamed rice topped with vegetables and meat, meant as a quick and delicious all-in-one meal. Donburi cuisine first started to appear in Japan in the 1600s, when pieces of grilled eel were served on top of rice to theatregoers. Since then, the offerings for donburi have expanded to all kinds of foods: beef, chicken, seafood and more. Popular dons include katsu-don (crispy fried pork or chicken cutlet), ten-don (tempura) and gyu-don (beef simmered with onion).

FUGU

For adventurous eaters, the quintessential exotic Japanese dining experience is fugu, the toxic blowfish. Well-known for its lethality, the serving of fugu in restaurants is strictly controlled by Japanese law. Chefs go through over 3 years of rigorous training to become qualified to serve this tongue-numbing specialty.

GYOZA

These dumplings are filled with meat and vegetables and served steamed or fried, often eaten on the street or alongside ramen. Originally adapted from Chinese dumplings, gyoza feature a thinner skin, more prominent garlic taste, and higher proportion of vegetables to pork. The most common recipe includes pork, minced cabbage and aromatics like garlic, ginger and chives.

IMAGAWAYAKI

Dating back to the Edo period, imagawayaki are dessert pancakes stuffed with custards, jams and even curries. The most famous variation is the azuki-bean paste filled dorayaki. Look for street vendors pouring creamy batter into round or fish-shaped waffle iron-like pans.

KARE RAISU (CURRY RICE)

Curry is one of the most popular dishes in Japan and is commonly served in three ways: over rice, over udon noodles and as a pastry filling. Introduced to Japan by traders back in the 19th century, the Japanese now make a sweeter gravy-like adaptation so widely consumed that it can be considered the national dish.

MISO SOUP

The quintessential soup found with almost every Japanese meal, miso soup is made by boiling dried kelp and dried bonito fish, and is often garnished with chopped tofu and green onions. A miso paste that has been fermented for a longer period of time, such as a red miso, gives the miso soup a stronger, deeper flavour. A miso paste that has been fermented for a shorter period of time, such as a white miso, provides a lighter, sweeter flavour. Miso soup and white rice are the central dishes of a traditional Japanese breakfast.

MOCHI

Mochi is a sweet made by pounding a short-grain glutinous rice into paste. Traditionally this treat was made in a ceremony to celebrate New Year's, but it is now commonly found and eaten throughout the year. Mochi is usually eaten plain and covered in corn starch, but variations include coating with sugar and peanut flour, filling with beans or ice cream, wrapped in bamboo leaves and coloured.

NIZAKANA

Nizakana is fish simmered in dashi stock and soy sauce and served whole or filleted with rice. Reducing the broth at the end of cooking gives the fish a sweet, thick glaze. In spring, ocean perch, mackerel and spear squid are especially popular choices. The meat becomes soft yet firm, with a sweet smell from the dashi that removes any trace of fishiness. Nizakana is one of the most common home-made dishes in Japan, and its thick sauce goes extremely well with white rice.

OKONOMIYAKI

A cross between an omelet and a savoury pancake, okonomiyaki originated in Osaka but is available all over the country. Egg is mixed with cabbage, flour, meat, vegetables and even soba noodles. After it is grilled, it is finished with seaweed, bonito flakes and mayo, then sliced like pizza.

TAKOYAKI

These golf ball-sized octopus fritters are formed in specialized cast iron skill pans and can be seen expertly flipped by cooks all along Osaka's restaurants and street stalls. They are commonly topped with bonito flakes, seaweed, and mayo.

TONKATSU

Similar to schnitzel, tonkatsu is a panko-breaded, deep-fried pork cutlet. It is most commonly eaten with a type of thick Worcestershire sauce called tonkatsu sauce (or just sauce), pickled mustard greens and perhaps a slice of lemon. It is usually served with rice, miso soup and tsukemono. Early versions were made with beef until the pork version was invented in 1899 in a Tokyo restaurant.

UNAGI NO KABAYAKI

Freshwater eel (unagi) is a delicacy prized for its taste and texture. Kabayaki is a barbecue preparation whereby the eel is split down the back, deboned, then marinated in a soy sauce, sugar and sake mixture and broiled over a grill. Kabayaki eel is very popular and is a rich source of vitamins A and E and omega-3 fatty acids.

HITSUMABUSHI

Hitsumabushi is the Nagoya style of eating unagi, or barbecue freshwater eel, and is served in a large bowl of rice with finely chopped unagi and a variety of condiments and toppings.

JAPANESE PIZZA

Over the last 20 years, new kinds of Neapolitan-style pizza have sprung up in Tokyo, creating a new culinary niche. The signature Tokyo Neapolitan pizza is defined by the salt that is baked into the delicately thin dough and the locally-sourced smoky cedar chips that, when burned in the pizza oven, deepen the fresh flavours and pizza toppings.

NOODLES

RAMEN

A recent cult favourite making rounds in the US, ramen has been a staple food in Japan and known as cheap and hearty late-night fuel. Ramen has four elements - noodles, broth, seasonings and toppings. Egg noodles come in wavy or straight forms, and are a matter of personal preference. The broth is prized for its hearty, salty, head-filling intensity. There is usually a slick of fat above the liquid produced by boiling great heaps of meat and bones. The base can be salt, soy sauce or miso, depending on the chef - each region has its favourite. Finally, the lavish garnishes almost always feature marinated slices of pork, alongside bamboo shoots, seaweed and poached egg.

SOBA

Soba noodles, made from buckwheat flour, are prized for their delicacy. Soba is minimalist, with scallions and red grains of togarashi scattered over a broth made from seaweed and dried fish. Soba can be served either chilled with a dipping sauce or in hot broth as a noodle soup. Soba is traditionally eaten on New Year's Eve, and is often presented as a gift.

UDON

Thick and white, this wheat flour noodle is served hot with simple mildly-flavoured broth and topped with scallions. In eastern Japan, a dark brown broth based on dark soy sauce is preferred, while the west prefers a lighter brown base. In Hokkaido, where the climate is colder, it is becoming popular to serve udon served in a light broth mixed with curry.

Client Agreement

I, the client, acknowledge that I have voluntarily applied for the trip as specified above. I understand that I may travel to remote countries and areas in Asia that are inherently risky including the above-stated destinations. I am prepared to assume the risks associated with this trip including: forces of nature; weather; terrorism; civil unrest; war; strikes; local laws; accidents; and all transportation including land vehicles, boats and aircraft that are not necessarily operated or maintained to standards found in North America. I assume all risks associated with altitude, illness, physical injuries sustained, disease, alcohol consumption, physical exertion and sporting activities, knowing that access to evacuation and/or suitable medical supplies and support may not be available. I also assume full responsibility for my own baggage and personal possessions and effects.

Remote Lands, Inc., including its officers, directors, shareholders, employees, agents and successors, does not own or operate any entity which is a service provider for client journeys. Remote Lands purchases all transportation, accommodation, dining and all other services from a variety of independent entities. Remote Lands is not responsible or liable for the gross negligence or intentional acts by any service provider or other third party.

I agree that I am responsible for purchasing comprehensive travel and emergency medical insurance that will cover all expenses related to trip cancellation; loss of luggage and personal effects; medical expenses including evacuation; and all other issues related to personal injury, death, property damage, or other loss, accident, delay, inconvenience or irregularity which may be occasioned by reason of (1) any wrongful, negligent, willful or unauthorized acts or omissions on the part of any service provider including airlines, hotels and restaurants, or their employees or agents or any other third party (2) any defect or failure of any vehicle, equipment, aircraft or instrument owned by any service provider (3) any wrongful, negligent, willful or unauthorized acts or omissions on the part of any third party.

I understand that unforeseen events beyond the immediate control of Remote Lands may occur, such as flight/train/boat/other transportation cancellations, hotel issues/problems, and other unexpected schedule changes. I agree that Remote Lands is not responsible for such unanticipated and uncontrollable changes, and that any expenses resulting from such changes (e.g. additional hotel, transportation, or guide fees, etc.) would be my sole responsibility, and I further understand that I may be eligible to recoup such costs from my travel insurance carrier.

I hereby agree that everyone in my party, including myself, is of adequate health, and no one has any physical condition or disability that could prevent them from taking part in the journey or present a hazard to themselves, or have, hereby, disclosed any conditions that may hinder our/my ability to endure the exertions of this trip.

By accepting this document I agree to take full responsibility for my own and the members of my party's actions, safety and welfare, including unanticipated events including injury, illness, theft, emotional trauma, death, forces of nature, war and terrorism. I hereby release and discharge Remote Lands, Inc. and its agents and employees from and against any and all liability arising from my participation in the above trip. I agree that this release will be legally binding upon me, my heirs, successors, assigns and legal representatives, it being my intention to fully assume all risk of travel and to release Remote Lands, Inc. from any and all liabilities to the maximum extent permitted by law.

For information concerning possible dangers at destinations, Remote Lands recommends contacting the Travel Warnings Section of the U.S. State Department at (202) 647-5225 or www.travel.state.gov. For medical information, Remote Lands recommends contacting the Centres for Disease Control at (877) FYI-TRIP or www.cdc.gov/travel.

I assume full and complete responsibility for checking and verifying any and all conditions regarding health, safety, security, political stability, and labor or civil unrest at such destination(s). It is my responsibility to obtain any vaccinations or medications. Any issues or claims relating to terms and conditions or in any way relating to the journey shall be settled by binding arbitration in the State of New York, in accordance with the current rules of the American Arbitration Association.

ĀMAN

For reservations or more information, email jetexpeditions@aman.com or call +1 212 518 1801