

Recharge body and mind in

# Kozaki

Fermented superfoods, deep detox, and a restful home from home

Look out the window as you fly in to or out of Narita, and below you may spot the Tonegawa River. On its banks is Kozaki. Just a 15-minute drive from the airport, this town offers a range of rewarding culinary, countryside, and cultural experiences. Here are three ways to spend a day in Kozaki.

## A fermentation day



Japan is a nation of fermentation, and today you'll study some key elements. You'll make your own soy sauce, watch sake bubbling and brewing in an old wooden building, and buy fermented foods from around Japan that you can sample with your evening meal. Tomorrow you may be back for more! Take them with you on your trip or share them with family and friends at home.

In Kozaki, you've found what you're looking for: stress therapy. Today you'll visit a majestic sacred tree in the grounds of an ancient shrine, picnic by the river, and listen to the soothing sounds of twilight cicadas as you sip a drink by a grove of giant bamboos. This evening you'll watch sparks fly up to the stars above a crackling bonfire. At dawn tomorrow you'll go for a stroll through the fields.

## A relaxation day



You awake at Tsubaki House, get up from your futon, and walk over to the family god-shelf to pay your respects. As you leave the tatami space you put on slippers then enter the kitchen. You make yourself a coffee and take it through to the lounge, where you open your laptop and post photos of Kozaki that your friends are going to love. Later today you'll have a very special tea experience, presented by Mr. Tsubaki himself.

## A Tsubaki House day



We'd love to tell you about Mr. Tsubaki's dog, where to pick strawberries and blueberries, the sake festival, riverboat trips, and more. But why not come to Kozaki and find out about them for yourself?

## ■ Area Information



### Tsubaki House

Architect and tea practitioner Kuniji Tsubaki renovated this lovely old house in the secluded community where he was born. If you end up feeling like a member of the family, his mission will be accomplished.



### Hakko no Sato Kozaki

"Home of Fermentation Kozaki" is a riverside store packed with fermented items from all over Japan. Excellent souvenir shopping for food enthusiasts. Next door is a restaurant serving meals that showcase fermented ingredients.



### Nabedana Sake Brewery

After watching a video in English about the process of making sake, you will be guided through an old wooden building where water and rice are transformed into the nectar of the Japanese gods. At the end of the tour, you'll get to sample some yourself.



### Tea Ceremony

At Tsubaki House, you can experience Mr. Tsubaki's take on the traditional "Way of Tea." We don't want to give away the details as we would like you to be surprised, but we can assure you that you won't have another tea ceremony experience quite like it. Mr. Tsubaki welcomes visitors from all over the world.

## ■ Access

Just a 15-minute drive from the airport.

Chiba / Kozaki-machi



## ■ Contact

Transport to and from the airport may be available.

Please write to:

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