

"Seasons of Eastern Japan" Trip
(5-Day/4-Night Tohoku Trip)

September 2021

Miyagi, Iwate, Aomori, Akita,
Yamagata and Fukushima

All the wonders of the Tohoku region in one amazing trip

When the harvest season arrives, the coastline and mountains of the Tohoku region take on a whole new beauty. Experience local festivals and arts with a long history, enjoy everything the area's abundant nature has to offer and take in the stunning landscapes from the windows of the train as you make your way through all the wonders of the Tohoku region (also known as the Michinoku region).

On the night before your departure from Sendai, you and your fellow passengers will enjoy a special dinner cooked by Hitoshi Iwasaki, our first executive chef who is now our Cuisine Supervisor. And then the next day you'll board Train Suite Shiki-shima and set off on your unforgettable journey around the six prefectures of Tohoku.

First you'll visit Kamaishi City (Iwate Prefecture), where you'll see the resilience of an area that has rebuilt after being devastated by the Great East Japan Earthquake and the tsunamis that followed. Your next stop will be Aomori City (Aomori Prefecture), where you'll get an up-close view of the colorful nebuta floats carried at the spectacular Aomori Nebuta Festival and learn fascinating details from one of the float makers. You'll then be invited to experience a Shinto ritual at Mt. Haguro in Tsuruoka City (Yamagata Prefecture) and carry on to Minamisoma City (Fukushima Prefecture) where you'll see an ancient ritual called Soma Nomaioi with armored martial artists on horseback. Every stop exudes the local culture and spirit of the Tohoku region, with fascinating traditions at every turn.

Sunday September 26 to Thursday 30, 2021

Day 1: Sendai

Day 2: Sendai/Kamaishi

Day 3: Aomori/Yuzawa

Day 4: Yuzawa/Tsuruoka

Day 5: Minamisoma/Sendai



DAY 1

Sunday

September 26

Gather at
meeting point
in Sendai City

Pre-departure event and dinner

Stay in
accommodation
near Sendai Station



Pre-departure event

You'll receive a proper Train Suite Shiki-shima greeting with a delicious French meal cooked by our first executive chef, Hitoshi Iwasaki, and an opportunity to get to know the train crew who will be traveling with you.



Hotel Metropolitan Sendai JR-East



Hotel Metropolitan Sendai East JR-East

Hotel Metropolitan Sendai JR-East / Hotel Metropolitan Sendai East JR-East

You'll spend your first night at one of two hotels near Sendai Station.
For those traveling in a Shiki-shima Suite or Deluxe Suite:
Japanese suite in Hotel Metropolitan Sendai JR-East
For those traveling in a standard suite:
Superior Twin room in Hotel Metropolitan Sendai East JR-East

DAY 2

Monday

September 27

Sendai
Station

[Lunch]
onboard the train

Tōno
Station

Stopover for
sightseeing:
Kamaishi

Tōno
Station

[Dinner]
onboard the train

[Overnight]
in Train Suite
Shiki-shima



Lunch: Chinese cuisine
Raku-shoku-ken-bi -KUROMORI- (Sendai City, Miyagi Prefecture)

Opened as a way to support the community as it recovered from the Great East Japan Earthquake, this Sendai-based restaurant delivers a new take on Chinese cuisine with delicious local ingredients cooked in styles that draw out their amazing umami flavors. You'll also try Chinese tea with bold flavors from Xinhua, a high-end specialty store.



Stopover for sightseeing: Kamaishi
Kamaishi Unosumai Memorial Stadium

Known for its history as an iron and steelworks city and its strong rugby scene, Kamaishi City has risen from the devastation of the Great East Japan Earthquake thanks to the efforts of everyone in the city. Visit this stadium where international rugby matches are held and see how far Kamaishi has come since that day in 2011.



Dinner: French cuisine
Prepared by Train Suite Shiki-shima executive chef Shigeru Sato

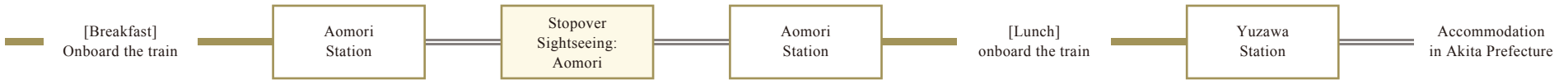
Enjoy a special full-course French dinner prepared by Train Suite Shiki-shima executive chef Shigeru Sato. The onboard meal is a special experience and truly something to look forward to.

*A breakfast made with delicious local ingredients from Miyagi will be served at your hotel.

Train Suite Shiki-shima Bus, etc.

*Itinerary is correct as of March 22, 2021. Stations and other details are subject to change.
*The photos are all for illustrative purposes only.

DAY 3
Tuesday
September 28



Breakfast: Japanese cuisine
Komaryu (Morioka City, Iwate Prefecture)

Enjoy the finest ingredients and tableware that Iwate Prefecture has to offer at this traditional Japanese restaurant.



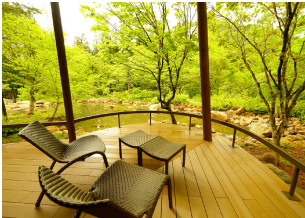
Stopover for sightseeing: Aomori
Nebuta Museum Wa Rasse

One of the most iconic sights in Aomori Prefecture is the Aomori Nebuta Festival. At this museum, you'll enjoy a close-up view of the vast, vibrant and exquisitely beautiful nebuta floats that are carried at the festival and hear fascinating details from Hiroo Takenami, one of the float makers.



Lunch: French cuisine
Prepared by Train Suite Shiki-shima executive chef Shigeru Sato

Take in the beautiful scenery outside your window as you enjoy a delicious meal with ingredients from the very area you're traveling through.



Yukemuri No Yado Inazumi Onsen,
Akinomiya Hot Spring Village

Nestled at the foot of Mt. Kurikoma, Akinomiya Hot Spring Village is said to be one of the oldest hot spring regions in Japan. With abundant nature all around, your inn is a peaceful place to relax, recharge and enjoy the healing effect of the minerals in the water.

* The Japanese kaiseki dinner with seasonal vegetables from Akita will be served at your inn.

DAY 4
Wednesday
September 29



Lunch: Local noodle dish
Prepared by Train Suite Shiki-shima executive chef Shigeru Sato

Train Suite Shiki-shima executive chef Shigeru Sato comes from Akita Prefecture. He drew upon his feelings for his homeland to create a special Seasons for East Japan menu of French cuisine.



Stopover for sightseeing: Tsuruoka
Mt. Haguro

2021 is the Year of the Ox, an auspicious year in which the divine virtues of deities are said to be at their strongest. It is said that those who pay a visit to a shrine or temple in this year will receive 12 years of good fortune. Mt. Haguro is one of the most revered holy grounds in eastern Japan, and many a worshiper has made a pilgrimage here since ancient times. You will be invited to experience Daidai Kagura, a traditional ritual performed before Shinto deities, at the Sanjin Gosaiden shrine.



Dinner: Japanese cuisine
Nihon Ryori Beniya (Tsuruoka City, Yamagata)

With mountains on one side and the sea on the other, the Shonai area's natural landscapes change dramatically from one season to the next. At this restaurant, you'll enjoy the bounties of that abundant nature in a traditional Japanese meal that exudes Tsuruoka's culture as a castle city.

*A traditional Japanese breakfast will be served at your inn. The mild taste of the aromatic ingredients is the perfect start to your morning.



Breakfast: Japanese cuisine

Takino (Aizuwakamatsu City, Fukushima Prefecture)

Enjoy an exquisite breakfast lovingly made from the abundant natural bounties of the Aizu area.

Takino's warmhearted hospitality shines through in every detail.



Stopover for sightseeing: Minamisoma

Soma Nomaoi

Soma Nomaoi is a spectacular traditional ritual in which martial artists don armor and ride horses. Local martial artists and horses will perform this ritual especially for you and your fellow passengers.

You'll be awed by the long history of this ritual and the pride of those who practice it.

Lunch: Nigiri Sushi

Sushi Kappo Gyomon (Koriyama City, Fukushima Prefecture)

Sushi Kappo Gyomon takes the utmost care with every detail, from the top quality ingredients to the cutting style, cooking method and seasoning used for each type of fish.

You'll be served freshly made sushi on board the train.