

Retreat Activities

Tateshina Kitchen House

Activity	Time	Season	Price
Traditional cooking (Dinner)	3 hr	Year-round	Free
Pizza making (Homemade dough)	3 hr	Year-round	1,000 yen
Gyoza dumpling making (Homemade wrappers)	3 hr	Year-round	1,000 yen
Tsukemono pickle making	1-2 hr	Year-round	500- 1,000 yen
Medicinal herb beauty cream making	3-4 hr	Year-round	1,500 yen
Medicinal herb picking	2-3 hr	June-October	500 yen
Medicinal herb tea making	1 hr	Year-round	500 yen
Farmwork	2 hr	July- October	Free
Mountain walking	2 hr	Year-round	1,000 yen*
Trekking	5 hr	Year-round	3,000 yen*

*Ropeway use requires additional fee.

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Mountain vegetable picking	2 hr	May-June	500 yen
Bread baking	5 hr	Year-round	500-1,000 yen
Confectionery making	2 hr	Year-round	700-1,500 yen
Jam making	1 hr	Year-round	500-1,000 yen
Dried persimmon making	1 hr	November	500-1,000 yen
Yoga (Up to 2 participants)	1 hr	July-October	500 yen
Pressed flower art	2 hr	Year-round	500 yen
Stylized calligraphy	2 hr	Year-round	500 yen
Watercolor	2 hr	Year-round	500 yen
Make your own smoker	2 hr	Year-round	1,500-2,000 yen
Wood chopping and wood stove experience	1 hr	Year-round	Free