

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 |
| 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 |