



Five Fabulous Food Filled Days

Tokyo is known as one of the world's most exciting and awarded culinary destinations.

Eating Tokyo is a carefully curated itinerary perfect for those interested in getting to the heart of the Tokyo food scene. We will take you on a culinary adventure unlocking some of Tokyo's hidden gems. From the back streets of Roppongi to Tsukiji market, the heart of Shinjuku to the laneways of Asakusa, we will take you to some of our favourite finds.

Sample street food, explore Tsukiji Market and peruse the aisles of a famous department store food hall. Eat traditional udon noodles and the freshest sushi and sashimi. Dine at a specialist yakitori restaurant, hard to find izakayas and a modern kaiseki restaurant.

Eating Tokyo will provide a truly unique culinary experience.

TOUR DATES

2026

8 – 14 March

15 – 21 March

22 – 28 March

29 March – 4 April

from \$NZ5695 per person – double occupancy

from \$NZ5995 per person – single occupancy

*guaranteed tour departure is subject to minimum of 4 people

Eating Tokyo Itinerary 2025

Sunday

Arrive in Tokyo and transfer to your hotel. Unpack and settle in.

Monday

Welcome and orientation. We begin the tour with a coffee, introductions, and an overview of the week. Following breakfast, we set off on the metro to Shinjuku.

We start our week at the food hall at Isetan department store with an introduction to the produce and ingredients used in Japanese cuisine. Wander the aisles and marvel at the displays of prepared meals, cakes, desserts, seafood, meats, fruit and vegetables and typical Japanese snacks and sweets.

Appetites piqued, lunch is at a nearby tempura restaurant. This restaurant has turned the preparation of this lacy delicacy into an art, using the freshest ingredients selected daily by the chef. We will watch the chef prepare lunch from our front row counter seats.

The afternoon is free to explore. You may wish to return to Isetan or wander through the backstreets of Shinjuku.

We meet again in the early evening and visit a yakiton standing bar in Akasaka, where we sample a few skewers before heading to dinner at a lively seafood izakaya.

coffee, lunch, pre-dinner drink and snack, dinner

Tuesday

Today we visit Tsukiji, where the original fish market was once housed. Today the outer market is still thriving with food vendors, fish stalls, a katsuobushi supplier and a dashi stall as well as fresh produce and kitchen wares. Lunch is at the market where we will queue at a specialist maguro don restaurant, serving tuna rice bowls.

The afternoon is free to explore. Perhaps walk to the nearby Ginza shopping precinct where department stores and high-end brands offer some of Tokyo's most exclusive shopping or take the subway to trendy Naka-Meguro and walk along the canal, lined with shops and cafes.

Tonight, we dine on yakiniku, also known as Korean barbeque. This multi-course meal includes raw starters, several cuts of meat grilled at the table, soba noodles or curry rice, kimchi, and a light dessert. All beef served at the restaurant is melt-in-your-mouth A5 Wagyu. The best of the best.

lunch, dinner

Wednesday

This morning we head to a private home where chef Yukari has converted her garage into a cooking school. Together with Yukari you will have a hands-on class to create your own delicious Japanese lunch.

The afternoon is free to explore. Take a stroll through Yoyogi Park, Tokyo's largest park and previously home to the 1964 Tokyo Olympic Village. Here you can visit the Meiji Shrine and see the start of Koyo, where the autumnal leaves begin to change colour.

Our latest find - Chef Sato opened his Jingumae restaurant in July 2023 and it has been making waves in the Tokyo food scene since. Sato-san's modern Japanese cuisine takes local seasonal ingredients and elevates them with the techniques he learned from his diverse international experience in London, Sydney and Hong Kong. Tonight, we will experience his modern multi-course menu where fine dining meets upscale izakaya surrounds.

cooking class with lunch, dinner

Thursday

This morning we journey north to Asakusa. We start with a traditional fish breakfast. Choose between grilled mackerel or salmon, onigiri or even fried eggs, if it is too early in the day for fish. We then visit the Shotengai, covered arcades, housing traditional shops and restaurants. Sample pickles and rice crackers, mochi and taiyaki.

We continue through to Kappabashi, kitchen town, where you can purchase knives, crockery and all things kitchen related. You will have time to explore the shops on your own or we can take to any specialist shops you are interested in.

Lunch is a short taxi ride away in Nezu, dining at a famous udon noodle restaurant in peaceful surroundings, housed in an old, converted warehouse designed by renowned architect Kengo

Kuma. Hot and cold, thick and thin, we will sample some of Tokyo's best handmade noodles and some very special side dishes.

Dinner tonight is at a popular yakitori restaurant in Yoyogi-Uehara. Chef Suzuki has been serving delicious Jidori chicken cooked over bincho charcoal since 2003. The seasonal grilled vegetables are almost as good as the chicken.

breakfast, snacks, lunch, dinner

Friday

This morning we visit the famous Imperial Hotel, designed originally by Frank Lloyd Wright, for a tea ceremony experience. Learn about the preparation of Japanese tea paired with a delicious Japanese sweet.

Lunch is at a well-known tonkatsu restaurant serving panko-crumbed pork at its best. Chef Oishi has spent a lifetime perfecting this dish and personally cooks every meal. The restaurant is set in a traditional house in the Nishi-Azabu neighbourhood. The panko crumb, salt and mustard have been chosen to complement the meat and their tonkatsu sauce is made on the premises.

The afternoon is free to explore on your own or do some last-minute shopping. Peruse the shops along Omotesando Dori through to Harajuku, exploring the side streets and alleys filled with high fashion, cafes, and quirky Japanese shops.

We start the evening with cocktails before our special farewell dinner at Sushi Kanesaka. Executive Chef Kanesaka has earned 2 Michelin Stars and tonight we will enjoy this seasonal Sakura nigiri course menu. A perfect ending to our week.

Tea ceremony, lunch, pre-dinner drink, dinner

Saturday

Check out of your hotel and return to the airport or set off on your own Japanese adventure.