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WELCOMING THE CHANGE OF SEASONS WITH

## Ocycle Japan

**4 Day Tours  
Coming Soon !**



Starting this spring, we will be introducing 4 day tours for those who are not yet ready to embark on a 7 day bike tour. If you would like to be the first to know about our 4 day tours, email us back "4 DAY ADVENTURE" to be the first to know.

We have chosen the beautiful Kansai region for the beauty that it holds in every season of the year. We are eager to share the locations for the 4 day tours soon!

Our 7 day tour begin in Wakayama- home of the Nanko ume. Read more to learn about ume - Japanese plums



**In this newsletter you will find:**

Information about ume, early booking discounts and more!



# 2025 Bookings Now Open

## WAKAYAMA'S NANKO UME



Meet Ume-Ninja-Ken, also known as "Ume-chan". She is the mascot of Wakayama castle.

Wakayama is home to the Nanko ume: the highest quality of Japanese plum.

Ume typically blossoms near the end of January and throughout February. This past year it was seen into March. See how to eat and drink ume on the next page.



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## How to eat Ume

### NOT YOUR AVERAGE PLUM

While the blossoms are in the spring, harvest season is just ending now. Ume's harvest season begins in July and ends early September. Once harvested, they are often pickled into "umeboshi". Umeboshi are eaten atop bowls of rice, or inside rice balls (onigiri). They can be quite sour, or pickled with honey for those with a sweet tooth.

Ume is also used in flavouring, made into plum syrup, added in furikake (rice seasoning) or with salt (Ume Shiso salt).

Some restaurants in Wakayama serve their tempura topped with ume salt that adds a tangy twist.



## Drinking Ume

Coming into the colder months, Umeshu, Japanese plum wine, is a wonderful way to warm up.

Umeshu is made while the plums are still green and unripe, and steeped into shochu, a Japanese distilled liqueur. There are plum syrup and Umeshu workshops at Nakano BC in Wakayama.



Our spring bookings are now open. Book before Dec 31, 2024, and use code **SPRING10** at checkout to receive a 10% discount.

O Cycle Japan



Come Cycle with Us