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Abby Lockhart, Sapporo.
Abby is a strict vegetarian and travels everywhere with her own basket of food. With plenty of nuts and dried fruits in her belly, she hiked this ledge in Sapporo in between heavy snowfalls.

Quentin Robbins, Tomamu.
The aptly nicknamed Q-Diddy has been to Japan over a dozen times and speaks fluent Japanese, but only when it suits him. He's quite the cheeky bastard to have on tour and is a hard man to track down at the best of times, never one to be in the same place for too long. When Shinji, our Japanese contact, made the call for us to go to Tomamu resort and described it as a "pimp" place to go, Q-Diddy came along for the ride.

I don't think this guy was on the menu, but you never quite know what you're in for when the menu's all in Kanji and all you can do is point. My enchilada didn't taste the slightest bit dodgy at this "Mexican" restaurant at Sapporo train station.

Hokkaido has a reputation for some of the freshest delights from the sea, which you can find just about anywhere, in any size, shape and form.

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