

coffee in a thermos bottle. Take a deep breath and enjoy the scenery of the Tanzawa Mountains and Sagami Bay . We will descend for about 65 minutes to the parking lot where the MWR bus will be waiting. 10 minutes from the parking lot will be the largest wax plum garden in Kanto plain. Enjoy lunch and plum flower festival at the garden.
>>>Mt. Shidango: 758m/2,487ft., Approximately 6.5km/4mi, max elevation 520m/1,760ft.
***It is for ages 6 and up.**
***Festivals are subject to cancel due to inclement weather/COVID-19 HEPCON. The tout will not be cancelled even if the festivals are cancelled.**
Wear: Trekking Shoes, Appropriate clothing for hiking, Cap/hat.
Bring: Rain wear, Extra clothes, Trekking pole, Sunscreen, Sunglasses, (Spike), Towel, Hot drinks in thermos bottle, Snacks/Water, Yen for lunch (or bring own packed lunch) and anything you may need.
Cost: Adult/Youth(6+) \$39
(Admission, Guide, Transportation)



Snow Monkey Park
Sunday, 30 January 2022
Depart: 0530/ Return: 1830

Visit Nagano Jigokudani Wild Monkey Park and enjoy this rare opportunity to observe the interesting life style of Japanese macaque monkeys. Nearly 200 monkeys inhabit the area and relax by bathing in the hot spring.
***Pease bring or wear appropriate clothes/shoes for a 40-minute-way walk at the monkey park.**
***No strollers allowed due to the long distance walk.**
Bring: Warm clothes, Rain gear, snow gear, Yen for shopping, food/drinks
Cost: Adult (18+) \$60, Youth (6-17) \$55, Child (0-5) \$50
(Guide, Admission to Monkey Park, Transportation)



Snowshoeing to Oyu Cave
Saturday, 12 February 2020
Depart: 0600/Return: 2000
***Sign up by Fri, 28 Jan 2022**

ODR Staff CHOICE!!!

Let's hike on powder snow through the larch woods to the mysterious cave, Oyu. At Oyu cave, you will be able to see the unique icicles called "Hyojun (bamboo ice)", which grows from ground up. While walking on the snow, you will have the chance to see the surrounding beautiful nature and its wild animals or their foot prints left behind. An experienced guide will show you around, have fun and spend a rewarding day!
***For ages 10 and up.**
***The course may be changed without notice depending on the weather/activity area conditions.**
***Sizes for snow boots and snowshoe are limited. If they do not have your size, you have to prepare on your own. Ask ODR staff if your shoe size is bigger than 12.**
***Please bring own packed lunch. Foods contain water such as rice balls, fruits are possibly frozen. If you are planning to bring the jet boil, please prepare the gas cartridge for winter.**
Wear: Snow boots/Snowboard boots/Waterproof trekking shoes with gaiter (highly recommended!), Ski wear, Knit cap, Ski goggles, Gloves, Non-cotton material underwear.
Bring: Sunscreen, change of clothes, Towel, Lunch, Hot drinks in thermos bottle, Snacks, Yen for anything you may need.
Cost: Adult/Youth (10+) \$141 **(Rental snowshoe + stock, insurance, Activity guide, Escort, Transportation included)**

MWR Airport Shuttle Bus
Reservation hours: Mon-Fri 0800-1900, Sat&Sun 0800-1700
***All passengers are require to have a Military I.D., PCS Orders or a Base Pass issued from Camp Zama.**

===Narita===	===Haneda===
Fee: \$30 per seat	Fee: \$25 per seat
Outbound	Outbound
1045 Zama Army Lodging	1115 Zama Army Lodging
1100 Zama Community Club	1130 Zama Community Club
1130 SHA (by Reservation only)	1200 SHA (by Reservation only)
Inbound	Inbound
1800 Narita Terminal 1	1830 Haneda Terminal 3
1830 Narita Terminal 2	

Choose from 2 easy ways to register for our tours:

*****In Person*****

Stop by the Outdoor Recreation & Leisure Travel Services office, located in Building 267, Community Recreation Center.

*****Telephone 263-4671*****

Give us a call Monday through Friday, 8 A.M.~ 7 P.M. or weekends from 8 A.M. ~ 5 P.M. We are closed for all U.S Federal Holidays.

Cancellation & Refund Policy

Outdoor Recreation & Leisure Travel Services shall provide a full refund for all tours cancellations received by the due date indicated on the itinerary.

Children Policy

Children (Ages 17 & under) must be accompanied by a parent/ guardian on all tours. *Age limitations may vary on each tour. Please check with our tour staff when signing up for a tour.

Receive our tour brochure monthly via E-Mail!

By signing up for our email distribution, you will receive our brochure as well as any updates on any changes that are made to the schedule!

Please send an email with "Tour Brochure Request" in the subject line to the following address: zamaodr@gmail.com

MLC/IHA/ 自衛隊の皆様もぜひご参加ください！
ご予約、お問い合わせは軍電263-4671まで。
MLC/IHA/JGSDF employees are welcome to join!
Give us a call at 263-4671
for more information and to reserve your spots.



Before signing up climbing/hiking trips
Please consider your physical fitness.
We do not recommend participating on hiking trips if you have a medical health condition.
Please consult your physician.



DFMWR strives to provide individuals with disabilities reasonable accommodation, and are included in all community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

***For reservations & More information please call Outdoor Recreation & Leisure Travel Services at 263-4671/046-407-4671.**

OUTDOOR RECREATION
and Leisure Travel Services

JANUARY 2022



Jogasaki Hiking
Saturday, 15 January 2022

>>>JANUARY LINE UP
Fri, 07 (0900-1800) Seven Gods Visiting Walk
Sat, 08 (0400-2100) Ski/Snowboard for Beginners
Sun, 09 (0500-1600) Tsumekizaki Hiking
Sun, 09 (1000-1700) Stroll Yokohama China Twon
Sat, 15 (0400-2130) Nozawa Onsen Ski/Snowboard
Sat, 15 (0500-1800) Jogasaki Hiking
Sun, 16 (0830-1600) Stroll Asakusa
Mon, 17 (0530-1530) Nihondaira Hiking
Sun, 23 (0830-1730) Atami Walking
Sat, 29 (0400-2130) Nozawa Onsen Ski/Snowbaord
Sun, 30 (0530-1430) Mt.Shidango Hiking
Sun, 30 (0530-1830) Snow Monkey Park
>>>FEBRUARY LINE UP
Sat, 12 (0600-2000) Snowshoeing to Oyu Cave

**Shichifukujin (Seven Gods)
Visiting Walk
Friday, 07 January 2022
Depart: 0900/Return: 1800**



Visit Shichifukujin, the seven gods of good luck, and enjoy a traditional event being held to celebrate the New Year. We will stroll through Hiratsuka town to greet all the gods to pray for good fortune. Collecting the holy stamps at each temple/shrine is customary when visiting the seven gods. On this day, the JINJITSU celebration will be held at one of the temples and special rice porridge will be served for free. Try it to wish yourself good health this year! Hiratsuka was developed as a post town on the Old Tokaido Road. You will be able to see the historical remains of Old Tokaido Road while walking. There are many delicious food shops and stalls along the walking course which you will be able to enjoy TABEARUKI (TABE = food / ARUKI = walk).
>>>Approximately 7.8km (4.85mi,) 2 hour walking (time spending at Shrines/temples excluded, 30min. at each Shrine/temple)
♣Stamps: Y300 each ♣Stamp mount: Y500
***It is for ages 6 and up.**
***Festival may be cancelled due to weather condition/COVID-19 HEPCON. Tour will not be cancelled even if the festival is cancelled.**
Wear: Comfortable shoes to walk, Cap/hat.
Bring: Rain gear, Sunscreen, Sunglasses, Water/snacks, Yen for stamps, lunch and anything you may need.
Cost: Adult/Youth (6+) \$39 (Guide, Transportation included)

**Ski/Snowboard
for Beginners at Iwappara
Saturday, 08 January 2022
Depart: 0400/Return: 2100
*Reserve equipment by Mon, 27 Dec 21 by 1800
*Pick up equipment on Thu, 06 Jan 22 by 1600**



Iwappara ski resort is crested on Mount Iiji and has some of the most beautiful mountain ranges. The scenery is breath-taking and the ski slopes are great. There are 10 different courses that is conducive for beginners to advanced skiers/snowboarders. For instance, they have a 200m wide course with a 10 degree angle that is perfect for beginners. For those with a higher skill level, there are other courses to test your skills. At the Kids Paradise, children can enjoy sledding and bouncy equipment. Bring your family and friends out for a fun time at this resort. Make sure to rent snowboard and ski gear through Outdoor Recreation!
>>>Ski/Snowboard Class: limited to ages 8 and up, 5 participants each, 2 hour lesson
***If the resort facility has staff shortage, we might cancel the lesson. Fee will be refunded if this happens.**
♣Official Website: www.iwa-ppara.com (use Google Translate)
♣One-day lift ticket: Adult (12-54) ¥4,300, Youth (6-11) ¥2,500, Senior (55+) ¥3,300, Child (3-5) ¥1,000, S(55+) ¥3,000
♣1 time ticket: Y500 ♣Kids Paradise: Y500
Bring/Wear: See Itinerary
Cost: Adult/Youth/Child \$54 (Transportation Only)
Snowboard lesson: additional \$25 (Instructor included)

**Tsumekizaki Narcissus Hiking
Sunday, 09 January 2022
Depart: 0500/Return: 1600**



This will be an enjoyable walk on a trail along a beautiful coast. At the end of the trail you will be rewarded with the fantastic sight of a hill covered in daffodils (Japanese narcissus with a lovely fragrance) that bloom in the winter. Around this time of the year, the Narcissus Festival is held at the cape. Bring a thermos of tea/coffee/hot chocolate and enjoy as you walk around and take in all the wonderful sights.
>>>Approximately 4.75km/2.95mi, 2 hour walking
***For ages 6 and up.**
***Narcissus Festival is subject to cancel due to inclement weather/COVID-19 HPCON. Tour will not be cancelled even if the festival is cancelled.**
Wear: Hiking shoes, Comfortable clothing to walk, Cap/hat with strap
Bring: Wind breaker, Rain gear, Sunglasses, Sunscreen, Towel, Hot drinks with thermos bottle, Water/Snacks, Yen for lunch (or bring own packed lunch), and anything you may need.
Cost: Adult/Child (6+) \$49 (Guide, Transportation included)

**Stroll Yokohama China Town
Sunday, 09 January 2022
Depart: 1000/ Return: 1700**



Enjoy your free time shopping and strolling in Yokohama Chinatown. Hundreds of shops with vendors on every corner, you are bound to find something you will like!
Bring: Yen for shopping, food/drinks
Cost: Adult/Youth/Child \$19 (Guide & Transportation)

**General Order #1 in effect.
Refer to your chain of command for further
details on current health guidance.
Tour may be subjected to changes/cancellation
due to inclement weather and/or HPCON.**

**Nozawaonsen Ski/Snowboard
Saturday, 15 January 2022
Depart: 0400/Return: 2130**



***Reserve equipment by Mon, 27 Dec 21 by 1800
*Pick up equipment on Thu, 06 Jan 22 by 1600**
Nozawa Onsen Ski Resort is a hot spring and ski resort village in Nagano Prefecture, one of Japan's most superb and expansive winter sports areas. Rent gear at Outdoor Recreation!
***Please note that the location is subject to change due to inclement weather.**
♣One-day lift ticket: Adult (16-59) ¥5,200, Youth (6-15) ¥2,900, Senior (60+) ¥4,200
Bring: Ski/Snowboard equipment, Goggles, Gloves, Change of clothes, Yen for lift ticket, food/drinks.
Cost: Adult/Youth/Child \$56 (Transportation only)

**Jogasaki Hiking
Saturday, 15 January 2022
Depart: 0500/Return: 1600**



NEW
Jogasaki Hiking is a beautiful trail along a beautiful coast. At the end of the trail you will be rewarded with the fantastic sight of a hill covered in daffodils (Japanese narcissus with a lovely fragrance) that bloom in the winter. Around this time of the year, the Narcissus Festival is held at the cape. Bring a thermos of tea/coffee/hot chocolate and enjoy as you walk around and take in all the wonderful sights.
>>>Approximately 6.5km/4.03mi, 3.5 hour hiking.
***It is for ages 6 and up.**
Wear: Hiking shoes, Appropriate clothing for hiking, Cap/hat with strap.
Bring: Rain gear, Windbreaker, Sunscreen, Sunglasses, Towel, Water/Snacks, Yen for lunch (or bring own packed lunch) and anything you may need.
Cost: Adult/Child (6+) \$46 (Guide, Transportation included)

**Stroll Asakusa
Sunday, 16 January 2022
Depart: 1000/ Return: 1700**



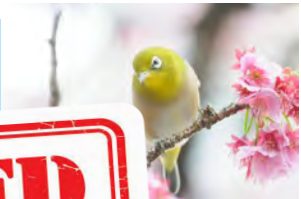
Visit Asakusa and stroll through the historic Sensoji Temple. Bring Yen for shopping, souvenirs, food/drinks
Cost: Adult/Youth/Child \$28 (Guide & Transportation)

**Nihondaira Hiking
& Strawberry Picking
Monday, 17 January 2022
Depart: 0700/Return: 1800**



CANCELLED
We will start hiking from the base of Mount Fuji! At Nihondaira, the first shrine where the deity, Tokugawa Ieyasu, was enshrined. Then we will walk down 1159 steps toward route 150, which is called "Strawberry line!" Walk on the coastline for 30 minutes to a strawberry farm to munch on all-you-can-eat strawberries. Strawberries from this area are called "Ishigaki Ichigo," famous for its size and taste which will fascinate many strawberry lovers!
>>>approximately 6.6km/4.1mi, 3 hour hiking.
***For ages 6 and up.**
***It may be cancelled with short notice in case of rain.**
Wear: Comfortable shoes and clothing for hiking, Cap/hat.
Bring: Rain suits, Sunscreen, Sunglasses, Towel, Water/snacks, Yen for lunch (or bring own packed lunch) and anything you may need.
Cost: Adult (15+) \$82, Teen (12-14) \$79, Youth (7-11) \$75, Child (6) \$65
(Strawberry picking, Gondola ride, Admission, Guide, Transportation included)

**Atami City Walking & Plum/
Cherry Blossom Festival
Sunday, 23 January 2022
Start: 0800/Return: 1800**



CANCELLED
Atami is known for its hot springs and cherry blossom festival. After enjoying the two flower festivals, we will tour a couple of hot spring fountainheads. Each fountainhead has a unique name and legend. You might be able to make boiled eggs at one of the fountainheads. The last destination will be the shopping district around Atami station. Enjoy lunch, TABEARUKI and/or souvenir hunting!
***It is for ages 6 and up.**
***We will not soak at the hot spas.**
***Festivals are subject to cancel due to inclement weather/COVID-19 HEPCON. The tour will not be cancelled even if the festivals are cancelled.**
Wear: Comfortable shoes and clothing to walk, Cap/hat.
Bring: Rain gear (Folding umbrella), Sunglasses, Sunscreen, Towel, Water/snacks, Yen for lunch and anything you may need.
Cost: Adult (12+) \$46, Child (6-11) \$43 (Admission, Guide, Transportation included)

**Nozawaonsen Ski/Snowboard
Saturday, 29 January 2022
Depart: 0400/Return: 2130**



***Reserve equipment by Fri, 21 Jan 22 by 1800
*Pick up equipment on Thu, 27 Jan 22 by 1600**
Nozawa Onsen Ski Resort is a hot spring and ski resort village in Nagano Prefecture, one of Japan's most superb and expansive winter sports areas. Rent gear at Outdoor Recreation!
***Please note that the location is subject to change due to inclement weather.**
♣One-day lift ticket: Adult (16-59) ¥5,200, Youth (6-15) ¥2,900, Senior (60+) ¥4,200
Bring: Ski/Snowboard equipment, Goggles, Gloves, Change of clothes, Yen for lift ticket, food/drinks.
Cost: Adult/Youth/Child \$56 (Transportation only)

**Mt. Shidango Hiking & Wax
Plum Festival
Sunday, 30 January 2022
Depart: 0530/Return: 1430**



Mt. Shidango is one of the easiest accessible mountains to climb in the Tanzawa area and is well known for its amazing scenic view from the summit. First, we will walk for about 30 minutes on a paved road until the gate of the hiking trail. The gate to the top of Mt. Shidango will be a 105-minute trek through two peaks. Clear a steep climb before the summit of Shidango for a beautiful panoramic view! We recommend bringing hot chocolate

Schedules, locations and prices are subject to change without notice. Flowers are weather dependent. We cannot guarantee they are in bloom/colored.