

Please bring/prepare something you can eat for lunch if you have any food restrictions (ex. Food allergy, vegetarian)

Oze Overnight Trekking
Sat, 20 - Sun, 21 September 2025
Depart: 0700/Return: 1830
***Sign up by Wed, 10 Sep 2025!!!**



One of the "must-go" destinations for hikers, Oze is known as the paradise of beautiful flowers. An area of 8,690ha (106 times wider than Tokyo Disneyland!), which is designated as a National Park and registered as a Ramsar site, is covered with more than 300 different kinds of plants during the hiking season. This massive area stretches over three prefectures (Gunma, Nigata, Fukushima) and its scenic beauty which includes marshes, ponds, ravines, forests and mountains delights visitors. We are going to enter Oze through Hatomachi Pass, which is the closest entrance from Tokyo, and enjoy 2 days of hiking. Approximately 3 hours of hiking on the 1st day, stay and relax at the mountain hut, then 6 hours of fun hiking on the 2nd day! This time of year, is peak season for the "KUSA-MOMIJI (grass changing color to red, yellow and orange in the fall), and Oze is a rare place where you can witness KUSA-MOMIJI. At the end of fall, Oze starts to cover up with snow and closes until the following spring. To conserve the nature, you cannot use shampoo, rinse/conditioner, soap/face wash, toothpaste/mouthwash and detergent in the Oze area.

***Accommodation is a mountain hut, NOT COMFORTABLE HOTEL. Room may be shared by all the hikers regardless of gender.**

***It is for ages 12 and up.**

***It may be cancelled due to inclement weather.**

***Schedules, locations and prices are subject to change without notice.**

***Please see the itinerary carefully!!!**

Wear: Waterproof Trekking Shoes, non-cotton material shirt and pants, Cap/hat.
Bring: Trekking poles, Jacket, Extra clothes, Sunscreen, Sunglasses, Rain Suit (Gore-Tex recommended,) Gloves, Plastic Bags (for trash), Flash light, Water, Snacks, Small change (donation for toilet use), Tissue, Change of clothes, Knapsack, (make up remove towelettes,) Towel, Medicine you will need, Yen for lunch and anything you may need.

Cost: Adult (16+) \$198 (Accommodation, 2 meals (dinner & breakfast),

Guide, Transportation included)

Airport Transportation Service

Leisure Travel Services offers transportation service between Camp Zama/SHA and Narita/Haneda Airport/Yokota Air terminal/Sagami Ono Station. Give us a call at 263-3621/046-407-3621 for more information.

♠Transportation request form (on MWR Website):

[Limo Airport Vehicle Transportation request form as of 2024-03.pdf \(armymwr.com\)](#)

Narita Airport	\$215 one way	\$430 Round trip
Haneda Airport	\$175 one way	\$350 Round trip
Yokota Air Terminal	\$140 one way	\$280 Round trip

Sagami Ono Transfer Service

Sagami Ono Station (Scheduled times from SHA Bus Stop) \$10/person

Sagami Ono Station (Reserved times from your Quaters) \$30

(Reservations are required for these services NLT 72 hrs. prior)

Choose from 2 easy ways to register for Outdoor Recreation/Leisure Travel tours:

***In Person**

Stop by the Outdoor Recreation office, located in bldg.#267!

***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 shall provide a full refund for all tours cancellations received by cancellation due date indicated on the itinerary.

Children Policy

Children (Ages 17 & under) & out of high school 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 on 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/自衛隊の方も是非ご参加ください。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 263-4671/046-407-4671 for more information and to reserve your spots!



DFMWR strives to provide individuals with disabilities reasonable accommodation, and are included in all community recreation program planning, as appropriate for the activity.

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

Tour guide needed!!!

Outdoor Recreation/Leisure Travel Services are seeking contract tour guides who are...

*Bilingual (Japanese/English).

*Physically fit.

*Able to work on weekends/US holidays

*Responsible and friendly character.

Contact Komaki Sierra at 263-4807/046-407-4807 or email to Komaki.sierra.ln@army.mil if you are interested in.

OUTDOOR RECREATION
and Leisure Travel Services

AUGUST 2025



Yokohama Fireworks
Mon, 04 August 2025

>>>AUGUST LINE UP

Sat, 02 (0630-1800) Hatsushima Island

Mon, 04 (1700-2230) Yokohama Fireworks

Sat, 09 (0500-1830) White Sand Beach

Sun, 10 (0700-1800) Kosugemura

Sat, 23 (0400-2100) Mt. Fuji Climbing

Sun, 24 (0630-1530) LaLaLa Sun Beach

Sat, 30 (0500-1700) Canyoning

Sun, 31 (0800-1630) Oiso Long Beach

>>>SEPTEMBER LINE UP

Sat, 20-Sun, 21

(0700-1830) Oze Overnight Trekking



Hatsushima Island Resort
Saturday, 02 August 2025
Depart: 0630/Return: 1800

Let's take a 25-minute ferry ride off the coast of Atami to Hatsushima island resort. There are many things to do on the small island; shore fishing, snorkeling, walking around the island (about 4km in circumference), napping in a hammock, flower garden, hot spa, zip lining, obstacle course! Also enjoy fresh seafood for lunch! Ask ODR staff for more information.
**It may be cancelled if the boat to the island is cancelled due to the ocean's condition.*
**There is no transportation on the island. The only way of getting around the island is by walking, so please pack light.*
**No exposed tattoos allowed at the swimming pool / hot spa.*
**There are no sand beaches on the island.*
**Recommend making a reservation if you would like to play the zip line course. www.pica-resort.jp/en/hatsushima/special/sarutobi.html*
**See itinerary carefully so you can plan how you spend time on the island in advance.*
Wear/Bring: See itinerary.
Cost: Adult (12+) \$61, Youth (6-11) \$50, Child (0-5) \$39
(Ferry ride, Guide, Transportation Included)



Yokohama Fireworks
Monday, 4 August 2025
Depart: 1700/Return: 2230

Enjoy the largest scale fireworks in the metropolitan area at Yokohama North Dock! 20,000 fireworks decorate summer night sky for 25 minutes.
**MLC/IHAs are space available basis. Sign up starts on Monday, 21 July.*
**It may be cancelled with short notice in case of rain.*
**Buses depart from Camp Zama and SHA.*
**Must have valid ID to get on Yokohama North Dock.*
Bring: Snacks/drinks, lawn chair/picnic sheet
Cost: Adult/Youth/Child \$12 **(Transportation only)**



Shirahama
>>>White Sand Beach
Saturday, 09 August 2025
Depart: 0500/Return: 1830

Let's visit one of the most popular beaches on mainland Japan, Shirahama! This white-sand beach spreads 800 meters wide and its sky-blue ocean fascinates all visitors. Frolic in the waves, search for small crabs, play in the water, or bask under the sun!
**It may be cancelled due to inclement weather/ocean conditions.*
Wear/Bring: Bathing suits, your favorite beach goods, Towel, Beach sandals, sun protect items (sunscreen/sunglasses/cap/pop-up tent etc.), Beach blanket, Yen for food/drinks (or bring own lunch), shower use, rental gear, and anything you may need.
Cost: Adult/Youth/Child \$37 **(Escort, Transportation included)**

Before signing up for hiking/climbing trips
 Please consider your physical fitness. We do not recommend to participate in walking trips if you have knee/heart problems, asthma and any other illness.

Kosugemura
(Michi no Eki Kosuge)
Sunday, 10 August 2025
Depart: 0700/Return: 1800



Michi no Eki Kosuge is in Yamanashi Prefecture. You can experience some activities at this Michi no Eki. There is a place to eat, souvenir shop, fishing area, and an obstacle course for adults and children. Also, there is a hot spring facility nearby. This is a great place for spending a day with family!
**Reservation is required for fishing and obstacle course.*
 ♣Hot Spring: Adult (12+) Y900, Child (6-11) Y450
**No tattoos allowed.*
Bring: Towel, Change of clothes, Yen for lunch and anything you may need.
Cost: Adult/Youth/Child \$20 **(Escort, Transportation included)**

Mt. Fuji Climbing
Saturday, 23 August 2025
Depart: 0400/Return: 2100



Everyone must pay Y4,000 hiking fee to climb Mt. Fuji, and limited to 4,000 climbers a day. ODR does not make a group reservation. Please make a reservation by yourself.
 ♣For reservation: <https://www.fujisan-climb.jp/en/index.html>
**It is for ages 6 and up.*
**You must read and sign the Mt. Fuji Safety Slide to participate in Mt. Fuji Climbing tour. Please ask ODR staff for details.*
Bring/Wear: See itinerary for details.
Cost: Adult/Youth/Child (6+) \$59 **(Guide, Transportation included)**

Lalala Sun Beach
Sunday, 24 August 2025
Depart: 0630/Return: 1530



Lalala Sun Beach is the rare place you can enjoy snorkeling at the white sand beach in Honshu Japan. The beach is surrounded by the embankment, so the ocean condition is very calm and the transparency is amazingly clear! Dressing room, shower room and toilets are available all year round.
 ♣Hot shower: Y200 for 2 munities.
**Rental snorkel, wet suits and life jacket are available at ODR (limited size/quantity.)*
**It may be cancelled with short notice in case of inclement weather/ocean condition.*
**There are no restaurants/convenience stores around the beach. Recommend to bring drinks/snacks in the smack ice chest.*
**Schedules, locations and prices are subject to change.*
Bring/Wear: Bathing suits, Beach sandals/Marine boots, Sun protect items (sunscreen, pop-up tent etc.), your favorite marine gear, Picnic sheet, Lunch/drinks/snacks in a small ice chest, yen for shower use and anything you may need.
Cost: Adult/Youth/Child \$39 **(Escort, Transportation included)**

Canyoning @Minakami
Saturday, 30 August 2025
Depart: 0500/Return: 1700
***Sign up by Wednesday, 20 Aug 2025**



Experience the challenges of both stream and waterfalls at Minakami! This will be an exciting day with the local outfitter and their friendly English-speaking guides. Enjoy the thrill of canyoning in awesome surroundings.
**For ages 13 and up.*
Bring: Bathing Suits, Towel, Sunscreen, Yen for lunch and anything you may need.
Cost: Adult (13+) \$99
(Activity fee, Rental gear, Guide, Transportation included)

Oiso Long Beach Pool
Sunday, 31 August 2025
Depart: 0800/Return: 1630



Oiso Long Beach is a water park that features thrilling slides and crystal-clear pools for children and adults. Sit on the floating tube boat while sliding down the 139m and 140m long slides! The park also offers a wave pool, 140-meter-long pool, a floating pool, and shallow pools for small children. The park is perfect for families of all ages!
**No tattoos allowed.*
**Rental parasols, tents, deck chairs cost extra. You can reserve rental items in advance from Thursday, 21 August.*
Please visit website for more info: www.princehotels.co.jp/pool/oiso/
Bring: Swimsuits, sunscreen, towel, change of clothes, picnic sheets, yen for lunch and anything you may need.
Cost: Adult (18+) \$59, Teens (12-17) \$46, Youth (6-11) \$40, Child (3-5) \$31
(Admission, Escort, Transportation included)

===Vehicle Rental===



Toyota Corolla: Hybrid 4 passenger Wagon	\$80/day, \$480/week
Toyota Estima: Hybrid 6 passenger Van	\$85/day, \$510/week
Toyota Dyna: 1ton truck, 3 passenger	\$85/day, \$510/week, \$15/hour (up to 3 hours)
Toyota Hiace: 5 passenger Cargo Van	\$85/day, \$510/week, \$15/hour (up to 3 hours)
Nissan Caravan: 10 passenger Van	\$110/day, \$660/week, \$30/hour (up to 3 hours)

