

## Yanesen Downtown Walking Saturday, 27 April 2019 Depart: 0900/Return: 1800



Let's stroll Yanesen area to look for nostalgic sights and delicious foods. Yanesen is a generic name of Yanaka, Nezu and Sendagi town in Tokyo. They developed as temple district, temple town and Samurai residence. Many wooden architecture built in Edo ~Showa period still exist in this area. During the walk, you will have a chance to see/shoot ancient buildings, which are renovated and reused as shops, cafes, museums etc. Next, we will visit one of the most popular SHOTENGAI (shopping street) to enjoy TABEARUKI (munching local foods while strolling), and purchasing traditional Japanese products. The shopping street is also well known as the town of cats. You can find many cat motif goods/foods. Cat statues set on the roof and perhaps real cats napping on the street. Our goal will be the symbol of Nezu town, Nezu Shrine for the azalea festival. 100 kinds azalea will be in bloom.

>>>Approximately 4.5km walking.

**\*It is for ages 6 and up.**

**\*Schedules, locations and prices are subject to change.**

**\*Flowers are weather dependent. We cannot guarantee they are in bloom.**

**Bring/Wear:** Comfortable shoes and clothing to walk, cap/hat, knapsack, Rain gear, Water, Yen for lunch and anything you may need.

**Cost:** Adult/Youth (6+) \$43 (Admission, Guide, Transportation)

## Odaiba Free Time Sunday, 28 April 2019 Depart: 0800/Return: 1830



Odaiba is a popular shopping and entertainment district on a man-made island in Tokyo. The center of Odaiba has two big shopping malls for everything that you need! If the weather is nice, you will be able to see Rainbow Bridge, Tokyo Tower, and Tokyo Sky Tree from the man-made beach, "Decks Tokyo."

**Bring:** Yen for shopping, admissions, food/drinks.

**Cost:** Adult/Youth/Child \$16 (Transportation only)

## Adventure Outfitters



### Adventure Outfitters

is pleased to announce a line of outdoor items! Please come to check out the new snow recreation gear!

## Family Camping @Nasu Highland Saturday, 25-Monday, 27 May 2019 Depart: 0700/Return: 1630 **\*Sign up by Mon, 13 May 2019!!!**



Are you interested in camping but no experience? Do you think it is hard to set up everything & cook while taking care of small children? Or would like to learn new camping skills? Jump on a MWR bus to have an unforgettable camping experience on Memorial Day weekend! First day, we will take you to Nasu Hachiman to stroll Azaria path. Admire beautiful flowers while walking about 1.5 hour, then we will head to the camp resort where you will stay 2 nights. Enjoy the gorgeous meals provided by the camp master and relax with your family. 2<sup>nd</sup> day, enjoy kid activities, entertainments and splash into swimming pool. Last day's pleasure will be visiting Utsunomiya. Taste their specialty, Gyoza at the Gyoza complex.

**\*Inform ODR staff if you have any food allergy. The camp masters will accommodate as much as possible.**

**\*Baby foods/formula are not available. Please bring own if you have infants.**

**\*It may be cancelled with short notice due to inclement weather.**

**\*Ask ODR staff for more information.**

**Bring:** See itinerary

**Cost:** Adult (19+) \$150, Youth (11-18) \$134, Child (6-11) \$113, Toddler (3-5) \$92, Infant (0-2) \$55 (per person).

**Plus** \$75 for tent site, \$120 for 4-5 people trailer, \$150 for 6-7 people trailer, \$180 for 4 people cabin. (per group)  
**(2 breakfast, 1 lunch, 2 dinner, snacks/drinks @camp site, accommodation, facility fee, Transportation included)**

## Choose from 2 easy ways to register for our tours:

### \*In Person

Stop by the Outdoor Recreation & Leisure Travel Services office, located at Building 719!

### \*Telephone 263-4671

Give us a call Monday through Friday, 9 A.M.~ 5:30 P.M. or weekends from 8 A.M. ~ 4 P.M. We are closed for all U.S Federal Holidays & 1200 ~1700 on the third Wednesday of the month.

## Cancellation & Refund Policy

Outdoor Recreation & Leisure Travel Services shall provide a full refund for all tours cancellations received at least 72 hours prior to the start of the tour for all tours departing after 6 A.M. For cancellations received 4 full business days prior to the departure date for tours departing before 6 am, unless otherwise 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 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。**

## Volunteer staff/ Contractor needed!!!

Outdoor Recreation is seeking Volunteer and/or contracted guides for our outdoor tour programs.

★English and Japanese language skills★

★Have knowledge about outdoor sports★  
(hiking, fishing, surfing, biking etc.)

★Physically fit and friendly/reliable personality★

★Able to guide on weekends/US holidays★

**Contact the outdoor coordinator at 263-4807  
if you are interested in!!!**



DFMWR strives to provide individuals with disabilities reasonable accommodation, and are included in all community recreation

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

**\*Prices, Schedules & Locations are subject to  
change without notice.**



### >>>April LINE UP

Sat, 06 (See itinerary) Community Fishing Derby  
Sat, 06 (1500-2130) Yomiuri Land  
Sun, 07 (0700-1800) Steam Locomotive & Kakegawa Castle  
Sat, 13 (0600-1900) Takato Castle Ruins Park & Narai Historical Town  
Sat, 13-Sun, 14 (0800-1700) Overnight Zen Experience  
Sun, 14 (0830-1700) Sunday Brunch, Stroll Asakusa, & Sumida River Cruise  
Sat, 20 (0500-1830) Photograph Tour @ Chichibu  
Sat, 20 (0630-1700) Ashikaga Flower Park & Sano Outlet Mall  
Sun, 21 (0730-1900) Fujikyū Highland  
Sat, 27 (0830-1830) Mikazuki Ryugu Spa  
Sat, 27 (0900-1800) Yanesan Downtown Walking  
Sun, 28 (0800-1830) Odaiba Free Time

### >>>May LINE UP

Sat, 25-Mon, 27 (0700-1630) Family Camping @ Nasu

**APRIL 2019**

**Community Fishing Derby**  
**Saturday, 06 April 2019**  
**0830~ Check in, Last minute registration, Equipment issue**  
**0930~ Derby begins**  
**1130~ Derby finishes, Weigh in, Awards**



Come together to Dewey pond to participate in the annual Spring Fishing Derby! Fish for 2 hours and win prizes! Free rental poles and reels are available for pre-registered customers.

>>>7 prizes: -First fish for all ages –Biggest fish (by weight) for ages 6 and under, 7-15m 16 and up –Overall weight (max. 10 fish) for ages 6 and under, 7-15, 16 and up.

**\*Rental poles will be first-come, first-serve on the derby day if not pre-registered.**

**\*Door prize may be given for the pre-registered adult participants.**

**Bring:** Fishing pole and reel (if you have), Tackles, Bait or lures, Scissors, Pliers, Wet wipes, Ice chest, Snacks/drinks.

**Cost:** Adult (16+) \$17, Child (15-) \$12 (Fishing fee, Prize, Rental pole & reel included)

**Yomiuri Land**  
**(Winter Illumination)**  
**Saturday, 06 April 2019**  
**Depart: 1500/Return: 2130**



As one of the most accessible amusement parks, Yomiuri Land will illuminate after sunset. It will remind you of big brilliant jewels sparkling everywhere. You will be able to enjoy a gorgeous and magnificent night view from the top of the rollercoaster. Enjoy this special time with a valuable person.

♣Admission: Adult (18+) Y1,400, Youth (12-17) Y600, Child (6-11) Y300, Infant (0-5) Free

♣Night Pass (Rides + Admission): Adult (18-64) Y2,400, Youth/Child (3-17) Y1,600 (Ice Skate, Ferris wheel, Bungee jump, Gondola, EV Gran Prix are not included in the night pass)

**Bring/Wear:** Warm Clothes, Yen for admission, food/drinks

**Cost:** Adult/Youth/Child \$12 (Transportation only)

## MWR Narita Shuttle Bus

**Fee: \$30 per seat**

**Reservation hours: Mon-Fri: 0900-1600**

**Sat&Sun: 0800-1500**



0845 Zama Army Lodging  
 0900 Camp Zama Community Club  
 0930 SHA Narita Bus Stop  
**(Reservations Only)**

1245 Zama Army Lodging  
 1300 Camp Zama Community Club  
 1330 SHA Narita Bus Stop  
**(Reservations Only)**

1600/1900 Narita Airport Terminal1 Parking lot

**\*All passengers are require to have a Military I.D., PCS Orders or a Base Pass issued from Camp Zama**

**Steam Locomotive**  
**& Kakegawa Castle**  
**Sunday, 07 April 2019**  
**Depart: 0700/Return: 1800**



Kakegawa Castle located in Shizuoka Prefecture, was originally built in the Bunmei Era (1469-1487) and rebuilt in 1995. Inside the castle is a four-story wooden building that displays samurai weaponry, armor, and other historical items from the Edo Period. You can also enjoy the view from the top floor! The Ooi River Steam Locomotive embodies the beauty of Japan. Enjoy the serenity of the long-forgotten air whistle of the steam locomotive as you gaze at the villages of the countryside.

**Wear:** Comfortable clothes and shoes

**Bring:** Yen for souvenirs, food/drinks

**Cost:** Adult (12+) \$49, Youth (6-11) \$39, Child (0-5) \$32

**(SL Ride, Admission for Castle, Guide, Transportation included)**

**Takato Castle Ruins Park**  
**& Narai Historical Post Town**  
**Saturday, 13 April 2019**  
**Depart: 0600/Return: 1900**



Our first destination is Takato Castle Ruins Park. It is unknown when Takato Castle was originally constructed. However, the castle was taken over by Shingen Takeda who was the feudal lord of the Kai Province in 1545. The castle ruins are now one of the most famous cherry blossom viewing spots in Japan. The cherry blossom festival is held in April every year where you can enjoy viewing over 1,500 beautiful 'kohigan-zakura' cherry blossom trees and enjoy Nagano's tasty local food vendors. Enjoy spending a beautiful spring time at the park! Our next destination is Naraijuku. It has been designated as a preservation district for a group of historical buildings since 1978. This area used to be an important connecting highway between Edo(Tokyo) and Kyoto during the Edo Period. Two of the former residences are open to the public as a museum and others are open as "Minshuku" the Japanese style B&Bs, restaurants and souvenir shops. Explore the ancient street lined with Edo style buildings while you wander around the shops and restaurants finding fine crafts, lacquerwares, and food that meets your tastes.

**\*Flowers are weather dependent, we cannot guarantee they will be in bloom.**

**Bring:** Yen for shopping, food/drinks

**Cost:** Adult (15+) \$57, Youth (6-14) \$55, Child (0-5) \$53

**(Admission, Guide, Transportation included)**

**Overnight Zen Experience**  
**Saturday, 13 - Sunday, 14 April 2019**  
**Depart: 0800/Return: 1700**

**\*Sign up by Friday, 05 April 2019**

**NEW**



**ODR Staff CHOICE!!!**

Do you easily get irritated and/or frustrated? Are you always anxious about something? Let's leave the ordinary society and get back your calm mind to have Zen experience at Kasuisai, which was established in 1401. They provide Zen priest experience for all genders and nationalities. First day, we will check in at 11am. After the briefing, have vegetarian lunch, then experience some apprenticeship such as ZAZEN and SHAKYO. Next morning, get up at 0500, have priests' morning duties, then breakfast will be provided. We will continue apprenticeship through the morning. The name of the temple "Kasuisai" is related to slumber and it is considered that ZAZEN is effective for high quality of sleep. We recommend this tour for people who are interested in Japanese culture, want to reconsider yourselves and/or have sleeping problems.

**\*It is for ages 6 and up.**

**\*If you participate in this trip with small children, please consider if they are able to stay quiet during the apprenticeship.**

**\*Rental SAMUE (Priests' working clothes) will be provided, but sizes are limited (Japanese SS~L). If your body size is bigger or smaller, please bring sweat shirt and pants for the apprenticeship.**

**\*Consuming Alcoholic beverage is prohibited during the temple stay.**

**\*Meals provided at the temple will be SHOJIN-RYORI (vegetarian food). We do not recommend this tour for people who have any food allergy.**

**Wear:** Comfortable shoes and clothing

**Bring:** Change of clothes, Towel, Toiletries, Medication you will need, Yen for anything you may need.

**Cost:** Adult/Youth (6+) \$130 (Accommodation, 2 lunch, 1 supper, 1 breakfast, Rental SAMUE, Escort, Transportation included)

**Sunday Brunch,**  
**Stroll Asakusa, & River Cruise**  
**Sunday, 14 April 2019**  
**Depart: 0830/Return: 1700**



Enjoy a delicious Sunday brunch at the hotel in Tokyo where they offer a wide variety of delicious food. After brunch, we will head to Asakusa to enjoy strolling through the famous Kaminarimon Gate, down the souvenir covered Nakamise Avenue, on through the ancient Nitenmon Gate, and arrive at the historic Sensoji Temple. Lastly, you will enjoy the 40-minute Sumida River cruise!

**Bring:** Yen for souvenirs, shopping, food/drinks

**Cost:** Adult (13+) \$54, Youth (6-12) \$38, Child (0-5) \$24

**(Brunch, River Cruise fee, Guide, Transportation included)**

**Photograph Tour @Chichibu**  
**Saturday, 20 April 2019**  
**Depart: 0500/Return: 1830**

**NEW**



Our first destination will be the one of the greatest power spots, Mitsumine Shrine. Due to its location, it is hard to go by yourselves, so professional MWR driver will take you there safely! Shoot the hidden dragon which appears if you pour water on the stone pavement. Then we will head to Chichibu station area to hang around good old-fashioned Chichibu town on foot. Walk about 30 minutes, we will get to Hitsujiyama Park. Admire moss phlox patchwork covered on the park ground. Our last destination will be Sadamine pass, which is famous as the location for the "Initial D" comic. You will be able to see moss arts there!

**\*For ages 16 and up.**

**\*Flowers are weather dependent. We cannot guarantee they are in bloom.**

**\*Schedules, locations are subject to change without notice.**

**Wear:** Comfortable shoes and clothing to walk, Cap/hat.

**Bring:** Camera, Sunglasses, Sunscreen, Towel, Water/Snacks, Yen for lunch and anything you may need.

**Cost:** Adult (16+) \$56 (Admission, Guide, Transportation included)

**Ashikaga Flower Park**  
**& Sano Outlet Mall**  
**Saturday, 20 April 2019**  
**Depart: 0630/Return: 1700**



Visit Ashikaga flower Park in Tochigi Prefecture to see the beautiful wisteria. The wisteria flower festival is held annually from mid-April through mid-May. You can enjoy seeing over 350 kinds of purple, white, yellow, pink wisteria and 5000 azaleas. Don't miss the 150 year old huge wisteria which has been designated as a natural monument! After the park, we will visit Sano Premium Outlet Mall. The outlet stores offering name-brand stores including Nike, Adidas, Polo Ralph Lauren, Gap, Tommy Hilfiger, North Face, Under Armour etc. and luxury brands from around the world.

**\*Flowers are weather dependent, we cannot guarantee they are in bloom.**

**Bring:** Yen for shopping, food/drinks

**Cost:** Adult (12+) \$45, Youth (4-11) \$37, Infant (0-3) \$29

**(Guide, Admission, Transportation included)**

**Fujikyu Highland**  
**Sunday, 21 April 2019**  
**Depart: 0730/Return: 1900**



**\*In the event of inclement weather, park rides & attractions may be closed.**

♣Free Pass (admission + all rides): Adult (18+) Y5,700, Youth (12-17) Y5,200, Child (6-11) Y4,300, Infant (1-5) Y2,000

**Bring:** Yen for admission, souvenirs, food/drinks

**Cost:** Adult/Youth/Child \$21 (Transportation only)

**Mikazuki Ryugu Spa**  
**& Lunch Buffet**  
**Saturday, 27 April 2019**  
**Depart: 0830/Return: 1830**



Hotel Mikazuki Ryugu Spa is a hot spa resort surrounded on three sides by the ocean. At the open-air ocean spa area, you can enjoy herb, pearl, coffee and lots of other spas. There are also three indoor swimming pools. At the indoor Aqua Park, you can enjoy a 230ft water slide and flowing pool. On clear days, you can see beautiful scenic views of Tokyo Bay, Mt. Fuji and the Aqua Line from both areas. The bath worthy of special mention is their Gold Bath which has a 120million yen value! This Gold Bath is supposed to bring you good luck and money! You can also try a body scrub, Thai massage, and/or bath. You can also enjoy an all-you-can-eat lunch!

**\*No exposed tattoos allowed.**

**Bring:** Swim suits, Yen for souvenirs, massage, snack/drinks.

**Cost:** Adult (12+) \$56, Youth (6-11) \$50, Child (4&5) \$30, Infant (0-3) \$22

**(Admission, Towel, Bathrobe, Lunch Buffet, Escort, Transportation included)**