

Discover World Heritage (Shirakago & Hida Takayama) Saturday, 25 May 2019 Depart: 0400/Return: 2200



The remote mountain villages of gassho-style houses in Shirakawa-go on the Hida Highlands were registered as cultural heritage sites in 1995. Some of the homes are over 400 years old, making the site a national treasure which holds a special place in the heart of Japan. Takayama is an area which has been called "Little Kyoto." Its temples, shrines, rivers and bridges are reminiscent of the famed Kyoto on a smaller scale, yet it provides some delights that even Kyoto cannot match!!

The location is subject to change due to traffic.

Due to the long bus ride, tour is not recommended for small children.

Bring: Yen for souvenirs, shopping, food/drinks

Cost: Adult/Youth/Child \$70 (Guide, Transportation included)

Mt. Ohgiri Hiking Sunday, 26 May 2018 Depart: 0600/Return: 1630



Mt. Ohgiri, located in Chichibu, Saitama Prefecture has an altitude of 766m (2513ft.). Our hike starts with a 2-hour ascent on well-organized trails through cedar trees to the top of Mt. Ohgiri. From the summit, you will be able to see a magnificent view of the Okuchichibu Mountains and Nikko Mountain Range in the distance on a clear weather day with the Kanto plain spread out below. 45 minutes from the summit will be another scenic point where 15,000,000 poppies cover the hills. Enjoy admiring the red flowers rustle in the breeze and munching on local foods at the flower festival. Afterwards, we will descend 40 minutes until our goal.

>>>Mt. Ohgiri: 766m (2,513ft) Approximately 7.5km (4.66mi), 3.5 hour hiking (Break time excluded), Max elevation 573m (1,880ft)

***It is for ages 8 and up.**

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

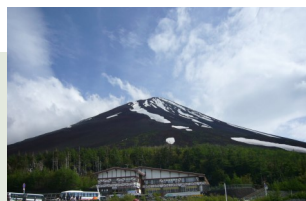
***This tour is not cancelled even if the flower festival is cancelled due to weather/flower condition.**

Wear: Trekking shoes, appropriate clothing for hiking, Cap/hat.

Bring: Rain suit, Sunscreen, Sunglasses, Trekking poles, Towel, Water/snacks, Yen for lunch (or bring own packed lunch) and anything you may need.

Cost: Adult/Youth(8+) \$43 (Admission, Guide, Transportation included)

Fuji Area Excursion (Mt. Fuji 5th, Shiraito Waterfalls, & Kachoen) Sunday, 26 May 2019 Depart: 0700/Return: 1730



Experience the symbol of Japan! Visit the 5th Station, a popular starting point for climbers, and its surrounding natural beauty. We will next visit Shiraito Waterfalls made from the melting snow of Mt. Fuji. Lastly, we will visit flower bird garden called "Fuji Kachoen", you can see large begonias are in full bloom all year around. Enjoy 700 kinds of Fuchsias called "ear rings for queens" the Inca period. You can also enjoy seeing 40 kinds of owls, feeding emus, and having your picture taken with parakeets. The most exciting event is the owl show that is held twice a day. The tamed owls whizz right above the audiences.

***Location may be changed with short notice in case of rain.**

Bring: Yen for souvenirs, shopping, food/drinks

Cost: Adult (12+) \$45, Youth (6-11) \$39, Child (0-5) \$35

(Admission to Kachoen Park, Guide, Transportation included)

Tokyo Disneyland/DisneySea Monday, 27 May 2019 Depart: 0700/Return: 2300



♣One-day Pass: Adult (18+) ¥7,400→¥6,400, Youth (12-17) ¥6,400→¥5,500, Child (4-11) ¥4,800→¥4,100 (with the seasonal weekday discount *Apr 8 ~ Jul 12, 2019)

***Outdoor Recreation does not sell tickets. If you would like to pre-purchase your tickets, please visit Zama ITT or Disney Store at Machida 109 Department Store.**

Bring: Yen for Admission, Souvenirs, food/drinks.

Cost: Adult/Youth/Child \$26 (Transportation only)

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.

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) & 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。c/

IHA/JGSDF employees are welcome to join!

Give us a call at 263-4671

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.



Senbonmatsu Farm
& Open-air Lunch
Sat, 11 May 2019

>>>May LINE UP

Sat, 04	(0500-1900)	Hitachi Seaside Park & Ushiku
Sat, 04	(0730-1630)	Himenosawa Park & Marine Spa
Sun, 05	(0800-1600)	Doki-Doki Flea Market
Sat, 11	(0600-1830)	Senbonmatsu Farm & Open-air Lunch
Sat, 11	(0700-1830)	Hakone Sightseeing
Sun, 12	(0900-1530)	Ueno Zoo
Sat, 18	(0500-2100)	Nikko Excursion
Sun, 19	(0600-1900)	Discover Paragliding & Tandem Flight
Sun, 19	(0800-1700)	Fuji Safari Park
Sat, 25	(0400-2200)	Discover World Heritage (Shirakawago & Hida Takayama)
Sat, 25-Mon, 27	(0700-1630)	Family Camping @ Nasu
Sun, 26	(0600-1630)	Mt. Ohgiri Hiking
Sun, 26	(0700-1730)	Fuji Area Excursion
Mon, 27	(0700-2300)	Tokyo Disneyland/Disneysea

MAY 2019

Hitachi Seaside Park & Ushiku Standing Buddha Saturday, 04 May 2019 Depart: 0500/Return: 1900



Our first destination is Hitachi Seaside Park, well known for spring flower Nemophila (baby blue eyes flower). The area of this park is 200 hectares with six different facilities which offer activities such as viewing beautiful seasonal flowers from each season, riding a bike through the flower gardens, sliding down a 400-meter (1312 feet) long slide and a small amusement Park for small children to play at. Next destination is Ushiku Buddha, the statue of Buddha is 328 feet (100 meters) tall, and the figure stands on a base and lotus platform that together measure 20 meters (nearly 65 feet) tall. You can also enjoy the petting zoo with your family and stroll around the beautiful garden.

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

Bring: Yen for shopping, food/drinks

Cost: Adult (12+) \$48, Youth (5-11) \$40, Child (0-4) \$36
(Admission, Guide, Transportation included)

Himenosawa Park & Marine Spa Saturday, 04 May 2019 Depart: 0730/Return: 1630



Our adventure begins with cable car ride on Jukkoku Pass, the place you could look over Jukkoku (10 counties) in ancient times. A 10 minute walk from the cable car summit station is the entrance for Himenosawa Park. Do warm-up exercise and challenge yourself on a 3.5km, 40-obstacle course set on a steep mountain slope (will take 3 hours to complete the course!) In the afternoon, we will head to Atami Marine Spa. Relieve muscle stiffness at the ocean view hot spa and enjoy lunch. You may stroll the Atami town if you do not take hot spa.

♣Admission to Hot Spa + swimming pool: Adult (16+) Y1,340, Youth (6-15) Y670, Child (3-5) Y420, Infant (0-2) Y310

***It is for all ages, however you cannot use stroller at the park.**

***You must wear long pants and sneakers.**

***You cannot play on the obstacle course if you consume alcohol.**

***Ages 9 and under must stay around the obstacle course with a parent/legal guardian.**

***No exposed tattoos allowed at hot spa.**

***Hot spa and swimming pool for the infant are limited area only.**

Bring/Wear: Sneakers, Long pants, Sport wear, Cap/hat, Gloves, Towel, Bathing suit, Water, Snacks, Yen for lunch, hot spa and anything you may need.

Cost: Adult (12+): \$26, Youth (6-11): \$24, Child (0-5): \$23

(Cable car ride, Escort, Transportation included)

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**

Doki-Doki Flea Market Sunday, 05 May 2019 Depart: 0800/Return: 1600



This will be one of the biggest indoor flea market events in Japan. Doki-Doki flea market is held annually and has over 1500 shops gathering at Makuhari Messe.

♣Admission: Age (12+) ¥800, Age (11&under) ¥Free

Bring: Yen for Admission, shopping, food/drinks

Cost: Adult/Youth/Child \$17 **(Transportation only)**

Hakone Sightseeing Saturday, 11 May 2019 Depart: 0700/Return: 1830



This will be an enjoyable adventure to a national park that combines ancient history with its natural surroundings. Visit the colorful Hakone Shrine, erected in approximately 757 A.D., and has been designated as an Important Cultural Property. Also, you can stroll through the Old Hakone Check Point originally established in 1681 by the Tokugawa Shogunate for the defense of Edo (Tokyo) and to control/regulate travel. Afterwards, take a boat ride and hop on the ropeway to view the extraordinary scenery surrounding Hakone. Finally, visit the Valley of Great Boiling with its plumes of sulfurous steam gushing out from the ground!

***The location is subject to change due to weather conditions.**

Bring: Yen for souvenirs, food/drinks

Cost: Adult (12+) \$52, Youth (6-11) \$40, Child (0-5) \$29

(Boat & Ropeway ride, Check point admission, Guide, Transportation included)

Senbonmatsu Farm & Open-air Lunch Saturday, 11 May 2019 Depart: 0600/Return: 1830

NEW



Enjoy being outside to feel clear May weather! Senbonmatsu farm is the facility where you can enjoy many different things. In addition to interacting with animals, you can enjoy cycling, bungee trampoline, butter making, foot spa and strawberry picking as well. You might be able to ride a hot-air balloon if the weather condition is suitable! Bring yen to try your favorite activities! Afterword, we will enjoy open-air buffet lunch.

***Ask ODR staff for the activity fee.**

***Location may be changed with short notice in case of rain.**

***This tour is not recommended for people who have any food allergies.**

Wear: Comfortable shoes and clothes, cap/hat.

Bring: Sunscreen, Sunglasses, Rain gear, Water, Yen for admission and anything you may need.

Cost: Adult (6+) \$40, Child (3-5) \$37, Infant (0-2) \$30

(Lunch, Escort, Transportation included)

Ueno Zoo Sunday, 12 May 2019 Depart: 0900/Return: 1530



Ueno Zoo, founded in 1880, was the first zoological garden in Japan and now hosts approximately 6 million visitors each year! Currently, the zoo exhibits over 2,000 rare and exotic animals. The grounds are dotted with facilities that talk of its history and cover a total area of roughly 2,741 acres. The Tokyo National Museum is one of the most important structures in the park. On display are many important national treasures and cultural properties of Japan. There is also the National Science Museum in the park.

♣Admission: Adult (15+) Y600, Youth (12-14) Y200

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

Cost: Adult/Youth/Child \$14 **(Transportation only)**

Nikko Excursion Saturday, 18 May 2019 Depart: 0500/Return: 2100



Grab the camera and get ready for a day full of sightseeing in the beautiful Tochigi Prefecture! Nikko is best known for Toshogu Shrine - one of Japan's major attractions. It is famous for its five-story pagoda and extremely detailed woodcarvings. In addition, you can visit three other sections: Rinnoji Temple, Futarasan Shrine, and the Daiyu-in. All three are located inside the shrine's complex. We will also visit Lake Chuzenji, Kegon and Ryuzu waterfalls on this trip.

Bring: Yen for souvenirs, food/drinks.

Cost: Adult (15+) \$62, Youth (6-14) \$52, Child (0-5) \$45

(Admission, Guide, Transportation included)

Discover Paragliding & Tandem Flight

Sunday, 19 May 2019

Depart: 0600/Return: 1900

***Sign up by Thursday, 08 May 2019**



Would you like to fly in the sky like a bird? Join us for the paragliding introduction class at Asagiri Plateau. Catch the winds yourself and enjoy the feeling of levitation. Afterwards, take a ride to the launch site and fly with the instructors. Enjoy the view and take photos from 300m above ground!

***The instructors may deny light weight people from flying due to the strong winds.**

Minimum requirement is ages 6 and up and weight more than 35kg (77lbs).

***It may be cancelled with short notice due to rain/heavy winds.**

***Return time at Camp Zama is depending on the wind condition on the tour day.**

We might return much earlier or later.

***Bring own lunch if you have any food allergy and/or food restriction.**

***You must wear long pants & long sleeve shirt, sneakers.**

Wear: Long sleeve shirt, Long pants, Sneakers.

Bring: Wind breaker, Gloves, Sunscreen, Towel, (Change of clothes), GoPro@/ Camera/Cell phone with strap, Water/snacks, Yen for anything you may need.

Cost: Adult/Youth (6+) \$184

(Activity fee, Insurance, Lunch, Escort, Transportation included)

Fuji Safari Park Sunday, 19 May 2019 Depart: 0800/Return: 1700



Fuji Safari Park is located at the foot of Mt. Fuji in Shizuoka Prefecture. Enjoy watching bears, lions, elephants, rhinos, zebras, giraffes, and other animals by riding through the safari zone in a jungle bus. During the ride, spectators will be given the opportunity to feed animals. Fuji Safari Park also offers regular zoo and petting zoo areas where you can meet red panda bears, meerkats, leopards, hippopotamuses, kangaroos, and more!

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

Cost: Adult (15+) \$51, Youth (4-14) \$41, Child (3) \$33, Infant (0-2) \$20

(Admission, Jungle Bus Ride, Guide, Transportation included)



Family Camping @Nasu Highland

Saturday, 25-Monday, 27 May 2019

Depart: 0700/Return: 1630

***Sign up by Mon, 13 May 2019!!!**



NEW

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. 2nd 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)