

>>>Conquer Mt. Fuji! Prologue Jinba Mt.Takao Hiking Saturday, 29 June 2019 Depart: 0630/Return: 1730



Would you like to test your physical fitness before challenging Mt. Fuji Climbing? If so, we highly recommend that you join this hiking tour going through three peaks. The highest point on this course is only 854m, but it will take 6 hours to complete!

>>>Mt.Jinba~Mt. Takao: 18km (11,18mi), approximately 6 hours (break time excluded), Max elevation 666m (2,185ft)

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

Wear: Trekking Shoes, appropriate clothing for hiking, Cap/hat

Bring: Rain gear, Towel, Sunglasses, Sunscreen, Change of clothes, Snacks/drinks, Yen for lunch (or bring own lunch) and anything you may need.

Cost: Adult (12+) \$41 (Guide, Transportation included)

Stroll Kuranomachi Town Sunday, 29 June 2019 Depart: 0700/Return: 1530



Stroll through the little Edo town, taste the famous local food, and experience some of the most beautiful aspects of Japanese culture. Kuranomachi town (Kura means "storehouse") located in Tochigi Prefecture. Japanese traditional storehouses remain since the Edo period and still in use for commercial purposes such as restaurants, souvenir shops, Sake breweries and others. During this trip, you will also enjoy the 20 minute river boat cruise, and visit Dashi Kaikan, a museum of Tochigi Autumn Festival where you can observe the festival floats and learn about the history. Before we head to the Kuranomachi, we will also visit Tsugano Sato Park near the town for the beautiful lotus flowers.

Bring: Rain gear, Yen for souvenirs, shopping, food/drinks

Cost: Adult (12+) \$32, Youth (6-11) \$29, Child (0-5) \$25

(Boat Ride, Guide, Transportation include)

Yokosuka Shopping Sunday, 30 June 2019 Depart: 0900/Return: 1630

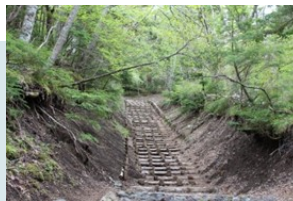


***You must have a valid Military ID to enter the NEX or commissary.**

Bring: Money for shopping, food/drinks

Cost: Adult/Youth/Child \$10 (Transportation only)

>>>Conquer Mt. Fuji! Initial Mt.Fuji Hiking 1st~5th station Saturday, 13 July 2019 Depart: 0600/Return: 2000



Let's walk from the bottom of Mt. Fuji before you aim for the summit. First, we will stop by Fuji Sengen Shrine to get the climbing sticks (Kongo-zue), then move to Umagaeshi where our hike starts. Umagaeshi to the 3rd station will be a 90 minute hike on a comfortable trail in the woods. After the 3rd station, the trail gets steeper and steeper, climbing for another 45 minutes until we reach the 4.5th station at an altitude of 2,010m. Climb 50 minutes to the Yoshida 5th station and then detour for 35 minutes to the hidden 6th station to get rare stamps. Then we will descend 40 minutes toward our goal, Subaru line 5th station. It will be perfect training to get used to the high altitude.

♣Climbing stick: Y800~Y2,000 ♣Stamps: Y300~Y500

***It is for ages 16 and up.**

***The weather on mountains is unstable. Do not forget to bring rain suits.**

***Toilets are only available at Subaru line 5th station. (Y100~Y300 donation).**

Wear/Bring: See itinerary.

Cost: Adult (16+) \$52 (Guide, Transportation included)

Briefing for Overnight Mt. Fuji Climbing Tuesday, 13 August 2019 (1800-1900) @ODR

This briefing is mandatory for the overnight Fuji climbing tour participants. Please bring all the gear and clothing you will bring/wear on the tour day. Ask ODR staff if you are unable to attend this briefing.

>>>Conquer Mt. Fuji! Final Overnight Mt. Fuji Climbing Sat, 31 Aug-Sun, 01 Sep 2019 Depart: 0500/Return: 1700 ***Sign up by Mon, 23 July 2018**



Have you given up on reaching the top of Mt. Fuji? Are you uncertain that you can hike for 10 hours? Why don't you try taking 2 days to climb Fuji slowly with a small group? First day, we will ascend on the Yoshida trail from the Subaru line 5th sta. to the 8th sta. We will have supper and rest at the mountain hut. On the second day, wake up early to see the sunrise from the summit. Our climbing guide will support you to get to the highest point in Japan!

***The success of reaching the summit contains many factors such as weather conditions and participants' physical fitness. We do not guarantee that everyone can get to the top.**

Please attend the overnight Fuji briefing on Tuesday, 13 August at 1800 (at ODR). If you cannot take it on the 13th, please attend one of the briefings for one-day Fuji climbing.

***It is for ages 18 and up, 11 spots only.**

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

***Drinking alcoholic beverages at the mountain hut is prohibited.**

***Please consider your physical condition prior to reserving this tour. Do not participate in this tour if you are pregnant and/or have any heart/knee conditions.**

***The weather on mountains are unstable. Please prepare proper gear.**

***You must donate Y100~Y300 each time you need to use the toilet on Mt. Fuji.**

***The average temperature at 8th station at nighttime is 7C. Please bring winter clothes.**

Wear/Bring: See itinerary.

Cost: Adult (18+) \$175

(Accommodation, Dinner & Breakfast, Guide, 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.

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。

MLC/IHA/JGSDF employees are welcome to join!

Give us a call at 263-4671

or 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 further information, please contact the activity manager on accommodations.

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

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



**Snow Canyon Walking
08 June 2019**



>>>June LINE UP

Sat. 01 (0400-2200) Nara Excursion

Sat. 01 (0530-1730) White Water Rafting

Sun. 02 (1645-2130) Yokohama Bay Night Cruise

Sat. 08 (0300-2030) Snow Canyon Walking

Sat. 08 (0500-2100) Volcanic Park & Kusatsu Town

Sun. 09 (0800-1900) Kamakura & Enoshima-Free Time

Sat. 15 (0630-1930) Nikko Edo Wonderland

Sat. 15 (0815-1430) Tree Cross Adventure

Sun. 16 (0800-1700) International Tokyo Toy Show

Sat. 22 (0800-1800) Hakone Yunessun

Sun. 23 (0900-1600) Hello Kitty Land

Sat. 29 (0630-1730) Jinba Mt. Takao Hiking

Sat. 29 (0700-1530) Stroll Kuranomachi Town

Sun. 30 (0900-1630) Yokosuka Shopping

>>>Head up

Sat. 13 July (0600-2000) Fuji 1st~5th Station Hiking

Sat. 31 Aug - Sun. 01 Sep

(0500-1700) Fuji Overnight Climbing

JUNE 2019

Nara Excursion

Saturday, 01 June 2019
Depart: 0400/Return: 2200



We will first visit Mt. Shigi, located near Osaka Prefecture. Mt. Shigi is a sacred mountain full of temples and shrines. The paths on the mountain are all sided by granite lanterns, and a giant paper mache tiger welcomes you at the entrance of the mountain. After Mt. Shigi, we will visit one of Japan's famous historical temples, museums, and gardens. Visit World Heritage Todaiji Temple, well known as big bronze Buddha statue, beautiful orange color Kasuga Taisha Shrine, and Nara deer park where you can meet hundreds of roaming deer. Shinto believes that deer are messengers of the gods.

Bring: Yen for souvenirs, Shopping, Food/Drinks

Cost: Adult (12+) \$88, Youth (6-11) \$85, Child (0-5) \$78 (Admission to Todaiji Temple & Kasuga Taisha Shrine, Guide, Transportation included)

White Water Rafting

Saturday 01, June 2019
Depart: 0530/Return: 1730

***Sign up by Wednesday, 15 May 2019**



Don't miss this exciting adventure on one of Japan's pristine rivers in Gunma Prefecture. Snow from the mountains melts into the river, and the water is at peak level with class III rapids this season. (However, the river condition depends on the day, so we cannot guarantee good rafting conditions). After the exciting activity, relax and enjoy a lunch plate by the river.

***For ages 13 and up.**

***You cannot participate in the activity if you consumed alcoholic beverage or you are pregnant.**

Bring/Wear: See itinerary

Cost: Adult (13+) \$141 (Rafting guide, Rental gear, Lunch, Escort, Transportation included)

Yokohama Bay Night Cruise

Sunday, 02 June 2019
Depart: 1645/Return: 2130

Sign up by Mon, 13 May 2019



Enjoy the Sunday night cruise with breathtaking views in Yokohama Bay area. We will depart from Yamashita pier for a 90-min cruise, including food, all you can drink ("Kirin beer", wine, cocktail, soft drinks), and Music band!

Bring: Yen for souvenirs or shopping

Cost: Adult (12+) \$87, Youth (6-11) \$64, Child (0-5) \$14

(Cruise fee, Food/Drinks, Escort, Transportation included)

Snow Canyon Walking

Saturday, 08 June 2019
Depart: 0300/Return: 2030

**ODR Staff
CHOICE!!!**



Let's go to Ogisawa, the gateway to the Tateyama-Kurobe Alpine route, which is a Sightseeing course across the Northern Japan Alps. From Ogisawa we will take eco-friendly transportation and head to Murodo plateau. Enjoy riding on a trolleybus, cable car, gondola and tunnel trolleybus. Murodo, altitude of 2,450m (8038ft), is famous for having some of the heaviest snowfall in the world. Snow Canyon walking is a big spring event which you can walk between 15m (49ft) tall snow walls. Enjoy 45 minutes of walking on snow and take in beautiful views of Tateyama Mountains. Our destinations are difficult places to visit on your own due to the conservation of its nature (private car regulation). Do not miss this opportunity, and you may be able to try a hot spa, which is located on the highest peak in Japan!

♣Mikurigaike Hot Spa: Adult (12+) Y700 Child (6-11) Y500 ♣Rental Towel Y300

***Average temperature at Murodo at the beginning of June at 9am is 8C (46F) and sometimes snows. Do not forget to bring/wear winter clothes.**

***It is not recommended for small children due to the long bus ride.**

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

Bring/Wear: Suitable shoes to walk on the snow (water proof trekking shoes are recommended), Warm Jacket, Rain Wear, Cap/hat, Gloves, Sunglasses, Sunscreen, (Change of Clothes), Towel, Neck/Ear warmer, Yen for Souvenirs, food/drinks

Cost: Adult (12+) \$135, Youth (6-11) \$89, Child (0-5) \$43

(Eco-friendly transportation rides, Escort, Transportation included)

Onioshidashi Volcanic Park, Shiraito Waterfall, & Kusatsu Free Time

Saturday, 08 June 2019

Depart: 0500/Return: 2100



Visit Onioshidashi Park in Gunma Prefecture. The Park is a natural facility which was completely inundated by lava due to the huge eruption of Mt. Asama in 1783. The jet-black lava rock is a unique spectacle that cannot be seen anywhere else. Our next stop is the 3-meter high and 70-meter wide Shiraito waterfall in Nagano Prefecture. The waterfall, formed by ground water, takes 6 years to flow through the rocks from the mountain. Our last destination is Kusatsu Onsen. It is one of Japan's most famous hot spring resorts. In the center of Kusatsu town is Yubatake, the largest hot spring supplying Kusatsu Onsen, with cascading gushes of spring water of as much as 4,000 liters per minute. This dynamic, overwhelming display is a must see.

***Please bring change of clothes and towels, if you are planning to go to hot springs.**

Bring: Yen for shopping, food/drinks

Wear: Comfortable clothes and shoes.

Cost: Adult (12+) \$68, Youth (6-11) \$66, Child (0-5) \$62

(Admission, Guide, Transportation included)

Kamakura & Enoshima Free Time

Sunday, 09 June 2019

Depart: 0800/Return: 1900



Do you enjoy exploring, strolling and hiking? Kamakura and Enoshima are popular sightseeing spots. Kamakura is famous for its Great Buddha, Hase Temple, Meigetsu-in Temple and Komachi Street. You can also visit Enoshima Shrine. Enjoy the view from the observation lighthouse from which you can see Mt. Fuji on a clear day. Explore the Iwaya cave or watch sea life at Enoshima Aquarium.

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

Cost: Adult/Youth/Child \$22 (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**

Nikko Edo Wonderland

Saturday, 15 June 2019

Depart: 0630/Return: 1930



Nikko Edo Mura is a large-scale sightseeing facility. The traditional culture and customs of the Edo Period, which may be considered as the root of modern Japan, have been accurately reproduced. Visit the haunted temple, the Ninja Black Mansion, a Japanese teahouse, a tricky ninja maze, or see the "Oiran" (High-Class Geisha) Parade, and more!

Bring: Yen for souvenirs, food/drinks

Cost: Adult (12+) \$64, Youth (6-11) \$55, Child (0-5) \$36

(One-day Pass, Transportation included)

Tree Cross Adventure

Saturday, 15 June 2019

Depart: 0815/Return: 1430

***Sign up by Mon, 10 June 2019**



Let's have a thrilling experience at Tree Cross Adventure! Put on a harness and challenge yourself on their obstacle courses which include tightrope walking 15m (49ft.) above the ground, rope swinging 16m (52ft.) into a safety net and over 500m (1640ft.) of zip line. We will have free time after completing the entire course. You will have time to soak in the hot spa, eat lunch at local restaurants and/or have your own packed lunch in the woods.

♠Tree Cross Adventure: <https://treecross-advtr.storeinfo.jp/>

♠Hot Spa: Adult (12+) Y1,000, Child (9-11) Y700

***The activity is for ages 9 and up or taller than 130cm (4.26ft.) weight less than 130kg (286lbs.)**

***No exposed tattoos are allowed at the hot spa. Please cover up with bandage if they are small.**

***Please read itinerary carefully.**

Wear: Sneakers, Appropriate clothing for the activity you do not mind getting dirty (long pants recommended.)

Bring: Cotton gloves, Rain suits, Water, Towel, Insect repellent, Small backpack or waist pouch for camera/cell phone, Change of Clothes, Yen for lunch (or bring own lunch,) 2nd round, Hot spa and anything you may need.

Cost: Adult (18+) \$54, Youth (9-17) \$45

(Activity fee, Escort, Transportation included)



International Tokyo Toy Show

Sunday, 16 June 2019

Depart: 0800/Return: 1700



The Tokyo Toy Show is Japan's biggest show for the toy trade. There will be a stage with entertainment for small children including appearances from various characters, as well as a "kid's park" with toys and activities.

♠International Tokyo Toy Show 2019: <http://www.toys.or.jp/toyshow/index.html>

***Free Admission**

Bring: Yen for admission, food/drinks

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

Hakone Yunessun

Saturday, 22 June 2019

Depart: 0800/Return: 1800



Bust out the swimwear and enjoy a day at one of Hakone's spa resorts! With Mediterranean themes, the Yunessun Spa Resort features spas named The God's Sea, Ancient Roman Bath, Turkish Hamam, Sunshine Yutopia and Rodeo Mountain. The resort also offers "birthday-suit" style onsens. Additionally, take advantage of the massage services, the Dead Sea Bath (using imported sea water!), and the Mio Mall containing a food court, souvenir shops, a Japanese and Italian restaurant, and a Magical Labyrinth.

***Tattoos are not allowed at the park.**

Bring: Swimwear, Towel, Yen for massages, souvenirs, food/drinks

Cost: Adult (12+) \$42, Youth (3-11) \$37, Child (0-2) \$23

(Admission, Escort, Transportation included)

Hello Kitty Land

Sunday, 23 June 2019

Depart: 0900/Return: 1600



Sanrio Puroland is an indoor theme park where visitors can meet popular characters such as Hello Kitty, Little Twin Stars and My Melody. Both children and adults will enjoy the live shows, seasonal events, attractions, and special parade!

♠Official Website: www.puroland.co.jp

♠Admission: Adult (18+) Y2,900, Youth (3-17) Y2,300

Bring: Yen for admission, souvenirs, food/drinks

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