

Choose from 2 easy ways to register for Outdoor tours:

***In Person**

Stop by the Outdoor Recreation 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 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 for more information and to reserve your spots!



=== Before signing up climbing/hiking trips ===

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



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.

OUTDOOR RECREATION



Nihondaira Hiking & Strawberry Picking
Saturday, 18 January 2019



>>>JANUARY LINE UP

- Sat, 04 (0745-1730) Chofu Shichifukujin Walk
- Sat, 11 (0500-2030) Joetsu Kokusai Ski/Snowboard
- Sat, 18 (0530-1730) Nihondaira Hiking
- Sat, 25 (0400-2130) Nozawa Onsen Ski/Snowboard
- Sun, 26 (0830-1730) Atami City Walking & Plum/Cherry Blossom Festival



JANUARY 2020

Chofu Shichifukujin (Seven Gods) Visiting Walk

Saturday, 04 January 2020
Depart: 0745/Return: 1730

NEW



Visiting Shichifukujin, the seven gods of good luck, is a traditional event to celebrate New Year. We will stroll through Chofu City to greet all the gods and pray for good fortune. Collecting holy stamps at each temple is customary when visiting the seven gods and Chofu is a rare place where you can collect god-shaped clay bells at each temple. First, we will visit three temples by bus, then visit the rest of the temples on foot. Our goal will be the Shindaiji Temple, which the god of battle, Bishamonten, is enshrined. This temple is well-known to bring you good relationship. There are many Soba noodle restaurants around the temple. Take the time to enjoy their local cuisine.

>>>Approximately 70minute walking (time spending at temples excluded)

♣Stamps: Y300 each ♣Stamp mount: Y700 ♣Clay bell: Y500 each

***It is for ages 10 and up.**

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

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 (10+) \$48 (Guide, Transportation included)

Ski/Snowboard @Joetsu Kokusai

Saturday, 11 January 2020
Depart: 0500/Return: 2030

***Reserve equipment by Fri, 03 Jan 2020!!!**

***Pick up equipment on Thu, 09 Jan 2020!!!**



Joetsu Kokusai Ski Resort, located in Niigata Prefecture, has 25 lifts and 22 unique courses in a ten million square meter slope. This ski resort is connected with Iwappara Ski Resort. You can enjoy two ski resorts in one day!

♣One-day lift ticket: Adult (12-54) Y4,300, Child (3-11) Y2,500, Senior (55+) Y2,500

***Schedule, locations, prices are subject to change without notice.**

Bring: Ski/Snowboard equipment, Goggles, Gloves, Change of clothes, Yen for lift ticket, lunch and anything you may need.

Cost: Adult/Youth/Child \$45 (Transportation only)

Nihondaira Hiking & Strawberry Picking

Saturday, 18 January 2020
Depart: 0530/Return: 1730

**ODR Staff
CHOICE!!!**



We will start hiking from Kusanagi station to Nihondaira hill. On clear days, you can observe in all 4 directions views of the plum farm, tea plantation, orange grove, Suruga Bay and Mt. Fuji! At Nihondaira hill, we will take a gondola to Mr. Kuno to visit Kunozan Toshogu Shrine, the first shrine where the primary Edo Shogunate, Tokugawa Iyeyasu, 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 strawberries as much as you want. Strawberries from this area are called "Ishigaki Ichigo," famous for its size and taste which fascinate many strawberry lovers!

>>>approximately 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 (16+) \$66, Teen (12-15) \$63, Youth (7-11) \$60, Child (6) \$50

(Strawberry picking, Gondola ride, Admission, Guide, Transportation included)

Ski/Snowboard @Nozawaonsen

Saturday, 25 January 2020
Depart: 0400/Return: 2130

***Reserve equipment by Fri, 17 Jan 2020!!!**

***Pick up equipment on Thu, 23 Jan 2020!!!**



Enjoy ski/ng/snowboarding at Nozawa Onsen, one of Japan's most superb and expansive winter sports areas in Nagano Prefecture! Beginner ski/snowboard lesson will be provided.

♣One-day lift ticket: Adult (16-59) Y5,200, Youth (6-15) Y2,900, Senior (60+) Y4,200

>>>Ski/Snowboard lesson (2H) : for ages 5 and up, first 5 timers each, beginner only.

***Schedule, locations, prices are subject to change without notice.**

Bring: Ski/Snowboard equipment, Goggles, Gloves, Change of clothes, Yen for lift ticket, lunch and anything you may need.

Cost: Adult/Youth/Child \$48 (Transportation only)

Ski/snowboard lesson (5+): Extra \$12



Adventure Outfitters

Adventure Outfitters is pleased to announce a new line of Winter items!

Please come to check out the new snow recreation gear!

Atami City Walking & Plum/Cherry Blossom Festival

Sunday, 26 January 2020
Start: 0830/Return: 1730



Atami is known as a "hot spa town" and a rare place where you can admire the plum and cherry blossoms at the same time. We will visit the plum garden, which has 59 kinds of plum trees, including trees over 100 years old. Enjoy the plum blossom festival, then we will head to Itokawa Promenade for the 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. From there you can enjoy lunch, TABEARUKI and go souvenir hunting!

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

***We will not soak at the hot spas.**

***Flowers are weather dependent. We do not guarantee flowers are in bloom.**

***Festival event schedules are subject to change without notice.**

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 (16+) \$43, Youth (6-15) \$39 (Admission, Guide, Transportation included)