

Fukiware Waterfall & Tambara Lavender Park
Saturday, 25 July 2026
Depart: 0600/Return: 1800



Our day starts at Fukiware Waterfalls, often described as the "Niagara Falls of Japan." A scenic walking trail surrounds the falls, offering breathtaking views of the powerful, rushing water. Stroll around the area and feel the refreshing mist on your skin! For lunch, we will head to Kawaba Denen Plaza, voted the most popular *Michi-no-Eki* (roadside station) in the Kanto region. Enjoy shopping and dining there. Lastly, we will visit Tambara Lavender Park, where we will take a chairlift to look down upon a stunning purple carpet of lavender.

***Infants cannot ride the chairlift.**

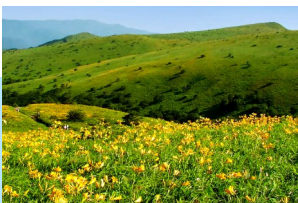
Wear: Comfortable shoes to walk.

Bring: Rain gear, Yen for lunch and any personal expenses.

Cost: Adult (12+) \$42, Youth (6-11) \$36, Child (0-5) \$30

(Admission, Guide, Transportation included)

Kirigamine Hiking
Sunday, 26 July 2026
Depart: 0500/Return: 1900



Kirigamine is a beautiful plateau at an altitude of 1,600m/5,249 ft. Hike around Kirigamine, where it is about 10°C /18°F cooler than Camp Zama! We will start our hike from Kurumayama-kata with a moderate 40-minute ascent to the summit of Mt. Kurumayama. The following 45 minutes will involve some ups and downs until we reach the Chocho-Miyama summit. After a 1-hour descent, you will arrive at a vast marshland where 400 species of subalpine plants can be seen. After a 25-minute walk around the marsh, we will reach the marsh parking lot. The remaining section is about one-third of the trail, taking approximately 80 minutes back to Kurumayama-kata. Enjoy local mountain hut gourmet for lunch!

>>>Mt. Kurumayama: 1,924m/6312ft

◆Distance: Approx. 11km/6.83mi ◆Duration: 4 hours

◆Elevation gain: 449m/1,473ft.

***Age requirement: 10 years and older.**

***Please bring Y100 coins for toilet use.**

***The Average temperature at Kirigamine in July is 16°C /61°F. Please bring extra clothes.**

Wear: Trekking shoes, Appropriate hiking apparel, Cap/hat.

Bring: Rain suit, Extra clothes, Sunscreen, Sunglasses, Towel, (Trekking poles), (Change of clothes), Bear bell, Water/Snacks, Y100 coins for toilet use, Yen for lunch and any personal expenses.

Cost: Adult/Youth (10+) \$61 **(Guide, Transportation included)**

Toll Ticket Included!!!

===Vehicle Rental===

NEW!



Nissan Serena (6pax van):

\$90/day, Y540/week

Nissan Caravan (10pax Van): \$110/day,

\$660/week, \$30/hour (up to 3hours)

Toyota Corolla (4pax Wagon):

\$80/day, \$480/week

Toyota Hiace (5pax Cargo Van): \$85/day,

\$510/week, \$30/hour (up to 3hours)

Toyota Dyna (3pax 1ton truck): \$85/day,

\$510/week, \$15/hour (up to 3hours)

◆◆◆**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 263-4671/046-407-4671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.**

OUTDOOR RECREATION
and Leisure Travel Services



JULY 2026



Kamikochi Hiking
Saturday, 04 July 2026

>>>JULY LINE UP

Fri, 03- Sat, 04

(0600-2100) Nagoya Castle & LEGOLAND

Fri, 03 (0700-1730) Yatsugatake Craft Market

Sat, 04 (0300-1900) Kamikochi Hiking

Sun, 05 (0600-1900) Nasu Sightseeing

Sat, 11 (0600-1700) Mt. Fuji 1-5th Station Hiking

Sun, 12 (1000-1700) Drum TAO Performance

Sat, 18 (0600-1900) Karuizawa Sighthseeing

Sat, 19 (0700-1500) Nagahama Beach

Sat, 25 (0600-1800) Fukiware Waterfall

Tambara Lavender Park

Sun, 26 (0500-1900) Kirigamine Hiking

If you have dietary restrictions (e.g., allergies, vegetarian), please bring your own lunch.

Nagoya Castle & LEGOLAND
Friday, 03 July – Saturday, 04 July 2026
Depart: 0600/Return: 2100
***Sign up by Mon, 15 June 2026!!!**



LEGOLAND Japan is a LEGO-themed amusement park in Nagoya, Aichi Prefecture. Visitors can enjoy exciting rides, interactive attractions, live shows, and large models made from millions of LEGO bricks. The park also features different themed areas, restaurants, and shops where people can buy LEGO products. Next to LEGOLAND is SEA LIFE Nagoya, an aquarium where you can discover colorful fish, sharks, rays, jellyfish, and many other creatures from around the world. The aquarium offers exciting exhibits, underwater tunnels, and hands-on activities where children can learn about marine life and ocean conservation.

Bring: Yen for shopping, lunch and any personal expenses.

Cost: Single bedroom (1 double bed): Adult (19+) \$272 per person

Twin bedroom (2 single beds): Adult (19+) \$250 per person

Twin bedroom: Youth (3-18) \$235 per person

Bed sharing: Child (3-11) \$146 (Admission ticket and Transportation only)

***Accommodation is free for only one child (3-11) sharing a bed with an adult. For two or more children, please pay for an additional room.**

(Accommodation, Breakfast, Tickets for LEGOLAND & SEA LIFE

Nagoya, Escort, Transportation included)



Yatsugatake Craft Market
Friday, 03 July 2026
Depart: 0700/Return: 1730

Over 175 vendors featuring pottery, glass, leather, metal crafts, jewelry, and more will gather at the foot of Mt. Yatsugatake. Spend an early summer day on the cool plateau to hunt for something unique! Food trucks will be available as well.

***The event may be cancelled on short notice in case of rain.**

Bring: Shopping bag, Yen for shopping, lunch and any personal expenses.

Cost: Adult/Youth/Child \$36 **(Escort, Transportation included)**

Before signing up for hiking/climbing trips

Please assess your physical fitness before joining our hiking or climbing trips, as these activities can be physically demanding. If you have pre-existing conditions—such as knee or heart issues, or asthma—we recommend consulting your doctor before registering.

Kamikochi Hiking
Saturday, 04 July 2026
Depart: 0300/Return: 1900



Surrounded by the Japan Alps, Kamikochi is considered one of the most beautiful scenic areas in Japan. We will take you to this breathtaking destination, which is difficult to visit on your own due to strict environmental conservation laws and private vehicle (POV) restrictions. Our hike begins at Taisho Pond, created by the eruption of Mt. Yakedake. We will enjoy a leisurely walk along the Azusa River promenade, taking in the magnificent alpine scenery, the iconic Kappabashi Bridge, and the mysterious Myojin Pond. If you prefer to heal and relax in beautiful nature rather than hike, you can spend some time around Kappabashi Bridge, the famous symbol of Kamikochi!

Schedules, locations, prices are subject to change.

♣Myojin Pond Admission: Y500

>>>Taisho Pond~Myojin Pond~Kamikochi Bus Terminal course

◆Distance: Approx. 11km/6.83mi ◆Duration: 4 hours (Break time excluded)

◆Elevation gain: 160m/525ft.

***It is for all ages, however we do not recommend small children due to the long bus ride, also strollers cannot be used on the hiking trails.**

***Mountain weather is unpredictable. Please bring an extra jacket and rain gear.**

***Stay on designated hiking trails. Do not enter restricted or alpine areas.**

Wear: Hiking shoes, appropriate hiking attire, cap/hat.

Bring: Extra clothes, rain gear, hiking shoes, sunscreen, sunglasses, Bear bell (if you have), towel, Bear bell, plastic bags for trash, water/snacks, Y100 coins (donation for toilet use), Yen for lunch (or bring packed lunch) and any personal expenses.

Cost: Adult/Youth/Child \$52

(Guide, Transportation included)



Nasu Sightseeing
Sunday, 05 July 2026
Depart: 0600/Return: 1900

Let's escape the summer heat and head somewhere cool! Our tour destination is Nasu, located in Tochigi Prefecture. First, we will ride the Nasu Ropeway. It takes you near the summit of Mt. Chausu, an active volcano, offering breathtaking views of the surrounding nature and alpine hiking trails. Next, we will head to Sessho-seki, a famous volcanic rock area. Known as the "Killing Stone," it earned its name from the poisonous volcanic gases that seep from the ground. It is also famous for the Japanese legend of Tamamo-no-Mae, a mythical nine-tailed fox spirit whose soul was said to be trapped inside the stone. Today, many tourists visit the area to enjoy its unique, dramatic landscape and rich local history. Afterward, we will visit a *Michi-no-Eki* (roadside station) for lunch and shopping.

Wear: Comfortable shoes to walk.

Bring: Rain gear, Yen for lunch and any personal expenses.

Cost: Adult (12+) \$64, Youth (4-11) \$57, Child (0-5) \$49

(Admission, Guide, Transportation included)



Mt. Fuji 1-5th station Hiking
Saturday, 11 July 2026
Depart: 0600/Return: 1700

Get a head start by hiking at the foot of Mt. Fuji before attempting to summit on one of our later tours! We will first stop at Fuji Sengen Shrine to purchase traditional wooden hiking sticks (Kongo-zue), then head to Nakanoyaya where our journey begins. The hike starts with an 80-minute walk to Umagaeshi, followed by a 90-minute trek through beautiful woods to the 3rd station. From there, the terrain becomes steeper as we climb for 45 minutes to the 4.5 station (altitude: 2,010m). After reaching Yoshida 5th station, we will take a 35-minute detour to the "hidden" 6th station to collect rare stamps. Finally, we will descend for 40 minutes to our goal, the Subaru Line 5th station. This tour is an excellent conditioning opportunity to prepare your body for a future summit hike.

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

◆Distance: Approx. 9.3km/5.78mi. ◆Duration: 5.5 hours

◆Elevation gain: 1,205m/3,953ft.

***Age requirement: 10years and older.**

***Mountain weather is unpredictable; rain gear is mandatory.**

***Toilets are only available at 5th stations (Y100~Y300 donation).**

Wear/Bring: See itinerary.

Cost: Adult (10+) \$84 **(Entrance fee, Guide, Transportation included)**

Drum TAO Performance
Sunday, 12 July 2026
Depart: 1000/Return: 1700



Drum TAO's stage is created through phenomenal performances and expressions, featuring powerful Japanese Wadaiko drums and the beautiful melodies of traditional flutes and harps. Drum TAO has toured world-wide, attracting over 9 million spectators across many countries. This highly acclaimed show features a rich tapestry of sound, combining solo Wadaiko performances with instruments like the *shinobue* (bamboo flute), bamboo marimba, gongs, and *koto* (Japanese harp). This special live performance is a show you don't want to miss!

***Age requirement: 6years and older and up.**

Bring: Yen for lunch and any personal expenses.

Cost: Adult/Youth/Child (6+) \$89

(S-seat ticket, Escort, Transportation)

Karuizawa Sightseeing
Saturday, 18 July 2026
Depart: 0600/Return: 1900



Have you ever been to Karuizawa? Karuizawa is one of the most popular summer resorts in Japan. First, we will take you to Onioshidashi Lava Park. The park is a natural wonder formed by the cooling lava from the massive eruption of Mt. Asama in 1783. The jet-black lava rocks create a unique spectacle that cannot be seen anywhere else. Next, we will visit Shiraito Falls. This breathtaking waterfall, standing 3m/9.84ft high and stretching 70m/230ft wide, features countless thin streams of water that cascade down like a white curtain. Afterward, we will head to Karuizawa Shopping Plaza for lunch and some free time. Please enjoy shopping!

***Strollers cannot be used at some destination.**

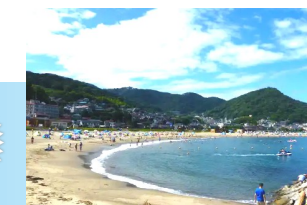
Wear: Comfortable shoes for walk.

Bring: Rain gear, Yen for lunch and any personal expenses.

Cost: Adult (12+) \$55, Youth (6-11) \$53, Child (0-5) \$50

(Admission, Guide, Transportation included)

Nagahana Beach
Sunday, 19 July 2026
Depart: 0700 /Return: 1500



Believe it or not, the water quality at the beaches in the Izu area achieves an "AA" rating—the highest clarity level—every year. We will take you to one of the cleanest beaches, Nagahama Beach in Atami City. It is a shallow, sandy beach stretching 400 meters wide. Thanks to its landscape, the waves are very calm, and the beach facilities are well-equipped. It is the perfect beach to spend a summer day with family and friends.

♣Beach house use (Shower, Dressing room, Rest): Adult (6+) Y2,000 Child (4-5) Y1,000

♣Shower, Dressing room use only: Adult (6+) Y600, Child (4-5) Y300

♣Rental: Parasol Y2,000, Sun bed Y1,500

***It will be cancelled with short notice in the event of inclement weather/ocean condition.**

***Cover up with a rash guard/t-shirt if you have a tattoo.**

Wear/Bring: Bathing suit, Towel, Beach sandals, Leisure sheet/Lawn chair, Sun protect items (Sun screen/Sunglasses/Cap/Pop-up tent etc.), Water/Ice chest, Your favorite beach toys, Yen for lunch (or bring a packed lunch), rental items, shower use and any personal expenses.

Cost: Adult/Youth/Child \$24 **(Escort, Transportation included)**

Tours are subject to cancel due to inclement weather.

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