

Canyon Walk & Fly

Saturday, 28 November 2020
Depart: 0700/Return: 1630

***Sign up by Monday, 16 Nov 2020!!!**



Are you enthusiastic about thrill and speed? Why don't you join us for the activities at the high adrenaline gravity adventure park located at Chichibu? First, we will slide 100m by zip line set about 60m above the Arakawa Gorge. You will be able to feel 30km/h speed with beautiful scenery. Next activity will be the Canyon Walk. You must walk on the 100 m suspension bridge which hangs with only 4 wires! It shakes up and down, back and forth and sideways, very scary! Your only lifeline is the harness. Do not forget to bring GoPro and/or camera/cell phone with strap to shoot exciting moment!

***It is for ages 15 and up, taller than 140cm and weight between 35kg and 120kg.**

***You cannot participate in the activity if you are a pregnant/consumed alcohol.**

***Please consult with your doctor if you have any underlying disease prior to the activity.**

***It may be cancelled with short notice in case of inclement weather.**

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

***Ages 17 and under must be accompanied by a parent. Participants ages 18-19 without parent's escort must bring a waiver with a parent's signature. Ask ODR staff for the waiver.**

Wear: Sneakers, Long pants.

Bring: GoPro/Camera/Cell phone with strap, Sunscreen, Water/snacks, Yen for Lunch and anything you may need.

Cost: Adult (15+) \$58 (Activity fee, Escort, Transportation included)

Choose from 2 easy ways to register for our tours:

***In Person:** Stop by the Outdoor Recreation office, located at Building 719!

***Telephone 263-4671:** Give us a call Sunday through Saturday, 09:30~17:30. We are closed for all U.S Federal Holidays.

Cancellation & Refund Policy

Outdoor Recreation shall provide a full refund for all tour cancellations received by the date indicated on the itinerary.

Children Policy

Children (Aged 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.

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.



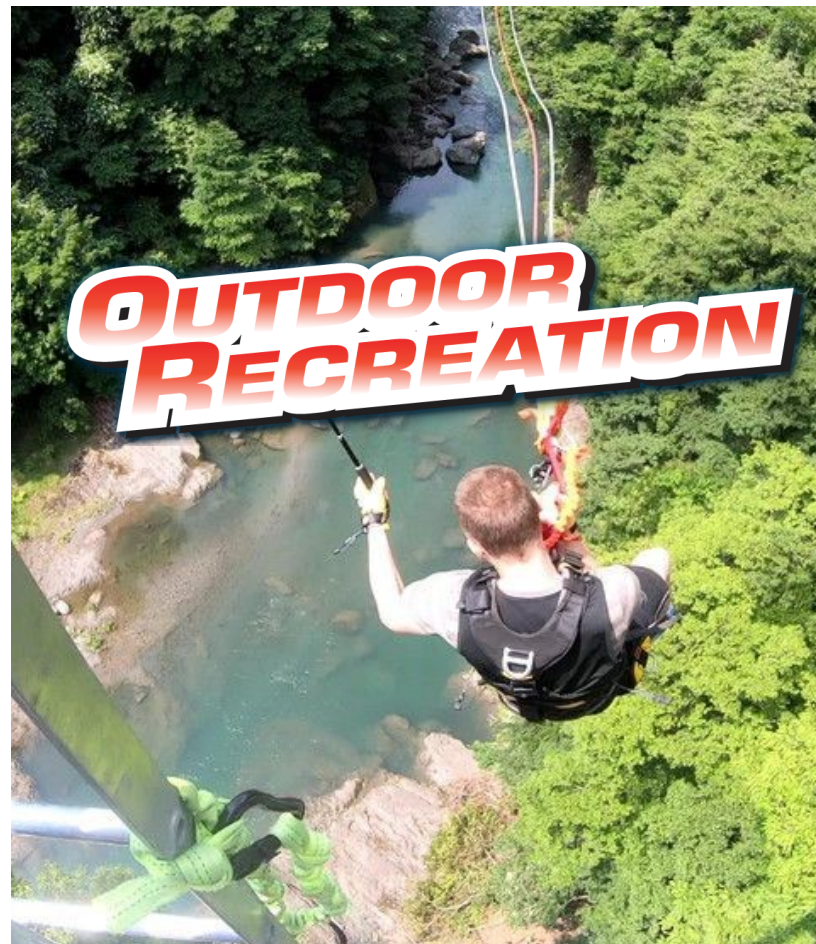
**MLC/IHA/自衛隊の方も是非ご参加ください。
ご予約、お問い合わせは軍電263-4671まで。**

MLC/IHA/JGSDF employees are welcome to join.

Give us a call at 263-4671 for more information and to reserve your spots!



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.



>>>NOVEMBER LINE UP

Sun, 01	(0500-1730)	Kawazu Seven Waterfall Hiking
Sat, 07	(0500-1730)	Kawazu Seven Waterfall Hiking
Sat, 07	(See Itinerary)	Trout Fishing Derby
Sun, 08	(0500-1730)	Mt. Mitsumine Hiking
Sat, 14	(0700-1500)	Mt. Byobu Hiking
Sat, 21	(0830-1800)	Photo Tour @Okutama
Sat, 28	(0700-1630)	Canyon Walk & Fly

NOVEMBER 2020

Kawazu Seven Waterfall Hiking

Sunday, 01 November 2020
Saturday, 07 November 2020
Depart: 0500/Return: 1730



Let's go to central Izu peninsula to walk on the trail which is the scene of the story, "Izu-no-odoriko". In the novel, A university student fell in love with a young dancer who met by chance while they traveled together on the trail we will hike. Our hike starts from Amagi area and goes through Amagi stone tunnel which was built more than 100 years ago. The highlight of the trail will be the seven waterfalls of Kawazu River, which will pass by on our way to our final destination, Nanadaru Onsen where we will have lunch. Try their specialties which include a variety of WASABI foods and crushed strawberries.

>>>Kawazu Seven Waterfall Hiking trail: Approximately 9.5km/5.90mi, 4 hours of hiking, Max elevation 570m/1,870ft).

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

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

***Locations and prices are subject to change.**

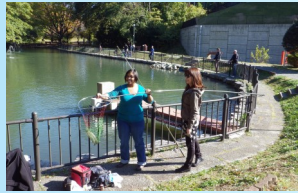
Wear: Hiking shoes, Appropriate clothing for hiking, Cap/hat.

Bring: Rain Wear, Towel, Water/Snacks, (Change of clothes), Yen for lunch, and anything you may need.

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

Trout Fishing Derby

Saturday, 07 November 2020
0830: Last minute registration/Check in
0930: Derby Start
1130: Derby Finish/Weigh in/Awards



This is a fun fishing tournament for both adults & youths. Fish for 2 hours and win prizes! Free rental poles and reels are available for pre-registered customers.

>>>7 prizes: *First Fish. *Biggest Fish (by weight) for ages 6 and under, 7-15, 16 and up.

*Overall weight (max.10fish) for ages 6 and under, 7-15, 16 and up.

Bring: Own fishing pole and reel (if you have), Tackle, Bait or lures, Scissors, Pliers, Wet wipes, Ice chest, Snacks/drinks

Cost: Adult (16+) \$15, Child (15-) \$10 (Fishing fee, Prize, Rental pole & reel (first-come first-served basis on the derby day if you did not pre-register) included)

Mt. Mitsumine Hiking

Sunday, 08 November 2020
Depart: 0500/Return: 1730

NEW



Put your physical fitness to the test on a steep uphill hike! We will walk on the main approach of Mitsumine Shrine, which is located on Mt Mitsumine. The white torii gate will be the entrance for the mountain trails. You will be welcomed by guardian wolves and beautiful scenery. First 10 minutes will be walking on paved road to the entrance for the mountain trail. Once we enter the trail, steep ascent continues till our goal. At the half point of the trail, there is a waterfall, where the ancient worshippers performed the ablutions. Take a break at the pavilion, then challenge yourself on the rest of the climb. Our goal will be the famous power spot, Mitsumine Shrine. Enjoy strolling the huge holy shrine site and taste delicious local food.

>>>Mt.Mitsumine: Approximately 3.5km (2.17mi), Max Elevation 712m (2,336ft), 2.5hour hiking

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

***Please consider your physical fitness before signing up hiking/climbing trips.**

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

Bring: Rain suits, Trekking poles, Sunscreen, Sunglasses, Towel, Water/snacks, Yen for lunch and anything you may need.

Cost: Adult/Youth (12+) \$48

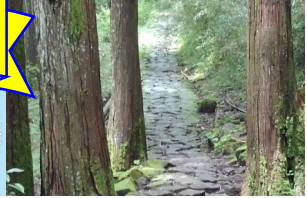
(Guide, Transportation included)

**ODR Staff
CHOICE!!!**

Mt. Byobu Hiking

Saturday, 14 November 2020
Depart: 0700/Return: 1500

NEW



Our hike starts from Hakone-machi, where the Hakone Check Point is located. Enter the mountain trail and walk about 10 minutes before commencing on a very steep uphill. After 15 minute steep ascent the hill will gradually moderate. Pass the top of Mt. Byobu which is surrounded with bamboo grass, and you will arrive at Amazake café, which was opened in Edo era. Take a break and enter the Old Tokaido Road. Walk about 60 minute on the Old Tokaido, you will be back to Motohakone area. Enjoy lunch at lake view restaurants!

>>>Mt.Byobu: 948m (3,110ft), 5km (3.1mi), Approximately 3 hour hiking, Max Elevation 250m (820ft)

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

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

Bring: Rain suit, Towel, Trekking poles, Sunscreen, Sunglasses, (Change of clothes), Water/Snacks, Yen for anything you may need.

Cost: Adult/Youth (10+) \$39 (Guide, Transportation included)

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

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

You must wear a face mask while on the MWR bus

Social distance enforced for all tours

Tour may be subjected to changes/cancellation due to inclement weather or HPCON

Photo Tour @Okutama

Saturday, 21 November 2020
Depart: 0830/Return: 1800

NEW



Let's go to Okutama to search for the autumn beauty. First, we will visit Oume area where old Oume Highway atmosphere still remains. Stroll around and shoot the historical objects. Our second destination will be Sawanoi Garden. Walk on the trail along Tama River to take contrasting pictures of clear green water and scarlet colored autumn leaves. Enjoy local foods which require natural clear water to make. Our last stop will be Lake Okutama. Take pictures of unique shape of the floating bridge. Walk on the bridge to cross the lake for the fountain where you will be able to pour tasty natural spring water!

***For ages 16 and up.**

***This tour is not door-to-door, walking involved. Please wear comfortable shoes.**

Wear: Comfortable shoes and clothing, Cap/hat.

Bring: Camera, Rain gear, Towel, Sunscreen, Sunglasses, Water/snacks, Yen for lunch and anything you may need.

Cost: Adult (16+) \$38 (Escort, Transportation included)