

Oze Overnight Trekking

Sat, 27-Sun, 28 July 2024
 Depart: 0700/Return: 1930
 *Sign up by Wed, 10 July 24!!



One of the "must-go" destinations for hikers, Oze is known as the paradise of beautiful flowers. An area of 8,690ha (106 times wider than Tokyo Disneyland!), is covered with more than 300 different kinds of plants during the hiking season. This massive area stretches over three prefectures and its scenic beauty which includes marshes, ponds, ravines, forests, and mountains delights visitors. We are going to enjoy 2 days of hiking. Approximately 3 hours of hiking on the 1st day, stay and relax at the mountain hut, then 6 hours of fun hiking on the 2nd day! During this time of the year, marshes are covered with daylilies and they form the marsh into a yellow carpet. This is the best season to see various flowers at Oze.

**To conserve the nature of Oze, you cannot use shampoo, rinse/conditioner, soap, toothpaste/mouthwash and detergent in Oze area.*
**Accommodation is a mountain hut, NOT COMFORTABLE HOTEL.*

Room may be shared by all the hikers regardless of gender.

**This tour is limited to ages 12 and up.*

**Please read the itinerary carefully!!!*

Bring/Wear: See itinerary

Cost: Adult (12+) \$186 (Accommodation, Dinner & Breakfast, Guide, Transportation included)

Mahi Mahi Fishing

Saturday, 17 August 2024
 Depart: 0430/Return: 1530

*Sign up by Wed, 24 July 2024!!!



Mahi Mahi Fishing

Saturday, 31 August 2024
 Depart: 0430/Return: 1530

*Sign up by Wed, 07 Aug 2024!!!

Enjoy the most exciting fishing time of the year in Sagami Bay! Gear & bait are all included.

**It is for ages 12 and up.*

Wear/Bring: See itinerary.

Cost: Adult (12+) \$148 (Fishing fee, Rental poles, Ice chest, Life Jacket, Escort, Transportation included)

Hokuriku 3days

Sat, 31 Aug - Mon, 02 Sep 2024
 Depart: 0400/Return: 2200

*Sign up by Thu, 20 Jun 2024!!!

NEW



1st day, we will take you to Takayama where you can enjoy nostalgic townscape and morning market. Try their specialty, Hida beef for lunch, then head to the world heritage, Shirakawago. About 100 of 300 years old Gassho style housings are remaining at the small village. In the evening, we will arrive at Kanazawa to stay 2 nights. 2nd day, we will visit Myoryuji

Temple, nicknamed Ninja Temple. You will be amazed to experience many tricks such as hidden stairs, pitfall etc. Next destination will be one of the most famous sightseeing spots in Kanazawa, Kenrokuen Garden. Stroll the huge garden, then we will have free time at the urban area of Kanazawa. Castle ruin, museums, food market, Higashi Chaya district, there are a lot to see. During the free time, taste soft ice cream Kanazawa gold leaf on top. 3rd day, we will move to Fukui Prefecture and stop by the thrilling scenic spot, Tojinbo. Our last stop will be the mail temple of Soto Buddhism, Eihei-ji. You will be able to see the daily life of monks undergo rigorous training.

**Please consult with tour planner if you have children ages 0-5.*

**Strollers cannot be used at a couple of destinations.*

Bring: See itinerary.

Cost: Single room Adult (18+) \$437 Twin room Adult (18+) \$420, Teen (15-17) \$418, Youth (12-14) \$415, Child (6-11) \$412 Triple room Adult (18+) \$394, Teen (15-17) \$392, Youth (12-14) \$389, Child (6-11) \$386 (Accommodation, 2 breakfast, Admission, Guide, Transportation included)

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、お問い合わせは軍電263-4671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



Tambara
 Lavender Park
 Sun, 21 July 2024

>>>JULY LINE UP

Thu, 04 (0930-1730) Drum TAO Performance
 Sat, 06 (0700-1700) Mishima Walking
 Sun, 07 (0830-1730) Oiso Long Beach
 Sat, 13 (0400-1900) Hakuba Goryu
 Alpine Plant Garden
 Sun, 14 (0630-1800) Kawagoe Free Time
 Sat, 20 (0600-2000) Mt.Fuji 1-5th station Hike
 Sun, 21 (0600-1830) Tambara Lavender Park
 Sat, 27-Sun, 28 (0700-1930) Oze Overnight Trekking

>>>AUGUST LINE UP

Sat, 17 (0430-1530) Mahi Mahi Fishing
 Sat, 31 (0430-1530) Mahi Mahi Fishing
 Sat, 31-Mon, 02 Sep (0400-2200) Hokuriku 3days

JULY 2024

Drum TAO Performance Thursday, 04 July 2024 Depart: 0930/Return: 1730 Sign up by Mon, 24 Jun 2024!



Drum TAO's stage is created through phenomenal performance and expressions consisting of incomparable Japanese Wadaiko-drums and the beautiful melody of Japanese flutes and harps. Drum TAO has toured and been seen in many countries attracting over 800 million spectators worldwide. The highly acclaimed performance has a plethora of sound from other instrument pieces such as Wadaiko-drum solely, shiobue, bamboo marimba, gongs and koto. This special live performance is a show you don't want to miss!

***For ages 6 and up.**

***The show starts at 1300. We will have free lunch time around Tokyo Dome City before the show.**

Bring: Yen for anything you may need.

Cost: Adult/Youth/Child \$88

(Admission, Escort, Transportation included)

Before signing up for hiking trips

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

Mishima Walking Saturday, 06 July 2024 Depart: 0700/Return: 1730

ODR Staff
CHOICE!!!



Let's stroll the waterfront city, Mishima! It is located at the south side of the foot of Mt. Fuji and has an abundant of underflow water from the mountain. Our hike starts from a shrine where 80 red Torii are lined up. Walk for 5 minutes in the residential area, a huge waterfall will be seen. Take photos of the waterfall and Mt. Fuji together if the weather is clear. 30 minutes from the waterfall is a Japanese garden which is designated as a natural treasure. Walk through the park and see the lava formation caused by the eruption of Mt. Fuji. Next, we will walk on a trail along Genbei River for 15 minutes. Take off your shoes and soak your feet in the limpid stream.

>>> Approximately 5.6km/3.48mi, 2.5 hour walking. (Almost flat)

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

***There is possibility that the trails in the river go under water in the thawing season (Summer). In that case, we will walk in the water.**

Wear: Comfortable shoes to walk/easy to get on/off, Short pants, Cap/hat.

Bring: Rain gear, Sunscreen, Sunglasses, Marine shoes/Crocs© Sandals, Towel, Water/snacks, change of clothes, (Water bottle to bring spring water home), Yen for lunch and anything you may need.

Cost: Adult (16+) \$41, Youth (10-15) \$39

(Admission, Guide, Transportation included)

Oiso Long Beach Sunday, 07 July 2024 Depart: 0830/Return: 1730



Oiso Long Beach is a water park that features thrilling slides and crystal-clear pools for children and adults. Sit on the floating tube boat while sliding down the 139m and 140m long slides! The park also offers a wave pool, 140-meter-long pool, a floating pool, and shallow pools for small children. The park is perfect for families of all ages!

***No tattoos allowed.**

***Rental parasols, tent, deck chairs costs extra. You can reserve rental items in advance from Wednesday, 26 June. Please visit:**

www.princehotels.co.jp/pool/oiso/

Bring: Swimsuits, sunscreen, towel, change of clothes, picnic sheets, yen for lunch and anything you may need.

Cost: Adult (18+) \$54, Teens (12-17) \$44, Youth (6-11) \$39, Child (3-5) \$31 **(Admission, Escort, Transportation included)**

Hakuba Goryu Alpine Plant Garden Saturday, 13 July 2024 Depart: 0400/Return: 1900



Hakuba Goryu, famous for its ski resort in the winter, changes its operation in the summer. From June to October, the mountain surface is covered with more than 2 million alpine plants. Take a gondola and lift to the summit where the alpine plant garden is located. There is a rare blue poppy that blooms in July and is nicknamed as the Himalayan blue poppy as it originally grows in an area of the Himalayans. In addition to seeing beautiful flowers, you will be able to enjoy a magnificent view of the Northern Japan Alps. Walk about 90 minutes around the garden, then head to the next destination, Wasabi farm. Relax and see green wasabi leaves and a beautiful spring water. Try fresh Wasabi for lunch.

***It is for all ages, however strollers cannot be used at the garden.**

Also, infants cannot ride a lift to summit.

Wear: Comfortable shoes and clothing to walk.

Bring: Yen for lunch and anything you may need.

Cost: Adult (12+) \$74, Youth (6-11) \$63, Child (0-5) \$52 **(Gondola & Lift ride, Guide, Transportation included)**

Soy Sauce Park & Kawagoe Free Time Sunday, 14 July 2024 Depart: 0630 /Return: 1800 Sign up by Fri, 05 Jul 2024!



Our tour starts with Soy Sauce Park in Kawagoe located in Saitama Prefecture. Please enjoy tasting different kinds of soy sauce and buying

some limited items there. After the soy sauce park, you will have some free time in Kawagoe area. There are remain streets of warehouse building. You will find something to eat around there. Also, there's Hikawa Shrine, Kashiya Yokocho (consists of traditional sweet shops). Please enjoy walking around and find some delicious food and dessert!

Bring: Yen for lunch and anything you may need.

Cost: Adult/Youth/Child \$44

(Guide, Transportation included)

Mt. Fuji 1st ~ 5th station Hiking Saturday, 20 July 2024 Depart: 0600/Return: 2000



Hike at the bottom of Mt. Fuji before attempting to summit Mt. Fuji at a different tour. We will stop by Fuji Sengen Shrine to purchase the famous Mt. Fuji hiking sticks (Kongo-zue), then move to Nakanojaya where our hike starts. First, we will walk for 80 minutes until Umagaeshi. Umagaeshi to the 3rd station is a 90-minute hike on a comfortable trail through the woods. After the 3rd station, the trail steepens where we will continue to hike for another 45 minutes until we reach the 4.5th station, which is at an altitude of 2,010m. We will hike for 50 minutes to the Yoshida 5th station and then detour for 35 minutes to the hidden 6th station to get rare stamps. We will then descend 40 minutes towards our goal, Subaru line 5th station. This tour does not include summiting Mt. Fuji but it is one of many conditioning opportunities to prepare a summit hike.

Climbing stick: ¥800~¥2,000 Stamps: ¥300~¥500

>>> approximately 9.3km, 5.5hour, Max elevation 1,210m

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

***The weather on mountains can be unpredictable. Do not forget to bring rain gear.**

***Toilets are only available at the 5th stations (¥100~¥300 donation).**

Wear/Bring: See itinerary.

Cost: Adult (10+) \$52

(Guide, Transportation included)

Fukiware Waterfall & Lavender Park Sunday, 21 August 2024 Depart: 0600/Return: 1830



We will take you to Gumma Prefecture for Fukiware Waterfall and Tambara Lavender Park. Our first destination is Fukiware Waterfall. Feel the water and enjoy walking around. For lunch, we will go to Kawaba Denen Plaza, the most popular Michi-no-eki in Kanto region. There are many restaurants, beer factory, farmer's market and small shops. Lastly, we will visit Tambara Lavender Park. There are about 50,000 lavenders all around the park. We will take the lift so you can enjoy the view from the air as well.

***Strollers are not recommended.**

Bring: Snacks/drinks, lawn chair/picnic sheet

Cost: Adult (12+) \$42, Youth (6-11) \$36, Child (0-5) \$29

(Admission, Lift, Guide, Transportation included)

Schedules, locations, prices are subject to change. Tours are subject to cancel due to inclement weather. Flowers are weather dependent, we cannot guarantee that they are in bloom.