

Explore Tenryu Gorge

Sunday, 26 June 2022
Depart: 0500/Return: 1930



Explore the beautiful Tenryu Gorge and its magnificent natural beauty. This adventure entails crossing over a suspension bridge and seeing many historical monuments. There are some steep ascending and descending hiking trails. Don't worry! The steep ascent is only for a short period of time. After the hike, treat yourself at Kantan Papa Garden, fill your stomach with healthy cuisines, and relax by gazing at beautiful seasonal flowers. We will stop by a small winery and enjoy some wine!

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

Wear: Comfortable shoes and clothing to walk, Cap/hat.

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

Cost: Adult/Youth \$50 (Guide, Transportation included)

Deep Sea Fishing

>>>Mahi Mahi
Saturday, 30 July 2022
Depart: 0430/Return: 1530
***Sign up by Wed, 06 Jun 2022!!!**



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: Fishing clothes (anything you do not mind getting wet & dirty), Rubber boots/Deck shoes, Cap/hat with strap, Sunglasses, Utility gloves.

Bring: Food/Drinks, Sunscreen, Medicine for seasickness, Pliers, Scissors, Towel, (Change of clothes), (Wet wipe), Yen for extra tackles and anything you may need.

Cost: Adult (12+) \$165 (Fishing fee, Rental poles, Ice chest, Life Jacket, Escort, Transportation included)

MWR Airport Shuttle Bus

All passengers are required to have a Military I.D., PCS Orders or a Base Pass issued from Camp Zama.

===Narita===

Fee: \$30 per seat
Outbound

1045 Zama Army Lodging
 1100 Zama Community Club
 1130 SHA (by Reservation only)

Inbound

1800 Narita Terminal 1
 1830 Narita Terminal 2

===Haneda===

Fee: \$25 per seat
Outbound

1115 Zama Army Lodging
 1130 Zama Community Club
 1200 SHA (by Reservation only)

Inbound

1830 Haneda Terminal 3

Choose from 2 easy ways to register for Outdoor Recreation/Leisure Travel tours:

***In Person**

Stop by the Outdoor Recreation office, located in building 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 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!

Contract Tour Guide Needed!!!

Outdoor Recreation/Leisure Travel Services are seeking contract tour guides.

-Must be bilingual (Japanese/English).

-Physically fit.

-Able to work on weekends.

-Responsible and friendly character.

If you are interested in, please contact Komaki Sierra at 263-4807/046-407-4807 or e-mail to

komaki.sierra.in@army.mil



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

Iris Festival

Sun, 12 Jun 22

>>>JUNE LINE UP

Sat, 04 (0400-1700) Shirakoma Pond Hiking
 Sat, 11 (0300-1900) Kamikochi Hiking
 Sat, 11 (0800-1930) Cycling along Tama River
 Sun, 12 (0730-1530) Itako Iris Festival
 Sat, 18 (0700-1900) Fuji Sightseeing
 Sun, 19 (0600-1900) Kura-no-Machi Walking
 Sat, 25 (0730-1530) Stroll Spring Water City
 Sun, 26 (0500-1930) Explore Tenryu Gorge

>>>JULY LINE UP

Sat, 30 (0430-1530) Deep Sea Fishing

JUNE 2022

Shirakoma Pond Hiking Saturday, 04 June 2022 Depart: 0400/Return: 1700



First, we will moderately ascend for 20 minutes and hike through Shirakoma's courtyard, a Japanese garden created by an abundance of natural greenery. 10 minutes from the area is Shirakoma Pond where a thick green carpet is formed by 485 kinds of moss. The area is designated as the National Bryophyte Heritage Site in Japan. Walk around the pond clockwise for 20 minutes, then walk about 30 minutes until reaching the rocky peaks of Takami-iwa. Carefully climb through huge rocks for the beautiful scenic view overlooking the forest and the Shirakoma Pond. Turn back 20 minutes to Shirakoma pond and another 20-minute walk to our final destination, Shirakoma pond parking lot. Enjoy not only the beautiful scenery, but also a variety of delicious foods served at mountain huts. >>>Approximately 5km/3.1mi, 2.5 hours hiking, Max elevation 172m/564ft.

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

***Please prepare appropriate wear/gear.**

Wear/Bring: See itinerary.

Cost: Adult(12+) \$59 (Guide, Transportation included)

You must wear a face mask while on the MWR bus
USARJ COVID health protection protocols in place
Subject to changes/cancellation due to inclement weather or FDCON

Kamikochi Hiking Saturday, 11 June 2022 Depart: 0300/Return: 1900



Surrounded by the Japan Alps, Kamikochi is considered one of the most beautiful scenic areas in Japan. We are going to take you to a place that is difficult to visit on your own due to the conservation laws (POV restrictions). Our hike starts at Taishoike Pond that was created by the eruption of Mt. Yakedake. We will slowly walk on a promenade along Azusa River, enjoying the natural scenery of Taishoike Pond and its magnificent alpine plants; Kappabashi Bridge, a symbol of Kamikochi; and the mysterious pond of Myojinike.

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

***Weather and temperature at the mountains are unpredictable. Please bring extra jacket and rain gear.**

***Do not stray from the designated hiking trails. Do not go into the alpine areas and other restricted areas.**

Wear: Hiking shoes, appropriate clothing for hiking, cap/hat.

Bring: Extra clothes, rain gear, hiking shoes, sunscreen, sunglasses, towel, plastic bags for trash, water/snacks, coins (donation for toilet use), Yen for lunch or bring packed lunch and anything you may need.

Cost: Adult/Youth/Child \$56 (Guide, Transportation included)

Cycling along Tama River Saturday, 11 June 2022 Depart: 0730/Return: 1530

NEW



Enjoy a 2.5 hour/19 mile round trip bicycle ride along the Tama River bicycle path. We'll follow the Tama River on a multi-use and vehicle-free path for approximately 9 miles and stop for lunch at the Tama Hills. After lunch we'll retrace our path back to the start point. This is a relatively flat course and mostly vehicle-free but we do recommend riders have the following skills & abilities: manipulating the gear shifters (our rental bikes are multi-gear), cycling up and down mild inclines, cycling for 30 min. between each rest for a total of 2.5 hours, navigating between or around obstacles, making u-turns, and riding in close proximity to other path users such as cyclists, runners, and walkers. There are also sections where the path crosses busy intersections.

>>>Tama River Cycling Path 31 km/19 mi, 2.5 hours of riding.

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

***Rental Bicycles are available at ODR, but sizes and quantities are limited. We do not have small junior bicycles. Please provide your own if we do not have your size.**

Wear: Appropriate clothing and shoes for cycling, Helmet.

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

Cost: Adult (8+) \$42 (Guide, Transportation included)

===Before Signing up for hiking trips===

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

Itako Iris Festival Sunday, 12 June 2022 Depart: 0800/Return: 1930



Spend a relaxing day at the water front city of Itako. We will have lunch on the way to Itako Iris Garden where you'll be able to de-stress with the beautiful bloomed irises. Traditional local dance and wedding will be held at the garden. An old-fashioned boat cruise is available as well.

♣30 min. Boat Cruise: Adult (12+) ¥1,000, Youth (6-11) ¥500

***The festival may be subjected to cancellation with short notice from inclement weather/COVID-19 condition. Tour will not be cancelled even if the festival is cancelled.**

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

Wear: Comfortable shoes to walk.

Bring: Rain gear, Yen for lunch and anything you may need.

Cost: Adult/Youth/Child \$33

(Admission, Guide, Transportation included)

Fuji Sightseeing Saturday, 18 June 2022 Depart: 0700/Return: 1900



Our first stop will be Myoho Temple, which is often called Fuji Peace Park. From a temple site, you will be able to see Mt. Fuji. We will visit a fish park with a beautiful river, a subtle pond waterfall, and other interesting observation points. You will be able to see various fresh water fish. Oshino Hakkai, a scenic spot with beautiful clear ponds, is located in the same area. Put your hands in the water and find out how cold it is! Our last stop will be Mt. Fuji 5th station.

Bring: Yen for lunch and anything you may need.

Cost: Adult (15+) \$38 Youth (6-14) \$35, Child (0-5) \$33 (Admission, Guide, Transportation included)

Walk around Kura-no-machi Sunday, 19 June 2022 Depart: 0600/Return: 1900

NEW



Let's walk around Tochigi City. First, we will visit Tsuga park to see a pond covered with the lotus flowers, and to Ohirasan Shrine. In the middle of June, 2,500 hydrangeas along a 1,000 stone-step main approach fascinates visitors yearly. Enjoy viewing flowers and lunch. We will move towards the central point of Tochigi City that was established as a trade post during the Edo era. Many warehouses were built to stock merchandise at that time and they still remain. This area is called "KOEDO (little ancient Tokyo)" due to its townscape. Walk around and feel the atmosphere of this historical town.

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

Wear: Comfortable shoes and clothing to walk, Cap/hat.

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

Cost: Adult (12+) \$59, Youth (6-11) \$56

(Admission, Guide, Transportation included)

Spring Water City Stroll Saturday, 25 June 2022 Depart: 0730/Return: 1530



Tsuru City has many water spots due to abundant underflow water from Mt. Fuji. Let's stroll through the city and relax along the scenic waterside. We will tour waterfalls, gorge and other historical spots on foot. There are very rare plants which only grows in the cold clear running water.

>>>Approximately 4.9km/3mi, 90 minutes walking (break time excluded)

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

Wear: Sneakers, Comfortable clothing to walk, Cap/hat.

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

Cost: Adult/Youth (10+) \$38 (Guide, Transportation included)

Schedules, locations, prices are subject to change without notice. Flowers are weather dependent. We do not guarantee they are in bloom.

**ODR Staff
CHOICE!!!**