

Please bring/prepare something you can eat for lunch if you have any food restrictions (ex. Food allergy, vegetarian)

Fuji Sightseeing
Sunday, 26 April 2026
Depart: 0700/Return:1800



Let's explore Fuji area! First, we will visit Shiraito Waterfall. The waterfall is a 150-meter wide cascade, fed by the volcano's spring water and flows off the edge of a 20-meter high cliff in thin white streams that resemble hanging threads of silk - hence its name translated to "white treads". Next, we will head to Oshino Hakkai for lunch. There are eight different ponds in this area. The eight ponds are fed by snow melt from the slope of nearby Mt. Fuji that filters down mountain through porous layers of lava for over 80 years, resulting in very clear spring water that is revered by the locals. Lastly, we will head to Mt. Fuji Subaru line 5th station. Enjoy shopping and walking around Mt. Fuji!

Wear: Comfortable shoes and clothes to walk, Cap/hat.
Bring: Rain gear, Yen for lunch and anything you may need.
Cost: Adult/Youth/Child \$35 (Guide, Transportation included)

===Vehicle Rental===

Toll Ticket Included!!!

Nissan Caravan:
10 passenger Van

Toyota Corolla:
Hybrid
4 passenger Wagon

Toyota Hiace:
5 passenger Cargo Van



\$110/day, \$660/week,
\$30/hour (up to 3 hours)

\$80/day, \$480/week

\$85/day, \$510/week,
\$15/hour (up to 3 hours)

Toyota Dyna: 1ton truck, 3 passenger
\$85/day, \$510/week, \$15/hour (up to 3 hours)

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 \(armymwr.com\)](https://www.armymwr.com/limo-airport-vehicle-transportation-request-form-as-of-2024-03.pdf)

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 Quarters) \$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.

Tour guide needed!!!

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

- *Bilingual (Japanese/English).
- *Physically fit.
- *Able to work on weekends/US holidays
- *Responsible and friendly character.

Contact Komaki Sierra at 263-4807/046-407-4807 or email to Komaki.sierra.ln@army.mil if you are interested in.

OUTDOOR RECREATION
 and
Leisure Travel Services

APRIL 2026



Overnight Zen Experience
Sat, 25-Sun, 26 Apr 2026

>>>APRIL LINE UP

Sat, 04 (0730-1800)	Metropolitan Walking
Sun, 05 (0900-1700)	Kawasaki Fertility Festival
Sat, 11 (0500-1900)	Takato Cherry Blossom Festival
Sun, 12 (0730-1500)	Ohhikage Tunnel Hiking
Sat, 18 (0600-1830)	Suwa Five Breweries
Sun, 19 (0700-1800)	Hitachi Seaside Park
Sat, 25-Sun, 26 (0930-1730)	Overnight Zen Experience
Sun, 26 (0700-1800)	Fuji Sightseeing

Metropolitan Walking

Saturday, 04 April 2026
Depart: 0730/Return:1800



Enjoy the concrete jungle trek in the heart of Tokyo. We will start walking from Tokyo Recreational Lodging. After a 15-minute walk through Aoyama Cemetery, we will head to a national treasure site, the State Guest House of Akasaka Place. Visit the breathtaking beautiful garden and the gorgeous main hall that is lined with marble. Afterwards, walk for 30 minutes along Kanda River to Kagurazaka while enjoying Spring urban scenery. At Kagurazaka area, we will stray away from the main avenue to enjoy a walk through the narrow back street where the ambiance of the remains of former geisha quarters.

>>>Approximately 8.5km/5.28mi, 120 minutes walking.

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

Wear: Comfortable shoes and clothes to walk, Cal/hat.

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

Cost: Adult (18+) \$49, Teen (12-17) \$42, Child (10-11) \$38
(Admission, Guide, Transportation included)

Kawasaki Fertility Festival

Sunday, 05 April 2026
Depart: 0900/Return:1700



The Kanamara Fertility Festival in Kawasaki is a truly eye-opening occasion with loads of fun. Festivities include traditional music and dancing. Also, there is a procession of hand-held floats and sacred objects carried by masked worshippers to the shrine. Please enjoy unique and interesting festivals in Kawasaki. Don't forget to buy some souvenirs!

***It is for ages 18 and up.**

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

Cost: Adult (18+) \$11

(Escort, Transportation included)

Takato Cherry Blossom Festival & Naraijuku

Saturday, 11 April 2026
Depart: 0500/Return:1930



We will take you to Takato Cherry Blossom Festival in Nagano prefecture. Takato Joshi Park in Ina City, Nagano Prefecture, is famous for its 1,500 Takato Okohigan cherry trees, an endemic species, and is one of the most famous cherry blossoms viewing spots in Japan. After the park, we will head to Naraijuku. It's a historic post town located in the Kiso Valley. It was an important stop on the Nakasendo highway connecting Kyoto and Tokyo during the Edo period (1603-1868). Today, Narai-juku retains much of its original Edo-era architecture and atmosphere, making it a popular tourist destination for those interested in traditional Japan. Enjoy the samurai-era atmosphere and walking through the historic streetscape.

***Strollers are not recommended due to a hill at the park.**

***Please bring extra cash (yen).**

Wear: Comfortable shoes and clothes to walk, Cal/hat.

Bring: Rain gear, picnic sheet, Yen for Lunch and anything you may need.

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

Ohhikage Tunnel Hiking

Sunday, 12 April 2026
Depart: 0730 /Return: 1500



ODR Staff
CHOICE!!!

Ohhikage tunnel was used as a part of the JR line from 1901 to 1997. It was renovated as a hiking course in 2007 but had been closed for 8 years due to deterioration. It was reopened in public last year, and we are honored to offer this adventure again since 2013! First, we will hike in the vineyard as overlooking peach blossoms blooming in the Kofu basin. Going through 1.4km/0.86mi red brick tunnel which remains the original rail and railroad signs as a reminder of the preexisting trail line. Exit the red brick tunnel, you will see a JE station surrounded by 600 cherry blossom trees. We will keep walking in the vineyard for 20 minutes until Budo-no-oka where you can enjoy lunch, shopping, hot spa and more than 100 kinds of wine tasting.

>>>Ohhikage tunnel hiking course: Approximately 5.8km/3.60mi, 95 minutes, max elevation 74m/2436ft.

♣Hot Spa: Adult (12+) Y840, Child (6-11) Y530

♣Wine tasting: 1 glass Y400, All-you-can-drink Y2,200

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

***It may be cancelled with short notice due to tunnel closure for the maintenance.**

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

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

Cost: Adult/Youth (6+) \$29 **(Guide, Transportation included)**

Before signing up for hiking/climbing 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.

Suwa Five Breweries

Saturday, 18 April 2026
Depart: 0600/Return: 1830



Due to its chilly climate and abundant underflow water, Suwa is famous for sake brewing. On route 20, 5 long-established sake breweries are dotted within a 5-minute walking. At the end of the tour, we will stroll the area to taste sake at the breweries. First, we will visit Suwa shrines to see huge Onbashira logs. The logs are cut down at the mountain ever year of the Tiger and the Monkey, and carried by manpower to four Suwa Shrines. We will stop by Suwa shrine Harumiya, then walk about 1km/0.62mi to Akimiya to enjoy the old townscape. Next, we will visit Takashima Castle donjon where you will be able to see the beautiful view of Suwa city and its lake. 5 Brewery Street will be 15-minute walk from the castle. Recommend to purchase "Gokuraku set (tasting tool)" to taste sake at each brewery.

♣Gokuraku Set (Taste 4~5 kinds of sake or get sake in a cup at each brewery/glass/pouch/stickers included) Y3,000.

Wear: Comfortable shoes to walk around

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

Cost: Adult (15+) \$42, Youth (6-14) \$41, Child (5-) \$40

(Admission to castle, Guide, Transportation included)

Hitachi Seaside Park

Sunday, 19 April 2026
Depart: 0700/Return:1800



Hitachi Seaside Park is located on the Pacific Ocean side of the Japanese coast, and incorporates a unique natural environment of sand dunes, forests, grasslands, and springs. With a total space of 350 hectares, of which 200 hectares are open to the public, this huge spacious park is home to a variety of colorful flowers and grasses throughout the four seasons, as well as numerous other attractions, including an amusement park, large grassland, cycling and BMX tracks, a forest athletics field, BBQs surrounding by nature, and many cafes and restaurants. You can enjoy seeing blue carpet with Nemophila.

♣Seaside train (park transportation): Age (3+) Y600

***Admission DOES NOT include attraction rides, bike rental and train ride.**

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

Cost: Adult (15+) \$40, Youth/Child (0-14): \$34

(Admission, Guide, Transportation included)

Overnight Zen Experience

Saturday, 25-Sunday, 26 April 2026
Depart: 0930/Return: 1730
***Sign up by Wed, 15 April 2026!!!**



Leave the ordinary society and have Zen experience at Kasuisai temple to stay overnight. On the first day, we will check in and look around 394,677yd² of temple site. The huge temple site includes 25 buildings and 40 objects to see and highlight of this season will be its Peony Garden. In addition to 150 kinds 2,000 peony, Azalia, German iris and other flowers will be in bloom. After having vegetarian supper, we will experience some apprenticeships such as ZAZEN and SHAKYO. Next morning, get up at 0500, have priests' morning duties, then breakfast will be provided. We will have another apprenticeship then leave the temple. The name of the temple "Kasuisai" is related to slumber and it is considered that ZAZEN is effective for high quality of sleep. We recommend this tour for people who are interested in Japanese culture, want to reconsider yourselves and/or expecting pleasant sleep. On the way back to Camp Zama, we will stop by Kakegawa Castle area to spend free time visiting castle donjon, museums, park etc.

♣Kakegawa Castle Admission: Adult (15+) Y410, Child (6-14) Y150

♣Ninomaru Art Museum: Adult (15+) Y200

♣Stained Glass Museum: Adult (15+) Y500

♣Hotokusha: Adult: (18+) Y300

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

***If you participate in this trip with small children, please consider if they are able to stay quiet during the apprenticeship.**

***Rental SAMUE (Priests' working clothes) will be provided, but sizes and quantities are limited (Japanese SS~L). If your body size is bigger or smaller, please bring sweatshirt and pants for the apprenticeship.**

***Consuming Alcoholic beverage is prohibited during the temple stay.**

***Meals provided at the temple will be SHOJIN-RYORI (vegetarian food).**

We do not recommend this tour if you have any food allergies.

***Amenities are not available at the temple. Please bring shampoo/soap/toothbrush/lotion etc.**

Wear: Comfortable shoes and clothing (Lomb pants).

Bring: Change of clothes, Towel, Toiletries/amenities, Snacks/drinks, Medication you will need, Yen for lunch, admission and anything you may need.

Cost: Adult/Youth (6+) \$125 **(Accommodation, 1 supper, 1 breakfast, Rental SAMUE, Escort, 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.