

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Norikuradake Super Downhill

10 March Friday to 12 March Monday

If you are not satisfied ski & snowboard in ski area. You can skiing from summit.

Norikuradake(3026m) is one of hundred best mountain in Japan. This time is good condition of backcountry ski season. Go up to the summit of Norikuradake by walk from the top of last lift(2000m). Climb about 5 hours and down to bottom lift(1500m) about 50 min. (Data of last time)

Transport:

Train from Shinjuku to Matsumoto and Taxi from Matsumoto to Norikura-kogen.

Return :

Bus from Norikura-kogen to Sinshimashima and train to Shinjuku.

Meeting Time & Place :

19:30 Shijuku st. platform 5 car no.1 for super Azusa15

Cost :

About Yen30000 Train Shinjuku to matsumoto Yen6200(ow) but should buy 4coupon ticket each coupon Yen4190 or You can buy discount ticket shop in town price is similar. (price is non-reserve seat) Taxi about Yen13000 we will share.

Return bus Yen1300 and local train Yen680.

Inn Yen14000+tax 2 overnight 2 breakfast 1 dinner (no dinner Friday) Japanese room and hot spring!

Necessary equipment :

Skiers & Telemarkers need a nylon mohair skin.

Snowboarders need snowshoes.

Crampons(over 8point!)

Clothes:

Gore-tex jacket and pants, fleece, hat, musk, gloves, sunglasses, headlamp, thermos, lunch, sunscreen

If you do not go up to the summit, you can enjoy the ski area and hot springs.

1 day lift pass Yen4000

Limit :

12persons (priority is downhill from summit)

In Japanese :

026m)の頂上からの滑降です。

ゲレンデスキーに物足りないスキーヤー、スノーボーダー向き。

山スキーにいいシーズンですが、天気次第なので一応土、日と2日間の時間をとりました。

スキー場のリフト

の最上

部(標高2000m)から歩き出し約5時間で、頂上に立ちそこからスキー場の下(1500m)まで滑り降

ります。下り約50分。(前回のデータ)

乗物

中央本線で新宿から松本まで行き、松本から乗鞍高原の宿までタクシー帰りは、乗鞍高原からバスで新島々へ

そこから松本まで電車(車で行きたい人もどうぞ)

費用

綴りを1枚にバラすと¥4190もし相棒が見つからないときは、金券屋でもだいたい同じ段でかえます。

(金額は自由席)

必要な装備

スキーヤー、テレマーカーはナイロンモヘアのシール、スノーボーダーはスノーシュー、アイゼン(8本爪以

上。12本爪がいい)、ゴアテックスのジャケットとパンツ、フリース、即乾性の下着(綿はイカン!)手

袋、帽子、目出帽、サングラス、日焼け止めクリーム、テルモス、昼食

頂上から滑り降りたくない人はスキー場でスキー、スノボできます。1日券¥4000

温泉も楽しめます。

12人で予約しています。(頂上から滑降したい人優先です。)

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Events ay Hike Itsukaichi to Okutama Station

4 March Sunday

Taxis from Itsukaichi Station to Gundo trail head. A very rough estimate for taxi costs is yen 1,000 each.

The hike will take us from Mazukariyama , Otakesan , Nokogiriyama , to Okutama Station.

Total trail time is about seven hours, it is very possible it will be dark before we get

to Okutama, which adds complications like the cold and possibility of getting lost). I' m thinking of taking this hike again in the summer, but starting from a Friday evening, and walking all night until Saturday morning. If anyone thinks they might be interested in trying such an unpleasant-sounding hike with me, I recommend coming this time as well.

This trip will be canceled if there is a good chance of rain on Saturday.

Call me Friday night if you want to confirm.

Remember that the Okutama Free Pass is available from JR that allows travel to/from any stations on the Itsukaichi or Ome lines over a two day period. I believe the price at Shinjuku is about JPY1400. You can also get the pass at Mitaka (the last station at which it is available) for JPY1040.

Meeting Time & Place :

The train time for this trip is 6:44 (ouch!) from Shinjuku.

We meet near the middle of the platform for tracks 9 and 10. (The train apparently doesn' t always leave from the same track, but the platform is the same anyway.)

The train arrives in Tachikawa at 7:11, and we groggily race to platform 3 for the 7:30 train to Itsukaichi. We arrive at Itsukaichi at 7:56 and take taxis to Gundo.

Bring :

hiking boots (a must), comfortable hiking pants, rain gear, headlamp flashlight

.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ski Trip in Shiga

10 March Friday to 11 March Saturday

We are planning to rent cars and leave Tokyo on Friday night. We are looking for drivers! We do need drivers to make this trip happen. Do you know anyone

Up to 10 people for two nights, the cabin charges 4,500 yen a person. Beyond that is no charge, so we would pay less with more people. (Maximum 20 people.)

The cabin has two stories, each with a kitchen. The kitchen

has pans and basic utensils. Gas stove would be great if we want to do nabe on a table. Ten sets of futon are available.

The cabin has floor-heating and a hot spring. We can also go onsen-hopping at nearby Shibu Hot Spring.

Groceries and liqueurs are available at a supermarket within five-minute drive. (Miwa says she abstains from alcohol this time. Poor lady...) The cabin offers privacy and Karaoke sets.

Accommodation :

A cabin at Yudanaka Hot Spring in Nagano, 4,500yen per person.

Ski Resort :

20-minute drive from the cabin to Yakebitai Ski Resort.

Yakebitai ski resort has excellent slopes for skiers. It is also good for snowboarders.

In Japanese :

3月10日11日で、スキーツアーを企画しています。

場所は長野の湯田中温泉、焼額スキー場まで、約20分。

スキーヤーにはすっごいいいゲレンデ。ボーダーOK。

金曜日の夜出を考えてます。

お宿の金額は、2泊10人までは、一名につき¥4,500。

それ以上は無料なので、人数が多いほうが安いです。

最高20人までの予定です。

一階と2階にキッチン付き。

なべ皿箸等は揃ってます。

なべ物するなら卓上コンロが必要。

布団10組まで、床暖房、温泉付き。

近くに、渋温泉があって、温泉巡り可能。

大型スーパー酒屋さん付きが、宿から車で5分程度のところにあり。

（ちなみに私は、禁酒中です！）

一戸建てなので、騒いでもOK！！お好みの方は一応カラオケもございませす。

ドライバーが足りないと、このツアーはなくなってしまいます。ドライバー大募集中！

（移動はレンタカーを考えています。）

心当たりある方連絡よろしくおねがいします。

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Events

Cross-country ski trip in SUGADAIIRA (NAGANO)

11 March Saturday to 12 March Sunday

We will head for SUGADAIIRA, NAGANO pref., early Saturday morning, to enjoy two full days of cross-country

skiing. The plan is to go on two different 5 hour courses on Saturday and Sunday. If the weather is good, spectacular views of the Japanese alps summits are to be seen on the way. Cross-country ski experience is necessary for joining this trip.

We will spend one night in the pension KINOKO (TEL: 0268-74-2350, 8000 yen with 2 meals), which has ski rentals. If you need rental and your feet size is over 27, then warn me in advance (the pension does not have so many big sizes). Bring with you lunch for Sunday and sun protection (the course on Saturday is on a slope facing South).

Meeting Time & Place :

On Saturday, we will ride the Nagano Shinkansen ASAMA 1 あさま 1 (TOKYO sta. 7:32 ->UEDA sta. 8:45).

Please buy your own Shinkansen Ticket.

Then we will take the bus SUGADAIIRA 1 菅平1号(UEDA 9:05 -> SUGADAIIRA KOUGEN 菅平高原10:00).

The meeting place is just outside the ticket gate at UEDA sta. at 8:50AM.

We will be back in TOKYO on Sunday around 8PM.

Cost :

25,000 yen (or 29,000 with ski rental).

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Event

Nozawa Onsen (long weekend)

17 March Friday to 20 March Monday

We will visit a famous Nozawa Onsen, which has many traditional public bath houses throughout the town.

The ski resort is large and challenging. We successfully reserved eight seats in a package bus tour.

While accommodations may be very basic, it is a great value.

Meeting Time & Place :

Departure: Friday March 17 22:00 Ikebukuro, overnight travel

Return: Monday, March 20, Leave around 14:50. Arrive Tokyo by 21:30

Cost :

About 20,500 yens covers two nights stay with two Breakfast and two dinner.

Transportation by bus from & to Tokyo.

Lift: You buy your own tickets.

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Event

Hakkoda Yama-Ski

7 April Friday 10 April Monday

We will tour around some “secret spots” in Hakkoda area. Reserved accommodation with hot-springs for eight people already.

The plan is:

Fri., Apr. 7, we leave Ueno in the evening by an overnight train, “shindai-sha”. (The trains has beds.)

Sat., Apr. 8, we arrive at Aomori, take a bus to Hakkoda, where we check in to Sukayu Onsen Inn. 8,800yen + tax. + service charge.

Sun. Apr. 9, we move to Aoni Onsen, or so-called “Rampu-no-Yado” (Inn of Lamp). 8500yen + tax + service charge.

Mon. Apr. 10, we leave Hakkoda in the afternoon, take a shinkansen (bullet train) to arrive in Tokyo in the evening.

You need to take a Monday off. Yama-skies or telemark skies with skins are required.

Cost :

around 20,000yen for the accommodation + transportation.

In Japanese :

「八甲田」山スキー4月7日(金)夜 10日(月)。

昨年、グリーンランドのスライドショーをしてくれた浩子が八甲田の山スキーの穴場を案内してくれます。

宿は雰囲気のある温泉宿を8名で予約済み。

4月7日(金)夜、上野発の寝台車で青森へ

4月8日(土)朝、青森駅着バス乗車八甲田山へ、酢ヶ湯温泉温泉泊(8800\$B1_+ 税、サ)

4月9日(日)青荷温泉(通称:ランプの宿)泊(8500円+税)

4月10日(月)午後、新幹線で東京戻り夜、東京着

費用:宿泊約2万円+交通費

* 月曜休みが取得出来、山スキーを持っている方に限ります。興味のある方は市川裕美子まで。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Event

White water rafting/hiking/hot spring tour in Minakami

27 May Saturday to 28 May Sunday

white water rafting trip for the weekend of May 27-28. We tried to go to a different place other than Minakami in Gunma, looking for a more adventurous trip, however, the best rafting season in other places such as Kiso River and Nagara River in Nagoya will not kick in until September. The only place we can enjoy relatively adventurous trip is seen limited to Minakami at this moment, although we suffered from a lack of water there last year. Well, actually no matter where you go, it is up to the weather that day.

If you know any other good rafting places close to Tokyo, let us know. Please note that the season for Ayu fishing starts in June, which is also limiting our options.

Meanwhile, with the assumption that we are again going to Minakami, we are looking for following volunteers

to help organize this event:

1] a treasurer who can collect money from participants and calculate how much we are spending

2) BBQ crews. Although we have not found where to do the rafting yet, we can find a place where we can do BBQ, in which case we need some people who can coordinate this BBQ lunch before the rafting. The lunch does not need to be a gourmet at all. I am looking for something very simple, such as hot dogs and hamburgers or the American style BBQ, which we enjoy very much at the last trip.

3) Hiking leaders. Last year, we climbed Tanigawadake. We split into two groups because some of our members were scared of riding on a gondola. We need at least two volunteers who can lead a hike up to Tanigawadake and who can lead us a hike on the bottom of Tanigawadake.

Cost :

If we have 26 people and can charter a bus, it should cost less than 30,000 yen including transportation,

accommodation, food and rafting

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Event

Okutama Hike/Onse

12 March Sunday

OKUTAMA HIKE, SUNDAY, MARCH 12th ,

One more among my 1001 hikes into the Okutama area full of great mountains, lush pine forests, beautiful valleys and waterfalls. And of course good times with fellow members.

Gozen Yama, 1407 meters

We will hike from Okutama station up to the third highest peak in the Okutama National Park. Upon descending we will soak in an onsen. When we make it out of the hot bath, we will hobble to a local restaurant and enjoy a beer or two while we reminisce about our hiking adventure. Some of the locals speak a unique dialect of drunken Japanese so be prepared for some entertainment.

What to bring: Food for lunch, warm clothes, hiking boots, raingear, flashlight, PLEASE do NOT wear jeans, wear shorts or sport pants.

How to get there: get on the Okutama express 7:43 am train from Shinjuku to Okutama station arriving at 9:15am (the train stops in Tachikawa at 8:11 am, and MAKE SURE you ride one of the front cars because in Haijima it splits in half and the rear travels towards Pluto). Look into getting an Okutama weekend pass for around 1400 yen to save money

Cost: around 1400 yen for weekend pass, 700 - 1000 yen for the onsen, and 1000-1500 for dinner (depending on how much you drink).

NOTE: I will get the train in Tachikawa so don' t wait for me in Shinjuku. AND this is not a hike for beginners! Arrival: back in Shinjuku at around 8 to 9 PM

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Event

Okutama Hike/Onsen

19 March Sunday

OKUTAMA HIKE, SUNDAY, MARCH 19th ,

One more among my 1001 hikes into the Okutama area full of great mountains, lush pine forests, beautiful valleys and waterfalls. And of course good times with fellow members.

Kawanoriyama, .1400 meters

We will hike from Okutama station up to Kawanoriyama in the Okutama National Park. Upon descending we will soak in an onsen. When we make it out of the hot bath, we will hobble to a local restaurant and enjoy a beer or two while we reminisce about our hiking adventure. Some of the locals speak a unique dialect of drunken Japanese so be prepared for some entertainment.

What to bring: Food for lunch, warm clothes, hiking boots, raingear, flashlight, PLEASE do NOT wear jeans, wear shorts or sport pants.

How to get there: get on the Okutama express 7:43 am train from Shinjuku to Okutama station arriving at 9:15am (the train stops in Tachikawa at 8:11 am, and MAKE SURE you ride one of the front cars because in Haijima it splits in half and the rear travels towards Pluto). Look into getting an Okutama weekend pass for

around 1400 yen to save money.

Cost: around 1400 yen for weekend pass, 700 - 1000 yen for the onsen, and 1000-1500 for dinner (depending on how much you drink).

NOTE: I will get the train in Tachikawa so don't wait for me in Shinjuku. AND this is not a hike for beginners!

Canceled if it rains.

Arrival: back in Shinjuku at around 8 to 9 PM

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Event

Hakone Kyukaido

11 March Saturday

It will be a super-easy walk

Meeting Time & Place :

8:15am at the middle of the platform of Odakyu line 小田急線 to Hakone Yumoto 箱根湯元 in Shinjuku 新宿.

We are taking 8:31am express which will arrive in Hakone Yumoto 箱根湯元 at 10:19am. The next train will

arrive at Hakone Yumoto 箱根湯元 at 10:47am, so once you missed our train, we have to leave you because

we cannot wait for you for 30 minutes. So, don' t be late!

I recommend you to buy a special coupon called Hakone Noten(Yaten) Buro Coupon B箱根野天風呂クーポン

B (There is A and B, but we are getting B for Kappa Tengoku かつば天国)B, which includes round-trip tickets and a hot spring fee at Kappa Tengoku かつば天国 which we are visiting at the end of the trip. It costs 2,580 yen.

The level and length of the walk :

1 start, 4 hours

Schedule :

1) Arriving at Hakone Yumoto 箱根湯元 at 10:19am

2) We will walk to Hatajuku 畑宿 for less than 2 hours. We will stop by at a Japanese noodle shop for lunch. So, you do not need to bring the lunch.

3) We will walk for one and a half hour to Amazake chaya 甘酒茶屋, where we can have a nice cup of Amazake, which I already enjoyed last week at our Hinamatsuri Hike (Thanks, Teru & Hilary for bringing tons of amazake!)

4) After a nice afternoon amazake, we will further walk up to Motohakone 元箱根 and Hakone-matchi 箱根町

for another 1 hour and 20 minutes, and take a bus back to Hakone Yumoto 箱根湯元 Station for an hour.

5) At Hakone Yumoto 箱根湯元, we will soak into a hot spring at Kappa Tengoku かつば天国, and eat dinner and go home.

Note :

1) You do not need to bring lunch because according to my guidebook, there is a famous noodle shop at Hatajuku 畑宿, and I would love to try. But you can bring your own lunch as well.

2) I always ask you to bring the map, but in this case, since this is such a famous trail, there might be some information at the Hakone Yumoto 箱根湯元 Station.

Events

White Water Rafting/Hiking/Hot Spring/BBQ with an option of camping in Minakami
27 May Saturday White Water Rafting/Hiking/Hot Spring/BBQ with an option of camping tour in Minakami.

This year, you have two choices for accommodations; the Japanese inn (most likely the same inn from last year, Komeya Ryokan 米屋旅館) and camping at Auto Campers' Naramata.

The cost for the trip has not come out yet, but most likely, for those who are going to stay at a Japanese inn, it will cost a little more than 25,000 yen including transportation, rafting, accommodation at the Japanese inn with Sat dinner and Sun breakfast, BBQ and Sunday lunch box. For those who are going to camping, it is expected to cost a little more than 18,000 yen including rafting, transportation, BBQ, the fee for the camp site and the Sunday lunch box.

We've got many volunteers already who are going to help us organize this event with hiking and BBQ. The limit of participants is 29, and unfortunately it is almost booked already as of the March meeting. But in case of some cancellations, please put your name on the waiting list, in you are interested in joining.

Meeting Time & Place :

Probably 7:00am in front of Yasuda Seimiei Building 安田生命ビル in Shinjuku 新宿. We are chartering quite a luxury bus this time as the bus company felt sorry for us last year because of the tight space with many huge Gaijin and found a much better bus for us this year. Look forward to it!

Schedule :

This is not a definite plan yet, but we will let you know more details or final plans later.

<Saturday>

7:00am Leaving Shinjuku 新宿 to Minakami 水上.

10:30am Arriving at Minakami 水上. Start preparing BBQ.

13:00pm White Water Rafting at Tone River 利根川！

16-17:00pm Going to a Japanese inn and a camping site. For those who do camping, we may stop at a hot spring on the way there.

<Sunday>

9:30am Start hiking in the Tanigawadake and Ichinokura areas. We' ve got a couple of courses or levels to choose thanks to volunteer spirits by hike leaders.

15:30pm Coming back from hiking and visiting a hot spring.

19-20:00pm Coming back to Tokyo. Otsukaresama :-)

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Event

Hiking, Strawberry, and Onsen

8 April Saturday

We will take a Seibu Ikebukuro line train from Ikebukuro to Chichibu. Hike for two

hours, then pick and eat a lot of strawberry, and soak in Buko onsen. For those who want an overnight option, continue to the heart of Chichibu Mountain range and stay in a rustic family inn.

Stay: Minshuku Kobushi 0494-55-0457

日帰りのイチゴ狩りハイキング with 温泉、
秩父の山を歩き、イチゴの食べ放題を楽しむ

Meeting Time & Place :

Departure: Saturday April. 8 Meet at Ikebukuro, Seibu station 8:10 am to catch a 8:36 train for Mitsumineguchi

Cost :

Costs: About 5,000 yens

Train (700 o/w), Strawberry picking 1,200

yen Onsen 1,000 yen, Lunch 1,000 yen

About 11,000 yen extra for overnight stay

11,000 円

What to bring :

Time is limited and carry something to eat on the way.

何かスナックをお持ちください。

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Event

A highlight of the year!! Rustic Onsen Caravan

3 May Wednesday to 6 _ Saturday

Expect one or two onsen stops each day. (if you think it too much soaking, just wait for us)

We will stay some of the most rustic places where you can still see the traditional culture.

We will be hiking (up to five hours one time) in Hakase Mt. and Bandai area.

Visit the old atmosphere villages and places in S. Tohoku.

Places to stay

May 3 Tsurunoyu 0241-52-3324

May 4 Yokomuki-onsen 0242-64-3341

May 5 Numerigawa-onsen, a hitou-wo-mamorukai ryokan

Meeting Time & Place :

Meet May 3, 7:45 AM in Ueno or

10:00 AM Utsunomiya

Costs :

About 48,500 yens per person, covering

Train to/from Utsunomiya 4,500 yen

Car rental, fuel, toll 14,000 yen approx.

Three nights with most meals 20,000 yen

Lunch, meals, day soaks, etc.10,000 yen

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Event

Hike

18 March Saturday

Mar 18, Sat.

Takao Yama Hike . Perfect for Beginners.

About 3hrs map time.

Meeting Time & Place :

Meeting location: Entrance to Keio Line in Shinjuku Stn. 09:15 (It' s the entrance nearest the back of the train

in case there is more than one such entrance, the northernmost entrance).

What to Bring :

Please bring:

Some water for drinking

Something for lunch

Whistle (in case you get into trouble & we can hear you)

A decent pair of walking shoes or hiking boots (most important piece of kit you can have)

A fleece or warm jacket (woollen jumper or sheepskin rug not recommended)

Waterproofs (you shouldnt worry about getting wet anyway as skin is waterproof)

First Aid Kit (another essential bit of kit that everyone patrolling the mountains should have)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Event

British Style BBQ

3 June Saturday to 4 _ Sunday

A small sample of Britain set deep in the Chiban countryside, about the same distance from Shibuya as the Hatanosu BBQ in Okutama has been.

You will have the chance to sample the flavour of British cuisine and consume the finest British ale.

This will be a two day event (Sat/Sun) with a choice of accommodation - comfortable New Zealand built cabins or camping, with full use of amenities including, toilets, hot showers and large communal bath.

Cost will also include:

Breakfast on Sun

The general plan will be to arrive at the BBQ area/recreation centre at lunchtime on Sat 3 June, take part in some very interesting and fun activities (with prizes), prepare and cook BBQ and enjoy an alcoholic evening with a couple of surprises thrown in.

More details will be posted as we plan. Keep your eye on this event, it will be well worth attending.

Meeting Time & Place :

Tokyo Station - Keiyo Line. Time to be arranged

Cost, What to Bring :

There are two options available, depending on the type of accommodation you select:

Comfortable New Zealand Built Cabin: 7,500 Yen

Camping (either sharing or your own tent): 5,500 Yen

A list of what to bring will be issued later.

Additional details :

Please note that:

- A. We have made a reservation for 20 people for the Cabins.
- B. We must fill these places up first.
- C. When the cabins have been filled, everyone else will have to sleep in tents.
- D. The maximum number of people for this event will be 60.

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Event

Mountain Bike Tour in Omote-Tanzawa

26 March Sunday

This is an easy one-day tour on paved roads, dirt tracks and hiking trails. The route follows the Omote-

Tanzawa Rindo, a scenic forestry road that is closed to ordinary traffic. From the starting point at Shibusawa Station (200 m), we first ride through the town of Hadano towards the foothills of the Tanzawa mountains. On a dirt road, we follow the Mizunashi River uphill, until we reach the gate of Omote-Tanzawa Rindo. A long but

easy climb leads to Yabitsu Pass, at 761 m the highest point of the tour. The panorama view from the road is quite spectacular: from Izu in the west to Enoshima and Miura in the east. After enjoying the 8 km downhill ride to Minoge (310 m), a short but rather steep climb will take us to the ridge of Asama-yama (636 m). From here we'll follow the trail along the ridge down to the point where it intersects with the Asama-yama forestry road. This roller coaster ride on the Asama-yama trail is one of the most enjoyable off-road rides in this area.

The fun continues with a 10 km downhill on the paved road all the way down to Nanasawa-onsen where a well deserved soak in the rotenburo awaits us. From the onsen it's only a short ride to the Odakyu Line (either Aiko-Ishida or Hon-Atsugi).

Total distance: about 45 km.

Meeting Time & Place :

9:30 - 10:00 a.m.

Shibusawa Station on Odakyu Line

Transportation :

Odakyu Line from Shinjuku. Express trains leave Shinjuku roughly every 10 minutes, and the ride to

Shibusawa takes 73 minutes.

Train fare: 650 Yen.

What to bring :

Mountain bike, bike bag, helmet, warm clothes, gloves, rain gear, spare tube, food, drinks, towel, change of clothes, light.

Costs :

Train fare: 650 Yen; Onsen: 1,000 Yen

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Event

April Fools Triathalon - Ohyama

1 April Saturday

April Fools Triathalon: bike, hike, and dinner party!

We' ll go to the summmmit of Ohyama under our own power. Starting by bicycle and finishing by foot.

Coming down will be the opposite, and much easier!

After we descend the mountain we will have a dinner party at my house. A stop at an onsen before dinner is possible because there are several very near my house.

Meeting Time & Place :

Aiko-Ishida Station on Odakyu line at 9:30 AM.

What to bring: :

A lunch to enjoy on the top of Ohyama. A change of clothes for the evening. Optionally a lock for your bike because we will leave the bikes unattended at the trail head for about four hours.

Dinner party: :

We' ll shop for dinner supplies after the ride/hike and split the cost among the participants.

Participant limit: 10 :

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Event

Mikura-jima is one of the Izu islands. The waters that surround this beautiful island are home to some 180 bottlenosed dolphins (not sure who actually counted them...) In Japan, it is not illegal to swim with the dolphins as it is in the United States. Dolphins are very social animals and love to play, however, wild dolphins will not act exactly like Flipper! Still, swimming with dolphins can be a very special experience. Many people who have swam with dolphins feel some special connection to these beautiful creatures. I swam with the dolphins at Mikura-jima last August and have been anxious to go back.

Requirements: reasonably strong swimmer

Details:

Leave Friday May 19th via ferry from Tokyo's Takeshiba Pier at 10pm—arrive at Miyakejima at around 5am

saturday morning. Have breakfast either on ferry or after arrive at accommodations/camping ground.

Transport to Marine Base where the accommodations will be. Marine Base is not fancy at all (consider yourself fully warned!), but can provide rooms. You can also camp overnight for a little less money.

Around 8am, leave for docks where we will pick up boat bound for Mikura-jima. Depending on wave condition and feeling of dolphins, stay around Mikura-jima all day and swim with dolphins. Have lunch on boat.

If we return and have time in the afternoon, other activity options include: hiking up to the volcano, biking around the island, and if there are enough folks who want to go, scuba diving can be arranged. Diving is surprisingly good there.

Saturday night: Go to onsen in the early evening then return to Marine base for barbeque dinner.

Sunday is a free day until 12:20 ferry. Options include the activities above. Biking around Miyake-jima is rated in the "Best of Tokyo" as the "best 2 wheel island trip." I've taken the loop around the island and it is truly scenic. Well worth the ride in my opinion. Difficulty is not so high. Can be done with either a road or mountain bike.

Meeting Time & Place :

Meeting time and place to be determined as we get closer to the date and tickets are confirmed

What to bring: :

Swimsuit which you can actively swim in, if you have scuba or snorkeling gear then bring your: mask, snorkel, wetsuit (or shortie), flippers, booties for flippers, windbreaker, sunscreen, sunglasses, shorts which can get wet (you'll be on a boat), change of clothes for evening (which may be a little cool), flashlight, towels, bug spray, hiking boots, bike (if you want to bike the island)
If you are camping: tent, sleeping bag, lantern, etc.

Costs: :

Costs: Includes: Dolphin swimming (all day), ferry tickets (round trip), overnight stay in rooms, Saturday lunch on boat, Saturday night barbeque, Sunday breakfast, all included: 43,000 yen.
If you camp instead of staying in a hotel room, then 38,400 yen.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Event

The 2 Peaks of Takurasanzan

8 April Saturday

Ichimichiyama, Okutama

The 2 Peaks of Takurasanzan

A cigar is not just for men

Come join me for a taste of the good life. You don' t have to be a smoker. I' m not, but I enjoy the taste of a good cigar.

From Sawadabashi, we will take a gentle climb up to our first peak, Usekineyama (842m) and from there, on

to Ichimichiyama (795m) where we will sport lunch. According to the map, there are wild monkeys in the area

but I don' t think any of them have ever smoked a cigar!

After lunch, we I kiss goodbye to Ichimichiyama and proceed along Minemidori Ridge to Iriyama Pass.

Masuko Station

(Itsukaichi Line).

Map time: 7hrs

Meeting Time & Place :

Meeting Time and Place:

Shinjuku Station, front end of Chuo line, plt. 9/10, 06:30 to catch the Tokai Special Rapid.

What to Bring :

Good pair of hiking boots to hold up drunken legs

Something for lunch

A fleece or warm jacket

Waterproofs (for non-waterproof skin)

First Aid Kit (another essential bit of kit that everyone patrolling the mountains should have)

Mat or sheet to sit on

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Wine Education Trip – Yamanashi Wine Region

15 April Saturday to 16 _ Sunday

How much do you know about wine

Whether you are a seasoned wine drinker or a beginner, eager to discover and explore the wonderful world of wine, this trip is definitely for you. Guaranteed to be both informative and fun, you will come away from this trip with a new knowledge and hopefully the will to experiment with your future wine purchases. We will visit some wineries and vineyards, as well as enjoying at least one onsen, and a hike in the mountains of Yamanashi.

Heres the outline of our plan:

Sat 15 April

Prior to reaching Kofu Station, we will debus at Katsunuma, Enzan and Katsunuma Stations to visit the Katsunuma Choei Winery, Mann Katsunuma Winery, and Sapporo Katsunuma Winery. Sober or not, we will finish the tour at Suntory Yamanashi Winery and vineyards. These trips will involve an average taxi ride of 10 mins to each winery. After the Suntory tour, we will take a bus (approx. 60 mins.) to Chiyoda-ko camping ground, where, after setting up tents, we will have a choice of onsens to select from. When our scoff (evening meal) is over, we can enjoy a wine party from the wines we have selected earlier in the day.

Sun 16 April

After cooking our own breakfast and packing the tents away, we will head back on the Chuo line towards Takao and exit at Sasago Station to climb Takigoyama. At the top, we.l have another wine party with wine purchased during the trip. The descend back down to the Chuo will leave us with the option to either

soak in another onsen or head back to Shinjuku.

Limited to max. of 12 people

Meeting Time & Place :

Shinjuku Station, front end Chuo line platform #9 at 08:00hrs. We will take the ltd. express bound for Kofu.

Provided we have 12 people signed up by 9 April, we will be able to purchase group discount tickets at 2,300

(one-way non reserved).

What to Bring :

Hiking kit (boots, fleece, waterproofs, torch, first aid kit, etc.)

Camping gear (tent - possible to share- stove, mug, cooking gear, sleeping bag, rollmat, washkit, etc.)

Wineglass and good protection for it.

Deadline for Signup :

Sunday 9th April

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Events

Hike

03 May Wednesday to 06 _ Saturday

This is called the 2-4-9 Hike because we will be hiking the second (Kitadake), the fourth (Ainodake) and the ninth (Shiomidake) peaks in Japan. This will be a long, but, most likely beautiful trek over some of Japan.' ts highest mountains. Starting at Hirogawara, we will hike up Kitadake on the first day and stay in a hut (if possible) on the other side. The second day we will complete Ainodake and cover much of the territory on the way to Shiomidake. The third day we will hike to the top of Shiomidake and lodge in a hut on the other side.

Finally, the last day we will hike out.

I expect this to be a long and tiring hike.

Meeting Time & Place :

TBD

What to bring :

Food, Water/liquids, Hiking boots,Crampons (4 or six point are fine), Hiking Stick, Gloves,Very warm clothes, sleeping bag, Flashlight,Toilet paper (optional),Towel (for onsen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kumotori-yama Overnight Hike

22 April Saturday to 23 _ Sunday

This should be a rewarding trip up one of the more accessible mountains in Japan.

We will start from the Omatsuri bus stop along Ome Kaido highway. We will then have a rather gradual, but

long 3:30 hike to the Sanjonoyu Lodge, where we will be staying the evening.

There is an onsen here which

we should be able to enjoy. The second day we will have to hike another 3 hours uphill till we reach the top of

Kumotoriyama. From there we will hike one more hour to the top of Nanatsuishi yama, where I recommend

we have lunch. Finally, we have 3 hours of hiking downhill to where we will catch a bus. If there is time we

may want to find an onsen in the area.

I expect this to be a rather long and tiring hike.

Meeting Time & Place :

Shinjuku Station – JR South Exit (ticket area) kaisatsuguchi.

Meeting Time: 08:30 We will be taking the 8:47 Holiday Express to Okutama.

What to bring :

Food for 2 lunches and snacks, water/liquids, hiking boots(it is easy to twist an ankle), crampons (optional),

hiking Stick(optional), gloves (recommended), towel(for onsen)

Please Note: :

If you are interested, please send me your name and an e-mail address and/or a telephone number where I

can reach you. I will need to have a final confirmation from everyone by Thursday, April 20, so that I can

make reservations at the lodge.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okumusashi Day Hike

08 April Saturday

This is a rather fun hike up and around some very attractive scenery.

We will start from Shomaru station, travel through the quaint town of Shomaru and then hike around large

boulders to the top of Izugatake. The top of Izugatake has a nice rock wall which you must ascend via a long

chain attached to the rock. We will then have lunch at the top and head to Agano Station via a number of

small peaks.

This is somewhat long and tiring, but not one that a beginner in good shape could not do.

Meeting Time & Place :

Ikebukuro Station – Seibu Ikebukuro Line. We will meet at front of the 8:16 train for Chichibu. (For

those who want to meet somewhere on that line, we will arrive at Shomaru at 9:45.

What to bring :

Lunch (there is not much to buy at Shomaru station), water/liquids, hiking boots (it is easy to twist an ankle),

gloves (optional: for dirt and climbing chains)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Dolphin Swimming: Miyakejima/Mikurajima

19 May Friday to 21 _ Sunday

Mikura-jima is one of the Izu islands. The waters that surround this beautiful island are home to some 180

bottlenosed dolphins (not sure who actually counted them...) In Japan, it is not illegal to swim with the

dolphins as it is in the United States. Dolphins are very social animals and love to play, however, wild dolphins

will not act exactly like Flipper! Still, swimming with dolphins can be a very special experience. Many people

who have swum with dolphins feel some special connection to these beautiful creatures. I

swam with the dolphins at Mikura-jima last August and have been anxious to go back. The folks that run this

particular trip are very eco conscious and

will instruct you on how to best approach the dolphins and enjoy your experience.

I will initially set a limit of 13 people who are interested in the dolphin swim so that we can take over an

entire boat and have the boat take us out all day or as long as we want to stay. If there is more interest than

13, then we' ll see what we can do to open up more spaces. Usually, the trip is for only a morning or afternoon

session. However, I' ve made special arrangements with the crew to try to maximize our time with the

dolphins. But weather is a big consideration so you need to be aware of that.

The good news on that front is

I' m told the weather is great in May.

Requirements: reasonably strong swimmer; interest in dolphins and belief that that the waters do not contain

monsters!

Details:

Leave Friday May 19th via ferry from Tokyo' s Takeshiba Pier at 10pm—arrive at

Miyakejima at around 5am

saturday morning. Have breakfast either on ferry or after arrive at accomodations/camping ground.

Transport to Marine Base where the accomodations will be. Marine Base is not fancy at all (consider yourself fully warned!), but can provide rooms. You can also camp overnight for a little less money.

Around 8am, leave for docks where we will pick up boat bound for Mikura-jima. Depending on wave condition and feeling of dolphins, stay around Mikura-jima all day and swim with dolphins. Have lunch on boat.

If we return and have time in the afternooon, other activity options include: hiking up to the volcano, biking around the island, and if there are enough folks who want to go, scuba diving can be arranged. Diving is surprisingly good there.

Saturday night: Go to onsen in the early evening then return to Marine base for barbeque dinner.

Sunday is a free day until 12:20 ferry. Options include the activities above. Biking around Miyake-jima is rated in the "Best of Tokyo" as the "best 2 wheel island trip." I've taken the loop around the island and it is truley scenic. Well worth the ride in my opinion. Difficulty is not so high. Can be done with either a road or mountain bike.

Meeting Time & Place :

Meeting time and place to be determined as we get closer to the date and tickets are confirmed. Likely that we will meet an hour or more prior to departure to guarantee a good spot on the ferry. More to come on that later.....

What to bring: :

Swimsuit which you can actively swim in, if you have scuba or snorkeling gear

then bring your: mask, snorkel,
wetsuit (or shortie), flippers, booties for flippers, windbreaker, sunscreen,
sunglasses, shorts which can get wet
(you' ll be on a boat), change of clothes for evening (which may be a little
cool), flashlight, towels, bug spray,
hiking boots, bike (if you want to bike the island)
If you are camping: tent, sleeping bag, lantern, etc.

Costs: :

Costs: Includes: Dolphin swimming (all day), ferry tickets (round trip),
overnight stay in rooms, saturday lunch

on boat, saturday night barbeque, sunday breakfast, all included: 43,000 yen.

If you camp instead of staying in a hotel room, then 38,400 yen.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gozen Yama Hike/ Onsen

9 April Sunday

One more among my 1001 hikes into the Okutama area full of great mountains, lush pine forests, beautiful

valleys and waterfalls. And of course good times with fellow members.

Gozen Yama, 1407 meters

We will hike from Okutama station up to the third highest peak in the Okutama National Park. Upon

descending we will soak in an onsen. When we make it out of the hot bath, we will hobble to a local restaurant

and enjoy a beer or two while we reminisce about our hiking adventure. Some of the locals speak a unique

dialect of drunken Japanese so be prepared for some entertainment.

What to bring: Food for lunch, warm clothes, hiking boots, raingear, flashlight, PLEASE do NOT wear jeans,

wear shorts or sport pants.

How to get there: get on the Okutama express 7:43 am train from Shinjuku to Okutama station arriving at

9:15am (the train stops in Tachikawa at 8:11 am, and MAKE SURE you ride one of the front cars because in

Haijima it splits in half and the rear travels towards Pluto). Look into getting an Okutama weekend pass for

around 1400 yen to save money

Cost: around 1400 yen for weekend pass, 700 - 1000 yen for the onsen, and 1000-1500 for dinner

(depending on how much you drink).

NOTE: I will get the train in Tachikawa so don't wait for me in Shinjuku. AND this is not a hike for beginners!

ALSO This hike will NOT be cancelled if it rains (if it rains we will go to an onsen and have lunch)

Arrival: back in Shinjuku at around 8 to 9 PM

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama Weekend Hike/Onsen/Barbecue

15 April Saturday to 16 _ Sunday

One more among my 1001 hikes into the Okutama area full of great mountains, lush pine forests, beautiful valleys and waterfalls.

Saturday, June 5th

Otakesan Yama, 1407 meters

We will hike from Okutama station up to the third highest peak in the Okutama National Park. We will then

make it out campsite in Hatanosu (the Hatanosu Buttress Camp) where we will enjoy fresh a fresh cooked

soup and other nice gourmet food prepared by our illustrious chef, Sir George Hedfeld. After dinner we

will drink ourselves into a stupidity while singing folk songs from the ancient pearl divers of Mesopotamia

Sunday, June 6 th

A casual hike along the Tama river. We will start at Mitake station along the Ome line and walk along the

Tama river enjoying the scenery of the fantastic Okutama gorge. We will end the day with a soak in a

Hatanosu or Okutama onsen and after enjoy a freshly cooked meal of udon and pancakes. Some of the local

folks speak an unusual dialect of drunken Japanese, so be prepared for entertainment.

What to bring: Food for the lunch on Saturday and Sunday, and dinner Saturday evening (we will have a

barbecue so bring food you can cook on a grill), hiking boots, raingear, cooking utensils, flashlight, booze (we

will be making a stop in Mitake Mountain village before the buttress camp so you can buy som there). Pots,

pans and other barbecue cooking utensils will be provided by the camp grounds

How to get there: get on the Okutama express 7:43 am train from Shinjuku to

Okutama station arriving at

9:15am. Look into getting an Okutama weekend pass for around 1400 yen to save money

Cost: around 2000-4000 yen an overnight stay at the buttress camp, 1400-2500 yen round trip

transportation, 1000 yen for the onsen, and around yen more for other things, i.e., food, booze, etc.

Total: approximately 8000 yen

Note: This will NOT be cancelled if it rains. If it rains we will either climb or go up by cable car to Mitake

mountain, and after go to the buttress camp for a barbecue (they have tarps to keep us dry). Arrival back in

Shinjuku will be around 7 to 9pm

Meeting Time & Place :

Meeting Time & Place: Tokyo Station - Keiyo Line at about 0900 on Saturday (train time to be confirmed)

What to Bring :

* torch and spare batteries

* waterproofs

* lunch for Saturday and Sunday

* drink to bring (e.g. bottle of wine; 6-pack of beer; bottle of non-alcoholic drink . please let us know what you will bring)

* bathing costume if you want to join communal bath

* if camping: tent, sleeping bag, rollmat

* equipment for Sunday activities as appropriate Payment Deadline :

Friday 26 May

Events

Oshima Bike Trip

13 May Sunday to 14 _ Sunday

An classic!!

This event will take us on the overnight ferry to Oshima where we can hike (over a volcano), bike and barbecue for the whole weekend.

Adventurous bikers can go up and down the volcano while there is a more leisurely route for 50 km round the island. I will be getting route info from the rental shop and will let you know later.

Limit of 30 people (only 20 places left now!)

Please secure your place by e-mail. If you have already contacted me then your place is guaranteed. I will put up a list on my homepage soon. Please pay the deposit as below.

PS could somebody please distribute this via the e-mail list as I don't have access to that for the next 2 weeks.

Meeting Time & Place :

Meet at

The ferry going to Oshima (Friday night)

If you want to use Takeshiba Pier (In Tokyo)

The ferry departs Takeshiba Pier at 10:00 pm. Checking a bicycle into a container must be done between 7:30

and 8:30 pm. The closest JR station is Hamamatsu-cho. The pier is about a 5-minute walk to the east of

Hamamatsu-cho Station. You may also be able to use Takeshiba Station on the Yurikamomei Line, which starts in Shimbashi.

If you want to use Yokohama Port

The same ferry that leaves Takeshiba will arrive in Yokohama and then depart at 11:30. If you get on the

ferry in Yokohama, you will have fewer options for sleeping spots. You can check your bike into a container in Yokohama between 9:00 and 10:30 PM.

If you miss the ship or if you want to start in the Saturday morning

You can take Atami route. If you use local train, it will take 2 hours from Tokyo to Atami. Then you take the

ferry to Oshima leaving 10 a.m., which will arrive at Oshima at 11 a.m.. If you take this ship, please check in at the ryokan yourself.

How to get your ticket

Round-trip ticket to Oshima is 7,620yen (If you use Atami route, it will be 16,000yen including JR local train).

Checking a bicycle into a container costs 1,430 yen one way if you have no bike bag, and it costs 900 yen one

way if you bring it in bike bag. Buy your ferry ticket in advance through JTB or buy it Friday night at the pier.

You must also get a boarding pass to get on the ferry. You CAN'T get a boarding pass from JTB—you can only

get it at the pier on Friday night. The earlier you get your boarding pass, the earlier you'll be allowed on the

ferry.

If you need further information, please contact Tokai Kisen

Home page : <http://www.tokaikisen.co.jp/>

Cost :

7620 return ferry ticket (+1800 for bagged bike)

6500 for the ryokan with 2 meals

2000 for barbecue dinner

1500 mountain bike rental (per day)

You have to buy your own boat ticket, don't forget!

What to bring :

HELMET (This is a MUST!)

Bike (Bringing your own is highly recommended.)

Bike bag (for train and ferry transport)

Lunch for Saturday

Swimsuit (for the rotemburo)

Towel

Sunscreen and personal toiletries

First aid kit

Earplugs (highly recommended for sleeping on the ferry)

Sleeping bag and mat for the overnight ferry ride (Blanket rentals are available if you prefer.)

Comfortable clothes for cycling

Warm clothing

Rain gear (jacket and pants)

Flashlight (torch)

Spending money (snacks, Sunday lunch, onsen, rotomburo, etc.)

Inner tube patch kit and pump (if you have one, or make sure you stay near someone who has one!)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Secret Beach of Kozu-jima Island

26 August Saturday to 27 _ Sunday

Kozu-jima Island is one of the Izu islands. It is a popular resort for the sea-bathing.

Most of the tourists go to popular beaches of the island such as Maehama beach and

Nagahama beach due to the good access. On the other hand, Kaesuhama beach is a very bad access where only the locals can visit, so the beach is very quiet and beautiful.

It is also celebrated with creatures. In this trip, I would like to organize a trip visiting the

secret beach, Kaesuhama of the island and have a snorkeling and swimming.

Meeting Time & Place :

Meet at

The ferry going to Kozushima (Friday night)

The ferry departs Takeshiba Pier Friday night (The time table of the summer has not

fixed yet). The closest JR station is Hamamatsu-cho. The pier is about a 5-minute walk

to the east of Hamamatsu-cho Station. You may also be able to use Takeshiba Station

on the Yurikamomei Line, which starts in Shimbashi.

The maximum number of people for this event will be 7.

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Events

Kyoto Gion Festival Tour

15 July Saturday to 16 _ Sunday

There are 2 highlights of this tour:

- * You can see the Gion Festival, one of the most traditional Japanese festival.
- * If you bring your bike, you can travel the cycling road stretching from Kyoto to Nara
(about 50 km).

This will be a two day event (Sat/Sun) with a cheap accommodation along the cycling road from Kyoto to Nara. It has a good access to the Gion Festival and to other good bike riding areas (Arashiyama, Sagano, local temples and shrines).

Meeting Time & Place :

Program of the tour

July 15 :

Meet at the front end of Kyoto Station at 10 AM and go to the accommodation.

After

lunch, go to Nara along the cycling road, have a short trip of Nara and take a train

bringing your bike. After coming back to the accommodation, take a kind of onsen.

Then go to the downtown, have dinner and enjoy the Gion Festival.

(Those who rent a bike will be a different cycling program.)

June 16:

I would like to provide some optional sight seeing plans.

Costs :

Transportation : about 26,000 yen (JR Shinkansen, please buy your ticket for yourself)

plus bagged bike and local transportation

Accommodation : 2,700 yen without meal and no service at all

Onsen : 550 yen

Meal : One breakfast, two lunches and one dinner

Optional Plan :

* Renting bike is possible but the bike tour to Nara is not recommendable with the rent bike.

The climax of the festival is July 17 (Monday). You can extend your stay in Kyoto if you let me know in advance.

The maximum number of people for this event will be 20.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Summer Camp at the Kujukurihama Beach

29 July Saturday to 30 _ Sunday

Let' s go to the beach and enjoy Asian summer!

Kujukurihama Beach is located at east Chiba and famous for surfing. It is because

sandy beautiful beach is stretching and has a good wave. If you join this camping, you

can enjoy the following options :

- * Body boarding
- * Beach volleyball (I will bring equipment)
- * Bike riding along the beach (If you carry your MTB)
- * Swimming
- * Enjoy sunshine
- * Seafood barbecue (There' s a seafood market near the camping site)
- * Fireworks (Big fireworks are scheduled to be conducted on 29 July)

Meeting Time & Place :

Program of the camping :

29 July

Meet at Ohara station at 11 AM and walk to the camping site (about 3 km). Along the

way to the camping site, there' s a convenience store, hamburger shop and other food

shops. You can eat or buy your lunch there. After lunch and setting up tents, go to the

beach and enjoy yourselves. Then we have sea food barbecue party.

30 July

Enjoy yourselves at the beach and come back.

Cost :

Accommodation : about 2,000 yen

Barbecue : about 3,000 yen

The maximum number of people for this event will be 20.

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Events

Mountain bike offroad riding practice at Okutama

20 May Saturday

This trail ride is same course as I organized last December.

But I focus more on the new riders and beginners this time.

Expert riders are also welcome.

We ride up to Kurohime Toge pass on paved road at relaxed speed. It is a quiet road.

From the pass, the single track (hiking trail) starts.

We need to push our bikes some part but it is not very long.

After having lunch at the top of Hinode mountain, the long downhill along Kompira ridge starts.

I want to teach some techniques to the new riders, how to control your speed, which gears to use, etc.

This trail is technically easy to moderate, phisically moderate.

The trail ends right behind the station. We can enjoy after-the-ride-hours at izakaya.

Meeting Time & Place :

We will meet at Musashi Itsukaichi station at 9:30AM.

What to bring :

HELMET (This is a must.)

Mountain Bike

Gloves (prefered)

Lunch

Drinking water

Those who don' t bring their lunch should buy one at the conveniense store near the station.

2 bike bags are available from activity cordinator.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One-day Hike to Mt. Nakimushiyama(1,104M)

27 May Saturday

A day-hike to Mt. Nakimushiyama in Nikko area. We start to go on a hike from the point at 540M above the

sea. You may choose to enjoy a hot spring after the hike.

Meeting Time & Place :

We meet in the middle of platform #5 sharply at 8:05 in the Tobu Asakusa station.

Equipments :

Lunch, water, rain gear & hiking boots with ample ankle support (A must!)

Transporation :

Less than Yen4,000 including onsen charge. Please purchase a ticket to Tobu Nikko station on the Tobu

Asakusa station.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One-day Hike to Mt.Kintokiyama (1,213M)

03 May Wednesday

A day-hike to Mt.Kintokiyama in Hakone area. We start to going on a hike at around 700M above the sea. You

may join us from Kawasaki at 8:30 and Yokohama at 8:39 and etc..... Also you may choose to enjoy a hot

spring after the hike.

Meeting Time & Place :

We meet in the middle of platform #11 sharply at 8:15AM in Shinagawa station

Transporation :

Less than Yen7,000. including onsen fee, for return. It depends on an onsen facilities we will choose up.

Please purchase a ticket to Odawara station on the Tokaido line.

Equipments :

Lunch, water, rain gear and hiking boots with ample ankle support (A must!!)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spring Heli-Ski Trip to Hakuba

5 May Friday to 6 _ Saturday

If you did not get much chance for skiing the passed winter, here is the perfect chance to catch up on spring skiing before summer.

Place: Tsugaike Kogen, near Hakuba in Nagano

Tour Plan:

We will start from Tsugaike Kogen, where we will take a cable car for about 20 minutes that will take you to the top of Tsugaike Kogen ski area. We will catch a helicopter that runs regularly to Tenguppara. (The other option would be to climb up to Tengu-ppara for a couple of hours. In this case, mountain skies or telemark skies w/ skin are needed)

We will ski a long run down to Tsugaike Kogen. (11,000m approx. long in total)

We will decide on details

once group gets settled and we know the skills/interests of each people.

Meeting Time & Place :

Transportation:

Tokyo - (bullet train for 1.5hrs) - Nagano - (bus 1.5 hrs) - Tsugaike Kogen

Accommodation:

Lodge Washinoya 0261-83-2608

We will go to Wakaguri-onsen from where you could enjoy awesome alpine mountains view.

Cost:

Yen25,000 approx. including transportation & accommodations (1night+2 meals)

* Yen9,500 for helicopter tour and other expenses Please call for details.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

White Water Rafting/BBQ/Camping/Hiking and Hot Spring

May 27 Saturday to 28 _ Sunday

Ride the rapids of Tonegawa River in Minakami, Guma prefecture on May 27th. The fun will begin by taking a

luxury, chartered bus at 7:00a.m. from Yasuda Seimei Building.

We will feast on a scrumptious BBQ before taking on the rapids. We will be on the river from 1:00p.m. until

4:00p.m. After rafting the bus will drop off those who chose to stay at the Japanese Inn and then bring the

campers to a hot spring and then onto the camp ground. On Sunday there will be several hiking courses to

choose from(beginners, interemediate and advanced). Each hike leader will provide details of their hike that

morning. The hikes will finish around 3:00p.m. and then we will stop at a hot spring. At 5:00p.m. we will head

back to Shinjuku arriving back around 8:00p.m.

Meeting Time & Place :

Saturday, May 27th at7:00a.m. sharp in front of Yasuda Seimei Building at the west exit of JR Shinjuku

Station. For every minute you are late you will be charged 100 yen.

What To Bring: :

Rafting: Bathing suit, sturdy shoes, or Texas, sun screen, and sun glasses with croakies. Wet suites, helmets, and life jackets will be provided.

Hiking: Please bring hiking shoes, comfortable hiking gear, rain coat, water bottle. The weather should be

warm but you may want to bring some warm clothes just in case.

Accomodations :

Two options: Camping or a Japanese Inn

Camping: Yen 18000. Please bring all your own equipment including tent, sleeping bag,cooking equipment, and

food for Saturday night and Sunday morning breakfast. This fee includes rafting,

transportation, Saturday

BBQ, camping, Sunday lunch box. This fee does not include Saturday dinner, Sunday breakfast or the hot spring on Saturday and Sunday.

Japanese Inn: All inclusive Yen 25,000. this includes, rafting, transportation, Saturday BBQ, Japanese Inn, which includes Saturday dinner and Sunday breakfast. This fee does not include the hot spring on Sunday after hiking.

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Events

Snow Mt.3886m Taiwan

8 June Thursday to 12 _

Taiwan' s second highest peak, 3886m. Located in Sha-pei National Park. Not technical but requires

reasonable fitness. As of May 14 have 3 people. Maximum 5. Call for details.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Day Hike Tanzawa Yen Combined Water Race Reconnaissance

20 May -----

This trip is actually a dry run to help plan for the Nabewari Water race event listed for June 4th.

We will be walking up Okura ridge to choose positions and discuss strategy for the water race relay, but the

hike itself is a standard access route to the Tanzawa area and makes a reasonable day hike for other members

who would like to join in.

For team members, We need to find out how to carry heavy stones, which rucksack we

are going to use, etc (stones are provided by the organizers). Also good hiking boots in good condition(day

hikers) or jogging shoes(only for team runners!) are recommended. Don't forget to bring your lunch, flashlight

and rain gear.

This race needs some additional volunteers Yenbackup runners and supporters. As the race day is the same as

British BBQ event, it is very hard to find enough people. So please ask your friends and come along to cheer

us on. There may be as many as 100 teams competing in the June race, some of them quite amazing.

I would like to collect 1,500 yen from each of the team members for the race entry fee, on the practice day or

race day.

See you next Saturday!

Meeting Time & Place :

Odakyu line, Shinjuku Station, Platform #5,

First car of the train (facing Odawara).

Meeting Time: 7:20 We are going to take the 7:31 Express train to Hakone-Yumoto and get off at

Shibusawa Station, and then take bus to Okura. (Please keep in mind that some

cars in
the back part does not go to Shibusawa station.)

Weather :

We will cancel in case of bad weather, like
50% chance of rain. In this case I' ll try to let you know by e-mail the
night before or call me to make sure.

Cost :

Total cost is about 1700 yen. (Train cost from Shinjuku to Shibusawa is 650
yen and bus is about 200 yen)

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Events

3 Peaks of Taka-mizu

28 May Sunday

Regular Okutama style hike, ie. exit the station - quite a steep ascent for about 1.5 hours to the first summit

and the 1st set of views. after that 2 more peaks, should get off the mountain in good time for an onsen and

maybe some food.

Meeting Time & Place :

Shinjuku station front of platform 7 - JR at 7' 30am - to catch the 7' 43.

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Events

Hiking along a creek and onsen trip

3 June Saturday to 4 _ Sunday

The onsen guy has another trip

before he goes to China. The onsen guy
will be in China for a while.

We will travel in a van from Tokyo
and visit Setogaro (a creek with beautiful
rocks and forests) in Fukushima. It is about
220 km NE of Tokyo. Hike in Yaumizo

Mountain (famous for pure water
springs) if time permitting. Bring an extra
pair of shoes if you like to keep feet dry.

We will stay in a small onsen ryokan called
“Yunokuchi Onsen” 02475-3-2242 This is
basically a farm house. Do not expect
anything fancy. We will try to make few
extra onsen stops.

We will return to Tokyo before 20:00 on
Sunday.

Meeting Time & Place :

Near Tokyo Station 8:30 AM June 3

details will be given

Cost :

Approximately 19,000 yen including
transportation 9,000 yen

stay with two meals 7,000 yen

lunch and others 3,000 yen

What to bring :

We will walk on a bottom of creek. An old pair of jogging shoes may be a good
choice.

bring changes of clothes and shoes.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

17 June Saturday to 18 _ Sunday

condominiumに1泊500円で宿泊出来る

学んで楽しめる週末。登山経験の長い方も復習になると思いますので是非、参加下さい。30名位まで。英語通訳有り。(英語通訳を手伝える方、ご連絡ください。)

This trip provides an opportunity to learn (or review!) how to prevent problems on hikes, and what to do if an accident happens. Beginner and veteran hikers all welcome! Up to thirty people can come.

1、日時：6月17日(土)18日(日)

2、場所:伊豆半島

3、研修内容:17日(土)天城山(1406m)登山で研修を兼ねたFunハイク

伊豆高原の露天温泉付 condominium(調理器具、食器、布団完備)に宿泊し自炊。

Saturday we will hike up Amagi san (1406m). Before and during the hike we will discuss potential problems and how to avoid them. After the hike, we will buy supplies for dinner, and head for the condominium (Yen500/night).

◎入山前にガイダンス。ハイキング中も簡単な講習をします。

10:30 天城山登山口より登山開始

13:00 山頂 下山

15:30 登山口到着

15:45 天城高原ゴルフ場発バス乗車(830円) グランパル公園 16:28 着

買い出し(夕食, 翌朝食&昼食) 後タクシー(5分)で condominiumへ。

18:00 夕食準備、温泉、スイミング等。

19:30 夕食

Saturday s Schedule

10:30 Start climbing Amagi. Before and during the hike, we will give guidance about the basics of hiking.

13:00 Reach the peak. Eat lunch

15:30 Arrive at the end of the trail

15:45 Get on the bust to at Amagi Kogen Golf Course (Yen830)

16:28 Arrive Guranparu Park. Buy food for Saturday dinner, and Saturday breakfast and lunch.

18:00 Prepare dinner, onsen, swim.

19:30 Dinner

18(日)

8:00 朝食

12:00 講習会終了

昼食準備

昼食

14:00 コンドミニウム掃除

15:00 現地解散

Sunday s Schedule

8:00 Breakfast

12:00 Lunch

14:00 Clean up the condo. (No slacking off allowed!)

15:00 Leave for home

Meeting Time & Place :

5、コース

集合場所：17日(土)JR伊東線伊東駅改札口 8:50am 集合(時間厳守。8:55のバスに乗り遅れます！)

Meeting Time and Transportation

We meet at 8:50 on Saturday morning at the ticket gates of Ito Station of the JR Ito Line. The directions from

Shinjuku written below rely on an express train. There is a super express which is faster, but costs twice the

fare. You can take that train or come by any alternate route you like, just meet this time at Ito Station. If you

are late, you miss the bus and are out of luck!

新宿駅からの方は、小田急線 6:16 発急行小田原行き 1 番前の車両に乗車。小田急小田原 7:43 着。切符は小田原まで購入(850 円)。JR 小田原 7:57 発～熱海 8:20。熱海 8:26 発～伊東 8:48 着。駅前か

ら 8:55 発、天城高原ゴルフ場行きバス(1260 円)乗車。天城高原ゴルフ場(終点)10:07 下車 From Shinjuku, take the 6:16 am Odawara-bound express train of the Odawara Line. Arrive in Odawara at

7:43. The ticket to Odawara costs Yen850. Then take the 7:57 train of the Tokaido Line. Arrive Atami at 8:20.

Take the 8:26 train of Ito Line. This will get you to Ito Station at 8:48. In front of the station, get on the 8:55 bus for Amagi Kogen Golf Course. Get off at the last stop. The bus will cost Yen1260.

What to bring :

4、持ち物:コンパス・地図(昭文社「山と高原地図」30伊豆)・保険証写し・水(り)、軍手、帽子、タオル、日焼け止め等

◎ハイキングブーツ着用、歩きやすく温度調整のしやすい服装(下着は木綿不向き)、保険加入。

入山を家族または回りの何方かに事前に知らせて来て下さい。天気予報確認。

Bring a compass, map (Yama to Kogen Map series, No. 30 IZU), copy of your insurance card (insurance that provides coverage for outdoor activities preferred), containers for 2 liters of drinking water, flashlight or head lamp (with spare batteries), rain gear, pen and paper, hat and sunscreen, hiking boots with ample ankle support. Izu is much warmer than Tokyo area, but could get cool at night. Dress in layers for the hike. No cotton material next to your skin.

Costs :

6、コスト

[交通費] 都内⇄伊豆 5000 円(普通電車利用の場合)

[バス] 1260 円、830 円 [タクシー] 500 円位 [宿泊] 500 円(1泊)

[食事&飲み物] 2000 円位

計10000 円位

Costs will be about Yen10,000 in total.

Train transport from Tokyo to Ito is about 5000 円 (assuming express (not super express) train of the

Events

Summer Camp at the Kujukurihama Beach 九十九里浜でキャンプ

29 July Saturday to 30 _ Sunday

1. Outline 概要

This is the revised version (Up-dated at May 18). 本案内は5月18日修正版です。

Revised point:

* Meeting time and place has changed.

* Fireworks are eliminated.

* It is 10 km from the JR station to the camping site.

(From the JR station to the camping site, taking a taxi or riding your bike is recommended)

* Detailed information is added.

It is because the owner of the Ohara camping site has changed and group camping was

not accepted this year. So we will be camping at Hazaki Sea Side Camping site (波崎シ

ーサイドキャンプ場) near Choshi. It is located beside the Kujukurihama beach and you

can enjoy the following options.

* Body boarding ボディーボード

* Beach volleyball (I will bring equipment) ビーチバレー

* Bike riding along the beach (If you carry your MTB) サイクリング

* Swimming 海水浴

* Enjoy sunshine 日光浴

* Seafood barbecue シーフードバーベキュー

当初予定していたキャンプ場は団体申し込みができなくなってしまった関係で、キャンプ場を波崎シーサイドキャンプ場にすることにしました。このキャンプ場も九十九里浜の海岸から近いので、ビーチでの遊びは予定通りできます。ただし、駅からキャンプ場までの距離が遠くなります(約10 km)ので、駅からはタクシーを使うことをお勧めします(もしくは自転車持参)。その他詳細な情報も追加しましたので、ご覧になって下さい。

Meeting Time & Place :

2. Meeting time and Place (Changed) 待ち合わせ場所・時間

Meet at Choshi station (銚子駅) at 0:30 PM.

銚子駅に0時30分待ち合わせです。

Map to the camping site will be provided at the meeting. If you miss the train, please come to the camping site by yourself.

キャンプ場までの地図は、IACミーティングで参加者に配布しますので、遅刻した場合には各自キャンプ場まで来て下さい。

3. How to get to the meeting place 待ち合わせ場所までの交通手段

(1) JR local train option 普通列車で来る場合

(One way ticket from Tokyo to Choshi is 2,210 yen)

Take a train of Yokosuka & Sobu line, which leaves Yokohama(横浜) at 9:16 AM, Shinagawa(品川) at 9:39 AM, Tokyo(東京) at 9:48 AM, Funabashi(船橋) at 10:12 AM and Tsudanuma(津田沼) at 10:17 AM. Change at Chiba(千葉) to the train going to Choshi(銚子). It leaves Chiba(千葉) station at 10:35 and arrives at Choshi(銚子) Station

at 12:14.

東京から乗った場合、料金は片道2,210円です。

(2) JR express option 急行列車で来る場合

(One way ticket from Tokyo to Choshi is 2,210 yen plus express fee 1,880 yen)

If you want to save your time, take express train "Shiosai 3 gou". It leaves Tokyo

station at 10:45AM and arrives Choshi station at 0:30 PM.

東京駅10時45分発の「しおさい3号」で来れば、0時30分に着きます。この場合料金は片道4,090円です。

(3) Driving option 車で来る場合

If you want to drive to the camping site, please let me know by June 30.

車で来る場合には、6月30日までにご連絡願います。

4. Program of the camping : キャンプの予定

(1) 29 July

After arriving at the Choshi Station, finished lunch and go to the camping site. (I will

provide you with the map to the camping site at the meeting.) It is about 6 km from

the station so taking a taxi is recommended. If you bring your bike, there is no

problem.

Arriving at the camping site, set up the tent and then enjoy the free time.

5:30 PM, go

to shopping for the barbecue.

7月29日は、銚子駅からキャンプ場へ移動、テントを組み立て、自由時間となります。

5時半頃からバーベキューの準備を始めます。

(2) 30 July

Enjoy yourselves at the beach and come back.

7月30日は、ご自由にお過ごし下さい。

5. How to come back from the camping site 帰りの交通手段

Go to the Choshi JR station by taxi or by your bike. Then take a train.

銚子駅に戻り、JRに乗って下さい。

(1) JR local train option (2,210 yen) 普通列車

The train leaves Choshi station about every 40 minutes. It takes about 2hour and 30

minutes to Tokyo Station.

普通列車は約40分おきにあります。東京駅まで約2時間半です。

(2) JR express option (2,210 yen plus 1,880 yen) 急行列車

The train leaves Choshi station at 9:36, 11:38, 13:10, 14:43, 16:38 and 18:39.

It takes

about 1hour and 50 minutes to Tokyo station.

急行列車は9:36, 11:38, 13:10, 14:43, 16:38, 18:39にあります。東京駅まで約1時間5

0分

です。

6. Cost 費用 :

* Accommodation : about 2,000 yen 宿泊

* Barbecue : about 3,000 yen バーベキュー

* Rent blanket : 300 yen per each 貸毛布

* Shower : 100 yen per 3 minutes シャワー

* Transportation : Please refer to the above 交通費は上記「交通手段」を参照下さい。

7. Deposit 予約金の支払い

* Please pay your deposit for 1,000 yen at the meeting.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

The Hebi Hike

1 July Saturday

We will leave from Hinatawada station - 2 stops from Ome, and have a pleasant walk through plum trees,

which came out in Feb. onward to Hinode Yama, where we' ll stop for lunch. The hike is known as the "Hebi

Hike" - because during the recce we saw a metre an a bit long snake - with a big head. anyway, down the

mountain and to an onsen, back to Itsukaichi station.

Meeting Time & Place :

Shinjuku station, platform 7, chuo line - front at 7' 30 - to catch the 7' 43

Events

Kyoto Gion Festival Tour 京都祇園祭

15 July Saturday to 17 _ Monday

1. Outline of the tour

1-1 Highlights

- * You can see the Gion Festival, one of the most traditional Japanese festival.
- * I am planning bike riding at Kyoto and at Nara. Rent bike is available.
- * Hiking option is possible.
- * If you stay until 17 July, you can enjoy the parade of the festival.
- * If you try cycling road from Kyoto to Nara, staying until 17 July is recommended.

1-2 Description

This will be a two or three day event (Sat/Sun or Sat-Mon) with a cheap inn along the cycling road from Kyoto to Nara. The inn is located at west area so it has a good access to the Gion Festival and to other good bike riding areas (Arashiyama, Sagano, local temples and shrines) or hiking areas (Takao and Kiyotaki).

1-3 Your Suggestion

I will modify this trip based on the information of participants. Therefore, your suggestion on this tour is highly appreciated!

1. 概要

京都で祇園祭を楽しむとともに、京都・奈良でサイクリングなどが楽しめます。レンタサイクルを借りることもできますし、ハイキングのオプションも用意してあります。予定では7月15日(土曜日)～17日(月曜日)ですが、16日(日曜日)に帰ることも可能です。宿泊場所は京都の西の地区(桂のあたり)です。

なお、みなさまからの貴重な情報を是非生かしたいと思っていますので、ご意見をお願いします(特に食べ物情報を教えて下さい)。

Meeting Time & Place :

2. Meeting time and Place

2-1 Meeting time and place

Meet around the taxi stop at the ground floor of Hachijoguchi (八条口) Exit of

Kyoto

Station at 10:30 AM on July 15 (Saturday).

I will prepare the map of the station. Therefore, if you are late, please come to the inn by yourself.

2-2 How to get there

* From Tokyo Station : Shinkansen Leave at 7:14, 7:31, 7:45.

* From Shin-Yokohama Station : Shinkansen Leave at 7:30, 7:48

2-1 集合時間と場所

京都駅八条口1階のタクシー乗り場のあたりに、7月15日の10時30分に集合します。集合場所・宿泊場所の地図を配布しますので、遅刻された方は各自宿泊場所までいらして下さい。

2-2 集合場所への行き方

* 東京駅から7:14, 7:31, 7:45発の新幹線(ひかり)に乗って下さい。

* 新横浜を利用される方は、7:30 7:48発の新幹線に乗って下さい。

Tour Plan 予定 :

3-1 July 15

Meet around the taxi stop of the ground floor of Hachijoguchi exit of Kyoto Station at

10:30 AM. (I will provide you with the map of the meeting point at the meeting).

After arriving at the inn, go to Arashiyama, rent a bike and travel around the Sagano

(嵯峨野)Area and Arashiyama (嵐山) Area.

You can visit Adashino Nenbutsudera Temple, Giouji Temple, Takiguchidera Temple,

Jou Jakkouinn Temple, Suzumushidera Temple and others.

Then come back to the inn about 4 PM, take an onsen and go to the downtown and enjoy the Gion Festival eve namely "yoiyama(宵山)".

3-2 Morning and afternoon of July 16

Leave the inn at 8 AM and take a train (with your bike) to Asuka(飛鳥). After arriving

at Asuka, rent a bike and travel around Asuka Area and going up to a path along the mountain foot namely “Yamanobe no Michi(山の辺の道)”. This path is famous for the old poem in Japan You can enjoy ancient mood and good view of whole Nara along the way.

If you come back to Tokyo on this day, go to Tempyou no Yu Onsen(天平の湯温泉) in Nara (12:00 - 24:00, near Shin-Ohmiya Station) and then pack your bike to go back to Tokyo.

* If you stay one extra day, pack your bike and go back to the inn. After taking bath, go to the downtown, have dinner and enjoy the Gion Festival eve.

3-3 July 17

8:00 Go to see the parade of floats which is the climax of the Gion Festival.

4. Optional Program of the tour

4-1 Hiking option at Kyoto on July 15 or June 16

Go to Arashiyama(嵐山) and take a bus going to Kiyotaki(清滝). Walk along a steam

and visit Kouzanji(高山寺) Temple, Jingoji(神護寺) Temple.

4-2 Nara City cycling option on July 16

You can travel Sakitate ancient tomb (big hill) Heijokyuu ruin (old capital until 794),

Toudaiji Temple (with the biggest wooden statue in the world), Wakakusayama hill

(good view), Kasuga Taisha Shrine (with old bush remained for more than 1,000 years

and with about 300 kinds of ancient flowers which appears in old Japanese poems).

4-3 Ondasai Festival option on July 16

(Festival to pray for good harvest) 御田祭

This is a small but traditional festival for more than 650 years. This festival starts

from 10:00 of July 16 at Matsuo Taisha Shrine which is about 15 minutes from the

accommodation. God gives bunch of rice to 3 girls dressed up in antique dress

and

vegetables are donated to god.

4-4 Zazen experience option in the evening of July 16

Zazen is a practice of Buddhism. You can experience zazen at 17:30-19:30 of July 16 at

Tenryuji Temple which is about 20 minutes from the accommodation. After zazen experience, we will go to the Gion festival.

4-5 Shinkousai Festival option in the evening of July 17 神幸祭

Shinkousai Festival is a Shinto ceremony performed on July 17. Three Portable shrines are carried and paraded. They leave Yasaka Shrine at 16:00, travel around the

city and go to Shijo Teramachi at around 21:00.

5. Information of Gion Festival

5-1 What is Gion Festival

This is known as one of the three biggest festival in Kyoto. (Aoi Festival in May, Gion

Festival in July and Jidai Festival in September are the three biggest festivals). It is

the Shinto ceremony originated in 869 when a disease was spread in Kyoto. The purpose of those days was to settle down the disease by praying god. It was carried out

just the year of disease. After 970, it is held every year.

5-2 Yoiyama and Yamahoko Junko

The festival is celebrated from July 1 to the end of July. The most exciting part of the

festival is the parade of June 17 namely "Yamahoko Junko" and the eve festival

between Jun 14 and 16 namely "Yoiyama". You can enjoy Yoiyama at Shijo street in

the evening.

The parade leaves at Shijo Karasuma at 9:00, Shijo Kawaramachi at 9:40,

Kawaramachi Oike at 10:30, Shinmachi Oike at 11:40 and then goes back to their

original place so that communities in Kyoto welcome the God of Yasaka Shrine.

3-1 7月15日の予定

10時30分に集合した後、宿泊場所に移動、自転車を借りたい人は嵐山で借り、嵯峨野・嵐山付近をサイクリングします。化野念仏寺、常寂光寺、鈴虫寺など、静かなお寺をまわる予定です。4時頃までに宿に戻り、温泉に入った後、祇園祭の宵山を楽しみます。

3-2 7月16日の予定

電車で飛鳥まで行き、サイクリングをします。自転車を借りたい人は飛鳥の駅前で借りることができます。その後山辺の道を走ります。

この日東京に帰られる方は、奈良にある天平の湯温泉に入り、自転車を分解して帰ることになります。また、もう1泊される方は、自転車を分解して近鉄線で宿に戻った後温泉に入り、祇園祭を楽しみます。

3-3 7月17日

祇園祭最大の見所となる山鉾巡行を見学します。

4. オプション

上記の予定以外に、次のようなオプションが可能です。

(1) 京都でハイキング

嵐山からバスで30分ほど行ったところに、清滝があります。昔ながらの町並みと高山寺、神護寺を楽しむことができます。

(2) 奈良市内サイクリング

奈良市内の平城宮跡、東大寺、若草山などのオーソドックスなコースをサイクリングします。

(3) 御田祭

7月16日10時から松尾大社で御田祭が行われます。これは豊作を祈るためのお祭りです。

(4) 座禅

7月16日の夜に可能です。17時に宿を出発し、天竜寺で座禅をします。20時に終わります。

(5) 神幸祭

7月17日16時から、祇園祭における重要な神事として、八坂神社で行われるお祭りです。

5. 祇園祭について

5-1 祇園祭とは

京都の3大祭りの1つで、869年に始まったものです。当時疫病がはりましたので、これを退治することが始まりと言われています。

5-2 宵山、山鉾巡行

宵山は7月14日～16日の夜四条通で行われます。また山鉾巡行は7月17日9時に烏丸四条を出発して市内を回ります。

Cost 費用 :

Transportation : about 26,000 yen (JR Shinkansen, please buy your ticket for yourself)

plus bagged bike and local transportation

Accommodation : 3,000 yen without meal and no service at all

Onsen : 550 yen

Meal : One breakfast, two lunches and one dinner

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

26 August Saturday to 27 _ Sunday

I am planning to go to the beach where only locals go. It is quiet and relaxing. But take care! There is no toilet or shower at the beach because it is not the spot for tourists. I am sure you will enjoy the real nature.

今回のツアーでは、神津島に住む人しか行くことのない海岸で、過ぎ行く夏をゆっくりと過ごします。何もな

い、自然に囲まれた静かな海岸です。トイレもありませんが、草むらや岩陰はありますので、ご安心くださ

い。もぐりに自信があれば、アワビも取れます。きっと自然を満喫いただけると思います。

The ferry leaves at 11:00 p.m.

フェリーは夜11時に出航します。

The ferry arrives at Kozu-jima Island at 8:50 a.m.

Then we go to the inn, leave our baggage, prepare for swimming and drive to the Kaesuhama(返浜) beach. We

spend at the beach till about 4 p.m. then drive to onsen. After taking onsen, we go back to the inn, have dinner and enjoy the cool evening.

フェリーは神津島に朝の8時50分に到着します。島に着いたら民宿に行き荷物をおろし、泳ぐ準備をした

後、返浜(かえすはま)海岸に車でいきます。この海岸で夕方の4時まで過ごし、温泉に行きます。温泉につ

かった後は民宿にもどり夕食を食べ、夕涼みを楽しみます。

We walk to the Maehama beach near the inn, enjoy swimming till noon and then take shower. We take the

ferry at 1:40 bound for Shimoda(下田). After arriving at Shimoda at 3:50 p.m., we take train leaving at 4:34 p.

m. and arrive at Tokyo at 8:03 p.m. . If you take express at 4:30 p.m., you come back to Tokyo at 7:19 p.m.

午前中は民宿の前に広がる前浜海岸で泳ぎます。昼まで泳いでシャワーを浴び、午後1時40分に出航する下

田行きのフェリーに乗ります。下田には3時50分に到着しますので、下田発4時34分の

普通列車で帰りま

す。東京着は8時3分の予定です。なお、4時30分に出発する特急を使えば、東京に7時19分に帰ることができます。

Meeting Time & Place :

Meet at Takeshiba Pier at 9:00 p.m. on August 25.

The closest JR station is Hamamatsu-cho. The pier is about a 5-minute walk to the east of Hamamatsu-cho

Station. You can also use Takeshiba Station on the Yurikamomei Line, which starts in Shimbashi.

8月25日夜9時、竹芝棧橋に集まります。最寄駅は浜松町駅で、歩いて5分ほどです。ゆりかもめの竹芝駅もご利用いただけます。

(2) Transportation

* Ferry from Tokyo to Kozu-jima Island : 6,790 yen

* Ferry from Kozu-jima Island to Shimoda : 3,600 yen

* Train from Shimoda to Tokyo : 3,780 yen

(If you take express train, the extra fee is 2,380 yen.)

東京から神津島までのフェリー : 6,790 円

神津島から下田までのフェリー : 3,600 円

下田から東京までのJR : 3,780 円 (特急乗車の場合、特急料金は2,380 円です)

- Please pay your deposit for 3,000 yen at the August meeting.

8月のIACミーティングで3,000円お支払いください。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sea Kayak Training

01 July Saturday

Things to bring/wear:

✦ Underwear: swimsuit or some other quick drying fabric clothing (please avoid cotten clothing)

✦ Middlewear: quick drying sweater, sweatshirt, sweat pants

✦ Overwear: windbreaker, rainsuit

✦ Shoes: Marine shoes, diving boots. deck shoes. or sneakers (sandals or zori are out)

✦ Other:

✦ Hat are a must

✦ Change of clothing

✦ Eyeglass band

✦ Plastic Bag

✦ Sun protection

✦ Towel

✦ Lunch (there are apparently places to eat lunch. but...)

Contact: Since there is a 10 person limit, please contact Terumi if you are interested by Thursday June 29th.

Details:

This course is at Katoh Canoeing School which was highly recommended by Carlos and others we met on the

trip to Miyake-jima. Mr. Katoh is supposedly one of the best kayakers in Japan and has won quick a few

competitions. The course will cover the basics of sea-kayaking. but should also be educational for more experienced people.

Meeting Time & Place :

Meeting time: 7:50am

Meeting place: JR Shinagawa st. at the Yokosuka line

Limit :

10 people

Costs :

14,500yen [7,000yen for training, 4,000yen for kayak rental, 3,500yen for transportation (Shinagawa to JR Zuzhi station and bus to Motomachi bus stop)]

Location :

Morito Shoreline near Zushi

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kamikochi Area Peaks – Yarigatake & Hodaka

14 July Friday to 16 _ Sunday

This is a reasonably long hike to a beautiful (and very popular) part of the Northern Alps. Because of the

length of the trip, most participants will need to take at least one day off of work. We will be leaving from

Matsumoto early Friday morning, hiking to the shoulder of Yarigatake where we will stay in a lodge. Saturday

we will complete Yarigatake and then head toward Hotakadake. The final day we will finish off Hotakadake

and climb down to the bus stop at Kamikochi.

This will be a rather strenuous hike, requiring 8 to 9 hours of hiking per day.

As a result the hike is limited to

those who are physically fit and properly equipped, particularly in terms of shoes.

Costs: approx. 36,000yen [17,000yen for lodging, 19,000yen for transportation]

Should the weather forecast indicate rain for the majority of the trip, we will have to cancel. Please call to

confirm.

Meeting Time & Place :

6:40am (Friday morning) train from Matsumoto station to Shinshimajima. (There are a number of ways to get

to Matsumoto at this time. I will be going up Thursday afternoon. Please contact me if you need help finding a

means up.)

What to bring :

Warm clothing for evenings

Rain gear

Water bottle

Hiking pants

Gloves (optional)

Hiking sticks (optional)

Hiking boots

Torch

Rain cover for pack

Also :

Food: breakfast x 1; lunch x 3; snacks for 3 days [dinners and breakfasts can be gotten at the huts]

Deadline :

Please contact me by July 10th if you are interested in going. I need to have the names of all participants so that I can make lodge arrangements.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Houou-3 peaks (Yakushidake-Kannondake-Jizodake)

20 July Thursday to 22 _ Saturday

we are hiking Houou 3 peaks in the area of southern Alps in Yamanashi. Here are the course details and expenses.

July 20(Fri.) Shinjuku1000----Kohu 1127(Azusa 57: 3980yen)

Kofu 1200----Yashajin-toge-iriguchi 1319 (yamanashi-kotsu bus: 1380 yen)

Toge-iriguchi---Yashajintoge-koya (course time 1hour 6000yen with two meals or camp)

July 21(Sat.)

Yashajintoge-koya---Ichigodaira---Yakushidake---Kannondake-Houou-koya (course time 8.5hours) 6500yen with meals or camp

July 22 (Sun) Houou-koya---Jizodake---Houou-koya(2hours 10minutes)

Entouzan---Gozaisi-Onsen(2.5hours) onsen 1000 yen

Gozaisi-Onsen---JR Anayama or Nirasaki(bus 1700 yen, or share taxi 5000 yen)

Anayama, or Nirasaki---Shinjuku (1.5 hour Azusa 4290yen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hachijo island Trip (Hachijojima)

SCHEDULE: Leaving Thursday night at 10:30pm on July 13th by ferry and coming back on Sunday night of July 16th around 8pm. It costs around 15,000 yen for the round-trip tickets by ferry, whereas it costs around 35,000 yen by airplane.

(You must take a day off on Friday. If not, you can take an ANA domestic flight from Narita which runs 4 times a day and arrives at the island in 45 minutes as opposed to a 10.5-hour-ride of a ferry boat.)

PLACE TO STAY: We will be staying at a cheap Japanese inn for Friday and Saturday nights. The cost is 6300 yen per night including two meals.

ACTIVITY: We will figure it out later, depending on what everyone wants to do. Hachijojima offers a variety of activities such as, all kinds of marine sports as well as hiking. Or you can just relax on the beach for a day.

Meeting Time & Place :

Further details of the trip will be informed by email.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

S. Alps Akaishidake 3141m

20 July Thursday to 23 _ Sunday

Truly fine unspoiled area deep in the S. Alps that few get to see. Access from Tokyo via Shizuoka takes a full day by train, bus and forestry road access vehicle that will pick up those with a booking at the spacious lodge at the foot of the climb.

We can camp the second night on the peak. Third day has lots of time on peak before coming down to lodge and fourth day for getting out and back to Tokyo. There are few chances during the year as good as this to get into this area.

Use of lodge is tied to forestry road access but we can still camp once up high. Will advise costs shortly. Limited to about 8 people and have half that number now.

Meeting Time & Place :

To be advised.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Houou-3 peaks (Yakushidake-Kannondake-Jizodake)

20 July Thursday to 22 _ Saturday

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Entouzan---Gozaisi-Onsen(2.5hours) onsen 1000 yen

Gozaisi-Onsen---JR Anayama or Nirasaki(bus 1700 yen, or share taxi 5000 yen)

Anayama, or Nirasaki---Shinjuku (1.5 hour Azusa 4290yen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Shirane-san (Oku Nikko)

29 July Saturday to 30 _ Sunday

2 Day hikes from the Oku Nikko Yumoto Onsen

Day 1 - Short hike around the Senjo-ga-hara

Camp at Yunoko lake

Day 2 - Early start to climb Shirane-san (7 hour hike)

You will need your own tent. We will be leaving the tents at the campsite and hiking with only day packs.

We will be staying at an onsen resort so we can include an onsen or 2 !

Up to 12 participants

日光湯元温泉キャンプ場を起点にした2日間のハイキング

1日目：戦場が原ハイキング、湯の湖岸の湯元温泉キャンプ場にてキャンプ

2日目：白根山登山（早朝出発、所用時間：約7時間半）

* テント持参

* 1, 2日目とも、キャンプ場にテント、荷物を置いておけます。

* 途中、温泉に立ち寄ります。

* 参加者は12名程度を予定しています。

Meeting Time & Place :

Place : Tobu Asakusa station, at the front of platform 5. Only the 2 front carriages go to Nikko so take care

Time : 6.50 am

We will take the 7.00am kaisoku train to Nikko

東武鉄道 浅草駅5番線の一番前に6:45集合。

7:00発の東武日光行き快速にて東武日光へ。（途中切り離しがあるため、前2両に乗車のこと）

What to Bring :

Tent, sleeping bag, stove, headlamp, hiking boots, warmer clothes for the evening (we will be camping at 1500 metres approx).

You need to bring food as there are no real shopping facilities in the area. Please bring 2 lunches, one dinner and one breakfast.

テント、寝袋、コンロ、ヘッドランプ、ハイキングシューズ、服（夜の防寒用 キャンプ場は高度約1,500 mで

す）

食料（現地で食料が調達できるお店はありませんので、2日分の昼食、1日分の夕食、1日分の朝食を持参して

ください。）

Cost :

Tent : Yen 500 per person

Train and Bus : Yen 4940 - please buy a mini free pass at Asakusa station.

Please bring all food and drinks with you

キャンプ場使用料：¥500

交通費：¥4,940（日光・鬼怒川ミニフリーパスを購入のこと）

食料、飲料

Please call before 11pm

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

22 July Saturday to 23 _ Sunday

Test the strength of your legs on a challenging hike to the summit of Tanegawadake. This hike requires 8 to 10 hours to complete . It is physically demanding and includes a few chain and ladder sections. It is a loop route to both summits and back down. The ascent is via a relatively unknown trail. The descent follows a well know course. The total climb is about 1,000 meters.

This trip isn' t all tough as nails mountaineering. We will stay at my cabin near Minakami for two nights:

Friday and Saturday, so we will have a nice place to relax our tired legs after hiking. There are also many onsen nearby.

The general plan is to arrive at the cabin on Friday evening, climb Tanegawadake on Saturday, have a group dinner party on Saturday evening, take a short hike on Sunday, and then return to Tokyo. You will need to take the train or drive to the cabin on Friday evening. A few people can ride in my car on the return to Tokyo.

Costs include your transportation costs, shared food costs, plus 500 yen per night for accomodation.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tanigawadake hike

22 July Saturday to 23 _ Sunday

Test the strength of your legs on a challenging hike to the summit of Tanigawadake. This hike requires 8 to

10 hours to complete . It is physically demanding and includes a few chain and ladder sections. It is a loop

route to both summits and back down. The ascent is via a relatively unknown trail. The descent follows a well

know course. The total climb is about 1,000 meters.

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dinner party on Saturday evening, take a short hike on Sunday, and then return to Tokyo. You will need to

take the train or drive to the cabin on Friday evening. A few people can ride in my car on the return to Tokyo.

Costs include your transportation costs, shared food costs, plus 500 yen per night for accommodation.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike

19 August Saturday to 20 _ Sunday

Gyodasan(Ooyarei) is border between Shizuoka and Yamanashi pref. This year, look for 2000M peak.

1st.day Tokyo==(Shinkansen)==Shizuoka==(Bus)==Shinden Hike up to Yanbushi-dake Hut(4:40walk)

2nd. day Hut---Yanbushi-dake(2013M)---Ooyarei(2000M)---Hakkourei(1917M)---Umegashima-onsen

(5:30walk) Take a bath(outdoor)===(Bus)===Shizuoka St.==(Shinkansen)==Tokyo

Meeting Time & Place :

6:30 Tokyo st. platform 19 front(car no. 1)

Kodama 403 for Nagoya 6:45 dep. Shinyokohama 7:02 dep.

What to bring :

hiking boots, rain gear, freece, matless, sleeping bag
headlamp, towel, 2lunch, 1dinner, 1breakfast, Water etc. If you want stay in tent please bring it.

Cost :

Shinkansen Yen5670(one way Tokyo to Shizuoka)

Bus Yen1600(one way)

hut (Free) no facilities no manager

Public bath(hot spring)Yen430

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hakuba

14 September Thursday to 17 _ Sunday

This the second attempt as last year we were thwarted by a typhoon.

Day 1 - Sarukuraso to summit (around 3000m) via
Daisekkei (7 hours). Camp or stay in hut
on summit

Day 2 - Summit to Kaerazudake via Shozudake (6
hours). Camp or stay in unmanned hut

Day 3 - Kaerazudake to Babadanionsen (6 hours)
Camp or stay in Onsen

Day 4 - Relax at Babadanionsen or explore Kurobe
Gorge until lunch and then return

If the weather is kind we will have spectacular views from the summit and along
the ridges, so don' t forget
your cameras.

Note that Friday is a public holiday, so you will need to take only Thursday
off work

Meeting Time & Place :

Will decide later, but most probably on the platform in Shinjuku

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kamikochi Yen Yarigatake Circuit

24 August Thursday to 27 _ Sunday

Yet another trip to the popular Kamikochi area. This is a circular route which begins and ends at Kamikochi.

The approach to Yari is a relatively easy route along the Azusa river and Yarisawa. However, things get

tougher once we reach Yari. The route back to Kamikochi includes Minami Dake, Daikiretto, Kita Hotaka Dake,

Karasawa Dake, Oku Hotaka Dake and Mae Hotaka Dake. With plenty of ladders and chains, rock scrambling

and nearly all at around 3,000m, this is a tough route and requires good physical fitness and previous

experience. It is definitely not a course for beginners. Apart from an opportunity for masochism, the attraction

is that this route offers some of the finest alpine ridge walking in Japan (at least that is what my guide book says).

I want to run this primarily as a camping trip, but as there are plenty of huts along the route, non-campers

can join as well. It may be possible to share tents, so don't be put off if you want to camp but do not have a tent.

The maximum group size is 8 (I have 3 people signed up already). As advance booking of accommodation is

advisable, the deadline for joining this trip is Sunday, 20 August.

As parts of this route would be dangerous in bad weather, this trip will not run unless the forecast is good for the entire 4 day period.

Please note that neither the 24th nor the 25th are public holidays, so you will need to take 2 days off work

Meeting Time & Place :

Meeting time and place depends on the final size of the group and will be

decided when that is known. If it is
a small group (ie 4 or less) we might go by car.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hakone Hiking Trip

30 September Saturday to 1 _ Sunday

We will rent cabins along Lake Ashino-ko and stay overnight.

Tentative plan is to hike to Komagatake (1,437m) on Saturday and Kintoki-yama (1,215m) on Sunday.

Cabin are air-conditioned (!) and have bath, shower, kitchen, refrigerator and basic cooking gears.

Will do grocery shopping at Odawara before coming to cabins.

Right now we held 6 cabins for 36 people.

Meeting Time & Place :

10:00am at Odawara Station on Odaky-Line

Cost :

3,500yen for the accommodation. 3,500-4,000yen for the transportation from Shinjuku, and some more for the food.

If you are coming by car, the parking lot costs 500yen for a whole day.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Summer Camp at the Ooarai Beach (大洗海岸でのキャンプ)

26 August Saturday to 27 _ Sunday

1. Outline

The Kozujima Island trip will be replaced by the following event because of the successive earthquakes at the island.

We will be camping at the Ooarai Beach near Mito. You can enjoy followings.

- * Body boarding
- * Beach volleyball
- * Swimming
- * Enjoy sunshine
- * Seafood barbecue
- * Bike riding along the beach (There is rent bike service)
- * Local festival of the community

4. Program of the camping :

26 Aug

After arriving at the Choshi Station, go to the camping site. It is 2.6 km from the

station. You can enjoy yourself until 5:00 PM. Then we start preparation of camping and the barbecue.

27 Aug

Enjoy yourselves at the beach and come back whenever you like.

Meeting Time & Place :

2. Meeting time and Place

Meet at Ooarai station (大洗駅) at 11:35 AM.

3. How to get to the meeting place

(1) JR local train option

Take the front end of Joban Line (常磐線) which leaves at Ueno Station (上野駅) at 8:48 and get off at Mito Station (水戸駅) at 10:54. Then change train to Ooarai

Kashima Line (大洗鹿島鉄道) which leaves at Mito Station at 11:15 and arrives at Ooarai Station (大洗駅) at 11:32.

(2) Driving option

If you want to drive to the camping site, please let me know in advance.

Cost :

- * Accommodation : about 2,000 yen
- * Barbecue : about 3,000 yen
- * Transportation : the round ticket is about 6,000 yen from Tokyo

What to bring :

- * Swimming suit if you want to swim
- * Sleeping bag if you have one (rent blanket service would be available)
- * Flashlight
- * Knife and chopping board
- * Your cup, dish and chopsticks.

The maximum number of people :

The maximum number of people for this event will be 20.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Overnight Hakone

30 September Saturday to 1 _ Sunday

Tentative plan is to hike Komagatake (1,437m) on Saturday and Kintoki-yama (1,215m) on Sunday. Both will be relatively easy hiking trips.

We will rent cabins along Lake Ashino-ko and stay overnight.

Cabins are air-conditioned(!) and have bath, shower, kitchen, refrigerator and basic cooking gears. We buy food at Odawara station.

Currently we reserved enough cabins to accommodate 24+ people.

Meeting Time & Place :

10:00am on Saturday, at Odawara station on Odakyu line.

Cost :

4,000yen for the accommodation.

3,500-4,000yen for the transportation from Shinjuku.

Some more for the food.

If you are coming by car, the parking lot costs 500yen for a whole day.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Akaishi (3,120m)

28 September Thursday to 01 _ Sunday

Still at the planning stage. Further details will be posted later.

This trip is a rare opportunity to visit a beautiful and secluded part of the Southern Alps in Shizuoka Ken.

I want to run this as a camping trip, but it will be possible for those who do not want to camp to stay in huts

every night, but please note that the hut on the 2nd night is unmanned.

Maximum party size - 8

Allow around Yen18,000 for transportation and (for non-campers) Yen8,000 per night for days 1 and 3.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Seaside Hike to Miura Peninsular

12 August Saturday

I'm planning an easy hike to the Miura Peninsular on Saturday 12 August.

Details are as follows:

We will follow the Miura coast line around Cape Tsurigi. The route will take us across sandy beach coves, along some cliff paths and across some rocky areas.

This should be a pleasant and relaxing way to spend a summer's day. We should see some interesting fauna

and flora as well as local fishing and agricultural communities and some interesting coastal features including

large caves, a rock shelf and Cape Tsurigi Lighthouse.

I hope there will be some opportunities to take a dip in the Pacific. Depending on how the group feels, we can

extend the walk to include

Jogashima. There are regular trains back to Shinagawa so we can take the day fairly

easily, depending on what suits the group. I understand high tide is going to be around mid afternoon.

For those of you who have the book, this is the first hike in "Day Walks Near Tokyo" and I've been wanting to

try it out for some time!

Meeting Time & Place :

We will catch the 0827 from Shinagawa on the Keihin Kyuko line. This should arrive at 0933 at Miura Kaigan.

I will wait for people at the front of the train at Shinagawa and also at the exit of Miura Kaigan station until

0940.

From the station we'll take a bus for Cape Tsurigi (Tsurigizaki), getting off at Togari bus stop.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kiso

6 October Friday to 9 _ Monday

This is a trip for those who like to snoop around old and legendary trails

I plan to walk the core piece of the Kiso road (which is in turn the core of the Nakasendo, old mountain road from Edo to Kyoto),

from Tsumago to Magome. The walk should take about 4 hrs, lunch and sightseeing along the road included.

Departure is on Friday evening from Shinjuku to stay the night in a minshuku in Nagiso and start walking the next morning.

We can finish the day in an onsen.

For Sunday and Monday there are following options:

- * walk down the road to Ochiai (next station, direction to Kyoto)
- * walk the mountain path from Magome toge to Magome
- * choose another piece of the Kiso road

Number of Participants: 10 persons max.

Meeting Time & Place :

Shinjuku station, platform for Azusa Express in front of first car.

18:45 (train departs at 19:00)

Cost :

9420 Yen for the train to Nagiso, one-way incl. express fees

7000 Yen per night and persons for the minshuku (2 meals incl.)

lunch and bus according to consumption ;-)

what to bring :

hiking boots, rain gear, sunscreen.

Food & water can be bought locally

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kushimoto

14 September Thursday to 17 _ Sunday

Kushimoto is a main diving destination for the Kansai area, located at the southernmost tip of the Kii

peninsula. It offers a good handful of dive spots in warm waters (26 degrees average for September), as well

as a splendid scenery (well, I am judging this from photos).

I intend to fly to Kansai Airport on Thursday evening and return by air on Sunday afternoon, so we would

have 2 days for diving. Air tickets are available from Yen 23000 (return). There is also the possibility to fly

directly to Nanki Shirahama (closer to Kushimoto), but this is more expensive and we would have to take half

a day off on Thursday.

We will have to stay in Wakayama for one night and go on to Kushimoto very early the next morning.

Interested people please contact me as soon as possible to fix flights.

Limited to 10 persons.

Meeting Time & Place :

Haneda Airport, Thursday evening. Departure time to be decided later.

What to bring :

Diving gear, sunscreen, swim suit, diving license

Gear can also be rented locally (cost extra + depending on needs)

Cost :

Airfare (return) yen 23000 or more, depending on flight

train from Kansai Airport to Kushimoto Yen 3470 (one way)

Accommodation still in preparation

Diving estimated to be 12-15000yen per day

Details following soon

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sawanobori-Kuzuhagawa Hondani, Tanzawa

2 September Saturday

Kuzuhagawa Hondani is one of the novice Sawanobori(Shower Climbing) route in Tanzawa.

There are several small waterfalls (about 5-10m) and most of which we may climb, however the chains or

ladders are not prepared on those waterfalls, so the direct climbing is at our own discretion.

(If direct climbing of some difficult waterfalls, the rating will be 4-star)

From Odakyuu Hadano Station, we will take taxi to Kuzuha-no-Izumi.

Starting from Kuzuha-no-Izumi near Bodai, we walk up to Sanno-Toh through Kuzuhagawa Hondani valley,

where we will either climb or go around several waterfalls. After finished Sawanobori, we go up to Sanno-Toh,

then come down to Yabitsu Toge through Nino-Toh.

Meeting Time & Place :

Odakyuu Shinjuku Station platform at 7:00am near central stair. We will ride on the express train around

7:30am.

What to bring: :

Lunch, snacks and drinking water, Rain gear, Hiking Boots(preferably Wading shoes if possible, because it' s

slippery in the valley), Tanzawa map and compass(if you have). Plastic bags to store extra gears during

Sawanobori.

If it' s rain, we will cancel this trip.

Cost: :

About 4,000 yen including Odakyu Line round trip, taxi and bus.

Inquiry: :

Sawanobori is not so difficult if you have good health condition. You don' t need climb waterfalls but simply go

around. But if you have any questions, do not hesitate to contact me.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Leadership Training Event

16 September Saturday to 17 _ Sunday

The general plan will be to arrive at the Nakadaki Centre in Chiba around lunchtime on the Sat, relax, prepare evening meal. In the evening, I may give a little theory on basics of leadership, closely followed by a relaxing alcoholic evening and the chance to get to know one another better if you don' t already.

On the Sunday, you will have the rare and valuable opportunity to be appointed a leader to execute a specific task. For the other tasks you will will become part of the team under a different leader. If you joined us on the teambuilding course at Maku Yama, you will know what to expect (fun and learning). If you weren' t there then please expect a very interesting day.

Meeting Time & Place :

Tokyo Station (time to be arranged)

What to Bring :

- * torch and spare batteries
- * lunch for Sunday
- * drink (e.g. bottle of wine; 6-pack of beer; bottle of non-alcoholic drink)
- * Breakfast for Sunday morning
- * Notebook and pencil
- * Wash kit, etc.

* Watch Costs :

5,000Yen for accommodation (includes bath towel and transport to/from station/Centre) + train fare (....)

Payment :

If you want to reserve a place on this event, please let me know ASAP and I will e-mail you details of how to pay

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tsubakuro Dake and Yari ga Take Hike in Northern Alps / 燕岳, 槍ヶ岳ハイク in北アルプス

(表銀座コース)

Events

Tsubakuro Dake and Yari ga Take Hike in Northern Alps / 燕岳, 槍ヶ岳ハイク in北アルプス

(表銀座コース)

14 September Thursday to 17 _ Sunday

The whole trip is 4 days 3 nights (1 night in the train), so it is a 3-day hike. This is another great alpine hike in the spectacular Northern Alps. This area is considered as the birthplace of Japanese mountaineering. Participants can enjoy one of the best alpine views in Japan, as well as the view of mountain flowers.

Meeting is at JR Shinjuku Station Chuo line platform #6 on Thursday night. We will take the 23:50 Alps Express for JR Hotaka Station. Please buy your own express ticket for JR Hotaka. Estimated cost of the whole trip is 18,000Yen (incl. train, bus, taxi and camping by tent). Limited to 8 people who are strong, experienced in hiking and camping, and can bring all the necessary equipments, including map and first-aid kit. Participants are also required to take out mountain insurance policy.

Please see more information as follows:

<http://www.kt.rim.or.jp/.s-mimura/hikePlan/yarigatake.html>

3泊4日(車中1泊を含む)。壮観な北アルプスのすばらしいアルパインハイクです。印象的な北アルプスのピークが3日間のハイライトです。日本でも有数の山岳景色や高山植物が楽しめます。

木曜日夜にJR新宿駅中央線6番線に集合。23:50のJR穂高行き急行アルプスで出発。

列車のチケットを各自買ってください。コストは18000円(交通費, キャンプ代)。8人限定。キャンプ用具が必要です。肉体的頑健さ, 強い精神力, 十分な登山経験が要求されます。山岳保険加入は必須です。登山の詳細は次をご覧ください

<http://www.kt.rim.or.jp/.s-mimura/hikePlan/yarigatake.html>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sea Kayak Training: ALREADY FULL

19 August Saturday to 19 _ Saturday

NOTICE: this trip is already full!

This is a trip for beginner or near-beginner kayakers. It will involve about 1 hour of training followed by several hours of kayaking.

We will meet at Shinagawa Station Keikyu Line Platform #1, leave on the 07:47 train to Misakiguchi, and

arrive at 08:56 in Misakiguchi. From there we will take a bus to the school.

The School is: Marine Support Mitohama 0468-87-1325

Meeting Time & Place :

Shinagawa Station Platform #1 at 07:30 (or for those coming from Yokohama area 09:00 at Misakiguchi)

Cost :

The course itself costs 10,000yen + 500yen for insurance. A return train ticket from Shinagawa costs about

1,800. Lunch should cost less than 1,500.

What to bring :

cap, shoes or (tough) sandals, swimming suit, change of clothes, towel, water, sunscreen

Weather :

We will not cancel if it rains, only if the winds are too strong. Please call if you are in doubt.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kushimoto, Changed

14 September Thursday to 17 _ Sunday

Due to the high costs I changed the itinerary. The plan now looks as follows:

Departure on Thursday via JAS from Haneda Airport at 12:50 to Nanki Shirahama, which is not far from

Kushimoto.

One or two days diving around Kushimoto, which is the main diving area of the Kansai area and holds corals

similar to those in Okinawa,

We can decide depending on mood and the weather conditions. Or, we can move along the

coast, explore the scenery and find a place to swim and lie in the sun.

On the way back to Tokyo we can drop off at Toba and see Pearl Island.

Arrival in Tokyo would then be Sunday evening around 19:30 pm.

Meeting Time & Place :

Haneda Airport, Departure Hall 11:50 on Thursday noon

Cost :

Airfare 10.000 Yen

Train back to Tokyo 15.850 Yen

Diving 15800 (2 Boat dives)

Gear 8800 (full set)

What to bring :

Diving Gear, sunscreen, swim suit, diving license

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kushimoto - Cancelled

14 September Thursday to 17 _ Sunday

Sorry, in view of the high costs I have tried to reorganize this trip to an earlier departure date, but I will not be able to get a day off on Thursday,

so I have to cancel.

I might do the trip on a later date.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Shimo no rouka Hike

13 October Friday to 15 _ Sunday

3 days 2nights(1 night in the train), 4 stars hike.

Highlights include marvelous red leaves of autumn, and a cross-shaped valley where river Kurobe and its

tributary intersect. Hiking trail is far above the river level.

We leave Friday night by an overnight train, and start at Kurobe dam in the morning, go down a trail along by

Kurobe river. We stay at Azobara campground, where we can enjoy the onsen. The next day, we hike through

Keyaki दौर, take a trolley for Unazuki, Toyama.

Meeting point is JR Shinjuku station, platform #6 Chuo line at 18:00. We take the 19:00 Super Azusa 13

express for JR Shinano Ohmachi, Please buy your own ticket.

Camp equipments (tent, sleeping bag, stove, light etc) necessary. Physical strength and good experience

required. Need a mountaineering insurance.

Cost is approx. 25,000 Yen. Max. 8 people.

The details are as follows:

<http://www.kt.rim.or.jp/.s-mimura/hikePlan/shimonorouka.html>

下ノ廊下ハイク

10月13-15日(金-日)

2泊3日(車中1泊)の4スターハイク。

秋の素晴らしい紅葉。黒部川とその支流とが交差する十字峡。川からかなりの高度に
るトレイルを歩きます。

金曜日の夜に列車で出発し、翌朝黒部ダムをスタートします。黒部川に沿ってトレイ
ルを下って、阿曾原小屋

に泊まり、温泉に浸り楽しみます。翌日は樺平まで行き、宇奈月までトロッコ列車に
乗って帰ります。18:00

チケットを教えてください。キャンプ用具が必要です。肉体的頑健さ、強い精神力、十
分な登山経験が要求さ

れます。山岳保険加入は必須です。コストは約25,000円です。参加者は8人まで。詳

細は次を参照してくだ

さい:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Shiroumadake Hike 14night-17Sep.

14 September Thursday to 17 _ Sunday

We will take the 23:14 Alps express No.81 train from Shinjuku on Thu.night, and change the train at

Minamiotari.

The hike will start from Renge Onsen. After a bus ride from Hiraiwa stn, via Hakuba Ooike where we' ll stop

for lunch.

We can either camp both nights or stay at Shiroumadake Lodge (tel 0261-75-3360) and Karamatsudake

Lodge (tel 0261-22-4291).

On Sunday, a nice soak in Onsen near Hakuba stn. will await us before heading to Tokyo.

Walking time 6.5h/1st day, 7.5h/2nd day, 3h/3rd day. Campers should be aware of "travel light" since we' ll

hike through some rough trails with rocks and chains on 2nd day. If yo stay at lodges,

please make a reservation by yourself. (w/2meals Yen8,600 w/o Yen5,900)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Guide to Bicycle Repairs and Adjustments

17 September Sunday

Hello cycling friends, weekend bikers and other greenhorns!

Ever had a flat tire and didn' t know how to replace the tube

Ever had a broken chain and didn' t know how to fix it

Want to know how to replace a broken spoke, or how to adjust the brakes, shifters or derailleurs

This is your chance to learn how to do it!

As the recently elected cycling coordinator, and by the power invested in me, I hereby announce to hold a

bicycle repair and adjustment course.

I' ll take all those interested through the basics of emergency repairs and adjustments. I' ll show you how to

handle the basic tools you need for those repairs and adjustments, and you can learn the simple procedures

through hands-on practice. So, don' t be shy and never mind if your hands get a little dirty.

After the course, we can cycle along Tamagawa River for about an hour or so, and then we can go to Tokyos

hottest onsen, Sanga-no-yu. So, don' t forget to bring your swim wear and a change of clothes.

Meeting Time & Place :

11:00 a.m.

Futako-Tamagawa-en Station (Shin-Tamagawa Line, Ooimachi-Line)

What to bring :

Your bicycle, bike bag, helmet, spare tube, basic tool set, snacks, drinks, swim wear, change of clothes, sun screen.

Costs :

Onsen: Yen 2,300

I can get visitor' s tickets, which reduce the above price by 500 Yen.

In case of rain :

If it rains on Sunday morning, the event will be canceled or postponed to a later date.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Dive trip to Oshima

7 October Saturday to 9 _ Monday

I am planning to go on a diving trip to Oshima on the long weekend of 7,8,9 October with a dive company

called Papalagi. They have a limited number of spaces left so if you are interested please let me know

immediately so I can confirm whether they have enough room. Papalagi Dive School is organising the trip

which includes 5 beach dives with dive instructor. Additional optional dives are also possible. I' ve not been

diving to Oshima before but am told the water is warmest at this time of year.

I have been using Papalagi

since I started diving earlier this year and they' ve been very helpful in the past, so I hope this will be a good

trip. We will leave early on Saturday and will be back in Tokyo probably around 8pm on Monday 9 October.

Meeting Time & Place :

We will leave Tokyo by Shinkansen around 7am on Saturday 7 October to arrive at Atami around 8am. From

there we will take the ferry to Oshima.

Cost :

For 5 dives, two nights accommodation, 2 breakfast, 2 dinners and ferry from Atami to Oshima: price -

Y55,000 plus tax. Shinkansen from Tokyo to Atami approx Y8,000 return. Plus you need to buy lunch for the

three days, onsen, taxi from Atami station to Atami port (around Y400 if share taxi). Equipment rental if you

need (please tell me now so I can confirm availability). Cost around Y1,000 per day for BCD, same again for

regulator. Optional beach dives: additional Y3,000 per dive.

Other :

Please note: You need an Advanced Open Water License for this trip. Participants

will need to pay the
Y55,000 direct to Papalagi before end September. Before that you can cancel
without penalty, but after that
cancellation fees will apply. Participants will also need to go to a Papalagi
shop (there are several in and
outside Tokyo) to register, give details of their dive license, sign some
paperwork etc. I will send further
details to people who express an interest. Please email me or call on the
number below, preferably outside
office hours.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

10km race on Nov. 5th(Sun)

5 November Sunday

How about a fun race in a park Serious runners are also welcome.

The first closing date for application is 26th September.

You can apply through internet and pay by card/ at seven eleven.

what : Runners Tokyo 10k Autumn Race on Nov. 5th

where :at Showa Kinen Park in Nishi Tachikawa(3 min.walk from the JR station)

We will mail you back for the meeting place & time if you let us know you will come.

How much :closing date for application Sep. 26th. Yen 3,000 including T-shirt and drink&snack

late entry through the internet only (-Oct.26)

Yen3,500

a pair of a man and a woman has a discount.

5k, 3k is cheaper,too.

How to apply : details and the application form is on the HP

* <http://www.runners.co.jp/>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama Hike

7 October Saturday

we will hike gradually towards Hinode yama from Hinatawada station, and onto Mitake san for lunch. Then down into Okutama, and soak in an onsen.

Meeting Time & Place :

7' 30am front of JR platform 7 Shinjuku station

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cycling Chuo line, Saruhashi

8 October Sunday

Cycling Sun. Oct. 8 Yen CHUO LINE Yen SARUHASHI -AKIYAMAMURA - onsen

This is meant to be a fine weather trip and will be cancelled if it looks like serious rain, or changed

to the following day if possible. If in doubt call me by 7:00 a.m. on the day of trip. Sorry, but

HELMETS are a must. Also please bring a bathing suit , towel etc.as we have two choices for

onsens and one is quite fancy and mixed.

It will be a relatively easy trip in terms of distances covered—about 40km, of which about half is

downhill -mainly at the end. All of it will be on paved road, but in a quiet countryside area without

much traffic. Either road bikes(with hill climbing gearing) or MTB okay.

Meeting Place:

Front end of train, Shinjuku station platform #10 at 7:45 a.m. to catch the 7:52 to Takao (8:35)

and then catch the 8:46 for Saruhashi (one stop past Torisawa), where you should arrive about

9:20.

I won' t be in Shinjuku myself, as I get on the Chuo line at Tachikawa.

JR train info # in English is 3423-0111.

It is okay to just show up but better if you indicate you may be coming . Also if you have a cell

phone number please let me know and I will let others in the group know who else is coming, for

last-minute checks if anyone is late(like me). Good idea to bring some kind of lunch, water bottle

etc. as there isn' t too much along the way for that kind of shopping.

Please note: The club now has two bike bags available for loan on events like this to anyone with a

bike but no means of carrying it. One of the bags is a special large size, meaning you only have to be able to take off your front wheel. Will send collect by takkyubin in advance.

Meeting Time & Place :

Front end of train, Shinjuku station platform #10 at 7:45 a.m. to catch the 7:52 to Takao (8:35)

and then catch the 8:46 for Saruhashi (one stop past Torisawa), where you should arrive about 9:20.

What to bring :

Helmet, bathing suit, onsen towel, extra tub, bike tools, bike light, lunch, water bottle etc.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

A secret hot spring/hiking bus tour in Yuzawa

03 November Friday to 04 _ Saturday

Yuzawa Onsen in Niigata on the first long weekend in

November. The highlight of the tour is the

first-day hike to Akayu Onsen which is a secret hot spring on a riverside located in the back country.

Everyone is required to bring her/his own map because the map is one of the three most

important things for hiking (the others are food/water and rain gear). Note that the owner of the pension

house where we are staying can give us a lot of information about hiking in the area, so you can decide the

course the first night. You only have to bring a map of the region. In the worst case when we cannot find a

hike volunteer, we can hire a local trekking guide which will cost 30,000 yen per day.

2) Writers for the newsletter and website:

We would like someone to write articles either in English or Japanese about our trip for the newsletter

and website to share with other members.

Other Useful Information:

Yuzawa Onsen Infomation Center (Sogo Annaijo): <http://www.yuzawaonsen.gr.jp/>

Yuzawa Trekking Association:

<http://www.yukiguni.ne.jp/yamatabi/index.html>

Meeting Time & Place :

7:00 am in front of Yasuda Seimei Building at the

East exit of Shinjuku station (Again, we will charge 100 yen for every one-minute delay you are late).

Cost :

20,000 yen (if we have more than 20 people)

This includes the transportation costs for the chartered bus ride from Shinjuku

to Echigoyuzawa, a hot spring
fee at Akayu Onsen, a stay at a
pension including Friday dinner and Saturday breakfast, Saturday lunch box. This
does not include Saturdays
lunch and hot spring fees after Friday and Saturdays hike. Additional charges
may be collected at the end of
the trip.

Schedule, where to stay, and what to bring :

Friday, Sep 3

7:00 Leaving Shinjuku to Echigo Yuzawa by bus

10:00 Arriving at Echigo Yuzawa, starting to hike for Akayu Onsen

12:30 Arriving at Akayu Onsen, eating lunch, soaking into the hot spring

14:00 Leaving Akayu Onsen

16:30 Arriving at the pension

18:00 Dinner followed by the free time. We may visit another hot spring before
we go to bed.

Saturday, Sep 4

8:00 Breakfast

9:00 Start hiking. A lunch box will be prepared.

16:00 Finish hiking. Visit a hot spring.

18:00 Leaving Echigo Yuzawa.

21:00 Come back to Shinjuku.

Where to stay:

Woody House Hosta (a western-style pension)

Tel: 0257-87-4727 Mr.& Mrs.Seki

<http://www.yukiguni.ne.jp/HOSTA/>

What to bring:

SATURDAY LUNCH, winter hiking gear (it will be in the middle of the winter. So,
bring thick jacket, long pants,
hat, gloves), a hiking map around Echigo Yuzawa, rain gear, pajama, toilet
articles, and if you are planning to
do the harder hike, a pair of crampon and a pair of trekking poles recommended
in case of the early snowfall.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oku-Nikko/Kinu/Tone MTB Tour

28 October Saturday to 29 _ Sunday

Hello, mountain bike friends!

Tired of the concrete jungle, crowds, traffic and noise Want to fill your lungs with some fresh air Want to replace the narrow scope of your office with the scope of the great outdoors Want to soak in the beautiful autumn colors of the forests Then this is the perfect tour for you! But you must be physically fit, because this is a very demanding two-day MTB tour on paved roads, gravel roads and hiking trails. Not recommended for beginners.

Fitness, strength and stamina are required. You will need a bicycle with gear shifting mechanism and crosscountry tires (no slicks). A mountain bike is highly recommended. Those who meet the demands of this adventure trip will be richly rewarded with the treasures of mother nature: shining lakes, open wetlands, thundering waterfalls, mystic forests, spectacular scenery, hot springs and lots of fresh air.

Tour description:

From Akechidaira bus stop (1,300 m) at the end of the notorious Nikko "irohazaka" road, we glide along Lake Chuzenjiko for about 4 km before we climb to Senjogahara wetlands and reach the Yudaki waterfall. Here, we can take a short break and admire this curtain of gushing water. Then, after a short climb, we reach Lake Yunoko of Yumoto Onsen. At the crossroads, we turn right to continue our climb on the Mitsudake rindo, a gravel forest road that ends at Sho Pass (1,670 m). On a wide hiking trail, we roll downhill towards Lake Karikomiko (1,630 m). Here, we can rest and admire the serene beauty of this

remote lake.

We continue on the trail to Karenuma, and after a short, steep climb, we reach Sannoh Pass (1,730 m). On the newly paved Sannoh rindo, we fly downhill towards Kawamata Onsen (1,030 m). From here, we follow

Kinugawa River upstream on the Prefectural road, till we reach the end of the road at Meotobuchi Onsen

(1,090 m). This is the starting point of Oku-Kinu rindo, a gravel forest road, which is closed to ordinary traffic.

This forest road begins with a steep climb through numerous switchbacks and winds its way through dense

forests high above Kinugawa River. After a steady climb of 8 km, we reach Kaniyu Onsen (1,350 m), our goal

for Saturday.

We spend the night at the onsen hotel where we can enjoy the numerous indoor and outdoor baths. The large

rotenburo by the river offers the pleasures of a mixed bath.

On Sunday morning, we start early since this is going to be a long day.

This second leg of the tour contains no off-road sections, only gravel and paved roads. But the distance to be covered is rather long (70 km).

We continue our journey on the Oku-Kinu rindo, climbing steadily for 6 km until we reach the entrance of

Oku-Kinu Tunnel (1,710 m), which at a length of 1,500 m cuts under the ridge of Mt. Kinunuma. At the tunnel

exit, Gunma Prefecture welcomes us with a 17 km long downhill cruise. At Ohshimizu (1,200 m), we reach

Route 401, also called Aizu Kaido, the traditional route to the Oze wetland area. This road takes us further

downhill to Tokura, the starting point of our last major climb. Well refreshed after a long downhill section, we

should be able to do the 12 km long but gentle climb to Konroku Pass (1,630 m).

The reward is a 15 km long

downhill to Yunokoya Onsen. The rotenburo beckons, and temptation will be great. But we will have to forego

this pleasure, since a wonderful onsen is already waiting for us at Minakami.

We glide past the recently completed Naramata Dam and the power plant of TEPCO, following the young Tone River downstream with gentle ups and downs towards our ultimate goal of Minakami Onsen. At Oku-Tone-kan, an onsen hotel only 2 km from Minakami Station, we can relax in the wonderful rotenburo by the river, fill our hungry stomachs with a warm meal and rest, before we head to the station to catch a late train back to Tokyo.

Total distance: about 120 km
(Saturday: 50 km, Sunday: 70 km)

Meeting Time & Place :

Saturday, 28 October

Tobu Asakusa Station (7:15) or Tobu Nikko Station (9:20)

Please be punctual. If you miss the train below or the bus at Tobu Nikko Station, you will not be able to catch up with the group.

What to bring :

Mountain bike, bike bag, helmet, spare tube, food, drinks, snacks, towel, change of clothes, rain gear, warm clothes, gloves, flashlight, sun screen.

Make sure that your bicycle is in perfect condition before you leave home!

Cost :

Kaniyu Onsen: Yen 10,000 (including two meals)

Bath at Minakami Oku-Tone-kan: Yen 1,500 (towel, bath towel, dryer provided)

Train Fares:

Asakusa - Nikko: Yen 2,740 (Tobu Nikko Line)

Tokyo - Nikko: Yen 5,540 (Shinkansen and JR Nikko Line)

Minakami - Ueno: Yen 2,940 (JR Joetsu/Takasaki Line)

Minakami - Ueno: Yen 5,130 (Limited Express)

Minakami - Tokyo: Yen 5,850 (incl. Shinkansen from Takasaki)

Bus Fare:

Tobu Nikko - Akechidaira: Yen 1,050

Transportation :

[Saturday, 28 October]

From Tobu Asakusa:

Limited Express "Kegon No. 1"

Tobu Asakusa 7:30 => Tobu Nikko 9:20

Fare: Yen 2,740 (one way)

From Tokyo:

Tohoku Shinkansen "Max Yamabiko No. 203"

Tokyo (Track 23) 7:08 => Ueno (Track 20) 7:13 => Ohmiya 7:34 = Utsunomiya 8:08

Change to JR Nikko Line

Utsunomiya 8:23 => JR Nikko 9:09

Fare:

[Shinkansen]: Yen 4,800 (one way)

[JR Nikko Line]: Yen 740 (one way)

From Nikko:

Tobu Bus

JR Nikko 9:25 => Tobu Nikko 9:26 => Akechidaira 9:55

Fare: Yen 1,050 (one way)

Don't miss this bus, or you won't be able to catch the group!

[Sunday, 29 October]

From Minakami:

Limited Express "Minakami No. 10"

Minakami 18:10 => Takasaki 19:10 = Ohmiya 20:06 => Ueno 20:30

Fare: Yen 5,130

Local Train

Minakami 18:42 => Takasaki 19:41/19:59 => Ohmiya 21:16 => Ueno 21:43

Minakami 19:48 => Takasaki 20:49/20:57 => Ohmiya 22:15 => Ueno 22:41

Minakami 20:57 => Takasaki 22:04/22:14 => Ohmiya 23:29 => Ueno 23:55

Fare: Yen 2,940

From Takasaki:

Nagano Shinkansen "Asama No. 532"

Takasaki 19:20 => Ohmiya 19:46 => Ueno 20:06 => Tokyo 20:12

Joetsu Shinkansen "Tanigawa No. 454"

Takasaki 19:45 => Ohmiya 20:17 => Ueno 20:38 => Tokyo 20:44

Joetsu Shinkansen "Asahi No. 332"

Takasaki 19:51 => Ohmiya 20:22 => Ueno 20:42 => Tokyo 20:47

Nagano Shinkansen "Asama No. 556"

Takasaki 20:53 => Ohmiya 21:22 => Ueno 21:42 => Tokyo 21:48

Joetsu Shinkansen "Max Tanigawa No. 458"

Takasaki 22:06 => Ohmiya 22:38 => Ueno 22:58 => Tokyo 23:04

Fare: Yen 4,800

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama Hike

28 October Saturday

3 PEAKS OF TAKAMIZU.

We will leave Mitake station and after a short walk through the village will begin a reasonably steep ascent to the 1st peak. Then onto the 2nd peak - where we will have lunch, and maybe make some tea (if you have a stove, it is helpful. We' ll do the 3rd peak, then come down into the valley and go to an onsen and perhaps visit a local restaurant/bar.

Meeting Time & Place :

Shinjuku station - platform 7 - FRONT OF THE TRAIN - at 7' 30am

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kentoku-san

22 October Sunday

We get together at 0715 at Shinjuku station Chuo-line No.5 platform at the end of the cars on Sunday morning.

At Enzan at 0853, we take taxi to the starting point.

We will hike for six hours and get up to peak of Kentoku-san above 2000m.

Meeting Time & Place :

0715 at shinjuku station no.5 platform

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Takao autumn leavesday hike 1/2

23 November Thursday

This is a very easygoing trip to Takao san to enjoy the autumn leaves and fresh air. We will hike up route 6

which will take 2 hours. Lunch will be at the top wherever we can find room. There may be crowds. Bring

cameras ,lunch, drinks and something to sit on. You can hike down again for 2 hours or take the cablecar.

Meeting Time & Place :

Meet at Takaosanguch Station on the Keio line at 10 a.m in front of the ticket barrier. You can also take the

Chuo line there and go one stop from Takao to Takaosanguchi.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Nikko-okukikinu Hike and Hot Spring Tour

27 October Friday to 29 _ Sunday

Leave friday night to avoid the crowded trains and traffic in nikko

stay at a free mountain lodge then walk over to okukinu on saturday

see beautiful autumn colours then go on to hot spring area

take a bath then camp or stay at a spa lodge(Yen)

sunday- look around the valley and try some of the other hot springs

there is an optional short walk at the end

for more information see this link

<http://www.geocities.com/paddingtonschool/nikkoweekend.html>

SUMMARY

QUITE AN EASY HIKE

CHEAP - ABOUT 10,000Yen EVERYTHING

FREE LODGE AND CAMP

BEST PLACE AROUND FOR AUTUMN COLOURS

LOTS OF HOT SPRINGS

FLEXIBLE PLAN- GO FRIDAY BACK SATURDAY OR SUNDAY

* GOING SATURDAY -NOT RECOMMENDED (TRAFFIC) I CANT WAIT

* OR MEET AT ONSEN SATURDAY EVENING

NECESSARY ITEMS

SLEEPING BAG -ATLEAST 3 SEASON

(STOVE) OR PREPARED FOOD

TORCH/FLASH LIGHT

WARM CLOTHES (0 TO -5 AT NIGHT)

TENT YenOR PAY FOR LODGE AT ONSEN

GENERAL HIKING STUFF...WATER BOTTLE ETC

Meeting Time & Place :

asakusa tobu nikko station,time to be decided

10,000Yen if camping saturday :

NECESSARY ITEMS

SLEEPING BAG -ATLEAST 3 SEASON

(STOVE) OR PREPARED FOOD

TORCH/FLASH LIGHT

WARM CLOTHES (0 TO -5 AT NIGHT)

TENT YenOR PAY FOR LODGE AT ONSEN

GENERAL HIKING STUFF...WATER BOTTLE ETC

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Arakawa Day Bike Tour

11 November Saturday

We are now in the best season of bicycle ride. Let' s enjoy easy bike ride along Arakawa River.

After meeting at JR Hirai Station, we go to the bank of Arakawa and bike along to Arakawa down to

Kawaguchi. We probably reach Kawaguchi around lunch time and have picnic at a park beside the river. After

lunch, we might return the same route by bike or take a train from Kawaguchi.

It is all depending on the

condition of participants.

Meeting Time & Place :

09:00AM at exit of JR Hirai Station (Sobu Line 15 min. from Akihabara)

What to bring :

your bicycle, bike bag, helmet, spare tube, extra T-shirts, food, drink, snack and etc.

Cost :

JR ticket from your place to Hirai Station.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

A Secret Hot Spring/Hiking Bus Tour in Yuzawa (1-3 stars)

03 November Friday to 04 _ Saturday

The highlight of the tour is the first-day hike to Akayu Onsen which is a secret hot spring on a riverside

located in the back country. The hike to the hot spring will take two hours.

Upon our return we will feast

delicious home cooked meal.

Useful Information:

Yuzawa Onsen Infomation Center (Sogo Annaijo): <http://www.yuzawaonsen.gr.jp/>

Yuzawa Trekking Association:

<http://www.yukiguni.ne.jp/yamatabi/index.html>

Akayu Onsen Review:

http://www2s.biglobe.ne.jp/%7Ekenta_T/akayu01.html

Meeting Time & Place :

7:00 am in front of Yasuda Seimei Building at the

East exit of Shinjuku station (Again, we will charge 100 yen for every one-minute delay you are late).

Cost :

20,000 yen

This includes the transportation costs for the chartered bus ride from Shinjuku to Echigoyuzawa, a hot spring fee at Akayu Onsen, a stay at a pension including Friday dinner and Saturday breakfast, Saturday lunch box.

This does not include Friday lunch and hot spring fees after Friday and Saturday hike. Additional charges may be collected at the end of the trip.

Schedule, where to stay, what to bring :

Friday, Sep 3

7:00 Leaving Shinjuku to Echigo Yuzawa by bus

10:00 Arriving at Echigo Yuzawa, starting to hike for Akayu Onsen

12:30 Arriving at Akayu Onsen, eating lunch, soaking into the hot spring

14:00 Leaving Akayu Onsen

16:30 Arriving at the pension

18:00 Dinner followed by the free time. We may visit another hot spring before

we go to bed.

-

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sea Kayaking and Hiking in Miura Peninsula

18 November Saturday to 19 _ Sunday

Only 10 people (Beginners are welcome)

Schedule:

18 November

- a. After arriving at JR Taura station, we will hike to Hutagoyama(207m) (JR Taura station- Hutagoyama-JR Zushi station)(about 4hours)
- b. After hiking, we buy food and alcohol for dinner around JR Zushi station.
- c. We take a bus to the condominium.(20min)
- d. After taking a bath and preparing for dinner, Let.' ts have fun, drinking and eating.

19 November

- a. We have a breakfast and we have to get ready before 9:00.
- b. We take a bus to a sea kayak school.(20min)
- c. We do sea kayaking from 9:30 to 3:30.
- d. After sea kayaking, we take a shower.
- e. We take a bus to JR Zushi station..(20min)
- f. We take the rapid train leaving at 17:09 bound for Tokyo. We arrive at JR Tokyo station at 18:09.

This hiking will be canceled if there is a 50% more chance of rain. (If you want to confirm the cancellation on still have fun drinking and eating sea kayaking together.

Meeting Time & Place :

JR Tokyo station, Yokosuka line platform #1 (underground) We take the rapid train leaving at 9:23 bound for JR Kurihama station. Please buy your own ticket to JR Taura station.(We arrive at JR Taura station at 10:37)

Cost :

about 23,000yen

This includes accommodation, Sat. dinner, Sun. Breakfast, Sea kayaking cost(training, kayak rental).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Nasu Shiobara Onsen Trip

11 November Saturday to 12 _ Sunday

We will go for easy hiking and autumn colours and onsen at Nasu Shiobara Onsen. There will be 2 small easy

hikes and we hope to go to public onsens at the riverside. Bring your swimsuits!

We are staying in a Minshuku. This trip is for 10 people and there will be a waiting list. Bring cameras to take

great pictures of the red leaves!

Meeting Time & Place :

Meeting time November 11th 7.20 a.m at Ueno station Platform 7 at the front of the train. We take the

Tohoku Hon Sen . It leaves from Ueno to Nasu Shiobara station at 7.44.

Cost :

Train cost Round trip 5040 yen

Plus 2 or 3 local bus fares

Minshuku 8000 yen inc 2 meals

Minshuku :

Minshuku Shiobara Sanso Tel 0287322756 Near Shiobara onsen bus stop

What to bring :

Hiking gear, Rain gear. Warm clothes, onsen set

SWIMSUIT “ lunches for Saturday and Sunday

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

hike/scramble at Miyougi-san near takasaki ,friday 3rd

03 November Friday

last min trip!... 1/2 to hike/scramble

not for beginners:cancelled if rain This could be a 1 day trip (1 ridge) friday
2 day overnight (both ridges) camp or public lodge or 2 1day trips to do both
ridges

final trip depends on response from people interested

from tokyo ueno station -takasaki line, rapid train to takasaki is under 2
hours

then local line to yokoukawa, about 25 mins

walk to mountain from station is 20 mins

climb to top ridge is about 2 hours then follow rocky ridge for about 4 hours

involves a few steep sections and chains (helmet and insurance recommended)

and descend 1hour.....onsen or return to tokyo

other options possible

contact

andy duggan

more details at

<http://www.geocities.com/paddingtonschool/>

soon

Meeting Time & Place :

to be decided...probably ueno station

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Nov. 11,12 sat/sun. Hidden hot spring with hike-all levels to

11 November Saturday to 12 _ Sunday

ov. 11,12 sat/sun. Hidden hot spring with hike (Nakatsugawa-stay lodge or camp)

Nakatsugawa campsite has lodge accommodation and rusty hot spring

there are indoor and outdoor pools.

1 hour by bus from mitsumineguchi station in chichibu (total 3 hours from tokyo)

Its a rocky area , beautiful river valley,bouldering/rock climbing ok , with easy or difficult walks

from one to (will organize later).

you can expect nice autumn colours.

Leave saturday morning ,take bags to campsite and walk the rest of the day

return for dinner and bath.

Walk on sunday again and return in the afternoon

you can camp Yen1000 (inc. bath)

or stay lodge Yen not sure about 6500-7000 with food

possible to camp and eat together

bring warm clothes! its getting cool

more details (map/timetable prices etc.)

will be posted on this home page on tuesday -look for Nakatsugawa link

<http://www.geocities.com/paddingtonschool/>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Canada Ski Tour (Whistler-Blackcomb)

10 February Saturday to 16 _ Friday

Consistently rated one of best two ski resorts in North America. Two separate mountains, each with vertical

drop of 1600m. Excellent accomodation, restaurants and night life. We will share at The Gables condominium

apartments and have option of doing our own cooking -full facilities 200m from lift. Check:

< <http://www.whistler-blackcomb.com/accommodation/condos/gables/index.html>>

1.The area is also suitable for beginners, due to the excellent machine grooming, and fine network of trails for

ALL levels from top to bottom. Safety standards very high. Excellent instruction available. Check:

<<http://www.whistler-blackcomb.com>>

Click on “enter” , then “skip intro” to get to main page which has button for Japanese language as well.

Meeting Time & Place :

Narita Airport. Direct Flight. Details to be advised

Cost :

Cost: Yen 135,000 for lift and condominium.

Including : Air fare, transfer between YVR airport and Whistler village) 5 nights accommodation, Narita tax,

free ski guide on every skiing day, two lunches, and fun “race” (easy run through poles) on Tuesday with

evening party. Discount on heli-skiing.

Excluding : all incidental charges, ski pass, YVR airport improvement tax(Can\$ 15)

Options Yen Payment :

1. Five days Yen 121,000

2. Possible to extend 1-2 days with extra charge

3. Possible to join group at Whistler depending on final numbers

4. Will require initial Yen 30,000 deposit by Dec.7. This money is fully

refundable if participation cancelled

before Jan. 10th. Those making initial deposit will have priority. Bank:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Karuizawa/Asama MTB Tour

18 November Saturday

Hello, mountain bike friends!

Want to get away from the hustle and bustle of the big city? Want to breathe some fresh air and soak in the beautiful autumn colors? Then this is your chance! Maybe the last chance this year to view the fall foliage in one of the most beautiful forest areas of Japan.

This is an easy one-day tour on paved roads, forest dirt roads and wide hiking trails suitable for entry-level mountain bikers. So, everybody is welcome to join.

Besides good fitness, you will need a bicycle with gear shifting mechanism and cross-country tires (no slicks).

A mountain bike is highly recommended.

Tour description:

If you take a look at a map of Mt. Asama, you will find several forest roads meandering along the contour lines at altitudes of 1,000m, 1,200m and 1,500m, respectively. The lower two roads are actually named 1,000-m rindo and 1,200-m rindo because they follow the contours of the mountain almost exactly at those altitudes.

Since those roads are completely level, they offer a pleasant ride through beautiful forests and pastures in a relaxed atmosphere, and since they are minor roads or forest roads, they are nearly free of traffic. The lower road is paved, whereas the higher road is a smooth and hardened dirt road.

From Naka-Karuizawa Station (1,030 m), we ride north on Route 146 for about 2 km. At the Kitahara

Hakushu Monument, we turn left into the Sengataki villa district. This is the starting point of the 1,000-m

rindo. We follow this paved road in a westwardly direction through quiet residential districts, forests and

pastures for about 11 km, until we reach the point where the climb up to the 1,200-m rindo starts. With many switchbacks and hairpin bends, we gradually make the 200-m climb on dirt road to the 1,200-m rindo. Then we follow this level dirt road in an eastwardly direction for about 10 km through beautiful larch forests whose leaves turn into a bright golden color at this time of year. When we reach the fork at the Okubo lava stream, we turn left onto the hiking trail, which offers spectacular views of Mt. Asama and the surrounding area. In a gentle climb of 6 km, this trail leads us to Mine-no-chaya, at 1,400 m the highest point of the tour. From here it's all downhill, but, depending on how late it is or how much energy we have left, there are several options to choose from. Whichever course we take, there will be an onsen to relax not far from either Naka-Karuizawa Station or Karuizawa Station.

Total distance: between 43 and 52 km, depending on which course we select from Mine-no-chaya.

Meeting Time & Place :

Meeting Time & Place:

Saturday, 18 November

Tokyo Station (8:00 a.m.) at the Shinkansen South Gate, or Naka-Karuizawa Station (9:40 a.m.)

Transportation :

From Tokyo:

Nagano Shinkansen "Asama 541"

Tokyo (Track 21) 8:16 => Ueno 8:21 => Ohmiya 8:42 => Karuizawa 9:27

Change to Shinano Railway Line

Karuizawa 9:32 => Naka-Karuizawa 9:37

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Overnight Xmas Party in Chiba

02 December Saturday to 03 _ Sunday

Overnight Christmas Party

Saturday 2nd December

Meeting Time & Place :

15:30-16:30pm Chojamachi Station of JR Sotobo Line on Sat, Dec 2. The pickup service will be available from

the station to the party site at the Nakadaki Center.

<Train Information>

Please read carefully and make sure you get on the right train at the right time.

Ltd. Express (View Wakashio no. 11) leaves Platform #1 Keiyo Line, Tokyo Station at 14:00hrs,

Saturday 2nd December. This platform is at least 15 mins walk from the Yamanote line so make sure you

leave plenty of time to get there. You can get on this train at 13:32. It will arrive at Kazusaichinomiya at

14:59hrs. Please change platform for the local train to Chojamachi which leaves at 15:13 and arrives

Chojamachi 15:26 (subject to change). The cost to use this express is 1,620 Yen + 1,460 Yen (reserved) or

950 (non reserved). Transport will be waiting for you at Chojamachi Station.

<Accommodation>

Nakadaki Center near Choja-machi Station at JR Sotobo line, or the same place where the British

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One-day Hike to Mt. Maruyama

11 November Saturday

Here is a day-hike to Mt. Maruyama in Okumusashi area. You could enjoy a beautiful sight at full degree, with the coloured leaves. You may choose to enjoy a hot spring after the hike at Buko hot spring.

We start at an altitude of 310M to the top 960M.

Meeting Time & Place :

In the middle of platform #7 in Ikebukuro station on Seibu Line at 8:10AM sharp.

We will take a train departs

at 8:16 for Seibu Chichibu

What to bring :

Lunch, Water, Rain Gear, Compus, and hiking boots with ample ankle support (a must!)

Transportation :

Ikebukuro-Ahigakubo Yen630 Yokoze-Ikebukuro Yen650 and Buko hot spring Yen700.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yokota striders frost-bite road race (half marathon)

7 January Sunday

Yokota striders frost-bite road race, Jan 7th

After our successful 10 k race we are now preparing for a new challenge - a half marathon.

We are going to join the Yokota striders frost-bite road race at Yokota US army base. The course is almost flat

and on paved road. Last year about 4000 runners participated in this half marathon. There is also a 5 km

race, which had about 2500 runners last year.

Do you want to join us Half marathon or 5 k Wheel chair race also available.

Last date for registering is 21st of November!

Place: Yokota US army base, 15 min walk from Ushi-Hama station on Oume line.

About one hour ride from

Shinjuku.

When: 7th of January from 9.15 or later. Meeting time and place will be decided closer to the race date.

Let us know that you have registered.

Cost: Entry fee 4000 yen (plus 100 yen for Seven Eleven, or 320 yen for paying by card).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Red leaves hiking in Nippara, (Okutama) limestone caves

19 November Sunday

We will meet in the “Okutama kaisoku 1gou” 1st car or at the Okutama bus stop.

We will take on a bus at 9:42 a.m. to Higashi-Nippara and then walk to Nippara limestone caves

(Syohnyudou). After looking it, we will go on a hiking to Mt. Hitotsuishi (Only 1,007m, small mountain) and

take a lunch and drink Beers and SAKE etc. on the mountain. And go back same way to Okutama to take

Onsen.

Meeting Time & Place :

Sunday, 19 November

In the “Holiday Kaisoku Okutama 1gou” 1st car on JR Oume line or Okutama Bus Stop (9:42 a.m start.)

Don' t delay we can' t wait because next bus is 11:20.

Holiday Kaisoku Okutama 1gou

Shinjuku 7:43 Plat form 7

Tachikawa 8:11

Haijima 8:22-25

Okutama 9:14

What to bring :

* Your favor drink or favorfood. Please inform me if you can bring Beers. I' d better to check the mount.

For example;

Favor drink : Beer, Wine, Nihonshu (I will bring DaiGinjou), etc

Faver food : Cheese, Smoked-squid, snacks, Onigiri, Chikin, etc.

* Your cup to drink

* Towel that we need in Onsen Costs :

Train Fares: For examplle from Shinjuku,

Shinjuku - Okutama: about Yen 1,740 (Okutama-jiyuukippu), round-trip ticket

Bus about Yen 1,200 one-way (Sorry, I' m not sure)

Onsen: Yen 1,000

Cost for Beers and foods: We will pay for drinks and foods, case by case.

In case of rain :

If it rains on the Sunday morning, it will be cancelled. At that case, I will sent cancell E-mail to Mailing list.

If you want telephone information or E-mail information to other E-mail address, please inform me your phone number or address.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yokota Striders Frost-bite race closing date

21 November Tuesday

Details in English is on the web page of January.

Japanese information on the race office HP will follow.

エントリーは一月のウェブを見てください。

第20回横田ストライダーズフロストバイトロードレース

2001.1.7 (日曜日) 開催

主催：ストライダーズランニングクラブ

距離 (1)ハーフ、(2)5km、(3)2km

種目 (1)男女別19歳以下、20代、30代、40代、男子50代、60歳以上、女子50歳以上、車イス、

(2)男女別一般、(3)キッズラン(5~12歳)

ランテス No 00121

ランテス締切 2000.11.21

受付場所 基地内横田ハイスクール駐車場

受付時間 7:00,9:00

開会式の時間 9:00

スタート時間 9:15.

コースの特徴 横田基地内の滑走路脇を走る平坦なコース

給水 3カ所

距離表示 折り返し点、5 km毎

陸連公認コース

フィニッシュ地点の時計設置 あり

表彰 各部3位

参加賞 米国製トレーナー

定員 12月1日必着(定員になり次第締切)

スポーツ障害保険 含む

申込先住所 〒153-0042

目黒区青葉台 3-10-9-6F フロストバイトロードレース エントリーセンター

荷物預かり あり

駐車場 なし

売店 ホットドック、コーヒー、ジュース等の模擬店

参加者へのサービス ドリンク、バナナ、オレンジ

観光

特産品

医療サービス

前回の参加者数 6759

前回の種目別参加者数 ハーフ 4026 人 5km2511 人

RECS・RCチップの採用 RECS・RCチップ

大会のホームページ

閉じる

Events

Karuizawa/Myogi MTB Tour

09 December Saturday

Hello, mountain bike friends!

Encouraged by the great success of the Karuizawa/Asama MTB Tour in November, I am planning another nice tour for you in the beautiful Karuizawa area.

This is a one-day tour on paved roads and forest gravel roads suitable for entry-level mountain bikers. So, everybody is welcome to join.

Besides good fitness, you will need a bicycle with gear shifting mechanism and cross-country tires (no slicks).

A mountain bike is highly recommended.

Tour description:

Participants of the Karuizawa/Asama MTB Tour on 18 November may remember Mt. Myogi, a cluster of

rugged peaks with sheer rock walls and craggy silhouettes rising to a height of 1,100 m south-east of

Karuizawa. Right through the middle of this maze of rocks and cliffs runs Myogi-Arafune Super Rindo, an

abandoned forest road, which offers a very interesting ride with spectacular views of gorges, waterfalls, cliffs

and surrounding valleys. One of the great attractions of this tour is the fact that it is almost all downhill,

except for a short climb at the start of Myogi-Arafune Super Rindo.

From Karuizawa Station (940 m), we glide south along Prince Avenue for about 6 km. At the intersection to

Shimonita, we turn right and roll downhill another 1 km, until we reach the point where Myogi-Arafune Super

Rindo branches off to the left. A barrier prohibits entry of cars but cannot hinder us from entering with our

bikes. We will soon understand why the barrier is necessary. A gaping hole in the road greets the

unsuspecting rider and forces us to climb over ropes and carry our bikes. People who suffer from vertigo better don't look down. They will miss the view of the expressway bridge spanning the valley some 200 m directly below. Soon after this exciting spot, the gravel road turns into an asphalt road strewn with fallen rocks. A short climb of 1 km takes us to the highest point (940 m) of the rindo. The view from up here is quite spectacular: the peaks and needles of Mt. Myogi close by, the mountains of Arafune and Oku-Chichibu, and in the distance Mt. Asama. After a short downhill rush on asphalt, we are back on gravel again, winding through the labyrinth of pyramids and rock needles. Most of the time the ride is smooth, but some sections are pretty rough with lots of rocks that can throw you off balance. At km 18, we reach the point where the road branches off to Shimonita, an alternative route that may also be quite interesting to explore in the future. This time, however, we turn left and head north towards the tunnel that cuts under the ridge of the Myogi chain. From here starts the rather steep descent to the Nakaki River valley. With more rocky sections to negotiate, we follow the winding road down into the valley. Since the rough road needs our full attention, we may want to take some breaks, otherwise we might miss the wonderful surrounding scenery. When we reach Myogi Lodge at km 23, we are back to civilization again, meaning paved roads and cars. From here, we glide along Lake Myogi. After we pass the dam, we cross the river and follow the road towards Myogi Shrine. At the junction, we have three options, depending on how late it is or how tired we are. Option 1: straight to Matsuida Station (2 km). Option 2: to Isobe Onsen (7 km) and Isobe Station. Option 3: climb to Myogi Shrine and Myogi Onsen (2 km), and from there back down to Matsuida Station. Total distance: between 35 and 40 km, depending on which option we select from

Myogi Junction.

Difficulty rating: I'm giving this tour a rating of 2. stars, but even though it is mostly downhill (700 m vertical drop), I consider it more difficult than the Karuizawa/Asama Tour, because the Myogi-Arafune Super Rindo has some pretty rough sections. However, for a skilled MTB rider, there are no problems at all. The probability of a tire puncture or parts shaking loose is higher than average! So, be prepared for some roadside repairs!

Meeting Time & Place :

Saturday, 9 December

Tokyo Station, 8:00, at the Nagano Shinkansen Gate or Karuizawa Station between 9:30 and 9:50

Transportation :

From Tokyo to Karuizawa:

Nagano Shinkansen "Asama 541"

Tokyo (Track 21) 8:16 => Ueno 8:21 => Ohmiya 8:42 => Karuizawa 9:27

or, if you miss this one

Nagano Shinkansen "Asama 503"

Tokyo (Track 20) 8:40 => Ueno 8:46 => Ohmiya 9:07 => Karuizawa 9:48

From Matsuida or Isobe to Takasaki:

JR Shin-Etsu Main Line

Matsuida 18:01 => Isobe 18:06 => Takasaki 18:25

Matsuida 19:03 => Isobe 19:08 => Takasaki 19:27

Matsuida 20:01 => Isobe 20:06 => Takasaki 20:25

From Takasaki to Ueno:

JR Takasaki Line (Local Train)

Takasaki 18:40 => Ohmiya 19:48 => Akabane 20:03 => Ueno 20:14

Takasaki 19:34 => Ohmiya 20:40 => Akabane 20:55 => Ueno 21:07

Takasaki 20:32 => Ohmiya 21:42 => Akabane 21:57 => Ueno 22:08

or

From Takasaki to Tokyo:

Nagano Shinkansen "Asama 554"

Takasaki 18:45 => Ohmiya 19:14 => Ueno 19:34 => Tokyo 19:40

Joetsu Shinkansen "Tanigawa 454"

Takasaki 19:45 => Ohmiya 20:17 => Ueno 20:38 => Tokyo 20:44

Joetsu Shinkansen "Tanigawa 456"

Takasaki 20:34 => Ohmiya 21:06 => Ueno 21:26 => Tokyo 21:32

What to bring :

Mountain bike, bike bag, helmet, spare tube, food, drinks, snacks (food and drinks can be bought at

convenience stores in Karuizawa), towel, change of clothes, rain gear, warm clothes, gloves, flashlight, sun

screen.

Make sure that your bicycle is in perfect condition before you leave home!

Costs :

Train Fares:

Tokyo - Karuizawa: Yen 5,750 (Shinkansen)

Matsuida - Ueno: Yen 2,210

Matsuida - Takasaki: Yen 400

Takasaki - Tokyo: Yen 4,800 (Shinkansen)

Onsen: Yen 1,000

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

NEW YEAR' S SKIING TOGAKUSHI NEW YEAR' S SKIING TOGAKUSHI

31 December Sunday to 2 _ -----

Alpine and Cross Country both available. Relatively secluded area of Nagano with lots of snow and pension with good food and low-key comfortable atmosphere. has used this place for many years and reports always sound good.

Have booked two nights: Dec. 31 and Jan 1 for ten people to cover a basic group. However depending on feedback and requests, it should be possible to book extra nights before and after depending on group makeup.

Will advise costs, train schedules etc. to those who respond

Meeting Time & Place :

Will advise costs, train schedules etc. to those who respond

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sunrise Hike 21世紀初日の出ハイキング

31 December Sunday to 1 _ Monday

How about watching the first sunrise on a peak of To-no Dake in Tanzawa

On the first day, maybe starts hiking in Tanzawa and stay at Yamagoya. On the second day take a

one-hour-hike up to the peak of Tonodake to see the sunrise and hike down. Onsen will follow if possible. It

won't

be so difficult but due to the season, it's not for beginners. Hiking boots and a head torch are must.

up to 12 people.

Meeting Time & Place :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners 1/2

17 December Sunday

Intended as an introduction to climbing for anybody who wants to take up the sport, in any of its forms, but

does not know the basics such as how to tie the rope into a climbing harness, how to belay, etc.

The session will most probably last until mid-afternoon and will be held at Pump 1 climbing gym in

Kawaguchi (nearest station Kawaguchi JR on the Keihin Tohoku line, one stop beyond Akabane).

Total cost will be Yen2,100, for which you can stay all day.

Number of places limited to 5.

Meeting Time & Place :

Contact the organiser for details

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners

14 January Sunday

Another chance to learn the basics of climbing in Pump 1 climbing gym in Kawaguchi.

Number of places limited to 5.

Meeting Time & Place :

Contact the organiser for details

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yatsugatake Ridge

6 January Saturday to 8 _ Monday

Leave Friday evening (5 January), sleep in Chino station, then take a taxi on Saturday morning to Mugisotoge.

We will walk along the ridge as far as Akadake and return to Chino by bus from Minodoguchi. Return to

Tokyo on Sunday evening. We will be camping, so you must have a suitably warm sleeping bag, a tent and

cooking equipment. Depending on the number of participants, it may be possible to share a tent and cooking equipment.

Full winter mountaineering gear (boots, crampons, single axe, harness, etc) and previous experience (please

specify) of a similar route in winter are essential; insurance is compulsory.

I will be out of Japan between 18 December and 3 January (inclusive), so if you are interested in joining this

trip, please contact me before 18 December if possible.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yatsugatake Ridge

5 January Friday to 8 _ Monday

Leave late Friday evening, sleep in Chino station, then take a taxi on Saturday morning to Mugisotoge. We will

traverse the ridge as far as Akadake and return to Tokyo on Monday evening.

We will be camping, so a suitably warm sleeping bag, a tent and cooking equipment will be required.

Depending on the final composition of the group, it may be possible to share a tent and cooking equipment.

Full winter mountaineering gear (boots, crampons, single axe, harness, etc) and previous experience (please

specify) of a similar route in winter are essential; insurance is compulsory.

I will be out of Japan between 18 December and 3 January (both dates inclusive), so if you are interested in

joining this trip, please contact me before 18 December, if at all possible.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

31 December Sunday to 1 _ Monday

English version will follow.

丹沢山付近のハイキングのあと、木の又小屋に泊まり、翌朝塔の岳で初日の出をみます。富士山や海もきれいにみえます。（お天気なら！）

宮が瀬===高畑山===丹沢山（1, 567 m）===塔の岳（1491 m）

===木の又小屋泊

夜明け前に塔の岳まで30分くらい登り、日の出を見ます。その後は未定。

線）---新宿

め、ある程度のハイキング経験がある方に限らせてください。ヘッドランプとハイキングブーツ等の基本的な装備は必ず必要です。

交通費、2千円くらい（?）。待ち合わせなど、詳しい事は申し込んだ方に追っ

てお知らせします。

This is the program to see the first sunrise of the century on the peak, where you can enjoy great view of Mt.Fuji and Pacific Ocean at the same time (if the weather is OK!). Due to the season, it's not for beginners. Basic hiking gears like hiking boots and a head torch are must. Yamakoya has a space for up to 8 people for our group. Details like meeting time and place will be informed to those who applied.

1. schedule

Day 1; (Map time 7 hours)

Shinjuku --(Odakyu line)--Hon-Atsugi --(bus)-- Miyagase

Miyagase === Mt.Takahata === Mt.Tnazawa(1,567m) === Mt.To-no-Dake (1,491m)=== Kino-Mata-Koya Hut

Day 2 ; 30 min up to the peak of To-NO-Dake to see the sunrise and breakfast. Coming down via Mt.Nabewari-yama to Yadorogi and take

a bus to Matsuda.

II. budget

交通費は2,000円前後だと思います。

Yen5,500 for hut stay with two meals. Accommodation only Yen3,500 plus transportation around Yen2,000.

III. contact

Meeting Time & Place will be sent later

Meeting Time & Place :

Maybe at Hon-Atsugi at around 8:10am to catch a bus at 8:20am...

We will inform those who will join.

Events

31 December Sunday to 1 _ Monday

English version will follow.

丹沢山付近のハイキングのあと、木の又小屋に泊まり、翌朝塔の岳で初日の出をみます。富士山や海もきれい

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transportation around Yen2,000。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ski/Snowboard Tour to Hakuba Happo One

19 January ----- to 21 _ -----

This is rough detail of the ski/snowboard trip to Hakuba Happo One, which is the one of main ski resort in

'Nagano, Shinshu area', located in the Northern Alps offering a splendid panorama of the peaks!

Also, the area is famous for small fancy villages, and there are many warm, homey nice lodges. This time, we

stay my favorite lovely lodge, "Penke Panke". This lodge's owner is very nice and feel happy to meet people

from many other countries. He also runs his business of Roast beef importing company, the meal is delicious.

You can also have good herb tea with his wife homemade cake while looking many herb gardening, and sleep

in soft warm bed. So, even you are a snow bunny, I am sure you would enjoy the warm atmosphere! Just one

missing point is "Onsen" there (they have normal bath, of course), but we can take a taxi just for 5min to get

several local good Onsen around the area. Let's soak our tired body there after lots of ski exercise!

They can promise me to give us a bottle(s) of wine present too.

By the way, Shinichi is for Skier's leader, Chie is for Snowboarder's leader! : -Even if you don't have Ski or

Snowboard gear, don't worry, you can rent those by reasonable price. The detail is as follows,

1. Schedule:

(1)On way to the ski resort

<Plan A>

Leaving Friday evening (around 11pm) on January 19th, 2001 by JR "Alpine 3".

Stay Friday night in the train and Saturday night at a lodge

If you want to take a train in the morning, you will be plan B

<Plan B>

Leaving early in the morning on January 20th.

Stay 1 night at a lodge. (Saturday night only)

(2) Coming back

: Coming back on 21st Sunday afternoon, by 'Nagano Shinkansen'

Leave Ski resort around 3pm and arrive at Tokyo around 7pm, but if you want to leave early, bus and train

are available every 1 hour.)

3. Ski Resort information

Hakuba Happo One Ski Resort (33 Lifts/Level: Beginners Course 20%, Intermediate 40%, Advance 40%)

4. Accommodation

Penkepanke (ペンケパンケ)

tel : 0261-72-5235

Address:4836 Wadanomori Hakubamura Kitaadogun, Nagano Prefecture, 399-9301

Home Page Address: <http://www.penkepanke.com/>

〒399-9301 長野県北安曇郡白馬村和田野の森 4836

Serve 2 meals (Sat. dinner and Sun. breakfast)

Bedroom (shared by 3 people)

Meeting Time & Place :

(1) Plan A participants

Meet at JR train "Alpine 3". It leaves at Yokohama at 22:54,

Shinagawa at 23:16, Shinjuku (Platform 7) at 23:42, Tachikawa at 0:29, and Hachioji at 0:40.

It arrives at Hakuba at 6:27 in the next morning.

(2) Plan B participants

Meet at a restaurant of the ski resort. I will give you the further information later.

Please come to the ski resort by yourself since both organizers are thinking of taking Plan A. If several people

come by Plan B, I would like to let you know the name list of plan B so that you can come together.

Cost and Cancellation Charge :

5. Cost

About 37,000Yen (without Rental) 42,000(with Rental)

<Breakdown>

(1) Plan A

* 16,000 Yen plus tax for the accommodation including 2 meals and lift ticket for 2 days.

* 8,000 Yen for Alpine train from Tokyo Area to Hakuba

* 300 Yen for the taxi from Hakuba Station to the accommodation (Supposing that the taxi charge for 1,200 Yen is to be shared by 4 people)

* 1,400 yen for Bus to Nagano

* 7,500 yen for 'Asama ' from Nagano to Tokyo

* about 2,000 Yen for 2 lunches at Ski resort

* 600 yen if you go Onsen,

* 4,500 yen for 2days Rental gears

(2) Plan B

* 16,000 Yen plus tax for the accommodation including 2 meals and lift ticket for 2 days

* 15,000 Yen for Shinkansen round ticket from Tokyo to Nagano

* 1,400 yen for the bus from Nagano to Hakuba

* 1,200 Yen for the taxi from Hakuba Station to the accommodation (if you are alone)

(Or, we might be able to ask lodge' s people to pick you up)

* 2,000 Yen for 2 lunches

* 600 yen if you go Onsen,

4,500 yen for 2days Rental gears 6. Cancellation Charge (1) Cancellation

before January 13: About 1,000 Yen

(2) Cancellation between January 14-17: About 8,000 Yen

(3) Cancellation after January 18: About 12,000 Yen

How to sign up :

7. How to sign-up

(1) Please let me know whether you take plan A or plan B

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tanzawa View & Onsen Hike

20 January Saturday

This one day hike will take us to one of the peaks of the Tanzawa range, to the 1251-meter high Oyama. It is located at the south-east edge of the range, separated from the main range by a river valley.

We take train and bus to our starting point at Minoge, from where we have a 2-hour hike up to the peak. We plan to have our lunch with view on the peak, be prepared for wind and chilly air. We will take the east route to descend all the way to Nanasawa-onsen (or the other one nearby). Total map time: 5 hours. We will have enough time at the onsen to refresh and warm up ourselves, and then we'll head back to town. Refer to Shobunsha map no. 28 of the Tanzawa range.

Meeting Time & Place :

7:50 a.m. at Shinjuku station, Odakyu line, platform from where the 8:11 train leaves (will notify you later).

Bring: :

Hiking boots, raingear, warm clothes (no jeans), gaiters (suggested), change of clothes and towel for onsen, food (breakfast on the train, lunch in the mountains, dinner), drinks (hot tea/coffee in thermos), snacks.

Schedule and Costs: :

Odakyu-sen kyuko (express) train leaves Shinjuku station at 8:11, arrives at Hadano station at 9:24. bus leaves from Hadano at 9:35, arrives at Minoge bus stop at 9:57. We start hiking from there.

Bus leaves Nanasawa-onsen at 6:41 (if we visit this onsen), arrives at Atsugi Bus Center at 7:12. Frequent

Odakyu trains from there, expected arrival at Shinjuku at around 9 p.m.

Total train and bus fares for the above route: 1740 JPY. Don't forget to bring

extra money for the onsen.

Note: :

If raining, hike is cancelled. In any other case, we' ve got a go. There is a slight chance to have snow on the peak, be prepared.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Overnight Ski Trip for Beginners

27 January Saturday to 28 _ Sunday

Overnight Ski trip to Kurohime-Kogen, which offers good slopes for beginners.

Height of the mountain is

770m and about 45% of the courses are for beginners. After the whole day skiing,

we can enjoy the Mountain

View in one of the Onsen.

Will leave Tokyo early, as it will take about 2 hr to reach Kurohime-Eki and from where will take another 10-

15 mins bus ride. After putting down our belongings, will go to the ski school which has English speaking

instructor for beginner course. Lesson will depend on individuals and flexible for either half day (about 2 hrs)

or full day course.

Dip in the Onsen after a day “皴.皴” skiing is a must before returning back to our lodge and get ready for the

next day. We could either do some more practice or take lessons and completely exhaust ourselves before

heading back to Tokyo.

Meeting Time & Place :

Will announce later to participants

What to Bring :

For people who do not have proper Ski Wear, Rain Gear will be one of the options. Layers of warm clothes &

thick gloves etc.

Cost :

Shinkansen round trip ticket from Tokyo to Kurohime-Eki: about 17,000.

Bus: not sure but will try to arrange pick up by the lodge.

Lift ticket: 1 day pass is 3,500 & 2 day pass is 6,800. For people who don't utilize much could go for

“Kaisuken” which is about 2,400 for 18 rides.

Ski set Rental: 3,200

Ski School: 4,000 for full day & 3,000 for half day.

Accommodation: 8,000 with 2 meals

Onsen: 500

Web page :

<http://www.kurohime-kogen.co.jp>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Trip to Samui Island, Thailand

16 March Friday to 20 _ Tuesday

This is going to be a very relaxing trip to Samui Island in Thailand.

Activities we can do there are snorkelling, diving, jet ski, parasailing, windsurfing, water ski and others.

There are some water falls where we can swim and hiking areas in a jungle as well.

We can choose any activities depending on our interests. Just relaxing on a beach is OK, too.

I am also expecting to eat delicious Thai food.

Since March 20 is a national holiday, we will only need to take two days off.

If you have decided to join this trip, please inform me of your full name, phone number and address, and

prepare a copy of your passport, for reservation.

Cost :

Yen124,000 for air fare and 3 nights accommodation in a nice cottage-like hotel with a beautiful ocean view.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cheap ski trip to Kusatsu Onsen

24 February Saturday to 25 _ Sunday

This is an overnight ski trip to Kusatsu Onsen and ski resort in Gunma. We will stay at Kusatsu Youth Hostel 3

mins from the slope. Price is 3,200 yen plus 10% tax per person and dinner is 1000 yen , breakfast is 600 yen.

Skiis, stocks, and boots can be rented from the hostel for yen. A 1 day ski pass is 3,500 yen and half day

is 3,000. I am hoping we leave early from Ueno station on Saturday . We must get a bus or 2 to the YHA. You

can also ski at night or go to the onsens in the town. For those who want you can go there on Friday night, just

contact the YHA yourself (See Tel No)

I am still planning the train times etc but I am trying to make it as cheap as possible and I may increase the

numbers if there is a demand. The slope is good for beginners like me and for others.

Please call my home phone to reserve a place

Thanks Ruth. .

Meeting Time & Place :

Ueno station for the Agasuma Sen to Naganohana Kusatsuguchi eki. Time to be announced later.

YHA Kusatsu :

I will reserve places for 10 people under my name and the I.A.C as a group. Tel no is 0279-88-3895

Fax for a map

Transport :

From Ueno to Naganohana Kusatsuguchi is 3000 yen 1 way. We will take a bus to Kusatsu village 670 yen 1

way and another to the Y.H.A. I am still researching the best way.

no e mails contact by phone to reserve your place!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama winter hike

28 January Sunday

The plan is to do a simple winter hike in the Okutama region. I would like to try Mitsushiyama at 1,220

metres. However we will have to be flexible and if there is a lot of snow we will do an easier hike. Worst case

scenario we can do a hike by the tama river, do an onsen and eat some good Japanese food.

If you have crampons it might be a good idea, however we will tailor the hike to a solid pair of walking boots.

Please dress appropriately (no jeans and trainers), I would feel uncomfortable hiking with people who were

unprepared. Please contact me if you have any questions.

Meeting Time & Place :

7' 30am, platform 7 (at the front of the platform) Shinjuku JR station. Train leaves at 7' 43. Tachikawa at 8' 11.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Wine Education Weekend

3 February Saturday to 4 _ Sunday

Like to know how wine is made

Want to learn how to taste wine professionally

Whether you are a seasoned wine drinker or a beginner, eager to discover and explore the wonderful world of

wine, this weekend is definitely for you. Guaranteed to be both informative and fun, you will come away from

this weekend with a new knowledge and hopefully the will to experiment with your future wine purchases.

Here the outline of my plan:

Sat evening . lots of theory and plenty of alcoholic interactivity

We l look at:

The definition of wine

The history of wine

Different styles of wine

Viticulture

Vinification

How wine is made

Sunday . A short bush whack before returning to the station

Meeting Time & Place :

Tokyo station, Keiyo Line, Front end of train, Sat 3rd Feb - time to be arranged.

What to Bring :

Hiking kit (boots, fleece, waterproofs, torch, first aid kit, etc.)

A specific bottle of wine

Cost :

5,000 Yen for accommodation plus cost of bottle of wine and share of materials cost (handouts, etc)

Max. No. People :

Maximum no. of people 12

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kusatsu Onsen Ski Trip

24 February Saturday to 25 _ Sunday

This is a trip to Kusatsu in Gunma to do some skiing and onsens. We will stay at the YHA and it is 3 mins from

the ski slope. I am trying to keep the costs down. 1 night at the YHA will be 4300 yen plus 105 tax. Dinner is

1000 yen and Breakfast is 600 yen. Bring one lunch for Saturday. Skis boots and stocks can be rented for

yen. Ski pass is 3000 half day 35000 full day. Bus to YHA from downtown maybe 600 yen.

Meeting Time & Place :

Umegurigo bus station at ground level of takashimaya dept store at Shinjuku West exit. The bus goes from the

back of the station. Meeting time 9.30

Stuff :

Bring skiwear onsen towels and snacks and one lunch. Beer can be bought at the YHA and there are free

onsens in the town plus one huge outdoor one for 800 yen!

Transport :

We will go by umegurigo bus from Shinjuku Takeshimaya. Cost is 5600 return. YOU MUST BUY THE TICKET

YOURSELF. Go to J>R Midori no mado guchi (The green ticket windows found in stations) Buy for the 10 o

clock bus Ichigo bus (Bus no 1). The return ticket is for Rokugo bus (No 6 bus) Leaving Kusatsu at 15.00. The

tickets for February will go on sale on January 23rd. So sign up and then get your ticket!

YHA Kusatsu :

Kusatsu YHA have a booking for 10 people under my name and the OCJ. The hostel no is 027988 3895

Kusatsu Tourist info is 0279883722

Anyone who can read and speak Japanese that can check if I have my facts right

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Japan Red Cross in Izu onsen

3 February Saturday to 4 _ Sunday

Feb.3th.hiking on coastline.。ハ12.ア30pm.チ16.ア00pm.ヒ

Feb.4th.Training.。ofJapan Red Cross 。ハ9.ア00amto12.ア00pm.ヒ

We can swimming on indoor swimming pool.

Meeting Time & Place :

MeetingTime:Feb3 12:30pm

MeetingPlac:Wicket at IzuKogenSta.of IzuKyuko line

What to bring :

Pen,Towel and Swimming suit.

Cost :

1night500yen,Transportaion

(between5,000yento10,000yen on round)and.。meals.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Myoko Kogen Snowshoe/Nature Ski/Hot Spring BusTour

17 March Saturday to 18 _ Sunday

FEEL THE NATURE!!

LOOKING FOR ASSISTANTS!!!

For those who love the snow and the nature, this will be an ideal trip before the spring arrives!!! I am planning

an overnight bus trip to Myoko Kogen in Niigata to do snowshoe and the nature ski. Don' t worry even if you

don' t have any experiences in these sports. The trip participants will be divided into 2-3 groups according to

their physical strength or experiences of skiing, while the beginners' lesson is likely to be provided for the

nature ski (in fact, I' ve never done it nor downhill skiing!).

Meeting Time & Place :

07:00 am on Saturday, March 17, in front of Yasuda Seimei Building at the west exit of JR Shinjuku Station.

Available Assistant Positions :

To make the trip successful, I am looking for several assistants. These volunteers will have an advantage of

securing the space in the trip prior to the sing-up, which will start at the Feb General Meeting. All of the

assistant jobs are fairly light, and no previous experiences are necessary. New members or those who have

never organized the trips are highly encouraged to take a part. Here is the list of assistants I am looking for:

1) Updating participants' list (1 person)

No Japanese skills are required as long as you can use Microsoft Excel or Word and have an access to your

own email account. You will be asked to collect all information about participants including their contact,

emergency contact, ski size, etc.. There will be only 21 participants at max, so this is quite simple and easy! I

might bring my laptop computer for the sign-up at the Feb meeting, hoping to fill most of the participants' list.

2) Collecting money from participants and pay the bills (1 person)

Not much English nor Japanese skills required as long as you know how to transfer the money through banks.

The budget will be already planned by myself, so all you have to do is to ask trip participants to deposit the money into your bank account and to pay the bill to the pension house who will arrange all accommodation plans and snowshoe/nature ski plans and to the bus company.

3) Nature Ski Assistants (2-3 people)

Some Japanese and English bilingual skills may be required to communicate with local guides. For the nature ski in the Saturday afternoon, the participants will be divided into 2-3 groups according to their experiences in skiing. While the ski trip is going to be led by local guides, we need their assistants, who can explain the routes in English to those members who don't speak Japanese. The route map or descriptions will be provided before the trip. I also would like these assistants to stay at the end of the line and to always headcount the number of members in the group so that we don't miss anyone in the woods during skiing.

4) Snowshoe Assistants (2-3 people)

Some Japanese and English bilingual skills may be required to talk with local guides. For the full-day snowshoe trip on Sunday, the participants will be divided into 2-3 groups according to their physical strength. While the snowshoe trip is going to be led by local guides, we need their assistants. The route map or descriptions will be provided before the trip, and we will hold a review session to learn about the snowshoe route right after the Saturday dinner. At the review session, I would like the assistants to ask members in the

groups to fill in the Sangaku Todoke (See note 1). I also would like these assistants to stay at the end of the line and to always headcount the number of members in the group so that we don't miss anyone in the woods during snowshoeing.

5) Story writers (2 people)

If you like writing, this is a great opportunity to take advantage of your talent for the OCJ. Write your own stories either in English or Japanese to share your fantastic experience in this trip with other members.

The stories will be published in the newsletters and listed on the website.

Schedule :

March 17, Saturday

07:00 Leaving Shinjuku by bus

On the bus, the review session will be held to discuss safety and readiness for the snowshoe and the nature

ski after the introduction of trip participants. Hope experienced hikers and skiers to share their knowledge

with other members. The lunch will be taken in the bus to save some time.

12:00 Arriving at Myoko Kogen and take off for the nature ski.

The beginner's lesson will be mostly likely to be held before going into the route.

17:00 Coming back from the ski, taking hot spring.

18:00 Dinner

19:30 Review session for snowshoes

The participants will fill out the Sangaku Todoke (See note 1), while reviewing the routes they will walk on

Sunday. After the session, it will be a free time!

March 18, Sunday

07:00 Getting up.

08:00 Eating breakfast.

09:30 To start snowshoeing. A lunch box will be provided.

16:00 Coming back from the snowshoe. Take hot spring.

18:00 Stopping by at shops to buy drinks and food to eat in the bus and leave

Myoko Kogen. No alcohols are
sold at service stations on the highways.
20:00 Arriving at Shinjuku.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Myoko Kogen Snowshoe/Nature Ski/Hot Spring BusTour : ALREADY FULL

17 March Saturday to 18 _ Sunday

FEEL THE NATURE!!

LOOKING FOR ASSISTANTS PRIOR TO

THE SIGN-UP AT THE FEB GENERAL MEETING!

For those who love the snow and the nature, this will be an ideal trip before the spring arrives!!! I am planning

an overnight bus trip to Myoko Kogen in Niigata to do snowshoe and the nature ski. Don' t worry even if you

don' t have any experiences in these sports. The trip participants will be divided into 2-3 groups according to

their physical strength or experiences of skiing, while the beginners' lesson is likely to be provided for the

nature ski (in fact, I' ve never done it nor downhill skiing!).

Meeting Time & Place :

Most likely, we will meet at 07:00 am on Saturday, March 17, in front of Yasuda Seimei Building at the west

exit of JR Shinjuku Station.

Assistants Wanted!! :

To make the trip successful, I am looking for several assistants. These volunteers will have an advantage of

securing the space in the trip prior to the sing-up, which will start at the Feb General Meeting. All of the

assistant jobs are fairly light, and no previous experiences are necessary. New members or those who have

never organized the trips are highly encouraged to take a part. Here is the list of assistants I am looking for:

1) Updating participants' list (1 person)

No Japanese skills are required as long as you can use Microsoft Excel or Word and have an access to your

own email account. You will be asked to collect all information about participants including their contact,

emergency contact, ski size, etc.. There will be only 21 participants at max, so this is quite simple and easy! I

might bring my laptop computer for the sign-up at the Feb meeting, hoping to fill most of the participants'

list.

2) Collecting money from participants and pay the bills (1 person)

Not much English nor Japanese skills required as long as you know how to transfer the money through banks.

The budget will be already planned by myself, so all you have to do is to ask trip participants to deposit the

money into your bank account and to pay the bill to the pension house who will arrange all accommodation

plans and snowshoe/nature ski plans and to the bus company.

3) Nature Ski Assistants (2-3 people)

Some Japanese and English bilingual skills may be required to communicate with local guides. For the nature

ski in the Saturday afternoon, the participants will be divided into 2-3 groups according to their experiences

in skiing. While the ski trip is going to be led by local guides, we need their assistants, who can explain the

routes in English to those members who don't speak Japanese. The route map or descriptions will be

provided before the trip. I also would like these assistants to stay at the end of the line and to always

headcount the number of members in the group so that we don't miss anyone in the woods during skiing.

4) Snowshoe Assistants (2-3 people)

Some Japanese and English bilingual skills may be required to talk with local guides. For the full-day

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cross Country in Yatsugatake

10 February Saturday to 12 _ Monday

A Cross Country Skiing trip to Yatsugatake.

Day 1 : Get Azusa (Chuo hon-sen) to Chino, Taxi from Chino to Meruhen Hiroba.

From there we will hike to

Mugikusa Hut. (2 hours) Ski for the afternoon. Stay in Mugikusa Hut
(yamagoya)

Day 2 : Skiing. Stay in Mugikusa Hut

Day 3 : Skiing in the morning. Hike to onsen (about 3 hours) From there we get
a taxi back to Chino where

we take the train back to Tokyo.

Meeting Time & Place :

Saturday Feb 10th in Shinjuku

We will get the 7am Azusa (Chuo hon sen) no.1 bound for Matsumoto.

What to Bring :

Warm clothes that you can layer, Thick Socks for under the ski boots, Rainwear,
Spats, Hat, Goggles/

sunglasses, Ski Gloves, Headlamp, Onsen Stuff, Smaller daypack to carry some
things while skiing

Lunch for the first and second day. It is best to bring a stove and to cook
something hot for the second day,

Thermos for warm drinks, Snacks and drinks for the 'Apres Ski'

Cost :

Train : Yen 5870 (one way)

Taxi : Yen 2500 approx for the return trip

Hut - Yen 6800 per night (including dinner and breakfast)

Ski Rental (from Mugikusa Hut) : Yen6000 for 3 days

Please tell us your shoe size and your height so they can prepare the boots and
skies for us

Note : We are asking for a Yen2500 deposit at the next meeting to cover
cancellation fees and the charge for the

taxis that we have already reserved

Please contact us by e-mail - Thanks !

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Myoko Kogen Snowshow/Nature Ski---Now Waiting List

17 March Saturday to 18 _ Sunday

For those who love the snow and the nature, this will be an ideal trip before the spring arrives!!! I am planning

an overnight bus trip to Myoko Kogen in Niigata to do snowshoe and the nature ski. Don' t worry even if you

don' t have any experiences in these sports. The trip participants will be divided into 3 groups according to

their physical strength or experiences of skiing (in fact, I' ve never done the nature ski nor downhill skiing!).

Meeting Time & Place :

7 am in front of the Yasuda Seimie Building on the west exit of JR Shinjuku Station.

Cost :

Only 29, 000 yen!!!

This includes bus transportation, 3 meals (Sat dinner with drinks, Sun breakfast, a lunch box for Sunday

snowshoe), guide fees for the nature ski and snowshoe, snowshoe and ski rentals, hot spring entrance charges

after the nature ski and snow shoe.

Please note that the cost for this trip mentioned above is based on the assumption that we get 21 participants.

If we miss one person, there may be an additional charge of 500 yen to share the bus cost. But please

remember that unless the number of participants drops to 10, the trip is still cheaper than going there by

Further details regarding where to transfer the money will be announced later by email.

Schedule :

Mach 17, Saturday

07:00 Leaving Shinjuku by bus

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ski trip to Hakuba47 & Hakuba Goryu

25 February Sunday to 26 _ Monday

If there is enough interest, I am willing to organize an overnight ski/snowboard trip to Hakuba area.

Leave Tokyo/Ueno/Omiya on Sunday morning, and come back on Monday evening.

I found a reasonable tour by JR.

The tour includes Shinkansen tickets, one night accommodation, transportation between Nagano station and

Hakuba, one dinner and breakfast, two days lift tickets.

All this for 25,000 yen!!

If interested, please e-mail me or call me as soon as possible, as there is not much time left!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

ALREADY FULL: Nikko XC/Snowshoe Overnight Trip

17 February Saturday to 18 _ Sunday

THIS TRIP IS ALREADY FULL!!

Unfortunately, this trip to do snowshoe and cross country ski in Nikko is already full. But I thought we could share some useful information about activities in Nikko with other members, in case they want to organize similar trips by themselves.

If you have any questions, please feel free to email me.

Meeting Time & Place :

To be safe, let's meet at 06:50am at the main (only one) exit (Kaisatsuguchi) on the second floor after you

climb the escalator at the Tobu Asakusa Station. Please see this map:

<http://www.tobu.co.jp/infomap/>

[isesaki_1/1102/1102_c2.html](http://www.tobu.co.jp/infomap/isesaki_1/1102/1102_c2.html)

Schedule :

Saturday, February 17

06:50am Meet at the main (only one) exit of the Tobu Asakusa Station

07:00am Catch Express or Kaisoku that goes straight to Tobu Nikko without a transfer.

If you miss this train:

07:10 Catch Tokkyu Yunosato 271 to Kinugawa Onsen.

08:59 Transfer at Shimoimaichi.

09:05 Get on then same Kaisoku at Shimoimaichi.

09:12am We all arriving at Tobu Nikko Station.

09:26am Get on the bus to Nikko Yumoto Onsen, which leaves in front of the Tobu Nikko Station.

10:39 Arrive at the XC Ski ground at Kotoku Onsen

Hopefully, some of us will have a private lesson of the XC, which Ayako is now negotiating.

16:40 or 17:40 Catching the bus at the in front of the ski ground to Yumoto Onsen.

Note 18:43 is the last bus to Yumoto Onsen.

18:00-20:00 Dinner and a hot spring and a free time

Sunday:

08:00 Get up and eat all-you-can-eat breakfast and leave for snowshoe

The group will be divided into two groups: easy and hard hikes. For those who are doing the harder hike,

please make sure to bring your lunch.

Noon Easy hikers take lunch at Nikko Yumoto.

16:00 Come back from the snowshoe to the hotel. Take a bath.

17:09 Take the bus from Yumoto Onsen to Tobu Nikko.

18:20 Arrive at the Tobu Nikko by bus.

18:52 Get on the Futsu train to Tobu Nikko.

Accommodation :

Okunikko Mori no Hotel 奥日光森のホテル

<http://tabi.joy.ne.jp/inn/htm/101302s.htm>

9,580 yen w/ tax per person.

TRANSPORTATION

Tobu Dentetsu

Nikko Mini Free Pass (for two days) including the one round-trip ticket for the train and bus

4,940 yen from Asakusa plus 1220 yen express charge

<http://www.tobu.co.jp/train/kupon/free.html>

SNOWSHOE RENTAL

Nikko Visitor Center (snowshoe rental)

Hours: 9AM~4:30PM

Tel: 0288-62-2321

Link: <http://www.wnn.or.jp/wnn-n/shisetsu/3334.html>

Rental: Aluminum---700 yen for a half-day, 1000 yen for a full-day

Plastic---300 yen for a half-day and 500 yen for a full-day

XC Ski Ground

Kotoku Cross Country Ski Ground

Tel: 0288-55-0585

Fax: 0288-55-0731

Rental Office Hours: 8:30 : 00~16 : 00

Link: <http://ski.joy.ne.jp/guide/htm/r0086s.htm>

Sun, Feb 25, is a competition day for XC.

One-day (8:30-16:00)rental---2600 円

Hot Spring:1,000 円

Private XC lesson for two hours---2,500 yen per person

THE PRICES HERE ARE FOR YOUR REFERENCE. PLEASE DOUBLECHECK THE PRICES WITH EACH PLACE!!!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Myoko Kogen Snowshoe/XC Bus Trip---Waiting List

17 March Saturday to 18 _ Sunday

FULL!

MANIN ONRE!!!

NOW OPEN FOR THE WAITING LIST

For those who love the snow and the nature, this will be an ideal trip before the spring arrives!!! I am planning

an overnight bus trip to Myoko Kogen in Niigata to do snowshoe and the nature ski. Don' t worry even if you

don' t have any experiences in these sports. The trip participants will be divided into 3 groups according to

their physical strength or experiences of skiing (in fact, I' ve never done the nature ski nor downhill skiing!).

Meeting Time & Place :

7 am in front of Yasuda Seimei Building at the west exit of JR Shinjuku Station.

How to put your name in the waiting list :

Schedule :

Mach 17, Saturday

07:00 Leaving Shinjuku by bus

On the bus, following the introduction of each participant, the review session will be held to discuss safety

and readiness for the snowshoe and the nature ski after the introduction of trip participants. Hope

experienced hikers and skiers to share their knowledge with other members. The lunch will be taken in the

bus to save the time. The route for the nature ski will be also reviewed.

13:00 Arriving at Myoko Kogen and taking off to the nature ski.

The beginner' s lesson WON' T be held due to the time limitation. But we will form a group of people who

have no/few experiences of downhill skiing including myself.

16:30 Coming back from the ski, taking hot spring.

18:00 Dinner

19:30 Review session for snowshoes

The participants will fill out the Sangaku Todoke, while reviewing the routes they will walk on Sunday. After

the session, it will be a free time!

20:00 (Optional)

There will be a festival of Kamakura (a house made by snow) near the pension that night. You can get some

souvenirs there. I am interested in going.

March 18, Sunday

07:00 Getting up.

08:00 Eating breakfast.

09:45 To start snowshoeing. A lunch box will be provided.

15:00 Coming back from the snowshoe. Taking hot spring.

17:30 Stopping by at a convenience store to buy drinks and food for the dinner on the bus and leaving Myoko

Kogen. No alcohols are sold at service stations on the highways.

20:30 Arriving at Shinjuku.

WHERE TO STAY:

At a western-style pension house "Mont Cervin". The owner, Mr. Shikine is the captain of the hiking club in

Myoko Kogen and is an experienced hiking guide.

FAX 0255-87-2907

URL <http://www.akakura.gr.jp/montcervin/>

USEFUL INFORMATION

Nature Ski and the Snowshoe

People often ask me what the nature ski is. Although I've never done the nature ski before, my

understanding is that the nature ski is where you ski through forests or hills with Telemark, or alpine or crosscountry

ski. I could not find the resources about the nature ski in English, but I found some information about

the nature ski in Japanese, as well as some information about the snowshoe both in English and Japanese as

below:

1. The Japanese mountaineering magazine “Yama to Keikoku 山と溪谷”, the Feb edition.

They have a special coverage of the nature ski as well as the snowshoe.

2. <http://www2u.biglobe.ne.jp/.milki/natureski.htm> (Japanese only)

This is a link to a Japanese pension who runs the nature ski trips.

3. www.snowslink.com (English only)

If you want to know more about the winter sports including the snowshoe, you can check out this site.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ice Climbing + Basics of Winter Mountaineering

3 March Saturday to 4 _ Sunday

This event is intended mainly for people with little or no experience of winter mountaineering who want to go

through the basics, try ice climbing and then join the Fuji trip on 17/18 March.

We will travel up to Chino late on Friday evening, sleep in the station and then set off for Akadake Kosen on

Saturday morning. After arriving and setting up camp we will find a snow slope with a good runout and go

through some of the basics of winter mountaineering. The rest of the weekend will be spent doing simple, one pitch ice climbing in Jogo Sawa.

Participants must have some previous climbing experience and all the usual gear for a winter hiking and

camping trip. A certain amount of climbing gear is also required (contact me for details).

Experienced climbers are also welcome to join but must bring their own climbing axes.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Fuji

17 March Saturday to 18 _ Sunday

This trip follows on from the introductory event on 3/4 March and is intended mainly for the beginners Yen

near beginners who attended that event. However, climbers with previous winter experience are also very

welcome to join this event.

The plan (subject to conditions and composition of the group) is to climb as far as the eighth station on

Saturday and then pitch our tents. We will have an early start on Sunday, go to the summit and then descend,

breaking camp on the way down.

In addition to having all the usual gear for a winter hiking and camping trip, a certain amount of climbing

gear will also be required (contact me for details). All participants must be in good physical condition and

have insurance.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hiking Nishi Tanzawa

3 March Saturday

A day trip to Mikuni Yama, in the western part of Tanzawa. Start walking from Suruga Oyama station on JR

Gotenba Line, walk for five hours and come down to Lake Yamanaka. If the weather is good, we will have a good view of Mt. Fuji from Mikuni Yama.

We might have to walk on snow, so come with good hiking boots.

Meeting Time & Place :

Take 7:30am Odakyu limited express "Support 3" from Shinjuku. We will get together at Shin Matsuda station

at 8:35am. You need to pay extra and reserve a seat for limited express.

What to bring :

Lunch, good waterproof hiking boots, wamr clothes, compass, a map of Tanzawa, etc. No jogging shoes, please.

Cost :

Around 4000yen round trip from Shinjuku

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Girls' Day Hike---gentlemen welcomed!!

03 March Saturday

Let's celebrate the Girls' Day or Himanatsuri in the apricot garden!

Gentlemen are most welcomed to join us!

I am organizing a 2.5-hour hike/picnic/hot spring again this year this Saturday, March 3, celebrating the Japanese traditional festival, Hinamatsuri, or Girls' Day. Traditionally, girls get together, decorating dolls, eating sweets and drinking sweet rice wine, praying for happiness, but this event is open to anyone including gentlemen!

<ASSSTANTS WANTED>

To make the event successful, I am looking for 3 assistants who can help me organize this event. Their jobs are:

1) To distribute the map and explain the schedule, including the hiking route. I will give you the copies of the map and explain everything on the train, but I need some people who can explain these details to other members when we arrived at the Ogose station because last year we had about 20 people, and it was hard for me to explain alone.

2) To lead the hike as a head or tail hike leader.

While we ensure everyone to know the hiking course, I would like to have people who can walk at the front or the end of the group to see if people are doing ok.

Meeting Time & Place :

Option 1: Meet at the Ikebukuro Station at 9:15am

9:15 am in the middle of the platform at the Ikebukuro Station on Tojo Line. We are taking a special train called "Ogose

Kangai Go", which leaves Ikebukuro at 9:33am and arrives at Ogose at 10:40am.

Please make sure to purchase a special ticket called "Ogose Kanbai Go" at

South or Middle South exits of Tobu Ikebukuro

Station. This includes a round-trip fare as well as a discount ticket for the apricot garden.

Option 2: Meet at the Ogose Station at 10:45am

If you are living along the Tojo Line, you can meet us at the Ogose Station at 10:45am.

How to Sign Up :

If you are interested in joining the hiking or helping me organize the event, please contact me including following information:

- 1) Your full name
- 2) Your mobile number
- 3) Your emergency contact person's name
- 4) Your emergency contact person's phone number including the country code, if overseas.

Schedule :

10:45 Take a bus from the Ogose station to the apricot garden, or Ogosen Bailin. I don't know the bus fare, but it should be around 200 yen.

11:00-13:00 Have a picnic in the apricot garden, eating and drinking.

13:00-15:30 Hiking to Takatori Yama and to a hot spring.

This will be a 2.5 hour hike. We will start walking from the apricot garden, heading to the 376-meter-high Takatori yama.

Then, we will climb down to the hot spring place called "You Park Ogose" .

15:30- Take a hot spring at "You Park Ogose" and disband there. You can take a bus from You Park Ogose to the Ogose Station.

<WHAT TO BRING>

1) Lunch and drinks for the picnic and hiking. But you can actually buy some food and drinks at the apricot garden, according to my memory from the last year's trip.

2) Hiking gear

Hiking boots are preferred, but if you don't have, other comfortable footwear such as sneakers are fine because this is a super easy hike. Other important hiking equipment such as rain gear and head lamps are also recommended.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spring Tennis

18 March Sunday

Tennis people will be welcome in Johoku-central park in Itabashi on March 18.

One clay court is available for

9:00-11:00 by 3,000 yen for some five people. If rain or quite wind, the plan will be canceled.

Meeting Time & Place :

Take Yurakucho line at Ikebukuro and get off at the fifth station 'Hikawadai' . Walk for about ten minutes to the park. Meet at the station at 8:30.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Trip to Samui Island, Thailand

16 March Friday to 20 _ Tuesday

This trip has been closed because the package tour is already full.

Finally three participants and I are going to Thailand.

Thank you for your interest, and I hope to see you in another event!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama winter hike

11 March Sunday

The plan is to leave Okutama station and head up for quite a steep couple of hours to Honitayama (approx 1220 metres). We will come down to Hatonosu station - where we can go to an onsen and then visit a local Japanese inn. If there appears to be a lot of snow then we will do a lower level hike in the Okutama region, maybe 3 peaks of Takamizu. (for this reason I would like everyone to meet at either Shinjuku, Tachikawa (8' 11), Ome. If you are coming from the Shinjuku area I suggest buying the "Okutama Free Pass" .

Meeting Time & Place :

Shinjuku JR - platform 7 (at the front) - 7' 30ish (train leaves at 7' 43).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cycling/BBQ/Hot Spring

10 March Saturday

How about Cycling, BBQ and a hot spring in Saitama this Saturday

Even if you don't have your own MTB, don't worry. You can rent one at the Shinrin Koen Station.

There are various cycling courses around the Shinrin Koen which last for less than an hour to 6-7 hours. If

you are not going to the 6-7 hour course, we can try Beef or Seafood BBQ in the Shinrin Koen.

Meeting Time & Place :

Option 1: 8:30am at the middle of the Tobu Tojo line platform where Kyuko or the Express to Shinrin Koen

leaves at 8:45 in Ikebukuro. We will then arrive at Shinrin Koen at 9:41. If you miss this train, catch 9:00

Express to Shinrin Koen, which will arrive at Shinrin Koen at 9:56.

Option 2: 10:00am at the Tobu Rental Cycle in front of the Shinrin Koen Station at

WHAT TICKET TO BUY:

1) If you have your own MTB, just buy regular train tickets.

2) If you are going to rent MTB, buy "Cycling Coupon", that the Tobu line offers. This costs 1,820 yen,

including the round-trip train fares with a 20%-discount and a rental cycling charge with a small discount.

This also comes with a discount ticket for BBQ, which we can save 400 yen for Beef/Seafood BBQ set, which

normally costs 1,900 yen and 2,000 yen respectively. Check this site for more information about the coupon:

<http://www.tobu.co.jp/train/kupon/cycle.html>

How to Sign up :

If you are interested in joining, let me know following information:

1) Your full name

2) Your mobile number

3) Which course do you prefer; easier one or harder one

If you are doing the harder one, you can bring your own lunch or stop by at a restaurant on the way.

4) Whether you are going to bring your own MTB or not.

5) Where you are meeting us; Ikebukuro Station or the rental cycle at Shinrin Koen Station

Schedule :

Events

Cycling/BBQ/Hot Spring

10 March Saturday

How about Cycling, BBQ and a hot spring in Saitama this Saturday

Even if you don' t have your own MTB, don' t worry. You can rent one at the Shinrin Koen Station.

There are various cycling courses around the Shinrin Koen which last for less than an hour to 6-7 hours. If you are not going to the 6-7 hour course, we can try Beef or Seafood BBQ in the Shinrin Koen.

Meeting Time & Place :

Option 1: 8:30am at the middle of the Tobu Tojo line platform where Kyuko or the Express to Shinrin Koen leaves at 8:45 in Ikebukuro. We will then arrive at Shinrin Koen at 9:41. If you miss this train, catch 9:00 Express to Shinrin Koen, which will arrive at Shinrin Koen at 9:56.

Option 2: 10:00am at the Tobu Rental Cycle in front of the Shinrin Koen Station at

WHAT TICKET TO BUY:

1) If you have your own MTB, just buy regular train tickets.

2) If you are going to rent MTB, buy "Cycling Coupon" , that the Tobu line offers. This costs 1, 820 yen, including the round-trip train fares with a 20%-discount and a rental cycling charge with a small discount. This also comes with a discount ticket for BBQ, which we can save 400 yen for Beef/Seafood BBQ set, which normally costs 1,900 yen and 2,000 yen respectively. Check this site for more information about the coupon: <http://www.tobu.co.jp/train/kupon/cycle.html>

How to Sign up :

If you are interested in joining, let me know following information:

- 1) Your full name
- 2) Your mobile number
- 3) Which course do you prefer; easier one or harder one
If you are doing the harder one, you can bring your own lunch or stop by at a restaurant on the way.
- 4) Whether you are going to bring your own MTB or not.
- 5) Where you are meeting us; Ikebukuro Station or the rental cycle at Shinrin Koen Station

Schedule :

8:30 Ikebukuro

10:00 Get together at Tobu Rental Cycle in front of Shinrin Koen Station

Then, each participant decides which course to take

13:00 Those who chose easier course get together at Tenbo Restaurant in the Shinrin Koen and have BBQ

together. After the lunch, we can cycle one-hour course in the park, and return the bicycle at the station.

16:27 Catch the Romen Bus to the hot spring, or the Heritage Hotel. It will be a 15-minute ride. Those who

have their own MTBs, can ride their bikes to the hotel. The hotel is close to the park. They have very good roten buro!!!

19:15 Catch the Romen bus from the hot spring to the station and disband.

OTHER COSTS:

- 1) Train fare---the coupon is 1,820 yen, if you take the train from Ikebukuro.
- 1) Around 2,000 yen for BBQ, if you are going to eat for lunch.
- 2) 400 yen for the entrance charge of Shinrin Koen, if you are going to eat BBQ and cycle around the park.
- 3) 1,500 yen for the hot spring at the Heritage Resort Hotel near the park. This includes the hot spring after 4pm, towels and a room cloth.

IN CASE OF RAIN:

Sorry, I am not fond of cycling in the rain. If the weather looks unstable and you are not sure whether we are

still cycling or not, please call me at my mobile that morning.

Useful link :

Cycling Coupon by Tobu Tojo Line

<http://www.tobu.co.jp/train/kupon/cycle.html>

Hot spring---Toki no yu at the Heritage Hotel

<http://www.diana.dti.ne.jp/%7Eheritage/indexflm.html>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Dive trip to Philippines

25 April Wednesday to 3 _ Thursday

Are you interested in going on a dive trip at Golden Week I have made some tentative reservations for a dive trip to Puerto Galera. I have never been myself but it comes very well recommended. It offers a full range of dive sites from easy to technically advanced, including numerous walls, drift dives, wreck dives and stronger current dives. Visibility usually at least 15m, up to 40m. There are also PADI courses for beginners right through to specialist technical and instructor skills. Check out <http://asiadivers.com/indexAsiaDivers.htm> for more information.

Meeting Time & Place :

The current plan is to leave from Narita on 25 April, coming back on 3 May. I have made some flight bookings and seats are still available but RESPOND QUICKLY to avoid disappointment. I am hoping to get a group of something like 6-8 people for this but will go even with smaller numbers.

Rough idea of costs: :

Currently I have flight seats reserved for Y85,000 return. I am trying to get seats with a cheaper airline for around Y50,000 return but currently only waitlisted and I cannot promise this will be possible.

Accommodation will be around US\$20 per night; diving costs around \$25 per dive with equipment rental or

\$20 if you have your own equipment. Food is pretty cheap and beer is cheaper! I am planning on staying at El

Galleon and diving with Asia Divers as described at the above website. As a guide if you stayed for 8 days and

did 15 dives, the total cost should be around Y160,000 or Y125,000 if we can get the cheaper flights. There

are other options there too. Obviously lots of sun, swimming and snorkelling but also kayaking and golf are available at reasonable prices.

IF YOU ARE INTERESTED :

Please let me know ASAP so I can confirm flight bookings. I have spaces currently reserved for 6 but need to supply names very soon.

You do not need to be 100% sure right now - if you think you'd like to come, please respond now. At this stage, no deposit/cancellation charge applies.

Other :

If you want to fly on different dates, that's probably fine. The accommodation and diving can be flexible.

However, as it's Golden Week, flights are filling up quickly and it is very tough to get seats in Golden Week

itself - plus of course they're more expensive. I will probably ask you to do your own flight booking in this

case as it is a lot of work for me to co-ordinate lots of different flights.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cycling South Okutama Yen Akikawa

18 March Sunday

You do not need a MTB (road bike with suitable gearing ok) for this trip as we will not be on hiking trails.

There will be about 19 km on paved road up the north fork of the Akikawa river from Itsukaichi, followed by an additional 4 km uphill on gravel forestry road.

The remaining 25 km back to Itsukaichi after crossing over over Fujiwara pass on Sengen ridge , is mainly downhill along the south fork of the Akikawa.

We will stop at a small place serving handmade soba, which has two small baths which hold about 4 people each - one hinoki (Japanese cypress) and one rock, overlooking the south Akikawa river valley.

Probably time for Yakitori near the station before boarding the train back as well

Meeting Time & Place :

About 8-8:30 a.m. Will advise those people who contact me.

What to Bring :

Helmet compulsory, spare tube, warm clothes including change of clothes, onsen things. Energy food, water.

You will need a bike bag or at least be able to wrap your bike in something to get on the train. First aid kit if you have one, tools for minor bike repairs if you have them.

Note :

Winter weather rather than Spring is most most likely so, will discuss what is "go" , directly with those who contact me. It could be a rather cold.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Mountain ski in Mt.Hakoda(AomoriPre.)

20 April Friday to 22 _ Sunday

Mountain ski in Mt.Hakoda(AomoriPre.)

We are stay at SukayuOnsen.

Cost :

60000yen(Air or Shinkasen Transportaition and 2night on SukayuOnsen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Horseback Riding Lesson in Nagano

14 April Saturday to 15 _ Sunday

Have you ever ridden a horse before? If not, this is a great opportunity to try horseback riding. The pension house "Free Space" in Kaiohizumi near Kiyosato in Nagano, is offering a one-day lesson (and a 1.5-hour riding in the outside of the horse-back riding ground, if you are an experienced rider) on Sunday, April 15th. The lesson will be held in Japanese in different levels, depending on your experience of horseback riding.

Two years ago, I joined a cowboy camp in Montana for one week. It was a lot of fun, and now I would like to go to Mongolia to do horseback riding and to visit tribal people hopefully this or next summer. So, before going to Mongolia, I would like to practice horseback riding more, especially to canter or lope.

Meeting Time & Place :

07:00 Meet at Kosoku Bus Terminal in Shinjuku

(Map for the meeting place:

http://www.keio.co.jp/bus/kousoku/kudari/ku4_top.htm)

Tentative Schedule :

<<Saturday, April 14th>>

07:00 Meet at Kosoku Bus Terminal in Shinjuku

(Map for the meeting place:

http://www.keio.co.jp/bus/kousoku/kudari/ku4_top.htm)

07:20 The kosoku bus # K03801to Okaya Satation will leave Shinjuku.

09:55 The bus arrives at Kobuchisawa IC.

The plan for Saturday afternoon is undecided. We can go hiking for a couple of hours or we can visit Spatio

Kobuchisawa in Kobuchisawa to have a hot spring and visit their craftsmen village to make some soba or do

pottery. If you have any suggestions, let me know!

At night We will stay at Western Ranch Yamanami, in front of the horseback riding ground on Sunday.

<<Sunday, April 15th>>

08:00 Get up and have a breakfast at the pension.

10:00-16:00 Horseback riding lesson at the Wrangler Ranch. The lunch is not included, but we can buy at the ranch.

18:55 Get on the kosoku bus # K03816 to Shinjuku.

21:30 The buss will arrive at the Kosoku Bus Terminal in Shinjuku.

Total Cost :

Probably around 30,000 yen, depending on what we eat.

1) Bus fair

4,400 yen for the round trip tickets of Kosoku Bus between Shinjuku and Kobuchisawa. Please pay to Yukiko, who will buy the tickets all together.

2) Horseback riding lesson

15,000 yen plus tax. Please pay directly to "Free Space" by bank transfer.

3) Accommodation at Western Ranch Yamanami

6,000 yen including tax and Saturday dinner and Sunday breakfast. Please have the cash ready to pay at

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Mitake hike.

30 March Saturday

We will leave from one of the stations past Ome and climb up Mitake san (probably a max time of 3 hours) we can have lunch at the top (soba, curry rice) so no need to bring lunch on this occasion. Depending on the group we will walk down to one of the stations in the Okutama region (2.5 hours).

Meeting Time & Place :

Shinjuku station JR platform 7, at 7' 30 ish, the train leaves at 7' 43am.
(Tachikawa 8' 11am)

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Events

Mitake hike.

31 March Saturday

Wonderful hike in the Okutama region. The plan is to hike from Hinatawada station towards Mitake san,

where we can enjoy curry rice/soba (no need to bring lunch on this hike) with a great view of the mountains.

Depending on the group we will either hike down into Okutama or Hatonosu.

Optional: Onsen/washoku/

drinks/Karaoke.

Although essentially an easy hike, please come properly prepared. (Hiking Boots (no tennis shoes, trainers)

Fleece, water, raingear, headlamp with spare batteries, change of clothing, first aid kit, money.

Meeting Time & Place :

Shinjuku JR Platform 7 at the front 7' 30ish. Train leaves at 7' 43 (Tachikawa 8' 11).

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Events

Spring Snowboarding in Hokkaido

13 April Friday to 15 _ Sunday

I' m thinking of getting 4 to 6 people together for one last snowboarding (or skiing) trip in April to Kiroro in southern Hokkaido.

Space is filling up quickly, so if you are interested please contact me as soon as possible. I think we can still

get about six people. Please remember that this tour might be filled before I can make the reservation.

(www.kiroro.co.jp/snow/index.html)

The snow here in April is hit or miss. Last year wasn' t so good, but the year before we had a blizzard the first

night and the snow was great the last two days. Right now the base still has 220cm, the top is 385cm. The

runs are pretty wide, nice for snowboarders. There is one challenging run, but its not a very difficult

mountain.

If you' re interested, please call or email me at the numbers below. I' ll need your name and age to make the

reservations. Depending on the number of people, we will probably have two to three rooms at the hotel.

If you have any questions, please call me. I' ll send more detailed information to those who have applied once

the reservation is finalized.

Meeting Time & Place :

Haneda Airport, early on Friday morning. More details later.

Cost :

Around 36,000 to 38,000 yen per person. This includes airfare, hotel for two nights, two breakfasts and lift

tickets. (Dinner, lunch, rental, travel costs in Tokyo not included)

Tentative Schedule :

* Leave Haneda airport early (7am) on Friday, April 13th. Get to the slopes around lunch time.

* Riding/Skiing all day Saturday.

* Leave the resort Sunday afternoon, getting into Haneda airport at around 9pm or 10pm that evening.

What to bring :

You can rent boards and skis at the resort. It is Spring, but I've been there in a blizzard in April. So you do need to bring warm gear as well.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Come & Relax Under the Cherry Blossom Trees

08 April Sunday

Hello, everyone.

It' s that time of year again.

The Cherry Blossoms are now blooming and we would like to have an picnic.

Let' s celebrate this time and enjoy a picnic together.

Here are the following information:

WHEN: April 8th, Sunday from 10:30AM-

WHERE: Between Futakotamagawa Station and Tamagawa station, along the Futakotamagawa River side.

Meeting Time & Place :

MEETING PLACE: Futakotamagawa Station (Dentoshi/Hanzomon line - they are the same train line) or

Tamagawa Station - (Toyoko line).

I think you can take bus #11 from either direction.

HOWEVER, WE WILL BE MEETING ONLY AT FUTAKOTAMAGAWA STATION AT 10:30AM, April 8th, IN

FRONT OF BUS STOP #7.

REMINDER - We will be taking bus #11 to Tokyu Golf Ground (Tokyu Golfu-jo mae).

You will ride the bus for

about 15 minutes, its about the 8th stop.

Get off the bus, it will drop you along the river side. Proceed down the hill and find the sign for OCJ. We will

be waiting for you down below.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kumano kodo walk

28 April Saturday to 6 _ Sunday

The Kumano kodo is an ancient pilgrimage route that originally led from Kyoto all the way Kumano in

Wakayama prefecture. Mike Gellerman and I are planning to walk for one week through the beautiful and

undeveloped Kii Peninsula south of Osaka to Kumano on the Pacific coast. There are many lovely onsen, shrines, and small villages.

The route is fairly easy, and does not involve much real ascent or descent. Few people do the pilgrimage these

days, and the whole area is still quite remote and even in Golden Week should be fairly quiet.

The details:

Starting near Kii-Tanabe in Wakayama prefecture, and finishing at Kii-Katsuura, the walk will take

approximately 6 days, including a break half-way through, and many onsen visits.

We plan to take camping equipment and camp where possible, with the occasional splurge for four walls and

tatami. I will try to book some minshuku accommodation along the walking route, but the more we reserve in

advance, the less flexibility we have in walking times.

We plan to limit numbers, so please let us know soon if you are interested!

Here are some websites with further information in English and Japanese:

Wakayama prefectural tourist information on Kumano Kodo (Japanese)

We are planning to walk the green path, stages 1,2 and 3.

http://wave.wakayama.go.jp/kankou/ssd_waka/contents/index_sp9.html

Nara prefectural tourist information on Kumano Kodo (English and Japanese)

<http://www.pref.nara.jp/nara/kaido/kokaido/eg/08kumano/spot/00.htm>

Japan Air System English page (look here for flight information to Nanki-Shirahama)

http://www.jas.co.jp/e_jashom.htm

Blue Highway ferry info for Tokyo to Nachi-Katsuura (Japanese)

<http://www.sunflower.co.jp/kouro/kouti1.htm>

JR train information (Japanese)

<http://www.jr-odekake.net/>

Meeting Time & Place :

For those not taking the ferry, we will arrange a meeting place dependent on their means of transport to

Wakayama.

Equipment :

Camping gear, waterproofs, sleeping bag and mat, plus sturdy boots and a good back-pack

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[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Across the Mountains in Hakone

8 April Sunday

This is a nice walk across the mountains of Hakone with great views of Fuji, Ashinoko, and Owakudani if the weather cooperates. My plan is to take the Odakyu-sen to Moto-Hakone and then a bus to the foot of

Komagatake on Ashinoko. We will climb Komagatake (1327 m), move on to Kamiyama (1438 m) and return

either to Sounzan or Gora. There is an onsen in Gora (I've never visited, but I know it is there) and they are

famous for the soba (I've even had soba beer there although I don't recommend it). Total walking time should

be around 5 hours.

sure.

Meeting Time & Place :

Shinjuku Station , Odakyu-sen at about 7:30 (exact time and platform to those who are interested)

What to Bring: :

Lunch for a picnic on top of the mountain, rain gear just in case, water, good attitude.

Required Equipment: :

Boots are a must on this hike as the descent to Gora is a very steep and rough trail - no tennis shoes. You

must also have proper clothing as it can still be pretty cold at 1400 meters in April even if it is warm in

Tokyo.

Cost: :

Odakyu train and bus to Ashinoko is about Yen1500, I usually take the "Romance Car" on the way back from

Gora (after the fun mtn. railway to Hakone Yumoto) which is about Yen2500.

Onsen is probably Yen600 - Yen1000.

(03) 5719-1558 (after 4/1) (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Summer BBQ

30 June Saturday to 1 _ Sunday

Don' t miss it!

Make a note in your calendar that the annual Summer BBQ will be held on the weekend of Saturday, June

30 - Sunday, July 1 in Musashi Itsukaichi. At the moment we have reserved space for 78 people. On April

21st, we will be checking out the location and will provide more details about the exact number of spaces,

cost, etc after that.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Annual Summer BBQ

30 June Saturday to 01 _ Sunday

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[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

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21st, we will be checking out the location and will provide more details about the exact number of spaces,

cost, etc after that.

日本語訳 :

OCJ 恒例の夏の BBQ 大会が 6 月 30 日から 7 月 1 日にかけて開催されます。開催地に関しては、前回の奥多摩の鳩

ノ巣キャンプからかわって、新たに武蔵五日市のキャンプ場が選ばれました。今のところ参加予定人数は 78 人

ですが、企画者一同、設備やコスト確認のため、4 月 21 日に現地へ下見調査に行っておりま

す。よって、同イベントに関する詳細は、それ以降明らかとなります。

今回、

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

(Update) Come & Relax Under the Cherry Blossom Trees

08 April Sunday

Hello Everyone,

Here is an update version to this event. Please read the following important information:

- 1) If it rains, we will cancel this event.
- 2) There is a train station MISTAKE -
(Toyoko line) TAMAGAWA-EN not Tamagawa
- 3) There is a bus stop MISTAKE - Its the 3rd bus stop not the 8th bus stop. (210 yen)
- 4) We will NOT BE SERVING ANY FOOD, please BRING YOUR OWN food/drinks/ sitting sheet/ and games to this event.

Fuatakotamagawa station to

Tokyu Golfu-jo Mae.

10:43, 11:00, 11:17, 11:33, 11:48, 12:03, 12:17, 12:31, 12:46, 13:00, 13:14,
13:29, 13:43, 13:58, 14:12, 14:26,
14:40, 14:55

Here is the Tokyu Bus Information phone number:

MEETING PLACE DIRECTIONS:

- 1) After you exit from (Denentoshi/Hanzomon)Futakotamagawa Station, turn right & you will see a map of the bus terminal. (This is the East Exit).
- 2)From the map of the bus terminal, turn left towards the bus area#1. You will pass a ramen shop & Tokyu Hands.
- 3) From the bus area #1, there is a small street. Turn left & walk up the street until you reach the traffic light.
(Stay on the Tokyu Hands Side. At the intersection, on your left, you will see a hair salon called, Excel.)
- 4) From the intersection, you will see a large open space across the street. Cross the street to the other side, there you will find bus area 6 & 7.

5) From bus area #7, please take bus #11 to Tamagawa-en. It costs 210 yen and its the 3rd STOP.

P.S.

You can invite your friends, too.

(This is the older version.)

Its that time of the year again.

The Cherry Blossoms are now blooming and we would like to celebrate this joyous occasion with a picnic.

If you would like to participate in this event, please come to the meeting place in Futakotamagawa Station or you can meet us there along the Tamagawa River side.

You can invite your friends, too.

Here are the following information:

When: April 8th, Sunday

Time: 10:30AM -

Where: Between Futakotamagawa Station (Denetoshi/Hanzomon line)and Tamagawa Station (Toyoko line), along the Tamagawa River side.

What to bring:

- 1) Plese bring DRINKS/FOOD to share with others. (wine, juice, beer, chicken, salad, fruits, sandwiches, etc.)
- 2) Sitting Sheet (something to sit on)
- 3) Sports Equipment (frisbee, ball, etc)

If you like, you can bring your bikes to the picnic. However, I do not know how to get to the picnic site from either stations. Please ask someone for this information.

Questions:

If it rains, we will cancel this event.

Also, due to the warm weather, we may catch the end of the Cherry Blossom Season. If this is the case, we will continue to have this event, even if there are no petals left. Let' s enjoy drinking, eating, and havng fun.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

White Rafting/Hiking Trip in Minakami

26 May Saturday to 27 _ Sunday

White Water Rafting/Hiking Bus Trip in Minakami, while celebrating our birthday. We were both born on May 27, 19xx.

On Saturday, we will leave Shinjuku by a chartered bus to Minakami and do the rafting in the afternoon and

stay at a western-style pension house that night. On Sunday, we will break up into two groups and hike

around Tanigawadake and Ichinokura. The easier hike is to be accompanied by a local guide who will give us

some lectures on the nature in Minakami, while introducing beautiful scenery in Ichinokura.

Sign-up :

The sign-up for volunteer positions (16 out of 21 seats) will start on Monday, April 16th. We will inform you

the details by the internal mailing as well as this website page later.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cebu Philippines homestay, hike and filming trip

05 May Saturday to 12 _ Saturday

From Dave Simpson , new member as of this month .

Date : March 5th

Subject : Cebu for Filming and Jungle Hike Yen camping Yen homestay

World Water Shortage and Cebu May 5th

This is my first story to , sorry it is not in Japanese but will try to make it so , in the future .

I have several business' s in Asia . the newest one is a NPO affair, meaning a non profit business .

I have as of this year , started a non Government , non U.N , Event , which concerns itself with the

water crisis we face in the world today . some of you maybe surprised to learn that we are headed

towards a showdown that will decide in less than 25 years ..who of 8 billion people , gets water and

who does not.

I have my own Water Awareness Event , it is called 'Aquarius Film Quest ' .

The sponsor for this

Event is my Company (Office Canadian Enterprises ') This Event will attempt to bring the

drinking water crisis problem to more than 800 high Schools in Japan this year .

The Event will be video

and sent to all High Schools .

We hope that they in turn will see the video and respond to the Question are on our webpage

<http://www.mywater-crisis.com> that will be set up in Sept.

We expect to copy this Event and present it to High Schools all over the world for the next 15 years

twice a year .

The Premiere will be at the Canadian Embassy August 31st . All members are welcome to come and if interested , please email me , as all seats (200)

The Event is a mix of Special speakers , short films and Actors . This way of presenting an educational

problem may be a first and it will not be boring(we hope !)

Cebu , Tibet Yukon and Gobi :

I have decided to also enter my own film and will be assisted by a professional film maker , as I am still a rank amateur . I will focus on 4 areas .Cebu Philippines for lack of

water and Gobi that affects Beijing area and Tibet and Yukon for great storehouses of water .

First trip out :

The Cebu trip is scheduled for after GW as there are no flight seats left

! We hope to depart on the 5th . Those that are interested in joining with me will be asked to be part of

the film as they home stay and we seek locations and film . This film and the other locations will be

ready for the Kyoto 3rd World Water Forum .

Am I all saint ! No actually there is another reason for Cebu , it being a great place to hike and repel .

both of which i enjoy , if you have not tried rappelling ,please come and give it a try .

Cost for airfare maybe about 55,000 Yen . I have figured the expenses to be 50,000 yen each .

This go -man goes towards the following ; All hotel and food and trail food . porters and guides and

to the Green Earth Mountain Club that will be guiding for us . This club was started by professional

business people and students who go all over the Philippines hiking and rappelling . The funds will a long

way in enabling them to by the proper equipment and guide you now and in the future if you wish to return

by yourself . The final portion will go towards 'safe conduct ' For those of you who have been to places

like the Philippines ,it is not Chiba ken and one 'things can happen ' .

Certain funds allocated to the Col. Corea of Cebu, a military judge , and in charge of rescue operations on land and sea , make my trip and our adventure , one of ease , as we are assured that proper back up is there in case of emergency .

As with many countries a little 'gift money ' goes alongggg way . Payment can be made directly to me

before we leave , or directly to the homstay and the Cor.Corea

We all pay equal share . Details will be given

Hike details :

Moderate hike two stars under 600 meters , streams and slippery slopes at times ,over nights, tent use, proper shoes and gear required, insurance required ,no visa , amateur and pro ok, age group 18 to 60 ok .

For more information on this and the other planned trips for this Water Film Event , please contact

Many thanks and see you on the trial

Dave Simpson

ps; the full details can be sent to you by snial mail regarding this trip .

Meeting Time & Place :

Narita airport ;date ; May 5th ,time and terminal and desk , to be annouced after April 16th

clothes :

bring ; light camping clothes and rain gear

tent if you have ,eating utensils , swimsuit and small towel ,knife small, insurance , some spending money ,

good hiking shoes ,oneset good clothes for city night life , good attitude , camera water proof and lightweight

if possible, hat, leather gloves x2 ,sleeping bag -summer tpe and bed pad . no shots required Yen see Dave for

other info

cost :

50,000 plus airfare about the same

have to pay your own airfare ,c an use my contacts or your own as long as we are all on the same aircraft !

payment#1 ; 10,000 to homestay

payment#2 ; 25,000 for guides ,porters ,food, hotels

payment#3 : 15,000 Security

payment#4 : 5000 for lead guide only

payments paid by you ; # 1/2/3/4

payments are paid to specific persons and times , when introduced to you

Insurance :

Insurance ; get some

shots ; inoculation s:notrequired

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

nakatsugawa (oku-chichibu) camp ,hike and hot spring april 21 -22

21 April Saturday to 22 _ Sunday

this is a campsite with bungalows and hot spring-you can camp or stay in the bungalows

options for easy walk or difficult

also

river walking/bouldering/..... possibly if group can be organized

this area is really nice, very rocky , lots of cliffs, should be spring leaves out by then and sakura through

golden week

kafunshou sufferers bewareseason is just beginning there

this should ve been an autumn trip last year but that weekend the site closed

.....
.....

Nakatsugawa-mura Campsite

one tent.....3000Yen (any number of people in one tent and any kind of tent)

bath....300Yen (when many people stay,two bathes/depends on customer)

bungalow.....4 jo 7000Yen

6 jo 8000Yen

10 jo 13000Yen

15 jo 15000Yen

8jo+6jo 19000Yen

it works out very cheap for a group .. (probably less than yen/night without crowding)

same price as camping

blanket.....200Yen

mattress.....300Yen

or take your own.....and sleeping bag

cook your own food.....i think you can also buy food there.....or across the river in the village

if there are enough people and someone will organize it maybe we can cook a group meal

travel by train and bus ...about 2 hours by train and 40 mins by bus its cheap

details at the end of this week...i hope

.....
.....
.....

中津川・秘湯ウィークエンドハイク

中津川キャンプ場は、秩父・三峰口駅からバスで1時間、東京からおよそ3時間、施設は宿泊ロッジと鉄泉の温泉（内湯1・外湯1）があります。

周辺は美しい谷川や、巨礫（きょれき）のある岩場で、ロッククライミングもすることができます。いくつかのコースがあるのでオールレベルの人が楽しむことができる場所です。（レベルは難度の高いものを企画するつもりです。）

また、この時期、すばらしい紅葉も期待できることでしょう！

◆行程◆

出発は土曜日朝、キャンプ場まで荷物を一度おろしハイキングに出かけます。

その後キャンプ場へ戻り、夕食、入浴となります。

日曜日にも再び歩き、午後東京に戻る予定になっています。

テントは1張 1000円（温泉代含む）

ロッジ泊 6500円 7000円（食事付き）

* キャンプをする方でもロッジで食事だけとることもできます。かなり寒くなるので、防寒儀を忘れずに！！！！

.....
.....
.....

Meeting Time & Place :

to be decided.....probably seibu line at Ikebukuro station

depends camp or bungalow :

you can rent stuff for sleeping or use your own

food also can be bought or prepared

usual hiking stuff required.... decent footwear

and rain gear advisable

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Nabewari Relay Race in Tanzawa

2 June Saturday to 3 _ Sunday

There is still some room for supporters to watch the runners gear, help switch the backpack from one runner

to the next, and just share in the fun!

has joined the Nabewari Relay Race almost every year and in fact came in first once before it became an

event known nationwide. The course starts at Okura and finishes at Hanatate Hut. The course is divided into

four sections. Each member of the team carries a backpack filled with gravel (20kg for men, 10kg for women)

through one of the sections. The team that gets their bag across the goal line first is the winner.

We have a men s team and a women s team this year. The runners are:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike to Nabewari cabin in Tanzawa

12 May Saturday

This is a six hour hike in the Tanzawa area. We hike for about 3.5 hours from Okura to Nabewari cabin where

we eat a hearty meal of nabeyaki udon (noodles cooked in an earthenware pot: about 900 yen). Then we

descend from Nabewari cabin for about 2.5 hours back to Okura by a different route than the ascent.

Unfortunately there are no onsens at Okura, but there are some a train-ride away for the onsen manOCJs.

For the first two hours up from Okura, we will be following the very steep route of the Nabewari Relay Race,

Meeting Time & Place :

Meeting place: Odakyu line, Shinjuku Station, Platform #5, Front car of the train (facing Odawara).

Meeting Time: 7:40 AM - We are going to take the 7:50 Express train. We arrive at Shibusawa at 9:06 and

take the 9:18 bus to Okura.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Three-Day Hike in Okutama

3 May Thursday to 5 _ Saturday

I made this hike during Golden Week two years ago. The mountains were cool and beautiful. There were also surprisingly few people. It is not a technically difficult course but requires stamina, because of its length and because we will be carrying all our food and equipment. Hence three stars. Participants need to be in good physical condition.

Description of the course:

Thursday - Climb Kumotori yama starting from Kamozawa (near the upstream end of Okutama Reservoir). A

five to six hour hike along a fairly steep path.

Friday - Follow the Nagasawa Ridge to Middoke. An eight hour hike.

Saturday - Head for Hatonosu Station (and a hot bath) by way of Kawanori yama. Five hour hike.

Meeting Time & Place :

I will send directions on train times and meeting places to those interested in coming.

5) Your emergency contact person's phone number, including the country code, if it is overseas.

6) Which hiking would you like to join; easy one or harder one Please note the easy hiking will be

accompanied by a local guide who will take us around Ichinokura and explain about the nature there. The

guide fee of 16,000 yen will be shared among the participants of the easy hike and collected later.

7) Are you vegetarian or have any other special dietary requirements If so, please tell us what you CAN eat.

8) Do you snore a lot We will arrange a special room for those who snore a lot in order for the rest of us to have a pleasant sleep!

9) Do you have a mountaineering insurance

<Sat, May 26>

07:00 Leave Shinjuku by a chartered bus.

11:00 Arrive at Minakami. And BBQ lunch at the pension

We cook BBQ by ourselves at the pension. No alcohol will be served before the rafting

13:00-16:00 Rafting

16:00-18:00 Hot spring at Yuterume

18:00 Dinner at the pension

After the dinner, we will split into two groups and fill out Sangaku Todoke (Hiking course plan) . Then, it will

be a free time!

<Sun, May 27>

07:30 Breakfast

09:00-16:00 Hiking

The lunch box will be prepared by the pension house.

16:00-17:30 Hot Spring.

After the hot spring, we will stop by at a convenience store to get some drinks and snacks because alcohol is not sold on the highways.

18:00 Leaving Minakami.

20:00 Back to Shinjuku

WHAT TO BRING

Full set of hiking gear including water bottle, Torch or headlamp, Map of Tanigawadake/Ichinokura areas,

compass, snacks or emergency food, first aid kits, survival sheet etc..

No tennis shoes or sneakers will be allowed for hiking

Waterproofs

Waterproof sandals for the rafting if you want (although rafting place should

be able to provide footwear and
people' s feet got fairly cold wearing sandals last year).

ACCOMMODATION:

Woody House

Tel: 0278-72-6202

Address: 379-1619 群馬県利根郡水上町谷川 145-2

URL: <http://www2.wind.ne.jp/woody/>

USEFUL INFORMATION:

Minakami Tourist Bureau (Minakami Kanko Kyokai)

<http://www2.wind.ne.jp/minakami/>

Minakami Mountain Guide Association (Minakami Sangaku Guide Kyokai)

Tel: 0278-72-2611

<http://www2.wind.ne.jp/minakami/index1.htm>

Yuterume Tanigawa (hot spring on Saturday after rafting)

Tel: 0278-72-2619

<http://www3.gunmanet.ne.jp/tanigawa/kanko/html/kanko4.html>

Tanigawa Ryokan (hot spring on Sunday after hiking)

Tel: 0278-72-2468

<http://www.ryokan-tanigawa.com/>

Hitachi Jidosha Kotsu (bus company)

<http://www.hitachi-gr.com/>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hakone Cycling Weekend

12 May Saturday to 13 _ Sunday

IMPORTANT:

Deadline for signup: Monday, 7 May

Maximum number of participants: 12.

Whether this is the first time you hear about Hakone or you have already been there and know the trails

around Ashino-ko and up in the mountains, this trip offers a new way of exploring the nearby countryside: on

bicycle. The trip includes sections of both paved and unpaved road/trail sections and will offer splendid views

of mountains and the lakeshore, provided we have good weather. We will have two cabins for lodging where

we can cook our dinner Saturday evening.

Itinerary:

SATURDAY: we'll take the train to Kowakidani station (Hakone Tozan Tetsudo line) and start riding our bikes

at around 11 a.m. The road will take us up on the north side of Hakone-san, and will lead to the north edge of

Ashino-ko (Lake Ashi), where we have our lodging. We will have lunch on the way, bring your own food.

Elevation gain: approx. 500 meters, distance: 25-30 km.

We might stop on the way to check out some volcanic hot gas & steam vents, depending on the weather and

our pace. We will cook for dinner at the lodging together. There is a chance for onsen a few miles away, for

those who are still fit enough for the ride.

SUNDAY: is a day for more adventure: our plan is to cycle around Ashino-ko counterclockwise. We will start

on a hiking trail and will take paved road from Moto-Hakone with some intermittent off-road again on the east

shore. We will have lunch in Moto-Hakone. This trip would take 4-5 hours,

depending on trail conditions. We can have a swim in the lake if weather permits, bring your swimsuit. After circumnavigating the lake we will pick up our luggage at the lodging and will start our final trek back to home. We will take the same route as on Saturday back to Kowakidani station, but will ride further (downhill!) up to Odawara. We only have a 200m elevation gain in the beginning and a 700 m drop on the other side of the mountains, so it should be fairly easy, even with panniers. We will then take a regular train from Odawara to downtown Tokyo.

Meeting Time & Place :

Train schedule

We'll take a train from Odawara at 9:17 to Hakone-Yumoto (arrive in Hakone-Yumoto at 9:32, change to Hakone Tozan Tetsudo line, leave Hakone Yumoto at 9:44, arrive at Kowakidani at 10:15).

You can either take a rapid train on Odakyu line from Shinjuku, leave Shinjuku at 7:31, or take JR Tokaido line from Tokyo station, leave Tokyo at 7:38.

BUY YOUR OWN TICKETS.

Meeting time and place

Meet at Odawara station, platform for train bound for Hakone-Yumoto, at around 9:15, or at Kowakidani station at 10:15.

What to bring :

Bicycle suitable for off-road ride with all necessary repair equipment (among these you MUST have: a pump, a spare inner tube, a puncture repair kit and tire levers; RECOMMENDED to have: basic tools, chain tool, spare chain), HELMET, raingear, warm clothes, sturdy shoes (suitable for off-road cycling), cycling gloves, swim/onsen gear, bicycle lamps (headlights & taillights), lock, general

hiking/cycling gear (e.g. sunglasses,
sunscreen, water bottles, map, compass, first-aid kit).

Food and drinks

Bring your own food for Saturday lunch and Sunday breakfast. We will cook dinner together on Saturday; we

will prepare a list of what to bring later. Sunday lunch will be in Moto-Hakone - no need to bring your food.

Bring enough snacks and drinks (min. 1.0 litre, 1.5 litres recommended). DO NOT EXPECT TO BUY FOOD AT

KOWAKIDANI STATION OR LATER AT THE LODGING - there are no food shops nearby.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rafting and Hiking Bus Trip

26 May Saturday to 27 _ Sunday

COST:

28,000 yen

This includes accommodation at the pension house with Saturday dinner and Sunday breakfast, BBQ lunch on Sunday, rafting and the bus.

As for other costs, you may need some cash for hot spring (500 yen at the Saturday hot spring and 1,000 yen for the Sunday hot spring), Sunday dinner which will be purchased at a convenience store or taken at a service station on the highway on the way back to Tokyo. The drinks at the dinner and the guide fee for the easy-hike will be collected later.

ABOUT RAFTING:

The Nature Navigator (<http://www.nnraft.com/>) will guide our rafting this year. The level of the rafting depends entirely on the river conditions (Check this site for today water condition in Tonegawa: <http://goraft.com/WaterLevel.html>). Therefore, we cannot guarantee to have a thrilling, adventurous rafting. But please remember to try sitting at the front on the boat, which is more fun. As for the equipment, you need to bring your bathing suits and towels. And the rafting company can lend shoes for an additional 500 yen, but if you have your own diving shoes, please bring them. The rentals of wet suites, helmet, life jacket, fleece are included in the price.

ABOUT HIKING:

A 7-7.5 hour hike to Tanigawadake. Tough physical strength, some experiences of

hiking, proper equipment for a long walk are required for the harder hike. The other easier hike will be a 5-6 hour walk around Ichinokura or the riverside areas. If we have more than 6 participants for this hiking, we

Full set of hiking gear including water bottle, Torch or headlamp, Map of Tanigawadake/Ichinokura areas,

compass, snacks or emergency food, first aid kits, survival sheet etc.

No tennis shoes or sneakers will be allowed for hiking

Waterproofs

Waterproof sandals for the rafting if you want (although rafting place should be able to provide footwear and

people feet got fairly cold wearing sandals last year).

ACCOMMODATION:

Woody House

Tel: 0278-72-6202

<http://www2.wind.ne.jp/woody/>

USEFUL INFORMATION:

Nature Navigator (The rafting company)

<http://www.nnraft.com/>

Woody House (Pension)

<http://www2.wind.ne.jp/woody/>

Minakami Tourist Bureau (Minakami Kanko Kyokai)

<http://www2.wind.ne.jp/minakami/>

Minakami Mountain Guide Association (Minakami Sangaku Guide Kyokai)

Tel: 0278-72-2611

<http://www2.wind.ne.jp/minakami/index1.htm>

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<http://www.ryokan-tanigawa.com/>

Hitachi Jidosha Kotsu (The bus company)

<http://www.hitachi-gr.com/>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tokyo International Three Day March

3 May Thursday to 5 _ Saturday

Here' s something you can do in Golden Week without much planning!

There' s a big walking event in West Tokyo area on May 3rd, 4th and 5th. (This is not a overnight event.)

May 3rd - Flower route

May 4th - Water route (along a reservoir)

May 5th - Tree route

There are 5 km, 10 km, 30 km and 50 km courses for each route.

I am planning to do 20 km course at least two days out of three.

If you are interested in doing 20 km course with me on any one of the three days, here is the plan.

Meeting time: around 7:30 a.m. in Shinjuku (Details will be announced later to those who are interested in joining.)

Meeting time: around 7:30 a.m. in Shinjuku (Details will be announced later to those who are interested in joining.)

Starting Point: Toritsu Musashino Chuo Koen in Musashino City, 10 minutes bus ride from JR Mitaka Station

on JR Chuo Line (There will be special shuttle buses for the event from the station to the starting point.)

REGISTRATION IS POSSIBLE ON THE SPOT! (I just found out.) To participate, the cost is yen regardless of the number of days you are walking.

ON MAY 4TH, NON-JAPANESE PEOPLE CAN JOIN FOR FREE! (since it is the International Walking Day) You

will need a piece of ID to show that you are not Japanese.

If interested, please contact me. I will send out detailed information later only to those who showed interest by contacting me.

Things to bring :

Good walking shoes, lunch, change of clothes, towel, water etc....

Passport or Alien Registration Card if you are non-Japanese interested in joining for free on May 4th.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

June 10 Tamagawa river kayak tour (多摩川中流のんびり川下りツアー)

10 June Saturday

This is a river kayak tour through the central region of the Tamagawa river. The central region of the Tamagawa river has no boulders or other obstacles like the upper portion in the Okutama area, so this tour is suitable for people with no or little river kayaking experience.

6月10日(日) 多摩川中流のんびり川下りカヤックツアー

多摩川の中流域を下ります。上流のように岩などの障害物が少ないので、流れに出た経験の少ない方でもゆったりとした川下りを楽しめます。

Meeting Time & Place :

Holiday kaisoku #1 at 7:43 from platform 7 (Yen1,050).

Get on at the front end of the train (rear end goes to Musashi Itsukaichi after splitting at Haijima). The same train leaves from Tachikawa at 8:11.

We get off at Mitake (御嶽) Station at 9:00 and take a stroll along the river for about a half hour to Gravity Kayak School

What to bring :

* The clothes you wear while kayaking should be quick drying and retain heat even when wet. NO COTTON next to your skin: socks, pants, underwear, shirt should be a synthetic or wool material. Shoes must protect your heel; slippers that can fall off your foot and sports sandals with bare heel are not sufficient. Avoid thick soled shoes. Also bring a windbreaker, rainjacket or other wind and water proof top.

* Complete change of clothes including shoes for the trip home

* Band for you eyeglasses (important!)

* sunscreen

* hat

* towel (important!)

* copy of insurance

* ear plugs Cost :

8,600 yen (normally 10,000 yen, but we get a group discount) Includes boat and gear rental, insurance, and lunch.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

River Kayak Class in Okutama

23 June Saturday

Last year, there were quite a few sea kayaking events. Sea kayaking is okay, but you have never kayaked until you have river kayaked! Ferrying across and cutting in and out of rapids, the cold water splashing on your face. What excitement!

But like any other exciting sport, you have to learn the basic techniques before you can enjoy yourself. This class is for people who have done some sea kayaking, or river kayaking on still waters, but have no experience with flowing water. If you have any interest in going on a river kayak tour in the future, please take this class so you will have more tours to choose from. The number of tours that absolute beginners can attend is quite limited.

Meeting Time & Place :

Holiday kaisoku #1 at 7:43 from platform 7 (Yen1,050).

Get on at the front end of the train (rear end goes to Musashi Itsukaichi after splitting at Haijima). The same train leaves from Tachikawa at 8:11.

We get off at Mitake (久保) Station at 9:00 and take a stroll along the river for about a half hour to Gravity Kayak School.

What to Bring :

* The clothes you wear while kayaking should be quick drying and retain heat even when wet. NO COTTON next to your skin: socks, pants, underwear, shirt should be a synthetic or wool material. Shoes must protect your heel; slippers that can fall off your foot and sports sandals with bare heel are not sufficient. Avoid thick soled shoes. Also bring a windbreaker, rainjacket or other wind and water proof top.

* Complete change of clothes including shoes for the trip home

* Band for you eyeglasses (important!-- seriously)

* sunscreen

* hat

* towel (important!)

* copy of insurance

* ear plugs Price :

10,000 (there may be a discount depending on how many people participate) Includes boat and gear rental, insurance, and lunch.

Cancellation fees

June 2 - 7 - 20%

June 8 - 9 - 50 %

June 10 - 100%

If the school has to cancel the course because kayaking conditions are poor or dangerous, you can schedule another day within three months of the canceled course, or get your money back.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

CRUISING DOWN THE RIVER

10 June Sunday

If you are looking for adventure, this is it!!

We did a recce of the Tama River last year and found an excellent starting position for this event. We had so much fun in this new sport of “river cruising on a large inflatable tube” that we have been eager since then to offer this event to you today.

The plan is to start from a point on the river near Okutama Station on the Ome line, sit on a river tube with lunch and a few beers and just drift down the river as far as we want. There may be a couple of places on the river that are shallow with rocks that we can avoid by getting off and walking around. This event is not as dangerous as you might think. There is the possibility that we may have to get out and take a taxi either to the next point or to the nearest station. All in all this will be damn good fun! So why don.' tt you join us!

Meeting Time & Place :

Shinjuku Station - Chuo Line Platform 7 at 07:30hrs Sunday 10th June .

What to Bring :

What to bring

- * waterproof torch (flashlight) and spare batteries
- * Backpack you don.' tt mind getting wet/ waterproof bag/couple of gomi bags and thin rope to tow beers
- * Beer
- * Trainers/water sandals/watersports shoes
- * waterproof watch

Anything you take with you should be waterproof or at least in a waterproof bag.

Best idea is to put everything in a gomi bag and place the gomi bag inside your rucksack.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

里山あるき・鹿教湯温泉大会

22 May Tuesday

信州・鹿教湯（かけゆ）温泉で、日本ウォーキング協会公認第1号コース「旧東山道保福寺峠コース」を歩きます。

す。

鹿教湯温泉スタート&ゴール・少雨決行・全長約18km・約6時間・旧東山道の一部含む
工程・標高差約

500m。

昼食はウォルター・ウェストンが北アルプスを絶賛した地、保福寺峠で山菜汁を振舞います。

詳しくは鹿教湯温泉ホームページをご覧ください。

Meeting Time & Place :

参加料金 :

URL <http://www.akeyu.or.jp>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Dive Trip to Oshima

20 July Friday to 22 _ Sunday

This 3-day trip is open to everyone who holds a normal diving license.

We will leave Atami Station by speed boat on Friday Morning to arrive at Oshima about 90 minutes later and head for the ocean to enjoy waters. The dive spots around the islands cover a variety fish, corals and bottom architecture.

* with luck we' ll see some sharks, maybe even hammerheads.

Return will be on Sunday afternoon to arrive at Atami at 17:20.

The fee includes 5 dives, but up to 3 more dives would be possible against extra pay.

Meeting Time & Place :

Atami Station, in front of Kaisatsu-guchi at 8:00 AM on Friday morning

Costs :

Yen 44,000. This includes the ferry to and from Oshima, accommodation with 2 meals, 5 dives (tanks and weights)

What to bring :

Gear, sunscreen, swim wear

Gear can be rented, but has to be obtained in advance.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

A Different Side of Hakone: May 27 (Sunday)

27 May -----

This is a long and fairly strenuous day hike navigating the ridge that defines the northern edge of Hakone National Park as well as the old north slope of the huge volcano that collapsed to form the Hakone caldera .

The route includes Nagao Pass, Kintoki-yama (1213 meters), Myojingadake (1169 meters) and Myojogatake (924 meters). The hike begins near 箱根湿生花園 (Hakone Botanical Gardens of Wetlands) which I plan on visiting briefly before the hike to view カキツバタ、クリンソ、クロユリ、ヒメシャクナゲ、ヤマシャクヤ

ク、and perhaps the last of the ミズバシヨ in bloom. Map time for this hike is over 8 hours so you should be reasonably fit and self-sufficient. A map will be provided and we will regroup periodically. We are planning on lunch at the summit of Kintoki-yama which is the highest point and should be about 3 1/2 to 4 hours from the start of the hike. If the weather is good we will be rewarded with excellent views of Ashinoko and Fuji-san and in any case with an onsen at the end and a good meal for those who wish to join.

Meeting Time & Place :

As this is a long hike, we want to get an early start from Tokyo and I know that people come from all over.

The best meeting point is Odawara Station Odakyu bus stop at 8:15 am (bus to the start is at 8:20 so don't be

late!). There are several options to get to Odawara or the starting point:

1. Odakyu-sen express at 7:00 am from Shinjuku arrives at 8:13 am.
2. Keyo and I are taking the JR Tokaido from Shinagawa to Odawara around 7:00 to arrive before 8 am.
3. Meet us along the line or find your own way to Odawara.

If it is raining heavily on the morning of the hike and the forecast is for more rain, the walk will be cancelled. If

if you are unsure.

What to Bring / Required Equipment:

Boots are required on this walk as there is some pretty rough terrain. At least 2 liters of water should be carried as well as lunch, snacks and rain gear. Be

considerate of your fellow hikers and bring your lunch and water with you to the start of the hike. There will be no time for running off to convenience stores and no supplies are available along the route.

Cost:

transport 2500 - 4500 yen depending on your transportation option, onsen 600-1000 yen in Gora or Hakoneyumoto.

500 yen admission to 箱根湿生花園 if you are interested. I plan on eating at a good restaurant after the onsen as well (2000+ yen) although other options exist

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

A Different Side of Hakone: May 27 (Sunday)

27 May

This is a long and fairly strenuous day hike navigating the ridge that defines the northern edge of Hakone

National Park as well as the old north slope of the huge volcano that collapsed to form the Hakone caldera .

The route includes Nagao Pass, Kintoki-yama (1213 meters), Myojingadake (1169 meters) and Myojogatake

(924 meters). The hike begins near 箱根湿生花園 (Hakone Botanical Gardens of Wetlands) which I plan on

visiting briefly before the hike to view カキツバタ、クリンソ、クロユリ、ヒメシャククナゲ、ヤマシャクヤ

ク、 and perhaps the last of the ミズバシヨ in bloom. Map time for this hike is over 8 hours so you should be

reasonably fit and self-sufficient. A map will be provided and we will regroup periodically. We are planning on

lunch at the summit of Kintoki-yama which is the highest point and should be about 3 1/2 to 4 hours from

the start of the hike. If the weather is good we will be rewarded with excellent views of Ashinoko and Fuji-san

and in any case with an onsen at the end and a good meal for those who wish to join.

Meeting Time & Place :

As this is a long hike, we want to get an early start from Tokyo and I know that people come from all over.

The best meeting point is Odawara Station Odakyu bus stop at 8:15 am (bus to the start is at 8:20 so don't be

late!). There are several options to get to Odawara or the starting point:

1. Odakyu-sen express at 7:00 am from Shinjuku arrives at 8:13 am.
2. Keyo and I are taking the JR Tokaido from Shinagawa to Odawara around 7:00 to arrive before 8 am.
3. Meet us along the line or find your own way to Odawara.

If it is raining heavily on the morning of the hike and the forecast is for more rain, the walk will be cancelled. If you are unsure.

What to Bring **Yen Required Equipment:** :

Boots are required on this walk as there is some pretty rough terrain. At least 2 liters of water should be carried as well as lunch, snacks and rain gear. Be considerate of your fellow hikers and bring your lunch and water with you to the start of the hike. There will be no time for running off to convenience stores and no supplies are available along the route.

Cost: :

transport 2500 - 4500 yen depending on your transportation option, onsen 600-1000 yen in Gora or Hakoneyumoto.

500 yen admission to 箱根湿生花園 if you are interested. I plan on eating at a good restaurant after the onsen as well (2000+ yen) although other options exist.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One-day hike to MT. Kanegatake in Tanzawa

19 May Saturday

Meeting Time & Place :

Please choose either of following venues. 1) 8:40AM in the front part of the platform #5 in Odakyu line. We

take the Odakyu express bound for Odawara at 8:50 or 2) 9:50AM sharp at Hon-Atsugi wicket

Hiking Course :

Hon-Atsugi -- (by bus) Kotakuji Entrance Mt. Kanegatake—Yamanokami—Yamanokami Tunnel Kotakuji

Onsen Hon-Atsugi station Shinjuku

WALKING TIME: 3 hours approximately

Equipment :

Hiking Boots, Lunch, Water, Hiking Map of Tanzawa, Rain Gear, Spare clothes & toiletries after onsen

Cost :

Grand Total: Less than Yen3,000.

<Breakdown>

From Shinjuku to Hon-Atsugi (Yen480 x 2)

From Hon-Atsugi to Kotakuji by bus (Yen350 x 2)

Hot Spring Yen1,000. for one hour

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

OKUCHICHIBU TO OKUTAMA OVER RARELY USED PATH

19 May Saturday to 20 _ Sunday

This is a rough path, probably overgrown in places and not easy to find.

The mountain looks wild and unspoilt, as there is little access. There's a good chance of seeing wild animals

here

(Boar, monkey, bear and kamoshika)

Because many people don't have a tent and there is nowhere to stay, I would like to sleep outside on this trip.

All you need is a sleeping bag and a "survival bag, in case of rain -usually a large (1.5 2.5m) orange colored plastic bag, which you can get in if injured, or the weather is bad.

You can buy them in most outdoor shops for about 500 yen.

If you want you can take a tent but sleeping out sounds more interesting, it isn't so cold and you can travel light.

The trip might be cancelled if the weather looks bad!

Saturday 19th

Meet at siebu ikebukero station 7am front end of platform

Take the 7.16 am rapid/kaisoku train to mitsumine-guchi (chichibu) direct

Arrive 9.35am

(You can have soba breakfast next to the bus stop)

[If you miss the train ...the next one is 7:55 ... 10:10 change! ... arrive 10:15]

Then catch up somehow!

.....Then take the bus to chichibu-ko lake 10.05

Change bus again to kawamata10 mines later

Start hiking by 11 am

sleep at the top (or go on to okutama area if time allows-unlikely)

Sunday 20th

Hike back towards okutama and have a bath if you like

Finish by 3 or 4pm

Train back to Tokyo from okutama station

Meeting Time & Place :

Saturday 19th

Meet at siebu ikebukero station 7am front end of platform

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Makuiwa

26 May Saturday to 27 _ Sunday

Roll up, roll up for the first rock climbing event for several years!

We will be climbing at Yugawara, one of Kanto's most famous rock climbing areas. With more than 100

routes of varying grades, there should be something for everyone from beginners to advanced climbers.

Total transportation costs (one way) from Tokyo station to Makuiwa should be about Yen2,100. In addition,

there will be a charge of Yen200 per person for the use of the organizers' equipment (principally ropes)

Meeting Time & Place :

Meet at 7.00 am on Saturday morning near the front carriage on platform 7 of Tokyo station. The train leaves at 7.24.

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Events

River Kayaking in Okutama

23 June Saturday

Last year, there were quite a few sea kayaking events. Sea kayaking is okay, but you have never kayaked until you have river kayaked! Ferrying across and cutting in and out of rapids, the cold water splashing on your face. What excitement!

But like any other exciting sport, you have to learn the basic techniques before you can enjoy yourself. This class is for people who have done some sea kayaking, or river kayaking on still waters, but have no experience with flowing water. If you have any interest in going on a river kayak tour in the future, please take this class so you will have more tours to choose from. The number of tours that absolute beginners can attend is quite limited.

Meeting Time & Place :

Holiday kaisoku #1 at 7:43 from platform 7 (Yen1,050).

Get on at the front end of the train (rear end goes to Musashi Itsukaichi after splitting at Haijima). The same train leaves from Tachikawa at 8:11.

We get off at Mitake (久保町) Station at 9:00 and take a stroll along the river for about a half hour to Gravity Kayak School.

What to Bring :

The clothes you wear while kayaking should be quick drying and retain heat even when wet. NO COTTON next to your skin: socks, pants, underwear, shirt should be a synthetic or wool material. Shoes must protect your heel; slippers that can fall off your foot and sports sandals with bare heel are not sufficient. Avoid thick soled shoes. Also bring a windbreaker, rainjacket or other wind and water proof top.

* Complete change of clothes including shoes for the trip home

* Band for you eyeglasses (important!-- seriously)

* sunscreen

* hat

* towel (important!)

* copy of insurance

* ear plugs Price :

10,000 (there may be a discount depending on how many people participate) Includes boat and gear rental, insurance, and lunch.

Cancellation fees

June 15 - 20 - 20%

June 21 - 22 - 50 %

June 23 - 100%

If the school has to cancel the course because kayaking conditions are poor or dangerous, you can schedule another day within three months of the canceled course, or get your money back.

Important Note :

The school insists that you have some basic Kayaking experience (sea or still water will do) to take this class.

Contact me if you need any more information

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners

03 June Sunday

Another chance for anyone who wants to learn the basics of climbing in the relatively safe environment of

Pump 1 climbing gym in Kawaguchi. Equipment (ie harnesses and climbing shoes up to size 30) is provided

by the gym.

Cost of admission is 2,100 for the entire day. In addition there will be a charge of 500 per participant to cover the organizer' s costs.

Bring loose clothing and something for lunch.

Contact the organizer for further details.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Paraglide/Mountainbike in Nagano

02 June Saturday to 03 _ Sunday

Here is the big plan:

june 2 and 3 hakuba overnight tandem paragliding and mountain bike course.

sat. 6-7 am depart tokyo, 8-9 am arrive hakuba, meet guide staff and Tandem PG or MTB all day (guests will

rotate out as necessary), soak in hot spring at highland which features spectacular perspective of hakuba from

opposit side of valley, enjoy gutbuster barbeque dinner (party setting) and retire to local accomodation

(lodge).

sun 8-9 am: coffee! meet guide staff and Tandem PG or MTB till mid afternoon (guests will rotate out as

necessary), depart for home at own leisure. option for further flying on way home at ikusaka (near matsumoto).

incl 1 tandem, up to 2 days MTB use, 1 night lodge stay, flashy dinner: YEN 25,000

Please contact to express interest.

Meeting Time & Place :

Hakuba Sta. Sat AM

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Events

Wine Education Trip - Yamanashi Wine Region

04 August Saturday to 05 _ Sunday

How much do you know about wine

Whether you are a seasoned wine drinker or a beginner, eager to discover and explore the wonderful world of wine, this trip is definitely for you.

Here' s the outline of the plan:

Sat 04 August

We take the Chuo line to Katsunumabudoukyo Station from where we will visit the Katsunuma Choei Winery, Mann Katsunuma Winery, and Sapporo Katsunuma Winery. Sober or not, we will finish the tour at Suntory

Yamanashi Winery and vineyards. These trips will involve an average taxi ride of 10 mins to each winery.

After the Suntory tour, we will take a bus (approx. 60 mins.) to our au naturel (on the side of the road somewhere!) camping ground. Make sure to bring yourself a gourmet dinner to complement the wines we will purchase earlier.

Sun 05 August

After cooking our own breakfast and packing the tents away, we will head back on the Chuo line towards

Takao and exit at Sasago Station to climb Takigoyama. At the top, we l have another wine party with wine

purchased the day before. The descent back down to the Chuo will leave us with the option to either soak in an onsen or head back to Shinjuku.

Limited to max. of 12 people

Meeting Time & Place :

Shinjuku Station, front end Chuo line platform #9 at 08:10hrs. We will take the 8.30 train, arriving 9.57. One way cost is τ,890.

What to Bring :

Hiking kit (boots [walking shoes ok], fleece, waterproofs, torch, first aid kit, etc.)

Camping gear (tent - possible to share - stove, mug, cooking gear, sleeping bag, rollmat etc.)

Water containers which we should be able to fill at Suntory.

Wineglass and good protection for it.

Deadline for Signup :

Sunday 29th July.

Volunteer Needed :

Nearer the time, I would appreciate a Japanese speaker calling the wineries (I have the numbers) to let them know we are coming.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Takaosan Sansai Soba and Beer Garden Trip

07 July Saturday

This will be a very civilized walk departing from outside the ticket gates of Takaosanguchi station around

10.30. The climb to the summit is very pleasant and not strenuous . about 70 minutes via route number 6.

You can take your own lunch or enjoy the best sansai (mountain vegetable) soba around with a pint of icecold

beer. Not cheap of course, but very good! Next we will head out to Mt. Shiro which is about 60 minutes

away. This walk is over a deforested area so bring a hat. There are benches to snooze on, oden and canned

beer should you need more refreshment and nice views. We backtrack 60 minutes and then have a choice of

routes to our party venue - a paved road down through a temple with charming little Buddha statues and lots

of Tengu souvenir shops (25 minutes), or a forest path which takes about 40 minutes.

I 知 aiming to arrive at the Beer Garden around 4ish, which is when it opens. We stumbled across it 2 years

ago and presume the menu is about the same. They had a wide variety of typical cheap buffet food (ie not

great, but satisfying and we ARE there for the beer and the ambience) eg Chinese dishes, spaghetti, sausages,

potato fry etc. The price for women is ¥2,700 and for men ¥3,000 (I love that!!) which covers unlimited eating

and drinking for two hours.

We can return to the station by cable car . about ¥450, or by foot.

Meeting Time & Place :

Takaosanguchi Station at 10.30.

Train Timetables : :

Keio Line leaves Shinjuku at 9.28 and arrives Takaosanguchi at 10.23.

Chuo Line leaves Shinjuku at 9.13, Mitaka 9.21, Nishi Kokubunji 9.43, Tachikawa 9.49 and arrives at Takao station at 10.11. You must transfer to the Keio Line here which departs 10.21, arriving 10.23.

What to Bring : :

Hiking boots or walking shoes.

Fleece or other warm clothes for the evening and if the weather turns cold.

Water.

Hat, sunscreen etc.

Other : :

Rain cancels.

I 壇 appreciate it if you could let me know if you are coming so I know who to wait for.

I will be out of Japan June 24 . July 01, so don' t be offended if I don' t acknowledge your emails

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Canoe, Tubing, Ristorante Italian at a Lake in Niigata

20 July Friday to 22 _ Sunday

Sign up start at the meeting on June 3rd meeting.

<http://www1.biz.biglobe.ne.jp/.uoko/daigentako.htm>

Limitation: 10 people (a volunteer driver is wanted.)

We will rent a 10 person van and leave Shibuya in the morning of July 20th. It usually takes 3 hours to this Daigenta-Lake. This lake is suited for swimming and fishing. This is a beautiful lake near Yuzawa. There are only two building around the lake. One

is small minshuku. Another is patio style Italian restaurant. Oh, the food is so good. I remember that you can feel pleasure biting freshly baked bread by the cook. Also, the minshuku offers local Japanese food. At night, we will build fire and tell stories.

The camp site will put up enough tent for us to sleep. We will go to local onsen to kill more time.

On 21st, we will go canoeing with a family run canoeing school. If you have a tube, you can come along on your tubes. They provide us lunch, guide, ride and safety. Canoeing is 10,000yen. Tubing is under negotiation(you need to bring your own tubes). We do this all day and come back to our camp site. At night, we will build fire and sing some songs.

On the 22nd, we will just come back after morning walk.

My idea is flexible. You can do eat, drink and sleep all day at the ristorante.

Or, you can actively do everything.

More details at June 3rd

meeting.

Meeting Time & Place :

July 20th Friday (National Holiday) 10am.

Place to meet: In front of Seibu Department Store in Shibuya. (Cross the street from Sanwa Bank and MacDonald' s.

Things to bring :

Insurance Copy

Sleeping bag (you can rent blankets for small charege too)

warm clothes.

flash light and extra batteries.

swim suite (does not be sexy but always appreciated, haha!)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama Hike - Honita Yama

16 June Saturday

Okutama hike 11

The plan is to leave Okutama station and head up for quite a steep couple of hours (2.5-3 hours) to

Honitayama (approx 1220 metres). We will come down to Hatonosu station - where we can go to an onsen

and then visit a local Japanese inn. If it happens to be wet - we can go anyway and do an easier (less steep)

hike - maybe 3 peaks of Takamizu. (for this reason I would like everyone to meet at either Shinjuku,

Tachikawa (8' 11), Ome. If you are coming from the Shinjuku area I suggest buying the "Okutama Free Pass" .

Meeting Time & Place : Shinjuku JR - platform 7 (at the front) - 7' 30ish (train leaves at 7' 43).

Meeting Time & Place :

Meeting Time & Place : Shinjuku JR - platform 7 (at the front) - 7' 30ish (train leaves at 7' 43).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Ogawayama

9 June Saturday to 10 _ Sunday

The second rock climbing event of the summer takes us to Ogawayama, known as the Yosemite of Japan.

Literally hundreds of routes, from very easy to very difficult, bolted, natural protection, single and multi pitch and even some bouldering. More than enough to keep us fully occupied for the weekend.

We will travel up by car, leaving on either Friday evening or early Saturday morning. We will be camping, so bring your sleeping bag, etc, and bring Yen share a tent and cooking equipment.

This is not an event for beginners (there will be plenty of those throughout the summer and autumn), so you will need all your own climbing equipment and must be able to climb without supervision.

2 seats available in the car, and of course anybody with own transport, or willing to make the long trek by JR, is also very welcome to join

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cebu Diving Trip

6 July Friday to 10 _ Tuesday

=Cebu Diving Trip=

Place: Liloan, south of Cebu island, Philippines

Price: JPY 88,000- not included; airport tax, diving gear rental (approx. 30USD/day)

If you want to take a lisencc course, you need pay extra Yen25,000-.

Liloan is one of the best diving spot in Cebu and very local atmosphere with beautiful beach,

close to other famous diving spots such as Dumageute and Apo island. (check your guidebook!)

We have to be patient for about 3 hours-drive from Airport to Liloan but I think it is worth to go!

Cost :

Yen 88,000-

including flight, accomodation, most meals, 9 dives

transportation in Cebu

If you do not have own equipments, you need rental fee about \$30/day.

Cancel charge :

Please note that this trip is organised by a travel agency and in case of cancelation after 5 June, you have to

pay cancel charge---JPY 20,000!!

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Events

Jimba-san/Takao-san MTB TRIP

9 June Saturday

From JR Fujino station, we will go up to Mt. Jimba (855m). Then follow the mountain ridge to Mt. Kagenobu

(727m). Along the ridge, we can practice and explore fun mountain biking.

Depending on our left strength, we

may head to Mt. Takao (599m) through Kobotoke pass.

Manfred organized this trip two years ago. I remember the trip was great enjoyable. In case of the rainy

weather, Sobue-san is planning an on-road cycling trip.

Meeting Time & Place :

JR FUJINO-STATION 9:00 am

Transportation :

SHINJUKU (JR CHUO LINE) 7:52

JR TAKAO 8:46

JR FUJINO 8:59

What to bring :

MTB, bike bag, helmet, gloves, spare tube, lunch, drink water, rain gear, onsen set (just in case), etc.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike Around Tanigawa-dake

9 June Saturday to 9 _ Saturday

--- NOTE: please let me know by email/phone if you are interested (don' t just show up at the station!), because

if only a few of us are going then we might go by car, and not according to the train schedule below!!! ---

This hike will take us up in the snow line where we can still enjoy winter conditions with a lot of snow. The

route runs along a valley and up to a pass of almost 2000m altitude, and then goes steeply down on the other

side to our final destination (600m). The way down leads through all different zones of vegetation: from

alpine meadows to thick forest (we expect lot' s of blooming flowers and trees).

Tanigawa-dake is famous for very high rock cliffs for climbing. Though we will not climb there, these areas

with year round snow fields give an incomparable high-alpine scenery.

The hike is long, over 8.5 hours map time, so it is important that hikers on this trip are in good fitness

condition and can walk within map time. On the other hand, this tour is not technical, and it is possible to

make it without crampons or hiking poles, though it is recommended to bring them if you have yours. This

hike is not suitable for beginners.

The route:

Train to Doai station, 10 minutes on the stairs to the surface, then follow an old road towards northwest along

a small river. As we climb higher and higher, there will be more and more snow.

We can get to the pass over

the ridge in approx. 5 hours after our start, and then we have another 3+ hours to get down on the other side.

If the conditions turn bad and the snow is instable, we will turn back and get back to Doai station, from where

we will take a train back to Tokyo. Even if we are forced to do so, this hike will be a beautiful one up in the snow - while summer already arrived in Tokyo.

Meeting Time & Place :

The train connections are very bad, so we have to be prepared for the following:

Meeting IN THE FRONT CAR OF THE TRAIN bound for Takasaki at 5:05-5:13 a.m. at JR Ueno station. BUY

YOUR OWN TICKETS.

JR Ueno station leave 5:13

Takasaki arrive 6:54, leave 7:09

Minakami arrive 8:10, leave 8:23

Doai arrive 8:32

There must be plenty of space on the train for sleeping... Alternatively, bring cards or a good book to read...

Coming back:

Tsuchitaru station leave 6:17 (last train)

Minakami arrive 6:38, leave 6:42

Takasaki arrive 7:41, leave 7:59

JR Ueno arrive 9:43

Alternatively, there is a Shinkansen from Takasaki at 7:51 (arriving JR Ueno 8:42 or JR Tokyo 8:47) for an

additional 2,200 yen.

What to Bring :

Must: sturdy hiking boots (preferably waterproof), warm (winter) clothes.

Recommended: gaiters, full raingear, winter gloves, hat, scarf, change of T-shirt/socks, sunglasses, sunscreen, crampons, hiking poles, etc.

Food and drinks (min. 1.5L) for the whole day.

If you have please bring: first aid kit (incl. space sheet), headlamp, compass.

It would also be nice to bring a

stove to make hot tea/coffee, but we won't have much time to spend for cooking... and heavy backpacks hurt

the knees during the 1500m descend...

Costs :

Train tickets round trip costs approx. 6,000 yen.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Heliski/Board New Zealand South Island

28 July Saturday to 05 _ Sunday

1 day heliski/board in powder at Mt. Cook (various ability levels OK), 3 days free ski/board at local Otago ski

fields, 1 day jet-boat ride & bungy jump, 1 free day. Stay at backpackers in Queenstown & Wanaka, cook our

own food and enjoy the 24 hr nightlife! This trip will be detailed on notice of interest, and dependent on

sufficient numbers (2 are confirmed so far). Dates may change according to majority preference, or 2

departures possible. All prices will be quoted at cheapest group discount fares available, or you may make

your own separate arrangements & meet the group. I have lived & skied in New Zealand for the last 3 years,

and would love to introduce you to this wonderful snowy country as a free guide!

Meeting Time & Place :

Queenstown New Zealand July/August

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Off-Road MTB Tour Up In Okutama

24 June Sunday to 24 _ Sunday

--- NOTE: the route described below is preliminary, we are still planning it and it may well be that we change

our mind on the fly... No fix route therefore... ---

This cycle trip will take us from Okutama station up to Nokogiri-yama (on paved road) and then off-road to

Otake-san (a ridge trail) and down to Musashi-Itsukaichi. The paved section is technically easy but requires

good fitness condition, the off-road sections need some technical skills and even more power...

There are a few possibilities for the route from Otake-san... It would be nice to know if any of you have some

experience on those trails with or without a bike... Looking at the map we were thinking of a trail south-east

from Otake-san, through peaks of 916m, 884m and 798m altitude...

This trip has no fix itinerary, involves off-road cycling, carrying the bike at various points and uphill at longer

sections, therefore it is best suited for adventurous cyclists with experience off-road and with good fitness

condition. This trip is not for beginners.

Meeting Time & Place :

JR Shinjuku station, Chuo line platform (check on the spot which platform!), AT THE FRONT OF THE TRAIN

(FIRST CAR), 7:30-7:40 a.m. We are going to take the Okutama Holiday Kaisoku train leaving at 7:43. (Only

the front 4 cars go to Okutama.) BUY YOUR OWN TICKETS.

What to Bring :

Bicycle suitable for off-road (MTB), HELMET, water bottles, basic tools, spare inner tube, puncture repair kit,

first aid kit, towel and swim gear (for river swimming), sunglasses, sunscreen, etc. Sturdy shoes for walking/

climbing with the bike in your hands. Cycling gloves recommended. Bike bag for the train ride.

Bring your lunch and snacks for the day. BRING LIQUID AT LEAST 2L!

Costs :

Round trip train ticket around 3,500 yen. Possible onsen extra.

This trip is co-organized by Joseph Shaules.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Camping at Nikko Yumoto and hike to Shirane-san

13 July Saturday to 14 _ Sunday

Camping at Nikko Yumoto and hike to Shirane-san, which is one of 100 Japanese famous mountains.

(The Route)

July 13 (Sat)

Tobu Asakusa station->Tobu Nikko station->Nikko Yumoto camping site

(You may enjoy Onsen at Yumoto Onsen!)

July 14 (Sun)

The hiking will be supported by Minato Yama-no-kai

and we will be divided into 2 parties, one for beginner and the other for intermediate.

1.Beginner Course:Yumoto->Mae Shiranesan->Goshiki-yama->Nakatsu-so-one->Yumoto
(about 5 and

1/2hours)

2.Intermediate Course:Yumoto->Mae Shiranesan->Oku Shirane-san->Goshiki-yama->Nakatsu-so-one->Yumoto

(about 7hours)

After hiking, enjoy at Yumoto Onsen.

will reserve train tickets before hand.

Meeting Time & Place :

Meeting place is Tobu Asakusa Station and time will be informed later.(around 8 o'clock in the morning)

Cost :

15,000 yen including round trip transportation (Tobu Asakusa Line Limited Express Train and Bus),

Saturday Dinner, Sunday Breakfast, Camping Fee and Insurance

What to bring :

Rain Gear, Hiking Boots(Must), Drinking Water, Snacks, Head Lamp, Compass, Map, Warm Clothes, Sleeping

Bag(Must)

You may bring your own tent.

Others :

On July 14 (Sun), We will start hiking at 5:00 am !

So, please get up early !

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Beginner' s/New Member' s Hike in Hakone

9 June -----

This hike will be definitely a good one for beginners. We' ll pass through beautiful forest along the river, and

walk around half of Ashino-Ko from Sengokubara to Hakone-Machi. At the start, we' ll also visit to the

Botanical Gardens of the Wetlands where we can familiarize ourselves with the plants of the region and enjoy

whatever is blooming. This hike is over 5 hours map time, so please wear very comfortable walking shoes,

bring your lunch and drinks, and a good attitude. If it' s pouring that day in Tokyo, the trip will be cancelled

(you are always welcome to call and bug Mike in that morning if you' re not sure about the weather). After this

hike, a nice onsen will be waiting for us!

Meeting Time & Place :

We are going to take a #4 Tozan-tetsudo bus leaving at 8:35 from Odawara Station. So please meet us at

Odawara Station about 8:15.

There are some ways to get to...

1. Take Odakyu train from Shinjuku and get to Odawara
2. Mike and I are going to take a JR Tokaido train from Shinagawa to Odawara which leaves at 07:11.

Cost: :

Round trip train & bus ticket about 4,500 yen. Plus Onsen about 1,000 yen and good meal after the onsen if you' d like!

If you' d like to join us from Shinagawa, please let us know!

What to Bring :

walking shoes, lunch, snacks, water, rain gear, onsen kit

Weather :

conditions.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Off-Road MTB Tour In Okutama - Sengen-One

24 June Sunday to 24 _ Sunday

This cycle trip will take us from Musashi-Itsukaichi station (240m) up along the north fork of Akigawa-valley

to Fujiwara pass (893m, final section on gravel road) and then off-road on the Sengen-One ridge via Sengenrei

(903m) all the way back to the Akikawa-fork junction. We will then pedal further to Musashi-Itsukaichi station

and take a train back to town.

Both the paved and unpaved sections are reportedly non-technical but require good fitness condition. We will

stop for a picnic lunch in the woods and will possibly have a swim in the Akigawa at the end. This trip is not

for complete beginners.

Meeting Time & Place :

At THE REAR OF THE TRAIN (last car) at JR Shinjuku station, Chuo line (special) platform (possibly platform

7) at 7:30-7:40 am. We will take the Okutama Holiday Kaisoku train leaving at 7:43. Note: only the rear 4 cars

go to Musashi-Itsukaichi. BUY YOUR OWN TICKETS.

What to Bring :

MUST: bicycle suitable for off-road (preferably MTB), HELMET, water bottles, puncture repair kit, sturdy shoes

(for walking/climbing with the bike in your hands), bicycle bag for the train ride.

RECOMMENDED: basic tools, spare inner tube, first aid kit, towel and swim gear (for river swimming),

sunglasses, sunscreen, cycling gloves, etc.

Bring your own lunch and snacks for the day. Bring water/drinks min. 1.5 litres.

Costs :

Round trip train ticket around 3,000 yen.

This trip is co-organized by Joseph Shaules.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners

01 July Sunday

Another chance to learn the basics before venturing outdoors to join one of the club' s climbing events, which will be coming thick and fast once the rainy season is over. Sessions are held at Pump 1 climbing gym in

Kawaguchi from 9.00 am, normally finishing around 4.00 pm.

Climbing shoes and harnesses are provided by the gym as part of the cost of admission (Yen2,100), so all you

need to bring is some loose clothing for climbing, something for lunch and an extra Yen500 as a contribution to my costs.

There are 5 places; please contact the organizer if you want to attend.

As usual, anyone who already knows the basics and wants to do some climbing is welcome to come along.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rollerblading and Picnicking at Kasai Rinkai Park

8 July Sunday

Rollerblading and Picnicking at Kasai Rinkai Park

Sunday July 8th lets meet at Kasai Rinkai Park for some rollerblading and picnicking. The area around the

park is a prime location for some excellent rollerblading. Challenging and somewhat picturesque, the course

takes you along Tokyo Bay and Kasai Rinkai Park, skirting a small canal for pleasure boats before venturing in

a residential area and ending at the park again. This loop is a few kilometers long and is suitable for all levels

(taking for granted that you have learned how to stop!!!). The plan is to meet in front of the police station

around 10:30 just outside Kasai Rinkai Station (there is only one exit). The train station is about five stations

on the Keiyoo line from Tokyo Station (it is the station just before Disneyland). Make sure you have all the

necessary safety equipment (knees, elbows, hands and of course something to protect the most important part

of your body, your melon!). The area near the station has some lockers and facilities such as toilets if you

need to change.

After a few hours of rollerblading and building an appetite, we will find a spot along the beach to have a

picnic. People are asked to bring any kind of food and beverages to share with others. Finally do not forget a

blanket or something to sit on, your bathing suit (mind you the water is not that great for swimming!),

sunprotection lotion, a hat and any other paraphernalia such as frisbees, baseball gloves, soccer or beach balls

or badminton rackets for playing around the park. If some of you would like to join us for the picnic only and

thus have the opportunity to meet and socialize with fellow members, please by all means do join us. We will be waiting for you at the police station around 12:30. If the weather does not look good this trip will be canceled.

Meeting Time & Place :

10:30 in front of the Police Box just outside the station.

What to bring: :

Rollerblades and personal safety equipment, a blanket or something to sit on, your bathing suit (mind you the water is not that great for swimming!), sunprotection lotion, a hat and any other paraphernalia such as frisbees, baseball gloves, soccer or beach balls or badminton rackets for playing around the park.

Cost :

Approximately 600 Yen, round trip from Tokyo Station

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

UPDATED!!! Annual Summer BBQ

30 June Saturday to 1 _ Sunday

Here comes the annual summer BBQ again. This year, we changed the BBQ site to the one in Musashi Itsukaichi

with nice wooden cottages, a large BBQ house with a roof, and a riverbank where we can do the campfire

at night.

On Saturday, we will start the orientation at 3:30pm for those who are cooking the dinner. Then, follows an allnight

BBQ.

On Sunday, some of our volunteers will be leading hiking or MTB trips, and the details are announced by

Saturday, if not, on Sunday morning while we are eating the breakfast. So, if you are interested in joining

either of these activities, please make sure to bring appropriate gear.

We are making the brochure for this event, which includes all information you need, such as what to bring,

and it is stored in the ^File. section in the BBS. Please check the folder ^ Annual Summer BBQ. as

below:

See you on Saturday!

Meeting Time & Place :

BBQ Volunteers: Please come to the BBQ site by 3:30pm on Saturday to join the orientation.

Non-BBQ volunteers including those who will be cooking the breakfast or cleaning up: Show up whenever you

want before we ran out of food and drinks. But note that the last bus to the BBQ site leaves at 9:11pm from JR

Musashi Itsuka-ichi Station.

What to bring :

1. Your own cups for alcohol, soft drinks and hot drinks

2. Your own plates and bowls
3. Your own forks, spoons, and knives
4. Your own cutting board and cutting knife, if you are cooking
5. Toiletries such as towels, toothbrush, shampoo, etc..
6. Hiking or MTB gear, if you are going to join on Sunday. Note very good hiking information can be obtained at the information center at the JR Musashi Itsuka-ichi station.

BBQ Site :

Cottage Shinrin-mura

<http://www.gws.ne.jp/shinrin/>

—

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kumo no taira Hike

20 July Friday to 23 _ Monday

We' ll take a long ridge walk on the Ura-Ginza course, and then aim toward Kumo-no-taira, which is a secluded area in the middle of the North Alps. Although the North Alps are known for high steep mountains, this course is rolling and undulating, giving the hiker a feeling of tranquility. You can feast your eyes upon the alpine flowers. The Kokube-river rises from here.

We' ll leave JR Shinjuku for JR Shinano Omachi on Thursday night by JR Express AZUSA #15, Chuo line and then go by taxi to Takasa Dam, which is the starting point of this hike. On the 1st day, we' ll climb the steep hill of the Buna-tate-one ridge. From there, we' ll go to the Eboshi-koya campsite for the night. On the 2nd day, we head toward Kumo-no-taira, starting early in the morning. We can enjoy a comfortable long distance ridge walk as we make our approach. We' ll spend our second night at Kumo-no-taira campsite. On the 3rd day, we leave here, and stay to the Sugoroku-koya campsite. On the 4th day, we descend to the Shin-hotaka-onsen, If we have time before the bus comes, we can soak in the hot spring.(Those who are keen for an onsen dip may have to stay an extra day !) From here we take a bus to JR Matsumoto station and then board the train for Tokyo.

More info:

<http://www.kt.rim.or.jp/.s-mimura/hikePlan/kumonotaira.htm>

Meeting Time & Place :

19:30 Thursday 19 July Chuo Line Platfom #5 JR Shinjuku Station. Express AZUSA #15. Please buy your own ticket from Shinjuku to Shinano Omachi.

Cost :

Approx. 20,000 Yen w/o foods

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

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Limited of Max 8 people.

Physical strength, perseverance, and good experience required. Need mountain insurance. The person who has a tent may get priority.

More info:

<http://www.kt.rim.or.jp/.s-mimura/hikePlan/kumonotaira.htm>

Meeting Time & Place :

19:30 Thursday 19 July Chuo Line Platform #5 JR Shinjuku Station. Express AZUSA
#15 Please buy your
own ticket from Shinjuku to Shinano Omachi.

Cost :

Approx. 20,000 Yen w/o foods

Events

Sennin ike Hike

6 October Saturday to 8 _ Monday

This is a long hiking trail which passes by the reverse side of Tsurugi-dake Peak, North Alps from Murodo,

and then goes to Keyaki-taira. This course offers a variety of pleasures. For example, walking in the snowy

valley of the Tsurugi-sawa and the San-no-mado ; watching the tinted autumn leaves which appear in the

Sennin-ike pond, soaking in the hot spring of the Sennin-onsen hot spring and the Asohara-onsen hot spring,

and walking alongside Shimo-no-rouka. which is the valley of the Kokube-river.

We' ll leave Shinjuku at 10:30 p.m. on Friday night, and take a bus to Murodo on the "Sawayaka Shinshu Gou

route. We' ll arrive the next morning at 7:15. (A long ride, but the most direct route.) The bus ticket is 13,000

Yen, and reservations are necessary.

On the 1st day, we pass by Raichou-taira from Murodo, going over the Bessan-nokkoshi Pass. We arrive at the

Masago sawa around noon by way of the snowy valley of the Tsurugi sawa. Then we pass by the Futamata

junction, climb up the snowy valley of Kita mata and go to the Ike-no-taira. You camp here.

On the 2nd day, by way of Sennin-touge Pass, we go to the Sennin-ike pond. After taking a short rest here, we

descend, passing the Sennin-onsen hot spring. We arrive at the Asohara-onsen hot spring and camp here. It will

be delightful to soak in the hot spring.

On the 3rd day, we' ll continue hiking, and pass by the Orio-tani valley and the Shiai-tani valley, finally arriving

at Keyaki-taira. From there, we' ll catch a tramcar train to Unazuki, and then transfer to the Tokyo bound train.

Limited of Max 8 people.

Physical strength, perseverance, and good experience required. Need mountain insurance. The person who has a tent may get priority.

More info.

<http://www.kt.rim.or.jp/.s-mimura/hikePlan/senninike.htm>

Meeting Time & Place :

21:30 Friday 5 October 2001. JR Shinjuku station west exit.

22:30 Sawayaka Shinsyu Go for Murodo by highway bus.

Cost :

Approx. 28,000 Yen w/o foods

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Fuji-san climb

14 July Saturday to 15 _ Sunday

Hideko Mitsuhashi and I are planning a classic climb of Fuji-san on 14/15th July. The outline of the plan is as follows:

Saturday 14 July

Depart from Shinjuku around 8:30am by bus direct to Kawaguchi-ko go-gome (5th station). Arriving around

11:15am, we will climb up to one of the 8th station huts and get some rest and sleep there. We will get up

very early in the morning on Sunday in time to be at the top for the dawn (and hopefully miss the traffic-jam

of hikers). We will come (run!) down the suna-bashiri (sand slide) route to Gotembaguchi shin go-gome. We' re

planning to go to an onsen before coming back to Shinjuku by train.

I have listed this as 3 . It is not a technical climb but it does require some stamina and will to get to the top.

More importantly, if the weather turns bad, then it would be tough. It will be around freezing at the top before

dawn so you will need to bring plenty of layers and waterproofs. Proper hiking boots are a "must have" . Also,

as the top is around 3,700m, it is possible people might experience some altitude sickness. If the weather

forecast is bad we will cancel.

Meeting Time & Place :

Shunjuku bus station around 8.30am Saturday 14 July. More details will be sent to participants.

Things to bring :

Layers of warm clothes and waterproofs (top and bottom ideally)

Gloves, Hat

Proper hiking boots with ankle support

Snacks, lunch and supper and plenty of drink

Flashlight & spare batteries for night climb.

If you have....

Spats (gaiters) may be useful for the run down the sand slide.

First aid kit

Emergency blanket

Toilet paper

How to sign up :

Spaces are limited and we want to buy bus tickets in advance so we will close sign-up on WEDNESDAY 4 JULY. We will also be asking for a deposit of Y3,000 to be paid by ATM (we will send bank details to new participants). This is non-refundable, however if we have a waiting list we will send you names of people who you could contact to take your place.

Costs :

Bus out: Y2,600; Hut: Y5,000 (or Y7,000 with supper); Y3,000 approx for return train; Y1,200 for onsen;

Y1,500 perhaps for taxi to/from onsen.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oshima Cycling Trip (updated)

13 July Friday to 15 _ Sunday

Where are your wheels

Following fast and furious on the heels of the Summer BBQ, we are happy to present the “Oshima Summer

Biking Trip” . This is a fantastic chance to see Oshima Island, one of the Izu Islands, as well as a nice

opportunity to sail off to sea on what should be a lovely weekend.

Please read this announcement carefully. If you have any questions that are NOT answered here, feel free to

What are we going to be doing

Bike Tour (Saturday)

If you don’ t have a bike or don’ t want to carry it, you can rent one from the ryokan. The ryokan can only

provide motorcycle helmets, but they are free! Renters will be picked up at the pier by the ryokan staff.

People with their own bikes will cycle to the ryokan. After breakfast at the ryokan, we will begin our biking.

You can choose from “leisurely” and “challenging” .

Onsen & Dinner (Saturday Afternoon and evening)

We hope to round off the day with a trip to an onsen before dinner at the ryokan.

Bonfire on the Beach (Saturday Evening)

After dinner we’ ll have a bonfire on the beach. The ryokan staff will prepare the fire for us, but you will need

to bring your own drinks and snacks!

Sunday AM

A little more cycling, or relaxing on the beach, depending on your mood and energy level!

Sunday PM (Departure)

We will be leaving Oshima by ferry at 1:30pm.

What can I volunteer to help with

Neither of the organizers has been to Oshima before, but we know some of you have. If you have any cycling routes to recommend, both easy and challenging, please let us know!

Useful Links:

About Oshima <http://www.izu-oshiba.or.jp>

About ferries <http://www.tokaikisen.co.jp>

Meeting Time & Place :

Meet at Takeshiba Pier. The overnight ferry to Oshima departs at 11pm on Friday July 13th. Checking

bicycles into a container must be done between 8pm and 10pm. If you're not bringing a bicycle, please get

there by 10pm. We will arrive at Oshima early on Saturday morning and will aim to be on our bikes by about 10am.

The closest JR station is Hamamatsucho - the pier is about a 5-minute walk east of the station. You can also

use Takeshiba Station on the Yurikamomei Line, which starts in Shimbashi.

What to bring :

* HELMET - if you don't have one, please try to borrow or rent one, as the ryokan can only provide

MOTORCYCLE helmets!

* Mountain Bike, if you have one and don't mind carrying it!

* Spare inner tube, patch kit and pump

* Bike bag, if you are bringing your own bike, for train and ferry transport

* Drinks for Saturday night bonfire

* Any snacks you want for cycling or the bonfire

* Swimsuit (for the beach and maybe onsen/rotenburo); towel, toiletries, pyjamas

* First aid kit, sunscreen, and insect repellent

* Flashlight (torch)

* Earplugs (highly recommended for sleeping on the ferry)

* Sleeping bag and mat for the overnight ferry ride (Blanket rentals are available if you prefer.)

* Comfortable clothes for cycling, plus rain gear (jacket and pants)

* Money to pay for the ryokan

* Spending money (snacks, Sunday lunch (if you buy locally), onsen, etc.)

* Copy of insurance Cost :

The Asami Ryokan costs 8000 yen per person, for 2 breakfasts, one dinner, and accommodation. People who

live or work in Tokyo are entitled to a yen discount - if you qualify and want the discount, please send

“Oshima ryokan discount - (your name)” in the subject line so she knows exactly what it’s about. We will

probably arrange for a bento lunch to be provided by the ryokan on Saturday. The cost will be less than 1,000

yen.

The ferry will cost 4,290 yen one way (at the most - see note below).

Bike shipping costs 1,430 yen one way. Bike rental costs 1,500 yen per day.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Paragliding in Izu Shoto (Niijima) 1/2

7 July Saturday

Tandem Flights for experienced pilots or inexperienced wannabes. I will be out there on vacation flying my

butt off an awesome 300m mountain, soaring over the dazzling blue ocean then landing on the beach

amongst startled bikinied beauties.

Meeting Time & Place :

Niijima.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners

05 August Sunday

Last chance to learn the basics of climbing in the safe environment of the climbing gym before we start

outdoor rock climbing on the following weekend.

As usual, the session will be held at Pump 1 in Kawaguchi (nearest station JR Kawaguchi on the Keihin

Tohoku line) starting at around 9am and continuing until everyone has had enough, which on past experience

will be somewhere between 3 and 4 o' clock.

Gear (shoes and harnesses) is provided by the gym for which a charge of Yen400 is now made. Bring loose

clothing for climbing and something for lunch. The cost of admission is Yen2,100. Please also allow Yen500 to

cover my own costs.

5 places available. Please contact the organizer for availability and further details.

Anyone who already knows the basics and wants to do some climbing is welcome to join us

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Ogawayama

11 August Saturday to 12 _ Sunday

With the rainy season now behind us, time to start serious rock climbing with a trip to Ogawayama, which is generally known as the Yosemite of Japan. Literally hundreds of routes ranging from 5.6 all the way up to 5.14a (way off the scale!) and with bolted routes, multi pitch routes, natural protection routes and even bouldering, there should be something for everyone.

We will be camping, so bring all the usual gear for an overnight trip. If you do not have camping equipment, contact the organizer who might be able to arrange for you to share with somebody else.

As regards climbing equipment, you **MUST HAVE** your own climbing shoes and harness. Ideally you should also have a helmet in case we attempt any multi pitch routes. In addition, bring whatever you have of the following:-

Belay device

Locking carabiners

Slings - single, double and quadruple

Quickdraws

Snaplink carabiners

Short prusics

Rack (nuts, hexes, friends)

The maximum number of participants will be limited by the number of ropes we have, so bring a rope as well if you have one.

Allow about Yen10,000 to cover transportation costs. To maximize climbing time, we might set off on Friday evening if that is feasible for all participants.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yet More Rock Climbing at Ogawayama

24 August Friday to 27 _ Monday

Another chance to exchange the stifling heat of Tokyo for the cool of the mountains with an extended visit to

Ogawayama (please see the notice for the previous trip on 10/11 August for details). You can join for the

whole 4 days or whatever shorter period you can manage

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Peach Picking & Camping in Yamanashi 1/2

4 August Saturday to 5 _ Sunday

Let' s taste fresh peaches and enjoy camping and hiking for a weekend.

After meeting, we will take Chuo Highway heading to Kofu. In Kofu, we will enjoy peach picking. In the

afternoon, we will move to camp site in Shosenkyo. Following day, we will hike in Shosenkyo, a valley. We will

return to Tokyo late afternoon on Sunday.

Meeting Time & Place :

08:00 AM in front of Sumitomo Building at Shinjuku-eki Nishiguchi.

What to bring :

tent(we share), sleeping bag, cloth, hiking shoes, head lamp, warm cloth for the night, first aid kits, lunch and

drink for the first day, plate&cup, Onsen kits, anything you need

Cost :

transportation: depending on number of participants. hopefully, around Yen7,000

peach picking: Yen1,500

camp site: Yen2,000 for a tent

other :

As we move long distance, we would like to take a car. If we can' t accommodate, we will arrange a rent-car(or

mini-ban). Please let us know if you can come by your own car.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FULL - Dive trip to Oshima

20 July Friday to 22 _ Sunday

This 3-day trip is open to everyone who holds a normal diving license.

We will leave Atami Station by speed boat on Friday morning to arrive at Oshima about 90 Minutes

later and head for the ocean to enjoy waters.

The dive spots around the islands cover a variety of fish and bottom architecture.

Return will be on Sunday afternoon to arrive at Atami at 17:20 The fee includes 5 dives, up to 3 more are possible against extra pay.

Meeting Time & Place :

Atami Station, in front of Kaisatsu-guchi at 8:00 AM on Friday morning

Costs :

44.000 Yen, this includes the ferry to and from Oshima, accomodation with 2 meals and 5 dives.

What to bring :

Gear, sunscreen, swim wear.

Gear can be rented, but has to be obtained in advance.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FUJI ROCK FESTIVAL AND NAEBA SAN HIKE

27 July Friday to 29 _ Sunday

Landmark outdoor rock fes starting 6 years ago. This year will be held again at spacious grassy hill of NAEBA

in Niigata. Will set up tents at campsite from there it is all yours to relax at ease or rock' fire from day through the night.

3 days of rock music by diverse talent from 11:00 lasting till midnight. My option day will be on the 28th

Saturday. On previous day, planning to hike up NAEBA SAN at vicinity of NAEBA.

Day 1 (27th Fri)

Hiking NAEBA SAN located at border of Niigata and Nagano. meters at peak known for its beautiful

mountain flowers and multiple swamps. Approx 3.5 hours hike. Will stay at mountain hut on 27th for Yen7000

with 2 meals.

Day 2 (28th Sat)

Will descend to NAEBA SAN and head to FUJI ROCK at NAEBA. Set up tents and liberate our souls at FUJI

ROCK.

Day 3 (29th Sun)

Sleep all morning, have brunch, search for ONSEN to wash away our rock' souls and retreat back to reality

Tokyo.

Meeting Time & Place :

1. 7:00A.M.at platform of Tokyo station for those joining NAEBA SAN hike from 27th Friday.

2. 1:00P.M. at front desk lobby of NAEBA PRINCE HOTEL.

Ticket Info :

1 DAY FUJI ROCK ADMISSION AND ROUNDTRIP TRAINFARE FOR Yen24500 AT ANY JR VIEW PLAZA. IF JUST

FUJI ROCK TICKET, Yen14500 FOR 1 DAY FUJI ROCK ADMISSION AT ANY PIA TICKET

CENTER. ALSO NEED TO

PURCHASE CAMP-SITE TICKET FOR Yen2500 PER PERSON (VALID FOR 3 DAYS)

What to bring :

Tent, sleeping bag, changes of clothing, long-sleeved, hat, flashlight,
sunscreen, face-paint, ,lunch for 27th,
lunch and dinner for 28th and breakfast for 29th, binoculars

:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

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3 days of rock music by diverse talent from 11:00 lasting till midnight. OASIS, TRAVIS, NEIY YOUNG AND

CRAZY HORSE, ALANIS MORISSETTE, STEREOPHONICS, BRIAN ENO, NEW ORDER, ECHO & BUNNYMEN,

RON SEXMITH, EMINEM AND MANY MORE!! My option day will be on the 28th Saturday.

On previous day,

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2. 1:00P.M. at front desk lobby of NAEBA PRINCE HOTEL.

Ticket Info :

1 DAY FUJI ROCK ADMISSION AND ROUNDTRIP TRAINFARE FOR Yen24500 AT ANY JR VIEW PLAZA. IF JUST

FUJI ROCK TICKET, Yen14500 FOR 1 DAY FUJI ROCK ADMISSION AT ANY PIA TICKET CENTER. ALSO NEED TO

PURCHASE CAMP-SITE TICKET FOR Yen2500 PER PERSON (VALID FOR 3 DAYS)

What to bring :

Tent, sleeping bag, changes of clothing, long-sleeved, hat, flashlight, sunscreen, face-paint, ,lunch for 27th,

lunch and dinner for 28th and breakfast for 29th, binoculars

:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FUJI ROCK FESTIVAL AND NAEBA SAN HIKE

27 July Friday to 29 _ Sunday

Landmark outdoor rock fes starting 6 years ago. This year will be held again at spacious grassy hill of NAEBA

in Niigata. Will set up tents at campsite from there it is all yours to relax at ease or rock' fire from day through the night.

3 days of rock music by diverse talent from 11:00 lasting till midnight. OASIS, TRAVIS, NEIL YOUNG AND

CRAZY HORSE, ALANIS MORISSETTE, STEREOPHONICS, BRIAN ENO, NEW ORDER, ECHO & BUNNYMEN,

RON SEXSMITH, EMINEM AND MANY MORE!! My option day will be on the 28th Saturday. On previous day,

planning to hike up NAEBA SAN at vicinity of NAEBA.

Day 1 (27th Fri)

Hiking NAEBA SAN located at border of Niigata and Nagano. meters at peak known for its beautiful

mountain flowers and multiple swamps. Approx 3.5 hours hike. Will stay at mountain hut on 27th for Yen7000

with 2 meals.

Day 2 (28th Sat)

Will descend to NAEBA SAN and head to FUJI ROCK at NAEBA. Set up tents and liberate our souls at FUJI

ROCK.

Day 3 (29th Sun)

Sleep all morning, have brunch, search for ONSEN to wash away our rock' souls and retreat back to reality

Tokyo.

Meeting Time & Place :

1. 7:00A.M.at platform of Tokyo station for those joining NAEBA SAN hike from 27th Friday.

2. 1:00P.M. at front desk lobby of NAEBA PRINCE HOTEL.

Ticket Info :

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What to bring :

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lunch and dinner for 28th and breakfast for 29th, binoculars

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PURCHASE CAMP-SITE TICKET FOR Yen2500 PER PERSON (VALID FOR 3 DAYS)

What to bring :

Tent, sleeping bag, changes of clothing, long-sleeved, hat, flashlight, sunscreen, face-paint, ,lunch for 27th,

lunch and dinner for 28th and breakfast for 29th, binoculars, folding mats

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[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

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BUNNYMEN, RON SEXSMITH, EMINEM AND MANY MORE!! The trip' s FUJI ROCK option day will be 28th

Saturday. On previous day 27th Friday, planning to hike up NAEBA SAN at deeper National Park in the area.

Day 1 (27th Fri) Optional for those who can take 27th Friday off.

Hiking NAEBA SAN located at border of Niigata and Nagano in National Park. meters at peak known for

beautiful mountain flowers and swamps. Approx

3.5 hours hike. Will stay at mountain lodge on 27th for Yen7000 with 2 meals.

Day 2 (28th Sat) You can join from day 2!!

Will descend from NAEBA SAN early morning and head to FUJI ROCK at NAEBA. Will meet those joining from

Day 2 at NAEBA PRINCE HOTEL FRONT LOBBY. Set up tents and liberate our souls at FUJI ROCK.

Day 3 (29th Sun)

Sleep all morning, have brunch, search for ONSEN to wash away our rock' n souls and retreat to reality Tokyo.

You may join OK from Day 2 Saturday just to FUJI ROCK. We' ll get together at NAEBA PRINCE HOTEL

LOBBY.

Meeting Time & Place :

1. 7:00A.M. at platform of Tokyo station for those joining NAEBA SAN hike from 27th Friday.

2. On the 28th Saturday, 1:00P.M. at front desk lobby of NAEBA PRINCE HOTEL for those joining from Day 2.

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PURCHASE CAMP-SITE TICKET FOR Yen2500 PER PERSON (VALID FOR 3 DAYS)

AT PIA TICKET CENTER.

What to bring :

Tent, sleeping bag, change of clothing, long-sleeved, flashlight, sunscreen, face-paint, lunch for 27th, lunch and

dinner for 28th and breakfast for 29th, binoculars, folding mats, sandals,

Tell me in advance if you do not have tents. Will arrange to borrow.

:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

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PURCHASE CAMP-SITE TICKET FOR Yen2500 PER PERSON (VALID FOR 3 DAYS)

AT PIA TICKET CENTER.

What to bring :

Tent, sleeping bag, change of clothing, long-sleeved, flashlight, sunscreen, face-paint, lunch for 27th, lunch and

dinner for 28th and breakfast for 29th, binoculars, folding mats, sandals,

Tell me in advance if you do not have tents. Will arrange to borrow.

:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

August 4, Saturday, River Kayak Classes in Okutama

4 August Saturday

Join the fast growing group of river kayak enthusiasts in OCJ! Nothing beats river kayaking on a cold river on a hot summer day.

I have reserved 12 spots at the Gravity Kayak School (home page: <http://www.gravity.vision.gr.jp/> (Japanese only)) for August 4. Six spots are available for each of the following two different level courses:

Beginner s Rapid Course: This class is for people who have done some sea kayaking, or river kayaking on still waters, but have no experience with flowing water. But note that you must have at least some experience with kayaking. If you have no experience at all with kayaking (not even see kayaking) you will need to take one of the more basic courses before they let you take the Beginner s Rapid Course. The school insists.

Intermediate (A) Course: To attend this class, you must have kayaked on rapids for three days or taken the Beginner s Rapid Course. This course reviews the techniques learned in the Beginner s Rapid Course, but in more difficult situations, teaches strokes for control in rapids, how to read the currents, and gives 2 km trip downstream for drilling the lessons learned. If you have already taken an Intermediate (A) course, but only once or twice, you may have to take it again before being “promoted” to Intermediate (B).

The two classes are held at the same area of the Tamagawa river. All will be eating lunch, which is prepared by the school, together.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

An Easy Day Walk and Swimming in A River in Ashigara

20 July Friday

No plans for the long weekend. Would you like to join me with an easy relaxed day trip to Ashigara to bath in

a river in a quiet, remote mountain without crowds

I just bought a hiking guide book called Kanto Shuhen, Midori to Mizu no Shizen Sansaku (Nature walking with

greens and water around the Kanto area). / by Shobunsha, and found this course.

So, I've never been there,

but I just want to try and see. Hope you can join me.

We will start walking from JR Ashigara Station, and if we feel like, we can climb up to Ashigara Peak at 759m

where we can see a nice view of Mt. Fuji. It will be 3 hours or so by walk to get to the peak. The hiking course

will be a total 9km.

If it is too hot to do, we can relax and bath at Choshigafuchi, the water spot in a mountain, which is known as

one of the top 100 beautiful water pots

in Shizuoka prefecture. It takes an hour by walk to get to the water spot from the station.

If you are interested in coming, please contact me with your mobile number. Feel free to bring your friends

who are interested in joining OCJ.

Meeting Time & Place :

8:30am at the front-end of Odakyu Line to Shin Matsuda at Odakyu Shinjuku Station (NOT JR!!!)

TRAIN SCHEDULE:

8:40 Take Support 57 of Odakyu Odawara Line

9:45 Arrive at Shin Matsuda, walk to JR Matsuda Station

9:55 Take JR Gotenba Line at Matsuda Station

10:18 Arrive at Ashigara Station

If you are late, sorry, we will see you again at another occasion because JR

Gotenba Line runs only once an hour.

COST :

Train---750 yen between Shinjuku and Matsuda and 320 yen between Matsuda and Ashigara for one-way. Or

2,160 yen for the round trip per adult.

WHAT TO BRING: :

Hiking gear (hiking boots, cap, water, sunscreen, headlamp, compass, first aid kits, compass, rain gear etc) and bathing suits, towel and lunch.

USEFUL INFORMATION: :

A map of the walk

This map is not exactly the route we are talking, but it shows a half of our route. We can also try this one, if we feel like. This is a 12km walk. It would be nice, if you can print this out, if you don't have the map around that area.

[http://www.jr-](http://www.jr-central.co.jp/station.nsf/doc/FB37AB9AAA2AD2E1492568B900309F04/$FILE/ashigara.pdf)

[central.co.jp/station.nsf/doc/FB37AB9AAA2AD2E1492568B900309F04/\\$FILE/ashigara.pdf](http://www.jr-central.co.jp/station.nsf/doc/FB37AB9AAA2AD2E1492568B900309F04/$FILE/ashigara.pdf)

HOT SPRING:

There is a hot spring called Nakagawa Onsen, if we take a bus from Shin Matsuda Station, but I am not sure

whether we want to take a hot bath in summer....We can also stop by at my favorite Tsurumaki Onsen on

Odakyu Line.

RAIN:

If it rains, we will cancel the trip. If the weather looks unstable, please call me in the morning at my mobile phone.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Autumn BBQ at the end of September or beginning of October (sept. 29/30 or oct. 6/7).

29 September Saturday to 30 _ Sunday

Autumn BBQ at the end of September or beginning of October (sept. 29/30 or oct. 6/7).

5000 to 6000 yen for 1 night in a lodge with dinner (drink) hot spring bath and breakfast.

About 4000 yen if you camp.

Between 50-100 people.

Nakatsugawa village campsite 45 mins from mitsumineguchi station (near chichibu)

Volunteers for main jobs are needed now!

There is a sign up page on the internet which makes it easy to collect all the information...please use this.

<http://www.geocities.com/climbingtrip/akibbq/akibbqform.htm>

There is also a Japanese page and lots of pictures of the campsite and area.

More details of the event will be announced at the august meeting with the final date.

You can post your preferences and best date using the registration form on the homepage.

This will help when deciding the date and lodge price.

It is quite rare for a campsite to have a hot spring and the area is really beautiful.

More rocky than okutama with a gorge and river leading up to the campsite.

You can swim in a few deep pools in the river. Hopefully pick some wild mushrooms and veg with the campsite owner.

Relax ,cycle or do easy to difficult hikes.Places for rock climbing too.
andy duggan

but please use the sign up page

10月(氏族。 29/30あるいはoct。 6/7)の9月か始め末日での秋BBQ(Autumn BBQ)。

夕食(飲料)温泉風呂および朝食を備えたロジのある夜の5000~6000円。

あなたがキャンプ生活をすれば、約 4000 円。

50-100 人の人々間で。

mitsumineguchi ステーション(chichibu の近くの)からの中津川村キャンプ地 45 mins

主要なジョブのためのボランティアは今必要です!情報をすべて集めることを容易にする
インターネット上に

ページアップでサインがあります...これを使用してください。

<http://www.geocities.com/climbingtrip/akibbq/akibbqform.htm>

そこで、さらに日本のページ、およびキャンプ地およびエリアの多くの写真はあります。

出来事よりも多くの詳細は、最終日付の威厳のある会合で発表されるでしょう。

あなたは、ホームページ上で登録用紙を使用する優先権、および最高の日付を記入することができます。

日付およびロッジ価格を決定した場合、これは助けになるでしょう。キャンプ地が温泉を持っていることは全くまれです。

また、そのエリアは実際に美しい。

さらに多く、キャンプ地に通じている峡谷および川を備えた okutama より岩。あなたは川の少数の深いプール

中で泳ぐことができます。

有望にキャンプ地所有者といくつかの野生のきのこおよび野菜を取ってください。

緩むか、循環するか、行う、困難なハイキングにとって容易。ロッククライミングのためにまた置きます。

andy duggan

しかし、どうぞ、ページアップでサインを使用します。

Meeting Time & Place :

to be decided later

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sunset Beach BBQ-at Mitokaigan

11 August Saturday to 12 _ Sunday

Just an hour away from Tokyo, there is a wonderful sunset beach you may not know yet.

We, Reiko & Masumi are planning to organise a BBQ & Camping at Mitokaigan.

We can also propose several activities, such as Diving, Sea Kayak, Sailing and so on.

Saturday, 11 August

Schedule:

15:30 start preparing BBQ & making tents

17:30 BBQ !!!!!!!

If you want to Dive, 8:30 at Misakiguti Station Exit Cost: JPY 15,000- 2 boats.

If you want to rental for gear(BC,

Regulator, Wetsuits, Fin and Mask) need extra fee.

Sunday, 12 August

Schedule: wake up depends on your activity Breakfast bring by yourself or order at Restaurant in Surf Side

Village

1) Sea Kayak 10:00 at EICHEL sea kayak shop Cost: JPY 10,000- including rental fee

2) Sailing 10:00 at Surf Side Village Cost: JPY 10,000- a boat/ a day (for 4 person)

For further details on Kayak and diving, see <http://www.eichel.co.jp> (sorry in Japanese only)

Meeting Time & Place :

15:00 Misaki-guchi Station Exit (Keikyu Line)

Take the train departs at 13:51 from Shinagawa Station to Misaki-guchi

What to bring :

What to bring: Tent and sleeping bag (for camping on the beach) Plates, cup and fork(or ohashi) for BBQ,

swim-suit, spare clothing, breakfast & lunch for Sunday, anything else what you need.

Cost :

BBQ JPY 4,000- Yen a person

Train JPY 1,800- Yen round trip between Shinagawa & Misakiguchi

Accommodation JPY 5,000 Yen if you want to stay in Surf Side Village (only for 8 person)

JPY 0- FREE/ if you bring your own tent

sign-up closing :

4 August for BBQ & Camping. If you want to try one of activities (Sea Kayak, Sailing or Diving), ASAP !!!!!!!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

kuratake yama

4 August Saturday

Kuratake san (2.0 stars). (Yamanashi ken)

We have an easy walk from the station into the mountains, then begin quite an arduous climb for about 2

hours, we can have lunch at the top with hopefully quite good views (in winter they are spectacular) we will

then hike down to Yanagisawa station (1 back towards Tokyo) possible Onsen at the end depending on how

the group feels

Meeting Time & Place :

Meeting Place:(Front of the platform) Shinjuku station platform #10 at 7' 45am.

(to catch the 7' 52 to Takao

(8' 35) then catch the 8' 46 to Torisawa (9' 14)). Or meet in Torisawa at 9' 15

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sugamiko To Takao Beer Garden Trip

25 August -----

This walk will start at Sugamiko Station on the JR Chuo Line and we will head back to Takao-san for dinner at

the outdoor beer garden. Unfortunately, I don't know how to read the contours on a topographic map, but

the first couple of hours look steep and then it looks fairly easy going for the rest of the walk. The map time is

just over 6 hours.

You will need to carry lunch and plenty of water.

I am aiming to arrive at the Beer Garden around 4ish, which is when it opens.

There is a buffet serving a wide

variety of food,

beer, wine and soft drinks. The price for women is ¥2,700 and for men ¥3,000 which covers unlimited eating

and drinking for two hours.

We can return to the station by cable car . about ¥450, or by foot.

Meeting Time & Place :

Sugamiko Station 9.08am

Train Schedule :

Chuo Line leaves Shinjuku at 8.10, Mitaka 8.26, Tachikawa 8.44, Takao station at 8.59 and Sugamiko at 9.08.

What to bring :

Hiking boots.

Something warm for the evening and if the weather turns cold.

Lunch, water.

Hat, sunscreen etc.

Other :

<sum> Rain cancels.

<sum> I appreciate it if you could let me know if you are coming so I know who to wait for.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Salsa Night in Hot Summer

18 August Saturday

This is a bit different from an ordinary event. I would like to organize “Salsa Night” on August 18.

We will go to a salsa club in Roppongi. So anybody who likes to dance, please join and let's have fun!

Meeting Time & Place :

Meeting Place: In front of Mcdonald in Roppongi.(next to Roppongi Roi Building)

Time: Saturday August 18 at 24:00

Place of Salsa Club: Salsa Crib

Cost :

Entry fee:Yen1,500 with one drink

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Monday Dive in Izu, 27 Aug.

27 August Monday

Eastern Izu (especially IOP and Futo) is so popular that you can see a school of divers more often than that of jacks. But it is not crowded if avoiding weekend. So I will plan a one-day dive trip to Izu on Monday.

Date: Monday 27 Aug.

Access: JR Toukaidou line to Atami, then JR Ito line to Usami.

Divesite: IOP(Izu Oceanic Park) or Futo, Western Izu Pen.

(can be changed depending on the water condition)

This event is only for certified divers.

Can be canceled in case of bad weather.

Meeting Time & Place :

We will meet in train. I will be in the first car of the train following;

JR Toukaidou line bound for Numadu that leaves

Tokyo 6:32, Shinagawa 6:40, Yokohama 6:59, Totsuka 7:09, Hujisawa:7:19, Odawara 7:57.

At Atami, will change to JR Ito/Idukyu line that leaves Atami at 8:26.

Arrives Usami at 8:49.

The dive service will pick us up at Usami Station.

Cost :

Fee: 10000yen (2 tanks, guide, weight, drink, and pickup included)

(If the site is changed to the Western Izu, +y2000 for transportation)

Rental equipment available. BC:Y20000, Regulator:Y2000, wetsuit:Y2000, mask, fins, snorkel and boots:

Y2000

Dive Service: DAN' S DIVE SHOP (can be changed depending on the water condition)

Dive service :

Dive service: DAN' S DIVE SHOP

1054-2 Usami Ito city, Shizuoka pref.

The guides Mr and Mrs Suzuki are very professional

and they are also the specialists of underwater photography.

They published a guidebook of seaslugs in Izu.

For signup :

Signup: Contact me before Thu 23 Aug. For signup, please let me know
your name,

telephone number

rank of c-card (Openwater, Advanced openwater, etc.)

number of tanks experienced

If you need to rent any equipment, mention what you need and your height,
weight, and size of boots

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

test

1 January Saturday to 1 _ Saturday

Test

Events

test

1 January Saturday to 1 _ Saturday

Test

Events

Events

Tamagawa Tubing Expedition No. 6

25 August Saturday

Hello tubers and potential tubers,

The Tubing Troop is getting bigger! So once again it' s time to cruise down the Tamagawa river

whilst enjoying the scenery and a beer or two.

may be possible to rent a tubing set (rental charge 2,000 Yen). Please ask ASAP

Meeting Time & Place :

Shinjuku Station Platform 7 at 07:30 Chuo Line to catch the 07:43 Holiday Kaisoku rapid to Mitake.

What to Bring :

Swimsuit or wetsuit

Something warm to put on incase you get cold (a non-cotton material or waterproof jacket or even fleece!)

Beer/something to drink

towel and dry clothes to change into

Lunch

sunscreen

bicycle helmet if you have one

backpack to carry everything in

Gomi/Rubbish/Garbage bag to keep everything waterproofed (don' t regret making that underwater call!)

Water shoes/sandals

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Autumn BBQ

29 September Saturday to 30 _ Sunday

Autumn BBQ Update (date fixed)

Date: Saturday and Sunday 29th/30th of September. 1 night

Price 6000 yen or less (may reduce to 5000-5500 yen if possible)

This is for lodge, hot spring bath, food (dinner+breakfast) and drink.

Nakatsugawa village campsite 45 mins from mitsumineguchi station (near chichibu)

It is quite rare for a campsite to have a hot spring and the area is really beautiful.

More rocky than okutama with a gorge and river leading up to the campsite.

Sign up is best on the Internet at this page

<http://www.geocities.com/climbingtrip/akibbq/akibbqform.htm>

Or at the September meeting (Sunday the 2nd)

Payment will start from the meeting in September.

Hoping for over 50 people to come. Now have about 20 people. Volunteers still needed for

hike, MTB and food organization.

Andy Duggan

秋 BBQ 更新 (日付は固着した)

日付: 土曜日および日曜日 9月の 29/30 番目。

または少なく 6000 円の を付けなさい (5000-5500 の円まで減少する、可能性)

これはロッジ、熱い春の風呂、食物およびドリンクのためにあります。

;

記号、上へ、このページでのインターネットで最上だ、

<http://www.geocities.com/climbingtrip/akibbq/akibbqform.htm>

そうでなければ、9月のミーティングに、 (日曜日、2番目)

支払いは9月にミーティングから出発します。

生じるための 50 人以上人々を望むこと。今におよそ 20 人の人々がいてください。志願者、

静かだハイキ

ング、

MTB および食物組織のために必要とされて。

アンディー ; Duggan

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Kotakuji

01 September Saturday

Our next trip takes us to Kotakuji in the Tanzawa area. The main attraction is the low angle slabs which provide a large number of relatively easy routes (5.8/5.9), although there are plenty of other routes of a higher grade to keep the more experienced climbers busy as well. There are no camping facilities in the area, so this will be a day trip.

This venue is particularly suitable for less experienced climbers, but as a result is very popular and we will therefore need to have an early start. We will meet in the front carriage of the 6.46am departure for Odawara which leaves from platform 4/5 of the Odakyu line from Shinjuku. This train arrives at Honatsugi at 7.34 from where we catch a bus at 7.58 and should be at the climbing area about 40 minutes later.

As usual for outdoor climbing trips, you must have at least your own harness and shoes. Bring also whatever you have of the following:-

Belay device

Chalk bag and chalk

Slings

Carabiners (snaplink and locking)

Quickdraws

Nearly all the routes are bolted, so leave your racks at home for this trip.

Bring something for lunch.

The number of participants will be limited by the number of ropes we have, so bring one if you have one.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Mitou-san (Okutama) 1527m -Makiyose-san 1188m

1 September Saturday

DAY HIKE WITH ONSEN Yen KIJU RYORI

This is a very pretty area at the head of the south fork of Akikawa river with fewer people on the trails than some of the better known areas in Okutama.

Hiking time about two hours up and two hours downhill along a gradual ridge then down the opposite side to the village of Gobara where there is a mineral onsen minshuku that specializes in pheasant - "kiju" -roast or "nabe" for yen 2,000.

There is only one bus in the late afternoon Yen evening, returning from Gobara at 7:05 p.m. so we will have lots of time for a relaxed hike, beer onsen and evening meal in a classic mountain village setting.

Meeting Time & Place :

Meeting Place: Shinjuku, Tachikawa or Itsukaichi

There are only two early morning buses that will get us to the starting point, Tomin no Mori, which is 70 minutes from Itsukaichi. We will take the first bus leaving Itsukaichi at 8:25 a.m.

and may or may not wait for anyone who is able to make it in time for the the second bus at 8:57

Shinjuku:

Take 7:05 kaisoku (regular Chuo line platform and train) from Shinjuku which will arrive 7:43 at Tachikawa.

Change to Ome line train

leaving at 8:46 direct to Itsukaichi, arriving at 8:15.

Note: If you allow about 45 minutes, any train leaving from from Shinjuku before 7:05

will get you to Tachikawa by 7:43. You may prefer to go on an earlier train to give more time for

the change to the Ome line. I will board the train at Tachikawa.

The "fallback" connection is the 7:43 Holiday kaisoku #1(platform 7) from Shinjuku, arriving in Tachikawa at

8:11 and Itsukaichi 8:50

Seven minutes to connect to 8:57 bus.

Not sure if the Itsukaichi portion of the train is at the front or back (part of the train usually splits off at

Haijima to Okutama), so ask once you are on the train after Tachikawa. I will walk

through to check for people.

Equipment :

- * please no running shoes Yen proper hiking boots
- * rain gear even if the weather is nice
- * LIGHT
- * lunch, snacks, change of clothing Yen onsen towel
- * large water bottle

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

China - Gobi -Dinosaur diggings and Great Wall 1/2

14 September Friday to 23 _ Sunday

CHINA

Country ; China :Main Sport : Riding , digging & hiking

Area : Beijing & Inner Mongolia

Season : Sept 15th to 22 nd

Cost : Yen 115,000

Visa : Yen 4000

Air ; Yen 58,000

Hotel in Beijing Yen 15,000 x 2 nights

Date Day Schedule Stay over

15th 1) Meet in Narita or Beijing at designated Hotel "C flight to Bjj Yen
Train (S)

16 2) Hohhot City , vehicle to Baotou

Hotel (BLS)

17 3) Back to Hohhot to temples ,Museum &

Research center .. Hotel

18 4) Gegengtala by vehicle , riding

day camp

19 5) Decamp & truck to Erenhot ,

markets , dinosaur digs and hiking

20 6) Back at the excavation camp

21 7) Arv Beijing Stn . about noon then

bus to Great Wall .

22 8) (B) Beijing & Shop, party and pack

up Hotel (B L)

23 9) Flight out or your own China

itinerary

(B = breakfast Yen L = lunch Yen S = supper

Day 1 :

I will be waiting at Narita Airport for all . Flight time : 4 hrs to Beijing .

30 minute drive to hotel, NO check in

& prepare for 4:30 hotel departure & 8:00 pm train departure .Train rooms & beds are clean ,bring ones own supper . We will buy ,pre to boarding . If you are coming to Beijing before us and staying in the designated hotel ,please pay only the room service not room fee ,this goes to the Academy (50% room discount ,this way) .
Important

If you are coming by different plane than me , be at the Hotel before 12 noon on day # 1

Your room will be booked ,ask for it but do not pay

Day 2 :

After an overnight trip we arrive into Hohhot Inner Mongolia about 9 am . We will eat

breakfast here , then of to Baotou for Cultural viewing

And natural sights !-.Hotel

(L- on the way) (S " C Hotel)

Page 2

Day 3 :

Back to Hohhot to see the Sa Zhao temple & the Wu ta Temple ,visit the dinosaur musium and the research

center of the palaobiology Hotel

(B- Baotou)(I YenS " CHohhot)

Day 4 :

Gegengtala by vehicle Yen camp . Camel riding & desert hiking & horse riding

This area is known for the summer camp area of Mongolians who come to

pray and Sing . We will all help cook ,clean and make camp (.Wrestling & call on local herdsmen (B " C

Hohhot)(L YenS camp)

Day 5 :

(B) Decamp & truck to Erenhot , short trip to the northern border town . Here we

will

visit the museum of dinosaur & go the excavation camp of dinosaurs & check out the

local trade markets . (L YenS "CErenhot) !- Military tent

Day 6 :

Back at the excavation camp we can try our hand at searching for and digging for

dinosaur bones and eggs . Back to town ,in pm & train back to Hohhot and Beijing.

(B "C camp) (L "C in camp) (S-Train)

Day 7 :

(B Yentrain) Arv Beijing Stn . about noon then bus to Great Wall . This is the hottest

place in China Great hiking , romantic & historical all with a bit o !RGreat Wall! wine ! .

We sleep either on the Wall or in a nearby Inn . (L Yen S)

Day 8 :

Early bus back to Beijing hotel .we can book in ,clean up & shop till we drop .

Party and Beijing Circus for the pm & with a bit of Beijing fashion & night life !

Day 9 :

Your Departure day to the Airport or other destinations in China

Page 3

Information Sheet

Weather wise ; Gobi : 25 to 30 C . Great Wall 25 . Beijing 20 plus & dusty .

Learning View

The Academy of Sciences will be coming along to explain about fossils ,dinosaur eggs and birds ,the terrain ,

and much more . Mongolian guides will be showing you their culture and how to eat ! The museum curator

will explain what they have to show .

And talks on Water and shortages and human needs .

These plans include : .

All transport ground transport , going to or out side of Beijing .All meals ,
all guides "C Chinese . Train!!fees,

Bus & Wall, Hotels used out side of Beijing . Horses ,camels and Academy of
Sciences Professor .

Page 4

Not included ;

Airport fees and flights . Insurance , Tips (are expected) Hotel fee in Beijing
(double occupancy US \$75) (4

star Hotel) In Beijing costs such as taxi use, meals .

Also

Chinese Visa : Yes you need one, sooner is better , see the 'Visa page !R for
those in Japan.

Taxi' s : Beijing Airport, trust no one who is not sitting in one . Its than
150 Yuan to the Hotel.

Take a hand calculator to bargain with .

I The Academy Of Sciences Beijing has kindly offerred to help with booking at
the Hotel . Once you have

decided you schedule ,call me. I will book the Hotel room for you. If you get to
the Hotel before us/me ,;check

in at the front desk, but do not pay, they may ask for a credit card print
out ,but pay no money except at

booking out time ,for room services (drinks etc) .

IHotel name is ; Xiyuan Hotel about 25 minutes

drive from the airport

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Mitsu Toge

15 September Saturday to 16 _ Sunday

Good climbing for all levels of Climbers with nice views of Fuji as well.

For this trip you must have not only your own shoes and harness but also a climbing helmet, as falling rocks

are a real possibility. In addition, bring whatever you have of the following:-

Chalk and chalk bag

Belay device

Carabiners (snaplink and locking)

Slings

Bring also a rack and a rope if you have them.

We will camp overnight. It might be possible to share tents and cooking equipment, so don't be deterred from

joining this trip if you do not have them.

Leave Shinjuku at 7.02 on the Super Azusa no 81, change at Otsuki and arrive Kawaguchiko at 9.06. Bus at

9.10 to Mitsutoge Tozanguchi, arriving around 30 minutes later. The walk in is quite steep and takes about 1

hour. Those not bringing full equipment might find that they are given some to carry before the start of the

walk in.

Walk out on Sunday afternoon to Mitsutoge station.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Kogashiyama

29 September Saturday to 30 _ Sunday

Leave from Ueno at 6.51 on Saturday morning for Utsunomiya, then 30 minutes both by bus and then on foot

to the climbing area. Around 100 routes from 5.8 upwards, so enough to keep us occupied for at least one

weekend. The camp site is about one hour away by foot. It is free but reservation is required, so sign up asap.

We will return to Tokyo on Sunday evening.

It might be possible to share tents and/or cooking equipment, so do not be deterred from joining this trip if you do not have them.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners

23 September Sunday

Another chance to learn the basics of climbing in the relatively safe environment of Pump 1 climbing gym in

Kawaguchi. The session starts at 9.00 and will finish around mid afternoon.

Shoes and harnesses can be hired at the gym, so all you need to bring is loose clothing for climbing and

something for lunch.

The number of participants is limited to 5.

Contact the organizer for further details.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Easy day hike by the sea

2 September Sunday

We will follow the Miura coast line around Cape Tsurigi. The route will take us across sandy beach coves,

along some cliff paths and across some rocky

areas. This hike is described in the "Day Walks Near Tokyo" book, #1.

Depending on weather, it may be

possible to take a swim in the Pacific. This is not a tough walk (I rate it 1 star) but please note in some places

the path has deteriorated a bit. Sometimes we will need to climb up the cliffs a little way and in places the

paths have become quite narrow. You need to feel comfortable doing that so it's not so good, for example, if

you're very afraid of heights. The basic walk described is around 3 hours. From the end we can take a bus

back to the train station to get back to Shinagawa. It's also possible to extend the walk to Jogashima island if

people want to do that. It is approximately another 2.5hrs I understand. There are regular trains back to

Shinagawa and my plan is to be pretty flexible: we'll do what seems best according to conditions, time, buses,

how the group feels and so on. I understand high tide is going to be around mid afternoon.

. Unfortunately there aren't so many onsens on the Miura Peninsular. I

am told there is one small place at Kanazawa Bunko (which is on the train journey home) where onsen addicts

can go.

Meeting Time & Place :

We will catch the 0807 from Shinagawa on the Keihin Kyuko line. This should arrive at 0913 at Miura Kaigan.

I will wait for people at the front of the train at Shinagawa.

What to bring :

Comfortable, sturdy footwear, suitable for scrambling on rocks. Good sandals may also be useful for any wet areas or paddling. Lunch, drinks - please bring these with you. We have to catch a bus at Miura Kaigan station and I doubt there's enough time for everyone to buy food and drink there. Sun protection. Protection in case of rain and/or wind. First aid kit if you have one. Copy of your insurance details and contact numbers. Day sack; things for the beach, incl bathing costume, towel etc if you want to take a swim in the water.

Costs :

Train - approx 2 x Y850; Bus - approx 2 x Y250; Lunch, drink etc

Weather :

I'll probably cancel if it is raining or if the weather forecast is bad. If you want to confirm whether the event is on, please give me a call on the day. Or, if you let me have your phone number in advance, I will phone you if I think we need to cancel.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kabuki event : Yoshitune Sembonzakura

17 November Saturday to 18 _ Sunday

This event is for all of you who love Japanese culture. Every time, many members enjoyed seeing Kabuki and

a nap. :-) I' ll take you to see "Yoshitune Sembonzakura" which is one of the three greatest Kabuki numbers.

Yoshitune was the hero in the Genji clan' s triumphant battles against the rival Heike clan which enabled his

elder brother Yoritomo to establish nationwide supremacy in the form of shogunate government in the late

12th century. But he was later hunted down far and wide as a would-be usurper by Yoritomo.

As it' s a very long story, they had not performed for 10 years. If you want to see from the opening act to the

final act, you need to join two days. Of course you can join Saturday only or Sunday only.

From Act 1 to 4 : Saturday, Nov. 17 from 11:00am to 4:00pm

From Act 5 to 7 : Sunday, Nov. 18 from 11:00am to 4:00pm

Participants : 20 Yen day

Meeting Time & Place :

National Theatre of Japan

5 minutes-walk from No.1 exit at Hanzomon station on Hanzomon line, or 10 minutes-walk from No.2 or 4

exit at Nagatacho station on Yurakucho line, Hanzomon line or Namboku line

In front of main entrance of National Theatre of Japan (there is only one entrance) at 10:45am

Costs & Payment :

3,100 yen for a seat and 650 yen if you need to borrow a earphone guide Yen day Earphone guide in English available.

I' ll collect 3,100 yen for a ticket or 6,200 yen, if you join two days, at September meeting and October meeting.

Events

歌舞伎鑑賞会 「義経千本桜」

17 November Saturday to 18 _ Sunday

恒例、歌舞伎鑑賞会第3弾です。毎回大勢のメンバーに歌舞伎と昼寝()を楽しんでもらっています。

今回の「義経千本桜」は三大浄瑠璃の一つとして有名な作品で、1747年に人形浄瑠璃として初演されました。

「義経記」を素材にして、初音の鼓や源平にまつわる伝説を巧みに採り入れ、歴史の裏面を探り、メルヘン調

の題材も含まれた多彩な物語です。見所の多い場揃いで、歌舞伎ならではの豪華でスケールの大きい舞台が楽

しめます。

第1部と第2部の両方を見たい方は2日参加になりますが、第1部のみ、もしくは第2部のみの参加でもOKで

す。

第1部(序幕から4幕) : 11月17日(土) 11時~16時

第2部(5幕から大詰め) : 11月18日(日) 11時~16時

参加人数 : 各20名

Meeting Time & Place :

国立劇場

半蔵門線・半蔵門駅1番出口より徒歩5分

有楽町線、半蔵門線、南北線・永田町駅2番、4番出口より徒歩10分

地図 : <http://www.ntj.jac.go.jp/gekijyo/kan1.html>

10:45amに国立劇場の大劇場の正面入口(入口は1つです。)

費用と支払 :

チケット代3,100円。イヤホンガイド650円(もし、借りるなら)。

チケット代3,100円(2日参加なら6,200円)を9月か10月のミーティング、もしくは下記口座まで。チケット

は11月のミーティング、もしくは当日お渡しします。

三井住友銀行 志木支店

普通口座 6536213

持ち物 :

お弁当、飲み物、オペラグラス。(国立劇場でも買えます。)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Kotakuji - Rescheduled

09 September Sunday

This trip replaces the one planned for Saturday, 1 September, which was cancelled due to bad weather. Apart from the date of the trip, all details are unchanged.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okunikko hike and onsen

27 October Saturday to 28 _ Saturday

Short description:

Enjoy the fall colours of Okunikko with a hike, a stay at an onsen hotel. The first day will start with a train ride to Nikko, from where we' ll catch a bus to Nikko-Yumoto, and then hike below Shirane-san. We will stay at Kankoso, an onsen hotel next to Marunuma lake. The next day we will hike over to the Kinunuma valley to the north, where we can visit one of the many onsen if there is time.

Cost:

3,000 return for train

4,000 return for bus

12,000 or 15,000 per person for hotel, including two meals.

For more information on the hotel, please take a look at the hotel website:

<http://www2u.biglobe.ne.jp/>

[.marunuma/onsen.htm](http://www2u.biglobe.ne.jp/~marunuma/onsen.htm)

Meeting Time & Place :

Asakusa station Saturday AM, time to be announced later.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Autumn BBQ

29 September Saturday to 30 _ Sunday

NIHONGO- see below

Last chance to meet (many) members at a really nice campsite with hot spring bath

Autumn BBQ and Hot Spring Sign UP Form

Nakatsugawa-mura campsite (oku-chichibu) 2 hours 40 mins from tokyo

September 29th & 30th for 2 day trip

Basic BBQ trip :

one night in simple lodge with dinner, drink, breakfast, onsen =6000yen.
camp with your own tent =5000yen.

should be hiking and mountain bike trips.

Travel cost around 3000yen.

look here for pictures and greater detail

<http://www.geocities.com/climbingtrip/>

<http://www.geocities.com/climbingtrip/akibbq/akibbqform.htm>

Unfortunately, the sign up page on the internet stopped working - I don' t get posted messages.

If you have already signed up but your name is not here, please sign up again using this email.

Sorry about that!.

meeting time, travel, hiking or activity details will be posted later.

we need recipe ideas!!! simple, quite cheap, easy to cook but nice.

thanks, andy

090 3346 7854

本当によい野営地、熱い春の風呂で、 に対する最後の見込み ; (多く) members に遭遇する

秋のBBQ および熱い春は形式の上に署名する

Nakatsugawa-mura の野営地 (oku-chichibu) 、 2 時間、 40 個の最小、 tokyo から

9月29日& ; 2個の日帰り旅行のための30番目

基礎BBQの旅行：

onsenの=6000円、朝食、ある夜簡単なロッジでディナーで、飲んでください。

野営、自分自身のテントの=5000円で。

であるべきである；ハイキングおよび山バイクはつまずく。

おおよそ3000円 段を旅行してください。

少数の絵、ウェブ ニューの絵の7月15日 から最後のハイキング、ここにkawamataからせん。

あなた ； をすでに持っています；すっかりすっかり署名されてしかしあなたの名前はここになく、この電子

メールを使い再びどうぞ署名する。

それが気の毒です！。

すでに6番目のseptによってすっかり署名されたmember。：

記号、形式の上に

れを私に対する背に送る、

；それは多くのタイプおよび誤りを減少させる。

便宜：ロッジ/私テント ； ；（自分自身のテントはcheaperであり得た）

女性の：ロッジ・タイプ；混ざるか女性唯一の のために；

毛布の=200円：はい/No ； ；（自分自身の寝袋のその他）

睡眠のための材料は余分です！あなたは日にあなた自身に金を払わなければならない
仲間者=300円の、枕=100円。

志願者ジョブ。すべての人は何かをします。

メイン組織者 ； ；あなた必要少数の人々、時間.私 ；持っている。

（山バイク・ガイド、食物配合表/買物listは、BBQ、ガイドを上げる、BBQの行事を始め
る）

ゼネラル・ジョブ（他のすべての人） ； ；（料理、掃除）

ディナーか朝食に：

皿.Orを選びなさい、あなたが作れる皿を提案し

；

土曜日 のための活動性；

日曜日 のための活動性 ; ; []

(容易なハイキング、難しいハイキング、山バイク、熱い春の周遊、
摘ワイルドな野菜/植物)

;

推薦された配合表/食物

1 ; ; ; []

2 ; ; ; []

3 ; ; ; []

ゼネラルは論評する、または提案 ; []

END

あなた、料金 を払ってください ; 、 であるからには ; sept の 17 番目までに .17 番目そこ
に 1000 円の特別料金で

ある。

あなたは .20 番目の i20 番目の (唯一の furikomi/transer の代価) までに自由に抹殺でき
る、どのくらいあなたが

帰れるかを知っていなく、

命令は食物によって、ロジは数を数えます。

すべての左は現金の上に野営地に返される (500 円であり得る)

があれば、ちょうど少しそしてそれはクラブに行。

銀行転移による支払い

;

6000 円

tokyo mitsubishi の銀行

正常な会計/futsu kouza

branch の: ichikawa

branch number: 273

会計 number: 1175070

会計 name: ANDREW DUGGAN CLIMBINGTRIP

時間に遭遇して、旅行、ハイキングか活動性細部は後で郵送されます。

私たちは配合表の考えを必要とする!!! 簡単で、まったく cheap で、料理をすることが

容易ですが、よいの

です。。

感謝、andy

090 3346 7854

Meeting Time & Place :

to be decided.....

seibu ikebukero station and/or at the campsite

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Autumn BBQ :2nd update!

29 September Saturday to 30 _ Sunday

NIHONGO- see below

Last chance to meet (many) members at a really nice campsite with hot spring bath

Autumn BBQ and Hot Spring Sign UP Form

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If you have already signed up but your name is not here,please sign up again using this email.

Sorry about that!.

members already signed up by 6th sept.:

aduggan

Accommodation: Lodge/My Tent [] (own tent could be cheaper)

For women :lodge type; Mixed or Women only []

blanket =200yen :Yes/No [] (No=your own sleeping bag etc)

stuff for sleeping is extra! you will have to pay yourself on the day

matress=300yen,pillow=100yen.

Volunteer Job. Everyone does something.

Main Organizers [] if you have time.I need a few people.

(food recipe/shopping list,start BBQ,BBQ event,hiking guide,mountain bike guide)

General Job (everyone else) [] (cooking,cleaning)

at dinner or breakfast : []

choose dish .Or suggest a dish you can make []

Activity for Saturday []

Activity for Sunday []

(easy hike,difficult hike,mountain bike,hot spring tour,
picking wild vegetables/plants)

Recommended recipes/food

1 []

2 []

3 []

General comments or suggestions []

END

you can pay the fee from now until the 17th of sept.After the 17th there is an
extra charge of 1000 yen.

you can cancel free until the 20th (only furikomi/transer charge).After the 20th
i don' t know how much you

can get back,

it depends on the food ordering and lodge numbers.

Any left over cash will be returned at the campsite (could be 500 yen)

if there is a just a little then it will go to the club.

payment by bank transfer

6000 yen

tokyo mitsubishi bank

normal account/futsu kouza

branch :ichikawa

branch number:273

account number:1175070

account name:ANDREW DUGGAN CLIMBINGTRIP

meeting time,travel,hiking or activity details will be posted later.

we need recipe ideas!!! simple,quite cheap, easy to cook but nice.

thanks,andy

090 3346 7854

本当によい野営地、熱い春の風呂で、 に対する最後の見込み；（多く） membersに遭遇する

秋のBBQ および熱い春は形式の上に署名する

Nakatsugawa-mura の野営地（oku-chichibu）、2時間、40個の最小、tokyoから

9月29日&；2個の日帰り旅行のための30番目

基礎BBQの旅行：

onsenの=6000円、朝食、ある夜簡単なロッジでディナーで、飲んでください。

野営、自分自身のテントの=5000円で。

であるべきである；ハイキングおよび山バイクはつまずく。

おおよそ3000円 段を旅行してください。

少数の絵、ウェブ ニューの絵の7月15日から最後のハイキング、ここにkawamataからせん。

あなた；をすでに持っています；すっかりすっかり署名されてしかしあなたの名前はここになく、この電子

メールを使い再びどうぞ署名する。

それが気の毒です！。

すでに6番目のseptによってすっかり署名されたmember。：

記号、形式の上に

れを私に対する背に送る、

；それは多くのタイプおよび誤りを減少させる。

；

START

姓 []

男性/女性 []

電子メール []

電話の数

可動の ;

家 ;

;

便宜: ロッジ/私テント ; ; (自分自身のテントは cheaper であり得た)

女性の: ロッジ・タイプ; 混ざるか女性唯一の のために;

毛布の=200 円: はい/No ; ; ; (自分自身の寝袋のその他)

睡眠のための材料は余分です! あなたは日にあなた自身に金を払わなければならない
仲間者=300 円の、枕=100 円。

志願者ジョブ。すべての人は何かをします。

メイン組織者 ; ; ; あなた必要少数の人々、時間.私 ; 持っている。

(山バイク・ガイド、食物配合表/買物 list は、BBQ、ガイドを上げる、BBQ の行事を始め
る)

ゼネラル・ジョブ (他のすべての人) ; ; ; (料理、掃除)

ディナーか朝食に: ;

皿.Or を選びなさい、あなたが作れる皿を提案し

;

土曜日 のための活動性; ;

日曜日 のための活動性; ;

(容易なハイキング、難しいハイキング、山バイク、熱い春の周遊、
摘ワイルドな野菜/植物)

;

推薦された配合表/食物

1 ; ; ;

2 ; ; ;

3 ; ; ;

ゼネラルは論評する、または提案 ;

END

あなた、料金 を払ってください;、 であるからには; sept の 17 番目までに.17 番目そこ
に 1000 円の特別料金で

ある。

あなたは.20番目のi20番目の(唯一のfurikomi/transerの代価)までに自由に抹殺できる、どのくらいあなたが

帰れるかを知ってはなく、

命令は食物によって、ロジは数を数えます。

すべての左は現金の上に野営地に返される(500円であり得る)

があれば、ちょうど少しそしてそれはクラブに行。

銀行転移による支払い

;

6000円

tokyo mitsubishiの銀行

正常な会計/futsu kouza

branchの:ichikawa

branch number:273

会計 number:1175070

会計 name:ANDREW DUGGAN CLIMBINGTRIP

時間に遭遇して、旅行、ハイキングか活動性細部は後で郵送されます。

私たちは配合表の考えを必要とする!!! 簡単で、まったくcheapで、料理をすることが容易ですが、よいの

です。。

感謝、andy

090 3346 7854

Meeting Time & Place :

to be decided.....

seibu ikebukero station and/or at the campsite

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Miyougi Hike

24 September Monday

This walk apparently has brilliant scenery.

The walk we will be doing is the "Easy Route" one. We will take a 15 minute taxi ride to the starting point. From there the walk should take about 3 hours.

There are chained scrambles up to viewing points which are optional.

Meeting Time & Place :

Takasaki station around 10.00am

Train Timetables :

Ueno 8.06

Akabane 8.16

Omiya 8.31

Kumagaya 9.13

Takasaki 9.52

Hachiko-sen from Hachioji 7.25, Ogawamachi 8.45, arriving 9.44

We will need to take a local train from here (15 mins) and then a short taxi ride to our starting point.

What to Bring :

Hiking boots.

Lunch, water. Please get these beforehand, there may not be shops.

Hat, sunscreen, warm clothes etc.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike in Autumn Color

13 October Saturday to 14 _ Sunday

Autumn is just around the corner. Let' s enjoy the most beautiful season in Japan. We will hike around the mountains in Nasu. The first day, we will hike from Nasu-sanroku to Santo-goya through the top of Chausudake for 3 or 4 hours and stay in a lodge. Soaking in Onsen, we will enjoy "Autumn Color" . The second day, we leave the lodge early in the morning and hike Asahi-dake and walk through Okura ridge and down to Hita Onsen for 5 hours. After soaking in another Onsen, we will back to Tokyo.

Meeting Time & Place :

6:40AM on October 13 at JR Ueno Station Platform NO.8

(Please be around the head of train)

Cost :

Transportation: train-Yen5,880

buss-Yen2,600

Accommodation:Yen7,500 with two meals

What to brings :

hiking boots, rain gear, head lamp, fleece, water, 2 lunch, extra cloths for changing, towl, first aid kids

Others :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

autumn BBQ 3rd update!

29 September Saturday to 30 _ Sunday

NIHONGO- see below

Last chance to meet (many) members at a really nice campsite with hot spring bath

Autumn BBQ and Hot Spring Sign UP Form

Nakatsugawa-mura campsite (oku-chichibu) 2 hours 40 mins from tokyo

September 29th & 30th for 2 day trip

Basic BBQ trip :

one night in simple lodge with dinner, drink, breakfast, onsen =6000yen.

camp with your own tent =5000yen.

should be hiking and mountain bike trips.

Travel cost around 3000yen.

Save or copy this page, type in the boxes [like this...please ! and dont delete the brackets...]

it reduces a lot of typing and mistakes.

START

First Name []

Last Name []

male/female []

Email []

Phone number

Mobile []

Home []

Accommodation: Lodge/My Tent [] (own tent could be cheaper)

For women :lodge type; Mixed or Women only []

blanket =200yen :Yes/No [] (No=your own sleeping bag etc)

stuff for sleeping is extra! you will have to pay yourself on the day

matress=300yen,pillow=100yen.

Volunteer Job. Everyone does something.

Main Organizers [] yes or no....

if you have time.I need a few people.

(food recipe/shopping list,start BBQ,BBQ event,hiking guide,mountain bike guide)

General Job (everyone else) [yes]

at dinner or breakfast : []

choose dish .Or suggest a dish you can make []

Activity for Saturday []

Activity for Sunday []

(easy hike,difficult hike,mountain bike,hot spring tour,

picking wild vegetables/plants)

Recommended recipes/food []

General comments or suggestions []

END

meeting time,travel,hiking or activity details will be posted later.

we need recipe ideas!!! simple,quite cheap, easy to cook but nice.

thanks,andy

Possible Menu

Starters and Main course

Thai curry ,Indian curry,Dal Curry-with potatoes & aubergine

Penne Arabiata,pasta,spaghetti,yakisoba,Thai fried noodles

okonomiyaki,paella

hot dogs and hamburgers

cheese and crackers,veg dip.

parata or chapati,rice, bread

bbq meat ,fish and veg.salmon grill in alminium,pork spare ribs

fried cashews,some kind of salad

<kinoko no foil mushiyaki>many kind of mushrooms..shitake enoki maitake shimeji
etc)

with asparagus,butter,white wine in foil....on charcoal...add lemon ,soy sauce

<miso oden>konnyaku....miso

Dessert

baked banana with chocolate and marsh mellow sauce (only if someone gets the
ingredients!)

<banana meuniere>in batter....baked with butter...add brandy,lemon , cinnamon
last
fruit ,baked apple

Breakfast

oatmeal/museli and yoghurt,cereal choice.

French toast.

Scrambled/fried/boiled egg,bacon, mushrooms,fried tomatoes,toast.

dried fish,miso soup,pickles.

fruit .

and dinner leftovers!

Drinks

Beer,wine,sangria,various juices,

milk,tea (various),fresh coffee.

い野営地、熱い春の風呂で、 に対する最後の見込み；（多く） membersに遭遇する
秋のBBQおよび熱い春は形式の上に署名する

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野営、自分自身のテントの=5000 円で。

であるべきである；ハイキングおよび山バイクはつまずく。

おおよそ3000円 段を旅行してください。

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それが気の毒です

記号、形式の上に

れを私に対する背に送る、

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;

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あなたは.20番目のi20番目の(唯一のfurikomi/transerの代価)までに自由に抹殺できる、どのくらいあなたが帰れるかを知ってい

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があれば、ちょうど少しそしてそれはクラブに行。

銀行転移による支払い

;

6000円

tokyo mitsubishi の銀行

正常な会計/futsu kouza

branch の:ichikawa

branch number:273

会計 number:1175070

会計 name:ANDREW DUGGAN CLIMBINGTRIP

時間に遭遇して、旅行、ハイキングか活動性細部は後で郵送されます。

私たちは配合表の考えを必要とする!!! 簡単で、まったくcheapで、料理をすることが容易ですが、よいの

です。。

andy

Meeting Time & Place :

to be decided

at campsite and siebu ikebukero station

cost :

see home page for details

you can pay the fee from now until the 17th of sept.After the 17th there is an extra charge of 1000 yen.

you can cancel free until the 20th (only furikomi/transer charge).After the 20th

i don' t know how much you

can get back,

it depends on the food ordering and lodge numbers.

Any left over cash will be returned at the campsite (could be 500 yen)

if there is a just a little then it will go to the club.

payment by bank transfer

camp 5000yen

lodge 6000 yen

tokyo mitsubishi bank

normal account/futsu kouza

branch :ichikawa

branch number:273

account number:1175070

account name:ANDREW DUGGAN CLIMBINGTRIP

updates on homepage :

regular updates here and pictures of the area

<http://geocities.com/climbingtrip/>

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

miyugi-san :difficult hike/climbing

15 September Sunday to 15 _ Sunday

miyugi-san is a group of peaks formed in two long ridges.they are very rocky and have several routes requiring rock climbs.scenery is good.

train to takasaki (1hr 55 mins) then yokokawa line 15 mins

taxi under 10 mins

Meeting Time & Place :

to be decided

jr ueno station or takasaki station

gear :

helmet would be useful.i might take a rope.

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Easy hiking/cycling in Chichibu

22 September Saturday to 23 _ Sunday

Looking for something to do on the long weekend Why not join us for some easy hiking (only!) and relaxing in Chichibu !

On Saturday we' ll hike for 4 1/2 hours, from 200-500m. Then we' ll relax Kurpalace Ogano onsen.

<http://www5.ocn.ne.jp/.ogano/kurpalace/>

On Sunday we can go cycling in Chichibu Muse Park (rentals available), possibly with BBQ.

<http://www.seibu-group.co.jp/rec/musepark/>

OR

possible hike to Kobu-san 1295m

Important: Remember that organizers are not tour guides. Each participant is responsible for his/her own

safety when hiking. Please dress appropriately and bring a map.

If you just want to do just the day hike & onsen on Saturday, that' s OK, too.

Please let us know which option you prefer.

Meeting Time & Place :

Meet at the back end of Seibu Tokkyu Chichibu (New Red Arrow) # 7 on platform 7 at Seibu Ikebukuro

Station at 7:20am. You need to buy an express ticket, which costs 1370 yen one way. You can only get to this

train on the upper (street) level of the station. The train leaves at 7:30. It stops in Tokorozawa at 7:57

(platform 4/5) and the fare from there is 1020 yen. We will arrive at Seibu Chichibu Station at 8:56.

We will catch the Seibu Kanko Bus, which leaves Seibu Chichibu Station at 9:10 to Kurio. We will get off at

Ojikano Keisatsusho Mae and start hiking from there.

Accommodation :

We are planning to stay overnight in Chichibu at a ryokan. The cost is 9450 yen (including tax), which includes dinner and breakfast.

Seseragi-so

<<http://www.kumagaya.or.jp/seseragi/>>

There are 8-12 spaces available at the ryokan.

What to bring :

hiking gear including boots

map of Okumusashi/Chichibu (Zenrin #15 or Shobunsha Yama-to-Kogen #22)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Kotakuji - Third Attempt

22 September Saturday

The previous two trips to Kotakuji were cancelled because of the weather, so hopefully it will be third time

lucky. All details as for the original trip planned for Saturday, 1 September

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Kawamata

24 September Monday

Approximately 40 minutes bus ride from Hanno Seibuchichibu station, this venue has an unusually high proportion of low grade routes (up to 5.9), so is good for near beginners and anyone wanting to get experience of leading and Yon or placing protection. Plenty of higher grade routes for more experienced climbers.

Contact the organizer for travel details and equipment required.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Moon and Sea Kayaking on Mitohama

29 September Saturday to 30 _ Sunday

On Saturday night, the moon will be 3 days short of full, so let' s camp on the beach and howl at the moon on the scenic west side of the Miura Peninsula. On Saturday, we swim and on Sunday we can go sea kayaking.

Meeting Time & Place :

Misakiguchi (Keihin Kyuko) at 12:00 noon.

(Misakiguchi is the last stop and is about 70 minutes from Shinagawa by express.)

What to bring & costs :

Bring food, drink, sun screen, hat, swimming suit, sleeping bag, and other camping gear (tent, stove and pots if you have them) and lots of big water bottles. If you want to go kayaking, bring sandals (The club' s tents are available if we need them.) Train from Shinagawa to Misakiguchi about 1000 yen one way. Kayak rental/lesson: 10,000 yen per person. (5000 yen non-refundable deposit required for the kayak rental/lesson)

Camping is free.

Required information :

For kayak reservation, please provide your shoe size (Japanese style, in centimeters), height (in cm) and birthdate.

Please note :

There are only 12 spaces available, so please let me know soon if you are interested.

There is NO FOOD available near the station or at the beach—and BEER is expensive so BRING all your FOOD and DRINK with you!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Diving at Kumomi

30 September Sunday

One day dive trip to Kumomi (Izu West Coast).

Kumomi is one of the best dive sites in Izu (my opinion) and provides corals, tropical fish and caves.

The plan is to go by train

(Izukyū Shimoda Line) to Shimoda, stay overnight and go by car to Kumomi (We' ll get a lift to Kumomi and back by the dive shop) the next morning. I will take the train "Odoriko" leaving Yokohama at 15:51 and arriving in Shimoda at 18:12.

Return time is estimated to be about 15:30 departure from Kumomi, 17:30 departure from Shimoda on Sunday.

The dive shop we' ll use is Shimoda Divers. Dive Gear can be rented.

There is also the possibility to come on Sunday morning, this would mean you to be at Shimoda station at 8:47 AM. A corresponding Shinkansen to Atami leaves Tokyo at 6:17 AM. The corresponding JR train of Tokaido main line leaves Tokyo station at 5:20 AM.

Stay overnight will be arranged by the shop, either in their club house or in a nearby minshuku in Shimoda on request.

Maximum: 6 people. If you want to join, please tell me until

Tuesday, September 25, latest. Cancellation fees (3000 yen per day) will apply from 3 days prior to the starting date. In your answer please state your full name, number of

logged dives and whether you need to rent gear (and what).

License required. You should have at least 30 logged dives and be familiar with boat diving.

The event may be cancelled in case of bad weather conditions.

Meeting Time & Place :

Shimoda station, kaisatsu guchi, 18:12 PM on Saturday for those who want to stay overnight.

Shimoda station, kaisatsu guchi, 8:47 AM on Sunday morning for those who come

on Sunday morning.

Fees :

Charges are 12000 Yen for 2 boat dives, this includes tanks, weights, lunch, boat, guide.

500 yen each for computer and signal float, if you don' t have your own one. Computer and signal float are compulsory.

Stay overnight in a minshuku: 7000 Yen

Stay overnight in clubhouse: 4000 Yen.

What to bring :

swim wear, dive gear, sunscreen.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Canada for a Hot Winter

14 December Friday to 21 _ Friday

Canada Anyone

This winter I want to continue my own business for the Water Crisis Event that I am involved in . I will be going to Canada before Xmas to do some filming and some house hunting . Want to come ..I am open to ideas , such as we can go to Yukon for a few days also or another area .Tickets to Canada ,usually allow 3 stopovers with no extra charges. FREEZE your buns NEVER ! December is bright and warm !!

This plan for the lazy and warm lovers and creatures of comfort .

Dates : December 14th to 22nd .

Country : Canada

Area : Alberta ,Banff National Park and area

Sport ; snow shoeing , x country skiing , hot springs , Skating , Horse Sledding !

Down hill skiing for some , native Stony Indian visit .

(all are optional) pay as you go for all .

Chalet in the woods (s) : share food , share vehicle use ,(fire place ,cook your own ,share beds)

Air Flight : buy your own ticket but get on the same plane !

(ask for my file/name so that we can sit together and she knows what flight I have asked for)

Flight cost to Calgary Yen 97, 000 Extra cost maybe if we go to Yukon

I am going to book the chalets and the vehicles and what ever else .We can talk about

The 叢 lan ' when we have a group . Possibly sometime in October .

\$\$: Deposit ; not sure yet

Daily schedule not set yet . Plan idea :

DEC 14-Day 1: Narita to Calgary Canada (9.5 hrs plus 1.1 hrs. flight (s) ARV Banff

DEC15- Day 2: Snow shoe & horse Sledding and Native village ; hot springs , Chalet

DEC16- Day 3: Ski & snow shoe in Lake Louise Chalet country :hot springs ,
Chalet

DEC17- Day 4: Winter survival course Day 1 (easy and fun and safe)

DEC 18-Day 5: Winter survival course Day 2

DEC 19-Day 6: skating, visit local area sights

DEC 20-Day7: shop . sights 朴arty . pack . last dance :hot springs ,Chalet

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kumotori-san Overnight Hike

20 October Saturday to 21 _ Sunday

This is an overnight hike to the highest peak . 2018m . in Tokyo. It is a 15 minute bus ride from Mitsumineguchi station to a cable-car which takes us to the year old Mitsumine-jinja. Our hike starts at 1000m

and will take about 5 hours to the campsite (Yen300pp). On Sunday the walk takes about 30 minutes to the summit of Kumotori-san and then continues to Okutama station which is about a 6 hour walk. Meeting Time & Place :

Front carriage of the Seibu Ikebukuro Line at Ikebukuro station at 7.00am.

Train Timetables: :

Take the Seibu Ikebukuro Line from Ikebukuro (7.16) to Seibu Chichibu (9.01). We change to the nearby Chichibu Tetsudo Line (Ohanebatake station 9.24) and go to Mitsumine-guchi station (9.45). Including bus and cable-car the one-way trip will be about Yen2500. Returning from Okutama station the fare is around Yen1500.

What To Bring: :

Lunch x2, dinner x1, breakfast x1, tent, sleeping bag, cooking stuff, WARM clothes etc. I also recommend

mulled wine for warmth and a good sleep! Water is available at the campsite.

Other: :

* Rain cancels.

* IAA appreciate it if you could let me know if you are coming so I know who to wait for.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Asama-yama

20 October Saturday to 20 _ Saturday

Let' s enjoy beautiful scenery of Asama-yama, on Saturday October 20.

Asama-yama is famous active volcano located in the border of Nagano and Gunma.

Entering within 2km of its

crater had been banned since last big eruption 28 years ago. However, this restriction was recently lifted and

we will take this opportunity to hike around this famous volcano and enjoy Takamine Onsen.

Meeting Time & Place :

8:30am, Sakudaira station, Nagano Shinkansen

I recommend you to take Nagano Shinkansen "Asama 551" which is scheduled to depart Tokyo 7:00am.

Route :

From Sakudaira station, we will go to Kurumazaka-toge by 8:50am bus, and there we start hiking to Kurofuyama

by Omote-course. From Kurofu-yama, we head to Jakotsu-dake and we go back to Kurumazaka-toge by

Ura-course. After returning to Kurumazaka-toge, we will visit Takamine Onsen.

What to bring :

Hiking boots, rain gear, water, food, warm clothes and onsen set.

Others :

This trip will be cancelled if it rains.

koich

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Musashi-itsukaichi to Okutama Hike - Trial and New Members Welcome, Beginners Welcome

* 1/2.

30 September Sunday

Here is a nice walk for anyone, it is a full day (about 5 1/2 -6 1/2 hours of walking), but not very difficult as

there are no steep, long climbs or punishing downhill. The route starts at Musashi-itsukaichi station (武蔵五日

市駅) and winds across the hills to Okutama (奥多摩) via Mitake-san (御岳山).

The goal of course is the nice

onsen in Okutama and some sansai-soba before coming back to Tokyo. Along the way there is some nice

natural forest, the whole temple complex at Mitake, and some beautiful waterfalls. I will be going even if the

weather is bad, but be sure you are properly equipped in all cases. If you have questions, let me know in

advance. There is about 1/2 hour walk on a paved road to get into Okutama at the end of the walk, but not on

the main highway.

Meeting Time & Place :

Several options - I' ll be leaving from Shinjuku at the back of the train. I will be there about 7:20 or so if you

want to hook up.

Musashi-itsukaichi Station - 8:50 am (there is only one exit)

Tachikawa Station - Chuo-sen Holiday Express - 8:11 am

Shinjuku Station - Chuo-sen Holiday Express - 7:43

What to Bring: :

The trail is a bit eroded and rocky in places so boots or sturdy walking are recommended. You can bring your

lunch or have something to eat at Mitake-san - there are many restaurants that we can visit although that will

be about 3 1/2 hours into the hike so some of you may be quite hungry by then.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Yugawara

06 October Saturday to 08 _ Monday

Monday (8 October) is a public holiday, so this will be a 3 day trip. Yugawara has hundreds of single pitch, bolted routes, so there will be something to interest climbers of all levels. There is a large campsite with reasonable facilities which also has the advantage of being free.

Meet on Saturday morning in the front carriage of the 7.24 departure from platform 7 of JR Tokyo station which arrives at Yugawara at 9.14. We will take a taxi from the station to the camp site.

It might be possible to share tents and/or cooking equipment, so don' t be deterred from joining this trip if you do not have them. Alternatively, Yugawara is close enough to Tokyo for it to be feasible as a day trip.

Mountaineering insurance recommended.

Contact the organizer for sign up and details of climbing equipment required.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cuban night 3

6 October Saturday

Please join us for another fun night of dancing at “Bodeguita” Cuban restaurant. Entrance is 1500 yen with 1

drink. Cuban food can be ordered at the table. Ivan Nunez is a top class Salsa teacher and dancers with the

Cuban national folklore team. He is in Japan for 3 months. There will be a dance show and dancing

afterwards.

Meeting Time & Place :

We meet at 8.40 p.m at the Tokyo Mitsubishi Bank building across from Almond on the Koban side.

What to bring :

smile!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kita-dake 3-Day Hike, October 6-8 (Monday is a holiday)

06 October Saturday to 08 _ Monday

This trip was announced earlier via the members emailing list and is almost full, but there are a few more spaces left. Please send me or Peter an email ASAP if you are interested! This hike is not for beginners, and multi-day hiking experience is required.

This is a 3-day hike to Japan second highest mountain, Kita-dake, and then further on on a ridge and down to an onsen area on the 3rd day. In good weather the view is spectacular and the trails are generally not crowded. We leave Tokyo Friday night at 8pm. from Shinjuku. We either stay overnight at Kofu or at Hirogawara (still fixing the plan). The first day is an 8-hour hike with 1700m uphill to Kita-dake and a bit further, and then stay at a hut (Kita-dake-sanso) with campsite. The second day is a ridge-walk, with 8 hours to go and with some 3000+ peaks to conquer, then stay at a hut (Daimonzawa-goya) with campsite. The 3rd day is a short walk downhill to Narata-onsen (less than 4 hours), then an extended onsen-celebration and the trip back to Tokyo.

The trip is described in both Hiking in Japan books (one by Paul Hunt and the other by Lonely Planet), but our route is going to be different from the second day on.

Meeting Time & Place :

Shinjuku station at 7-8 p.m. on Friday, 5 October. More details on demand.

Bring :

Multi-day hiking gear incl. warm clothes, raingear, first-aid kit, headlamp, etc. Food for 3 days (amount depending on how much you eat at the huts). Drinks min. 3 litres. Further help on what to bring on demand.

Recommended: hiking poles, gloves, maps, compass.

Costs :

Transportation round-trip approx. 10,000 yen. Accommodation in hut approx. 8,000 yen per night, 500-1,000 yen in tent (your choice). Others: onsen, food.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Downhill MTB/camping trip Oct 13/14

13 October Saturday to 14 _ Sunday

If you want to practice your off-road cycling skills but don't like carrying your bike up a mountain, this is the trip for you! We are going to play at Fujimi-Panorama ski resort <<http://www.fujimipanorama.com/>> (in Nagano-ken, south of Suwa), where we can ride the gondola up and ride our bikes down all day long.

On the second day, we can enjoy easy hiking from the top of the gondola, paragliding (JMB FUJIMI PANORAMA Paraglider School - Phone 0266-62-7691), or rollerblading (bring your own rollerblades).

We will camp in the parking lot (free unless checked, then 1000 yen per tent) and currently we have tent

space for 13 people in 4 tents. After riding, some of us will set up the tents and some will go grocery

shopping for dinner, drinks, & breakfast. There is an onsen nearby, and we can buy lunches at the ski resort.

Please provide your home/mobile phone number, emergency contact person, and their phone number, and whether you will bring

your own bike. (We are not going to reserve rental bikes in advance, but we may be able to take some of your

bikes by car.) Also, let me know if you can drive or bring some camping equipment, and if you're interested in paragliding on Sunday.

The deadline is Wednesday, October 10th.

Meeting Time & Place :

BY CAR To be determined

BY TRAIN JR Shinjuku platform 5 at 7:15am.

HOW TO GET THERE & TRAVEL COST :

BY CAR A few of us will travel by car. Travel time is about 4 hours. Share highway toll plus gas. Highway toll

is about 4000 yen each way.

BY TRAIN The nearest station is Fujimi on the JR Chuo line. The Azusa #51 Limited Express leaves from platform 5 at Shinjuku at 7:30am and arrives in Fujimi at 9:47am. As it is now the Official Leaf-Viewing Season, reservations are highly recommended. The one-way fare is 5870 yen but 2 people can buy the Azusa Kaisuken ticket, which is a set of 4 one-way tickets from any JR station in the Tokyo area. Reserved tickets are 17,160 yen (4290 yen each way per person).

OTHER COSTS :

Gondola tickets for MTBers All day 4500 yen Yen 3 rides 3500 yen Yen 1 ride 1300 yen

Insurance up to 300 yen

EQUIPMENT RENTAL

Full-suspension MTB All day 5000 yen Yen 1/2 day (4 hours) 4000 yen

Front-suspension MTB All day 4000 yen Yen 1/2 day 3000 yen

Helmet (NOT optional, we won't let you ride without one!) Half-cap 700 yen Yen Full-face 2,000 yen

Elbow AND knee pads yen

Elbow OR knee pads 1500 yen

Paragliding School Full day 9000 yen Yen 6000 yen half day. We have to reserve 3 days in advance.

WHAT TO BRING :

MTB & Helmet

Bike bag if you're taking the train

Repair kit

First aid kit

Onsen kit & towel

Cycling gloves

Appropriate clothing for cycling including bike shorts

Water bottle

Sunscreen

Sunglasses

Change of clothes, and warm clothing for evening

Footwear - running shoes are suitable for cycling AND easy hiking

Warm sleeping bag & mat

Flashlight/headlamp

Copy of insurance

If you have one or more of these things, please let us know:

tent, camp stove, portable BBQ, car!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

End Autumn in Oze

19 October Friday to 21 _ Sunday

Let' s enjoy quiet walk at Oze with end of Autumn view. It may be a bit late for bright color on trees, but that is

why the walk should be quiet and you can enjoy openness with brisk air.

Planning to take overnight bus on Friday late night, arriving Oze (Miike) early morning of Sat.

On Sat, we start walking from early morning, then stay at Koya (hut) at Jyujiro crossing.

On Sunday, start walk early morning again, and take a bus from Hatomachi, so that we can walk cross

Ozegahara area.

Walk is pretty simple, flat, on the wood path most of the time. It can get slippery if the wood is wet though, so

please have a good shoes.

It may get very cold, so please be prepared.

Want to limit size of group relatively small, so please contact me early if you are interested.

(if you want me make reservation for bus, please contact me by Oct.5th, this Fri)

Meeting Time & Place :

on Oct.19th (Fri) 10:20pm at Shinjuku Keio plaza hotel (they can arrange pick up shuttle from Yokohama or

Tokyo as well)

What to bring :

Good walking shoes.

Warm clothes (it can snow if unlucky)

rain gear

Breakfast and lunch of Sat.

Cost :

Bus: 13,300yen

Hut: 8,400 include dinner and breakfast

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Horse and Hike in Chiba 1/2

October Saturday to 21 _ Sunday

>Subject:

* Dear Riders :

Well , we have had two successful BBQ and midnight rides before the end of the summer.

I thought we may try to have one more before it gets any cooler but ,from now ,it will be early morning rides instead of late pm .

This party for any members,especially those that wish to try riding for the first time

Please let me know ONLY when you have confirmed at work that you will Yencan,come .

Dates : OCTOBER Saturday 20th : arrive and BBQ and party

Sunday 21st : AM Sunrise riding and hike in

>Dave' s neighborhood (easy stuff)

Meals : Saturday ; BBQ at Ranch .

Sunday : Breakfast at Ranch ,lunch -buy before hiking and eat on the hike

>

>Map : call me if you need one

>Gear ;small pack and flask and walking shoes . I have extra packs

Email or call me for Train times and road details and to sign up !

>Cheers

>Dave Simpson

* see you at the October meeting if you have any questions

>

Meeting Time & Place :

Naruto Station Chiba 4:30

contact me for train times and details

Departing from Kazusa Ichinomiya Station Sunday about 2:30 pm

Bring and costs :

hiking or walking shoes . Rain gear , small back pack ,

Costs

- 1) Those that wish to come to BBQ and party only : price 3000 yen
 - 2) Those that wish to BBQ and bed and party only :price 6500 Yen
 - 3) Those that wish the above bed/BBQ and practice in the corral for 30 min, :
11,500 yen
 - 4) Those that wish to do all of #3 and ride on the beach16,500 yen
- Sunday ; lunch money .We will buy ,along the way .
hike :

Hiking : This is a very easy hike .no ups and no downs . Walking mostly on small paths in the rural areas .

Bring a camera if you like nature pictures ,there are lots of old building and temples and flowers etc .

Total hiking time : about 4 hours .

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Alpine Climbing at Mitsutoge

20 October Saturday to 21 _ Sunday

Some sports routes but mainly multi pitch alpine climbing with nice views of Mt Fuji. A helmet is compulsory

for this trip. We will leave early from Shinjuku on Saturday morning, camp overnight and walk out to

Mitsutoge station on Sunday afternoon. As usual, it might be possible to share tents and/or cooking

equipment, so don' t be deterred from joining this trip if you do not have them.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Climbing for Beginners

27 October Saturday

With the winter climbing season fast approaching, this will probably be the last beginners session for several months, so if you want to join the occasional rock climbing trips during the winter, this may well be your last chance to learn the basics.

As usual, held at Pump 1 in Kawaguchi, but this time on a Saturday to enable participants to join the trip to Kotakuji on the following day. Shoes and harnesses are provided by the gym.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Kotakuji

28 October Sunday

A venue with a lot of low angled slabs with little exposure and therefore particularly suitable for

inexperienced climbers, although there are also some more difficult routes to interest more experienced

climbers. Early morning departure from Shinjuku Odawara station.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

CANCELLED - Kumotori-san Overnight Hike

20 October Saturday to 21 _ Sunday

CANCELLED

Events

autumn colours,ryougami san hike,BBQ and hot spring in oku chichibu

20 October Saturday to 21 _ Sunday

weekend trip to a very quiet area.There is a really nice campsite with outside bath

On saturday

we can do a hike along the river which is kind of turquoise.should be nice autumn colours.

cook dinner together....enjoy onsen bath.

On sunday

several hike options.one is to climb ryougami-san , a famous mountain in the area

and another onsen

Nakatsugawa-mura campsite (oku-chichibu) 2 hours 40 mins from tokyo

one night in simple lodge with , onsen =about 2000yen.

Travel cost around 3000yen.

each person can bring some food to cook for about 4 people

and bring something to drink.spend about yen on shopping

we might prepare a menu before.

pay on the day for the lodge so there is no need to pay in advance.

you can see pictures of the campsite here:

http://www.geocities.com/climbingtrip/nakatsugawa/nakatsugawa3/nakatsu_camp.htm

|

or go to this page and look for oku chichibu trip on 20th:

<http://www.geocities.com/climbingtrip/>

Meeting Time & Place :

seibu ikebukero station at the main ticket gate on saturday 20th at 7.40am

(closest to entrance from JR ikebukero)

train leaves at 7.55 direct for mtsumineguchi.

hike level :

variable depending on group numbers etc

to 3.5 possible

total cost :

lodge 2000yen

shopping by yourself 2000yen

travel about 3000yen

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Downhill MTB/camping trip

20 October Saturday to 21 _ Sunday

This trip was originally scheduled for Oct 13-14. Due to a last-minute problem, we are rescheduling for the following weekend.

If you want to practice your off-road cycling skills but don't like carrying your bike up a mountain, this is the trip for you! We are going to play at Fujimi-Panorama ski resort <http://www.fujimipanorama.com/>, where we can ride the gondola up and ride our bikes down all day long. The level of difficulty ranges from beginner to kamikaze, depending on which course you follow and how fast you ride.

On Sunday we can enjoy paragliding! (JMB Fujimi-Panorama Paraglider School - Phone 0266-62-7691) If you

don't want to paraglide, there is easy hiking from the top of the gondola, or you can rollerblade (bring your own rollerblades).

Accommodation & Food

We will camp in the parking lot (free unless checked, then 1000 yen per tent).

After riding, some of us will

sent up the tents and some will go grocery shopping for dinner, drinks, & breakfast. There is an onsen nearby,

and we can buy lunches at the ski resort.

Important: Remember that organizers are not tour guides. Each participant is responsible for his/her own safety.

If it's raining on Saturday, or if there is heavy rain in Nagano on Friday, this trip will be cancelled.

home/mobile phone number, emergency contact person, and their phone number, and whether you will bring

your own bike. (We are not going to reserve rental bikes in advance, but we may

be able to take some of your bikes by car.) Also, let me know if you can drive or bring some camping equipment, and if you're interested in paragliding on Sunday.

The deadline is Wednesday, October 17th.

Transportation :

A few of us will travel by car. Travel time is about 4 hours. Share highway toll plus gas. Highway toll is about 4000 yen each way.

The nearest station is Fujimi on the JR Chuo line. The Azusa #51 Limited Express (bound for Matsumoto)

arrives in Fujimi at 9:47am. Here are the stops in the Tokyo area:

Chiba 6:37am

Funabashi 6:53am

Kinshicho 7:08am

Akihabara 7:14am

Shinjuku 7:30am (Platform 5)

Tachikawa 7:52am

Hachioji 8:01am

As it is now the Official Leaf-Viewing Season, reservations are highly recommended.

The one-way fare is 5870 yen but 2 people can buy the Azusa Kaisuken ticket, which is a set of 4 one-way tickets from any JR station in the Tokyo area. Reserved tickets are 17,160 yen (4290 yen each way per person).

except during the New Year holidays). For information in Japanese, please call the Higashi-Nihon Telephone

Lift Tickets, Equipment Rental & Paragliding School :

Gondola tickets for MTBers All day 4500 yen Yen 3 rides 3500 yen Yen 1 ride 1300 yen

Insurance up to 300 yen

Full-suspension MTB All day 5000 yen Yen 1/2 day (4 hours) 4000 yen

Front-suspension MTB All day 4000 yen Yen 1/2 day 3000 yen

Helmet (NOT optional, we won't let you ride without one!) Half-cap 700 yen Yen

Full-face 2,000 yen

Elbow AND knee pads yen

Elbow OR knee pads 1500 yen

Paragliding School Full day 9000 yen Yen 6000 yen half day. We have to reserve 3 days in advance.

What to bring :

MTB & HELMET

Bike bag if you're taking the train

Repair kit

First aid kit

Onsen kit & towel

Cycling gloves

Appropriate clothing for cycling including bike shorts

Water bottle

Sunscreen

Sunglasses

Change of clothes, and warm clothing for evening

Footwear - running shoes are suitable for cycling AND easy hiking

Warm sleeping bag & mat

Flashlight/headlamp

Plate/bowl, cutlery, cup

Copy of insurance

If you have one or more of these things, please let us know:

tent, camp stove, portable BBQ, car!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cuban Salsa Party and show

20 October Saturday

October 20th(Sat.) 8:00pm start 2500 yen Yen 1 drink

There will be a Cuban Salsa Party and show on October 20th.

Ivan Nunez and Riko will do dance shows. Ivan Nunez is a top professional dancer from

Cuba and belongs to Conjunto Folklorico National de Cuba. And

he is the choreographer who did a choreography for a famous movie called

“Kyoko” . Ryu Murakami told us privately that he likes Ivan’ s dance the best of

all the cuban dancers because it is always so creative and fresh.

Even though party itself will start from 8:00 pm, we are planning to have

dinner with Ivan in the same restaurant, Oasis from a little after 6:00pm.

(This cost is not included in entrance fee.)

If you would like to join us, please let me know beforehand so that I can save a room for you.

Let’ s get to know Ivan privately!!

Meeting Time & Place :

We meet at 7.40 p.m at the Tokyo Mitsubishi Bank building across from Almond on the Koban side.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboarding in Hokkaido

07 December Friday to 09 _ Saturday

This is a snowboarding (and ski) trip to Kiroro in Hokkaido. We will leave early on Friday morning, returning to Tokyo on Sunday evening.

Kiroro is a very nice resort in western Hokkaido.

There is good variety of runs from beginner to advanced. We will stay in a resort hotel, 3 or 4 people per room. There is a onsen (sort of) in the hotel as well as several restaurants.

Please contact me if you are interested so we can make reservations as soon as possible.

Also, if there is enough interest, I can help to organize a trip that leaves on Saturday (12/08) and returns on Monday (12/10).

Meeting Time & Place :

Haneda Airport (time & place to be decided later)

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for dinners and lunches.

Cost :

Cost will depend on the number of people who sign up. But likely to be either 35,900 or 34,900 yen. This includes airfare, bus to and from the resort, lift tickets, hotel and two breakfasts.

Other :

Lessons are available at the resort, but in Japanese only.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Canada for Decmeber Fun

15 December Saturday to _ Saturday

CHANGE IN DATES NOTICE

DECEMBER 15TH TO THE 22 . NOW

PLEASE CONFIRM IF YOU CAN COME BY NOVEMBER 30TH

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Takao San mulled wine hiking! 1/2

27 October Saturday

We will take route 6 up to Takao San and on to Shioyama and come back to the top where we will make

mulled wine from traditional recipies. Bring some red wine a cup or glass and a stove if you have one. Bring

lunch and wear hiking clothes and boots etc. We will take the chair lift down! at 4.30

Bring something to sit on .

Meeting Time & Place :

Takaosanguchi station on the Keio Line at the ticket barrier at 10.00 a.m

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Orienteering Training

25 October Thursday

This is a training meeting for those who would like to go the orienteering meeting in Chichibu on Nov 11, and

don' t know anything about orienteering. Experienced orienteerers also welcome

Meeting Time & Place :

Sophia University, Yotsuya. Building 7 (the tall building) 12th Floor. 7.30

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Orienteering Meet

11 November Sunday

Trip to orienteering meeting, organised by Saitama Orienteering Club at Chichibu. Courses for both beginners and more advanced. Those who have not done orienteering before should attend the training meeting on

October 25th.

Meeting Time & Place :

Seibu Chichibu Line, Yokose Station. Five minutes walk. (follow tape). Please make your own way there. There

is no need to let me know. A timetable of trains will be posted on the email list, and I expect we will form a group on the most convenient train. Registration is between 9.00 and 10.30, but the earlier the better.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Orienteering event

11 November Sunday

Trip to orienteering event organised by Saitama orienteering club at Chichibu.

Courses for beginners and

more advanced. Beginners should definitely attend the training meeting on October 25th at Sophia University.

Meeting Time & Place :

Seibu Chichibu Line, Yokose Station. Five minutes walk. (follow tape). Please make your own way there. There

is no need to let me know. A timetable of trains will be posted on the email list later, and I expect we will form

a group on the most convenient train. Registration is between 9.00 and 10.30, but the earlier the better.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Day Hike & Onsen Oct 21st (Sun)

21 October Sunday

Hi everyone,

I'm organizing a beginner's hike to Ogiyama this coming Sun. 21st.

We will climb Ogiyama, which is about two hours to the top.

Meeting Time & Place :

Meeting Time & Time Schedule :

I'll meet everyone in Takao Station on the Chuo Line platform (very front) 9.00 am, where will be taking the Chuo Line departing 9.04 am to arrive at Torisawa 9.43 am.

Keio Line

Shinjuku (to Takao-san Guchi, Jun-Tokyu) departure 8:10 am cost:

830 yen to Torisawa

Takao 8:56 am

(Transfer time: 8 min)

Chuo Hon Line:

Takao departure 9:04 am

Torisawa 9:43 am

or

JR Line

Shinjuku 8:07 (take Chuo-sen Tokkai to Ome, transfer to chuo-sen to Takao in Mitaka arriving 8:23 am, departure 8:24 am) cost: 1.280 yen

Takao 9:02 am

(Transfer time: 2 min)

Chuo Hon Line:

Takao departure 9:04 am

Torisawa 9:43 am

What to Bring : :

Hiking boots, warm clothes, rain gear, onsen-kit, lunch, water.

Costs: :

Train fare:

JR Shinjuku to Torisawa : 1.280 yen

or Keio Shinjuku to Torisawa transferring in Takao : 830 yen

Onsen: 500 yen

: :

Please let me know if you are coming so I can contact onsen for reservation.

(the onsen is a home type, tiny onsen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

vents

Snowboarding in Hokkaido

07 December Friday to 09 _ Sunday

This is a snowboarding (and ski) trip to Kiroro in Hokkaido. We will leave early on Friday morning, returning to Tokyo on Sunday evening.

If you are interested, please contact me by Nov. 1st so we can be sure to get a reservation.

Kiroro is a very nice resort in western Hokkaido.

There is good variety of runs from beginner to advanced. We will stay in a resort hotel, 3 or 4 people per room. There is a onsen (sort of) in the hotel as well as several restaurants.

Please contact me if you are interested so we can make reservations as soon as possible.

Also, if there is enough interest, I can help to organize a trip that leaves on Saturday (12/08) and returns on Monday (12/10).

Meeting Time & Place :

Haneda Airport (time & place to be decided later)

What to Bring : :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for dinners and lunches

Cost : :

35,900 yen. However, this might go down a little depending on how many people sign up. This price includes airfare, bus to and from the resort, lift tickets, hotel and two breakfasts.

Deadline :

Please contact me by November 1st.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

vents

MOVED! best autumn colours,ryougami san hike,BBQ and hot spring in chichibu

27 October Saturday to 27 _ Sunday

Best autumn colours for this weekend

weekend trip to a very quiet area.There is a really nice campsite with outside bath

or mountain lodge

On saturday

we can do a hike along the river which is kind of turquoise.should be nice autumn colours.

cook dinner together....enjoy onsen bath.

On sunday

several hike options.one is to climb ryougami-san , a famous mountain in the area

and another onsen

Nakatsugawa-mura campsite (oku-chichibu) 2 hours 40 mins from tokyo

one night in simple lodge with , onsen =about 2000yen.

Travel cost around 3000yen.

each person can bring some food to cook for about 4 people

and bring something to drink.spend about yen on shopping

we might prepare a menu before.

pay on the day for the lodge so there is no need to pay in advance.

you can see pictures of the campsite here:

http://www.geocities.com/climbingtrip/nakatsugawa/nakatsugawa3/nakatsu_camp.htm

|

or go to this page and look for oku chichibu trip on 20th:

<http://www.geocities.com/climbingtrip/>

Meeting Time & Place :

seibu ikebukero station at the main ticket gate on saturday 20th at 7.40am

(closest to entrance from JR ikebukero)

train leaves at 7.55 direct for mtsumineguchi.

cost :

lodge 2000yen

shopping by yourself 2000yen

travel about 3000yen

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

vents

MOVED! best autumn colours,ryougami san hike,BBQ and hot spring in chichibu

27 October Saturday to 28 _ Sunday

Best autumn colours for this weekend

weekend trip to a very quiet area.There is a really nice campsite with outside bath

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we might prepare a menu before.

pay on the day for the lodge so there is no need to pay in advance.

you can see pictures of the campsite here:

http://www.geocities.com/climbingtrip/nakatsugawa/nakatsugawa3/nakatsu_camp.htm

|

or go to this page and look for oku chichibu trip on 20th:

<http://www.geocities.com/climbingtrip/>

Meeting Time & Place :

seibu ikebukero station at the main ticket gate on saturday 20th at 7.40am

(closest to entrance from JR ikebukero)

train leaves at 7.55 direct for mtsumineguchi.

cost :

lodge 2000yen

shopping by yourself 2000yen

travel about 3000yen

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One day hike, Iwabitsu-yama

28 October Sunday to 28 _ Sunday

Iwabitsu-yama, located near Nakanojo, Gunma prefecture, is only 795m peak.

However, we can enjoy nice

view from the top of this rocky mountain and beautiful color of autumn leaves.

The hiking is less than 4 hours, but we may enjoy a little bit thrilling rocky ridge walk and beautiful scenery of

Japanese country side.

After hiking we will visit “Iwabitsu-jo (Iwabitsu Castle) Kutsurogi(Relax) no yu” onsen, a replica of ancient

Japanese castle.

Meeting Time & Place :

The meeting time is 9:25 at no.5 plat form of JR Takasaki station, from where we will take 9:42 Agatsuma

line.

What to bring :

Rain gear, hiking boots, lunch, water, warm clothes(in cluding a pair of gloves), compass and “Onsen-set” .

Copy of Insurance certificate.

Cost :

Transportation: round trip from Ueno to Gohara, is about 5,500-yen plus about 1,000-yen for Onsen.

Others :

If it rains, this trip will be cancelled.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboard & Ski trip in Hokkaido

14 December Friday to 16 _ Sunday

We will go snowboarding and skiing to Niseko Hirafu ski area in Hokkaido.

Hirafu is a very popular ski resort

from beginner to advanced. And you can enjoy night ski.

As we will leave early on Friday morning, you need to get a day off on Friday to join this event.

If you are interested, please contact me as soon as possible. This tour will sell out soon as it' s very cheap!!!

Meeting Time & Place :

Departure: Friday, 14 Dec., between 5:50am and 12:00 noon from Haneda Airport.

Return: Sunday, 16 Dec., between 3:50pm and 10:00pm from Chitose Airport in Hokkaido.

Tour agent will let me know the flight schedule 1 week before the departure, so I' ll let you know the meeting

time and place later.

Cost :

about 37,000 yen; this covers the costs for the air, bus to and from the hotel, hotel with 4 meals and the lift

tickets for 3 days

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One Day Hike to Daibosatsu-rei

10 November Saturday to 10 _ Saturday

Daibosatsu-rei(2,057m) or Daibosatsu-toge is one of famous 100 mountains in Japan. Especially Mt. Fuji view from Daibosatsu-toge is so impressed that many hikers visit this pass all year around.

Hiking there usually requires 2 days, however, for One-day hike purpose, we will go up to Kami-Nikkawa-toge

(1,600m) by taxi to make the walking time shorten.(about 2 hours)

Starting from Kami-Nikkawa-toge, we go Kaminari-iwa(Thunder Rock) walking by Karamatsu-one ridge. Then

visit Daibosatsu-rei, where no view is expected. However, on the way to Daibosatsu-toge, we can enjoy nice

ridge walk while seeing Mt. Fuji in south direction. From Daibosatsu-toge, we come down to Sakeishi through

Kami-Nikkawa-toge.

After hiking, we will visit Sakeishi-onsen or Daibosatsu-no-yu onsen.

Meeting Time & Place :

Meeting Time: 9:00am, JR Enzan station.

What to bring :

Rain gear, Hiking boots, Lunch/Food, Water, Flashlight(in case we walk in the evening), Warm clothes

(including a pair of gloves), Map (Yama-to-Kogen-Chizu "Daibosatsu"), Compass and Onsen-set

Cost :

About 7,000yen-11,000yen

(1)JR Chuo-Line round trip (Shinjuku-Enzan):3,780yen(If ride on Limited Express, plus 3,540yen)

(2)Taxi:about 2,000yen

(3)Onsen:about 1,000yen

Others :

If it rains, this trip will be cancelled. Maximum participants 10.

(Reference)

(1)JR Chuo-Line Tokubetsu Kaisoku: Shinjuku(6:22am)->Takao(7:05am)/(7:26am)->Enzan(8:46am)

(2)JR Chu0-Line Limited Express "Azusa 91" : Shinjuku(7:16am)->Enzan(8:50am)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sakhaline Island Exporation Russian Style 1/2

26 December Wednesday to 01 _ Tuesday

26th Day #1 ;Flight -Hanada to Sapporo to Sakhaline Hotel and guides ,city tour and party

27th Day #2 :1st Annual Winter Soccar tournament Snow shoeing and horse sledding and prep for two day

Survival course with Russian trapper !! (hotel)

28th Day #3 : Survival cabin and lessons (cabin)

29th Day #4 : Survival course home for supper Hotel

30th Day # 5 : downhillski and snowboarding ,

skating Yen check out Russian homes .Prep for New Years party with Russians

31st Day# 6 : (friendly)Soccar game and free AM

to sight see PM party all night

Jan 1st - Day #7 :leave for Hanada

Meeting Time & Place :

Hanada Airport for Am flight ,time to be announced

clothes,visa and letter :

Bring ;ski wear and warm winter clothes .If you have non we buy Russians furs for ya .

ski' s if you ski , snow shoes or use there' s .

snow boards

passport

visa issued to you and invitation letter

snack food

gifts for the natives , mirrors , beads etc .

your own film and extra camera battery 's

cost and visa info :

Cost for air WITH visa is 100,000 rtn .

We will buy a 'working Visa' that will allow us to leave the hotel and move around .

I will need some details from youfor the invitation letter , will explain when you sign up

Ground costs : about 50,000yen . we are settling this now so look for an update soon .

money ;take paper money as in US or Yen ,not cards

Group size ; soccar team size is ok .

same number (fax)

non

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sakhaline Island Exporation Russian Style 1/2

26 December Wednesday to 02 _ Tuesday

26th Day #1 ;Flight -Hanada to Sapporo to Sakhaline Hotel and guides ,city tour and party

27th Day #2 :1st Annual Winter Soccar tournement Snow shoeing and horse sledding and prep for two day

Survival course with Russian trapper !! (hotel)

28th Day #3 : Survival cabin and lessons (cabin)

29th Day #4 : Survival course home for supper Hotel

30th Day # 5 : downhillski and snowboarding ,

skating Yen check out Russian homes .Prep for New Years party with Russians

31st Day# 6 : (friendly)Soccar game and free AM

to sight see PM party all night

Jan 01 Day #7 : recover and relax

Jan 01 Day #8 : flight to Japan

we could fly back on the 30th if all agree

Meeting Time & Place :

Hanada Airport for Am flight ,time to be announced

clothes,visa and letter :

Bring ;ski wear and warm winter clothes .If you have non we buy Russians furs for ya .

ski' s if you ski , snow shoes or use there' s .

snow boards

passport

visa issued to you and invitation letter

snack food

gifts for the natives , mirrors , beads etc .

your own film and extra camera battery 's

cost and visa info :

Cost for air WITH visa is 100,000 rtn .

We will buy a 'working Visa' that will allow us to leave the hotel and move around .

I will need some details from you for the invitation letter , will explain ,
when you sign up

Ground costs : about 50,000yen . we are settling this now so look for an update
soon .

money ;take paper money as in US or Yen ,not cards

So lets go have some vodka and fun and see what the hell these guys are up to .

Group size ; soccar team size is ok .

non

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

One day hike, Iwabitsu-yama

28 October Sunday to 28 _ Sunday

Please be informed that this trip is already FULL now.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sakhaline Island Exploration Russian Style 1/2

26 December Wednesday to 02 _ Wednesday

26th day#1 :flight to Sapporo to Sakhaline . Hotel
and guides and city tour Yenparty

27th day #2; annual Winter soccer tourni . snowshoing and setting up for
survival course

28th day #3: Survival camp/cabin Yenlessons

29th day #4; Survival course day (hotel)

30th day #5: Downhill skiing ,snow boarding ,checkout Russian homes .Prep for
New Years party

31st day #6 : soccer game, free time .NewYears party

Jan 01 #7 : recover .relax , tour

Jan 02 : #8 ;leave for Japan

we could fly back on the 30th if all agree

Meeting Time & Place :

Hanada Airport time to be announced

Carrier ;JAL

cost :100,000 includes visa

Bring things :

personal things, ski wear , extra boots and winter wear .If you have non , we
cna buy furs in Russia !

Ski gear and snowboards .

visa ,passport, invitation letter

snacks

gifts for the natives, mirrors and beads and such

lots of film and spare batteries for camera' s

cost info :

air =100,000

includes 25,000 'working visa 'and invitation letter Yen Working visa lets us
move around ,tourist visa does not

I will require info from you for the invitation letter ,see me when you are usre
you can come

money ;cash yen or US\$ not cards

Insurance ;always a good idea

why go :

We are at war but after 50 years ,not with Russia any more ! I am going to sell
domes while we are there .

Lots of American ,Canadian and Japanese oil and Gas folks are up there .this
place may bust loose in the

future,so it s a good timeto check it out and a long way from Bin ladin !

last day to sign up ;DEc 14th Xmas party .I' ll be in Canada from Dec 15th to
the 22nd .

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gone Fishin'

18 November Sunday

Ever wonder why they call it a "Party Boat" Because that's what it is !

I'm trying to round up about 10 people

to go HIRAME (Halibut) fishing on November 18, 2001. The plans are tentative, but I'd like to get an idea of

how many people are interested. We'd meet in Shinjuku at about 6 am, hop on a chartered bus (sleep, if

applicable), get on a chartered boat, fish until noon, go back in the afternoon, party on the boat, then have the

fish professionally served at a restaurant back in Shinjuku. Interested Let me know. - Hugh

Meeting Time & Place :

To be announced. It will either be in Shinjuku or at my house the night before for those that want to crash

then go together in the morning (must also wake me up !).

Cost :

About Yen 15,000 inclusive of bus transportation, boat, dinner, and drinks.

What to Bring :

Waterproof pants and jacket, warm clothing, rubber boots, hat, suntan lotion, snacks, lots of liquids, sea

sickness medicine (although not necessary for most). Fishing gear can be rented (Please inform if needed).

There may be a slight rental charge of maybe Yen 1,000 or so. More details when finalized.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowshoe/Nature Ski Bus Trip in Kurohime on Jan 12-14

12 January Saturday to 14 _ Monday

BEGINNERS ARE WELCOMED!!!

I am organizing a trip to do snowshoe and nature ski in Kurohime, Nagano for the first long weekend of

January 12-14. This will be an ideal trip for beginners because we are hiring Japanese local guides who will

teach us how to do snowshoe and nature ski and lead us, while renting gear. Even if this is not the first time

for you to do these, I am sure you will still enjoy the trip as I am expecting a very relaxing weekend

This loooong announcement includes the following section:

- * What is snowshoe
- * What is nature ski
- * A couple of notes before you join this trip
- * The number of participants
- * Cost
- * How to sign up
- * How to pay
- * Cancellation
- * Schedule
- * What to bring
- * Where to meet
- * Accommodation
- * Useful Information
- * Contact

WHAT IS SNOWSHOE

Snowshoe is “a racket-shaped frame containing interlaced strips, as of leather, that can be attached to the

foot to facilitate walking on deep snow” according to an on-line dictionary.

In Japan, what is similar to this is

“Kanjiki” , or a wooden frame that has been used in the snow country. There

are various websites in English and Japanese, which writes about snowshoe, so please take a look! Also, the Japanese mountaineering magazine "Yama to Keikoku" features a special topic of snowshoe around this time of the year, so please keep your eyes on that magazine.

WHAT IS NATURE SKI

It is a "walk" with ski in the snow-covered forests or hills, seemingly invented in Japan. The purpose of the nature ski is to relax and observe the nature, looking at winter plants and flowers or following footprints of animals. The type of the ski for nature ski varies. We may use cross-country ski, telemark ski or specially arranged ski like the ones we will be using, which the owner of the pension makes. Nature Ski is ideal for those who like easygoing, slow-paced sports, while it may not be thrilling enough for those who are accustomed to more athletic ski, such as yama ski, telemark ski or downhill ski/snowboarding. Please see <http://www2u.biglobe.ne.jp/.milki/natureski.htm> for further information on nature ski (in Japanese).

Meeting Time & Place :

7am Meet in front of the Yasuda Seimei Building in the east exit of JR Shinjuku Station. Please do not be late!

We will charge you a 100-yen as a penalty for your every one-minute delay, as usual!

A COUPLE OF NOTES BEFORE YOU JOIN THIS TRIP :

1)If you have such huge feet that you cannot buy your shoes in Japan, most likely you won't be able to get a rental gear either. So you need to bring your own equipment, if you want to join this trip.

2)Please note the cost of this trip fluctuates, depending on the number of participants, and that I might collect

more money or give you back some money at the end of the trip, because we split the fixed cost of chartering a bus by the number of participants. Initially I set the cost with an assumption of 22 participants, compared with 27 that can fit in the bus.

3) We appreciate your cooperation during this trip. And please note that the trip starts at the time when you are signing up for this trip. This means that you give us "all the information" that we requested and pay the money.

THE NUMBER OF PARTICIPANTS

27 people at maximum or 16 at minimum

COST

37,000 yen

HOW TO SIGN UP :

The sign up starts at the November General Meeting on Sunday, November 4th. Please sign up at the meetings

- 1) Your full name
 - 2) Your email address
 - 3) Your mobile number or home phone number
 - 4) Your shoe size in cm (for snowshoe and nature ski)
 - 5) Your height in cm (to get the right size for nature ski)
 - 6) Which level of hiking do you normally join, or or
 - 7) Which level are you in ski, beginner, intermediate or advanced
 - 8) Your emergency contact person (This can be your parents overseas)
 - 9) Your emergency contact person's phone number
 - 10) Whether you snore or not (so that the rest of us can have a pleasant sleep)
 - 11) Do you have your own snowshoe and/or nature ski (Please note that we cannot give you back the money, even if you have your own equipment because the cost is all-inclusive.)
- If you cannot make it to the meeting, you can pay a non-refundable 1,000-yen deposit or full payment by the November meeting and we will secure your spot. See further details below.

Saturday, January 12

7:00am Meet in front of the Yasuda Seimei Building in the east exit of JR Shinjuku Station. Please do not be late! We will charge you a 100-yen as a penalty for your every one-minute delay, as usual!

We will eat lunch on the bus or at the service areas.

Noon Arrive at the pension "Milky House" in Kurohime.

1-4pm Snowshoe led by local guides

6pm Dinner

After the dinner Free Time

Sunday, January 13

7:30am Get up!

8am Breakfast

9am-4pm Nature Ski led by local guides

A lunch box will be provided.

6pm Dinner

After the dinner Free Time

Monday, January 14

7:30am Get up!

8am Breakfast

9am-2pm Snowshoe led by the local guide

2:30pm Leave the pension

2:30-4:30pm Hot spring somewhere

9:30pm Back in Shinjuku

WHAT TO BRING

* Lunch taken on the bus on the way to Kurohime on Saturday

* Clothing for ski (for the snowshoe, you can also wear ski wear) or water-proof clothing including jackets, pants, gloves, and hats

* Hiking boots or snowboarding shoes for snowshoe,

* Gaiters for snowshoe and nature ski (you need to buy this because there may not be enough supplies for the

rental gear. This is also very useful for general hiking or cross-country ski.),
-Clothing at pension, toiletry, towels,

* General hiking gear including the compass, first aid kit, a water bottle, etc,

* Insurance information (a copy of hokensho or mountaineering insurance),

Optional: If you want to use your own equipment of snowshoe and nature ski, please feel free to do so, but please note that you won't be able to save the money because the trip is an all-inclusive plan.

ACCOMODATION

Western-style pension "Milky House"

<http://www2u.biglobe.ne.jp/.milki/>

Mr. Oshima, the owner of the pension loves outdoor sports. He and his friends at the local outdoor club will take care of us during this trip.

USEFUL INFORMATION

Snowshoe in general including what equipment you need etc..

<http://www.thefourwheelers.com/Main/hobbies/snowshoeeq.htm>

Nature Ski (in Japanese)

<http://www2u.biglobe.ne.jp/.milki/natureski.htm>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Yugawara

03 November Saturday to 04 _ Sunday

Another trip to Yugawara where there are hundreds of single pitch, bolted routes for all levels of ability. For

those without camping equipment, it might be possible to share. Alternatively, Yugawara is close enough to

Tokyo to be feasible as a day trip.

You must have at least your own climbing shoes and harness.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Jooyama

17 November Saturday to 18 _ Sunday

The first trip for many years to another interesting venue with hundreds of bolted routes, mainly single

pitch, but also some multi pitch, for all levels of ability. We will be camping, but for those without camping

equipment it might be possible to share. Jooyama is most probably a little too far from Tokyo to be feasible as

a day trip.

You must have your own climbing shoes and harness.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Yugawara and Jogasaki

23 November Friday to 25 _ Sunday

Another trip to Yugawara, but as there are hundreds of routes there, still plenty of areas for us to explore. On

Saturday we will go on a day trip from Yugawara to Jogasaki, an area famous for its overhanging sea cliffs.

Jogasaki is another area with hundreds of routes, including many natural protection crack routes, for all levels of ability.

We will be camping at Yugawara. For those without camping equipment, it might be possible to share.

Alternatively, Yugawara (but not Jogasaki) is close enough to Tokyo to be feasible as a day trip.

You must have your own climbing shoes and harness.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Basics of Winter Mountaineering - Part 1

15 December Saturday to 16 _ Sunday

Intended for anyone with rock climbing experience who wants to participate in our trips this winter.

Depending on snow conditions, the session will be held either on Fuji or in the area around Tanigawadake and

we we will cover the basics of climbing on snow. Part 2 will be held in the Yatsugatake area on 3/4/5 January

where we will cover the basics of ridge and ice climbing. After that, we start the winter programme in earnest!

In addition to all the equipment required for rock climbing and overnight winter hikes, you must have a

helmet, general purpose mountaineering axe, mountaineering boots (preferably plastic) and general purpose

mountaineering crampons with front points.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Hokkaido (Tomamu) ski/snowboard trip Jan 19-21,

19 January Saturday to 21 _ Monday

Hello skiers and snowboarders!

Ready to think about the year 2002 Kumiko has found a really CHEAP tour for January next year, and I was

somehow "appointed" as an organizer. I went to this ski resort, Tomamu, last January, and had a fabulous

time! It is very dry in Tomamu area, so the snow condition there is great. You can get some information about

this ski resort at <http://www.tomamu.co.jp/> (Japanese only)

Schedule: Leave Tokyo on Saturday, January 19th in the morning and come back Monday evening (January

21st).

The tour includes:

- * two nights accommodation at Hotel Alpha Tomamu
- * round trip airfare (Tokyo Haneda Airport . Hokkaido Obihiro Airport)
- * bus transportation between Obihiro Airport and the ski resort
- * lift/gondola tickets for three days (including night ski)
- * 4 meals (dinner on Saturday, breakfast and dinner on Sunday, and breakfast on Monday)
- * free use of spa house (this usually costs 4800 yen or so already)
- * free entrance to "Ice Dorm Village"
- * one free drink
- * free Takkyu bin service from your house to the hotel room All this for ONLY 29,800 yen or 31,800! (depending on the number of person Yen room) This trip is limited up to 9 people.

This tour is apparently a really good deal, so please contact me soon if you would like to join with the

following information:

- * your full name
- * telephone number (if you have a cell phone, please tell me the cell phone number, too)

* address

* your age Meeting Time & Place :

Haneda airport (Meeting time will be announced to participants later.)

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

<Full!> Hokkaido (Tomamu) ski/snowboard trip Jan 19-21,

19 January Saturday to 21 _ Monday

This trip is already full. Sorry!

Hello skiers and snowboarders!

Ready to think about the year 2002 Kumiko has found a really CHEAP tour for January next year, and I was

somehow "appointed" as an organizer. I went to this ski resort, Tomamu, last January, and had a fabulous

time. It is very dry in Tomamu area, so the snow condition there is usually great. You can get some

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Schedule: Leave Tokyo on Saturday, January 19th in the morning and come back Monday evening (January

21st).

The tour includes:

- * two nights accomodation at Hotel Alpha Tomamu
- * round trip airfare (Tokyo Haneda Airport - Hokkaido Obihiro Airport)
- * bus transportation between Obihiro Airport and the ski resort
- * lift/gondola tickets for three days (including night ski)
- * 4 meals (dinner on Saturday, breakfast and dinner on Sunday, and breakfast on Monday)
- * free use of spa house (this usually costs 4800 yen or so already)
- * free entrance to "Ice Dorm Village"
- * one free drink
- * free Takkyu bin service from your house to the hotel room All this for ONLY 29,800 yen or 31,800! (depending on the number of person per room) This trip is limited up to 9 people.

This tour is apparently a really good deal, so please contact me soon if you would like to join with the

following information:

- * your full name
- * telephone number (if you have a cell phone, please tell me the cell phone

number, too)

* address

* your age

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

ANNUAL CHRISTMAS PARTY

15 December Saturday to 16 _ Sunday

15 December Saturday to 16 _ Sunday at 7:00 start.

invites you to the

Annual Christmas Party.

Christmas Party on the 15th of December - Saturday in

Chiba!!!!!!!!!!!!!!!!!!!!!!

THEME: Cowboys and Cowgirls (Please come in your favourite Cowboy and Cowgirl attire)

Due to the success of last years Christmas Party, this year we will be holding a similar event, but at a different location.

This years party will be held in Chiba Horse Ranch - Sunshine Ranch, where we can enjoy an evening of food, wine and dancing whilst enjoying the company of other members.

This year you can enjoy the whole evening dancing, eating and drinking without the worries of catching the last train home. The party will be held in a ranch providing food, drinks and music. The beach is nearby, onsens and other natural retreats making this venue ideal for the christmas party. We will have lots of fun activities through out the evening, plus plenty of dancing for the avid dancers. BBQ and Bonfire will also be available by the beach.

Accomodation is provided and will be at a nearby Hotel. Members may need to share therefore please specify who you would like to share your room with on your sign up sheet.

As the Hotel has maximum capacity of 50 guests. First 50 people will have first priority of Hotel Rooms. SO HURRY!!!!!!!!!!!!!!

The Ranch has 15 beds, and late comers will have to stay at the Ranch. For the keen party goers and adventurers, there is the option to camp - so BYO camping gear.

Cost Per Person - Y11000

Cost include Food, drinks and Hotel Room at the nearby Hotel (First 50 people only) - Breakfast is also optional at the RANCH

Deposit - Y2000 Non Refundable Deposit required by the 23rd of December -

Please make bank transfer to

Name Miki Iio

Sanwa bank

Iidabashi branch

Ordinary deposit

3791304

Full Payment Required by the 2nd of December

Late Comers have until the 8th of December - Those who have not paid
a Deposit by the 23rd will have to pay THE FULL PRICE

First 50 people have the first priority of Hotel Rooms - Those who are late
will have to stay at the ranch or camp.

If any one cancels - deposit is non refundable.

There will be a waiting list for Hotel Rooms.

Party is limited to Maximum of 65 people

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Okutama Hike - Mitsushiyama

17 November Saturday

The plan is to leave Okutama station, and jump on a bus going to the lower end of Lake Okutama. (I believe the bus leaves within about 10 minutes of the train arriving, so please buy your lunch/water etc in Tokyo as there will not much time). Once at Okutamama ko, we have about a 3 hour climb, with wonderful views and fresh air. With lunch at the top we can meander our way back into Okutama. Please bring a change of clothing for after the onsen. We will be able to eat some local Japanese food. If it is raining we go anyway and we'll just do a lower level hike. Total hiking time about 6/7 hours

Meeting Time & Place :

Shinjuku station, JR, platform 7 at the front of the train, 7' 30ish (leaves at 7' 43)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

OKU-MUSASHI hiking & ONSEN

11 November Sunday

Mt. Warabi-yama (1,044 m) is popular mountain and still able to enjoy KOYO (autumn leaves) if we are lucky. After passed steep from the entrance of the trekking route. We can enjoy great view of OKU-MUSASHI area including view of some mountains in Nikoo. Then walk to the ridge, passing through beautiful trees. There is nice ONSEN at the end of the trekking route. The ONSEN is popular among women to makes skin smoothe which my guide book mentioned.

This hiking for anybody. But this isn' t very very easy hike.

Because sunset time is around 4:30p.m. and ONSEN closed 6:00 p.m.

So, we can' t take long rest times. I think because meeting time is a bit early than usual, this hike for early birds people.

Meeting Time & Place :

Date: 11 November Sunday

Meeting time & place:6:30am at "Seibu" -Ikebukuro Sta., Ground level-
At the Left side of the KAISATSAU (ticketing gate).

6:30am at "Seibu" -Ikebukuro Sta.,

Ground level-At the Left side of the KAISATSAU (ticketing gate).

There is JYOSAHKEN CENTER before pass the KAISATSU.

What to bring" :

Rain suits

HOKENSHO (Insurance)

Head lamp (in case of sunset before finish the trekking).

Lunch (before meeting at Seibu-Ikebukuro Sta.,)

Water,Snacks ,Warm cloths ,Hiking shoes ,First aid kit

Cost: Approximately 4,000 yen including transportation and onsen

Cancellation: :

Please call to my mobile phone by 5:30 a.m. in case 30 % chance of rain in the morning.

Note:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FULL - Snowboarding in Hokkaido

7 December Friday to 9 _ Sunday

This is a snowboarding (and ski) trip to Rusutsu in Hokkaido. We will leave early on Friday

morning, returning to Tokyo on Sunday evening.

If you are interested, please contact me by Nov.

1st so we can be sure to get a reservation.

Rusutsu is a very nice resort in western Hokkaido.

There is good variety of runs from beginner to advanced. We will stay in a resort hotel, 3 or 4 people per room. There is a onsen (sort of) in the hotel as well as several restaurants.

Meeting Time & Place :

Haneda Airport (around 7:15am)

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for dinners and lunches

Cost :

35,900 yen. However, this might go down a little depending on how many people sign up. This price includes airfare, bus to and from the resort, lift tickets, hotel and two breakfasts.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboard/Ski in Akita (Tazawako)

19 January Saturday to 21 _ Monday

Ski/Snowboarding trip to Tazawako Ski Resort in Akita. I have reserved two rooms (6 people) at a ryokan-style (tatami floors) hotel that is a five minute bus ride from the resort. Tazawako is a small, but nice little ski resort with a great view of Lake Tazawako from most every run.

The trip will cost 31,300 yen. Although lift tickets are not included, they are half price.

Also, two dinners and breakfasts are included in the cost, along with airfare, hotel and bus fare.

The hotel also has a nice onsen and rotenburo.

Both dinners are delicious onabe: Kiritanpo on the first night, Yama-imo on the second night.

We will leave from Haneda airport early on Saturday morning, arriving at the hotel a little before lunch time. On Monday, we leave the resort at around 3pm, getting back to Tokyo at around 7pm.

If you are interested in coming, please contact me at the email address below.

Meeting Time & Place :

January 19th, Saturday morning (around 7:30am) at Haneda Airport.

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for lunches, lift tickets, omiyage, etc.

Cost :

31,300 yen. However, this might go down a little depending on how many people sign up. This price

includes airfare, bus to and from the resort,
lift tickets, hotel and two breakfasts.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboard/Ski in Akita (Tazawako)

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January 19th, Saturday morning (around 7:30am) at Haneda Airport.

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for lunches, lift tickets, omiyage, etc.

Cost :

31,300 yen. This price includes airfare, bus to and from the resort, hotel, two breakfasts and two dinners.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Camping in Yugawara 1/2

23 November Friday to 25 _ Sunday

If you are interested in camping there is a chance to camp free in Yugawara for the long weekend. It will be cold but it may be fun to camp one more time before it gets too cold. Please bring your own tents equipment and food cookers etc.

Passion

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Cuban Night “Final”

17 November Saturday

Thank you to joined the Cuban Night 5 on last Sat.

I hope everybody had fun time. This coming Sat party will be the “last one” for Ivan.

There will be a demonstration of Rueda and Show of Riko & Ivan Enjoy a great selection of Cuban music by

the Cuban national folklore team. Come along and join in!

Please look at Cuban Night 5 photos.

This is 650 kb data. Please be patient.

http://OCJphotos.hoops.ne.jp/011110_cuba.html

Meeting Time & Place :

We meet at 8.30 p.m at the Tokyo Mitsubishi Bank building across from Almond on the Koban side.

Cost: :

2500 yen with 1 drink

Place: :

Three min walk from Roppongi crossing toward for Iikura-Katamachi crossing.

What to bring: :

Passion

Events

Karuizawa/Myogi MTB Tour

24 November Saturday

Hello, mountain bike friends!

Encouraged by the great success of last year's Karuizawa/Myogi MTB Tour and due to many requests, I am

planning to repeat this nice one-day MTB tour on Saturday, 24 November.

This is a one-day tour on paved roads and forest gravel roads suitable for entry-level mountain bikers. So, everybody is welcome to join.

Besides good fitness, you will need a bicycle with gear shifting mechanism and cross-country tires (no slicks).

A mountain bike is highly recommended.

Tour description:

Participants of last year's MTB Tour may remember Mt. Myogi, a cluster of rugged peaks with sheer rock

walls and craggy silhouettes rising to a height of 1,100 m south-east of Karuizawa. Right through the middle

of this maze of rocks and cliffs runs Myogi-Arafune Super Rindo, an abandoned forest road, which offers a

very interesting ride with spectacular views of gorges, waterfalls, cliffs and surrounding valleys. One of the

great attractions of this tour is the fact that it is almost all downhill, except for a short climb at the start of the rindo.

From Karuizawa Station (940 m), we glide south along Prince Avenue for about 6 km. At the intersection to

Shimonita, we turn right and roll downhill another 1 km, until we reach the point where Myogi-Arafune Super

Rindo branches off to the left. A barrier prohibits entry of cars but cannot hinder us from entering with our

bikes. We will soon understand why the barrier is necessary. A gaping hole in the road greets the

unsuspecting rider and forces us to climb over ropes and carry our bikes. People who suffer from vertigo better don't look down. They will miss the view of the expressway bridge spanning the valley some 200 m directly below. Soon after this exciting spot, the gravel road turns into an asphalt road strewn with fallen rocks. A short climb of 1 km takes us to the highest point (940 m) of the rindo. The view from up here is quite spectacular: the peaks and needles of Mt. Myogi close by, the mountains of Arafune and Oku-Chichibu, and in the distance Mt. Asama. After a short downhill rush on asphalt, we are back on gravel again, winding through the labyrinth of pyramids and rock needles. Most of the time the ride is smooth, but some sections are somewhat rough with lots of rocks that demand your full attention. At km 18, we reach the point where the road branches off to Shimonita, an alternative route that may also be quite interesting to explore in the future. This time, however, we turn left and head north towards the tunnel that cuts under the ridge of the Myogi chain. From here starts the descent to the Nakaki River valley. With more rocky sections to negotiate, we follow the winding road down into the valley. Since the rough road needs our full concentration, we may want to take some breaks, otherwise we might miss the wonderful surrounding scenery. When we reach Myogi Lodge at km 23, we are back to civilization again, meaning paved roads and cars. From here, we glide along Lake Myogi. After we pass the dam, we cross the river and follow the road towards Myogi Shrine. At the junction, we have three options, depending on how late it is or how tired we are. Option 1: straight to Matsuida Station (2 km). Option 2: to Isobe Onsen (7 km) and Isobe Station. Option 3: climb to Myogi Shrine and Myogi Onsen (2 km), and from there back down to Matsuida Station. Difficulty rating: I'm giving this tour a rating of 2. stars. Even though it

is mostly downhill (700 m difference in altitude), I consider it a little more difficult than the Karuizawa/Asama Tour, because the Myogi-Arafune Super Rindo has some rough sections. However, for a skilled MTB rider, there are no problems at all. For beginners it's a good chance to practice some rough terrain riding techniques. But don't be afraid! It sounds more taihen (hard) than it really is. Because of many sharp rocks and stones on the road, the probability of a

tire puncture is higher than average! So, be prepared for some roadside repairs!
Total distance: between 35 and 40 km, depending on which option we select from Myogi Junction.

Meeting Time & Place :

Saturday, 24 November

Karuizawa Station, between 9:30 and 10:00

What to bring :

Mountain bike, bike bag, helmet, spare tube, tools, bike lights, food, drinks, snacks (food, drinks and snacks

can be bought at convenience stores in Karuizawa along Prince Avenue), towel, change of clothes, rain gear

(just in case), warm clothes, gloves, sun screen.

Make sure that your bicycle is in perfect condition before you leave home!

Transportation :

From Tokyo to Karuizawa:

Nagano Shinkansen "Asama 539" (Reserved seats only!) (Yen 5,750)

Tokyo (Track 21) 8:16 => Ueno 8:22 => Ohmiya 8:42 => Karuizawa 9:26

or, if you miss this one

Nagano Shinkansen "Asama 503" (Non-reserved seats available) (Yen 5,240)

Tokyo (Track 20) 8:40 => Ueno 8:46 => Ohmiya 9:07 => Karuizawa 9:47

From Matsuida or Isobe to Takasaki:

JR Shin-Etsu Main Line (Yen 400)

Matsuida 17:31 => Isobe 17:36 => Takasaki 17:55, or

Matsuida 18:03 => Isobe 18:08 => Takasaki 18:28, or

Matsuida 19:01 => Isobe 19:06 => Takasaki 19:26, or

Matsuida 20:01 => Isobe 20:06 => Takasaki 20:25

From Takasaki to Ueno:

JR Takasaki Line (Local Train) (Yen 1,890)

Takasaki 18:00 => Ohmiya 19:18 => Akabane 19:33 => Ueno 19:44, or

Takasaki 19:00 => Ohmiya 20:26 => Akabane 20:41 => Ueno 20:53, or

Takasaki 19:20 => Ohmiya 20:36 => Akabane 20:52 => Ueno 21:02

or

From Takasaki to Tokyo :

Joetsu Shinkansen "Asahi 406" (Yen 4,290)

Takasaki 18:24 => Ohmiya 18:54 => Ueno 19:14 => Tokyo 19:20, or

Nagano Shinkansen "Asama 556"

Takasaki 18:45 => Ohmiya 19:14 => Ueno 19:34 => Tokyo 19:40, or

Joetsu Shinkansen "Asahi 326"

Takasaki 18:51 => Ohmiya 19:18 => Ueno 19:38 => Tokyo 19:54, or

Joetsu Shinkansen "Tanigawa 454"

Takasaki 19:06 => Ohmiya 19:38 => Ueno 19:58 => Tokyo 20:04

This is only a limited selection. More Shinkansen trains are available.

Costs :

Train Fares:

Tokyo - Karuizawa: Yen 5,750/5,240 (Shinkansen)

Matsuida - Ueno: Yen 2,290

Matsuida - Takasaki: Yen 400

Takasaki - Tokyo: Yen 4,290 (Shinkansen)

Onsen: Yen 600 or Yen 1,000

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FULL - Snowboard/Ski in Akita (Tazawako)

19 January Saturday to 21 _ Monday

Ski/Snowboarding trip to Tazawako Ski Resort in Akita. I have reserved three rooms (10 people) at a ryokan-style (tatami floors) hotel that is a five minute bus ride from the resort. Tazawako is a small, but nice little ski resort with a great view of Lake Tazawako from most every run.

The trip will cost 30,180 yen. Although lift tickets are not included, they are half price.

Also, two dinners and breakfasts are included in the cost, along with airfare, hotel and bus fare.

The hotel also has a nice onsen and rotenburo.

Both dinners are delicious onabe: Kiritanpo on the first night, Yama-imo on the second night.

We will leave from Haneda airport early on Saturday morning, arriving at the hotel a little before lunch time. On Monday, we leave the resort at around 3pm, getting back to Tokyo at around 7pm.

Meeting Time & Place :

January 19th, Saturday morning (around 7:30am) at Haneda Airport.

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for lunches, lift tickets, omiyage, etc.

Cost :

30,180 yen. This price includes airfare, bus to and from the resort, hotel, two breakfasts and two dinners.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Thanksgiving Easy Hiking & Turkey Dinner

23 November Friday

Would you like to have all-you-can-eat Turkey dinner for Thanksgiving. But you feel like you should do some

exercises, too. Then, here is the plan! I am organizing an easy hiking in Takao-san on Friday,

November 23rd, and after the hiking, we will go to the Californian style restaurant "Farm Grill" in Ginza to

have the Turkey dinner for Thanksgiving.

If you are interested in joining this event, please contact me by Wednesday, November 21st with your contact

number, so that I can make a reservation for the restaurant. If you want to join just for the dinner without

exercises, that is also ok, too. And please feel free to bring your non-friends to introduce our club!

Meeting Time & Place :

11:00am at the exit of Takaosanguchi of Keio-line on Friday, November 23

<The level of the hiking>

one star, or 3 hours of hiking

The tentative hiking course plan :

Please refer to the website of Takaosan at www.takaosan.com (in Japanese only).

1) We start from the Takaosanguchi station and take the Omotesando route or #1 route to the peak of

Takaosan (599m), which will take 1 hour and 30 minutes or 3.8km.

2) Then, after a quick lunch, we will take the Inariyama course to climb down the mountain, which will take another 1 hour and 30 minutes.

person without tax, excluding drinks.

Farm Grill

5-minute walk from Ginza or Shimbashi Station

Home page: <http://www.hanamasa.co.jp/hanamasa/restaurants/farm.html>

Map: <http://www.hanamasa.co.jp/hanamasa/restaurants/farm/farm.htm>

How to sign up for this event :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ice Climbing on Amida Dake

08 December Saturday to 09 _ Sunday

We will attempt two of the more challenging one day ice routes on the southern side of Amida Dake.

Leave Tokyo on Friday evening.

This event is only for experienced ice climbers with all the necessary equipment.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Basics of Ice and Ridge Climbing

12 January Saturday to 14 _ Monday

Will be held in the area around Akadake Kosen (Yatsugatake) where we will camp.

After going through the

basics we will do some simple ice climbing in Jogasawa and climb some of the easier technical ridge routes.

Previous rock climbing experience essential.

Contact the organizer for further details (including minimum equipment required) and sign up.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Long Weekend Hokkaido Snowboarding&Ski 1/2

22 December Friday to 24 _ Sunday

Leaving Haneda on 22nd Morning and Return to Haneda on 24th Night.

We will stay at 'Kitayuzawa Onsen' which is 1 hour away from Rusutsu Resort.

Hotel HP is:

<http://www.noguchi-k.co.jp/meisui/index.html>

this hotel has observatory and huge onsen!

Tour Price is under 40,000(depends of the number of the people)IT includes
airticket, transportation in

Hokkaido, breakfast and dinner

and accomodation.(Shareing one room with 4-5 people)

Meeting Time & Place :

Haneda(will inform after flight confirmation)

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Togakushi New Year Trip

30 December Sunday to 2 _ Wednesday

For Taxi

Nagano Kotsu : 026 254-2121

Utsunomiya taxi: 026 254-2121

Place Tokakushi, Yachibozu Hutte, yen 9,000/night incl 2 meals Tel. 026 254-2237

Tokakushi Ski Area home page: <http://www.valley.ne.jp/.skimenou/>

Information: 026 254-2326

Meeting Time & Place :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hokkaido Rusutsu Snowboard & Ski 1/2

2 February Saturday to 3 _ Monday

If you take 1 day paid-holiday, you can make budget snowboarding & skiing tour in the popular Hokkaido!!!

Place: Rusutsu Skiing Resort

Accommodation: Yumoto Meisui tei

(Kitayuzawa Onsen)

Air: Leaving Haneda in the early morning on 2nd and leaving Chitose in the late night.

Meeting Time & Place :

Haneda Airport

Cost :

34800 yen

(air/accommodation/breakfast&Dinner/transportation in Hokkaido)

You have to buy lift ticket by yourself.

Condition :

No cancelation or change after Jan.

Have to pay full amount in Dec.

No cancelation will be required since the number of the people will affect the cost.

Available :

10 seats.

One room will be shared with 5 people.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowshoe/Cross Country Ski in Urabandai, Fukushima

2 January Tuesday to 4 _ Friday

I am organizing another snowshoe/XC ski trip in Urabandai, Fukushima for Jan 2-4 for 2 nights and 3 days, in

addition to Jan 12-14 Kurohime trip. Unlike Kurohime trip, we will have a smaller group of a maximum 8 people and won't hire a guide, meaning that you have to be able to read a map and use a compass. And we will go there by Shinkansen instead of a chartered bus.

Meeting Time & Place :

8:00am Meet in front of the "View" ticket office of JR Omiya Station. See the following map for Omiya

station Map: http://www.doconavi.com/shinkansen/tohoku/konai/y_omiya.html

Tentative Schedule :

January 2 (Wed)

8:00am Meet in front of the "View" ticket office of JR Omiya Station. See the following map for Omiya

station Map: http://www.doconavi.com/shinkansen/tohoku/konai/y_omiya.html

8:22 Leave Omiya to Koriyama by JR Shinkansen Max Yamabiko #101

9:19 Arrive at Koriyama

9:56 Leave Koriyama to Inawashiro by JR Banetsunishi (I don't know how to read) Line

10:38 Arrive at Inawashiro

10:45 Take Aizu bus to Goshikinuma

11:08 Arrive at Goshikinuma, go straight to the pension "Mokumoku" , eat lunch somewhere

PM till Dinner Snowshoe or XC

Night Staying at the pension "Mokumoku" .

January 3 (Thu)

AM & PM XC at Urabandai Kyukason XC ski grounds

They have 1, 3, 5 km courses. The ski ground is in a walking distance from the pension.

Lunch will be taken at a restaurant at Kyukason or grab something to eat at a

nearby convenience store.

Night Staying at the pension "Mokumoku" .

January 4 (Friday)

AM & PM Snowshoe

Lunch will be purchased at a nearby convenience store, or you can bring something.

17:45 Leave Goshikinuma by bus

18:10 Arrive at Inawashiro

18:35 Leave Inawashiro to Koriyama by JR Banetsunishi Line

19:15 Arrive at Koriyama

19:38 Leave Koriyama to Omiya by JR Shinkansen Yamabiko #52

20:37 Arrive at Omiya

Cost :

Accommodation: 7,600 1.05 (tax) 2 nights=15,960

Shinkansen: 7,120 2 (round trip)=14,240

Total: 30,200 yen

<Other extra cost that you pay by yourself later>

Bus between Inawashiro to Goshikinuma: 750 2=1,500

Snowshoe Rental: 1,000 yen per day

XC rental: The owner said it is free for those who are staying at the pension!

Lunch

Accommodation

Western-style pension house "Mokumoku"

<http://www.moku2.com/>

Tel: 0 2 4 1 - 3 2 - 3 0 1 0

I Love Urabandai (in Japanese) : <http://www.urabandai.com>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Christmas Party FINAL DETAILS

15 December Saturday to 16 _ Sunday

(Please come in your favorite Cowboy and Cowgirl attire)

When: 15th of December, Saturday

Time: 7:00pm sharp

Where: Sunshine Ranch – Chiba.

Owner is ;KAWASHIMA SAN

Sunshine Stables

Sakuta 5601 ,kujukuri -machi

Sanbu-gun ,Chiba ken

283-0101

tel Yenfax; 0475- 76- 167

Cost: ¥11,000 per person –

includes dinner, drinks, accommodation and breakfast.

Meeting Place: Meet at Naruto Station at 4:30pm sharp. - Cars will be available to pick you up at the station.

Cars will take you to your Hotel, where you will be able to check in and change into your Cowboy and Cowgirl

attire. Cars will then pick you up at 6:30pm SHARP to take you to the Ranch.

Late arrivals (after 5:00) will

need to make their own way to the Ranch/Hotel.

Meet at the lobby of the Hotel at 6:30pm SHARP. Late arrivals will have to WALK to the Ranch. Please be

prompt

refer to <http://www.hyperdia.com/cgi-english/>

for train schedules

IMPORTANT: Please inform Lea if you are meeting at the station, or making your own way there!!!!!! So I

know who to wait for.

THERE WILL BE NO EXCEPTIONS – MEMBERS WHO MISS THE RIDE WILL NEED TO MAKE

THEIR
OWN WAY

After the Party, members will also need to make their own way back to the Hotel, a short 15min walk from the Ranch

What to Bring:

– Extra funds for horseriding option for Sunday – (cost – will be available on Sunday the 16th)

– Onsen gear, Towels etc..

– Warm Cowboy and Cowgirl gear.

– Big Smile

Checking in Details: members will drive you to the Hotel, where you can check in. Details of your room etc

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboard & Skiing in Whistler/Blackcomb

09 February Saturday to 16 _ Saturday

Jon and I are planning a trip to Whistler this year. We have reserved one room for five people. So there are three spaces open. We are both snowboarders, but skiers are also welcome of course!

Whistler/Blackcomb has been consistently ranked as one of the world's best resorts. Runs are wide and long with a good variety for beginners up to advanced. Besides amazing snow are the amazing views on clear days of the surrounding mountains.

We both went last year and we are now hooked on the place. You can check out the resort's websites at:

<http://www.whistler-blackcomb.com/>

If you are interested in going, please email me as soon as possible.

Meeting Time & Place :

Narita Airport (exact time & place to be decided later)

Cost :

105,800 yen

This includes airfare and hotel. Food and lift tickets are not included. We will stay in a condominium at

Whistler so we can cook our own meals to save on meals.

Schedule :

Feb 9th 17:50 - Leave Narita on JAL for Vancouver, Canada

13:00 to 15:00 - Arrive at the hotel

Feb 10th to 14th Snowboard/Ski

Feb 15th 6:30 to 9:30 - Leave Whistler for Vancouver and return to Tokyo

Feb 16th 14:15 to 16:55 - Arrive at Narita Airport

Payment :

We will get back in touch later about how to make payment. You will need to make an initial deposit of

20,000 yen by Dec 14th. The remaining amount is due by Jan 25th. We also will

need a copy of your passport
sometime in Dec.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oshima New Years Boat Party - Volcano Cycle

31 December Monday to 3 _ Tuesday

This is a New Year' s party combined with a relaxing trip to Oshima (island).

We get on the Ferry to Oshima

island on December 31st at 22:00 and have a New Years party on board. Hopefully we' ll be able to see the

first sunrise of over the water. We arrive at Oshima early on the morning of the 1st. On the first and

second we relax, rent bicycles, ride and hike around the volcano rim (they also have horse rentals), and the

beach (probably too cold to swim). In addition, there is an outdoor mixed hot spring with a view of the ocean.

We leave Oshima on the 3rd at around 11:00 a.m. and arrive back in Tokyo at approximately 7:00 p.m.

This is designed as a relaxing trip with a fairly small group (12 people), and the opportunity for people to do

whatever they feel like. There are rental bicycles near where we' ll be staying (they don' t have helmets). The

cost includes the boat to Oshima, accomodations, two breakfasts and two dinners. It doesn' t include bicycle

rental, hot spring, other recreation activities (like squirrel village) or party supplies for the boat.

Meeting Time & Place :

21:00 at Takeshiba Pier (Takeshiba-sanbashi). 10 minutes walk from Hamamatsucho station on the Yamanote

line. We will meet in the lobby.

What to bring :

You are welcome to bring a bicycle. If you rent one, please bring a helmet. We will have carpeted space to

sleep on the boat. You can rent blankets for 100 yen each, or you may want to bring a sleeping bag and pad.

Bring whatever party supplies you want for the New Year' s party. Champagne

would be nice. It will probably
be quite cold at the top of the volcano. Bring warm clothes, rain gear and
hiking/walking shoes.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Boh-Nen Hiking (Farewell Hiking) to Hakone Myojingatake

29 December Saturday

Boh-Nen Hiking (Farewell Hiking) to Hakone Myojingatake and Myojogatake.

We can enjoy nice view of Fuji-san and famous Hakone Onsen after hiking.

From Shinmatsuda station, we will take taxi to Doryo-son. From there, we will head to Myojingatake through

Miharashi-koya.

At the top of Myojingatake (1169m), we can enjoy nice view of Tanzawa and Fuji-san.

And we will go to Mjojogatake (924m) next then come down to Miyagino-bashi.

After hiking, we can enjoy famous Hakone Onsen.

Total walking time is about 5 hours.

Map: Hakone, Yama-to-Kogen Chizu

If it rains, we will cancel this trip.

Meeting Time & Place :

7:00 am, Shinjuku Odakyu station, Front Car

or 8:30 am Odakyu Shinmatsuda station.

What to bring :

Hiking boots, Lunch and snacks, Water, warm clothes and Onsen-set.

Cost :

About 4500yen-5000yen

(Odakyu Line: 1600yen/Taxi:750yen/Bus:730yen/Onsen:1000yen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

First Sunrise Overnight Hike to Mt.Kumotoriyama (2017m)

31 December Monday to 1 _ Tuesday

First Sunrise Overnight Hike to Mt.Kumotoriyama (2017m)

How has your year been

No doubt, a good year for some people and a bad year for others.

No matter what, why don' t we go to Kumotoriyama, and stay at a very new and clean hut. Join the countdown

and NABE party there. Then next morning, we can go to the peak of Kumotoriyama, which is the highest

place in Tokyo. Your new year resolution and New Year wish should come true if you sight with first sunrise of

2002.

Please feel free to contact me if you interested in the tour.

Please let me know your hiking experience when you contact me.

What to bring: Hiking boots, Crampons, rain gear, warm clothes, 2L water, compass, map, other basic hiking gear. One Lunch, wine/sake and some snacks.

You can get beer for 500 yen at the hut.

Please note that we have a high chance to walk on snow and/or icy ground.

Participants MUST prepare Hiking boots and crampons, otherwise we cannot accept your participation. Recommend to apply for SANGAKU HOKEN if required (climbing insurance).

Schedule(temporary)

Dec 31,2001

06:30 Meeting time at JR Shinjuku Sta.,

08:02 Arrival Okutama St.,

08:30 Departure

09:08 Arrival Kamosawa bus stop

16:00 Arrival Kumotori-sanso(hut)

18:00 Dinner. Drinking party; hot wine and cheese fondue etc...

00:00 Count down and NABE party by the hut

Jan 1,2002

05:45 Go to the peak (30 min. walk)

06:45 First Sunrise!
07:30 MOCHI-TSUKI (making rice cakes) event.
08:30 Depart from the hut.
15:00 Arrive at the Minetani Bus stop
15:40 Bus departs
16:18 Arrive at JR Okutama Sta.,
16:53 Train departs
17:26 Arrive JR Shinjuku Sta.,
Reference(in Japanese)

<http://web9.freecom.ne.jp/.outdoor/1993-kumotori.html>

<http://www.ksky.ne.jp/.suguru/sansou/>

<http://www.zero-city.com/kudougao/kumotori.htm>

Meeting Time & Place :

We will inform meeting time individually to the participants. It will be JR Shinjuku Sta., Chuo-Line Platform around 6:30 a.m.

Cost: :

10,000 yen (7,000 yen with two meals at the hut and transportation from Shinjuku Sta.,)

Maximum participants: :

8 people (then we can share one room at the hut)

First come, first served.

Dead line to apply for the tour :

by Dec 26th.

About cancellation: We will go in the case of regular rain, but in the case of the weather

forecast being very severe, on the 31st and 1st, we will cancel the hike by the 30th, at 11:00 p.m.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

4-days dive trip to Kumejima

28 February Thursday to 03 _ Sunday

Let' s escape the cold city and hang out for a few days in and by the blue waters of Okinawa. Kumejima has

dive spots all around and incredibly white beaches.

The trip includes the flight from Haneda via Naha into Kume airport, stay in a minshuku and four boat dives.

It is basically possible to stay longer, but this has to be arranged in advance. To benefit from low prices, we should book as soon as possible.

Gear is rentable against additional fees.

A diving license is required.

Meeting Time & Place :

Meeting will be at Haneda airport, the time will be announced after booking has been made.

What to bring :

Swim wear

good mood

Costs :

Approximately 65,000 Yen.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboard/Ski in Akita (Tazawako)

9 March Saturday to 11 _ Monday

(This is the same tour as I am leading in January.)

Ski/Snowboarding trip to Tazawako Ski Resort in Akita. I have reserved three rooms (10 people) at a ryokanstyle

(tatami floors) hotel that is a five minute bus ride from the resort. Tazawako is a small, but nice little ski

resort with a great view of Lake Tazawako from most every run.

The trip will cost 30,180 yen. Although lift tickets are not included, they are half price. Also, two dinners and

breakfasts are included in the cost, along with airfare, hotel and bus fare.

The hotel also has a nice onsen and

rotenburo. Both dinners are delicious onabe: Kiritanpo on the first night, Yama-imo on the second night.

We will leave from Haneda airport early on Saturday morning, arriving at the hotel a little before lunch time.

On Monday, we leave the resort at around 3pm, getting back to Tokyo at around 7pm.

Meeting Time & Place :

March 9th, Saturday morning (around 7:30am)

at Haneda Airport. More details later.

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for lunches, lift tickets, omiyage, etc.

Cost :

30,180 yen. This price includes airfare, bus to and from the resort, hotel, two breakfasts and two dinners.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hiking in Sardinia, Italy

26 April Friday to 2 _ Thursday

Explore the wilderness of the unique Mediterranean island of Sardinia in Italy. Sardegna has so much to offer, yet remains relatively undiscovered by the Japanese people. Through our assistance and experience, we allow you to experience Sardegna tranquillity and undisturbed charm during some days of exploring, following some ancient trails.

Sardegna with its unique history, culture and landscapes has all the ingredients for a very enjoyable hiking holiday. The areas we have chosen simply invite you to enjoy the wonderful variation of hiking within relaxing and breathtaking landscapes.

For accommodation, we have chosen a small but very comfortable family run "ensione" similar to Japanese "inshuku". Here we experience at first hand Sardinian hospitality and traditional cuisine at its very best.

Each day we will go and explore different trails, offering a variety of landscapes, from mountain routes to coastal paths. Picnic lunches will be organised.

The guide speaks English, Italian and Japanese and has a life long experience in this sector.

Meeting Time & Place :

Cagliari Airport - Sardinia - Italy

Arrival time to be communicated for pick up.

What to bring :

Weather in Sardinia in Spring is warm, but can expect some rain. Essentials:

Waterproof top and trousers

Day pack

Water bottle

Good quality hiking boots

Walking stick

Sun glasses

Sun cream lotion

Fleece

Cost :

Flight from Japan- depending on airline

\$ 250 Accommodation for 5 nights, evening meal included

\$ 50 extras

\$ 100 Guide and transport

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Mountain biking in Sardinia. Italy

31 October Thursday to 8 _ Friday

Unwind and uncork as together we discover the unspoilt beauty of this unique Italian Mediterranean island.

Sardinia has so much to offer, yet remains relatively undiscovered, allowing us to experience its tranquillity

and undisturbed charm during a week of thrilling biking.

Our base for the week, nestling in the peaceful foothills of Mt Linas, is a small 'Agriturismo' farm producing olive oil and organic vegetables. Here we experience at first hand Sardinian hospitality and traditional cuisine at its very best.

Surrounded by ancient oaks, and only a short cycle from the sandy beaches of Piscinas, it's the perfect place

to relax after a day in the saddle and the ideal setting for our Sardinian beach barbeques!

This charming part of Sardinia with its unique history, culture and landscapes has all the ingredients for a

very tasty serving of mountain biking. The area simply invites you to enjoy the wonderful variation of riding

within relaxing and breathtaking landscapes.

On a series of picturesque wooded tracks, exciting twisting descents and remote mountain passes, we take

you back in time through abandoned mining villages, and rugged coastlines to fishing hamlets, surrounded by

emerald blue seas.

Rest day activities range from trekking to gorges and waterfalls, to horseriding, merely lazing on one of the

stunning beaches - or perhaps even a little more off road riding - you can even learn how to cook spaghetti!

Meeting Time & Place :

October 31 Cagliari Airport - Sardinia - Italy.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Amefuri-san, Chuo Line Day Hike Yen party

24 December Monday

Hiking time: Approximately 3 hours up, 2 hours down. Altitude 1137M

Return bus arrives at Uenohara 16:51. Direct train to Shinjuku leaves Uenohara at 17:00

Work up an appetite for Xmas dinner, or spoil it by eating the night before.

This is a convenient and scenic area with good views of Mt. Fuji, that doesn't get as much attention as it deserves. Trails are generally less crowded and in better condition than than Okutama or Tanzawa.

Depending on numbers, I'd like to invite people who express an interest in advance to drop by my place on the way back (Musashi Koganei on the Chuo line) to enjoy some Christmas food and hot mulled wine.

If for hike only, okay just to show up.

Hike cancelled in case of rain. Party not.

Meeting Time & Place :

Meeting place: Chuo Line, Takao station, back end of train.

Chuo line trains from Shinjuku to Takao at 8:18 or 8:28 take about an hour.

9:47 train from Takao to Uenohara (3 stops past Takao)

10:25 bus from Uenohara to jump-off point.

Bring :

Map: Takao-Jinba

Bring: Warm clothes, lunch, water bottle, LIGHT. Proper pack and boots -please no running shoes.

Extra supplies such as candles, matches, stoves, first aid kit, knife etc. advisable this time of year.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Takao-san Beginners Hike and Karaoke

23 December Sunday

Hike

This will be an easy, leisurely hike up an attractive, forested stream valley along route number 6 to the top of Takao-san (599m). This is a nature study route with numerous signboards along the trail explaining the area's natural surroundings. We'll also pass a small waterfall and a shrine along the way. About 3 hours map time roundtrip.

After some fresh air, we'll stop for Karaoke on the way back for anyone interested in practicing their Christmas carols!

Karaoke

Karaoke Oasis, 1000 yen/person (unlimited time)

Tel: 0425-92-1294 (Japanese only)

Keio Line: Takahata-Fudou Station

Meeting Time & Place :

Keio Line platform (Very back)

Take the train for Takao-san Guchi in Shinjuku Stn. 08:50 am.

Arrives at Takao-san Guchi at 9:37 am.

Cost:

370 yen (one-way from Shinjuku to Takao-san Guchi station)

What to bring:

Lunch, snacks, water, hiking boots, rain gear, warm clothes.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FULL - Snowboard/Ski in Akita (Tazawako)

9 March Saturday to 11 _ Monday

(This is the same tour as I am leading in January.)

Ski/Snowboarding trip to Tazawako Ski Resort in Akita. Do to popular demand, I have reserved four rooms

now for 16 people total. It is a ryokan-style (tatami floors) hotel that is a five minute bus ride from the resort.

Tazawako is a small, but nice little ski resort with a great view of Lake Tazawako from most every run.

The trip will cost 28,500 yen. Although lift tickets are not included, they are half price. Also, two dinners and

breakfasts are included in the cost, along with airfare, hotel and bus fare.

The hotel also has a nice onsen and

rotenburo. Both dinners are delicious onabe: Kiritanpo on the first night, Yama-imo on the second night.

We will leave from Haneda airport early on Saturday morning, arriving at the hotel a little before lunch time.

On Monday, we leave the resort at around 3pm, getting back to Tokyo at around 7pm.

Meeting Time & Place :

March 9th, Saturday morning (around 7:00am)

at Haneda Airport. More details later.

What to Bring :

Your own snowboarding or skiing gear. However, you can rent at the resort. Money for lunches, lift tickets, omiyage, etc.

Cost :

28,500 yen. This price includes airfare, bus to and from the resort, hotel, two breakfasts and two dinners.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

26 January Saturday

(Japanese below)

We are going to do a 50km loop through Yoshida & Ogano that starts and ends at Seibu-Chichibu station. At

Nishi-Chichibu Momo-ko Lake we' ll stop for a picnic lunch. Later we' ll go to Kur Palace Onsen [http://www5.](http://www5.ocn.ne.jp/.ogano/kurpalace/)

[ocn.ne.jp/.ogano/kurpalace/](http://www5.ocn.ne.jp/.ogano/kurpalace/), which has separate rotenburos and a mixed bathing area with jacuzzi, massage

pools, sauna, etc. From there it' s about 10km back to Chichibu, with the option of riding through Chichibu

Mews Park via a big hill (up and down), depending on remaining daylight and enthusiasm. We' ll have dinner

in Chichibu before heading home.

You can do this on a mountain bike or a road bike. Even a mama-chari is OK if it has a few gears! There are

some rolling hills and a couple of gentle climbs, but you don' t have to go up any big hills unless you really

really want to.

IN CASE OF RAIN, SNOW, HIGH WINDS, OR EXTREME COLD (or all of the above!) THIS TRIP WILL BE

CANCELLED/POSTPONED.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Easy Cycling in Chichibu/のんびりサイクリング in 秩父

26 January Saturday

(Japanese below)

We are going to do a 50km loop through Yoshida & Ogano that starts and ends at Seibu-Chichibu station. At

Nishi-Chichibu Momo-ko Lake we' ll stop for a picnic lunch. Later we' ll go to Kur Palace Onsen [http://www5.](http://www5.ocn.ne.jp/.ogano/kurpalace/)

[ocn.ne.jp/.ogano/kurpalace/](http://www5.ocn.ne.jp/.ogano/kurpalace/), which has separate rotenburos and a mixed bathing area with jacuzzi, massage

pools, sauna, etc. From there it' s about 10km back to Chichibu, with the option of riding through Chichibu

Mews Park via a big hill (up and down), depending on remaining daylight and enthusiasm. We' ll have dinner

in Chichibu before heading home.

You can do this on a mountain bike or a road bike. Even a mama-chari is OK if it has a few gears! There are

some rolling hills and a couple of gentle climbs, but you don' t have to go up any big hills unless you really

really want to.

IN CASE OF RAIN, SNOW, HIGH WINDS, OR EXTREME COLD (or all of the above!) THIS TRIP WILL BE

CANCELLED/POSTPONED.

西武秩父駅を出発し、吉田町方面へのどかな田園風景の中をとおりながら、西秩父桃湖へ。

湖畔でおべんとうを食べて、帰りにクアハウスおがの (<http://www5.ocn.ne.jp/.ogano./kurpalace/>)

による、ビギナー大歓迎のサイクリングです。

マウンテンバイク、ロードバイク、ママチャリでも OK。(但し、ギアがついているものをおすすめします。短

いアップダウンがいくつかありますので) 温泉のあとは、おてんとさまやみんなの体力と相談しながら、秩父

ミューズパークを通過して駅まで戻ります。(全行

程約 50 km) 秩父駅周辺で夕ごはんを一緒に食べましょう。

※もし、雨、雪、強風などの場合は中止もしくは延期します。

お申し込み・お問い合わせは

“The is an all volunteer organization and events organized by members are not screened or supervised.

Event organizers do not have professional skills or training in adventure activities. Each member is

responsible for his or her own safety. Advice for both organizers and participants is included in the

* 西武新宿線でくる方は一番後ろに乗り、1番線に着くので、階段より4－5番線にきてください。（新宿線

と池袋線は進行方向が逆になってます）

* JR線国分寺より西武国分寺線のりかえ、東村山駅で新宿線に乗り換え、所沢に来られます。

* 新宿線で本川越方面からくる方は所沢で2－3番線に着きます。

* 中央線沿線にお住まいの方は、西武新宿線の最寄り駅まで自転車で行ったほうが便利かもしれません。

What to bring/持ち物：

Bike & bag

HELMET or we' ll send you home

Headlamp and rear light/reflector

Appropriate clothing for cycling - make sure you' ll be warm enough, it gets cold going downhill!

Gloves

Sunglasses & sunscreen

Lunch & snacks

Water bottle

Repair kit

First aid kit

Copy of insurance

Onsen kit

Bathing suit

Map - Yama to kogen chizu #22 “Oku-Musashi & Chichibu”

自転車（MTB、ロードバイク、ママチャリいずれも可）

輪講袋

ヘルメット（持ってこないかたは参加をお断りします）

ライト（ヘッドランプ、リアライトまたは反射板）

防寒着、手袋

サングラス、日焼け止め

お弁当、おやつ、水筒

修理キット

お風呂道具、

水着（クアパレスは水着で入れる温泉プール、ジャグジーなどのエリアがあります。水着のレンタルもありま

すが、ダサいので御自分のを持参することをおすすめします。）

地図（山と高原# 2 2 「奥武蔵、秩父」）

Cost/コスト：

From Ikebukuro or Shinjuku, the return train fare is less than yen. If you want to take a tokkyu (New

Red Arrow) the surcharge is 510 yen from Seibu-Chichibu to Tokorozawa, more to Ikebukuro or Shinjuku.

The onsen is 800 yen. Bathing suit rental is available but they're pretty ugly.

* 交通費（池袋や新宿から乗車券往復¥2000—かかりません。帰り特急レッドアローに乗りたい方は別途特急

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yamagata Zao Onsen Ski/Snowboard Trip

22 February Friday to 24 _ Sunday

Yamagata Zao Onsen is one of the oldest ski resorts in Japan, and is famous for its onsens and snow covered trees known as juhyou (snow monsters). It' s noted to be among the best skiing in Tohoku.

We' ve reserved two rooms for two nights and three days of skiing.

This trip is limited to 8 people.

The itinerary is as follows:

Fri 2/22:

07:20 Depart from Tokyo station on Yamagata Shinkansen (Tsubasa #113)

09:49 Arrive in Yamagata.

10:10 Bus#3 to Zao Onsen.

11:00 Arrive at hotel, leave luggage and ski for the afternoon.

In the evening, we' ll enjoy dinner at the hotel then night ski or soak in the rotemburo.

Sat 2/23:

Breakfast at hotel, ski all-day, then dinner & soak (or night ski).

Sun 2/24:

Breakfast at hotel, ski until 3pm.

16:40 Bus#24 to Yamagata station.

17:30 Arrive at Yamagata station.

18:19 Shinkansen Tsubasa #186 to Tokyo.

21:19 Arrive at Tokyo station.

Meeting Time & Place :

Meet at Tokyo station Fri 2/22 at 7:00am in front of the Yamagata Shinkansen entrance. After 7:00am, meet on the train. Don' t be late!

Advance purchased Shinkansen tickets will be distributed in advance.

What to Bring :

* Ski/Snowboard equipment and clothing. Equipment rentals available at hotel (free rentals!).

* sun block

* camera

* onsen towel Cost :

Hotel (Matsukaneya Annex): 16,500yen (2 nights, incl: 2 breakfast + 2 dinner).

Lift: 7,900yen (2-day pass, night ski - 2,300yen)

Transportation: 22,100yen roundtrip (JR Snowliner Ticket: this is a combined train+bus at a discounted price).

Total cost: 46,500yen

Will need some money for lunch and if you wish to visit other onsens. Basic equipment rental is free. Fee for newer equipment.

For hotel, we need a 5000yen deposit no later than 1/21. Full payment of 11,500yen (16,500yen, less deposit) is required by 2/1. Cancellation fees apply after 2/1.

For JR Snowliner Tickets, we will need full payment of 22,100yen by 1/21. Or you can buy your own tickets anytime if you don' t mind sitting separately.

Links :

http://www.zao-spa.or.jp/w_index.html

<http://www.ski-japanguide.com/new/resorts/spotlight-1-zao.html>

<http://www.kankou.yamagata.yamagata.jp/djst/zao/eng.html>

Events

Hiking and overnight onsen in Okukinu

16 February Saturday to 17 _ Sunday

Teshirozawa Onsen is a secluded onsen ryokan in the mountains north of Nikko. I am organising an overnight (Saturday-Sunday) trip which involves hiking about 3 hours to the onsen, staying overnight in the onsen ryokan with a French meal and breakfast included, and hiking out the next morning. Depending on the snow conditions, hiking boots may be sufficient, but it is advisable to bring crampons. Snowshoes are not needed for the hike, but if you have them, then they can probably be used in the area. The hike will be medium-paced. You do not need to be super-fit, but depending on the snow conditions, it will probably be quite tiring. Some stamina is required. Of course, the onsen makes it all worthwhile! The ryokan can only be reached on foot, and there are inside and outside baths. I have booked for 8 people, so please let me know asap if you are interested in coming along. I will ask you to pay the ryokan and express train charges in advance. If you decide to cancel, I will refund the money (less bank transfer charge) only if I can find someone to take your place since the room charge changes depending on the number of people.

Meeting Time & Place :

Tobu Asakusa Station, 7.30 AM, Saturday February 16th. Train departs at 8.00 (You can also board this train

at Kita-Senju at 8.11) We will arrive back at Tobu Asakusa Station on Sunday in the evening. I will not book

the return trip, so we are free to choose which bus and train to take depending on the weather, etc.

What to bring :

Winter hiking clothing, including breathable outer shell, fleece, and warm non-cotton layer. Warm gloves, and

a hat are also important. Gaiters (spats) are necessary. It is important to wear clothing that is warm but

lightweight, and dries quickly. Denim jeans are not suitable because they are very difficult to dry and get very

heavy when wet.

Cost :

10,500 Yen per person for the accommodation if we have 8 people. It may increase slightly if there are less.

Transport is by the private Tobu Line from Asakusa to Kinugawa Onsen (2920 Yen one way, 1500 Yen if we

don' t take the express train) Bus (ツシアト・ミ・ケ) Y3870 return Total cost: 20,300 using express trains in both

directions 18,880 using a regular train on the return

Links :

Teshirozawa Onsen: <http://www.journal.co.jp/tochigi-onsen/yadojyouhou/dd.okukinu-nikko-chuzenji/dg.tishirozawa.html>

tishirozawa.html

<http://homepage1.nifty.com/tozan/kiroku99/990123.htm>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowshoe/Nature (XC or Telemark) Ski in Togakushi

9 February Saturday to 11 _ Monday

I am organizing a snowshoe/nature (XC or Telemark) ski trip in Togakushi, Nagano in the long weekend of

Feb 9-11 (Monday is a national holiday). It will be a trip for 2 nights and 3 days, taking highway bus from

Shinjuku. As for the equipment, you can rent snowshoe, cross-country ski and telemark ski at the place we are

staying at, so you do not need to have your own equipment, but you need to have some winter sports wear,

such as ski wear. Please check “what to bring” below.

Unlike the bus trip that I organized in mid-January to Kurohime with 23 participants, introducing the

snowshoe and the nature ski, this time, the size of the group is very small with 6 people because all

accommodations there were already full. This trip is for those who have some experiences in hiking in snow

because we will not hire mountaineering guides and need to lead the hiking by ourselves. Therefore, the

qualifications to join this trip are:

Snowshoe is a racket-shaped frame containing interlaced strips, as of leather, that can be attached to the

foot to facilitate walking on deep snow” according to an on-line dictionary.

In Japan, what is similar to this is

“Kanjiki” , or a wooden frame that has been used in the snow country. There are various websites in English

and Japanese, which writes about snowshoe, so please take a look! Also, the Japanese mountaineering

magazine 。 “Yama to Keikoku” features a special topic of snowshoe around this time of the year, so please

keep your eyes on that magazine.

What is nature ski

It is a “walk” with ski in the snow-covered forests or hills invented in Japan. The purpose of the nature ski is to relax and observe the nature, looking at winter plants and flowers or following footprints of animals. The type of the ski for nature ski varies. We may use cross-country ski, telemark ski or the nature ski. Nature Ski is ideal for those who like easygoing, slow-paced sports, while it may not be thrilling enough for those who are accustomed to more athletic ski, such as yama ski, telemark ski or downhill ski/snowboarding. Please see <http://www2u.biglobe.ne.jp/.milki/natureski.htm> for further information on nature ski (in Japanese).

Meeting Time & Place :

7:15 at the Ticket Center at the Shinuku Highway Bus Terminal located at the West Exit of JR Shinjuku Station

Please check the direction to the Shinjuku Highway Bus Terminal at the following link:

https://www.highwaybus.com/rou/bin/line_sintr.asp?mscssid=&ecd=&station=008&line=160

Cost:

1) Accommodation: 9,800 yen with dinner and breakfast including hot spring and consumption tax 2=

19,600 yen

2) Highway bus round trip tickets: 7,400 yen

3) Round trip by a chartered jumbo taxi between Nagano Station and Mominoki Sanso in Togakushi : 1,340

2= 2,680 yen

Total 29,680 yen

plus, you will be paying at the sites by yourself:

4) Snowshoe rental: 2,500 yen

5) Cross country ski rental: 1,500 yen

6) Telemark Ski rental: 3,500 yen

7) Lunch for 3 days

16:00-16:30 Leaving the Inn by chartered jumbo taxi

18:00 Taking the highway bus from JR Nagano Station back to Shinjuku

21:40 Arriving at the Shinjuku Highway Bus Terminal

Accommodation:

Mominoki Sanso

<http://mominoki.com>

Tel: 026-254-2100

This place is VERY famous among nature skiers. The owner of the inn is a mountaineering guide, who is quite

knowledgeable about where to do snowshoe and nature ski.

Where to do snowshoe/nature ski:

It depends on the weather, so we will decide together, while asking some advice from the owner of Mominoki

Sanso. But you can check out some courses at the Mominoki-sanso's website at <http://mominoki.com/>

CrosCountry.htm

Useful Links:

* Togakushi Tourist Center

<http://www.naganoken.net/viltogakushi/>

* Snowshoe in general including what equipment you need etc.

<http://www.thefourwheelers.com/Main/hobbies/snowshoeeq.htm>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Feb 9-11 Oze snowshoeing and winter camping

09 February Saturday to 11 _ Monday

We will snowshoe through beautiful Oze, staying at an unmanned hut and making snowshelters!

Oze is well-known for its marsh areas in the spring and summer, but it's equally beautiful in winter, although

a lot more preparation is needed. My plan is to spend three days in Oze, using snowshoes (which can be

rented in Tokyo at Montbell). We will make snowshelters (Quin-zee) by piling snow and hollowing them out,

which is surprisingly comfortable to sleep in. The snow is a very good insulator against wind. We will also

spend one night in an unmanned hut.

This is a demanding trip, and not suitable for those with little experience of winter hiking. We will not be

doing much climbing, but snowshoeing in deep snow demands stamina, and spending two nights in the

mountains is quite tiring.

Besides the joys of snowshoeing through a beautiful landscape, it will be an opportunity to take some

stunning photos, and see Oze without the hordes.

The exact course has not been decided, and will depend on snow and weather conditions.

The trip will be limited to 8 people.

Meeting Time & Place :

Exact time and place will be announced later, but early on the 9th of February, arriving back on the evening of

February 11th.

What to bring :

You will need full winter gear, including outer shell, fleece, and non-cotton inner layer, plus hat, gloves, etc. A

winter-rated sleeping bag is also needed, plus camping gear (tent, stove, etc.).

Snow shoes can be rented for about 4500 Yen for 4 days, or bought for about 15000 – 30000 Yen. Camping gear such as a stove and pots, plus plate, cup, and water bottle.

A camera is also a good idea.

Cost :

Return train to Numata: This depends on which train we take, but it will be between 8-10,000 Yen return.

I have yet to confirm the bus route and price. The trip cost may increase depending on what services are available.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cebu Philippines homestay, hike and filming trip

19 April Friday to 26 _ Friday

Month Day Schedule Stay over

1 : Narita meeting & Pm 6 hr. flight to Cebu

2 : Cebu to training location , client training , rappelling - Boat

3 : Jungle hike & rappelling - Camp

4: Jungle hike

5 Jungle hike Camp

6 Jungle & Boat back

7 Cebu city Hotel , beaches & BBQ

8 Cebu sights & night life Hotel

9 Cebu via Manila flight to home

Schedule Breakdown

Day 1 :

Meet at Narita airport the designated hotel in Cebu city . Here we will meet your military guides and the

Green Mountain Club ,made up of judges, students and business people of Cebu .

This day we will have some

introduction fun and check our equipment and be ready to board the evening boat for Lyete Island an

overnight trip on light sea and a million stars . (S) Flight time .

Page 2

Day 2 Hotel (B)

Usually, type of group with some or a lot of experience in camping & hiking but amateurs in good shape are also welcome ! First day is 'training day' .bit

of repel training, easy hiking and back to the main guest camp for the night.

This day is primarily used to get you acclimatized and allow the Instructors to see who was what strengths you have and for some pre hike explanation .

That night we board a boat for Lyete Island (Boat bed) (L 膨 amp) (SBoat dockside)

Day 3

That night we board a boat for Lyete Island .We arrive early morning & spend the next three day and 2 nights in the jungle. Here you will learn about plants to eat & how to make Banana tents, cooking & surviving in the jungle. There are some great waterfalls to relax & rappel into & good times with the guides ,from the military and the local mountaineering club . Hiking along small jungle paths

(B- Dockside) (L/S 卸 rail)

Day 4 :

Same as day 2, with more instruction . (B Yen L Yen S) Trail & Camp

Day 5 :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gobi Grasslands Inner Mongolia 1/2

20 July Saturday to 28 _ Sunday

Day #1 : Narita to Beijing Hotel and train

Day #2 ; Hohhot to Erenhot border camp near Outer Mongolia ; horse ride,
dinosaur dig ,hike,camp and visit

locals

Day # 3 ;same

Day #4 :same

Day #5 :same

Day #6 :camp to Train to Beijing Yenbed on train

Day #7 :Beijing Stn to Great Wall Yen hike Yenrelax

day #8 : WALL to Bjj Yenshop/Hotel Yenparty

Day #9 : home

We can make this shorter by one day if all agree

Trip neds 6 minimum Yen15 max

When to call me ;now or before MAy 1st

Meeting Time & Place :

Narita Airport

Counter :TBA

Time : TBA

visa Yenmoney YenAir :

Air : buy your own ticket not included in ground price price maybe from
70,000 .IF we go before August it

will be cheaper

Visa required; cost from 4000 yen

Money ;Mongolia VERY cheap min 10,000 yen

Beijing;Hotel is included for one night

train is included round way beds also

meals ,translator,guides , transport are included

price ground trip : US\$900

Pay ; me dep =10,000 first .rest : June 1st

I pay head guide in China with you in attendance

deposit sent in May by bank to bank transfer

bring :

hiking clothes and shoes

sun hat

sunglasses x 2 pair

scope for your poop and toilet paper

riding hat if you have one

casual nice clothes for Beijing

camera

Insurance

your own medical and toiletry things

pack ; small day pack

suitcase is ok but have to leave at the Hotel in a secure room cannot take with us

why go :

Fun , learn about dinosaur and history of Gobi and China and Mongolia and how to get about China

food !!

stars..lots !!ipai !

horse riding on the grasslands

camping

....down points

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Canada Horse Riding 1/2

31 August Friday to 7 _ Saturday

Day 1 : ..Narita to Calgary Canada (9.5hrs flight time) Ranch home stay

Day 2 : Ranch activities : Shopping for cowboy riding clothes & horse and Ranch & training & ride to camp

Camp

Day 3 : Ranch activities : learning how to ride & care of horses Ride to Camp .
1C tent bed

Day 4 : Horse riding , survival classes (How to....camp,make fire , what to eat & more! Tent-bed

Day 5 : Riding mountain trails . Camp activities : Tent-bed

Day 6 : Riding mountain trails . Camp activities- Tent bed

Day 7 : Camp to Ranch by horse ; pack up & to Banff town .

Sightseeing hot pool ,shopping, some hiking - Hotel bed

Day 8 : Easy drive to Beautiful areas, glaciers , hike to waterfalls

Canoeing at Lake Louise Hotel

Day 9: Indian culture day , shopping, sightseeing , party... Hotel

Day 10 : Banff to Calgary to Japan (Vancouver optional)

schedule can be shortened or lengthened

Meeting Time & Place :

Narita Airport

time ;TBA

Counter ;TBA

cost ,visa, :

Visa ;non required

Cost :Air .maybe 80,000

Ground cost ;trip : 95,000 yen

when to contact me ;anytime

Hotel one night included

Deposit ASAP 10,000 sent as dep to Canada

final payment ;paid by you to the Ranch when we arrive

why go :

feed the bears

improve your riding skills in the Rockies

learn how to clean , feed and saddle you own 'Rocky'

its fun! learn to line dance !

eat BBQ every night

wash in the rivers !

learn to lov your horse

hot springs to !

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Marunuma Kogen/Hotaka Area Skiing/Snowboarding Tour

16 February Saturday to 17 _ Sunday

Planning to go to Hotaka Area(Gunma Prefecture) for Snowboarding/skiing in the weekend of Feb 16/17.

Leave Tokyo area in the early morning on 16th by car straight to Oigami Onsen and pick up lift pass at the

hotel and then to Hotaka Area Skiing field. Coming back on 17th night.

We are taking Kanetsu Highway to Numata IC

and then to R120 to Hotaka Area.

Stay at Bokusuikan, Oigami Onsen.(Hotel has been changed as I informed before)

<http://www.lun.co.jp/>

bokusui/

12000yen/per person

I have booked two rooms to be able to share 8-10 people.

I' ve already got some people but the room is still available.

Basically, we share the car and share petro and highway cost. Hotel has offered some free lift pass(not for

everybody) so we will share the cost of lift pass as well.

On the second Day, go to Marunuma Kogen.

After skiing/snowboarding, come back to Tokyo.

Meeting Time & Place :

Will inform later.

Cost :

12000 yen for the accomodation with two meals.

(Oigami Onsen Area)

Plus petro & highway & lift pass

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Duggan' s oze climb and snow hole camp

9 February Saturday to 11 _ Monday

This is for experienced(winter) hikers only with all equipment.

quite easy climb and snow shoe hike.

Plan

Route depends on the weather.

Do 1 or 2 climbs around oze with snow shoe hike and snow hole camp.

Saturday

climb from yu-no-goya to free lodge (4 to 5 hours)

Sunday

continue up the mountain to Sasa-ga-dake , along the top to a hyaku-mei-san (top 100) mountain - down to oze marsh , make snow hole or find a place to stay (6 to 7 hours)

This page shows pictures from a recent trip to yunogoya and snow hole (comfortable)

Monday

one more climb up another hyaku-mei-san (top 100) mountain if there is time or

just snow-shoe out to aizu , okukinu or tokura ski-jo for numata

Bus and train back to tokyo.

Accommodation

First night in free mountain lodge then make snow hole or "kamakura" to sleep in near oze

lake. Could also camp or stay in a lodge if there is one open but you must be prepared for

a night in the snow.

Travel

Express Train to Minakami then bus to yunogoya at the edge of Oze national park there are several options for the return tripaizu

/ okukinu using the tobu line

numata then JR line

or back to minakami

Contact me first if you want to go (I want to check what gear you have and experience)

limit of group number is 10 people

Andy Duggan

Meeting Time & Place :

Ueno station or minakami.

Things to bring :

Snow shoes (can be rented from tokyo)

winter boots , very warm clothes , waterproofs, goggles or sunglasses

matress , plastic sheet to sleep on or a survival bag

sleeping bag (for temperatures around -12 to -15 deg. C)

Headtorch or flash light

stove and cooking things

snow hole tools - small 100yen hand saw and something to dig with...cooking pan is ok

Recommended if you have them - crampons/climbing axe.

Food:

bring your own

Cost :

Travel expenses should be under 10,000 yen.

Snow shoe rental about 3000.

and your own food.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yutopia Baths Excursion/Tokyo

24 February Sunday

Join us for an afternoon of revelling in hot water and massage at the multi-level Yutopia Baths in Tokyo. (note: Gents will bathe with gents, ladies with ladies, a la onsen style.) This is a great opportunity to socialize and get clean ... without the fuss of wondering what to wear! Come one, come all, come smelly. We hope to have enough energy to go for dinner following our baths. No need to contact organizer prior to event; merely showing up on the day is fine.

Meeting Time & Place :

1:00 p.m. at the West exit (after surrendering your ticket) of Ogikubo Station, on the Maruonochi subway line

What to Bring Yen Cost :

All you need bring is your "birthday suit" (no bathing suit required), and approx. Y2800 for entrance, extra for massage, extra if you'd like to join us for dinner and drinks.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Winter Climbing - Tanigawadake

16 March Saturday to 17 _ Sunday

The routes for this trip will depend on conditions and be chosen nearer the time, but the minimum objective is

the East Ridge (winter grade 1). Objective hazards are the usual ones for this area, ie avalanche risk on the approach and cornices along the route.

This trip is only for experienced winter climbers with all necessary equipment and used to early starts.

Contact the organizer (who will be out of Japan between 1st and 7th March) for further details and sign up.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Winter Climbing - Tanigawadake

21 March Thursday to 24 _ Sunday

Thursday, 21 March is a public holiday, so you will need to take only one day off work to join this trip.

Alternatively, join only for the weekend.

The routes for this trip depend on conditions and will be chosen nearer the time, but should include winter

climbing routes to upper grade 2 and at least one ice route (pitch and route grade both 4).

Objective hazards for this trip are the usual ones for this area, namely avalanche risk on the approach and cornices along the route.

This trip is only for experienced winter climbers with all necessary equipment and used to early starts.

Contact the organizer (who will be out of Japan between 1st and 7th March) for further details and sign up.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Backcountry Skiing in Shiga

21 March Thursday to 23 _ Saturday

///// Plans Yen/////

<Yokoteyama - Maeyama, Shiga>

Date: Mar. 21

Itinerary:

09.00 Yudanaka station (by car or train)
10.00 Kumanoyu ski resort (by car or bus)
11.00 Mt. Yokote (by lift)
12.30 Kusatsu Pass (downhill)
14.30 Mt. Hachi (uphill)
16.30 Kumanoyu (up-/downhill)
17.30 Yudanaka (by car or bus)

About the course:

This course is easy enough for beginners to try out backcountry skiing for the first time.

<Okushiga - Ryoyama>

Date: Mar. 22

Itinerary:

07.30 Yudanaka station (by car or taxi)
08.30 Okushiga (by car or bus)
09.30 Yakebitai (by lift)
11.00 Ryuoyama (up-/downhill)
14.00 Gorinyama (downhill)
15.10 1243m (downhill)
17.00 Yudanaka (on foot)

About the course:

Ridge between Gorinyama and the 1243m point is narrow and steep, and requires skiing skills.

From the 1243m point, we mostly walk back to station by carrying skis on backpacks.

Alternative plan:

Ski down from Ryuoyama to Ryuo Onsen through a ski resort, to take an outdoor bath there.

Related info.:

Kitashiga-Ryuo Ski Resort: <http://www.ryuoo.com/>

Nagano-Dentetsu

Sugakawa

Bus:

<http://www.nagadenbus.co.jp/robus/zikoku/sugakawa.htm>

Nagano-Dentetsu Bus: tel. 026-295-8008

Gorin-Kogen Ski Resort: <http://www.princehotels.co.jp/ski/gorin/>

Yamanouchi Tourist Information: tel. 0269-33-1107

<Higashi-tateyama - Iwasuge>

Date: Mar. 23

Itinerary:

08.00 Yudanaka

09.00 Ichinose (by car)

10.00 Terakoya (by lift)

11.00 2085m (uphill)

13.30 Iwasuge (up-/downhill)

15.00 Ichinose (downhill)

16.00 Yudanaka (by car)

About the course:

You need to prepare a pair of crampons to walk the ridge towards Iwasuge summit.

//// Maximum number of participants Yen////

Around six.

Meeting Time & Place :

Either of the following:

20.30pm, Wed., Mar. 20, Tokyo station.

09.30am, Thu., Mar. 21, Yudanaka station, Nagano.

07.30am, Fri., Mar. 22, Yudanaka station, Nagano.

07.30am, Sat., Mar. 23, Yudanaka station, Nagano.

What to bring :

Either a backcountry skis, skiing poles, climbing skins, crampons, winter

clothes, headlamps, emergency kits,
compass, thermos, sunglass, goggles, maps (1/25,000 Iwasuge-yama, Kiriake,
Yomase, Nakano-Tobu),
sunscreen, moleskins, ear-plugs, etc.

Accommodation :

We are sharing a two-story cabin with another party. About 4000yen for the first night, and 1000yen per night from the second night. You will be sleeping on a wooden floor, so bring a matt and a sleeping bag.

People from the other party are talking about dancing salsa at night, so you can join them if you like. You might want to bring ear-plugs, since salsa dancers could be a little noisy, and there is always a fear that someone snors in the night.

The cabin has a kitchen on each floor. We are planning to buy groceries at nearby supermarket and cook meal every night.

Transportation :

Depending on the number of participants, we either go there by car or by train. In either case, we leave Tokyo around 20.30pm on Mar. 20, and arrive at Yudanaka around midnight.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Bandai-san/Adatara-yama snowshoe climb (maybe 1 day ski)

9 March Saturday to 10 _ Sunday

not sure yet which order mountains will be climbed on saturday and sunday depends on weather and conditions.

will go to koriyama by shinkansen then on to one of the mountains by train or bus,

there are free lodges on both mountains and onsen/rotenburo along the way.

Adatara-yama 1700m (top 100) about 4 hours snow hike.

Bandai-san 1818m (top 100)

On sunday we will climb the other mountain or walk round/across

the famous lakes or go skiing at one of many resorts.

the free lodges have no heating so you will need warm clothes and sleeping bag

you could also find a cheap minshuku.

Meeting Time & Place :

probably tokyo station....contact me

equipment :

Things to bring

snow shoes, good boots, winter clothing, good sleeping bag and mattress, head torch, sunglasses etc.

crampons might needed for the top of bandai-san and a walking axe (I will check)

snow shoes can be rented from montbell shop in ebisu for a few thousand yen.

food :

Food

bring prepared food or you will need a stove to cook

cost :

simple climbing trip in free lodge should be between 11000 and 14000 total.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spring Skiing/Snowboarding in Hokkaido (Niseko)

12 April Friday to 14 _ Sunday

I am planning a trip to Niseko in Hokkaido to go Snowboarding/Skiing in early April. The plan is for two days/three nights at Niseko. Total cost will depend on how many people can join. But it should be around 35,000 yen. This includes airfare, hotel, two breakfasts and lift tickets.

If you are interested in coming, please let me know as soon as possible so I can make reservations before these dates get filled up.

Please be sure to give me:

- 1) Your full name
- 2) Your age I need these to make the reservation with the travel agent.

Meeting Time & Place :

We will leave Haneda airport early, around 7am or 8am on Friday morning.

Cost :

around 35,000 yen

Ski Resort: :

Niseko Higashiyama (Hokkaido)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spring Skiing/Snowboarding in Hokkaido (Niseko)

12 April Friday to 14 _ Sunday

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Dates: April 12th (Fri) - April 14th (Sun)

If you are interested in coming, please let me know as soon as possible so I can make reservations before these dates get filled up.

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Meeting Time & Place :

We will leave Haneda airport early, around 7am or 8am on Friday morning.

Cost :

around 35,000 yen

Ski Resort: :

Niseko Higashiyama (Hokkaido)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FULL Skiing/Snowboarding in Hokkaido (Niseko Higashiyama)

21 March Thursday to 23 _ Saturday

I found a reasonable tour to Niseko Higashiyama in Hokkaido. Does anybody be interested in coming

You need to get one day off on March 22 to join it.

Meeting Time & Place :

Departure: Mar. 21 between 5:50 and 11:00 from Haneda Airport.

Return: Mar. 23 between 15:00 and 22:00 from Chitose Airport in Hokkaido.

The travel agent will let me know our flight schedule one week before the departure, so I'll let you know the meeting time and place later. We can't choose our flight.

Cost :

26,800 yen

This includes airfare, bus to and from the hotel, hotel with two breakfasts and one dinner.

Hotel :

Niseko Higashiyama Prince Hotel

The number of people :

4 or 6

If you are SURE to join it, please contact me as soon as possible. I'll correct money soon. Please note that our cancellation fee already appear after we reserve it.

Please be sure to give me:

- 1) Your full name
- 2) Male or Female

3) Your age

I need these to make the reservation with the travel agent.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spring Skiing/Snowboarding in Hokkaido (Kiroro)

12 April Friday to 14 _ Sunday

This trip was planned for Niseko, but I have changed it another resort in Hokkaido, Kiroro.

The plan is for two days/three nights. Total cost will depend on how many people can join. But it should be around 35,000 yen. This includes airfare, hotel, two breakfasts and lift tickets.

Dates: April 12th (Fri) - April 14th (Sun)

If you are interested in coming, please let me know as soon as possible so I can make reservations before these dates get filled up.

Please be sure to give me:

- 1) Your full name
- 2) Your age I need these to make the reservation with the travel agent.

Meeting Time & Place :

We will leave Haneda airport early, around 7am on Friday morning. So plan on being at the airport by 6:15am.

Cost :

around 35,000 yen

Ski Resort: :

Kiroro

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Annual White Water Rafting, Hiking, BBQ Bus Trip in Minakami, Gunma
25 May Saturday to 26 _ Sunday

“The white water rafting trip is my annual tradition to start the summer. Working together with other people to row the boat, battling to splash chilly water to other boats, and meeting cute, macho rafting guides are such memorable experiences every year. Oh, don.’ tt forget. I am organizing the White Water Rafting, Hiking, BBQ Bus Trip to Minakami, Gunma at the last weekend of May again this year. This will be my 4th time to organize this trip, but I have been having a great time as the water conditions vary every year.

This time, I upgraded the level of the accommodation a bit so that we can soak into a nice outside hot spring at the hotel, while eating delicious food. The hotel is located at the downtown area where you can walk in Yukata to visit the old-fashioned shooting galleries and Karaoke bars --- a typical scenery of the Japanese hot spring town.

Meeting Time & Place :

7:00 At the corner of Fuji Bank in the west exit of JR Shinjuku Station

Expected Cost :

About 30,000 yen, if we have enough participants (21 people) to fill the bus. If not, the price will go up by several hundred yen as we miss one person.

If we do not have enough people, we can go there by train, which will cost about 33,000 yen or so. Or, volunteers can drive rented cars.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Cherry Blossom Picnic (Ohanami) at Tamagawa

24 March Sunday

Dear Cherry Blossom Lovers

It is so soon this year, but we gotta plan a cherry blossom picnic before we miss it! So, I just decided to have a

picnic on Sunday, March 24th at the riverside of Tamagawa near Futagotamagawa or Todoroki Stations. Yes,

it is the same place where we had an ohanami last year.

If you are interested in, please contact me with the number of people and your phone number. Please feel free

to invite your friends and pets! If you want to do some cycling, it will be a nice area to do.

Starting Time: Around 11:30am

Ending Time: Around 5pm

Meeting Time & Place :

11:30am near the bus stop of Tokyu Golf-jo Mae at the riverside of Tamagawa

How to get to the meeting spot :

Method 1) Take Tokyu Bus # 11 to Futagotamagawa Station at Tamagawa Station of Tokyu Toyoko Line, and

get off at Tokyu Golf-jo Mae, which is 7th stop.

Here is the bus time table Tamagawa Station:

http://www.tokyobus.or.jp/its/jsp/route/route_timetable.jsp r=-
457499798&lineId=1&stopId=0&l=01

Method 2) Take Tokyu Bus # 11 to Tamagawa Station at Futagotamagawa Station of Tokyu Ooimachi Line,

and get off at Tokyu Golf-jo Mae, which is 8th stop

Here is the bus time table at Futagotamagawa Station:

http://www.tokyobus.or.jp/its/jsp/route/route_timetable.jsp r=-
457499798&lineId=0&stopId=0&l=01

Method 3) Walk south from Todoroki Station until you hit the river! See the map attached.

Tokyu Bus Information

<http://www.tokyobus.or.jp>

What to bring :

- 1) Your own food and drinks
- 2) Picnic sheets
- 3) Sun block

Meeting Time & Place :

Near the bus stop of Tokyu Golf-jo Mae at the riverside of Tamagawa

How to get to the meeting spot :

Method 1) Take Tokyu Bus # 11 to Futagotamagawa Station at Tamagawa Station of Tokyu Toyoko Line, and get off at Tokyu Golf-jo Mae, which is 7th stop.

Method 2) Take Tokyu Bus # 11 to Tamagawa Station at Futagotamagawa Station of Tokyu Ooimachi Line, and get off at Tokyu Golf-jo Mae, which is 8th stop

Method 3) Walk south from Todoroki Station until you hit the river!

Tokyu Bus Information

<http://www.tokyobus.or.jp>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Annual Whitewater Rafting, Hiking, BBQ Bus Trip in Minakami, Gunma

25 May Saturday to 26 _ Sunday

Dear Whitewater Rafting Lovers:

It is a bit premature to announce this event, but before possibly a half of the members or 200 members get

kicked out of the mailing list due to their failure of membership renewal by April 7th, I would like to start

recruiting volunteers and participants for the annual whitewater rafting trip to Minakami on May 25-26 this

year.

As for volunteers for this event, I am looking for hike leaders for the harder hike on Sunday, drivers in case

we decided to go there by car, and salad, drink and BBQ crews for Saturday BBQ.

This is my 4th time to organize the rafting trip, and it is a lot of fun each year as the water condition varies every year. We either go to Minakami by chartered bus or rented car or train and have a BBQ for Saturday lunch. In the afternoon, we go for rafting with local guides. On Sunday, we go hiking to the Tanigawadake and Ichinokura areas, and take a nice hot spring and come back to Tokyo on Sunday evening.

I upgraded the accommodation this year so that we can enjoy nice outside hot springs and a 10,000 square meter Japanese garden. We will be staying at a gorgeous mammas hotel called Matsunoi hotel in the downtown area where you can walk down in Yukata to the old-fashioned shooting galleries and karaoke bars.

Volunteers Wanted :

1) Hike Leaders for harder hikes

2) On Sunday, we normally split into 2 groups; easy hike and harder hike. While the easy hikers go to the Ichinokura area, the harder hikers can go up to the Tanigawadake or hike around the non-snow covered areas. We need the volunteers for the hike who can check the weather and hike route conditions with local mountaineering association. All you need is a map of Tanigawadake, which is available at most of the book

stores, and on Saturday, you can decide the routes with other people in the

harder hike group.

2) Drivers

I am looking for drivers who can drive an 8-person rented van. We usually go there by a chartered bus, but if we have fewer participants, we may go there by car, which is cheaper than going there by train. I will take care of renting a car. If you can offer your own car, that is even better.

3) BBQ Crews (2 people)

For Saturday lunch, we normally do BBQ before we go on a rafting. The BBQ crew prepare the BBQs, such as hamburgers, hot dogs and chicken BBQs and grill them. I will reimburse the money for shopping later.

4) Salad Crews (3 people)

It would be nice to have some salad that would go with BBQs. It would be nice to have different kinds of salad—pasta salad, potato salad, Caesar salad etc. I will reimburse the money for shopping later.

5) Drink Crews (6 people)

Each person will bring a 2-liter pet bottle of drinks for Saturday BBQ. I will reimburse the money for shopping later.

Cost :

26,000–33,000 yen. This depends on the number of participants and the means of transportation. I will collect 30,000 yen anyway for now.

Rafting for a half day: 8,500 yen

Hotel: 10,650 yen (I got a 2,000-yen discount!)

Saturday BBQ: 700 yen

Transportation

Bus for 21 people: 8,769 yen per person

Bus for 14 people: 13,154 yen per person

Train, bus, tax per person: 12,680 yen

Car for 16 people: 5,600 yen

Car for 8 people: 11,200 yen

Administrative fees: 100-200 yen

Maximum number of participants: 21

Schedule:

If we go there by a chartered bus:

Saturday, May 25

7:00 Leave Shinjuku by a chartered bus.

11:00 Arrive at Shinsui Park in Tsukiyono and have a BBQ for lunch.

No alcohol will be served before the rafting

12:30 Leave Shinsui Park to go to the meeting point of Norun Minakami for the rafting.

13:00-16:00 Rafting

There will be a safety guidance before riding on the boat. We will split into 2-3 boats.

Evening Staying at Matsunoi Hotel in Minakami. We can take a bath before the dinner there.

Sunday, May 26

7:30 Getting up and having a breakfast

9:00 Leaving the hotel for hiking

All day Hiking (we will split into 2 groups.)

15:00 Coming back from hiking and going to a hot spring

17:00 Leaving Minakami

20:30 Arriving at Shinjuku

Accommodation:

Matsunoi Hotel

<http://www.matsunoi.com/top.html>

TEL 0278-72-3200/FAX 0278-72-3210

Rafting Company:

Nature Navigator

<http://www.nnraft.com>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Annual Whitewater Rafting, Hiking, BBQ Bus Trip in Minakami, Gunma

25 May Saturday to 26 _ Sunday

Dear Whitewater Rafting Lovers:

It is a bit premature to announce this event, but before possibly a half of the members or 200 members get kicked out of the mailing list due to their failure of membership renewal by April 7th, I would like to start recruiting volunteers and participants for the annual whitewater rafting trip to Minakami on May 25-26 this year.

As for volunteers for this event, I am looking for hike leaders for the harder hike on Sunday, drivers in case we decided to go there by car, and salad, drink and BBQ crews for Saturday BBQ.

This is my 4th time to organize

the rafting trip, and it is a lot of fun each year as the water condition varies every year. We either go to Minakami by chartered bus or rented car or train and have a BBQ for Saturday lunch. In the afternoon, we go for rafting with local guides. On Sunday, we go hiking to the Tanigawadake and Ichinokura areas, and take a nice hot spring and come back to Tokyo on Sunday evening.

I upgraded the accommodation

this year so that we can enjoy

nice outside hot springs and a 10,000 square meter Japanese garden.

We will be staying at a gorgeous mammas hotel called Matsunoi hotel in the downtown area where you can walk down in Yukata to the oldfashioned shooting galleries and karaoke bars.

Meeting Time & Place :

If we go there by a chartered bus:

7:00 at the corner of Fuji Bank in the west exit of JR Shinjuku Station

Volunteers Wanted :

1) Hike Leaders for harder hikes

On Sunday, we normally split into 2 groups; easy hike and harder hike. While the easy hikers go to the

Ichinokura area, the harder hikers can go up to the Tanigawadake or hike around

the non-snow covered areas. We need the volunteers for the hike who can check the weather and hike route conditions with local mountaineering association. All you need is a map of Tanigawadake, which is available at most of the book stores, and on Saturday, you can decide the routes with other people in the harder hike group.

2) Drivers

I am looking for drivers who can drive an 8-person rented van. We usually go there by a chartered bus, but if we have fewer participants, we may go there by car, which is cheaper than going there by train. I will take care of renting a car. If you can offer your own car, that is even better.

3) BBQ Crews (2 people)

For Saturday lunch, we normally do BBQ before we go on a rafting. The BBQ crew prepare the BBQs, such as hamburgers, hot dogs and chicken BBQs and grill them. I will reimburse the money for shopping later.

4) Salad Crews (3 people)

It would be nice to have some salad that would go with BBQs. It would be nice to have different kinds of salad—pasta salad, potato salad, Caesar salad etc. I will reimburse the money for shopping later.

5) Drink Crews (6 people)

Each person will bring a 2-liter pet bottle of drinks for Saturday BBQ. I will reimburse the money for shopping later.

Cost :

26,000-33,000 yen. This depends on the number of participants and the means of transportation. I will

collect 30,000 yen anyway for now.

Rafting for a half day: 8,500 yen

Hotel: 10,650 yen (I got a 2,000-yen discount!)

Saturday BBQ: 700 yen

Transportation

Bus for 21 people: 8,769 yen per person

Bus for 14 people: 13,154 yen per person

Train, bus, tax per person: 12,680 yen

Car for 16 people: 5,600 yen

Car for 8 people: 11,200 yen

Administrative fees: 100-200 yen

Maximum number of participants: 21

Schedule:

If we go there by a chartered bus:

Saturday, May 25

7:00 Leave Shinjuku by a chartered bus.

11:00 Arrive at Shinsui Park in Tsukiyono and have a BBQ for lunch.

No alcohol will be served before the rafting

12:30 Leave Shinsui Park to go to the meeting point of Norun Minakami for the rafting.

13:00-16:00 Rafting

There will be a safety guidance before riding on the boat. We will split into 2-3 boats.

Evening Staying at Matsunoi Hotel in Minakami. We can take a bath before the dinner there.

Sunday, May 26

7:30 Getting up and having a breakfast

9:00 Leaving the hotel for hiking

All day Hiking (we will split into 2 groups.)

15:00 Coming back from hiking and going to a hot spring

17:00 Leaving Minakami

20:30 Arriving at Shinjuku

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sasaone day-hike- “a powers of power” -step1

7 April Sunday

This is “Step 1” of “a power of powers”, the series of day-hike and overnight hike trips.

I begin by organizing easy day-hike(1/2). We walk the ridge of Sasaone.Hiking hour will be about 5 hours.

Meeting Time & Place :

JR Shinjuku St. Platform #7 at 07:30AM

We will take “Holiday Kaisoku” leaving at 07:43. Please meet at the last car of the train.

Cost :

train and bus: around Yen4,000 for return

What to bring :

hiking boots, water and wind proof jacket, water, foods, first-aid kits, other things you need

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Winter Climbing - Central Ridge of Hakuba

05 April Friday to 07 _ Sunday

A technical ridge climb with all the usual attractions (cornices, knife edges and avalanche risk on both the

approach and the descent). Probably leave Tokyo on Thursday evening (4th).

Depending on snow conditions it

could be a very long walk in and walk out.

This trip is only for experienced climbers with all the necessary winter equipment.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Rock Climbing at Yugawara

13 April Saturday to 14 _ Sunday

With the winter season rapidly drawing to a close, time to resume rock climbing.

Yugawara has 100s of

routes for climbers of all levels of ability, mainly single pitch, bolted routes, but also some multi pitch and

natural protection routes. It is also close enough to Tokyo to be feasible as a day trip for anyone who cannot

join for the whole weekend.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Winter Climbing - Genjiro Ridge of Tsurugi

27 April Saturday to 29 _ Monday

Another technical ridge climb which will be the last trip of the current winter.

As usual, only for experienced

winter climbers with all the necessary winter equipment. Note that the 29th is a public holiday.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Paragliding Japan

13 April Saturday to 14 _ Sunday

I expect to be flying solo and tandem paraglide this weekend April 13/14 and others at a beautiful site above

Kawaguchiko (Yamanashi Prefecture), with a view of Mt. Fuji. Saturday night will be spent at a Fujiyoshida

onsen/hotel. If the weather is not ideal for flying, the area is superb for rock-climbing & hiking, so I will go

anyway. Bus or train is recommended this time, but in the future I can usually offer shared-expense transport

for the flying season to various locations. If you are interested in getting high naturally on this event or need

general information about para/hang-gliding in Japan, contact me.

Note: I am a qualified instructor and tandem pilot in Canada & New Zealand of 30 years experience, however

do not fly or instruct commercially or professionally in Japan. The local flight schools are in that business,

although English language instruction can be a problem.

Meeting Time & Place :

Kawaguchiko bus station

Clothing :

Wind-proof jacket & fleece vest, sturdy footwear, although I sometimes fly barefoot in the summer! Bring

packed lunch & drinks (never alcohol)

Cost :

Flight school offers various packages or introductory specials; I can offer free flight & equipment advice and

possibly at-cost tandem flights or free solo equipment & helmet loan.

Fear Factor :

A touch of acrophobia is no barrier to being a pilot- it just keeps the adrenaline pumping longer. I was scared,

then thrilled on my first solo hangglide flight when I was a teen-ager, and

sometimes still am; this reaction
reveals a healthy respect for the challenges of safe & fun piloting.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Jimba&Takao day hike - "a power of powers - step 2"

20 April Saturday

This is the detail of "Step 2" of "a power of powers", the series of day hike and camps.

This time, we are walking between Jimba and Tako. Hiking hour will be about 6 hours. We

Meeting Time & Place :

JR. Shinjuku Station platform #10 at 07:45

Cost :

transportation - about Yen3,000

What to bring :

hiking boots, water, lunch, rain gear, first aid kits, torch, things you need

Note :

We only have short connecting time for the bus at Fujino St. No time for buying foods or going to toilet at the station.

This time I would like to leave with a small group in order to finish the hike within time. So please send me an e-mail, if you would like to join.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oh Toge Pass Cycling. "The BIG Pass"

21 April Sunday

This is the loop ride starting from and ending at Ohtsuki Yamanashi.

I have never been this road, but this is forest road therefor the traffic must be small.

Oh Toge Pass is about 1600m high.

It' s located between Daibosatsu Pass and Matsuhime Pass.

Elevation gains about 1000m, so it is not for beginners.

And it' s possible that we will have 4WD offroad near the top, so mountain bike is required.

Phisically hard. Technically easy.

Canceled if it rains.

Meeting Time & Place :

Chuo-line, Holiday Kaisoku Picknic Go

1280 yen one way from Shinjuku.

8:11 Shinjuku

8:26 Mitaka

8:44 Tachikawa

8:53 Hachioji

8:59 Takao

9:31 Ohtsuki

The train will be crowded with hikers, no place to pile up our bikes.

So I won' t set up which train car we should meet.

We meet at the south exit of Ohtsuki station.

What to bring :

mountain bike

HELMET (I won' t bring my brain surgery kit.)

sunglasses and gloves (Recomended)

lunch ,water bottle ,extra inner tube, pump ,bike tools ,

map (Yama-to-Kogen Tizu #24, Daibosatsu-Rei)

first aid kit ,rain wear.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Day Hike - Okutama region

11 May Saturday

Meet at Shinjuku station. Meet at 7.30 am at the front of platform #7 for the Holiday Kaisoku Okutama express, the train leaves at 7.43am. We will take this train to Ome where we change to a local train to Hinatawada. We will start hiking through beautiful plum orchards (don't get too excited as they bloom in February), heading towards Mt. Hinodeyama (where we will have lunch). After that we will go onto Mitake-san and then down to Okutama.

After the hike in Okutama we can enjoy the onsen and then have some dinner and several beers together!

Estimated time hiking: 6 hours.

Bring: water, picnic lunch, rain gear, warm clothes (eg fleece), onsen kit, first aid kit and the knowledge to use it, whistle for attracting attention.

Nice to have: Flashlight/torch, compass, Okutama Nature Map, suncream, hat.

In case of torrential storms this event will be cancelled. However, in the case of light rain we may do a lower level hike. Therefore, the last point you can meet us on the day is Ome station, where we will take the decision about which route to follow.

You can call me on the morning at home before 7.00 am.

It would be helpful if you could send me an email to let me know if you plan to attend, although it is also ok to turn up on the day.

Mel Barlow

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Odakesan day-hike May 11 - "a power of powers-step3"

11 May Saturday

The exercise continues and this is "step 3" of "a power of powers", the series of hike. This time, I would like to try Odakesan in Okutama. The hiking hours is around 6 hours. The other detail is as follows,

Meeting Time & Place :

JR Shinjuku St. Platform #7 at 07:30 on May 11

We will take "Holiday Kaisoku Okutama" which leaves at 07:43. Please meet around the third car of the train.

We will get off at Mitake (at 08:59) and take a bus (at 09:05) from the station.

Cost :

transportation: Yen2,000 approximately

What to bring :

hiking boots, rain gear, lunch&snacks, water, first-aid kits, torch, etc.

Memo: :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yamanote By Leg

25 May Saturday

PLAN:

I plan to follow in the footsteps of the great yamanotarian explorer, the honourable Mel Barlow, who several months ago made an incredibly successful venture to become one of the first women to circumnavigate the entire Yamanote Sen, along with a few of our other equally mad members. In her honour, I should like to do one of the following:

1. Run around the Yamanote line (not non-stop of course) - if I can find at least one other nutter to accompany me. Challenge of a lifetime!

or

2. Be a little more sensible and walk around, stopping at any interesting cafe we come across and of course for lunch, finishing with a few beers and a welcome evening meal.

Now then, no idea how long option no. 1 will take but option no. 2 took Mel's group 13 hours to complete, although they did stop for a 1 hour lunch and several other breaks and took it easy. Sounds a lot but as it's on the flat most of the way, could be compared to a lesser normal day hike in Okutama me thinks.

WHEN:

I am planning to do this feat of idiocracy on Sat 25th May, so if you are interested in this second opportunity

to go around the Yamanote Sen without being squashed up against Tom, Dick and Harry, then do let me know

ASAP.

Meeting Time & Place :

Planned meeting time will be 06:30 Sat May 25th at Hatchiko, the dog's behind, in Shibuya. Do contact me to

let me know if you plan to attend, stating either running or walking.

What To Bring :

For Walkers: Comfortable walking shoes, light clothing, camera, small daysack if you feel it necessary to carry anything else and raingear in case of rain.

For Runners: Change of tops, jogging shoes, raingear and small daysack.

Costs :

Make sure to bring enough cash to purchase breakfast, lunch and dinner as well as coffees and drinks along

the way. And enough cash if you plan to purchase that new computer you promised yourself when we hit

Akihabara.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sagamiko To Takao Beer Garden Trip

8 June Saturday

This walk will start at Sagamiko Station on the JR Chuo Line and we will head back to Takao-san for dinner at

the outdoor beer garden. The first couple of hours are a little steep and then it is fairly easy going for the rest

of the walk. The map time is just over 6 hours.

You will need to carry lunch and plenty of water. There are no convenient shops at the station so please bring

everything with you.

I 知 aiming to arrive at the Beer Garden around 4ish, which is when it opens.

There is a buffet serving a wide

variety of food,

beer, wine and soft drinks. The price for women is ¥2,700 and for men ¥3,000 which covers unlimited eating

and drinking for two hours.

We can return to Takaosanguchi station by cable car . about ¥450, or by foot.

Meeting Time & Place :

8.00am at the front of the JR Chuo (Platform #9) train.

The train departs Shinjuku at 8.10, Tachikawa 8.44, Takao station at 8.59 and reaches Sagamiko at 9.08.

What to bring: :

Hiking boots.

Something warm for the evening and if the weather turns cold.

Lunch, water.

Hat, sunscreen etc.

Other: :

- Rain cancels.

* We 壇 appreciate it if you could let us know if you are coming so we know who to wait for.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Takao Sansai Soba and Beer Garden Trip June 01

01 June Saturday

This will be a very civilized walk departing from outside the ticket gates of Takaosanguchi station around

10.20. The climb to the summit is very pleasant and not strenuous . about 70 minutes via route number 6.

You can take your own lunch or enjoy great sansai (mountain vegetable) soba at the top. Next we will head

out to Mt. Shiro which is about 40 minutes away There are benches to relax on, oden and shaved ice should

you need more refreshment and nice views. We backtrack 40 minutes and then take the path down through

the temple to the Beer Garden (about 20 minutes).

I 知 aiming to arrive at the Beer Garden around 4ish, which is when it opens. The price for women is ¥2,700

and for men ¥3,000 which covers unlimited eating and drinking for two hours.

We can return to the station by cable car . about ¥450, or by foot.

Meeting Time & Place :

Front of the Keio Line train, platform #3, Shinjuku station at 9.20. Keiko Odaka will be the escort.

The train departs Shinjuku at 9.30 and arrives Takaosanguchi at 10.21.

What to bring: :

Hiking boots or walking shoes.

Fleece or other warm clothes for the evening and if the weather turns cold.

Water.

Hat, sunscreen etc.

Other: :

- Rain cancels.

* We 壇 appreciate it if you could let us know if you are coming so we know who to wait for.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

River Kayaking in Okutama Saturday or Sunday May 25 or 26

25 May Saturday to 26 _ Sunday

Gravity is a river kayak school about a ten minute walk from Sawai train station (one stop before Mitake). Last

year, a lot of people got river kayak fever and some are still going strong.

I will be at Gravity, on both of these days, so if anyone is interested in taking a lesson on either of these days,

please write me and I will make a reservation for you. Let me know what experience you have had (sea kayak

included) to see if a lesson is open for your level. Or call the kayak school, Gravity, by yourself at 0428-76-

0981. Ask for Goto-san and mention that you are from OCJ.

The course starts at 10:00 and involves four hours of instruction, two in the morning and two in the

afternoon, with an hour break for lunch. I

Note that if you have had no experience whatsoever, then you will need to take a beginner's stillwater course,

which is held at a different part of the river (near Inadazutumi Station) from where I go. If you want to take

the beginner course, please contact Gravity by yourself at 0428-76-0981. The cost for the beginner

stillwater course is 9,000 yen. (Sorry no discounts that I know of.)

If the school has to cancel the course because kayaking conditions are poor or dangerous, you can schedule another day within three months of the

canceled course, or get your money back.

Meeting Time & Place :

I will arrange meeting times with people who contact me.

What to Bring : :

* The water is still somewhat cold, so it is better to have a wet suit, although not absolutely necessary. The

school has some wet suits to lend out. Let me know your size if you want to borrow one. NO COTTON next to

your skin: socks, pants, underwear, shirt should be a synthetic or wool material. Shoes must protect your heel;

slippers that can fall off your foot and sports sandals with bare heel are not sufficient. Avoid thick soled shoes.

Also bring a windbreaker, rain jacket or other wind and water proof top (in addition to the wet suit).

* Complete change of clothes including shoes for the trip home

* Band for you eyeglasses (important!)

* sunscreen

* hat

* towel

* copy of insurance

* ear plugs Costs :

Costs (includes all rental gear, lunch, and insurance):

10,000 yen

OR the school sells groups of five tickets for 43,000, or 8,600 yen each. I usually have extra tickets I can sell

you when we meet at the school.

Cancellation Fees :

IMPORTANT The school collects cancellation fees if you have to cancel for ANY reason a week before the

event. Here are the fees:

Eight days or more before the lesson . no cancellation fee

Two to eight days before lesson . 2,000 yen

Day before the lesson . 5,000 yen

Same day as the lesson . 10,000 yen

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

chichibu -hanno MTB

19 May Sunday

MTB from chichibu station or urayama guchi station

up valley to dainichi kougen then mountain road west up hiro-ga-wara-dani (valley)

and south over warabi-yama to arima dam (naguriko, small lake)

comes out on main road at "kawamata" to hanno. bike or bus back to hanno with onsen

option.

climb is about 600m (from bottom of mountain)

Meeting Time & Place :

leave seibu ikebukero station at 07.55

kaisoku for chichibu and mitsumineguchi

meet on the train at the back

other group will be on this train

bring... :

need mountain bike, repair stuff, rain gear, food and water, decent footwear and helmet.

cancelled if heavy rain and please call me first

cost: about 1000yen single for the train

plus your food and bath fee (less than 1000) if you want one

if you want to go :

please call me first to confirm

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kumotori-yama hike on May 25/26

25 May Saturday to 26 _ Sunday

This is the information on “Step4” of “a power of powers” , the series of hike and camp. “Step 4” is the tow day

hiking trip to Kumotoriyama in Okutama. We will take a route from Kamosawa - Dotokoro - Okutamagoya -

Kumotoriyama - Sanjonoyu- Omatsuri. The hiking hour will be 5 hours a day.

Meeting Time & Place :

JR Shinjuku St. Platform #7 at 07:30 on May 25.

We will take “Holiday Kaisoku Okutama” which leaves at 07:43. Please meet around the third car of the train.

We will get off at Okutama(at 09:14) and take a bus from the station (at 09:20) to “Kamosawa”

Cost :

Transportation: around 4000 yen

Camping: 400 yen

What to bring :

hiking boots, tent(can be shared), sleeping bag, rain gear, foods(dinner, BF, 2 lunches), water for two days,

first-aid kits, torch, stove, fleece(to keep warm), etc.

others :

Please e-mail me if you are interested in the event and let me know if y ou have a tent

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gobi Grasslands and Great wall hike 1/2

20 July Saturday to 28 _ Sunday

This trip is easy and fun . We travel from Beijing to Hohhot by overnight train and back, then to Inner

Mongolai for horse riding (amature) some hiking .digging for Dinosaur bones and enjoying the million of stars

at night . There' s shopping in the local market ,meeting Mongolain friends and understanding a different

culture . Upon returning Beijing we will go directly to the Great Wall , a quite area, where we can hike, dring

some local wine . Beijing we can party and shop the last day .

Payment ; first deposit is 10,000 yen . last is

107,000 yen (trip cost including hotel x 2 nights and Gobi and Great Wall is \$900 (130) 117,000 yen

Bank details .. call for .

I must forward the payment to China before June 15th so please pay before then . The rest can be paid before

July 15th .

This trip requires 6 to go .max 15 . Non members are welcome if there is room

Day #1-July 20th ;Beijing -hotel train

Day #2-6July 21st to 25th Gobi areas Yentrain

Day #7 -Great Wall

Day #8 - Beijing and sights Yenparty

Day # 9 - Home !

A hard copy will of the info will be sent to those that have paid the deposit

Please call to confirm you are coming when you are 100% sure you are and pay the deposit same day

Meeting Time & Place :

Flight ;those that are flying out early can meet us at the hotel or we can fly out together on day #1 from

Narita

equipment :

sleeping bag and mat , tent , 2 sets of clothes for the trip and some casual

clothes for Beijing .

Medication, your own personal things . Suitcases can be left in the hotel .

Backpacks for the bush only . You

can borrow sleeping bags ,canteens from me . No tent we can share or use yurt tents

visa :

Visa is required . Japanese visa is about 4000 yen and others up to 9000 .

Takes two to three days to get and

is located near Shibuya station .

Do not buy until we have confirmed 6 or more are going .

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gobi Grasslands and Great wall hike 1/2

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[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Shinagawa Kappa Matsuri & Yakatabune

2 June Sunday

Every year, Shinagawa-ku residents carry o-mikoshi (little shrines) out of the water in a big festival on Sunday,

June 2. See it up close from a yakatabune (covered boat). Play-by-play will be led in Japanese by my aunt, a three-generation Shinagawa-ku resident, and I'll do my best to translate into English.

Further details and pictures are available in Japanese at:

<http://www1.cts.ne.jp/.sinakan/kappa/kappa2.htm>

Meeting Time & Place :

Shinagawa Station 9AM

Cost (to ride the boat) :

JPY2500 in cash

What to Bring :

Lunch, sea sickness medicine, rain gear

RSVP :

Deadline Friday, May 31 17:00

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Takanosu-yama hike on Saturday, June 8

8 June Saturday

The series of hike, “a power of powers” passed half of the program and this time it’s “Step5”

“step5” is day-hike to Takanosuyama, one of the popular mountains in Okutama.

We will walk from Mizune

(530m) and pass Mizunesan and reach the top of Takanosuyama(1737m) and walk down to Higashi-Nippara

(620m)

The hiking hour is about 6 hours.

Meeting Time & Place :

JR Shinjuku St. Platform #7 at 07:30

We will take “Holiday Kaisoku Okutama” which leaves at 07:43. Please meet around the third car of the train

(Car #9).

Cost :

Transportation:4000 yen

What to bring :

hiking boots, rain gear, lunch&snak, water, first-aid kits, torch, etc.

others :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Summer Camp at the Kujukurihama Beach

17 August ----- to 18 _ -----

I will organize camping at Hazaki Sea Side Camping site (波崎シーサイドキャンプ場) at Ibaragi Prefecture. It

is located beside the Kujukurihama beach, the Pacific Coast, which is one of the main spot of surfing. It is also near Choushi Fishing port.

In this event, you can enjoy the following options.

- * Beach volleyball
- * Football
- * Frisbee
- * Bike riding along the beach (If you carry your MTB)
- * Enjoy sunshine
- * Seafood barbecue

Swimming is dangerous because of the strong tide.

(潮の流れが早いので、泳ぐのは危険です)

<Schedule of the camping>

(1) 17 August

After arriving at the Choshi Station, we will take convenience lunch and go to the camping site. It is about 6 km from the station so we will take a taxi. Arriving at the camping site, set up the tent and then enjoy the free time. 5:00 PM, go to shopping for the barbecue.

(2) 18 August

Enjoy yourselves at the beach and come back. If you are interested in seafood, you can enjoy seafood lunch near the fishing port on the way back.

<The number of people>

The number of people for this event will be about 20.

Meeting Time & Place :

Meet at Choshi station (銚子駅) at 0:30 PM.

<Access to the meeting place>

(1) JR local train option

(One way ticket from Tokyo to Choshi is 2,210 yen)

Take a front end of train of Yokosuka & Sobu line, which leaves Yokohama(横浜) at 9:08 AM, Shinagawa(品川)

at 9:31 AM, Tokyo(東京) at 9:44 AM, Funabashi(船橋) at 10:11 AM and Tsudanuma(津田沼) at 10:17 AM.

Change at Chiba(千葉) to the train going to Choshi(銚子). It leaves Chiba(千葉) station at 10:35 and arrives at

Choshi(銚子) Station at 12:14.

(2) JR express option

(One way ticket from Tokyo to Choshi is 2,210 yen plus express fee 1,880 yen)

If you want to save your time, take express train "Shiosai 3 gou". It leaves Tokyo station at 10:45AM and arrives Choshi station at 0:30 PM.

銚子駅には、上記普通電車もしくは特急電車で来ることができます。

Cost :

I will collect 6,500 yen at the camping site, which covers the followings:

* Accommodation (site fee, rental tent, rental barbecue equipment)

* Barbecue food, breakfast and drinks

(If you pay non-refundable deposit for 1,000 yen, you will receive discount price and 4,500 yen will be collected at the camping site.)

キャンプ費用として当日6,500円を集めますが、デポジットを1,000円支払われた方は割引価格となり、当日

4,500円の支払いとなります)

You will pay the followings (about 6,500yen) for yourselves.

* Transportation: Round ticket about 4,500 yen, Taxi about 1,500 yen

* Shower (If you need): 100 yen per 3 minutes

* Rent blanket (if you need): 300 yen per each

上記キャンプ費用の他、交通費(JR・タクシー)、シャワー等の費用が別途(約6,500円)かかります。

What to bring :

* Swimming suit

* MTB if you want to ride along the beach

* Sleeping bag if you have one (rent blanket service would be available)

How to sign-up :

(1) Your data: Please give me the following data.

Name, E-mail address, Phone number

お名前、メールアドレス、電話番号をお願いします。

(2) Volunteer for the camping: Please choose from the following list Driver
(with your car), Reception desk, Information desk

Barbecue crew, Breakfast crew, Clean up crew

あなたのキャンプでの役割を、ドライバー・受付係・情報提供係・バーベキュー係・朝食
係・片付け係から1

つ選んで下さい。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

River Kayaking in Okutama

23 June Sunday

I and a few others will be taking river kayak lessons near Sawai train station (one stop before Mitake) in need for a wet suit anymore. (I just had a long sleeve shirt and a splash jacket last time.)

Only the following two levels of class are available at Sawai on June 23. Let me know your level when you contact me.

1. Beginner flowing-water class (nagare nyumon)

For people who can paddle forward, turn, stop, and turn while maintaining a lean in a one-man kayak in still water (like on a lake or sea kayaking).

2. Intermediate B class

For people who can generally read the flow of the water and who can do an eddy catch in class 2 water into an eddy three times the size of the boat.

If the school has to cancel the course because kayaking conditions are poor or dangerous, you can schedule another day within three months of the canceled course, or get your money back.

Meeting Time & Place :

Meeting Time & Place:

I I make arrangements for meeting people who contact me.

Costs (includes all rental gear, lunch, and insurance): :

10,000 yen

BUT, the school sells groups of five tickets for 43,000, or 8,600 yen each. I usually have extra tickets, so buy them from me to save some money.

Cancellation fees :

Eight days or more before the lesson no cancellation fee

Two to eight days before lesson 2,000 yen

Day before the lesson 5,000 yen

Same day as the lesson 10,000 yen

What to bring :

The clothes you wear while kayaking should be quick drying and retain heat even when wet. NO COTTON next to your skin: socks, pants, underwear, shirt should be a synthetic or wool material. Shoes must protect your heel; slippers that can fall off your foot and sports sandals with bare heel are not sufficient. Avoid thick soled shoes. Also bring a windbreaker, rain jacket or other wind and water proof top.

- * Complete change of clothes including shoes for the trip home
- * Band for you eyeglasses (important!)
- * sunscreen
- * towel
- * copy of insurance
- * ear plugs, nose plug, goggles if you want to try some rolls

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Day Hike – The Alternative 3 Peaks In Okutama!

16 June Sunday

I am organising a day hike to the Okutama region, taking in Mitakesan (929m), Ootakesan (1267m) and Gozen-yama (1405m) for those of you that are not glued to your televisions during the World Cup! The total hiking time is going to be around 9 hours so you need to be fit and wearing the right gear (this is not a hike for beginners). It is going to be a long day and we will need to keep walking at a decent pace but for those of you who are up for it we should have a fantastic day!

Route/Timings etc

We will take a train from Shinjuku to Musashi-Itsukaichi from where we will start our ascent of Mitakesan, probably stopping for lunch on the way (so please bring food with you). From Mitakesan we will then head to Ootakesan and onto Gozenyama. The descent will take us to Sakaibashi from where we will catch a bus to Okutama station. Afterwards we can go to the onsen in Okutama and also have some well deserved beers and dinner.

You can turn up on the day but it is helpful if you can email in advance to let me know if you are planning on attending.

For further info or if you have any questions please feel free to call or email.

Meeting Time & Place :

Meet at Shinjuku Station at 7.30 am. We will take the 7.43 am tokubetsu kaisoku – please meet us at the BACK

of the train on platform 7 so we can be in the right section for Musashi-Itsukaichi. If you want to join us en route at Tachikawa, Haijima or at Musashi-Itsukaichi (our train arrives at 8.49 am) then please let me know to look out for you.

What To Bring :

You will need - Hiking boots, rain gear, plenty of food and drinks for the whole day, comfortable clothes

(ideally you should not wear cotton next to your skin and no jeans please), towel/toiletries for onsen,

insurance and contact details.

Very good to have - sunscreen, hat or funky bandana, first aid kit and the knowledge to use it, whistle for

attracting attention, compass, Okutama Nature Map, emergency blanket, flashlight/torch.

Approximate Costs :

Transportation around JPY3000, onsen is JPY700 plus bring some money for dinner etc.

Weather :

The event will be cancelled in the event of heavy rain - please call me either the night before or on the

Saturday morning (after 6.00 am).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kawanori-yama hike on Saturday June 22

22 June Saturday

This is “Step 6” of “a power of powers”, the series of day hike and camps. The destination is Kawanori-yama in Okutama area.

We will walk from JR Kori St.(about 300m) and pass Zumado-yama and Akaguna-yama and walk along

Akaguna ridge and reach the top of Kwanori-yama(1360m). From the top of Kawanori-yama, we will walk

down to Okutama St. through Usuba ridge and Honnita-yama. The hiking hour is about 6-7 hours.

Meeting Time & Place :

JR. Shinjuku St. Platform #7 at 07:30 AM!

We will take “Holiday Kaisoku Okutama” which leaves at 07:43. Please meet around the third car of the train

(Car #8). We will get off at Mitake St. and change to a local train and get off at Kori St.(arrive at 09:24)

Cost :

Transportation: about yen

What to bring :

hiking boots, rain gear, lunch&snack, water, first-aid kits, torch, etc.

Note :

In case of light rain, we will go ahead.

Please e-mail me if you are interested in joining the trip.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Beginner river kayaking

11 August -----

For anyone who is going to the Summer BBQ and who would like to learn river kayaking for the first time, I

am organizing a beginner's river kayaking lesson as an activity for that Sunday (August 11) with Gravity, a

kayak school in the Okutama area. The lesson will be held in a still water area of the Tama River near the

Shiromaru station, about a half hour walk from the camping site.

The beginner still-water class is for people who have never been in a kayak and lasts about four hours (1.5 to

2.0 hours in the morning and 2.0 to 2.5 hours after lunch). The first part of the lesson will be on land, where

you will learn the basics such as paddle stroke, how to get in and out of the kayak (without falling in the

water), and self rescue (if you flip over while on the water). Then, on the water, you will practice paddling

techniques. By the end of the lesson you should be able to control the boat to go in the direction you want it

to. This lesson prepares you for taking more advanced lessons in flowing water.

For more information, take a

look at the school's web page at <http://www.gravity-jp.com/index.html> (in Japanese only

Volunteer needed!

I will collect names and money for the lessons, but need someone to help out and lead the group to the river

near Shiromaru station. (I will be taking a different lesson on the same day at the school's other site near

Sawai Station, so won't be able to lead the group myself.)

Meeting Time & Place :

Summer BBQ campsite at 9:00

Costs :

8,500 yen (includes lunch, insurance, and rental gear such as kayak, helmet,

paddle, life jacket, and spray

skirt) Normally the lesson costs 9,000 yen, but the school is giving us a deal on the price.

Cancellation fees :

Eight days or more before the lesson . no cancellation fee

Two to eight days before lesson . 2,000 yen

Day before the lesson . 5,000 yen

Same day as the lesson . 8,500 yen

If the school has to cancel the course because kayaking conditions are poor or dangerous, you can schedule

another day within three months of the canceled course, or get your money back.

What to Bring :

The clothes you wear while kayaking should be quick drying and retain heat even when wet. NO COTTON

next to your skin: socks, pants, underwear, shirt should be a synthetic or wool material. Shoes must protect

your heel; slippers that can fall off your foot and sports sandals with bare heel are not sufficient. Avoid thick

soled shoes. Also bring a windbreaker, rain jacket or other wind and water proof top.

* Complete change of clothes including shoes for the trip home

* Band for you eyeglasses (important!)

* sunscreen

* towel

* copy of insurance

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ogasawara Dive trip (for non-divers, too)

20 September Friday to 25 _ Wednesday

We will start on Friday morning boarding the ferry and will arrive the next day at about 11:30 AM and transfer

to our minshuku. We'll stay on Chichijima. Until our departure back to Tokyo on Tuesday, 14:00, we will have

about 3 days (2 full days and 2 halves) and I personally will use the 2 full days to go diving.

But this is not a dive pack, so you're free to do something else (e.g. cycle round the isle or go to other islands

etc.). We can rent bicycles, do a jungle walk or else.

A downpayment will be necessary.

Minimum no. of persons: 3

Meeting Time & Place :

Takeshiba Pier, Friday, September 20, 9:00 AM

(Ferry leaves at 10:00 AM)

Costs :

Approximately 73,000 Yen plus diving (13,500 yen 2 boat dives).

Optional: rental bicycle: from 1200 Yen

Jungle field guide: 8000 Yen -

Seakayak: 4000 Yen - (halfday)

What to bring :

games for the ship

your gear if you have (can also be rented against extra fee)

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Events

Harder Day Hike before the BBQ – Kawanoriyama, Okutama

10 August Saturday

I am organising a day hike for genki people going to the BBQ on Saturday 10 August. Please note that

there will also be at least one easier

hike being organised on the same day, so if you want to hike before the BBQ you get to choose which event to

join!

We will hike to Kawanoriyama (1364m) and then down to Okutama for an onsen, before heading to the BBQ

site. The total hiking time is

going to be around 7 hours, which could be reasonably hard going because of the August heat and the

steepness of some of the sections. We

need to walk at a pretty quick pace in order to complete this hike, go to the onsen and then get to the BBQ in

time, so please note that the

rest stops will be brief.

We will start from Kori station and climb up past Mt. Zumadoyama and Mt. Akagunayama along the Akaguna

Ridge to Mt. Kawanoriyama. The

climb will probably take around 3.5 hours so we will aim to have our lunch at the top of Mt. Kawanoriyama

where we can hopefully enjoy fantastic

views. Our descent will take us past Mt. Honitayama (1225m) and down the Oyasunba Ridge to Okutama. At

Okutama we will go to the onsen

and then make our way to the American Camping Village (around 2.5km on foot).

Meeting Time & Place :

Meet at Shinjuku Station at 7.30 am. Of course we will be taking the 7.43 am tokubetsu kaisoku/holiday

express train which will definitely be

packed full of people on this date! Please meet us at the FRONT of the train on

platform 7 so we can be in
the right section for Okutama
(we change at Ome for the local train to Kori). If you want to join us en route
at Tachikawa, Haijima etc then
please let me know to look out for
you.

Approximate Costs :

Train from Shinjuku to Kori is around JPY1000, onsen is JPY700 plus bring
whatever other money you need
for the rest of the weekend.

What to Bring :

You will need: hiking boots, rain gear, plenty of food and drinks (at least two
litres), comfortable clothes
(ideally you should not wear cotton next
to your skin and no jeans please), towel/toiletries for onsen, insurance and
contact details, flashlight/torch
and all the other stuff you need for
the BBQ and the Sunday activities.

Very good to have: sunscreen, hat or funky bandana, first aid kit and the
knowledge to use it, whistle for
attracting attention, compass, Okutama

Nature Map.

Other :

Please email me in advance with your keitai number to let me know if you would
like to attend this harder day
hike as in the
event of really hot or bad weather I may decide to do a slightly different route
that still ends up at the
American Camping Village.

For further info or if you have any questions please feel free to call or email.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Easy Day Hike before the BBQ - Okutama

10 August Saturday

Things to do before the BBQ:

1. Stay in bed/Tokyo and then catch the train to get you there just in time.
2. Join Mel Barlow' s harder hike of around 7 hours (see other posting), or
3. Join this easier hike!
4. Other options nearer the time, possibly cycling - I will be disappointed if there is not a selection of events

on offer from Andy Duggan...!

This hike will be around 4 to 4.5 hours and then we will go to the onsen in Okutama before heading to the BBQ site.

From Hatanosu station we climb via Onenoyamanokami to Mt. Honitayama (1225m) where we will have

lunch. The climb is going to be something of a workout but everybody should be able to do it since we will take it quite slowly. Afterwards we drop down the Oyasunba Ridge to Okutama.

From here we walk to the onsen and then afterwards for around another 20 minutes to the BBQ site.

Meeting Time & Place :

Meet at Shinjuku Station at 7.30 am. We will be taking the 7.43 am tokubetsu kaisoku/holiday express train.

Please meet us at the FRONT of

the train on platform 7 so we can be in the right section for Okutama. If you want to join us en route at

Tachikawa, Haijima etc then please let me know ! to look out for you.

What to Bring :

You will need: hiking boots, rain gear, plenty of food and drinks (at least two litres), comfortable clothes

(ideally you should not wear cotton next

to your skin and no jeans please), towel/toiletries for onsen, insurance and contact details, flashlight/torch and all the other stuff you need for the BBQ and the Sunday activities.

Very good to have: sunscreen, hat, first aid kit and the knowledge to use it, whistle for attracting attention, compass, Okutama Nature Map.

Approximate Costs :

Train from Shinjuku to Hatanosu is around JPY1000, onsen is JPY700 plus bring whatever other money you need for the rest of the weekend.

Other :

Please email me in advance to let me know if you would like to attend this hike as in the event of really hot or bad weather I may change the hike to a lower level walk along the river and through the woods to the camp. For further info or if you have any questions please feel free to call or email.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tanigawadake day hike on Saturday, July 6

6 July Saturday

The series of day hike and camp, “a power of powers” is now STEP7.

After enjoying hiking trips in Okutama area, for “Step 7” , we will go to Tanigawadake.

We will leave early in the morning on Saturday by Shinkansen. We will hike from Tanigawadake Ropeway St.

(750m), walk along Nishiguro Ridge and reach the top (Tomano-mimi, 1963m). From the top, we will take

Tenjin Rige route and down to Tanigawadake Ropeway St. through Tajiri Ridge. We will return from Minakami

St. by JR and arrive Tokyo probably after 21:00. Hiking hour will be 7 hours.

Meeting Time & Place :

Please take JR Joetsu Shinkansen “Asahi 303” leaving Tokyo St. at 06:40 (Ueno St. at 06:46, Omiya St. at

07:06) and get off at Jomo Kogen St. (arrival at 07:55). We will meet at the exit of JR Joetsu Shinkansen.

After meeting, we will take a bus(Kanetsu Kotsu Bus) leaving at 08:02 to Tanigawadake Ropeway St.

Cost :

Transportation: about 11,000 yen

What to bring :

hiking boots, rain gear, water lunch&snack, torch, first aid kits, T-shirt for change, and things you need

memo: :

would like to join.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Events

Aso hiking

6 September Friday to 8 _ Sunday

Do you belong to the ones always dreaming of going to Mt. Aso to go hiking around those gorgeous green slopes you' ve always seen on pictures - but, well, it' s on the other side of Japan and...

Chance is a-coming. ANA is selling discount tickets again, which means we can get a flight to Kumamoto and back for only 20,000 Yen, if we' re quick enough to grab it.

Details are as follows:

Meet at Haneda Airport around 7:30 AM Friday morning to board the plane to Kumamoto leaving at 8:35 AM

and arriving in Kyushu 10:15 AM. Board the train to Akamizu bringing us to the rim of the outer Aso crater.

Drop our bags in the minshuku and go for the hills. Several tracks are possible. Difficulty is depending on the route we choose, but probably 1 1/2-2 stars. I have provisionally reserved a room in a minshuku.

Departure back to Tokyo would be in Sunday evening, 20:40 PM from Kumamoto Airport (landing in Haneda at 22:15).

Expenses: altogether about 37,000 Yen

Air tickets; 10,000 one way (these tickets are not refundable or changeable, sale is from June 30 to July 13.

Pls. buy your own ticket)

Minshuku: about 8000 Yen per night

train: about 600 Yen one-way

Lunch must be bought by yourselves

Meeting Time & Place :

Haneda Airport, 7:00 AM on Friday morning (September 6)

Expenses :

37,000 Yen plus lunch and maybe extra train costs

Please care to have enough cash with you to pay the minshuku, there' s no bank around.

What to bring :

good shoes, rain gear, light jacket or sweater, gaiters, map, compass, keitai, insurance.

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Events

Dive trip to IOP (Izu)

10 August Saturday

One day dive trip to IOP (Izu Peninsula)

August 10 (stay for another day is possible)

There' ll be 2 beach dives and we' re probably on our way back by 17:00 h. If you want to do two days, please

say so well in advance, so that I can 'cause the place will certainly be booked (holiday season).

Price: 12,000 Yen (2 dives). We can get a 20% discount if we are more than 4 persons.

Meeting Time & Place :

Meeting point will be Jogasaki station on the Izukyu Shimoda line at 9:15 in the morning. To be in time, you' ll

have to catch the train fromTokyo at 6:07 or at Shinjuku at 6:16 (Odakyu Line, transfer in Odawara).

What to bring :

own gear, swimwear, sunscreen, water, insurance

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Happy Summer Karaoke and Hiking

24 August Saturday

We are organising a full day of entertainment for Saturday 24 August. This is for a fun and genki group of people that like a little hiking and are craving some karaoke! The day will be pretty relaxed and fun so join us and enter into the spirit of summer.

Route/Timings etc

Hiking: we will depart from Ueno and do an easy hike to Tsukuba-san. This is a little like climbing Takao-san, everyone should be able to do it although it will be a moderate workout due to the August heat. The hike to the top is mostly stepped but is rocky in some places. We will pass Nantai-san (870m) and Nyotai-san (876m) and also visit the Tsukuba shrine. The hiking is 8km and takes around 5 hours. We will have our lunch somewhere scenic during the route.

Onsen: following the hike we take a short walk to the Tsukuba Onsen hotel where we can enjoy a relaxing soak.

Karaoke: we take the train back to Ueno where we will go to Pasela. This is a really excellent karaoke place with probably the best selection of English and Japanese songs in Japan. We will have a party course menu here and enjoy karaoke until we have exhausted all our energy. This will be a great evening for real karaoke enthusiasts!

Note on the weather: The hiking will be cancelled only in the event of really heavy rain. However, we will go to Pasela for food and karaoke whether we hike or not.

Meeting Time & Place :

We will meet at Ueno Station at 7.20am at the front of platform 10 for the local train to Tsuchiura. This train

departs at 7.35am. We will be taking the Jooban line to Tsuchiura (please note that we are NOT taking the much more expensive Limited Express which departs from platform 17). From Tsuchiura we need to take two buses before the start of our hiking.

IMPORTANT: please buy the ticket right through to Tsuchiura if you do not buy the Holiday Pass. We have a very tight change at Tsuchiura for the first bus so there is NO TIME for adjusting fares, going to the toilet, visiting the combini etc.

Approximate Costs :

Transportation: approximately JPY4500 for the round trip on the train and buses. You can buy the "Holiday Pass" for the train which costs JPY2020 and is available at ticket machines under "toku-toku kippu" . This allows you to get on/off during the day (eg you may be able to use it from your home station as well as to and from Tsuchiura). Alternatively, you can buy single journey train fare from Ueno to Tsuchiura for JPY1110. We also take two bus journeys in both directions which are JPY890 and JPY220 respectively.

Onsen: around JPY1000

Karaoke: approximately JPY4000 for course menu, nomihoudai and karaoke for two hours but we will probably stay longer than this so you might want to allow for a bit extra.

What to Bring :

You will need: good walking shoes or boots (no tennis shoes), bring some lunch (you may be able to buy some snacks at Tsukuba-san) and plenty of water, comfortable clothes (ideally you should not wear cotton next to your skin and no jeans please), towel and toiletries for the onsen, change of clothes.

Very good to have: sunscreen, hat or funky bandana, enthusiasm for karaoke.

How to Sign Up :

There are only 12 places available for this trip and priority will go to members. Please send an email to [redacted] for the party plan at the karaoke place and so if you cancel and we cannot fill your place we may have to pass some of the charges we incur onto you. We therefore ask that you only sign up for this event if you are pretty certain you are going to be able to make it.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

chichibu to okutama over “mitsu-dokke”

7 July Sunday

This path is a bit rough (red dotted line on the map), not your average well trodden okutama route.

Meet at seibu ikebukero station at 7.55am .

get on the 08.10 kaisoku train for hanna and seibu chichibu(750yen)

get off at seibu chichibu and walk to the bus stop. bus at 10.30am for daichikougen (35 mins) then start walking.

yamatokogen map No.22

follow the road for an hour then the valley up to “mitsu-dokke” (could also go on the ridge to the east)

along the ridge at the top (1440m) east for 1hr 40min then down a ridge to the road between nippara and okutama.

total hike time about 7.5 hours if you're not slow.

Meeting Time & Place :

Meet at seibu ikebukero station at 7.55am

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike & camp in Kamikochi&Okuhotaka on July 20 and 21

19 July Friday to 21 _ Friday

This is the final step of “a power of powers” , the series of hike and camp.

This time, we do two day hike in Kamikochi & Okuhotaka. We will leave Friday night, July 19 by overnight

bus for Kamikochi and walk from Kamikochi Bus Terminal to Karasawa through Tokusawa and Yokoo on

Saturday, July 20. We will stay in tent. On Sunday, July 21, we will try to head for the top of Okuhotaka and

walk down to Kamikochi Bus Terminal through Karasawa, yokoo and Tokusawa.

Estimated hiking hour is 6 hours for the first day and 9.5 hours for the second day.

Meeting Time & Place :

Please book your seat in advance(at least, a week in advance) for “Sawayaka Shinshu-go” which is operated by

23:00(11:00pm) on Friday, July 19 and for return we will take a bus leaving Kamikochi Bus Terminal at

16:00 (4:00pm) on Sunday, July 21. The cost is Yen14,000 for return.

We will meet at Tocho-mae Bus Terminal on Friday, July 19 at 22:30 (10:30pm).

Brief Schedule :

Friday, July 19 - Leave Shinjuku at 23:00

Saturday, July 20 - Arrive Kamikochi at 06:00, Walk from 7:00, Reach Karasawa at 13:00

Sunday, July 21 - Leave Karasawa at 06:00, Reach the top of Okuhotaka 09:00, Pass Karasawa at 11:00,

Arrive Kamikochi Bus Terminal at 15:30, leave Kamikochi by bus at 16:00, Arrive Shinjuku at 21:00

What to bring & Cost :

hiking boots, tent(can be shared), Sleeping bag, rain gear, water, foods(2xBF, 2xLU, 1xDI(can be shared),

snacks), cooking utensils(can be shared, Cloths for change and keeping you warm, lead lamp or torch, first-aid

kits, etc.

Cost: Yen14,000 for transportation + Yen500 for tent site

Memo :

I would like to put 3 or 4 people in one group in order to reduce our baggage and to share a tent and foods for dinner. Please let me know whether or not you have a tent(if you don' t mind to share with others).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

CHANGE - Dive trip to IOP

03 August Saturday

due to the BBQ taking place on August 10/11 I decided to change the date of my IOP dive trip to August 3.

The outline of the trip does not change, however, for people who want to stay 2 days it is possible to go to to

Akazawa for boat dives the next day.

I would need to know that in advance to care for accommodation

Meeting Time & Place :

Meeting time & place: Jogasaki Kaigan Station (on the Izukyu Shimoda Line) at 9:15 AM on Saturday morning.

Charges :

Charges: 12000 Yen for IOP and 19800 for Akazawa, both to be reduced by 20% if we are more than 4.

Accommodation will be extra, I' ll check that in case of need.

What to bring :

Good to have: sunscreen, water

Please bring your own gear if you have. If you don' t have it, you can rent it locally for an additional charge.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sunshine Stables and night beach riding 1/2

16 August Friday to 17 _ Saturday

Dear Night Riders ;

Here we are again , rainy season is over ,they say ,the beaches are clean and ready for volloyball and

swimming and most of all ,the horses are to!

The Ranch we went to last year ,is still there , the same trains and the same guy topick everyone up is still

willing to !

The cost is 10,000 and hourbut I will ask for a discount if there is enough of us . Am not thinking of overnight

but we could do that , as last year ,with BBQ and beds and tents .

What think ye

Let me ,know , I am thinking of August 16th , I come out of the mud and come to relax ! You can sign up at

the next meeting on the 4th or email !!

Schedule is as follows :

August 16th Friday ; everyone at the Naruto Station by 4 :30 pm

to the Stables for a quick dip and relax with BBQ and horse lessons and ride on the beach .

for some : go home ,for others ;stay over and ride in the AM and eat breakfast there

1) ride only ; 10,000 yen

2) ride and BBQ and go home 13,500 yen

3) ride and BBq and drinks and bed Yentent and bunk are the same charge/breakfast :16 .500 yen (Friday 16th

and Sat 17th)

please give me your

kaitai number

sex

chose of 1 Yen2 or 3

You all pay the owner in the Am or before you leave . Am ride is extra

Till then

happy trails

Dave Simpson

Meeting Time & Place :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Dive trip to IOP (Izu)

24 August Saturday

After having very good conditions last Saturday, I decided to repeat the dive trip to Izu Ocean Park (or IOP in short). The dive spot is located at Izu Kogen (East Coast) and a quite scenic and popular one. You can go searching for small creatures among the rocks or enjoy the schools of fish over sandy areas.

Meeting Time & Place :

Tentatively: Jogasaki Station on the Izukyu Shimoda Line at 9:15 am on Saturday morning

Cost :

12,000 Yen plus tax and train fare (group discount possible depending on number of persons)

What to bring :

Swim wear, sunscreen, your own gear if possible. Otherwise gear can be rented.

Required :

License and at least 20 dives on log

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Preliminary Sounding: Katsuo Ippon-zuri Fishing Trip & Beach BBQ Camp-out

24 August Saturday to 25 _ Sunday

Immediate Response Needed !!! I need to gather a minimum of 10 people who are interested to join me for this trip. For what trip you ask Well read on...! ...Well, you' ve read about it, heard about it, but likely never did it. No, I don' t

mean the Karma Sutra position #456-A, I mean Katsuo Ippon Zuri. (Skipjack Tuna Yen Bonito Fishing).

Ippon-zuri, as the name hints, is actually a commercial fishing method using one

rod for one fish. No reel is used. Its just a rod, line, and hook (which for recreational fishermen is baited with live anchovies/sardines), after that you use your he-man muscles to hoist

your monstrosity out of the water and up and over your head into the boat. It will be just you against nature !

Katsuo no Ippon-zuri is an innovative way to catch fish, although not as efficient as using a net, and certainly

not as sporting as Robert Redford in "The River Runs Through It." Still it is quite an extraordinary experience

and no one can say they' ve "lived" in Japan until they' ve tried this at least once! So take off those badges of

shame, rise up to your calling, be the person you always wanted to be and go for it !

What we' ll do once we' re in the boat is to go out to search for "boils" (sardines ruffling the surface of the water trying to escape the bonito). They' ll be easy to spot because the seagulls will be seen circling the area.

Otherwise, we will use technology to even the odds against nature and find schools of fish using the boat' s

"laser-guided smart-sonar" then artificially simulate a boil by spraying the ocean top using a hose while

throwing live sardines into the water. If the bonito fall for it, or "take the bait" (pardon the pun), that' s

when you throw in your baited rig then, ... wham ! wham ! wham ! hoist em aboard ! Its not as easy as it sounds. You could go home "skunked" (with nothing more in your hand except your "rod" ,... which might be ok for some people), or you could walk away with 100 fish "tails" (well, in Japan, the unit name used to count fish is by "tail" as in one tail, two tails, etc. but I presume they let you keep the whole thing). By the way, you can take home as many as you keep, but you can donate the excess to the people that run the boat shop for them to sell in the markets to help continue their business. Its usually courtesy to do so since the fish will spoil quickly and unless you' re name is Slim from the hillbillies of Kentucky, I doubt you' d have so many cousins' mouths to feed. Any one interested needs to be pretty fit and capable of enduring the turbulence of the high seas (well, not really that turbulent, but someone that gets sea sick really easily may not enjoy the trip and there is no turning back once we' re on board). We should finish sometime in the afternoon. Afterwards, you can go straight home if you want, but I' m hoping that enough of us will join to hang out at the beach, pitch camp for an overnigher, rest up a bit, then prepare the bounties for dinner. Other non-fishing heathens can join us then too, but they' ll have to pay for some of the food costs and help with the cooking since we' re "all in the same boat." Some ideas for dinner is Tegonesushi (raw bonito on marinated rice with egg and other vegetables on top), Katsuo tataki, Katsuo Tofu, and other stuff too. Of course, we will have mainlander food too or else we could not call it a BBQ.

Meeting Time & Place :

To be announced pending confirmation of persons interested.

What to bring :

Warm cloths that can be shed as the weather gets hotter (which it will!), waterproof jacket and pants (hiking rain gear is ok), rubber boots (preferably, but if not, waterproof hiking boots are ok... just a pain to clean later... Please do not wear sandals), hat, sunscreen lotion (DONT forget this!), sunglasses (please wear these even if sunlight doesn't bother you because it will add an extra layer of safety in case someone's hook goes flying off), and ice cooler. Also, if you THINK you MIGHT get seasick, bring seasickness medicine and take it 30 minutes before you even smell seawater ! It won't work once you're on board. Rod rental and bait is included in the price. Bait for humans is not. Please be sure to bring your own lunch/snacks (at least 1 litre of water/tea or other drink. Onigiri's are popular food items).

Cost :

To be announced. The fishing part will be appx. Yen 13,000. Camping/BBQ cost will be split on actual cost and other food and related items (charcoal, etc.).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Dive trip to Kozushima

12 October Saturday to 14 _ Monday

I am planning to go for diving on the weekend 12-14 October (Monday is national holiday) to Kozu-shima, one of the islands of Izu Peninsula.

Saturday, 12 October

Ride on the Jetfoil from Takebashi Pier, the journey takes about 3 hours with enjoying nice breeze. After having a lunch on Kozu-shima, we can do two dives. Then, Onsen to warm up our body!!

Sunday, 13 October

Dive Dive Dive!! and Onsen afterwards!

Monday (national holiday) 14 October

Before we leave Kozushima, we can do one dive.

Also hiking, being lazy(most likely) as we like.

Meeting Time & Place :

Saturday 12 October

7:50 am meet at Takebashi Pier

8:20 am Jetfoil leaves for Kozushima

11:10 am arrive at Kozushima

What to bring :

* Diving gears if you have (rental gears are available at dive shop)

* Diving license (MUST!)

* DAN card (divers.' tinsurance) is strongly recommended

* Swimsuits

* Clothes

* Sunscreen

* First aid kit

* Money for diving, ryokan, lunch, snacks and omiyage Cost :

Jetfoil 17,600yen (we may be able to get some discount)

Ryokan 13,000 yen for 2nights including breakfasts and dinners.

Diving 12,000yen for two boat dives

Onsen various but max. 800yen

Plus money for lunches, snacks, drinks and Omiyage Sign-up :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Chiba hiking :Taito Beach and countryside 1/2

24 August Saturday to 25 _ Sunday

Hike ; very easy countryside walking

Altitude ; ground zero

Weather ; just right ,cool evenings with fire

Hike the countryside with Dave .see fruit orchards , old farms , beaches , flowers and other naturegood for ;

those with sort pockets , like photography ,

.....

Saturday pm ; arrive Station to Beach and hike area . Set up camp and hike
Yenpub for pm supper

Sunday ; beach camp and breakfast , pack up , leave gear and hike to inner
country area .

Noon ; pick up gear , go to beach then eat lunch .Then home train

PLEASE CALL FOR FURTHER INFO ,AFTER 8 PM TO 10 PM

Meeting Time & Place :

Chiba ;Kazusa Ichinomiya Station at 3:30 pm Saturday . Kayo line from Tokyo Stn
to Kazusa Ichinomiya

Chiba .

Sunday same station from after 12 noon

lots of trains available

Bring :

tent , sleeping mat or bag , I have spare tent and sleeping bags

towel and personal items

swimwear

sweater

hiking shoes

small day bag

hiking time ; we cAN leave most of our gear in my Van in a secure area .

Costs :

Train Express ; about 2500 yen one way Yen57 min traintime

Limited Express ; 1500 yen or so Yen 77 min train time

Local train : 960 yen Yen 2 hrs train time

Food ; SAT Pm local pub great food 960yen

Sunday : Breakfast : obento from 7 Yen11

Sunday lunch obento from 7/11 or restuarant .

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Nasukogen Camping/Loding/Hiking/Onsen Trip

14 September Sunday to 16 _ Monday

2 Lodging Spots Open

I am organizing an overnight long weekend trip to Nasukogen in Tochigi to do camping/lodging and hiking in

the weekend of September 14-16 (Monday is a national holiday). There are 2 more spots open for lodging,

while the limit of participants is 8-10.

Nasukogen has various hiking routes as you can see in the website below:

<http://www.nasukogen.org/special3/index.html>

We will base at the camp site for 2 nights, and go on a hike from there, as I do not want to hike while carrying

all camping gear. If you would like to do harder hikes and there are more than 2 people to do these hikes, please feel free

to plan ones by yourselves while coordinating with the drivers. The town also has many hot springs and

various museums and animal-related sites to visit. We will decide more details later.

Meeting Time & Place :

To be announced later

How to Sign up :

<How to Sign Up>

- 1) Your full name
- 2) Your email address
- 3) Your mobile number
- 4) Whether to have a camping stove
- 5) Whether you can drive a van in Japan
- 6) Whether you have your own car or not. If yes, how many people can you take
- 7) Your emergency contact person' s name
- 8) Your emergency contact person' s phone number Cost :

We will split whatever it costs at the end of the trip including the gas, rental van fee, lodge/camping ground

fee etc.

Camp Site :

KOA那須高原キャンプランド

〒325-0304 栃木県那須郡那須町高久甲 5861-2

<http://www.koa-nasuhighland.com>

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yamanote By Bike 1/2

8 September Sunday

PLAN:

I plan, by bike, to retrace our footsteps of 25th May when we made an incredibly successful

venture circumnavigating the entire Yamanote Sen by foot.

WHEN:

I am planning to do this phase 2 feat of idiocracy on Sun Sept 8th, so if you have a bike and are interested in

this second opportunity to go around the Yamanote Sen without the foot blisters, then please contact me.

Meeting Time & Place :

Planned meeting time will be 09:00 Sun Sept 8th at Hatchiko, the dog' s behind, in Shibuya (subject to change!). Do contact me to let me know if you plan to attend.

Costs :

Make sure to bring enough cash to purchase snacks and lunch as well as coffee/tea and drinks along the way.

What to Bring :

Comfortable shoes for cycling, light clothing, camera, small daysack if you feel it necessary to carry anything else and raingear in case of rain. Lock for your bike.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Secret Beach hike/camp & Horse riding 1/2

21 September Saturday to 22 _ Sunday

Everyone comes at 4 :30 or near , to the Ohara Station , on Sotobo
line from Tokyo

TOKYO STATION TO OHARA

COST EXPRESS : 2100 ABOUT TIME : 60 MIN ONE WAY

COST LOCAL : 1000 ABOUT Yen TIME : 2 HRS :ONE WAY

COST SUB EXPRESS : 1500 TIME ; 80 MIN : ONE WAY

We camp at Secret Beach , a bit of hike and swim and fire Yensleep out and
ocean swim

Sunday ; we go to the Ranch by car and ride for 1 hr

Food : We all buy at local store Supper and Breakfast or bring your own

We have 6 people so far :

- 1) Dave
- 2) Rob (new)
- 3) Martina
- 4) Martina boy friend
- 5) Satako

max : 10

Meeting Time & Place :

OHARA STATION - CHIBA KEN

ABOUT 4:30 PM

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ubaguchi Toge Pass, Ohshuku Toge Pass, Yamanashi (MTB offroad riding).

8 September Saturday

This is for intermediate riders. Not recommended for beginners.

Starting from Kofu station (Chuo-line) in Yamanashi prefecture, we go south to Ubaguchi toge(830m) and

Ohshuku toge(1050m). This course is combination of forest road (4WD road) and single track (hiking path).

And we will climb 1,000 meter in total in a day. We will finish riding at Isawa onsen station. Of course we go

onsen to soak before heading home. Canceled if it rains.

If you want to go riding on Sunday as well, please let me know.

I will arrange minshuku or camping, and ride mountain in the same area the next day.

Meeting Time & Place :

If you intend to come, please contact me for train schedule and meeting time.

Thanks.

What To Bring : :

MTB (road bikes are not suitable.)

bike bag

helmet (or handy brain surgery kit)

water (2 litter minimum)

lunch (We may find 7-eleven in Kofu.)

bike tools with extra tube. (Please bring your own TUBE! Otherwise I need to say good-bye to you in the mountain.)

onsen gear (towel)

Cost : :

Round trip from Shinjuku costs approx. 8000yen by express train and 4500yen by local train.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

A day hike and beer garden

16 September Monday

This is a beer garden trip to Sagami to Mt. Takao. We did this event on the opening day and do again on the last day this year! Also this must be an easy entry to OCJ. Why not join us!

In this hike we will back to Mt. Takao for dinner at the beer garden. The price for woman is Yen2,700 and man is Yen3,000 for two hours.

It is about 6 hours walking.

You can also join us at Tachikawa 8:44, Takao station 8:59. Will reach Sagami station at 9:08.

Meeting Time & Place :

At the top of the platform #9 on Chuo line in JR Shinjuku station at 8:00am. Will take an express at 8:10.

What to bring: :

Water, Lunch, Rain Gear, Flashlight, Map, and something keeps you warm. Please be sure to wear hiking boots with ample ankle support.

Transportation :

Please purchase a ticket to Sagami on JR. And we can return to Takaosanguchi on the way back by cable car at about Yen450. We do not wait for any late comer, so please be punctual!

Note: :

It is cancelled if the weather forecast shows a 50% chance of rain or worse.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

A day hike from Sagamiko + Beer Garden on Mt. Takao

16 September Monday to 16 _ Monday

This is an easy entry to OCJ. Why not join us and enjoy going on a day hike and beer with us This event was

done already on the opening day of that beer garden and will be done on the last day in this year.

In this hike, we start from Sagamiko on JR and be back to Mt. Takao for dinner at the beer garden. The price

for woman is Yen2,700 and man is Yen3,000 for two hours. 1.5 stars hike but it is about 6 hrs walking.

We can return to Takaosanguchi on Keiko line on the way back by cable car at about Yen450.

Meeting Time & Place :

On the top of the platform #9 of JR Shinjuku Chuo line duly at 8:00am. Take an express at 8:10. Or

Tachikawa at 8:44, Takao at 8:59, Sagamiko at 9:08

What to bring :

Lunch, Water, Rain gear, flashlight, map. Please be sure to wear hiking boots with ample ankle support.

Cost :

Please purchase a ticket to Sagamiko on Chuo line. And you will need about Yen450 for cable car from Mt.

Takao on the way back.

Note! :

i) It is cancelled if the weather forecast shows a 50% chance or worse of rain. ii) We do not wait for any late comer, so please be punctual.

Friederike

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yuro keikoku Beginners camping 101

12 October Saturday to 13 _ Sunday

Camping 101 :

Fun while camping , learn how to cook on a open fire , present your dish .Please bring the food with you

including any oil or spices etc . I will provide dishes , cups and utensils .

Camping includes easy hiking in this area , how to set up a tent and some easy survival tips for summer and

winter . Yes there are toilets and there is an onsen in the area .

!

Please provide me with ;

Your name , sex, membership number , phone and kaitai number and best time to call you .

Best time to call me for details is from 8 to 10 pm .

Weather ; This course will be cancelled if there is a call for bad weather . I will call/email all that wish to

come , on Thursay , and state if we are to go ahead or not .

Meeting Time & Place :

meeting time : TBA call Dave

meeting place : Yuru Keikoku station

Please be on time if you come by car or train . There will be no extra taxiing to and from 7/11 or station this

time .

Gear :

raingear , thin old blanket , tent , sleeping mat and sleeping bag , flash light and new batteries , personal

toiletry , small towel ,

If you do not have a tent or sleeping bag , please call me , I have 7 of each .First come first served . You need

your own mat !

Those with no tents will have to sleep with those that have ! You can junken

Costs :

Train fare or gas to Station and back

Food ; 4 meals ; x1 supper , 1 breakfast , x1 lunch .Buy locally when we get there ,but bring something for

cooking class ,Bring your own wine or beer . Beverage with you .

cooking class :

How to cook and keep food when camping class 101 ;

please bring something that you can make on an open fire . There will be a contest for the best presentation .

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

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Camping includes easy hiking in this area , some easy survival tips for summer and winter . Yes there are

toilets and there is an onsen in the area .

!

Please provide me with ;

Your name , sex, membership number , phone and kaitai number and best time to call you .

Best time to call me for details is from 8 to 10 pm .

Weather ; This course will be cancelled if there is a call for bad weather . I will call/email all that wish to

come , on Thursday , and state if we are to go ahead or not .

Meeting Time & Place :

meeting time : TBA call Dave

meeting place : Yuru Keikoku station

Trains ; Tokyo to Soga station change here to UCHIBO line to GOI station (3 stops) change here to

KOMINATO TETSUDO LINE to YUROTAIKOKU STATION (17TH STOP) TOTAL Train time about 1.5 hrs

Please be on time if you come by car or train . There will be no extra taxiing to and from 7/11 or station this

time .

Gear :

raingear , thin old blanket , tent , sleeping mat and sleeping bag , flash light and new batteries , personal

toiletry , small towel ,

If you do not have a tent or sleeping bag ,please call me , I have 7 of each .First come first served . You need

your own mat !

Those with no tents will have to sleep with those that have ! You can janken

Costs :

Train fare or gas to Station and back

Food ; 4 meals ; x1 supper , 1 breakfast , x1 lunch .Buy locally when we get there ,but bring something for

cooking class ,Bring your own wine or beer Yenbeverage with you .

cooking class :

How to cook and keep food when camping class 101 ;

please bring something that you can make on an open fire . There will be a contest for the best presentation .

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Halloween Party

26 October Saturday

Wondering what to do for Halloween

Well, it may not be sporty, but you can get a nice work out by DANCING. Those who would like workout more,

it is possible to climb 7 flights of stairs to this event. Or you could do what I will be doing which is take the elevator.

Anyway, I would like to invite you and your friends to my other club's Halloween party on Oct. 26th (Saturday) from 6-9PM.

I will be the representative for and would like to invite you to this party.

Please go to this site for more details: (place, time, price (pre-registration deadline is Oct 24th), payment info, and map.

www.japanjacl.org/Halloween-2002.html

The price includes one drink & treats (snacks). We will have a DJ, so come out with your dancing shoes &

YOUR COSTUME. We will have a costume contest (sexiest/cute; funny/original and scariest) and you have a chance to win some prizes.

So, don't be shy. Come out with your friends, meet some new people and have a great time. I hope to see you

Meeting Time & Place :

In front of the entrance of Book 1st in Shibuya at 6:00. Book 1st is across the Citibank, off of Bunkamura

Street. (I will wait for only 15 minutes) then we will walk together to Rock West. Those who are late, you have to go there yourself.

Payment :

Deadline for pre-registration is Oct 24th. The payment is 2,000 yen.

At the door is 4,000 yen. The price includes one drink, & snacks. We will have a DJ for dancing & a costume

contest.

Bring your Costume :

We will have a costume contest, so please bring something. The 3 categories are: (scariest, cute/sexy and funny/original)

To see the original invitation: :

Please see www.japanjacl.org/Halloween-2002.html for details. (bank info, map, etc.)

Please email me first, since my phone call only save three emails.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Champagne & Cricket

26 October Sunday

Everyone has heard of the game of Cricket but few seem to know how to play.

Well, if you're interested in

learning how to play and taking part in a friendly, fun game then come and join me on Sat 26th in Tokyo. If

you happen to have a cricket bat please bring it along as I have only one.

Plan

To go through the basic rules, set up and after a walk through-talk through (step-by-step practical explanation) we will begin a game.

Around lunchtime we will break the game to enjoy a champagne lunch after which we will continue our game.

I need to have a minimum of 8 (simple game), and a maximum of 22 people (11 per side). Numbers less than

the minimum will be subject to this event being cancelled. This event will also be cancelled in the event of

rain.

Meeting Time & Place :

09:00 Sat 26th Oct, outside the ticket barriers of Tamagawa Station, Toyoko/Meguro/Tamagawa lines (15

mins from Shibuya). From there we will head down to find a convenient location by the side of the Tamagawa.

What to Bring :

Training/Jogging shoes

Comfortable/Sports clothing

Raingear in case of rain

A packed lunch & some champagne or cheaper sparkling wine, like Asti or Cava.

Mat to sit on

A sense of humour!

Please let me know if you are interested.

Additional :

Please let me know if you are interested

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Mitsu-toge-yama hike

9 November Saturday

We start from Mitsu-toge station and enjoy walking along the road for before breaking off to start up the steep 1100 metre climb to Mitsu-toge yama (1785 metres). Hopefully, we should reach the top for lunch and views of Fuji, Yatsu-ga-take and Tanzawa. Afterwards, we come down to Kawaguchi-ko. I don't know if there are onsen in the area but best to take your onsen stuff just in case. If you have the Lonely Planet Hiking in Japan book, you can find out further details of the route there.

Meeting Time & Place :

I found a great train - the tokubetsu holiday picnic, which leaves Shinjuku at 8.11. Meet at the front of the train at 8am

What to bring :

Hiking boots, wet weather gear (given that I am hoping for a good view, it will probably pour with rain), plenty of warm clothes (it will be cold on top), food and drink (no time/opportunity to buy on route although there may be snack stalls at the top), onsen towel and toiletries.

Nice to have

Map, first aid kit, hot coffee.

Cost :

Train fare is 1,970 Yen. Bring some spare cash for onsen, snacks etc.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Breakfast at Tsukiji & Hiking/Hot Spring in Tanzawa

9 November Saturday

Dear Sushi and Hiking Lovers:

Autumn is the season of gourmet! (Gourmet no Aki!), so I would like to organize the first gourmet trip this fall,

followed by the Thanksgiving dinner in late November.

This time, we will wake up a bit early to go to Tsukiji to see the fish market and eat sushi for breakfast.

Although the auction of tuna might be over by the time we get there, you can still capture the Kodak moments

everywhere there. Then, we will eat fresh sushi for breakfast.

If you still have some energy and feel like doing some exercises after eating tons of sushi for breakfast, please

join our 4-hour hike to Onoyama (723m) in Tanzawa, followed by a hot spring in Nakagawa Onsen at

the end of the day.

Please feel free to invite your non-friends to give them a chance to experience the OCJ-way of life.

You can join either/both the breakfast at Tsukiji and Hiking/Hot Spring in Tanzawa.

Meeting Time & Place :

>>Just Breakfast at Tsukiji

6:00am Exit 1 (ground level) of Tsukiji Station on Hibiya line.

>>Just Hiking & Hot Spring in Tanzawa

10:10am Exit (maybe only one. ♪) at Yaga Station on JR Gotenba Line

SCHEUDLE :

<<Breakfast at Tsukiji>>

6:00am Meet at the Exit 1 (ground level) of Tsukiji Station on Hibiya line.

6:00-7:00 Tour in the Fish Market

7:00-8:00 Breakfast at a sushi restaurant in Tsukiji (If you have a recommendation of a good sushi place, please let me know!)

<<Hiking and Hot Spring in Tanzawa>>

8:11-8:15 Tsukiji to Ginza on Hibiya Line
8:17-8:19 Ginza to Shimbashi on Ginza Line
8:24-9:26 Shimbashi to Kouzu by JR Kaisokuk Acty
9:40-10:07 Kouzu to Yaga by JR Gotenba Line
10:00-15:08 Hiking to Tanzawa Lake via Ohnoyama
15:08-15:17 Getting on the bus from Tanzawa Lake to Nakagawa Onsen
15:18-17:30 Hot spring at Shingenkan (<http://www.shingenkan.co.jp/ohuro.htm>) at
Nakagawa Onsen
17:36-18:24 Bus ride from Nakagawa Onsen to Shinmatsuda Station on Odakyu Line!

SIGN UP :

If you are interested in joining this day trip, please let me know followings by email:

- 1) Your full name and your friends' name

- 2) Your mobile number/any phone number that I can reach you with at 5am
- 3) Do you want to join the breakfast at Tsukiji and/or hiking & hot spring in Tanzawa

WHAT TO BRING FOR HIKERS :

- 1) Any Hiking Map of Tanzawa (If you could not get one, please let me know. I will bring a copy) and compass
- 2) Lunch and at least 1-litter of drinks
- 3) Snacks and emergency food
- 4) Head lamp
- 5) Rain gear
- 6) Hiking boots/jackets
- 7) Emergency sheet
- 8) Toiletry (towels, soaps, body lotion etc)
- 9) Clothing to change after the hot spring

IN CASE OF RAIN

In case of rain, the hiking will be canceled, but the breakfast at Tsukiji will take place. FYI, there is only a 20% chance of rain for this Saturday.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Wine Festival

16 November Saturday

The Coco Winery in Ashikaga is having its Harvest Festival in November

I am planning to go up on the 16th and anyone who wants to join us is welcome.

Coco Winery produces wine from local grapes, grapes grown in their vineyard in the Napa Valley in California

and grape juice from Australia (and maybe elsewhere). They have several whites, all blends, made from

several varieties most of us have never heard of. Their reds (only two) are also blends of cabernet sauvignon,

Australian shiraz and others. All are soft and fruity

without being cloyingly sweet as is so common with Japanese wine—maybe because the wine maker is an

Italian American trained at (dare I say it) the

University of California at Davis. They also make a Vino Santo that I'd like to taste and an Eiswine (the latter

produced by a bogus cryno extraction technique, but let's not dwell on that).

Both of these are sweet, but

again,

with balancing acidity and fruit.

The costs of admission is 1500. For this you get a wine glass, a cork screw and at least one glass of wine or

grape juice. Additional tasting is 200 to 1000 yen per glass. (I think the more expensive

wine will be the Vino Santo and the Eiswine.)

Food prepared by visiting chefs will be available there. But please note, they promise that there will be NO

YAKI SOBA! They say we are not allowed to bring our own food but with thousands of people, how can the

know if we are discrete

The shuttlebus from Ashikaga Station to the site is 300 one way.

Meeting Time & Place :

Tobu Asakusa station, 8:30 AM

(buy your reserved seat ticket in advance

Cost :

Train 2080 express, 940 local (both one way fares)

bus 300 yen one way.

Admission 1500

Wine tastinr 200 to 1000 yen per glass

Food unknown

Clothing :

The weather is unpredictable, and we will be out of doors mostly, so bring suitable clothing and an umbrella, just in case.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Niseko Early Season (Dec 13-15)

13 December Friday to 15 _ Sunday

Experience early-season Niseko!

DEPART: Dec 13 (FRIDAY) from Haneda (early morning, between 6.30 and 10.30am departure), arriving at the resort early afternoon.

SKI/SNOWBOARD: Friday afternoon (while our Tokyo friends are still toiling at work!), all Saturday, then Sunday until 3pm.

OVERNIGHT: Friday and Saturday nights at a Pension near Niseko

RETURN TO TOKYO: on December 15 (Sunday) a late flight (after 7pm) from Chitose to Haneda.

Breakfast, dinner, and 3-day all-mountain ("zen-san" lift pass) INCLUDED.

Meeting Time & Place :

Haneda Airport (Time/location TBA; but could be as early as 6.30am)

Cost :

39,300 including air tickets, 2-nights at a pension with breakfast AND dinner, 3-day ALL MOUNTAIN Niseko pass.

Deadline :

Please contact Emily Felt or Greg Corrin no later than Nov 15 if interested.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Thanksgiving Dinner in Jiyugaoka and Hiking/Hot Spring in Tanzawa

30 November Saturday

Dear All:

Here comes another event of my series of “Shokuyoku no Aki (the Autumn is the season for appetite) Events” following the successful “Breakfast at Tsukiji” last Saturday.

Likewise last year, I am organizing the Thanksgiving Dinner event in the evening of Saturday, November 30th. This time, we will have the dinner at my favorite Irish bar “O’ Carolan’ s” in Jiyugaoka. Although the Thanksgiving is a Northern American event, I am sure they will make nice mashed potatoes. The dinner will include Turkey, potatoes, vegetables, dessert and one glass of sparkling wine.

For those who feel guilty about just eating a big dinner, you can join the hiking and hot spring in Tanzawa.

The hiking is relatively easy for 4 hours .

SCHEDULE :

Hiking, Hot Spring and Dinner in Tanzawa

9:15-14:10 Hiking

14:10-14:18 Bus from Tanzawa Lake to Nakagawa Onsen

14:18-15:53 Hot Spring

15:53-16:48 Bus from Nakagawa Onsen to Shinmatsuda

17:01-18:45 Train from Shinmatsuda Station to Jiyugaoka

CANCELTION OF THE DINNER

If you canceled the dinner after Tuesday, November 26th, there will be no refund. But if you canceled before

Tuesday, November 26th, I will refund you 2,000 yen.

HIKING DETAILS: :

A total 4 hours

1-1.5Star Hike

Onoyama 723m high

There are some up-and-downs, but it should not be so hard (my hiking guide book

say so). Near the peak of

Onoyama, there is a cattle ranch. There are nice views from the top of the mountain such as Mt. Fuji, Tanzawa

Lake and Nishi Tanzawa mountains.

Yaga Station ~20-minute walk~ Arashi Onoyama Tozan Guchi ~80 minute-walk~ Onoyama ~20-minute

walk~ Yumotodaira Buki ~45-minute walk~HatanoToge Bujki ~60-minute walk~ Tanzawa Lake

WHAT TO BRING FOR HIKERS

- 1) Any Hiking Map of Tanzawa (If you could not get one, please let me know. I will bring a copy) and compass
- 2) Lunch and at least 1-litter of drinks
- 3) Snacks and emergency food
- 4) Head lamp
- 5) Rain gear
- 6) Hiking boots/jackets
- 7) Emergency sheet
- 8) Toiletry (towels, soaps, body lotion etc)
- 9) Clothing to change after the hot spring

IN CASE OF RAIN

In case of rain, the hiking will be canceled, but the dinner will take place. If you are not sure about whether we

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Events

Snowshoe and Maybe Some Cross-Country Skiing, Down-hill Skiing and Snowboarding
in

Togakushi, Nagano

02 January Thursday to 04 _ Saturday

Dear Snowshoe Lovers:

Are you going to stay in Japan for winter Then, please join the
鉄 snowshoe and maybe some Cross-Country Skiing, Down-hill
Skiing and Snowboarding trip to Togakushi, Nagano on Jan 2
(Thur) to 4 (Sat) in the New Year .

This trip is mainly for those who love snowshoe and crosscountry
ski, but depending on the condition of the snow, we
may have to do other activities such as down-hill ski or
snowboarding, as the snow is expected to be too powdery for
cross-country ski around that time.

We will be staying at my favorite 湯 ominoki Sanso for 2 nights
and 3 days. I stayed there this February for a snowshoe/cross
country ski trip, and I fell in love with that place as they had
such a nice, homey atmosphere with a coffee/drink bar. I
cannot wait until February-March, the better season for
snowshoe/cross country ski!

Please note that this trip is limited to those who have some experiences in
hiking and can read hiking maps,
as snowshoeing requires some good sense of directions.

Meeting Time & Place :

7:15 Meeting at Yaesu South Exit at Tokyo Station

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Events

Karting in Chichibu

24 November Sunday

At Chichibu Mews Park <http://www.seibu-group.co.jp/rec/musepark/index.html> there is a 500m go-kart

track. If your lap time includes the day's "lucky number" you might win a prize. Afterwards we'll warm up at

Kurpalace Onsen <http://www5.ocn.ne.jp/.ogano/kurpalace/>, which has separated rotenburos and mixed spa

baths. Bring your bathing suit! Make sure you dress warmly, because the park is on top of a hill.

This event will be cancelled or postponed in the case of rain, snow, or extreme cold

Please call me on Sunday morning (use my home number before 8:30!) if you're not sure. Make sure you

include your home and mobile phone numbers when you sign up.

Meeting Time & Place :

Seibu-Chichibu station, 10:20am

How to get there :

This train will split up at Yokoze. Please make sure you're in the "Mitsumineguchi" part of the train.

From Ikebukuro (probably platform 5 or 7) the kaisoku kyuko bound for Nagatoro Yen Mitsumineguchi departs

at 8:37 and arrives at Seibu-Chichibu at 10:20.

Other stops are as follows:

Shakujii-koen arr 8:50 Yen dep 8:51

Hibarigaoka 8:58

Tokorozawa (platform 4/5) arr 9:06 Yen dep 9:07

Kotesashi arr 9:12 Yen dep 9:13

Iruma arr 9:20 Yen dep 9:21

Hanno 9:28

then it becomes a local train.

You can check Yahoo! Transit <http://www.transit.yahoo.co.jp> for more details about your connections. I will

join the train at Hibarigaoka.

The loop-line bus from Seibu-Chichibu station leaves at 10:35 and arrives at Sports-no-Mori at 10:52. The

next bus is about 90 minutes later, so we cannot wait for you!

The last free shuttle bus from Sports no Mori leaves for the onsen at 14:15 and arrives at 14:25.

To get back to Seibu-Chichibu station we' ll walk 15 minutes to Mishima bus stop in Ogano town. These buses

are not frequent (only one or two

each hour) so I' ll bring a timetable [http://www.seibu-](http://www.seibu-group.co.jp/bus/timetable1016/dia/timechart/jikoku190034001.html)

[jikoku190034001.html](http://www.seibu-group.co.jp/bus/timetable1016/dia/timechart/jikoku190034001.html). It takes about 35 minutes to get back to Chichibu town.

What to bring :

* warm clothes including windproof jacket, gloves, etc

* onsen kit INCLUDING YOUR BATHING SUIT (rentals are available, but they' re ugly!)

* lunch, hot drink, etc

* money

* your smile!

Cost :

Train from Ikebukuro to Seibu-Chichibu - 750 yen

Bus - sorry, I don' t know, but I think it will be about 300 yen each way

Onsen 800 yen

Kart rental:

50cc one-person - 3 laps 1000 yen Yen 10 laps yen

50cc two-person - 3 laps 1500 yen

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Events

Izu Onsen Trip on this weekend

29 November Friday to 1 _ Sunday

Nov.29th night to Dec.1th or Nov.30th to Dec.1th.

turn back to Tokyo until OCJMeeting

Place:IzuKogenSta.(IzukyukoLine of Izu Peninsula)

Saturday;Choose Mt.Amagi hike or easy hiking or swimming or sycling or tennis.

Unnecessary; utensil of cook and HUTON.

Cost:About10000yen(stay chages1night500yen,meal,toransportation)

Activity:hiking, indoor swimming, cooking party and onsen. ɿ

Meeting Time & Place :

different by your choose course.

Please came to ｡=Roajiru IzuKogen Ichibankan #406' until 5:00pm of Sat. Takea a taxi from Izu kogen sta.

(10minute).

If you came on car(we have a parking place) or sycling or walking;

Higashi Omuro Crossing of national road 135.turn right from Ito.You can find light brown codominium

on few minute.

left side.(

What bring :

Towls,hiking shoes,swimming suit.

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Events

Zao weekend ski trip (Feb 7-9)

7 February Friday to 9 _ Sunday

I' m booking a Zao weekend for all you skiers and snowboarders out there. I' m aiming for 8 people. Zao is one of the more popular ski destinations in Yamagata prefecture and one of the most famous in Japan, and although timing is at the peak season, seeing Zao' s "snowmonsters" while skiing or snowboarding is not to be missed! If I can get only 4 people to fill one quad room, that' s still fine but of course the more the merrier.

These packages disappear VERY quickly, so please respond asap if you are interested!

Zao Onsen website:

<http://www.zao-ski.or.jp/>

For details about payment, cancellation deadlines, etc etc, please contact me.

Meeting Time & Place :

Tokyo Station - exact location and time on Friday night TBD, at any rate after work so no need to take a day off

Cost: :

31,900 per person.

Including:

* 2 nights

* round trip shinkansen

* breakfast and dinner

If calculated separately, this works out very well for hotel costs, as the Yamagata shinkansen tickets cost

Yen22,060 return on your own. This mean that one night hotel is only Yen4920.

Please email me for deposit/

refunds information as well as further details. Please bear in mind that the price above doesn' t cover lift

passes, transportation to the lodge, rental - so it' s better if you have your own equipment.

Accommodation :

Zao Central Lodge

<http://www.zao-cl.com/02.html>

Targeting 4 - 8 people to fill two quad rooms

Schedule :

* Feb 7th

Depart from Tokyo around 7:30pm taking the Nagano Shinkansen. Taking 2 hrs, 30 mins

- Feb 8th

Ski/snowboard all day.

Feb 9th Return to Tokyo around 7:30pm 03 5404 0640

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Snowshoe & Cross-Country Ski and Hot Spring in Oku Nikko from to
8 February Saturday to 9 _ Sunday

I am organizing a snowshoe & cross-country ski overnight trip to Oku Nikko on
the weekend of Feb 8-9. This

trip is ideal for beginners because there are some easy snowshoe & cross-country
ski courses, while tough

hikers are also most welcomed to join for the harder 6-7 hour snowshoe hike.

If you don' t have the equipment, you can rent ones. But please note that there
are no cross-country ski

rental available for those whose shoe sizes are over 28cm.

<NUMBER OF PARTICIPANTS>

Unlimited, as long as we can reserve the room and the snowshoe and cross-country
ski

COST :

21,000 yen including transportations, accommodation, XC ski and showshoe rental
(I miscalculated this in my

previous announcement because I forgot to add the express charges, sorry!)

- 1) Nikko Mini Pass (including the train and bus): 4,940 yen
- 2) Express charges for a round trip: 1, 220 2=2,440 yen
- 3) Hotel: 9,240 yen including tax
- 4) XC rental: 2,600 yen for a full-day (8:30-16:00) rental
- 5) Snowshoe rental: 1,000 yen for a full-day (9 -5pm) rental

<SIGN UP>

- A) Your full name
- B) Your phone number
- C) What level of hiking do you normally do Easy or Hard hike
- D) Would you like to take a beginner' s lesson for cross-country ski, if
you have never done it before There
is a possibility that I might be able to arrange the lesson for 2 hours for
2,000 yen or so.

E) What is your shoe size in cm This is for cross-country ski. Please use
the conversion chart at [http://www.](http://www.i18nguy.com/l10n/shoes.html)

[i18nguy.com/l10n/shoes.html](http://www.i18nguy.com/l10n/shoes.html). The max shoe size for cross-country ski we can rent

is 27.5 cm or so.

E) What is your height in cm This is for cross-country ski.

E) Your emergency person

F) Your emergency person's phone number

Once you confirmed the availability of the spot with me, please pay a non-refundable deposit of 2,000 yen or

a total payment of 20,000 yen including the non-refundable 2,000-yen deposit to my bank account to finalize

your reservation as soon as possible:

7:15 Meet at the entrance of Tobu Asakusa Station

7:30 Take Kegan #1 to Tobu Nikko Station

9:19 Arrive at Tobu Nikko Station

9:26 Take the bus from Tobu Nikko Station to Kotoku Onsen

10:39 Arrive at Kotoku Onsen

PM XC at Kotoku XC Ski Area

We hope to organize some groups depending on the level of skiing.

16:49 Take the bus from Kotoku Onsen to Yumoto Onsen

17:02 Arrive at Yumoto Onsen

OR

17:49 Take the last bus from Kotoku Onsen to Yumoto Onsen

18:01 Arrive at Yumoto Onsen

Evening Relax at the hotel, soaking in a hot spring!

Sunday, Feb 9

7:30 Get up and eat breakfast

9:00 Leave for snowshoeing

We are planning to have 2 groups: easy hike in Senjogahara and harder hike to Kotoku Onsen via

Kirikomiko/Karikomiko

16:11 Take the bus from Nikko Yumoto

17:28 Arrive at Tobu Nikko Station

17:53 Take Kegan #36 from Tobu Nikko Station

19:41 Back to Tobu Asakusa Station

OR

17:09 Take the bus from Nikko Yumoto
18:20 Arrive at Tobu Nikko Station
18:42 Take Kinu #138 from Tobu Nikko Station
20:32 Back to Tobu Asakusa Station

<ACCOMMODATION>

Okunikko Mori no Hotel 奥日光森のホテル

<http://www.morino-h.com/>

USEFUL LINK :

TRANSPORTATION

Tobu Dentetsu

<http://www.tobu.co.jp>

Snowshoe Rental

Nikko Visitor Center (snowshoe rental)

Hours : 9AM~4:30PM

Tell: 0288-62-2321

Link: <http://www.wnn.or.jp/wnn-n/shisetsu/3334.html>

XC Ski Ground

Kotoku Cross Country Ski Ground

Tel: 0288-55-0585

Fax: 0288-55-0731

Hours: 8:00~16:00

Link: <http://ski.joy.ne.jp/guide/htm/r0086s.htm>

Snowshoeing Information

Japan

Snowshoeing

Federation:

http://www.chikyunetwork.org/Snowshoe/cc_snowshoe.htm

Snowwalk (Japanese): <http://www.snowwalk.com/>; introduction of snowshoe

<CANCELLATION>

I cannot guarantee the full refund, if you cancel the trip after the payment.

Also, if you cancel after I bought

your train tickets, you need to pay the cancellation fee for the train.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowshoe & Cross-Country Ski and Hot Spring in Oku Nikko from to
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I am organizing a snowshoe & cross-country ski overnight trip to Oku Nikko on
the weekend of Feb 8-9. This

trip is ideal for beginners because there are some easy snowshoe & cross-country
ski courses, while tough

hikers are also most welcomed to join for the harder 6-7 hour snowshoe hike.

If you don' t have the equipment, you can rent ones. But please note that there
are no cross-country ski

rental available for those whose shoe sizes are over 28cm.

<NUMBER OF PARTICIPANTS>

Unlimited, as long as we can reserve the room and the snowshoe and cross-country
ski

COST :

21,000 yen including transportations, accommodation, XC ski and showshoe rental
(I miscalculated this in my

previous announcement because I forgot to add the express charges, sorry!)

- 1) Nikko Mini Pass (including the train and bus): 4,940 yen
- 2) Express charges for a round trip: 1, 220 2=2,440 yen
- 3) Hotel: 9,240 yen including tax
- 4) XC rental: 2,600 yen for a full-day (8:30-16:00) rental
- 5) Snowshoe rental: 1,000 yen for a full-day (9 -5pm) rental

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Zao weekend ski trip (Feb 7-9)

7 February Friday to 9 _ Sunday

THIS TRIP IS NOW FULL!!!

NOTE - HOTEL CHANGE!!!!

I' m booking a Zao weekend for all you skiers and snowboarders out there. I' m aiming for 8 people. Zao is one of the more popular ski destinations in Yamagata prefecture and one of the most famous in Japan, and although timing is at the peak season, seeing Zao' s "snowmonsters" while skiing or snowboarding is not to be missed! If I can get only 4 people to fill one quad room, that' s still fine but of course the more the merrier.

These packages disappear VERY quickly, so please respond asap if you are interested!

Zao Onsen website:

<http://www.zao-ski.or.jp/>

For details about payment, cancellation deadlines, etc etc, please contact me.

Meeting Time & Place :

Tokyo Station prior to departure - exact location TBD

Cost :

32,500 per person

Including:

* 2 nights

* round trip shinkansen

* breakfast and dinner

If calculated separately, this works out very well for hotel costs, as the Yamagata shinkansen tickets cost

JPY22,060 return on your own. This mean that one night hotel is only JPY5220 (JPY300 more than before/ night).

Please email me for deposit/refunds information as well as further details.

Please bear in mind that the price

above doesn' t cover lift passes, transportation to the lodge, rental - so it' s

better if you have your own
equipment.

Accommodation :

Sunrise Zao:

<http://www.mytrip.net/HOTEL/12641/12641.html>

The windows look out over the slopes, like ski-in ski-out.

Targeting 8 people to fill two quad rooms

Schedule :

* Feb 7th

Depart from Tokyo around 7:30pm OR 8:28pm taking the Yamagata Shinkansen.

Taking 2 hrs, 30 mins

* Feb 8th

Ski/snowboard all day.

* Feb 9th

Return to Tokyo around 7:30pm

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

New Year' s Snowshoeing in Yamanashi Dec 31-Jan 3

31 December Tuesday to 03 _ Friday

Have you yet to finalize your New Years

plans Are you stuck without a date and need some friends to hang with Are you utterly repulsed by the

materialistic nature of the Japanese holidays and want to get away from Tokyo to enjoy the outdoors

If you answered yes to any of these reply to this email because we have a great event for you!

Location: Deep in the heart of Yamanashi

Accommodation: Lovely Country Inn, twin rooms, 2 meals

Activities: Snowshoeing and ghost stories

Total #: 8 people (4 open spaces)

Transportation: Rental van

Cost: 9,000/night per person, approx. 6,000 for the van plus fuel and tolls.

Total: about 35,000yen

Difficulty: 1-3 stars (you can go all out with Matt and Max or rest up and take it easy).

ACCOMODATION

The inn is called 'Country Inn The Classic' and looks to be a Japanese take on an American take on an English

country Inn. Very lovely - see link below:

<http://www.countryinn.gr.jp/search/abita/theclassic.htm>

(Don' t worry about the price difference - Max has connections...) The price includes breakfast and dinner. Plus

we are all in twin rooms!

EQUIPMENT :

* Nice hang out stuff for reading by the fire.

* Hardcore gore-tex gear for snowshoeing or just non-cotton clothing for jumping around in the snow.

* Snowshoes and poles (these can be rented at Ebisu Montbell - but we suggest you reserve ahead of time).

* Secret snacks and goodies for the day

* Champagne, etc. for New Years

* Random games and cards TRANSPORTATION :

The transportation is a 'Bongo Frendee' (4WD van) and has proved to be an excellent in the past. Matt is the more responsible of the two of us and will drive (he even has a valid license).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Events

New Year Hiking to see the first sunrise on the peak

31 December Tuesday to 1 _ Wednesday

Mt.Hinokibora-maru; annual first sunrise watching hike

Dec.31,2002 -Jan. 1, (-)

This is the overnight hiking trip to enjoy the new year' s eve with a small party in Yamagoya(mountain-hut)

and celebrate a new year with sunrise watching and Fuji-view hiking.

We will climb Mt. Hinokibora-maru (1,600m) in Tanzawa area on 31st and stay in a hut on the peak. The

course details will be determined about a week before, checking the weather forecast and the snow condition.

Starting from Nishi-Tanzawa maybe, and there are many choices for the second day like traverse course

across Mt.Hiru and Mt. Tanzawa. If there is no snow or ice on the trails, it will be rated two and half stars but

due to the season and the possibility of a long time walk, it is not for beginners; You may need some

equipment like baby crampons or others.

The hut is almost on the peak and without another climbing, you can enjoy the first sunrise of the year (that' s

something for Japanese new year!) We are thinking of bringing some wine and cheese as last some hikes. Last

year, we made cheese fondue after dinner and it was enjoyable enough to be one of the options again.

Feel free to ask questions before you decide.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Beach Sunrise Camping NewYears night

31 December Tuesday to 01 _ Wednesday

From station arrival time we will go to 'Uncle Lens' camp ground (free parking and tenting) set up camp .

Collect fire wood for the night and do some easy local hiking . From there we' ll eat supper at the friendly

cowboy pub then to Kazusa Ichinomiya temple till midnight to bring in the arrival of New Years with the

locals .

After that its back to the beach with wine and munchies along with a very big warm fire till we hit the hay .

Camping space for about 20 tents .

Toilet -yes

Wash up - my house

Food - 7/11 ,maybe my house for breakfast

guitar or other musical instriment ;welcome

who' s Dave Simpson big guy ,very old , likes non complainers and wine !

Meeting Time & Place :

Kazusa Ichinomiya Station , Chiba . 57 min by express train from Tokyo station . there should be a train at

Soga line platfrom #1 from 14:59 pm .

Need all to come at the same time .

CAR call for map .meet at same station same time .

Gear :

Warm clothes ! Blanket , tent , sleeping bag and mat , small back pack . Money for supper and wine and

breakfast . (total with train under 10,000 yen) flash light , hat , matches ,

FAQ ! :

Questions

Call me from 9 to 12 am or 8 to 10 pm

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Snowboard/Ski trip to Hakuba/Happo-one

22 February Saturday to 23 _ Sunday

There is plenty of snow at my favourite winter getaway! We' ll stay at PenkePanke pension [http://www.](http://www.penkepanke.com)

penkepanke.com, which is about a 5 minute walk from Happo-one ski area. It' s a cozy place with good food

and friendly staff. There is an onsen about 10 minutes walk away in the Tokyu Hotel [http://www.hakubatokyu.](http://www.hakubatokyu.co.jp/)

co.jp/. For more info about Hakuba in Japanese or English check out <http://www.vill.hakuba.nagano.jp/>.

Meeting Time & Place :

How to get there:

Shinkansen Asama #551

from Tokyo 6:52 am

Ueno 6:58 am

Omiya 7:18 am

Arrive Nagano 8:43 am

Bus from Nagano 9:15 am

Arrive Hakuba station 10:15 am where pension staff will pick us up.

How to get home:

Bus from Hakuba 6:30 pm (after a soak in the onsen near the station)

Arrive Nagano 7:40 pm

Shinkansen Asama #576

from Nagano 7:56 pm

Arrive Omiya 9:14 pm

Arrive Ueno 9:34 pm

Arrive Tokyo 9:40 pm

What to bring :

Ski/snowboard equipment - in a bag for the train

Ski/snowboard wear - waterproof jacket, pants, & gloves, thermals, fleece, etc

Hat, scarf/neckwarmer (helmets are recommended for snowboarders)

Goggles/sunglasses

Sunscreen

Camera

Change of clothes

Pyjamas

Onsen kit

Copy of insurance

Cost :

Transportation ("Snowliner" shinkansen & bus package - details at http://tickets.jreast.co.jp/de_f.html

ID=242):

From Tokyo/Ueno: 17,200 yen return

From Omiya: 14,400 yen return

You can also buy a ticket from Yokohama: 17,600 yen return

You can buy reserved tickets one month in advance. For more info on trains/connections please check <http://>

staff are very helpful.

Accommodation & 2-day lift tickets: 16,600 yen including one BIG dinner & one breakfast

Rental ski/board set: 3500yen for 2 days

Plus: 2 lunches, drinks, snacks, onsen, train fare to/from shinkansen, omiyage

How to sign up, deposit, etc :

* your home & mobile phone number

* your emergency contact person' s name & phone number

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike & Onsen in Hakone, Sat. Jan 18th

18 January Saturday

We will start hiking in Hakone-Yumoto and follow a ridge up to Myojin-ga-dake (1169m). On a lot of parts of the trail the bamboo grass has been mowed down which (especially in this season) enables fantastic views of both, the coast line and Fuji-san. From Myojin-ga-dake we will continue admiring Fuji-san, and walk down to Sengokuhara where there is a nice milky onsen. The descent is short and not too hard since we started around 100m in Hakone-Yumoto, and end up at around 600m in Sengokuhara. After the Onsen we will take a bus back to Hakone-Yumoto where there are some nice restaurants close to the station.

I did this hike beginning of December in rain, and last Monday on a cold and windy day. The event will therefore take place under all weather circumstances. There are shortcuts down from the ridge which will enable us to adjust the plan in case of very bad conditions. Since the weather until Saturday looks stable I expect the same good conditions as last Monday. This means there can be some short sections which are covered with some ice. Last time this ice was sufficiently covered with mud, dust, and leaves which made it walkable. I do however strongly recommend four-point crampons ("light eizen" , "instep crampons") which are available at Mont-Bell for 1500 Yen. We may not need them, but they are good to have. I also think that two sharp hiking poles are good to have on this trip.

Meeting Time & Place :

Saturday, 18-Jan-2003, 9:40AM,

in front of Hakone-Yumoto Station (where the Taxis line up)

How to get there & Costs: :

Take either:

a) Odakyu line from Shinjuku which leaves at 7:41 AM. Change in Odawara to Hakone-Yumoto (at 9:15 AM). Arrive in Hakone-Yumoto at 9:34 AM.

b) Odakyu "Romance Car" which leaves Shinjuku at 8:00 AM and arrives in Hakone-Yumoto at 9:25 AM.

I will be taking the train at 7:41 AM, and be at Odakyu station around 7:25 AM.

Costs:

Train to Hakone-Yumoto: 1150 Yen

Supplement for "Romance Car" : 870 Yen

Onsen: 1000 Yen

Bus: 780 Yen

Train to Shinjuku: 1150 Yen

Supplement for "Romance Car" : 870 Yen

What to bring: :

hiking boots with good profile

Warm clothes (fleece)

rain gear

map

compass

head lamp, or torch

crampons

enough to drink

lunch

onsen kit

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Backcountry Snowboarding/Skiing to Hakkoda

8 March Saturday to 10 _ Monday

Are you interested in backcountry snowboarding/skiing at Hakkoda in Aomori

Hakkoda is the most famous

place for backcountry. I' m a beginner for backcountry therefore you don' t need to worry if you have no

experience. We can join a guide tour which cost 3,500 yen Yen day. Experienced backcountry snowboarder and

skier are most welcome!!!

You need to get one day off on March 10 to join it.

Meeting Time & Place :

Departure: Mar. 8 between 7:30 and 9:00 from Haneda Airport

Return: Mar. 10 between 20:00 and 22:00 at Haneda Airport

The travel agent will let me know our flight schedule one week before the departure, so I' ll let you know the

meeting time and place later. We can' t choose our flight.

Cost :

33,800 yen

This includes airfare, bus to and from the hotel, hotel with four meals.

The number of people :

8

4 people stay in one room.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Backcountry Snowboarding/Skiing to Hakkoda

8 March Saturday to 10 _ Monday

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meeting time and place later. We can' t choose our flight.

Cost :

33,800 yen

This includes airfare, bus to and from the hotel, hotel with four meals.

The number of people :

8

4 people stay in one room.

If you are sure to join it, please contact me as soon as possible. Plesae note that our cancellation fee will

appear one month before the departure.

Please let me know the followings:

- 1) Your full name
- 2) Male or Female
- 3) Your age
- 4) Address and Telephone number
- 5) Keitai number (if you have)
- 6) Emergency contact person and number

I need them to make a reservation.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Onsen and Snowboarding/Skiing in Hokkaido

21 March Friday to 23 _ Sunday

Did you decide how do you spend 3 days holiday in March. If not, why don' t you join me. Let' s enjoy a huge

Onsen and a huge ski resort in Hokkaido together!

Meeting Time & Place :

Departure: Mar. 21 between 5:40 and 9:30 from Haneda Airport

Return: Mar. 23 between 20:05 and 22:00 from Chitose Airport

The travel agent will let me know our flight schedule one week before the departure, so I' ll let you know the meeting time and place later. We can' t choose our flight.

Cost :

40,800 yen to 45,800 yen (depend on the number of participants)

This includes airfare, bus, hotel with 4 meals

Hotel : Yumoto Meisuitei (Kita Yuzawa Onsen)

<http://www.noguchi-k.co.jp/meisui/>

They have pride in their Onsen. It takes 1 hour to go to Rusutsu.

There is the free shuttle bus once a day.

8:00 Hotel -> 9:00 Rusutsu

17:30 Rusutsu -> 18:30 Hotel

The number of people :

8

If you are sure to join it, please contact me as soon as possible. It must be very crowd during 3 days holiday, therefore we need to book urgently. Plesae note that our cancellation fee will appear one month before the departure.

Please let me know the followings:

- 1) Your full name
- 2) Male or Female
- 3) Your age and birthday
- 4) Address and Telephone number
- 5) Keitai number (if you have)

6) Emergency contact person and number

I need them to make a reservation.

I organize another snowboard/ski trip in March. Please make sure which trip you would like to join.

Please see the directory

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Easy hike from Mushashi Yokote to Koma Station Saitama

23 February Sunday

Hike from Musashi Yokote station to Koma station.

Walking time approximately 3hours 20 minutes

Distance 9.1 kilometres

A gentle hike through forests with views of the Koma area, small waterfalls and if we are lucky glimpses of Mt

Fuji.

Please note that I have not actually done this hike before. However it appears in the Seibu Railways Sampo

walking and hiking guide, course 19. The map seems fairly clear over marked Okumusashi walking trails. I am

hoping to have someone help with some of the Japanese instructions though!!

Meeting Time & Place :

Meet at Hanno Station on the platform for local Chichibu trains between 9.50 and 10.05 to catch train at

10.08 (note this is not the red arrow platform)

or

meet at Mushashi Yokoze station at 10.25

What to bring :

Please wear suitable shoes for hiking.

Bring a packed lunch and water bottle

Train times :

Seibu Ikebukuro to Hanno

Leave Ikebukuro at 8:53 arrive Hanno 9:44

Leave Ikebukuro at 9.08 arrive Hanno 10:03

Train to Musashi Yokote leaves Hanno at 10.08

For those coming by Hachiko sen the train for Musashi Yokote leaves Higashi Hanno at 10.10

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

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[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gobi Grasslands

30 April Wednesday to 8 _ Thursday

Basic Information

This trip is a mini safari , very easy , a bit of camping in trains ,tents ,on the Wall , and in Hotels a bit . horses and camels are in and so is dinosaur bones and eggs ,Great Wall wine and wonderful food and interesting people (us) and locals to ! Great way to see a bit of Inner Mongolia and China and have some easy hiking and fun . Call me for more details .

Airfare and Meeting;

Book your airfare after you have the ok from work and have paid the deposit .

We should all try to be in Beijing on or before April 30th

This is high season for traveling so we need to book flight ASAP, you can use your agent

and money Yenpoints or ask me about the one I use, but make sure you are in Beijing

before noon on the 30th or at Narita on the 30th with me .

Those that are leaving on the same day Yen flight Yen we can confer and meet at the airport,

and share taxi cost to the hotel.

We are back into Japan on the afternoon of the 8th

Hotel

You can book the hotel rooms though me if you are leaving before the 30th date but this

Trip only covers first and last night, so you have to pay the other nights you stay over at

The front desk of the hotel. I will ask for a discounted rate for you.

The Academy Of Sciences Beijing has kindly offered to help with booking at the Hotel.

When we get to the hotel, check in at the front desk, but do not pay, they may ask for a

Credit card print, but pay no money except at booking out time, for room

services

(Drinks etc) The payment is made directly to the Academy

Your first night and last night is paid for, other nights are at your expense

Hotel name: XIYUAN HOTEL (SHI-YU-AN)

| Phone number: 86-10-6-831-3388

| Fax number: 86-10-6--831-4577

| You can use this Hotel name for your Visa info, where it asks for ' place of Residence

Or hotel' .

Visa

: Yes you need one, I will fax or mail the address, and it near to Shibuya Station

Your Passport must be good for 6 months

One photo 3cm x 4 cm

Visa good for 90 days but ONLY in China for 30 days

Location of Visa office in Shibuya Station area

Walking time from station about 5 minutes

Exit Shibuya from TOKYU Department and go up MEIJI street by crossing over

Miayamasazaki street left side of street going up hill towards green pedestrian overpass ,look for a small office called 前 PTIC OGURA .

The CITS visa office is upstairs on the 6th floor.

They will ask for picture, money, passport,

Takes about 3 days to process.

Taxis :

Beijing Airport, trust no one who is not sitting in one, when you get there. Pay less than 150 Yuan to the

Hotel. Take a hand calculator to bargain with.

|

Money matters:

| Change either, just past the Beijing Airport pick- up luggage area, or at the Hotel

| Credit cards and Travelers checks are only popular in Hotels frequented by Foreigners. Outside of the cities,

Chinese money only is acceptable.

| Gobi grassland temperate

Range from 28 to 35 but the average is 28 degrees Celsius. This area is not real

Desert, it is more grasslands, flat and hilly areas.

Bugs and snakes:

| Very few, but the Great Wall, MAY have a few scorpions, no problems to date though!

Equipment:

Be prepared to bring your own tent or share, let me know if you need a backpack or water canteen or sleeping

bag but you need your own sleeping mat.

Clothes;

2 of each 襪 ong and short, sun hat, sun glasses x 2, shoes sports or hiking boots.

water canteen, tent, sleeping bag, sleeping mat, or share tent. See me for packs, and

canteens and sleeping bags if you need. UV sun cream , wetty tissues (lots). We will not

carry these packs any further than taxi to train stations

Food;

Is provided. Snacks and drinks 肪uy your own.

Tipping

You may wish to tip them after or we will pass the hat around

This trip needs 6 or more to make it a 組o .

Calling me

Ok from 8 to 10 pm

Meeting Time & Place :

Narita airport ;place and time TBA

Cost and Bank info :

Trip cost ￥ 120, 000

First Deposit Yen 10,000

Payments will be sent to China to pay for the guides & time with them ,all food , trains , hotels , translators

costs, tips, the trip to the Wall ,food and lodging

NOT for ; Airfares , insurance , visa , hotel room services , taxi use

Sign up form :

Please Write in English block letters & return to me before we leave

Name : (M)(F)

Address :

Postal code :

Tel home: Tel Yen Fax work :

Email address :

Language(s) : :

Emergency contact :Parents home address and phone number :

Tel :

Health Form

Height: m/f : cm/in. Weight approx : Blood type :

Passport number : country :

Age : Birthday yr : Yen mo Yenday Sex ;

Eye color :

Languages : Yen

Outdoor experience :

Have you done any hiking before : lots Yen a bit Yen non

This trip involves a certain amount of hiking & hot dry weather please list any medical conditions that may

cause you problems during your time with us .

FAQ :

China Gobi Trip FAQ !

1) Q: What kind of hotel are we using in Beijing

A: The hotel is used for the Academy guests & we get a 50% Room rate ct . Its also well located &

we can safely store suitcases there while we are on tour .

2) Q: How much money do we need after we leave Beijing for the train

A: You require money for personal use only .Usually \$100 is enough .

3) Q: Can I take a suitcase along

A : We prefer that you do not ,a backpack is best ,not that you will be hiking with all your gear but for the train and other vehicles a soft pack is better .

4) Q: what type of cash is acceptable in Beijing

A: Cash (Yuan Yen) is the best thing to carry . Cards are becoming more Popular in some

parts of the city where they are getting ready for the Olympic Games .

Travelers cheques are not popular unless you go to a bank and you need a week day and more time in

Beijing to change them .You cannot purchase Yuan outside of China . you can purchase at the Airport and

hotels .Be careful not to change to much at one time . Yuan to dollar exchanges are not popular ! Outside

of Beijing ,Yuan only .

5) Q: Do I need any inoculations

A : non at all

6) Q: Can I ask you book the Hotel room before and after the tour time

A: Yes. We can book the hotel for you at the same rates ,please let us know before you leave Japan if you

require rooms after or before the tour dates . It will be booked in your name but do not pay the front desk

for anything but room services .

7) Q: Can anyone contact me by phone while we are 在 tour

A: There are times on tour where you will be out of communication .

8) Q: Who are the guides

A : The Academy of Sciences , myself and the drivers .

9) Q: Should I take insurance

A : Yes : Be careful though ,usual Japanese insurance does not cover out of city travel to remote areas . AIU

Insurance that will cover you in remote areas . This can be obtained at the Airport or via a Travel Agent .

10) Q : Where does the group meet before departure date

A : For those that live near Narita , we can meet at Narita on the departure date . For those that live

further away or outside of Japan , we will include a hotel map & instructions on what date , time and place to meet at the designated hotel .

11) Q: Are deposits refundable

A : No once you have paid the deposit it is sent to China for the group to go . If you cancel out it will mean that others will have to make up the difference .Please consider this before paying me

12) Q : Why should I book early with you if I wish to go

First come first served for this trip , flight seats during Golden week and once we have 6 people to go , we know the show is on .Please don' t wait for others to sign up to see if we have 6 or not . If you wish to go ,sign up now .

13) Q: Aren' t you the guy that cancelled this trip before

Yes, I am , and it was due to people signing up and not getting the ok from work ,to go ,then canceling at the last minute .Please bribe your boss early .
end

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Picnic cruising

16 February Sunday

It is sailing event. The boat is tall ship 30 feet sloop could have 12 person.

Sail around offing of Negishi port.

experience: from beginner

deadline:

Please contact Taro before 72 hours before meeting time.

How to sign up

1) Check my event homepage .

what to bring :

Equipment wear : warm sweater, warm trousers, warm socks, woolen socks, a coat, a woolen hat, Rain coat.

Equipment gear: deck shoes, gloves, foul wether gear,

Goggles/sunglasses, Sunscreen , camera , change of clothes

You have to prepare you equipment like snow hiking. Don't forget that "More warm more comfortable."

Since the deck of a boat gets damaged, prohibition wears hard shoes like a . Mountain-climbing boots.

cost :

4,000 yen for Japanese people including insurance , fuel support and soft drink

1,000 yen for NON Japanese people including fuel support and soft drink

Be careful, My insurance is not for NON Japanese people. You can ask your insurance desk.

Lunch :

You can buy it at convenience store near the Negishi station with us or you can take your bento. A boat rolls.

Only one hand could be used for a meal.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Half day cruise in Negishi port

15 February Saturday

Picnic cruise, enjoy sailing,
lunch on the boat, chat, drink.

Meeting Time & Place :

Meeting place: It will be
Yokohama civic yacht harbor
near JR Negishi
station.

Meeting time : 09:00 at the
harbor

what to bring :

cost :

Japanese 4,000 yen including
insurance and fuel

NON Japanese 1,000 yen
including fuel cost WITHOUT insurance

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

sail training in offing of Negishi port

9 March Sunday

If you want to try to run a boat as a crew you have to learn a lot. You can get a chance. Point of sail, docking, undocking, mooring, anchoring, and more.

Maximum number of participants: 4 persons

Meeting Time & Place :

Meeting place: It will be Yokohama civic yacht harbor near JR Negishi station.

Meeting time : 09:00 at the harbor

cost :

Japanese 4,000 yen including insurance and fuel

NON Japanese 1,000 yen including fuel cost WITHOUT insurance

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

FULL! Snowboard/Ski trip to Hakuba/Happo-one

22 February Saturday to 23 _ Sunday

THIS EVENT IS NOW FULL.

There is plenty of snow at my favourite winter getaway! We' ll stay at PenkePanke pension <http://www.penkepanke.com>, which is about a 5 minute walk from Happo-one ski area. It' s a cozy place with good food

and friendly staff. There is an onsen about 10 minutes walk away in the Tokyu Hotel <http://www.hakubatokyu.co.jp/>. For more info about Hakuba in Japanese or English check out <http://www.vill.hakuba.nagano.jp/>.

Meeting Time & Place :

How to get there:

Shinkansen Asama #551

from Tokyo 6:52 am

Ueno 6:58 am

Omiya 7:18 am

Arrive Nagano 8:43 am

Bus from Nagano 9:15 am

Arrive Hakuba station 10:15 am where pension staff will pick us up.

How to get home:

Bus from Hakuba 6:30 pm (after a soak in the onsen near the station)

Arrive Nagano 7:40 pm

Shinkansen Asama #576

from Nagano 7:56 pm

Arrive Omiya 9:14 pm

Arrive Ueno 9:34 pm

Arrive Tokyo 9:40 pm

What to bring: :

Ski/snowboard equipment - in a bag for the train

Ski/snowboard wear - waterproof jacket, pants, & gloves, thermals, fleece, etc

Hat, scarf/neckwarmer (helmets are recommended for snowboarders)

Goggles/sunglasses

Sunscreen

Camera

Change of clothes

Pyjamas

Onsen kit

Copy of insurance

Cost: :

Transportation ("Snowliner" shinkansen & bus package - details at
http://tickets.jreast.co.jp/de_f.html
ID=242):

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Half day cruising

15 February Saturday

It is sailing event. The boat is tall ship 30 feet sloop could have 12 person.

Sail around offing of Negishi port.

experience: from beginner

Meeting Time & Place :

08:45 AM at JR Negishi station keihin tohoku line

or

09:00 AM at Yokohama civic yacht harbor

07:50 AM Shinjuku to Shibuya by Yamanote line

08:00 AM Shibuya to Sakuragicho by Tokyu-toyoko line

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Full day cruise in offing of Yokosuka port

1 March Saturday

It is sailing event. The boat is tall ship 30 feet sloop could have 12 person.

Sail to Yokosuka port. There is a Yokosuka base and we could watch a few of battle ships.

experience: from beginners But you need foul wether gear.

07:50 AM Shinjuku to Shibuya by Yamanote line

08:00 AM Shibuya to Sakuragicho by Tokyu-toyoko line

08:37 AM Sakuragicho to Negishi by Keihin-tohoku line

what to bring :

Equipment wear : warm wear

Equipment gear: foul weather gear

Goggles/sunglasses, Sunscreen , camera , change of clothes

You have to prepere you equipment like snow hiking. Dont' t forget that "More warm more comfirtable."

Since the deck of a boat gets damaged, prohibition wears hard shoes like a . Mountain-climbing boots.

Lunch:

You can buy it at convinience store near the Negishi station with us or you can take your bento. A boat rolls.

Only one hand could be used for a meal.

cost :

and check "information" link.

Anyway less then 5000 Yen include your lunch.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Half day sailing

2 March Sunday

It is sailing event. The boat is tall ship 30 feet sloop could have 12 person.

Sail to Negishi port.

experience: from beginners But you need foul wether gear.

deadline:

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

weekday sail training

31 March Monday

It is weekday sail training. Sail to Negishi port.

experience: from beginners but you need foul wether gear.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sailing and Spring party on 29th March Saturday

29 March Saturday

Spring will come. Why don't you enjoy short sailing and party on the board

Part 1 sailing

Meeting time : 08:00 at Yokohama civic yacht harbor

End time : 13:00

Experience : from beginner but you need foul wether gear.

Weather : cast off in light rain

deadline: Please contact Taro before 72 hours befor meeting time.

Part 2 party

Meeting time 13:00 at Yokohama civic yacht harbor

End time: 15:00

Weather : when raining cancelled

Meeting Time & Place :

Yokohama Civic Yacht harbor

part 1 0800-1300

part 2 1300-1500

what to biring :

what to bring for sailing:

Equipment wear : warm wear

Equipment gear: foul weather gear

Goggles/sunglasses, Sunscreen , camera , change of clothes

You have to prepere you equipment like snow hiking. Dont' t forget that "More warm more comfirtable."

What to bring for party:

Deck shoes or sneaker. Since the deck of a boat gets damaged, prohibition wears

hard shoes like a . Mountainclimbing
boots.

cost :

part 1 COST: 4000 yen

part2 Cost: yen including food, drink and beer.

日本語訳 :

セーリング&お花見パーティ

ショートセーリングと船の上でのパーティーを楽しみませんか？船が初めての方は、パーティーから始めると

慣れるかも？両方参加してくれても良いし、片方だけでも構いませんが、両方参加してくれる方を優先しま

す。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Gobi Grasslands April YenMay 1/2

28 April Monday to 07 _ Wednesday

Basic Information

This trip is a mini safari , very easy , a bit of camping in trains ,tents ,on the Wall , and in Hotels a bit . horses and camels are in and so is dinosaur bones and eggs ,Great Wall wine and wonderful food and interesting people (us) and locals to ! Great way to see a bit of Inner Mongolia and China and have some easy hiking and fun . Call me for more details .

Airfare and Meeting;

Book your airfare after you have the ok from work and have paid the deposit . We should all try to be in Beijing on or before April 30th or after May 5th . This is high season for traveling so we need to book flight ASAP, you can use your agent and money Yenpoints or ask me about the one I use, but make sure you are in Beijing before noon on the 30th or at Narita on the 30th with me . OR as scheduled if MAY .

Those that are leaving on the same day Yen flight Yen we can confer and meet at the airport, and share taxi cost to the hotel.

We are back into Japan on the afternoon of the 8th

Hotel

You can book the hotel rooms though me if you are leaving before the 30th date but this

Trip only covers first and last night, so you have to pay the other nights you stay over at

The front desk of the hotel. I will ask for a discounted rate for you.

The Academy Of Sciences Beijing has kindly offered to help with booking at the Hotel.

When we get to the hotel, check in at the front desk, but do not pay, they may ask for a

Credit card print, but pay no money except at booking out time, for room services

(Drinks etc) The payment is made directly to the Academy

Your first night and last night is paid for, other nights are at your expense

Hotel name: XIYUAN HOTEL (SHI-YU-AN)

| Phone number: 86-10-6-831-3388

| Fax number: 86-10-6--831-4577

| You can use this Hotel name for your Visa info, where it asks for ' place of Residence

Or hotel' .

Visa

: Yes you need one, I will fax or mail the address, and it near to Shibuya Station

page 2

Your Passport must be good for 6 months

One photo 3cm x 4 cm

Visa good for 90 days but ONLY in China for 30 days

Location of Visa office in Shibuya Station area

Walking time from station about 5 minutes

Exit Shibuya from TOKYU Department and go up MEIJI street by crossing over Miyamasazaki street left side of street going up hill towards green pedestrian overpass ,look for a small office called 前 PTIC OGURA .

The CITS visa office is upstairs on the 6th floor.

They will ask for picture, money, passport,

Takes about 3 days to process.

Taxis :

Beijing Airport, trust no one who is not sitting in one, when you get there. Pay less than 150 Yuan to the

Hotel. Take a hand calculator to bargain with.

|

Money matters:

I Change either, just past the Beijing Airport pick- up luggage area, or at the Hotel

I Credit cards and Travelers checks are only popular in Hotels frequented by Foreigners. Outside of the cities, Chinese money only is acceptable.

Gobi grassland temperate

Range from 28 to 35 but the average is 28 degrees Celsius. This area is not real

Desert, it is more grasslands, flat and hilly areas.

Bugs and snakes:

Very few, but the Great Wall, MAY have a few scorpions, no problems to date though!

Equipment:

Be prepared to bring your own tent or share, let me know if you need a backpack or water canteen or sleeping bag but you need your own sleeping mat.

Page 3

Clothes;

2 of each 襖 long and short, sun hat, sun glasses x 2, shoes sports or hiking boots.

water canteen, tent, sleeping bag, sleeping mat, or share tent. See me for packs, and

canteens and sleeping bags if you need. UV sun cream , wetty tissues (lots). We will not

carry these packs any further than taxi to train stations

Food;

Is provided. Snacks and drinks 肪uy your own.

Tipping

You may wish to tip them after or we will pass the hat around

This trip needs 6 or more to make it a 組o .

Calling me

Ok from 8 to 10 pm

This is the Schedule ; . I will notify all of any changes in this schedule .The trip is designed short , as many

have to get back to work !

Non members are welcome also

please note ; I will be in Kyoto from March 18th to the 25th . I will see if we
have or more on the 26th ,if we
have ,its a 'go ' !

cheers

Dave

Meeting Time & Place :

Narita Airport ; Where to meet TBA

Airfare is not included , We will take the cheapest but have to book end of
March for visa and air the latest
date .

Sign up form :

Please Write in English block letters & return to me before we leave

Name : (M)(F)

Address :

Postal code :

Tel home: Tel YenFax work :

Email address :

Language(s) : :

Emergency contact :Parents home address and phone number :

Tel :

Health Form

Height: m/f : cm/in. Weight approx : Blood type :

Passport number : country :

Age : Birthday yr : Yen mo Yenday Sex ;

Eye color :

Languages : Yen

Outdoor experience :

Have you done any hiking before : lots Yen a bit Yen non

This trip involves a certain amount of hiking & hot dry weather please list any
medical conditions that may

cause you problems during your time with us .

tour schedule :

Date Day Schedule Stay over

2003 1) Meet in Narita or Beijing at designated Hotel flight to Bjj Yen Train (S)

2) Hohhot City ,north to Siziwang Gegengtala Yen camp (BLS)

3) Gegengtala : camel riding Yen camp (BLS)

4) Move , South to Abao & Baotou Yen horse riding Yen camp (BLS)

5) Move to Engenbei Yen camp (BLS)

6) Gorge swimming & relax & hiking Yen camp (BLS)

7) Rtn to Hohhot (L) ,shop & train to Bjj (S) Yen Train

8) 7:30 arv Bjj (S) to the Great Wall (L), hike & wine tasting Yen Lodge

9) (B) Beijing & Shop, party and pack up Hotel (B L)

10) flights out or your own itinerary (B) breakfast Yen (L) lunch (S) supper

Page 4 Day 1 : We will leave from Narita Airport ,meeting place to be announced

.

Flight time : 4 hrs to Beijing . minute drive to hotel, NO check in & prepare for 4:30 hotel departure & 5:30

pm train departure .Train rooms & beds are clean ,bring ones own supper . We will buy ,pre to boarding .

Sleep Yenparty !

Day 2 : After an overnight trip we arrive into Hohhot Inner Mongolia . We will eat

breakfast here ,visit a very old and interesting Dinosaur museum then off by vehicles ,north to Siziwang and the interior . Not to hot but dry !

Day 3 : Gegengtala camp . Camel riding & desert hiking & camping

This area is known for the summer camp area of Mongolians who come to pray and Sing . We will all help cook ,clean and make camp (BLS)

Day 4 : (B), decamp & off to Engenbei ,a short ride . Horse riding & camel riding is on the menu . camp out ,

BBQ , stars and wild Mongolian singing (B L) !

Day 5 : (B) Decamp & truck to Saihantala , short train trip to beautiful

gorge . Relax ,take in the history & area

(L) . Small local hotel for clean up & bed (S) .

Day 6 : This day we swim in the gorge , relax and get the feel of the area ,hiking and camel train ! . camp (BLS)

Day 7 : (B) Returning to Hohhot ,great place for inexpensive leather goods , cashmere sweaters ,people

watching & meeting(L) ! PM train to Beijing Train bed (S)

Day 8 : (B Yentrain) Arv Beijing Stn ,bus to Great Wall . This is the hottest place in China . Great hiking , romantic

& historical all with a bit of Great Wallwine ! . We sleep either on the Wall or in a nearby Inn . (L S)

Day 9 : Early bus back to Beijing hotel .we can book in ,clean up & shop till we drop .

Party and Beijing Circus for the pm & with a bit of Beijing fashion & night life !

Day 10 : Your Departure day to the Airport or other destinations in China

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Events

Hanami 1/2

6 April Sunday to 6 _ Sunday

The usual hanami routine:

People are strongly advised to bring food and drink because there is nothing in the vicinity (a trip to the nearest store and back will take you at least half an hour).

The place is Tamagawadai Koen

There are two options: Walk and . . .

(meet as described below in Todoroki and visit the kofun—what is hanami without a grave yard It is a reminder after all of sic transit gloria)

The walk is about 3km and mostly down hill.

Directly to the site:

(for the lazy: hi thee to the north-west end of the park)

Meeting Time & Place :

The walk option: 9:00 AM at the only exit from Todoriki Station on the Oimachi line that runs between Futago

Tamagawa and Oimachi

The lazy option: about noon at the north end of Tamagawadai koen—Nearest station: Tamagawaen mae on

both the Tokyu Mekama line and the Tokyu Toyoko line

What to bring :

1. for the lazy people: a compass to find the north-west end of the park
2. for everyone: clothing suitable to the weather, FOOD and more FOOD and drink, walking shoes, ground sheets, cups, a ruck sack to carry it etc. If you have a portable ice chest, bring it. Don' t forget the food!

cost :

Please bring 100 yen to pay for charcoal and ice.

Who should come :

The usual suspects. (I think this could be the beginning of a beautiful friendship, Rick)

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Events

Namibia

3 May Saturday to 18 _ Wednesday

Last autumn I went to Tanzania, my first trip to Africa, and what I saw and experienced motivated me to visit

another location on that continent, this time Namibia during the first half of May.

Hiking in Namib desert, visiting a Cheetah sanctuary and joining Mike Gellerman and his team of zoologists

for their research activities are the main objectives.

The departure will be on Saturday, May 3rd, and the return to Japan on Sunday, May 18th.

The air ticket fee can be estimated at around 230,000 Yen, with Cathay Pacific and South African going to

Windhoek via Hong Kong and Johannesburg.

Preparations require several vaccinations that should be started about 4 to 6 weeks in advance of the trip.

Also visa requirements need to be observed (not required for e.g. EU countries, Japan and US). I prefer to keep

the itinerary flexible and take the participants ideas into consideration. I usually travel without almost

anything arranged in advance and have only good experiences with that way.

E.g., going to Namib desert and other destinations could include renting a car, depending on the number of

participants, or by a tour that could be arranged upon arrival in Windhoek.

The ticket fee might sound a bit expensive, but Namibia ranks among the rather cheap countries for travelling.

The overall costs are a bit difficult to estimate, e.g. depending on the level of accommodation and range of activities.

Therefore, I suggest to have a chat among the people who are interested to figure out what your intentions

and areas of interest are, and then make a rough plan.

Since the flights from Hong Kong to Johannesburg are a bit crowded I recommend

you to reply rather soon.

Meeting Time & Place :

Narita Airport, May 18

Ticket fee :

The air fee to Africa is always a bit high. The ticket fee for the one I reserved is 238,000 Yen (the seasonal effect is not as big as usual).

Vaccinations :

Vaccinations are required respectively recommended for yellow fever, cholera, tetanus, hepatitis A & B, and malaria pills should be taken. Some vaccinations have a long time effect, so maybe only e.g. cholera needs to be boosted in some cases.

Main destinations :

Main destinations: the Namib desert with its huge sand dunes, The Etosha National Park, the Waterberg Plateau Park with its Cheetah sanctuary etc.

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Events

3 April Thursday

Dear Members:

Anyone wanna join the evening Ohanami picnic this Thursday at Komazawa Olympic Park in Setagaya I have been there almost everyday, taking my dog to the dog-run, and the cherry blossoms there are in full bloom! If you cannot make it there during the day-time, hope you can enjoy the Yozakura (night cherry blossom).

Here are some details of the evening Ohanami picnic:

Meeting Time & Place :

Around 7-9pm this Thursday, April 3rd

Whenever you can show up.

ACCESS TO KOMAZAWA PARK :

<By Train>

1) Get off at Komazawa Daigaku Station on Hanzomo Line, and walk for 15 minutes towards Kokuritsu Daini

Byoin. Please see my map above.

<By Bus>

Option 1 (coming from Shibuya)

Take a Tokyu Bus #11 to Denenthofu Station from #31 Bus Stop at the West Exit Bus Terminal at Shibuya

Station, and get off at Komazawa Park East Exit Bus Stop. See the Shibuya Bus Terminal Map at http://www.tokyubus.co.jp/top/jikoku/terminal/t_sibu.html .

http://www.tokyubus.co.jp/top/jikoku/terminal/t_sibu.html .

Option 2 (coming from Shibuya)

Take a Tokyu Bus #82 to Todoroki from #5 Bus Stop at the West Exit Bus Terminal at Shibuya Station, and

get off at Komazawa Park West Exit Bus Stop. See the Shibuya Bus Terminal Map at http://www.tokyubus.co.jp/top/jikoku/terminal/t_sibu.html .

http://www.tokyubus.co.jp/top/jikoku/terminal/t_sibu.html .

Option 3 (coming from Ebisu)

Take the Tokyu Bus #32 from # 4 Bus Stop at the Bus Terminal at Ebisu Station to Yoga Station, and get off at

Komazawa Park Bus Stop. See the Ebisu Station Bus Terminal Map at http://www.tokyubus.co.jp/top/jikoku/terminal/t_ebi.html .

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Events

boat maintenance on 29th April

29 April Tuesday

It is boat maintenance.

experience: You don' t need any experience

deadline: Please contact Taro before 72 hours before meeting time.

Meeting Time & Place :

start 0900 at Yokohama civic yacht harbor

finish 1800

Transportation

0737--->0755

Shinjuku to Shinagawa by Yamanote line

0801--->0840

Shinagawa to Negishi station by Keihin-tohoku line

It takes 15 minutes from the station to the Yokohama civic yacht harbor. Or less than 1000 yen using taxi.

what to bring :

Equipment wear : wear that you don' t care dirty

Deck shoes are available and required by us.

In order not to damage the deck of the boat, avoid heavy mountain-climbing shoes or boots.

Lunch: Bring your lunch.

You can buy a lunchbox at a convenience store near the station if you prefer not to make your own.

cost :

free

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Events

5th White Water Rafting/Hiking/BBQ/Hot Spring Bus Trip to Minaka

17 May Saturday to 18 _ Sunday

As some people have asked me to organize the rafting trip again this year, I am organizing my 5th time white water rafting/hiking/BBQ/hot spring bus trip to Minakami on May 17-18, a bit earlier than usual.

You are most welcomed to bring your non- friends because many members must have been kicked out of the mailing list now due to the failure of renewing the membership for the new year, and I would like to fill all 21 spots on the chartered bus. But I hope you encourage your friends to join the after the trip.

Maximum number of participants: 21

Where to stay:Matsubaya Hotel

<http://www2u.biglobe.ne.jp/.matuba/>

TEL:0278-72-2232

This is a Japanese style hotel with tatami mattress rooms and indoor hot springs. Unfortunately, I could not get the same hotel we stayed last year, but this should be a good hotel, too, giving each of us a free drink

Meeting Time & Place :

07:00am SHARP on Saturday, May 17, at the corner of Mizuho Bank at Yasuda Seimei Building in the west exit of JR Shinjuku Station.

Note there will be a 100-yen penalty for your every one-minute delay. This is serious. I have collected a couple of thousand yen from a member before. So, don' t be late!!! If you come later than 7:15, please catch the bullet train by yourself.

Cost :

29,000 yen. This may change depending on the number of participants because we split the rental charge of the bus. But for the past 4 years, all spots always got filled. Below is the approximate breakdown cost per person based on the experiences in the previous years:

Approximate Cost per person

Hotel 9,150 (I got a 1,000 yen discount!)

Rafting 7,500 (I got a 3,500 yen discount!)

Bus 8,136 (4,000 yen cheaper than going there by train!)

Saturday BBQ Lunch 1,190

Sunday Lunch Box 500

Bank Transfer 65

Drinks at the dinner 476

Hot spring at Yuterume 500

Drinks on the bus 476

Money for the Safety box 10

Pictures of the rafting 281

Sub Total 28,284

Schedule :

Saturday, May 17

7:00 Leave Shinjuku by a chartered bus.

11:00 Arrive at Shinsui Park in Tsukiyono and have a BBQ for lunch.

No alcohol will be served before the rafting

12:30 Leave Shinsui Park to go to the meeting point of Norun Minakami for the rafting.

13:00-16:00 Rafting

There will be a safety guidance before riding on the boat. We will split into 2-3 boats.

Evening Staying at Matsubaya Hotel in Minakami. We can take a bath before the dinner there.

6:30 Dinner at the hotel

After dinner Some of us go to Karaoke, while wondering around the Onsen Town.

Sunday, May 18

7:30 Getting up

8:00 Breakfast

9:00 Leaving the hotel for hiking

All day Hiking (we will split into 2 groups.)

15:00 Coming back from hiking and going to a hot spring at Yuterume

17:00 Leaving Minakami

20:30 Arriving at Shinjuku

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Events

Yakushima Hiking/Camping/Kayaking/Snookering Trip in May

20 May Tuesday to 26 _ Monday

Dear Members:

I would like to organize an overnight trip to Yakushima, Kyusyu known for old cedar trees for at least 2 nights and 3 days between May 20 and 26th, taking advantage of JAS/JAL Birthday Discount. I can take 3 more people to enjoy this 25,000-yen-to 40,000-yen discount on the round trip air tickets between Tokyo and Kagoshima.

WHAT TO DO:

In Yakushima, I would like to do:

- 1) Overnight camping hiking to Jomon Sugi (Big old cedar which is one of the UNESCO's World Heritage).
- 2) Kayaking and snookering in the ocean
- 3) I would like to stay at minshuku on one of the evenings instead of camping all days.

COST

It should cost minimum 55,000 yen, or most likely 65,000 yen including everything. The rough breakdown of the costs is:

Tokyo ⇄ Kagoshima Round Trip Air Tickets: 20,600 yen

Kagoshima Airport to Port Round Trip by Bus and Tax: 2,000 yen

Kagoshima ⇄ Yakushima Round Trip Ferry Tickets: 12,600 yen (The airplanes are full!)

Minsyuku: About 6,000 yen per night including two meals (multiplied by 1 or 2 depending on how many days we will be there)

One-day Kayak and snookering Tour: 15,000 yen

Meeting Time & Place :

To be announced later.

QUALIFICATIONS TO JOIN :

Here are some qualifications of the 3 other participants on the trip:

- 1) Someone who is cooperative and willing to help others because this is a very small group trip, and we need to work together. For instance, most likely, a male member will carry our 4-person tent.
- 2) Someone who has joined more than hikes. This trip is not for beginner hikers. And you need to have skills to read hiking maps and to camp. You need a sleeping bag.
- 3) Mountaineering insurance is required. If you don't have ones, you can get it for 1,000 yen there, which is valid for 3 nights and 4 days, and covers in case of any rescue.

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Events

Saipan dive tour

23 May Friday to 26 _ Monday

Hi scuba divers,

Cherry blossoms are still in town, but the summer is waiting for us in Saipan, an tropical island 3.5 hours from Narita.

<Schedule>

1st day: Take a morning flight to Saipan from Narita. Arrives in the early afternoon.

2nd day: 2 shore dives

3rd day: 2 shore dives

4th day: leave hotel in the afternoon. Back in Narita in the evening.

Night dive and early morning dive are available as an optional tour. For more avid divers, dive on the 1st day is possible.

This tour is only available for certified divers with enough skills such as keeping neutral buoyancy and swimming skill. We will request a dive site named Grotto, where we might swim against current.

Saipan.' ts weather condition is hot like mid summer in Tokyo. Shower comes often but usually no problem

for diving. Water temp is about 25-28 degree C.

Meeting Time & Place :

May 23 Meet at Narita airport at about 8am

<Costs> :

39800yen air, pickup, hotel accommodation, 4 shore dive (w/guide) fee included

What not included in above: food, drinks, costs for other activities such as car rent, Narita airport usage tax

(Yen2040), US security tax(Yen400)

<Cancellation charge>

30-3 days before the date of the trip:20% of the cost

2-1day before the date of the trip:30% of the cost

on the day of the trip:100% of the cost

<What to bring> :

dive gear, swimwear, sunglasses, sun block, dive certification card and log book,

money and passport.

Rental dive gear available. Costs about \$100 for 2 days

6) Travel agency requires a copy of your passport for application

7) If you have a driver license (Japanese, American, or international), please bring it as we might rent a car.

In return, I will email you an availability and bank info.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

5-hour hike to Maruyama (960m) in Oku Musashi

19 April Saturday

Dear Hikers:

I am organizing a 5-hour hike to Maruyama (960m) on Saturday, April 19th. At the end of the hiking, we will stop by at a hot spring. After reading all descriptions of the hiking below and if you are interested in

- 1) Your Full Name
- 2) Your Mobile Phone

Further details of the hiking follow:

Meeting Time & Place :

* 寄居・三峰口 at Seibu Ikebukuro Station 西武池袋駅 SCHEDULE :

09:40 Arriving at Ashigakubo Station 芦ヶ久保駅

Start hiking

Ashigakubo Station 芦ヶ久保駅 (306m)- Walking on Kokudo 国道 299 for 20 mins - Akatanani Tozan Guchi -

1 hour 35 min - Ono Toge (853m) - 40 min - Maruyama 丸山 (960m)- 20 min - Takashino Kousenkyo Bunki

Station 西武秩父駅

WHAT TO BRING :

1) Hiking map of Oku Musashi/ Chichibu 奥武蔵/秩父. "Tozan/ Hiking #15 Oku Musashi/ Chichibu "

published by Zenrin (714 yen) is recommended. Or any other hiking maps of Oku Musashi/ Chichibu are ok.

You CANNOT join this hike without the hiking map. But if you could not find it or didn't have a chance to buy

one because you were too busy at work, then please let me know. I will make photocopies for you. Before we

start hiking, I will go over the hiking course with everyone. Please don't just follow me because I am not your

tour guide.

2) Compass

3) Lunch and water (1.0-2.0 liter of drinks is recommended.)

- 4) Rain gear
- 5) Head lamp (You must have this. If you don' t have, please buy one.)
- 6) First aid kit
- 7) Emergency sheet
- 8) Emergency food
- 9) Toiletry such as towels and soaps for hot springs

COST :

If you are coming from Ikebukuro……

A total around 3,000 yen plus your lunch, snacks etc

Breakdown:

- * Ikebukuro - Ashigakubo Stations: 680 yen
- * Hot spring: 900 yen
- * Taxi to Seibu Chichibu Station: 500 yen (possible)
- * Seibu Chichibu to Ikebukuro Stations: 750 yen

IN CASE OF RAIN

hiking or not due to the bad weather.

OTHER INFO:

Train Time Table at Seibu Ikebukuro Station

<http://www.seibu-group.co.jp/railways/unyu/hiking/index.html>

Araki Kosen (Traditional Japanese Ryokan with good hot springs!)

<http://www.onsen-yado.net/onsen/index.htm>

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Events

White Water Rafting/Hiking/BBQ/Hot Spring Bus Trip to Minakami

17 May Saturday to 18 _ Sunday

Over a half of the spots in the whitewater rafting/hiking/BBQ/hot spring bus trip to Minakami on May 17-18 was booked for the past 1 week, and there are 4 remaining spots left. If you are interested in, please book ASAP!

Here are the details of the trip:

When: Sat-Sun, May 17-18

Maximum number of participants: 21

This is a Japanese style hotel with tatami mattress rooms and indoor hot springs. Unfortunately, I could not get the same hotel we stayed last year, but this should be a good hotel, too, giving each of us a free drink.

Cost: 29,000 yen. This may change depending on the number of participants because we split the rental charge of the bus. But for the past 4 years, all spots always got filled. Below is the approximate breakdown

cost per person based on the experiences in the previous years:

Approximate Cost per person

Hotel 9,150 (I got a 1,000 yen discount!)

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Bank Transfer 65

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Hot spring at Yuterume 500

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Events

Golden Week 5/3 and 4 - Kumotoriyama Camping Yen Hike

03 May Saturday to 04 _ Sunday

Golden Week 5/3 and 4 - Kumotoriyama Camping Yen Hike

Kumotoriyama (2017 mts) is the highest mountain in Tokyo Area, it is localized between Tokyo and Saitama

Prefecture. Even there is a possibility to stay overnight on a hut, because it is a holiday the hut will be

probably full when we get there, if that the case we will stay at camping site.

Details:

- 1) Meet at 7:30AM Shinjuku Station (Front End)
- 2) Take 7:43AM Chuo-sen Okutama Holiday Express
- 3) Get off 9:14AM Okutama Station
- 4) Take 9:30AM Nishi Tokyo Bus #10 bound to Taba
- 5) Get off 10:40AM Taba Bus Stop
- 6) Start hike toward Kumotoriyama
- 7) Camping at Kumotoriyama
- 8) Start hike toward Okutama Station
- 9) Onsen
- 10) Take train toward Shinjuku Station

Hiking route:

1ST Day: Taba (600) -> Saora Pass (1000) -> Sanjonoyu Hut (1200) -> Sanjodarumi (1750) -> Kumotoriyama

Hut (2017)

2ND Day: Kumotoriyama Hut (2017) -> Kokumotoriyama (1937) -> Nanatsuishiyama (1757) -> Senbon

Tsutsuji (1733) -> Hikagenaguriho (1725) -> Mizuneyama (1620) -> Mutsuishiyama (1478) -> Sanukidoyama

(1177) -> Hirakawa (608) -> Okutama Station

Bring:

- 1) Tent

- 2) Sleeping bag
- 3) Stove (gas)
- 4) Panels
- 5) Water 2 lts
- 6) Rain gear
- 7) Torch (light)
- 8) Warm clothes (layers)
- 9) Insurance
- 10) First Aid kit
- 11) Map Okutama Yen Kumotoriyama
- 12) Hiking Boots
- 13) Food (2 lunches, 1 breakfast, 1 diner, snacks)

Important note:

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Events

Annual Nabewari Water Race Leader & Participants Wanted

1 June Sunday

June 1st Annual Nabewari Water Race Leader & Participants Wanted

Dear Members:

Tanzawa Bokka Ekiden Kyoso Taikai, also known as “Nabewari Water Race” will be held on Sunday, June 1st. The is looking for a leader(s) who can coordinate the event as well as the participants.

In the race, a team of 4 people will run a 6,187m trekking course in Tanzawa in Kanagawa, while carrying 10, 20, or 40 kgs of weight. This has been one

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Events

Annual Nabewari Water Race Leader & Participants Wanted

1 June Sunday

June 1st Annual Nabewari Water Race Leader & Participants Wanted

Dear Members:

Tanzawa Bokka Ekiden Kyoso Taikai, also known as “Nabewari Water Race” will be held on Sunday, June 1st. The is looking for a leader(s) who can coordinate the event as well as the participants.

In the race, a team of 4 people will run a 6,187m trekking course in Tanzawa in Kanagawa, while carrying 10, 20, or 40 kgs of weight.

日本語版：

メンバーの皆さんへ

丹沢ボッカ駅伝競走大会、通称「鍋割り・ウォーター・レース」が6月1日の日曜日に開催されます。OCJで

は、そのイベントをコーディネートするリーダー（複数可）と参加者を募集します。

このレースでは、4人組のチームが神奈川県丹沢の6,187メートルの登山コースを、10キロ、20キロあるい

は40キロの重りを背負って走ります。この大会はOCJの伝統的な行事の一つとなっており、3年前には女性チー

本語の記事をご覧ください）。

レースの詳細は、以下の公式サイトでご覧になれます。

<http://www.mt-kawana.com/bokka/index.htm>

なお、OCJが参加費を一部、あるいは全額お支払いします。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Boso Hanto Bike Ride

18 May Sunday

Found by Manfred, the past master of finding good rides, Max, Manfred and I checked this ride out in late

April, and it proved to be an excellent beginning ride. By late May, we hope the Ajisai and azaleas will be in

bloom, making the ride even more beautiful. The elevation at the starting point is just under 100 meters and

the high point is about 370 meters, so there are no really long climbs, and the route is mostly on back roads

and rindo closed to motor vehicle traffic. Total distance: about 35 km. Although you don' t really need a

mountain bike, about a third of the ride is on gravel roads, you should have tires tough enough to take the

punishment of descending on gravel and potholes.

The route starts at Kazusakameyama at the end of the Kururi line, heads east a few kilometers before turning

south to climb up to Ajisai Dera. From there we take a rindo to Kiyosumidera, where Nichiren began his

studies at age 12 in the 13th century. There is a fine old sugi there that must have been a sapling when he

was there. From the temple, we take another rindo (lots of gates!) to return to our starting point (mostly down

hill). There is an onsen in Kazusakameyama, but we didn' t have time to try it.

Meeting Time & Place :

East exit of JR Kawasaki station between 7:30 and 7:45 AM, Sunday, May 18

What to bring :

Your bike, helmet and bike bag, first aid, sun cream, water, spare tube and bike repair kit, suitable clothing,

onsen kit, food (there isn' t any place to buy food at Kazusakameyama and no time at Kisarazu. The last place

to buy something is Kawasaki station).

Cost :

Transportation: 2400 bus from Kawasaki to Kisarazu and back, 1200 train from Kisarazu to Kazusakameyama and return. Your train fare to Kawasaki and back.

Onsen: unknown

Sign up :

Space is limited to the number of bike the bus can carry, probably about 10, so please let us know if you plan to come.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Trek to Yarigatake, Japan' s "Matterhorn"

18 July Friday to 20 _ Sunday

Trek to Yarigatake, Japan' s "Matterhorn"

or

Make best memory in this summer!

3180m. Win popularity for its pointed peak like a spear. The shape neverchanging from every view point and the solitude points to the sky pathetically.

In 1878 when English mining engineer William Gowland climbed Mount Yarigatake (which was the highest

peak in northern Nagano' s Hida range), he was so impressed by the magnificent sweep of the mountains and

valleys that came in view when he reached the top, he named the mountains the Japan Alps after the

European Alps. He wrote its peak was like a church' s steeple in a great distance.

This is the trekking to on the long weekend of July, and I am looking for some participants

who would be interested in joining this trek. We will not take hard course so if you have over night hike

experience to 2500m class mountain should be OK.

Please note that I' m NOT strong hiker and would like to enjoy scenery and breathe with my own pace. I know

it give someone stress if he/she is strong hiker. So, I welcome someone who can share my idea.

This is still plan yet and I would like to talk in personal with someone who is interested in this event. We may

change some schedule upon participants request.

Date:

July 17 (Thu) evening - July 20(Sun)

You can take rest on Monday because of National Holiday.

Transportation:

Direct overnight bus from Shinjuku to Kamikochi where we start to trek.

Route:

July 17 Depart Shinjuku 23pm

July 18 Arrival Kamikochi bus terminal -Yarisawa lodge (Take public bath!)

July 19 Yarisawa lodge-Yarigatake Peak-A Lodge

July 20 A lodge-Kamikochi then take direct bus and will arrive at Shinjuku around 9:30pm

Max number of participants: 4-6

References:

Yarigatake photos(click each photos)

http://www.yk.rim.or.jp/.tabata/yari/e_yari_hm.html

Report from Metropolis magazine.

<http://metropolis.japantoday.com/tokyotravel/tokyojapantravelarchive349/340/>

tokyojapantravelinc.htm

This is interesting site and you can see Yarigatake in the right of the photo.

<http://www-ttp.physik.uni-karlsruhe.de/.sr/dv/Japan/Kamikochi/Panorama.html>

Meeting Time & Place :

Shinjuku Bus Terminal on 17 (Thu) 23:00pm

Cost :

Cost:

38,000 yen(Transportation,Lodges and meals)

Note :

Please contact me by June 25th if possible.

I may change schedule details upon participant request.

Need reservation for the bus

Requirements :

Basic equipment

Mountain Insurance cost around 4,000 yen for 1year.

Please note that if you ask private rescue helicopter and its cost 0.5-1million yen Yen 20min.)

I will give you advice how to apply for it.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Photo Tour to Kamikouchi and Norikura

Events

Photo tour to Kamikouchi and Norikura

12 July Saturday to 13 _ Sunday

Dear member

I would like to organize Photo tour to Norikura and Kamikouchi.Original Photo Tour to Norikura and

Kamikouchi is organized by my friend,Mizushima, for his friends . I decided to join it. So I planned this tour.

He is an photographer of very famous world Cruse Ship Asuka.If you join this tour, he will teach how to take nice photo.

Participants will be person who are interested in nature photo. But I think not only persons who want to take

nature photo can enjoy this trip but also persons who like beautiful nature can enjoy this tour. You can see

my photo and my friends photo in following site

<http://www9.plala.or.jp/dreamland/>

The detail of tour is as follows.

1.Date 12th -13th of July

2.Plan

(1st day)

8:00 Leave Tokyo for Kamikouchi

8:00 Super Azusa #3 to Mastumoto departs at Shinjyuku Station

10:37 Arrive at Matsumoto , get on bus to Kamikouchi

Around 12:00 Reach to Kamikouchi

* we can enjoy beautiful nature with taking photo at Kamikouchi

* we move to Hirayu Ootaki(Hirayu water fall)

* we go to Norikura Highland .

17:00 arrive at Minsyuku

18:00 Dinner

(2nd Day)

4:30 Take photos of sunrise around Top of Norikura or Shirahone hot Spring (it depends on weather condition)

8:00 Enjoy taking photo and see beautiful scenery All day

* go to Norikura High land and Ichinose-enchi

14:30 go to Mastumoto by bus

16:06 Super Azusa #10 it leaves Mastumo for Tokyo

18:30 arrive at Shinjyuku

3. Transprtaion

From Tokyo to Mastumoto –JR train Super Azusa

From Mastumoto to Kamikouchi -chartered Bus

4. the number of participant there are room for 4 persons 5.cost

1day accommodation((minsyuku) , guide and charted bus around 17,000-20,000yen
transportation to Mastumoto (round trip) around 10,000yen(By discount ticket)
In case we go to Matsumoto by my car, cost will be down.

5 contact

Organizer Yuji Uehara

If you are interested in this tour, Please send me E-mail with following information by 1st of July

- 1) Your full name
- 2) Sex (to reserve accommodation)
- 3) Your mobile number
- 4) Your driving ability and experience

6 What to bring

* camera and films

* rain gear (in case it rains)

Yuji Uehara

Meeting Time & Place :

7:45 am in front of car #1 of Azusa #3, JR Shinjyuku Station

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

14 August Thursday to 16 _ Saturday

リッキーこと伊藤力です。飛騨小坂町の力持ち小太郎松祭り、サイクリング、温泉、御岳山ハイキング、川遊

びに行きましょう。

13日の夕方レンタカーを借りて出発、10人乗りのバンで8人の定員で行きます。出発時刻は5時を目安にしま

しょう。移動時間は約5時間。夜中に着きます。

宿泊は僕のお爺さんの家で今は別荘になっている明治から昭和初期に造られた家です。大きな畳の部屋で雑魚

寝をします。いつ何をするかは現地で天気次第で決めます。朝ごはんは共同で準備をします。夕食は外食をし

ます。飛騨牛、川魚や山菜を楽しみましょう。現地に行ってから決めなければならないことが多いので協力的

な方を募集します。運転してくださる方を優先的に募集。費用はだいたい以下の通り：

Hello, My name is Rikki. Please join for my trip to Oku-hida to enjoy mikoshi, cycling, onsen, Ontake-san

hiking, River swiming in Okuhida Area, the northern part of Gifu-prefecture. We will rent 10person van and

leave in the early evening of the Augst 13th. The driving takes about 5hours. We will stay at my grandpa' s

house where is used as summer house now. This is old style Japanese house. We will sleep on Tatami in one

big room. I will decide what to do depending on the weather. Please be flexible since we have only one car.

We will make simple group breakfast and eat all lunches and dinner out. We will enjoy, the famouse Hida

Beef, river fishes and Mountain vegetables. Please voluteer for driver.

Meeting Time & Place :

Shibuya Mark City, Limousine Bus Stop. Just outside of Excell Hotel Lobby

<http://www.s-markcity.co.jp/bus/index.html>

Bring: :

Futon sheets. Money(JPY30,000just in case), swim suit, Hiking Gears, Hiking map for 御岳山(Ontake-san),

Towels, Bath staff,

COST: :

Transportation: about 10,000yen-15,000 (discount for drivers)

Stay: 1500yen/person for the whole trip

Food & drinks: 3000yen/day

Others:

Deposit: 10,000yen/person (may not be returned)

Request: :

If you want to join, please contact me only by phone. 問い合わせは電話でお願いします。Please call me MF:

7pm-11pm, Sat-Sun: 10am-11pm.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spud & Smudge Cycle Trip . Sat 16th Aug - Okutama to Futakotamagawa 1/2

16 August Saturday

Due to popular demand, we are planning to once again cycle the route from Okutama area to

Futakotamagawa and beyond. You can join/finish any number of places along the route if you don' t wish to,

or can' t, join us for the whole journey, as we will follow close to the Ome sen and the Tamagawa.

Meeting Time & Place :

Meet us at the front end of the train, platform 9, Chuo line, JR Shinjuku Station at 07:30 to board the 07:43

holiday kaisoku to Okutama area. This train will arrive in Tachikawa at 08:11 if you wish to join there.

BUY YOUR OWN TICKETS.

WHAT TO BRING :

Bicycle of course! On or off road with all necessary repair equipment:

Essential:

Helmet

Pump

Spare inner tube

Puncture repair kit and tyre levers.

Raingear

Headlight

Rear light

Bike bag or large sheet to wrap your bike, when carrying on train.

Recommended:

Basic tools, chain tool, spare chain), sturdy shoes, cycling gloves, lock, general hiking/cycling gear (e.g.

sunglasses, sunscreen, water bottles, map, compass, first-aid kit), camera.

Food and drinks

Plenty of opportunity to buy drinks along the way and can stop off somewhere en-route for lunch. Planned

dinner in Futako-tamagawa.

COSTS :

Train fare to Okutama (exact station will be decided later), money for lunch, drinks and dinner.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Late Summer BBQ

6 September Saturday to 7 _ Sunday

The BBQ will consist of a dinner which will start at 6:00pm. Afterwards a few games are planned and prizes

will be awarded. On the 7th of September there will be a breakfast at 7:30am followed by a hike or a mountain bike trip.

Meeting Time & Place :

Shinrin-mura, closest station is JR Musashi Itsuka ichi station

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Yakushima roustabout 9/20-23

20 September Saturday to 23 _ Tuesday

Come to Yakushima 9/19 or 9/20

Depart Yakushima 9/23 or 9/24

Rent a car.

Stay in Minshuku, in Miyanoura 宮之浦

Come to Hobgoblin with questions next Friday 8/15. I' ll be there late.

half ocean kayak, half snorkeling. Also onsen are good.

Planning different activities for Sat, Sun, Mon, Tues.

Star rating may vary slightly depending on adventurer' s interests

Might stay 9/19 in鹿児島 Kagoshima depending on flights.

Price: not sure yet. probably air, boat, activities, place to stay.

Ferry schedule: need to decide and order soon, 8/19 is best.

Airline schedule: seats still available to Kagoshima. Try JAS Yen JAC.

Optional: Kagoshima town dinner on Friday night 9/19, depending on when you arrive.

Effort, expertise rating: 2 or 3 stars (2.5)

Gear: rain gear (tends to rain on Mt. Miyanoura), hiking gear, swimming gear,

May also need - sleeping bag, tent (1 or 2 nights), Sawa gear,

snorkel gear (or you can rent)

Meeting Time & Place :

somewhere in Kyushu, around 9/20

Links :

More details:

What it is: :

What is this place -----

One hour south of Kagoshima by jetfoil is Yakushima, home to Kyushu' s highest mountain, Mt. Miyanoura,

and many other peaks. The Island is known as the floating Alps. Yakushima became the first place in Japan to

be designated a World Natural Heritage Site.

The island's symbol is the 7,200 year-old "Jomon-Sugi" cedar tree. Yakushima has been gaining popularity as an eco-tourist spot, where people can learn about the island's precious environment at cultural and environmental centers.

Mt. Miyanoura is over meters. Yes, they have old cedar trees here, unique in all the world.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Shikinejima Dive/Hotsprings/Hike/MTB Tour

10 October Friday to 13 _ Monday

I am organizing a long weekend trip to a hidden paradise, Shikine-jima, one of the Izu Seven Islands.

We will leave Tokyo on Friday night, sleep on board and arrive there in the next morning.

We will dive on Saturday and Sunday.

We will dive without a guide.

So all the divers should have certification cards, confidence in water, and enough skills such as neutral buoyancy and compass navigation.

This trip is mainly for divers, but non divers who would like to enjoy MTB, hike, relaxing in hotsprings are also welcome. You can rent MTB on the island.

This trip may be cancelled in case of estimated bad weather such as typhoon.

Meeting Time & Place :

Fri 10 Oct 21:00 meet at Takeshiba Pier

22:00 ship departs for islands (stay on board)

stay in minshuku

Mon 13 Oct 11:50 ship departs for Takeshiba, Tokyo

19:10 arrive Takeshiba pier, Tokyo.

Costs :

20000y for ship and accommodation

3000-5000 for food and drinks

plus activity fee (dive, MTB, etc)

Accommodations :

We will stay in a mins without meals, that we will cook by ourselves in the kitchen provided.

We can also eat at local restaurant if we like.

Name of minshuku: Terapi-Toujirou

Phone:04992-7-0211

Address: 281-1 Shikinejima, Niijima-mura,Tokyo 100-0511

website <http://www2e.biglobe.ne.jp/.shikine/terapi.htm>

For sign up :

Please email your info as below

Name and sex

Phone No.

Cellphone No.

Diver or Non-diver

(If you dive)

Level of certification

Dive experience (No. of dives you had)

The date of last dive (year and month)

Rental gear you need

Height and weight (for wetsuit)

size of foot (for boots)

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Events

Snowshoeing in Akan NP - Eastern Hokkaido 23 to 25 January TRIP FULL

23 January Friday to 25 _ Sunday

Description: This is a three day trip to Hokkaido for some serious snowshoeing in comfort. Our destination is

just north of Kushiro in eastern Hokkaido and very close to Akan National Park.

We will be

taking advantage of the ANA 22,000 yen "chowari" fares. There are many fine trails, rivers, and lakes and this

area is famous for its wildlife. We will be staying at a lodge for two nights and taking day trips from there. We

will rent a van to give us access to even more areas and some of the onsen in the vicinity. This trip is for

experienced winter hikers with proper gear. Please contact me if you have questions.

Accommodation: We are staying in a small, very comfortable lodge (pictures at the link above) set in the

woods north of Kushiro. There

are two separate rooms for men and women but no private rooms. The lodge is run by a young couple

familiar with the snowshoeing

opportunities in the surrounding countryside. We were the only guests last year - apart from their dogs and

cats.

Cost: The discount fares for this period make this almost as affordable as one of those Hokkaido ski packages,

but with better scenery and no J-Pop to listen to.

Airfare: Haneda => Kushiro => Haneda 22,000 yen plus taxes, etc.

Lodge: 5500 yen x 2 nights (including breakfast and dinner).

Food: Pay as you go in restaurants or bring your own

Transport: Van rental, probably 10,000 yen per person for the entire trip.

soon as possible. The tickets go on sale 21 November. If you want to

use frequent flier miles to get your tickets please let me know as one member as able to do this last year. ANA and JAS both fly to Kushiro from Haneda.

What to bring :

This is a snowshoe trip and we expect to do some long and fairly difficult hiking. Quality snowshoe rentals

with poles are

available at Mont-Bell in Ebisu for about 3500 yen for the weekend if you don' t already own them. Last year

there were also snowshoes available at the lodge for use (free of charge), but I will need to confirm with them

that they are still available.

You need to bring:

Snowshoes and poles (if they are not available at the lodge) Winter

Clothes including gloves, hat, scarf, layers of warm clothes (plus spares, especially gloves and socks - they get

wet easily) Lightweight,

quick-drying shirts and trousers (NO DENIM!) Rain (Snow) Gear

(breathable Gore-tex or similar) top and bottom Sunglasses or goggles

Daypack big enough to carry spare clothing, food and water and hold your jacket when you get too hot.

Maps (we' ll let participants know the details), compass as everything looks the same on a snowy overcast day

Gaiters/Spats

Sturdy waterproof boots

Food for snacks and lunches.

Headlamp or torch

The rest of your standard day hiking kit

Onsen kit as we will be seeking out those sites

Optional: crampons (aizen) as we may split into two groups if some people want to climb to the top of Meakandake

which is not recommended with only snowshoes.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

MEMBERS ONLY – Overnight Xmas Party Dec 13-14 Yatsugatake

13 December Saturday to 14 _ Sunday

Sign up is now open for the annual members-only

overnight Christmas party. This year, the 40 – 60 person event will be held in a lovely cottage in the Minami-Alps, less than 2 hours express train from Shinjuku.

Become an Member Today!

Date: December 13 – 14,

Venue: “Villa Spadio”

(http://www.izumigo.co.jp/area/villa_bg.html), a large cottage, at the foot of Yatsugatake near Kobuchizawa in Yamanashi-ken. The cottage comes with two Western-style bedrooms, 5 Japanese-style rooms, a dining room with grand piano, 2 indoor hot spring baths, gymnasium and 2 outdoor BBQ grills. Nearby, there are hiking trails, more onsens, a “make-it-yourself” pottery/glass/soba factory, winery and even outlet shopping.

Meeting Time & Place :

“Villa Spadio”

http://www.izumigo.co.jp/area/villa_bg.html

Cost & Transportation :

Overall Cost:

Food/Accommodation (club-subsidized!): JPY6,000 – JPY11,500

Your payment includes dinner on Saturday, an “All You Can Eat and Drink” Western-style Christmas Dinner,

Dutch-oven roasted turkey and salmon, sides, salads, dessert, as well as breakfast the following morning. It

also includes various levels of accommodations, including rental sleeping bag, if you select that option. Please see “Sign-up” for details.

Roundtrip Transportation (from Shinjuku to Kobuchizawa):

JPY6,000 – JPY12,000

This is NOT included in your payment. Transportation options are:

- 1) 120 min Yen JPY5,550 (one-way) JR Tokkyu Azusa
- 2) 145 min Yen JPY4,750 (one-way) JR Tokkyu Super Azusa, change at Kofu to JR Chuo Honsen
- 3) 173 min Yen JPY2,940 (one-way) JR Chuo Tokubetsu Kaisoku, change at Otsuki to JR Chuo Honsen

Exact train departure/arrival times will be sent with sign up confirmation.

Schedule :

Schedule:

Saturday, 12/13

3PM Organizing Members Check-in

4PM Dinner Volunteers Arrive

5PM-6PM Pick-up Service Available at Kobuchizawa Station

6PM Doors Open to All

6:30PM Appetizers and Drinks Served

7:30PM Main Food Served

8:30PM Play Games

9:30PM Dessert Served

11PM Clean up and some preparation for breakfast

Sunday, 12/14

7AM Breakfast Volunteers Get Up

8AM Breakfast Served

9AM CleanUp

10AM Checkout

Some people may go hiking or hot spring etc.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Izukougen Odoriko Hike

15 November Saturday to 16 _ Sunday

November 15th-16th Izukougen Odoriko Hike

Dear members

I will organize Izu-Kogen Odoriko Hike.

This is famous route for Japanese novel ' a dancer at Izu (Izu-no Odoriko) by Yasunari Kawabata, novel award

novelist. We walk this route with two days and we will also visit famous big Japanese Cedar during hike.

Hiking route is moderate, so even outdoor beginners can enjoy it. Autumn season has come in Izu, Photo

graphers can enjoy beautiful autumn leaves.

1.Tour outline

1st day:

We start hike at Jyoren No Taki .we walk Hiking road ,where Odoriko walked in the novel, to Suisyou-chisita,

near Amagitouge (. We can enjoy autumn colors and famous big Japanese cedar. It takes 3 and half hours to

hike. If you take beautiful nature photos during hiking, I think, about one additional hour is needed .

After reaching 1st day' s hiking goal, we will enjoy hot spring at Ryokn, Amagi-sou. There are 15 types of

Roten-Buro, hot spring beside river, hot spring in cave, hot spring where we can see a big water fall and so on.

(see following web site: <http://www.izu-onsen.com/amagisou/spa/spamenu.htm>)

After enjoying hot springs, we go to camping site and cook and enjoy dinner.

2nd day

we will start hiking near Amagi touge. we will walk the latter part of Odoriko rute to kawazu-narutaki.

Hiking time is about 4 hours. We can enjoy beautiful autumn leaves and see seven attractive water falls,

Kawazu-narutaki.

2.Schedule

15th of Nov

JR Tokaido line(from Tokyo to Mishima)

Leaves Tokyo at 6:32

Stops .at Shinagawa(6:40), Yokahama(6:59),and other usually Tokaido-line stops

Gets off at Mishima(8:39)

In case you miss above train, you can get to Mishima at 8:28 with Kodama leaving Tokyo at 7:23 ,Shinagawa at 7:30.

Izu-hakone line(from Mishima to Syuzenji)

Leaves at 8:46

Reaches at Syuzenji at 9:19

Bus(from Syuzenji to Jyouren-no-taki)

Leaves at 9:50

Reaches at 10:22

Start hiking before 10:30A.M.

about 4hour hike

enjoy hot springs 3:00P.M.

(we have to enter hot spring before 4P.M.)

Moves to camping site, Kawazu-narutaki Auto camp and enjoy dinner around 5:00 P.M.

16th of Nov.

get up around 7A.M.

Having breakfast.

gets on bus at 9:05

after having breakfast, we get on bus to Okawabata camping site near Amagi touge.

Arrives at Suisyo-chisita 9:25A.M.

Starts hike before 9:30A.M.

ahout 4hours hike to Kawazu-narutaki

Gets on Bus at Kawazu-narutaki 2:10 to Syuzenji reaching at 3:15

or Kawazu-narutaki 15:02 to Syzenji reaching at 4:05

From Syuzenji to Mishima(I will show the taking hot spring case)

Leave at 4:21 and Reaches Mishima at around 5:00

From Mishima to Tokyo

Leave Mishima at 5:12P.M and Reaches at Shinagawa 7:09P.M.

(if you take kodama express at Mishima 5:11, you can reach Shinagawa at 6:15)

Meeting Time & Place :

front car of Tokaido just before Mishima station

Cost :

transportation:One way 3760yen(Tokyo to Mishima 2210yen,Mishima to Syuzenji
550yen Syuzenji to
1000yen)

Accommodation:entrance fee 1000yen person,tent site fee for 4 persons

Hot spring:1000yen

What to bring :

Meals:two breakfast,two lunches and one dinner

Camping equipment:tent,sleeping bag,stove,light etc.) others:bath equipment and
swimming suit,

Recommendation :

Read novel ' A dancsr at Izu' by kawabata

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

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1st day:

We start hike at Jyoren No Taki .we walk Hiking road ,where Odoriko walked in the novel, to Suisyou-chisita,

near Amagitouge (. We can enjoy autumn colors and famous big Japanese cedar. It takes 3 and half hours to

hike. If you take beautiful nature photos during hiking, I think, about one additional hour is needed .

After reaching 1st day' s hiking goal, we will enjoy hot spring at Ryokn, Amagi-sou. There are 15 types of

Roten-Buro, hot spring beside river, hot spring in cave, hot spring where we can see a big water fall and so on.

(see following web site: <http://www.izu-onsen.com/amagisou/spa/spamenu.htm>)

After enjoying hot springs, we go to camping site and cook and enjoy dinner.

2nd day

we will start hiking near Amagi touge. we will walk the latter part of Odoriko rute to kawazu-narutaki.

Hiking time is about 4 hours. We can enjoy beautiful autumn leaves and see seven attractive water falls,

Kawazu-narutaki.

2.Schedule

15th of Nov

JR Tokaido line(from Tokyo to Mishima)

Leaves Tokyo at 6:32

Stops .at Shinagawa(6:40), Yokahama(6:59),and other usually Tokaido-line stops

Gets off at Mishima(8:39)

In case you miss above train, you can get to Mishima at 8:28 with Kodama leaving Tokyo at 7:23 ,Shinagawa at 7:30.

Izu-hakone line(from Mishima to Syuzenji)

Leaves at 8:46

Reaches at Syuzenji at 9:19

Bus(from Syuzenji to Jyouren-no-taki)

Leaves at 9:50

Reaches at 10:22

Start hiking before 10:30A.M.

about 4hour hike

enjoy hot springs 3:00P.M.

(we have to enter hot spring before 4P.M.)

Moves to camping site, Kawazu-narutaki Auto camp and enjoy dinner around 5:00 P.M.

16th of Nov.

get up around 7A.M.

Having breakfast.

gets on bus at 9:05

after having breakfast, we get on bus to Okawabata camping site near Amagi touge.

Arrives at Suisyo-chisita 9:25A.M.

Starts hike before 9:30A.M.

ahout 4hours hike to Kawazu-narutaki

Gets on Bus at Kawazu-narutaki 2:10 to Syuzenji reaching at 3:15

or Kawazu-narutaki 15:02 to Syzenji reaching at 4:05

From Syuzenji to Mishima(I will show the taking hot spring case)

Leave at 4:21 and Reaches Mishima at around 5:00

From Mishima to Tokyo

Leave Mishima at 5:12P.M and Reaches at Shinagawa 7:09P.M.

(if you take kodama express at Mishima 5:11, you can reach Shinagawa at 6:15)

Meeting Time & Place :

front car of Tokaido just before Mishima station

Cost :

transportation:One way 3760yen(Tokyo to Mishima 2210yen,Mishima to Syuzenji
550yen Syuzenji to
1000yen)

Accommodation:entrance fee 1000yen person,tent site fee for 4 persons

Hot spring:1000yen

What to bring :

Meals:two breakfast,two lunches and one dinner

Camping equipment:tent,sleeping bag,stove,light etc.) others:bath equipment and
swimming suit,

Recommendation :

Read novel ' A dancsr at Izu' by kawabata

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Izu-Kogen Odoriko Hike 1/2

15 November Saturday to 16 _ Sunday

November 15th-16th Izukougen Odoriko Hike

Dear members

I will organize Izu-Kogen Odoriko Hike.

This is famous route for Japanese novel ' a dancer at Izu (Izu-no Odoriko) by Yasunari Kawabata, a Nobel

Award novelist. We walk this route with two days and we will also visit famous big Japanese Cedar during

hike. Hiking route is moderate, so even outdoor beginners can enjoy it. Autumn season has come in Izu, Photographers can enjoy beautiful autumn leaves.

1.Tour outline

1st day:

We start hike at Jyoren No Taki .we walk Hiking road ,where Odoriko walked in the novel, to Suisyou-chisita,

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hike. If you take beautiful nature photos during hiking, I think, about one additional hour is needed .

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Leave at 4:21 and Reaches Mishima at around 5:00

From Mishima to Tokyo

Leave Mishima at 5:12P.M and Reaches at Shinagawa 7:09P.M.

(if you take kodama express at Mishima 5:11, you can reach Shinagawa at 6:15)

Participant:Max.12 people

Organiser

伊豆の踊り子ハイク

11月15日16日で伊豆の踊り子のルートをハイクします。紅葉の季節なので、紅葉を楽しみながら伊豆半島の

中心をゆっくり下ってゆきます。1日目のハイク後には、河津七滝で温泉にいられます。ここは露天風呂中心

に、15のお風呂がありお風呂好きには最高！温泉の後は、キャンプサイトで食事を作り、みんなで食事を楽しみます。

2日目は、踊り子ルート of 1日目に歩いていない部分を亜歩き、踊り子ルート完歩します。

途中有名な7つの滝

を見ることことが出来ます。ハイク時間は書く4時間程度。ハイキングルートは緩やかなので、ハイキングビ

ギナーでも大丈夫です。ハイクのあとは、もちろん温泉に入ることも出来ます。

交通手段：電車+バス

スケジュール：東京6：32発、品川6：40分の電車で三島下車。三島で修善寺まで電車に乗り、修善寺か

らハイキング出発地点までは、バスで。東京6：32発の電車に遅れた人は、新幹線で三島d追いつくことも可

能です。（詳細はEnglish見てください。）

コスト：交通費（片道）3800円くらい。キャンプ・・・入場料1000円/一人、サイト（4人用）200

0円。

集合場所：東京6：32発の1号車（三島駅に着く少し前で）

持参物：キャンプ道具、食事道具、食事（朝食1、昼食2、夕食1）水着+バスタオル（温泉用）

ビギナーでテントない人は、連絡ください。僕と友人がテントあるので、シェアすることが可能かも。

参加人員：Max 12名

秋の伊豆高原ハイク楽しみましょう！

Meeting Time & Place :

1st car of Tokaido train departing at 6:32, just before reaching Mishima station

Cost :

transportation:One way about 3800Yen

accomodation:entrance fee 1000yen per person,camping site 2000yen four person

What to bring :

Camping equipment(tent,sleeping bag,stove,light etc),meal(1 break fast,2 lunch,
1 dinner)

Swimming suit,big bath towel for hot spring

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oze to Okukinu camp/onsen

22 November Saturday to 24 _ Monday

This trip is over the long weekend (Monday is a national holiday), and we leave early Saturday morning by

train to Jomokougen in Gunma Prefecture, and then transfer to a bus for the trip to the start of the hike. We

walk into Oze, a beautiful area of marshland high in the mountains, thankfully void of development. The first

night will be spent camping at a small camping area, and it will be cold. You will need to have winter hiking

gear, and a winter-rated sleeping bag. This time of year can see early snowfalls, so we will need to prepare for

very cold temperatures.

The next day we will start early and head east over to the Oku-Kinu valley, arriving mid-afternoon. You will

have ample opportunity to soak in the wonderful outdoor hotspring, and relax in the warm ryokan, heated by

hot spring water running in pipes under the floor. The following morning we can relax and leave late for a

leisurely two hour walk down to the bus stop, which will take us to Kinugawa Onsen for the train back to

Tokyo.

This will be a hard hike, so you will need lots of stamina. Camping in sub-zero temperatures is quite different

from camping in the summer! Hey, the trip will be great fun, and we will probably have a very beautiful part

of Japan all to ourselves, but you should be a confident hiker able to carry a heavy pack for 6 to 8 hours.

None of the hiking is exposed, however, and the route is relatively straightforward, no chains and we are

under cover of trees except for the Oze marsh itself.

Accommodation

A piece of ground with a great view for the first night, and the wonderful

Teshirozawa Onsen for the second.

This place is not cheap, and we will be sharing one room (sorry, no separate accommodation for men and women), but the location is great and the food is even better.

Meeting Time & Place :

About 6.30 am at Ueno station on Saturday, November 22nd.

Cost :

Details are still being worked out, but the total transport cost will be roughly 11,000 yen, and accommodation will be between 11,000 and 14,000 depending on how many share the room.

What to bring :

It will be cold, and we may encounter snow, so you will need full winter hiking gear, including:

Breathable outer layer jacket and trousers (Goretex or similar)

Warm mid-layer (fleece)

Quick-drying bottom layer (shirt and long-johns), acrylic, not cotton

Hat, gloves, thick socks plus spares

Winter-rated sleeping bag, sleeping pad, tent

Camping food for one night (breakfast, dinner)

Stove, fuel, cutlery and plate

Light

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Beginners Mountain Bike Maintenance & Off-Road Riding Skills Workshop

7 December Sunday

WHAT' S THIS ABOUT

Have a mountain bike but not the confidence to fix a punctured tyre or deal with other maintenance issues

Love to ride off-road but lack the skills

Yes Then this is the workshop for you! Especially if you appreciate the British sense of humour!

THE PLAN

The general plan is to meet at 09:00 at Tamagawa Station, Toyoko/Meguro/Tamagawa lines and head down to a large area by the Tamagawa River where we can find an ideal place to gather and conduct a relaxing and fun MTB workshop.

THE PROGRAMME

The first half of the day will be spent doing some practical bike maintenance, covering areas such as:

Mending a "punk" (japlish for puncture)

Replacing your chain

Lubricating your working parts (and the ones on your bike!)

Making adjustments

Working gears effectively

Caring for your bike (look after your bike and your bike will look after you)

In the afternoon, you will learn how easy it is, with a few basic tips, to ride your bike off-road with confidence.

Learn how to:

Negotiate steep climbs and descents

Corner

Do switchbacks

Use brakes effectively (without flying over the handlebars)

Use your hands and feet

Accelerate effectively

Make jumps

Ride planks

Deal with large and small obstacles (and people!)

Balance properly (just like a ballerina)

Also, you can discover what clothing is suitable to wear and the many great sources to shop from in around

Tokyo.

Meet at the ticket barriers of Tamagawa Station (NOT FUTAKOTAMAGAWA!!),
Toyoko/Meguro/Tamagawa

lines. About 15 mins from both Shibuya and Meguro. 10 mins from Kamata.

What to Bring :

Mountain Bike of course!

Essential:

Helmet (I have two spare helmets if you don't have one)

Bike bag or large sheet to wrap your bike, when carrying on train. If you don't have a bike bag then a 100 Yen

plastic bicycle cover will suffice but you will need to make sure to take off at least the front wheel, lower the

seat and twist the handlebars 90 degrees to either side, wrap the bike with the sheet and secure it with some

string or rope for carrying.

The following are necessary items for any off-road trip in the mountains but are NOT ESSENTIAL FOR THIS

WORKSHOP. However, if you do not have any of these items don't worry or if you wish to purchase them,

then you will find them very useful:

Pump

Spare inner tube

Puncture repair kit and tyre levers.

Recommended:

Raingear

Protective clothing

First Aid Kit

Basic tools

Chain tool

Spare chain

Spare tyre

Sturdy shoes

Cycling gloves

Lock

General hiking/cycling gear

Food and drinks for lunch (there is a convenience store in the station).

Costs :

Train fare to Tamagawa Station, money for lunch and drinks.

Additional :

Please let me know if you wish to join this trip. I will cancel in the case of rain

Limited to a maximum of 100 people! :-)

Spaces are filling up quicker than I thought so get that e-mail reply off now!

Events

West Highland Way (Scotland, UK) 3.5 5-11April

5 April Monday to 11 _ Sunday

We have set up London and plan to walk the most popular long distance trail in the UK, the 153 km West

Highland Way, in April. The walk goes from just outside Glasgow to Fort William. We would welcome any

members from around the world to join us.

Description

We plan to do the walk in 6 days so it will be reasonably strenuous. We will stop the night in Drymen,

Rowardennan, Inverarnan, Bridge of

Orchy, Kinlochleven and Fort William. The walk starts in the lowlands, but the greater part of this walk is

among the mountains, lochs and fast-flowing rivers of the Scottish Highlands.

It runs along the length of Loch

Lomond and, in the far north, crosses wild Rannoch Moor and passes through Glen Nevis before reaching Fort

William. The scenery should be fantastic!

On the first day we plan to stop off at the Glengoyne Distillery to sample some Scottish whisky. On day 3 we

may climb Ben Lomond (974m)

if the weather is ok. On Easter Sunday (only) if the weather is good we will get up early and climb Ben Nevis

(1344m) which is the highest peak in the UK.

Transport, Accommodation, Food and Costs

Please contact Mel if you are interested in joining this trip as she can offer lots of advice on transport and

accommodation. Please note it may not be possible for the group to all stay in the same accommodation every

night as in some of the overnight stops there are only bed and breakfast places which typically have a small

number of rooms. Where possible we will stay

in bunkhouses or youth hostels. At the moment there is reasonable availability but it will be important for

people to book quite soon as this is a very popular trail. Camping is also possible in nearly all places but you

would need to bring all your own equipment.

Allow about 100 pounds for the train fare if travelling from London, 120 pounds for accommodation and 100

pounds for food.

This route offers an unparalleled opportunity to try Scottish malt whiskies and excellent British beers!

What to Bring :

Raingear will be essential! I can email a full list of suggested items to bring. Ideally you should be capable of

carrying all your luggage during the walk.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hike for Beginners

14 February Saturday

Okutama Takamizusanzan

4hrs map time.

A scenic hike in the forestland of Okutama. We will start from Ikutsubata and head up to Takamizusan (759m)

and from there onto Iwatakeishiyama (794m) and then across to Sougakusan (756m) before heading down to

Mitake Station. Not a very steep start so time to warm up at the beginning.

Do let me know if you intend to come. Good fun day guaranteed!

Meeting Time & Place :

Meeting location: Usual place. For those of you unfamiliar with the usual place, that.' ts:

Shinjuku JR Station Chuo Line Platform 9 Front End of Train To Catch the Holiday Kaisoku 07:43 Bound For

Okutama, hereinafter referred to as 。

What to Bring :

Crampons or boots with excellent grip.

Something for lunch

Whistle (in case you get into trouble)

A decent pair of walking shoes or hiking boots (most important piece of kit you can have)

A fleece or warm jacket (woollen jumper or sheepskin rug not recommended)

Waterproofs (for those non-British.raingear)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sayonara ski & snowboard in Hokkaido

20 March Saturday to 22 _ Monday

Dear snow lovers:

I am planning the last ski and snowboard trip on March 20-March 22 in Niseko.

March 22 is not holiday, so

you will have to take one day off.

All levels, both skier and snowboarder are welcome.

Since this is a packaged tour, the airplane time has not fixed yet and the hotel is economy type.

I will give the details to the participants later. If you are interested, please fill in the forms below and e-mail

Cancellation fee will be charged after February 27, however, since there are only a few rooms available at the moment, please let me know as soon as possible.

Thank you.

Meeting Time & Place :

Schedule:

March 20 (Sat.) will leave Haneda airport around 6:25-8:00

March 22 (Mon.) will return Haneda airport around 16:30-21:55

Costs: :

34,800 yen based on 2-4 people in one room

Including air fare, shuttle bus (between Shin Chitose airport and Niseko), two nights accommodation at Hotel

Snow Universe in Niseko, two dinner, two breakfast, free rental ski or snowboard, one day lift ticket at

Hanazono area.

Not including lunch, lift ticket, ski wear rental 1,000 yen per day

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Mountain Bike Workshop No.2 Off-Road Riding Skills マウンテンバイクワークショップ
No.2

1/2

13 March Saturday

This will be a leisurely one-day mountain bike tour along the Ten-en Hiking Course between Kamakura and

Yokohama. The hiking course goes almost entirely through lush green forests over soft rolling hills. The

course is easy enough for beginners, but features also interesting sections for the more advanced mountain

bikers. So, everybody is welcome, especially those who were on my first MTB workshop.

This course is ideal to learn and recap on the basics of mountain biking: off-road riding on a single trail,

climbing and descending inclines, negotiating obstacles, and sometimes also carrying or pushing the bike. We

can stop at various points to practice basic manoeuvres.

Halfway through the tour is a forest resort with a wonderful public bath (swim wear necessary), where we can

relax before we continue along the trail. The total length of the trail is about 13 km, so we can go slowly and

take it easy.

Meeting Time & Place :

10:00-10:30

Kamakura Station on JR Yokosuka Line

Transportation :

From Tokyo Station: JR Yokosuka Line (Underground Tracks, Platform 1) 9:11 --> Shimbashi 9:14 -->

Shinagawa 9:20 --> Yokohama 9:41 --> Ofuna 9:59 --> Kamakura 10:06.

Next train (Underground Tracks, Platform 1): 9:25 --> Kamakura 10:19.

時間と集会の場所:

10:00時~10:30時 鎌倉駅 JR横須賀線

行き方 :

鎌倉 10:06.

次の電車 (地下ホーム 1 番線): 9:25 --> 鎌倉 10:19.

What to Bring :

Mountain Bike of course! Off road with all necessary repair equipment:

Essential:

Helmet

Pump

Spare inner tube

Puncture repair kit and tyre levers.

Raingear

Protective clothing

Water

First Aid Kit

Bike bag or large sheet to wrap your bike, when carrying on train.

Recommended:

Basic tools, chain tool, spare chain, spare tyre, sturdy shoes, cycling gloves, lock,

general hiking/cycling gear (e.g. sunglasses, sunscreen (if sunny), map, compass), camera, change of clothes, swim wear, towel, soap, shampoo, food, drinks, snacks, etc.

持ち物 :

着替え, 水着, タオル, せっけん, シャンプー, 食べ物, 飲み物, おやつ, など.

マウンテンバイク! Off-road:

大切:

ヘルメット

空気

入れ

パンク修理道具

雨具

相応しい

水

救急箱

保険証のコピー

バイク 袋 , (電車で運ぶ為のふくろ)。

推薦する:

基本的な ツール, チェン ツール, spare チェン, spare タイヤ, 丈夫な靴, サイクリン
グ 手袋, ロク, 防風/ズボン,

ハイキングの服かサイクリングの服 (たとえば; サングラス, 地図,
コンパス), カメラ.

着替え, 水着, タオル, 石鹸, シャンプー, 食べ物, 飲み物, お菓子, など.

Cost :

Train fare: Tokyo to Kamakura 890 one way.

Onsen: 500 Yen

費用 :

運賃: 東京から鎌倉まで 円 890 片道.

温泉: 円 500

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

March 5th to 7th - Hakuba Iwatake Beginner Snowboard Seminar 1/2

5 March Friday to 7 _ Sunday

March 5th to 7th - Hakuba Iwatake Beginner Snowboard Seminar

Now a classic tour (5th edition), a few veteran snowboarders volunteer to initiate total beginners at

Hakuba Iwatake resort, the perfect place to start snowboarding. Skiers also welcomed. This trip features

onsen and a stay at Shioya, an authentic culturally rich farm-house. Total number limited to 20.

SCHEDULE

Departure Friday 5th March at 21:00 from JR Kinshicho Station (JR Sobu line). Arrival around midnight.

Hopefully back to Aoba-dai (Den-entoshi line) on Sunday evening by 22:00. Check your train schedule for last available train to your home.

On Fri.5th Mar.

Tokyo 19:04 20:46 Nagano by Nagano SHINKANSEN Nagano 21:00 22:15 Iwatake by CHARTERED BUS

Tokyo to Nagano and Shinanomoriue to Shinjuku by yourself.

COST

Total cost will be between JPY.38000 for travel, lodge and lifts; you must bring the cash with you.

REGISTRATION -first come, first served basis-

Provide following info on the e-mail: your contact numbers, snowboard level (beginner or not). Trip details

will be provided to registered members.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Spring party on sail boat with Captain Taro on Sunday 21st March
21 March Sunday

Why don' t you join us as Spring party on sail boat.

<Part 1>

Meeting time 09:00 at Yokohama civic yacht harbor

Start time 10:00

End time:12:00

<Part 2>

Meeting time 12:00 at Yokohama civic yacht harbor

Start time 13:00

End time:15:00

Meeting Time & Place :

Yokohama civic yacht harbor. The nearest station is JR Negishi Station, south
of Yokohama .

check my homepage for more detail information

<http://homepage.mac.com/>

cost :

4,000 yen for food and beer.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Ohanami 1/2

4 April Sunday to 4 _ Sunday

Its that time of the year again.

The Cherry Blossoms are now blooming and we would like to celebrate this joyous occasion with a picnic.

If you would like to participate in this event, please meet us there along the Tamagawa River side.

You can invite your friends, too.

Also, due to the warm weather, we may catch the end of the Cherry Blossom Season. If this is the case, we will continue to have this event, even if there are no petals left. Let' s enjoy drinking, eating, and having fun.

If it rains, we will cancel this event

Meeting Time & Place :

10:30AM

Two places to meet:

1. Futagotamagawa by the Kaisatsuguchi (bus)
2. Todoroki station (walkers)

Where :

Cherry tree between Futakotamagawa Station (Denetoshi/Hanzomon line)and TAMAGAWAEN

Station (Toyoko line), along the Tamagawa River side. We have used this location at least twice before.

(Please refer to the map)

What to bring :

- 1) Plese bring DRINKS/FOOD to share with others. (wine, juice, beer, chicken, salad, fruits, sandwiches, etc.)

Note that there is no FOOD (or water or toilets or anything except cherry trees) near the site, please BRING

YOUR OWN food/drinks/ sitting sheet/

and games to this event

- 2) Sitting Sheet (something to sit on)
- 3) Sports Equipment (frisbee, ball, etc)

If you like, you can bring your bikes to the picnic

Details on how to get there :

I PUBLIC TRANSPORT FROM FUTAGOTAMAGAWA

1) After you exit from (Denentoshi/Hanzomon)Futakotamagawa Station, turn right & you will see a map of the bus terminal. (This is the East Exit).

2)From the map of the bus terminal, turn left towards the bus area#1. You will pass a ramen shop & Tokyu

Hands. THIS IS YOUR LAST CHANCE TO BUY SUPPLIES.

3) From the bus area #1, there is a small street. Turn left & walk up the street until you reach the traffic light.

(Stay on the Tokyu Hands Side. At the intersection, on your left, you will see a hair salon called, Excel.)

4) From the intersection, you will see a large open space across the street. Cross the street to the other side, there you will find bus area 6 & 7.

5) From bus area #7, please take bus #11 to Tamagawa-en. It costs 210 yen and its the 3rd STOP. The name of the stop is "Tokyu Golf Mae."

Here is the Tokyu Bus Information phone number:

11) WALKING FROM TODOROKI

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Overnight BBQ Yen Onsen at Nakatsugawa campsite in Chichibu 05 June Saturday to 06 _ Sunday Overnight BBQ at Nakatsugawa campsite: June 5th and 6th. The Campsite has cabins, a covered riverside BBQ area and its own hot spring with indoor and outdoor pools.

<http://www.geocities.com/climbingtrip1/040501nakatsugawa/pages/040501nakatsugawa013.htm>

This link shows some pictures of the campsite.

http://www.geocities.com/climbingtrip/nakatsugawa/nakatsugawa3/nakatsu_camp.htm
|

This area is much wilder than Okutama and has a lot of natural forest.

There are good routes for mountain biking and there will be hiking organized-
From to level.

Maximum number of participant is 30. Similar to an autumn BBQ in Chichibu 2 years ago.

Accommodation

Tent or cabin.

Food

Prepared by participants - menu ideas welcome! Please choose your favorite dishes.

Cost

Accommodation, food, drink and bath will be about 6000 yen.

Final details later. Camping might be 500 yen cheaper.

Futon or sleeping bag is extra - about 500 yen.

Basic cost must be paid before the trip. If you cancel before the trip, as much as possible will be returned,

minus bank charges.

Transportation

Train from seibu Ikebukuro to Mitsumineguchi then bus to Nakatsugawa. Cost around yen for one way

trip. Details later.

Contact me for sign up as soon as possible Andy Duggan

Andy Duggan

090 3346 7854

Meeting Time & Place :

Seibu Ikebukero Station at the ticket gate on the JR level (top).

Time decided later. You don't need to go early - there are 4 buses a day to Nakatsugawa so you can arrive just before the BBQ starts.

What to bring. :

plate/bowl, knife and fork or chop sticks.

towel and toiletries.

tent if you want to camp.

futon provided but you can use your own sleeping bag.

flashlight recommended.

clothes suitable for hiking if you want to join a trip.

Activities :

There will be a hike organised (maybe 2) and hopefully a mountain bike trip.

All people will have to do some job like shopping, cooking, cleaning etc.

Cost :

Total will be about 10,000 yen including travel from Tokyo.

6000 yen to be paid in advance.

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oshima Cycling Trip—Annual Event

9 July Friday to 11 _ Sunday

Summer is here, but so are typhoons. Everyone is hereby requested to do whatever is necessary to prevent a

typhoon from blowing into the Tokyo area during this time!

We will take the overnight ferry from Takeshiba Pier on Friday night and return to the same place on Sunday afternoon.

On Saturday, we will circle the island (about 50 KM). This trip is beginner - intermediate level, but you do need to be reasonably fit and to know how to shift gears on a bike. The road is paved and there is only one substantial climb. You can use a road bike (I will be using mine) or a mountain bike. The minshuku will also rent mountain bikes.

Sunday is a free day. Possibilities include swimming, cycling up the volcano, sight seeing, etc. The ferry leaves at 13:30 and arrives at Takeshiba at 6:20, typhoons permitting.

Meeting Time & Place :

Friday, July 9 10:15 PM Takeshiba Pier

(10 minutes on foot from JR Hamamatsucho, 1 minute from Takeshiba on the Yurikamomei line or 10 minutes from Daimon on the Oedo line)

What to bring :

* HELMET If you don' t have one, borrow one!

No Helmet, no riding.

* Bike and bike bag. No bag, no bike on ferry. (but you can improvise with several large garbage bags) (Or you can rely on rental bikes)

* Spare tube and repair kit for your bike

* Comfortable clothes for riding plus rain gear (jacket and pants) Running shoes

ok, but NO SANDALS

- * Swimsuit for the rotemburo and swimming. Towel and related toiletries.
- * Waterbottle
- * Sunscreen
- * Firstaid kit (with insect repellent)
- * Flashlight (torch) or headlamp
- * Snacks/drinks, etc. Sunday lunch if you want to go up the volcano or someplace remote
- * Money (hey, it's the lightest thing you can bring, and it doesn't take up a lot of space!)
- * Copy of your insurance papers.

Cost :

- * Ferry: 9520 Round trip
- * Minshuku: 6500 - one night, two meals
(we'll ask for breakfast on Saturday, and that will be extra)
- * Lunch 800
- * Onsen about 500
- * Bike rental 1000/day

In total: Non renters: 17000 plus; renters: a couple of thousand more.

Sign-up & Deposit :

21 people, (annual event so MEMBERS ONLY). If you are interested, please contact me soon; this trip fills up quickly. Please provide

Your full name

Sex (M/F)

emailaddress

telephone number(s)

Emergency contact and phone number(s)

Your date of birth (the ferry company wants this)

Payment

Advanced payment required for minshuku and ferry

Rental fees, extra meal fees etc, will be collected at the minshuku,

Onsen, etc are pay as you go.

Deposit: 16000 (2000 non-refundable if you cancel)

Waiting list (and cancellation): There will be a waiting list, We will attempt to fill any cancellations from the waiting list and make arrangements between the cancellee and the replacement for a full refund, minus bank charges.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Camping in Okutama: Basic Introduction for Beginners

19 June Saturday to 20 _ Sunday

Camping: Basic Introduction for Beginners

In Okutama with an easy Hike over Bunasaka

Possibly June 19/20th or another date when it' s not raining.

Location: End of Nippara Valley (lots of space for tents)

日本語：ページの底で

Aim

A lot of members don' t seem to have experience camping so this is a chance to pick up the basics.

Hopefully there will be veteran campers to help out. I' ve must have spent over 3 years in tents; two 4 month trips under canvas every night.

Main points

Choosing a spot for your tent: safe location and orientation for weather.

Putting up different types of tents: ridge, dome, inner first or fly sheet.

Tent features and maintenance.

Water and food: finding it; cooking methods; easy dishes for camping.

Stoves and fires: different fuel type stoves from gas to paraffin. How to use pressure stoves.

Keeping warm: clothing and other things you can do.

Some safety tips, survival bags and covers.

...

We will have to decide the number who need tents. This is limited by the capacity of the club tents and those who offer to share tents.

Saturday

From Okutama stations by bus (20 mins) then walk along the valley road 2 and 1/2 hours (flat).

This is an unusually beautiful and wild spot for Okutama but with easy access.

Sunday

Hike over the mountain to Okutama Lake or return along the road.

Hike; 5 hour hike or less

Climb 3 hours to Bunasaka Pass, round “nanatsu-ishi Yama” and down 2 hours.
Did this a couple of years ago as a one day trip from Nippara Village and went
3 hours faster than the map
time of 9 hours (average members). Its an easy hike for anyone but pretty nice.
Link to this trip.

Camping

I have 3 tents and there are tents available. Will check what the club has.

Andy Duggan

090 3346 7854

キャンプ： 初心者のための基本的な導入 [紹介]

Bunasaka の上の楽な 引き上げ [ハイキング] を持つ奥多摩で
もしかしたら 6月 19, /20 日か雨が降っていないもう1つの日付.
場所： Nippara 谷(テントのためのたくさんのスペース)の終わり
目的

会 [可能性] です。

い；毎晩のキャンパスの下の2つの4ヶ月の旅行.

主なポイント [点]

あなたのテントのための点 [場所] を選びます： 安全な場所の選定と天気のためのオリエンテーション.

異なる何タイプものテントを張ります： 尾根、ドーム、内側の最初であること、あるいは一枚刷り。

ストーブと火 [火災]： ガソリン [気体] からパラフィンまでの異なる燃料タイプのストーブ. どのように圧

カストーブを使うべきか.

あたたかいままです： 衣類とあなたがすることができる他の物 [事] .

何個かの安全先 [ヒント]、生存バッグ、及びカバー.

...

第一に私は何人の人が最終の計画を立てる前に興味があるか見たいと思います。

土曜日

奥多摩からバス(20 mins)による駅がそして谷道に沿って2,及び1/2時間(アパート [平地])歩きます。

これは奥多摩へしかし楽なアクセスでの珍しく美しく、自然のままの点〔場所〕です。

日曜日

奥多摩湖に山の上でハイキングに行くかあるいは道に沿って戻ってください。

ハイキングに行ってください； 5時間の引き上げ〔ハイキング〕あるいはよりあまり
nanatsu-ishi「Yama」の周りのそして2時間を下ったところにある Bunasaka Passに3時間
上がってください。

き地図時間より速い3時間の9時間（OCJメンバーを平均してください）の.Itsで行った
がかなり感じが良い。この
旅行にリンクしてください。

キャンプ

私は3張りのテントを持っていて、入手可能なOCJテントがあります。クラブには何が
いるか調べます。

したければまっとうである履き物と戸外の衣類が予報したあとの懐中電灯

...そしてあとでの数個の他の事〔物〕

アンディ Duggan

090 3346 7854

Meeting Time & Place :

Will decide near the date.

Probably Shinjuku station on the platform for tachikawa.Also okutama station at
the Nippara bus stop just

outside.

What to bring :

tent if you have one.

sleeping mattress - can get cheap ones at a shop

summer sleeping bag (fairly cheap- from 6000 yen) or fleece jacket and warm
clothes (might be able to hire
bags...)

knife, fork, spoon, bowl and cup

decide about food later

flashlight

decent footwear and outdoor clothing if you want to do the hike

rainwear depends on forecast

...and dont forget toilet paper

Cost :

Transport will be about 3000 yen.

sunday hike :

This is optional. You can go back to Nippara on the road or hike over the mountain to Okutama lake.

047 321 3347 (fax)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Nasu Onsen hiking July10-11

10 July Saturday to 11 _ Sunday

Dear Onsen lovers

This hiking trip stay at Santogoya onsen that is famous as outside natural hotspring.(The onsen for guest only.)

Day1:

1.Take Train at JR UENO station Dep 8:54am (Touhoku honsen to Utunomiya destination :platform No.5 meet front car)

This train stop at JR Akabane station 9:04am, at Omiya station 9:19am

2.Arrive JR Utunomiya at 10:40. Change train Utunomiya to Kroiso Dep10.50am

3.Arrive JR KROISO station at 11:42am

4.Bus Dep Kuroiso 12:00pm. For 1 hour to Ropeway.

5.Take Ropeway 5min.

6.Walk to the Tabakoya ryokan(Santogoya onsen) via Mt.Chaushudake(Volcanic mountain 1915m).

Map time:2 hours. It is hiking course but rocky steep walking road.

We will arrive dinner start time at 16:00pm.

Day2:

1.Breakfast at 6:00am.

2.Walk steep road to near Asahi dake(1896m. If weather is nice, walk to the top), then walk on the Ookura ridge to the Kita onsen.

The ridge has little ups and down, after, walk down the steep road in the forest to the Kita onsen.

Map time:3.5 hours.(If it is nice weather , go to top of the Asahidake + 35min)

3.Enjoy Kita onsen hot spring.

4.About 1 hour. walk From Kita onsen to Nasu yumoto onsen bus stop .

5.Take Dep15:00 highway bus from Nasu yumoto onsen to Shinjyuku.ZZZZZ.

Arrive Shinjyuku18:25pm

The bus stop at JR Uji st. and Ikebukuro st.

Booked hostel for 8 people. Usually weekend is full. It is depend on the hostel.

Booked Return bus seats for 8 people. If you prefer to go home by train,

please inform me.

Outside spring is mixed type, but after 9pm is ok because of no electricity.

Recommend to bring night snack.

This trip to be carry out if it is rain(except typhoon), just change walking route. Weather forces this weekend is fine.

Provide mountain map on the day if color copy is ok.

Bring:

1. Good sole and hold ankle hiking or trekking shoes.
2. Rainwear for mountain.
3. Long sleeve windbreaker(This is windy mountain)
4. Hat(for sun & keep body temperature:must)
5. Water bottle(No water on the hiking course)
6. Snack & food for 2nd day lunch
7. Light (After dark)

and Change of clothes, drink etc.

Cost total 16190yen(Ueno-Kroiso JR train 2940;Kroiso-Nusyumoto bus1350;Ropeway650;Tabakoya7500with 2meals;Kita onsen750;Retuen bus 3000)

It is hiking course, but please take care of the high altitude and strong wind on the ridge.

Any question please send my e-mail or call my keitai.

If you feel to join this trip, please inform me till July8(Thu) lunch time.

After this, charge cancel fee for return bus ticket 3100yen.

Reference:

Tabakoya ryokan(Santogoya onsen)

<http://www.hitou.net/data/32tochigi/santogoya01.html>

<http://www2.pcom.net/midori/Tochigi/Tochigi.html>

Kita onsen

<http://www9.ocn.ne.jp/.kitanoyu/>

Mt. Chaushudake&Asahidake

http://homepage1.nifty.com/.tama/yama/01e_nasu.htm

露天風呂で有名な三斗小屋温泉に1泊するハイキングです。

1日目：7月10日(土)

この電車は、赤羽と大宮にも止まります。

2. 宇都宮で乗り換え。黒磯行き電車、10:50発

3. 黒磯着 11:42分

4. 12時発のバスでロープウェイへ1時間。

5. ロープウェイ (5分)

6. 火山の茶臼岳 (1915m) を経由して煙草屋旅館へ宿泊します。マップタイム約2時間のハイキングですが、急な岩場もあります。夕食は16時まで に到着予定。 2日目：
7月11日 (日)

1. 朝食は6時だそうです。

2. 急な岩場を登って朝日岳 (1896m。天候が良くて時間があれば寄ります。) の裏から、眺めが良い大蔵尾根を歩いて北温泉へ出ます。尾根なので軽い上下で、あとは温泉まで森林の中を下ります。 マップタイム約3.5時間 (朝日岳へよると+35分) のハイキング。

3. 北温泉で温泉に。

4. 北温泉から那須湯元バス乗り場まで徒歩1時間。

5. 那須温泉から15時発の高速バスで王子、池袋、経由新宿着6時25分です。

* 8人分予約してあります。週末は満室ですが空きがあれば追加可能。

* 帰りのバスは席を予約済み。電車希望の方はお知らせください。

* 露天は混浴ですが、21時の消灯後は真暗で見えないから大丈夫?!。

* 夜食持参をお勧めします。

* 台風以外、雨の場合は歩くルートをかえて決行します。今週末の天気予報は晴れです。

* 山地図はコピーでよければ当日渡します。

* 持物

1. しっかりした底と足首包むハイキングシューズ、または登山靴 (岩が多い急斜面を歩きます)

2. 雨具 (山用の雨具)

3. 長袖ウインドブレーカー (風が強いので有名な山)

4. 帽子 (日よけ、体温保持に必ず)

5. 水筒 (ハイキングコースに水場はありません)

6. ハイキング中の食べ物と二日目のランチ

7. ライト（消灯後用）

その他、温泉あとの着替えとかお酒とかてきとーに。

* 総費用 16190 円

ハイキングコースですが、標高が高く風が強いので、保温も考えた服装をお願いします。

質問があれば、メール、携帯へ連絡ください。

受付〆切りは7月15日（木）お昼まで。（この後のキャンセルは、バス代3100円が発生します。）

Meeting Time & Place :

Take Train at JR UENO station Dep 8:54am (Touhoku honsen to Utunomiya destination :platform No.5 meet front car)

This train stop at JR Akabane station 9:04am, at Omiya station 9:19am

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

“The 24th Under Water Clean Up At YAMASHITA PARK in YOKOHAMA”

17 October Sunday

(Application will be accepted by 8 Oct.) (申込み締め切りは10月8日です。)

Dear Divers and members who can volunteer to help environmental beauty.

I would like to introduce The Big Ecological and Enjoyable Annual Event.

The 24th “Under Water Cleanup At Yamashita Park”

on 17th Oct. 2004,

promoted by “UMI O TSUKURU KAI” (The Sea Beautification Society).

Supported by :

Not only Divers but also any environmental Volunteers can participate in this significant event for

Environmental Protections.

As we have many Participants from various Countries every year, we have prepared an English instructions

and English speaking staff at headquarters.

Detail and participants last year for your reference are as follows.

Meeting Time : At the venue: 10:00 am,

Participants (Number of Participants in 2003)

Scuba Divers for beautification under water (59)

Skin Divers for beautification on the water (13)

Land Volunteers for land beautification in The YAMASHITA PARK (101)

Volunteers to help us manage the event at Headquarters (140)

We will provide the tanks for Scuba Divers,

but you have to bring every other diving gears (including weights) by yourself.

C card a must for scuba diver.

Let' s join us!

Check “Umi O TSUKURU KAI” webpage(Sorry only in Japanese with many photos)

<http://www.angel.ne.jp/.umi>

Event in The Year

<http://www.angel.ne.jp/.umi/yamashita/yamasita23/31019.html>

Please let me know if you are joining us.

DIVERS WELCOME!

Seiji Noma

日本語：

第24回横浜”山下公園海底大清掃”（10月17日（日））

市民ボランティアにより、横浜「山下公園」の海底、海面、陸上を清掃する年に一度の大イベントです。

「海をつくる会」主催、国土交通省、環境省、海上保安庁後援、各種民間企業協賛で行なわれる山下公園の陸上とます。

ダイバーはもちろん、ダイバーでなくても陸上清掃等のボランティアで参加できます。

イベントの概要、去年の参加状況を参考にご覧ください。

<イベント概要>

会場での併行イベント：

<参加者（去年の実績）>

「海をつくる会」ホームページ

<http://www.angel.ne.jp/.umi>

去年の写真

<http://www.angel.ne.jp/.umi/yamashita/yamasita23/31019.html>

多数のご参加をお待ちしています。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Takao-san hiking

12 September Sunday

Hello everyone,

Kimie and I are organizing an easy hike to Takao-san on Sep 12th.

Hiking map time: 90 min (599 m)

Route: Inariyama course to the top. Map time 90 min.

Expecting to arrive around to the top, to make the lunch.

Map available at:

<http://www.takaosan.com/course/inaricourse.htm>

Meeting Time & Place :

Meeting Time: 8:20 am

Where: Meet at Shinjuku Station, Keio Line platform, very front

(If a typhoon comes, it will be cancelled)

Train: The train (Kyuko) leave Shinjuku at 8:30 am heading to Takao-san Guchi.

Arriving 9:21 am

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

IOC/ Hike & Camp in the Northern Japan Alps, Oct. 9th-11th

9 October Saturday to 11 _ Monday

Autumn is a beautiful time in the Japan Alps, especially around the village of Kamikochi. The three day weekend in October is the perfect time to go before the snow starts to fall. It' s also a great opportunity to get to know some of the members of the IOC, your sister club in Kansai!

We' ll be camping one night at 2,450m, so warm gear is necessary.

Our second night will be spent in the Kamikochi valley. There will be a chance to explore this valley on Monday morning (national holiday!) and/or share an early lunchtime BBQ before heading back to Tokyo at whatever time suits you!

Good hiking equipment is essential.

This event is only open to and IOC members with hiking and camping experience.

Looking forward to meeting you all there!

For further information please contact Estella (preferably by e-mail)

Meeting Time & Place :

We' ll meet in Kamikochi, Nagano-ken early on the Saturday morning.

Plan to climb Yake dake, an active volcano and the possibility to hike up Nishihodaka peak too.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tokyo city walk (5 hours)

16 October Saturday

Dear members,

Kanako and I are going to organize a walk in central Tokyo on Oct 16th

Route: the Diet Building . Hanzomon (Imperial Palace) - Hamarikyu (15:00) -
Rainbow Bridge - Ohedo Onsen

Cost: Ohedo onsen (2500yen) and lunch, cafe

You can join at anywhere, but Hamarikyu is the best. We will go to a cafe
there, I think you can find us easily.

Map to Ozaki Kensei Kinenkan:

<http://map.yahoo.co.jp/pl>

[nl=35.40.13.978&el=139.45.8.464&la=1&sc=3&CE.x=199&CE.y=225](http://map.yahoo.co.jp/pl?nl=35.40.13.978&el=139.45.8.464&la=1&sc=3&CE.x=199&CE.y=225)

Map to Hamarikyu:

[http://map.yahoo.co.jp/pl?nl=35.39.24.446&el=139.46.2.373&la=1&sc=3&key=%C9%CD%CE%A5%B5%](http://map.yahoo.co.jp/pl?nl=35.39.24.446&el=139.46.2.373&la=1&sc=3&key=%C9%CD%CE%A5%B5%DC&CE.x=197&CE.y=123)

[DC&CE.x=197&CE.y=123](http://map.yahoo.co.jp/pl?nl=35.39.24.446&el=139.46.2.373&la=1&sc=3&key=%C9%CD%CE%A5%B5%DC&CE.x=197&CE.y=123)

Emi

Meeting Time & Place :

Meeting Time: 12:00 pm

Where: Meet at Ozaki Kensei Kinenkan

(尾崎憲政記念館)

What to bring: :

drinking water, rain gear(just in case)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

T o k y o J a p a n

Events

Wine party on the board on Saturday 20th November

20 November Saturday

Wine party after short time sailing.

Meeting Time & Place :

Meeting time 12:30 at Yokohama civic yacht harbor

Start time 13:00

End time: 16:00

What to bring :

Deck shoes or sneaker. Since the deck of a boat gets damaged, prohibition wears hard shoes like a . Mountain-climbing boots.

cost, how to booking :

5,000 yen including wine and finger food.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Tokyo city walk

10 December Friday

Hello members,

Kanako and I are organizing of Tokyo city walk.

Course 鐺[¥]洲

Hamamachu-cho station > Takeshiba > Rainbow Bridge > Odaiba > Oedo Onsen

Walking time: Around 2 hours.

We think to have a dinner at Ohedo onsen for now. This idea is flexible.

The website of Ohedo onsen is below.

<http://www.oedoonsen.jp/top.html> p=fee

Level:

1.5 stars as we are going to walk quickly to enjoy onsen longer.

It's very cold and windy on the bridge, please put on warm clothes.

If you come, please let me know.

Meeting Time & Place :

Meeting place and time:

6:30 pm, in front of north exit of JR Hamamatsu-cho station

What to bring 鐺[¥]洲 :

Sneaker and Onsen gear

Cost 鐺[¥]洲 :

Oedo Onsen

Onsen Fee 1,987 yen

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

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If you come, please let me know.

Meeting Time & Place :

Meeting Time & Place:

6:30 pm, in front of north exit of JR Hamamatsu-cho station

What to bring: :

Sneaker and Onsen gear

Cost: :

Onsen Fee 1,987 yen

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hakuba Iwatake Beginner Snowboard Seminar

21 January Friday to 23 _ Sunday

Now a classic tour (6th edition), a few veteran snowboarders volunteer to initiate total beginners at

Hakuba Iwatake resort, the perfect place to start snowboarding. Skiers also welcomed. This trip features

onsen and a stay at Shioya, an authentic culturally rich farm-house that converts to minshuku during snow

season. All vegetables served are house grown. Real Japanese style with tatamis, futons (lots of..), charcoal

kotatsu (yes), ofuro hot bath -onsen also available close by- and owner' s hospitality.. Total number limited to

16.

Meeting Time & Place :

19h00 Tokyo Stn or Aoba-dai Stn

Cost :

Around 38,000JPY

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Greece May 4-14

4 May Wednesday to 14 _ Saturday

Join me for a one week trek through the Pindos Mountains of northern Greece, camping and staying in mountain huts.

Trip Description

This trip will involve village to village and some mountain walking in the north of Greece. this is one of Greece most remote areas, in the north-west of the country. After flying into Athens or Thessaloniki, you can reach this area by bus or plane.

After walking through the spectacular Vikos Gorge, and staying in some small villages, we will trek to Mount Smolikas and Gamila.

For pictures of this beautiful area, see the following link:

<http://www.photoseek.com/Greece/PindosOlympus.html>

We will walk for between 6 - 8 hours a day at a good pace. You will need to have some stamina and be able to carry a loaded pack of around 15-18 kgs.

Weather will be warm inn the daytime, but cold at night.

You can of course combine this with a visit to some Greek beaches! There are beautiful beaches not far from

Thessaloniki and also within easy reach of Athens.

Meeting Time & Place :

I will arrive in Greece around the 4th of May, and leave on or around the 14th. These dates are flexible, and can be changed to fit in with your plans. Actual hiking will likely be from the 5th until the 12th of 13th.

Cost :

Costs once you are in Greece will include:

Bus from Athens to hiking area 12,000 Yen

Local accommodation around 3-5,000 Yen per night plus some camping, total approx 15,000

Food, roughly 15,000 total

Flights Tokyo-Athens in March start at 90,000 Yen return, although May will be slightly higher.

Gear :

You will need standard hiking gear. There is the chance of late snow on the top of the mountain, so 4-point

crampons may be needed. We will carry basic camping gear, although on top of the mountain we will

probably use mountain huts.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

19-27th March Yen Chamonix Mont-Blanc

19 March Saturday to 27 _ Sunday

Offpiste skiing in Chamonix area escorted by a professional mountain guide, including the world-famous

Vallee Blanche starting at 4000m, trips to Megeve and other adjacent areas (all activities weather permitting).

Cultural tours like visit to a local milk farm also planned.

March is the right season for skiing Chamonix, as we already get warm days and a fair chance of clear weather.

Limited to 8. Priority given to intermediate/advance skiers or snowboarders who are at ease in any kind of snow and slope (and I mean it).

March 21st is holiday, so you need to take only 4 days of vacation for 7 days of skiing!

You can get a glimpse of it from our guide web site (French only, but pictures are worth seeing; besides, Gireg and his colleagues speak good English).

<http://www.gireg.com>

SCHEDULE (TENTATIVE)

Departure: Narita Saturday 19th March at 12:45 to Geneva; arrive Geneva 19h40; hired

taxi to Chamonix (max 2 hours)

Return: Geneva Saturday 26th March at 20h30 by AF 1043/AF278 to Narita; arrive Narita 19h00 on

SUNDAY 27th.

LODGING

Rented apartment or House/Gite (hut) . Cook our own food or go to the restaurant.

COST

Total cost is estimated around JPY240,000 each. Includes Air ticket Economy class, lodging, lifts and guide

fee, but not personal extra expenses such as rentals and restaurants.

REGISTRATION -first come, first served basis-

Provide following info on the e-mail:

your Name AS CITED IN YOUR PASSPORT, contact numbers, Country of citizenship
(need visa for France
Switzerland), passport validity, ski or snowboard and your level.

Meeting Time & Place :

Narita Saturday 19th March at 10:30

Cost :

Advance deposit of JPY 50,000 will be required by end-January to ensure ticket
and Chamonix gite booking.

Full refund if cancelled by Feb.19th, JPY30,000 refund if cancelled between
Feb.20th and March 11th AND if

I can find a replacement; no refund of Deposit after March 12th!!

Full payment of JPY150,000 (remaining JPY100,000) will be required by March
11th.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sunday Hike up Jinba-san

30 January Sunday

4-5 hour easy hike through the snow; Nice views of Fuji; Onsen afterward!

Starting at JinbaKogenShita bus stop we will hike to the top of Jinba-san (roughly 1.5 hours) where we will

have an early lunch. I recommend bringing something that you can heat up to eat; I will be bringing a stove, if

you need it. We will then descend another 1.5 hours to the onsen. Afterwards we will find our way back to

Fujino station.

四、五時間イージーハイク、富士山の絶景、その後：温泉

陣場高原下のバス停から登って1.5時間に陣場山頂上に着きます。頂上でゆっくりご飯を作ります。私はス

トープを持ってきますから、暖かい物を作しましょう。下りは温泉まで1.5時間ぐらいです。温泉に入って

から、藤野駅までまた一時間歩きます。

Meeting Time & Place :

We will meet on the platform at Shinjuku at 08:14, taking the JR Holiday Kaisoku Kawaguchiko #1. Please

meet toward the front of the train. We will be catching the 09:12 bus to Jinbakogen (#15) on Platform #9 in

JR Hachioji (for those joining us there.)

新宿駅から08:14に出発するJRホリデー快速河口湖1号に乗ります。一番前の車両で会いましょう。八王子で

09:12の陣場高原行きのバス乗ります。

Must Bring Items :

Hiking Boots

Layered warm clothes (脱ぎやすい暖かい服)

Gloves

Water

Food

STRONGLY Recommended Items :

Crampons (アイゼン)

Hiking stick

Hat

Gaiters (スパッツ)

Stove

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Winter Wine Tasting

17 February -----

Dear Friends,

Are you looking for a winter event that does not involve snow or ice A few of my friends and I are

organizing a wine tasting this Thursday at the Pink Cow in Shibuya-Omotesando.

The theme for the evening will be "Winter Warmers", good wines that are guaranteed to put a smile on your

face and take the chill out of your bones.

The wine tasting will feature more than 15 California wines and a buffet dinner.

Please join us for a relaxed, fun, and very warming evening at the Pink Cow on Thursday, Feb 17, 2005, from

7:00-10:00pm.

The Pink Cow is a unique, fun art/bar space near Shibuya.

Please come join us!

Meeting Time & Place :

Time: 7:00-10:00pm on Feb 17 (Thurs)

Location: The Pink Cow

Address: Villa Moderuna B1, 1-3-18 Shibuya, Shibuya-ku Tokyo, 150-0002

(Directly across from Aoyama Park Tower)

Map: <http://www.thepinkcow.com/map.html>

COST :

6000 yen (including all wines and buffet)

RSVP :

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

2days onsen trip to Kusatsu on Mar5th/6th with easy ski/board option

5 March Saturday to 6 _ Sunday

This is lazy weekend plan. Defenetly no star.

Onsen(hot spring)hopping on Mar.5th Sat.

Half day ski/snowboarding on Mar 6th Sun.

Date : This weekend Mar 5th and 6th.

I and my friend will take

Jyosyu yumeguri No.1 8:30am from Shinjyuku

Return by Jyosyu yumeguri No.12 17:00pm from Kusatsu Onsen(this bus may be sold out thouth)

If some of you are intersted in , please join us. Let me know by mail.

Chiho

Meeting Time & Place :

To be noticed later.

“Destination/Transportation” :

Kusatu Onsen

Bus (you can NOT bring ski/snowboard)

Jyosyu yumegurigo

http://www.jrbuskanto.co.jp/mn/cej0010331_1.html

“Costs” :

Total around 20,000- depends on what you will do up there.

5600yen for Bus(return)

8850 yen for lodge(without breakfast&Dinner)

plus Dinner/Breakfast and outside bath fee so on... one day skitickets is available for 3300yen

The transportaion to the Kusatsu kokusai Ski trip is aviabile from lodge.
(15min)

“Accomodation” :

Ryokan Tamura(One of 14 Japanese style lodge at Kusatsu locates central area with 24 hr Onsen)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hanami party on sail boat on Sunday 3rd April

3 April Sunday

Come to Cherry Blossom party on sail boat

Weather : when raining cancelled

Deadline: Please contact Taro before 72 hours before meeting time.

Map

<http://map.yahoo.co.jp/pl?nl=35.39.24.415&el=139.46.02.442&la=1&fi=1&sk=key=%c9%cd%ce%a5%b5%dc&sc=3>

http://shimada.cside.com/CruisePic/indexFolder/Ohanami2003/pages/IMG0850_jpg.htm

Meeting Time & Place :

Meeting place : in front of gate of Hamarikyu

Meeting time: 09:00 at Hamarikyu(浜離宮恩賜公園)

Start time: 09:30

End time: 11:30

Cost :

4000yen include light food and soft drink fuel support

Equipment wear: warm wear

Equipment gear: foul weather gear

Since the deck of a boat gets damaged, prohibition wears hard shoes like a mountain-climbing boots.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

French Alps walking

20 August Saturday to 28 _ Sunday

This is a 5 day hike in the famous Vanoise National Park in the French Alps. We will hike around 6-8 hours per day, and stay at mountain lodges (refuges) at night. Some previous experience of mountain walking is required, as is a certain level of stamina. We will need to carry our own gear, but since we will not be camping, this will be limited to rain gear, food and drinks, maps, etc. This hike is along the famous 'tour of the Vanoise glaciers' and takes a high but not technically difficult walking route in one of the most beautiful parts of the French Alps. The Vanoise is much less developed and crowded than the Chamonix/Mont Blanc area (which is not a protected national park) to the north, and it is possible to see Ibex and other highmountain animals such as the marmot.

I will be starting from Paris, and will meet anyone coming from Japan at the airport. We will have one night in Paris (with

a meal at a great restaurant) and will then travel down by train to the French Alps. The whole trip will require one week

(Saturday departure from Japan, Sunday return), with 5 days of walking.

Depending on the size of the group, I may be able to help with booking a hotel in Paris for the first and last night.

The dates may change so be sure to get in touch and confirm everything before booking any tickets!

Meeting Time & Place :

The group will meet in Paris on the Saturday evening. It is also possible to join locally in the French Alps.

What to bring :

You will need standard hiking gear: waterproof breathable jacket and bottoms, sunhat, sunglasses, fleece, strong hiking

boots, backpack, etc. I will carry maps, compass, GPS, and first aid, so these are optional.

You will not be able to carry smart clothes and suitcases you bring for Paris in the Alps, so we will leave these in Paris in secure storage.

Cost :

Flights Tokyo-Paris in August should cost around 150,000. Hotel, train, and lodges in France will cost a total of about 60,000-70,000 Yen. You will need extra for food, snacks, wine, and beers!

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hiking the Jotunheimen National Park, Norway

18 July Monday to 29 _ Friday

Hike through the awesome Jotunheimen region of central Norway. This is one of Norway's best regions for hiking, and we will spend about 10 days hiking through the magnificent landscape of the Jotunheimen National Park.

Accommodation will be a combination of camping and the well-maintained Norwegian mountain huts which are manned and have hot meals and washing facilities. We will spend our time trekking from location to location, through valleys with some climbing and rocky terrain. The weather in this region is rather changeable, so you should be prepared for rain and even a little snow, although the route is not technically difficult.

I will be flying from London to Oslo, where we can meet and travel together to Jotunheimen.

Meeting Time & Place :

Meet in Oslo on July 18 and spend one night, travel up the next day by bus.

What to bring :

You will need strong, waterproof and breathable hiking gear (jacket and pants) plus good, sturdy hiking boots, a large pack (60 * litres), fleece, quick-drying clothing. A full list will be provided to anyone who signs up.

Cost :

Day to day costs in the park will be low, around 5,000 yen when staying in huts. Flights to Oslo from Japan will cost around 150,00 depending on which airline you use. Most European carriers fly to Oslo so there is a wide choice.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Sat 23rd April: Beginner' s lucky hike, onsen, and karaoke fiesta!

23 April Saturday

Hi, Members,

Wanna go and bring some good luck for the Spring season

The plan:

We go for a moderate hike (1.5) of around 3 hrs duration to Nantai-san (870m) and Nyotai-san (876m) in

the Tsukuba area. The two peaks are connected so we can easily walk from one to the other. The route has

nice variations and some parts are a little steep just enough to give you a feel-good workout. On the way there

is Gama-seki or the giant toad rock and if you throw a stone which lodges itself in the toad' s mouth it will

bring you good luck. If the stone falls then you can pick it up and try again.

But please don' t get stuck yourself

because there is the revolving restaurant to catch near the top of Nantai-san!

You can get a 360 degrees view

while slurping in the tsumetai soba. The restaurant spins real fast so make sure you hold on to the table

just kidding. After the hike we go to a nice onsen to practice singing in the bath before the grand finale

karaoke!!

Emi Osawa

Mirin Das

Meeting Time & Place :

Meeting Place: JR Ueno Station , Joban line platform #10 towards the first car.

Meeting time: 08:00 (Come early to get a seat)

Departure: 08:12 (Local)

Arrival: 09:27

What to bring: :

Shoes: Hiking boots or sports shoes with tough soles

Clothes: No jeans. Avoid inner garments made of cotton. Wear comfortable outdoors clothing. The

temperature can vary so good to bring some extra shirts. Bringing a light Jacket, cap and sunglasses could be helpful.

Water: 1.5 litres

Food: There are many stalls at the summit but you can bring some snacks to munch on the way.

Rain gear, First aid kit, Sunscreen

Route: Ueno <->Tsuchiura<->Tsukuba :

From Tsuchiura we take a 45min (890Yen) bus ride to Tsukuba-eki

From Tsukuba-eki we take another 10min (220Yen) bus ride or walk for 30mins to Tsukuba Jinja-mae which

will be the start and end point of our hike.

We will take it easy and should be back to Tsukuba Jinja-mae by 15:30

Total Traveling Cost: $2,220 \times 2 = 4,440$ Yen

Onsen

Cost: 1050 Yen (including shampoo and soap)

It is about 5 mins walk from Tsukuba Jinja-mae

Karaoke

(They have two restaurants 5 Ueno and Annex. Don't mistake!)

Starting Time: 19:00

Party Menu Cost: We can decide the menu once we get there.

You can decide on your own combination out of hiking, onsen, and karaoke. But if you skip only the onsen

then please don't sit next to me at the karaoke)

The hiking will be cancelled in case of rain but the karaoke will be on!

A maximum of ten people will be considered for this event.

プラン :

廢襖の槻悶表と溺悶表に佩く鯨を羨てています。寄悶3瓶くらいを深えています。ところどころに富し識だけ

余蕈にがま墳というのがあって、墳を誘げてカエルの筈の蕈に秘ったらラッキーなことが軟こるかも#9834;も

し墳が秘らなくても寄嬋健、もう匯業トライすることができますよ。ただこの殻りにはレストランがあるので

クレムがこないように圈C鬚吊韻董ぢ

貧では 360 業の靖めをおそばを奮べながら刪ることができます。ハイキングの瘁は梁畑に秘って、恣瘁はカラオケに佩きましょう

Route: Ueno <->Tsuchiura<->Tsukuba

壱ノ汎 JR 貧勸、械斗淳プラットフォーム 10 桑淳の匯桑念

瓶: 08:00 (恙りたければ壺く栖てくださいね)

竈: 08:12 (Local)

欺彭: 09:27

創署: 1,110 Yen(頭祇)

輿屯から 45 蛍くらい廢襖までバスに一ります(890')

廢襖から 10 蛍(220') バスまたは 30 蛍了廢襖舞芙念まで嘔きます。ここがハイキングの竈仇泣です。

Onsen:

Karaoke:

壱ノ汎 Pasela Ueno Yen Free Dial0120-706-735 争。辛貧勸糾とアネックス糾があるので圏 C 鬚甲韻藤

兵まり: 19:00

ハイキング、梁畑、カラオケどれに歌紗するかはそれぞれにお販せします。ただハイキングに佩って梁畑に佩

かない繁は跣に恙らないでね

10 繁までと深えているのでメルをくれた繁です。

What to bring:

僖 ハイキングブーツ

くるのがいいと房います。ジャケット、単徨、サングラスなど。

Water: 1.5 リットル了

奮べ麗 貧には凹 T 蠅燭気鶉△蠅坪垢▲蘆鳩舛笋像 r を隔ってくるのも OK です。(互いし;;;)

嚏醬、照識、晩氣け峭め

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Whitewater Rafting/BBQ/Hiking/Hot Spring Bus Trip to Minakami & Oze

28 May Saturday to 29 _ Sunday

Please join our 6th Whitewater Rafting/BBQ/Hiking/Hot Spring Bus Trip to Minakami & Oze on May 28-29! It

will be the most thrilling and fun time for the rafting due to the rich volume of water from melted snow in

mountains before the river gets dried out in summer. Unlike the past rafting trips, we will extend our walk to

Oze this time. Oze should be beautiful with swamp flowers all blooming then.

For your reference, very nice articles and photos at the Rafting Trip are available on the website at

Meeting Time & Place :

See below

SCHEDULE :

<Saturday, May 28>

7am Meet in front of Meiji Yasuda Seimei Building on the west exit of JR Shinjuku Station.

NEVER BE LATE! Otherwise, we will leave you, and you have to take a bullet train to catch us up at Minakami.

9am Stop by at a highway parking area. After that, we will do the introduction of ourselves and the orientation about this trip on the bus.

10:30am Arrive at Tsukiyono Shinsui Park to have BBQ lunch by ourselves

13:00pm Head to Norun Minakami, the meeting spot for the rafting

16:00pm Finish rafting, heading to our inn, Umedaya

18:00pm Arrive at Umedaya, taking a hot spring before the dinner

19:00pm Dinner and free time afterwards

<Sunday, May 29>

7:30am Breakfast

9:00am Leave the inn

10:30am Arrive at Hatomachi Toge, start hiking. The lunch will be prepared by the inn.

16:00pm Finish hiking at Hatomachi Toge

17:00pm Take a hot spring at Hanasaki no Yu.

18:15pm Leave the hot spring and head home.

21:00pm Arrive at Shinjuku Station. Otsukaresama!

COST :

28,000 yen per person is calculated with the estimates below:

Hotel (2,500 yen discount!) 10,000

Rafting (4,500 yen discount!) 6,500

Bus 8,133

Saturday BBQ Lunch 1,500

Sunday Lunch Box 600

Hot spring after Sunday hiking 500

Administrative fees 481

Please note that this MIGHT CHANGE depending on the number of participants. We have never charged

additional costs before, but please be flexible on the money issue as the bus fee and other things are divided

by the number of participants. Yet, if any additional charges may incur, we will inform you in advance.

WHERE TO STAY

Umedaya

<http://www.umedaya.net/>

Tel: 0278-58-2355

This old Japanese inn, operating since 1911, has two outside hot springs. Hope you will enjoy the nice

atmosphere of this historic country-side inn. The comments by other people who stayed at this inn are

available in Japanese at:

http://kuchikomi.nifty.com/onsen/cs/catalog/th_255/catalog_10003415_1.htm

WHITewater RAFTING

We will be guided by the professional whitewater rafting guides at Nature Navigator. (<http://www.nnraft.com/>

give us a lecture about whitewater rafting including safety tips. Some volunteers from the will interpret

the Japanese guidance to English for foreign participants.

HIKING INFO

We will split into two teams C Turtle Team, and Rabbit Team, depending on your hiking experience

and stamina. Those who are less experienced and have less stamina (1 or 1.5 start hiker) should join .-Turtle

Team. 7 This team will walk on the flat areas along the wooden trails, starting from (Hatomachi Toge)

to Yama no Hana) (Ryugu Goya), (Oze Goya))Yoppi Bashi, returning to

(Hatomachi Toge) . On the other hand, those who are more experienced in hiking and have more stamina (more than 2 stars) will climb towards (Fujimi Toge only 350m climb) from Hatomachi Toge and climb down to Ryugu Goya or (Oze Goya) and return to (Hatomachi Toge).

Here are some pictures of our hiking course, which were found on the website.

The person took our course on

June 2, 2004. It seems that there will be some snow left near Fujimi Toge Area, so let.ys be cautious! The

hiking map will be provided.

Easy Hiker Course

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

BBQ camp and onsen in Chichibu

04 June Saturday to 05 _ Sunday

June 4th ,5th BBQ camp in Chichibu at Tsuchiuchi Campsite - has its own onsen with outdoor bath.

Tsuchiuchi Campsite [

Homepage : <http://www10.plala.or.jp/tutiuti/>

Easy access and larger number of easy hiking routes around the campsite.

weather statistics show a high probability of sunshine for that weekend. Yearly averages show the rainy

season starting from the 10th or 12th of June. Last year was just like this.

You can stay in a bungalow or large log cabin, or take your own tent - there isn' t much difference in price.

We had between 25 and 30 participants on the last two barbeques and hoping for a similar number this year.

Activities

Hiking, cycling and even rafting possible nearby. Volunteers wanted to lead trips!

Main events will be on Sunday but this year I want to have more activities on Saturday before the BBQ. Hiking routes from 1 to 3 options Mitsumine Shrine is close by with a ropeway (8 minutes). There are 4 paths leading down to Chichibu lake, back to the campsite, to Ohinata Temple [and a full day hike over Kumotori Yama to Okutama.

To the North is Ontake San with 4 hiking routes (finish at the station or onsen). Also possible to go to Nakatsugawa and Ryougami san for harder hikes.

Most hiking routes are 3 to 4 hours but you can use the ropeway and make it much easier.

Travel

From Seibu Ikebukuro station on direct trains to Mitsumineguchi or change at Chichibu station.From there it is a 20 minute bus ride (many buses, all day).

Details by email later.

Sign up from now until Sunday 22nd of June.

Andy Duggan

Meeting Time & Place :

Seibu Ikebukuro station or the campsite

Details nearer the date

What to Bring :

Eating utensils

Some warm clothes in case it is cool (fleece jacket recommended for evening)

Flashlight

Swimwear for onsen

Blankets can be rented for the night but you can also bring a sleeping bag if you want to.

Suitable clothing for hiking events if you join them.

Cost :

Travel oneway by train is about 1200 yen. Bus should be less than 300 yen to the campsite.

The BBQ with drinks and food will cost around 6000 to 6500 yen - final price by email soon.

Payment by bank transfer about 2 weeks before the date. If you cancel every effort will be made to return your

money, minus bank charges and costs of cancellation (bookings and food bought).

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Oshima no Tour (Tour de Oshima) Annual Event

8 July Friday to 10 _ Sunday

Summer is here, but so are typhoons. Everyone is hereby requested to do whatever is necessary to prevent a

typhoon from blowing into the Tokyo area during this time!

We will take the overnight ferry from Takeshiba Pier on Friday night and return to the same place on Sunday afternoon.

There are several options on Saturday,

1. Circle the island (about 50 KM). This trip is beginner - intermediate level, but you do need to be reasonably fit and to know how to shift gears on a bike. The road is paved and there is only one substantial climb. Road

bike or Mountain bike. Rental mountain bikes available.

2. Circle and criss-cross the island. (about 130 km and 1500 meters of climbing. Do all the hills from both

directions.) This trip is recommended to experienced road cyclists only and is or

3. Something in between.

Sunday is a free day. Possibilities include swimming, cycling up the volcano, sight seeing, etc. The ferry leaves

at 13:30 and arrives at Takeshiba at 6:20, typhoons permitting.

Meeting Time & Place :

Friday, July 8 10:15 PM Takeshiba Pier

(10 minutes on foot from JR Hamamatsucho, 1 minute from Takeshiba on the Yurikamomei line or 10

minutes from Daimon on the Oedo line)

What to Bring :

* HELMET If you don't have one, borrow one!

No Helmet, no riding.

* Bike and bike bag. No bag, no bike on ferry. (but you can improvise with several large garbage bags) (Or you can rely on rental bikes)

* Spare tube and repair kit for your bike

* Comfortable clothes for riding plus rain gear (jacket and pants) Running shoes ok, but NO SANDALS

* Swimsuit for the rotemburo and swimming. Towel and related toiletries.

* Waterbottle

* Sunscreen

* Firstaid kit (with insect repellent)

* Flashlight (torch) or headlamp

* Snacks/drinks, etc. Sunday lunch if you want to go up the volcano or someplace remote

* Money (hey, it's the lightest thing you can bring, and it doesn't take up a lot of space!)

* Copy of your insurance papers.

Cost :

* Ferry: 10,420 Round trip (up a little from last year)

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Central Alps 16-18 July

16 July Saturday to 18 _ Monday

From 16 to 18 July (public holiday weekend) we are going to go hiking to Kiso-koma-ga-take (2956m) and

Utsugi-dake (2864m), the highlights of the Central Alps. The total length of the hike is 25km. This is a not

particularly difficult hike as much of the climbing is has been taken out by the presence of a cable car. Places

will be allocated on a first-come-first served basis and the latest date to sign up is 30 June.

THE HIKE

On Saturday we take the train to Komagane, arriving late afternoon. We will stay overnight at the Komagane

Youth Hostel.

After an early start on Sunday, we take a bus and then a cable car up the mountain to Senjojiki. From here we

climb steeply to Kiso-koma-ga-take (2956m) for hopefully breath-taking views. Today' s walking is mainly

along a ridge, with quite a lot of up and down and some chains. This day' s walking is 14km (6-8 hours) and

we stay the night at Kisodono-sanso.

On the Monday we start with a steep climb up to

Utsugi-dake (2864m) where the views should hopefully also be excellent. The rest of the day is mainly

walking down a ridge. If there is time there is an onsen we can go to near the station that looks nice.

Meeting Time & Place :

This will be confirmed to participants nearer the time but is very likely to involve taking the 1pm train from

Shinjuku on Saturday 16 July.

What to bring :

Money for trains (4310 Yen each way), bus, cable car, mountain hut (about 7500 Yen including two meals)

and youth hostel (3750 Yen including breakfast), onsen etc (allow about 25,000 Yen)

Water bottles (minimum two litres, three litres recommended)

Well worn-in walking boots

Rain gear (jacket and trousers)

Layers of clothes (preferably "wicky" fabrics and not cotton next to the skin)

Torch and earplugs for the mountain hut experience

Onsen kit

Sunscreen

Things you might like to bring: First aid kit (and the knowledge to use it),

Central Alps map, compass, GPS,

walking pole.

How to sign up :

There will be a maximum group size of 8 for this hike. If you would like to join please email me with your

keitai number, no later than 30 June.

Other :

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

中央アルプス

16 July Saturday to 18 _ Monday

7月16日から7月18日まで、中央アルプスのハイライトである木曽駒が岳（2956m）と空木岳（28

64mをハイキングします。ロープウェー がありますので、そんなに難しくありません。全長は25キロで

す。人数制限がありますので、早い者勝ちです。参加希望者は、6月30日までにお申し込みください。

ハイキングコースの情報：

土曜日、13時頃、電車で新宿から駒ヶ根まで行きます。駒ヶ根ユースホステルに泊まる予定です。

日曜日、早朝起床です。ユースホステルから、バスとロープウェー で千畳敷に行きます。それから、木曽駒が

岳（2956m）に登ります。ちょっときついですが、眺めが素晴らしい所です。この日は、たくさん登った

り、降りたりします。ハイキングは6～8時間ぐらいです（14キロ）。木曽殿山荘に泊まる予定です。

月曜日に急な坂の空木岳（2864m）に登ります。眺めが素晴らしいと聞いています。それから、山の背に

そって歩いて、駒ヶ根を降ります。時間があったら、露天風呂がある温泉に行きましょう。

Meeting Time & Place：

7月に詳細にお知らせしますが、おそらく7月16日、13時新宿発の電車で行きます。

所持品：

（7500円ぐらい1泊2食付）、温泉などのために）（全部で2万5千円ぐらいです）

はき慣れた登山靴

衣類（調節できるもの、ウィックロンなど）

入浴道具、洗面道具

懐中電灯、耳栓（山荘のために）

日焼け止めクリーム

それに、救急用品、中央アルプス地図、ストック、磁石、GPS等が役に立つと思います。

参加者制限は8人までです。参加希望者は、6月30日まで

に携帯電話番号をメールでお知らせ下さい。受付後のキャンセルは、ご遠慮下さい。

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Hiking the Minami Alps

30 July Saturday to 4 _ Thursday

I am planning on doing a 6 day hike in the in the first week of August through the Southern Alps, Japan' s highest range of mountains. This should be a fantastic trip with great views and many of Japan' s 100 famous mountains. I am happy to discuss the trip planning in more detail with anyone who is seriously interested in joining.

ROUTE

This hike will be quite hard. The days will be long and involve a lot of ascending and descending. In total it around 80km. If you would like to join you need to be sure of your fitness and have been hiking regularly in the weeks before. If you have the Lonely Planet Hiking in Japan book you will notice that I am using their route. I have looked at various other possibilities but think they have a pretty good route. The plan:

Saturday: Early start (probably the 7am train from Shinjuku). Train to Kofu, two hour bus ride to Hirogawara. 5-6 hours of hiking (7km) to Kita-dake Kata-no-koya hut. A steep climb through forest.

Sunday: To Kuma-no-daira via Kita-dake (3192m), Ai-no-dake (3189m) and a side-trip to Notori-dake (3026m). 7-8 hours (12km).

Monday: To Sanpuku-mine via Shiomi-dake (3047m). Some ridge walking and a steep descent. 6-8 hours (15km).

Tuesday: To Arakwa-goya via Kogochi-dake (2803m) and a side-trip to Warusawa-dake (3141m). 7-10 hours (18km).

Wednesday: To Hijiri-daira via a climb to Akaishi-dake (3120m), Usagi-dake (2799m) and Hijiri-dake (3013m)
. a lot of ascending and descending. 8-11 hours (18km).

Thursday: To Sawara-jima, mostly down but with a bit of up too! 4-5 hours (10km). Then catch bus to Hatanagi Dai-ichi dam (1 hour). Take bus to JR Shizuoka station (3.5 hours) and then a Tokaido line train back to civilization

and a hot bath!

Meeting Time & Place :

Info will be supplied to participants nearer the time.

Costs :

How much this trip will cost you will depend on whether you stay in the mountain huts or camp. If you stay and eat in the huts you should allow around 45,000 Yen for this trip, including the transport (I can provide a more detailed budget nearer the time). I will probably choose

to stay and eat in the huts but I have not totally ruled out camping. I am happy for the group to be split between those who want to stay in huts and those who want to camp.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Year-end easy hike to Hakone Myoujyogatake (on 30th Dec.

30 December

I am planning year-end easy hike to Myoujyogatake in Hakone on this Friday 30th.

Walking time is about 3 hours.

Meeting time and place

At 8 o' clock, Shinjyuku, Odakyu line (or you can use JR line from Shinagawa pr Tokyo)

We will arrive at Odawara station, then take a bus on 10:04 to Miyaginobashi and then start hike to

Myojyogatake(924m).

At the end of trail we can go to onsen near Hakone-yumoto station.

We will back to Shinjuku until 5 or 6 PM

total cost is less than 3000yen(not including onsen fee).

If you are interested in this plan, send me an email. I will tell you the details.

You need hiking boots, rain and warm gear, food for lunch at least. The group will not be larger than 6-7.

The wether will be good ! Enjoy easy and slow hike together !

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Events

Kita Alps, starting June 24

24 June -----

Following 2005' s trip in the Minami Alps, this year we plan a week-long trip in the Kita Alps. We will

(very) roughly follow the Tateyama to Kamikochi route, from Lonely Planet HiJ 躑.躑.ne of the most

spectacular hikes in Japan. Trip length will be 6-8 days. We will average 8-10 hours of walking a day

(Yamakei map time), rather than the 14-hour daily ordeals endorsed by LP. If you have never done an

overnight hike before, high in the mountains, this is probably not a good idea for you. If you would try to push

others towards 14-hour daily ordeals, this would probably be frustrating to you.

And if you are considering

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Events

Seoul Hiking

13 April Thursday to 16 _ Sunday

We are staying in an area called Insadong which is famous for traditional teahouses and good restaurants.

It is also btw two famous palaces. It is a quiet area and we will stay in a Korean-style minshuku

<http://www.anguk-house.com/>

It is around 4.000 per night to share (welcome to share with me).

Dep Haneda on JL8831 9.20 to Gimpo. Subway to guesthouse.

Return 12.50 on JL 8832.

Thursday afternoon we will probably drink tea and sightsee. Maybe go to the markets - more to look at the exotic street snacks than shop. EAT.

Friday we will hike. There is some really hairy exciting stuff in the area we are going. Our relatively tame hike is 5-6 hours, and the descent is described "here the adventure begins as you scramble down a ravine helped by metal cables, then up and along a rocky ridge and thru narrow crevasses" . We get maps at the park entrance

and there are loads of alternate routes.

Saturday. We will hike again in a different area. Not yet decided. If possible I

would like to be back by mid-afternoon and go to

Itaewon - the Roppongi/Shibuya of Seoul. Good restaurants here and nightlife.... and

ops to people watch.

Sunday will basically be just to the airport.

Outdoor Club Japan (OCJ) 国際 アウトドア・クラブ・ジャパン

Thailand

22 April Saturday to 13 _ Saturday

It will be a backpacking trip for 2 weeks to Laos and 1 week in Thailand. This is not a fully organized event,

but if somebody wants to join, please contact me.

The 2 weeks in Laos will be spent in the north of the country, with Luang Prabang being the main destination.

Getting around by bus.

In Thailand, Kanchanaburi is the main destination, with a visit to the Tiger Temple (www.tigertemple.org) and

trips to national parks in the region. Going there by rental car.

Flights arranged so far:

22.04. Narita - Bangkok: UA837

23.04. Bangkok - Vientiane: TG690

05.05. Vientiane - Bangkok: TG691

13.05. Bangkok - Narita: UA852

If somebody is interested but can't join for the full 3 weeks, travelling with us for a part of the time is possible.

Cost :

The flight is the most expensive part (about 105,000Yen), but the price level in Laos is low by any standard,

and we intend to stay at mid-range backpacker guesthouses.

Vaccinations/medicine :

Some vaccinations might be advisable (e.g. gammaglobulin), and malaria tablets (e.g. doxycycline) are needed.

General :

Recommended to check out websites about Laos or travel guide books. If you are interested, please contact

me for details. Itinerary will be flexible.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

BBQ Camp in Chichibu 秩 父のバーベキュー・キャンプ:

3 June Saturday to 4 _ Sunday

English Below

秩父のバーベキューキャンプ

2006年6月3日から4日

梅雨前のバーベキュー最後のシーズン!

天気予報の統計では6月の第一週が晴れの確立が高いと予想されています。

これまでの過去3年の平均では6月の10日から12日が梅雨入りの時期でした。

過去の写真と詳細はこちらです。

キャンプ場

過去の開催場と同じくらい良いキャンプ場は以下のとおりいくつかありますが、現在のところまだ考慮中です。

武州日野の川沿い

長静キャンプ場

槌打キャンプ場

中津川村キャンプ場

滞在はバンガロー(丸太小屋)、ログキャビンあるいはテントを持参しても可能です。

費用総額は宿泊費、食べ物、飲み物を含めておおよそ6500円です。

最終的なキャンプ場の場所によっては総額が5000円程度に下がる可能性もありますので、

今後追加される詳細情

報を確認してください。

活動内容

ハイキング、サイクリング、可能であれば近場でのラフティングなどを予定しています。

この活動のリーダーをボランティアでお手伝いしてくださる方を募集しています。

メインのイベントは日曜日に開催の予定ですが、土曜日にはバーベキュー前に少しでも多くのアウトドア活動を

したいと思っています。

ハイキングルートは後日掲載します。

会場へは西部池袋駅から乗車してください。

参加申し込みは本日から受け付けます。参加したい方はどうぞ下記まで連絡ください。

アンディ・ダガン

Last chance BBQ before the rainy season.

Weather statistics show a high probability of sunshine for this weekend. Yearly averages show the rainy season

starting from the 10th or 12th of June. Previous three year were just like this.

Previous Trip Pictures and Details

<http://www.geocities.jp/anduggan/050604bbq/index.htm>

http://www.geocities.com/climbingtrip1/040605bbq/index_2.htm

Campsite

Still under consideration, a couple of new ones look good as well as previous sites.

Bushouhino by the river

Nagatoro

Tsuchiuchi

Nakatsugawa Mura Campsite

You can stay in a bungalow, log cabin, or take your own tent.

Approximate total cost for accommodation, food and drink is 6500 yen. Might be able to get the price down to

5000 yen depending on the final location - details will be posted later.

Activities

Hiking, cycling and even rafting possible nearby. Volunteers wanted to lead trips!

Main events will be on Sunday but I want to have more activities on Saturday before the BBQ.

Hiking routes -Posted later

Travel

From Seibu Ikebukuro station.

Sign up welcome from today !

Andy Duggan 090 3346 7854

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Hiking & Temple Stay in Chichibu

29 April Saturday to 30 _ Sunday

This trip will start from Hanno, a bus ride into deep Chichibu then a full day 's hiking to bring us closer to the

Chichibu township, where we will stay overnight in Temple no. 12. Quite sure at this stage that there will be

food provided free and accomodation is also free.

On the Sunday we will do a few more hours hiking, maybe find an onsen and then come back to Tokyo.

This trip is open to 7 more members including myself.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Cycling in Chichibu again

9 April Sunday to 9 _ Sunday

Everybody missed it the first time, every missed it the second time...You' re not going to leave me all by myself AGAIN, are you 前々回も前回も私が一人で走っていたよ！今回もだれも来ないのかな～？

Date: Sunday, April 9th

Meeting Place: Hanno station—right in front of the North Gate ticket gates.

(Note that this is NOT East Hanno station, though you are welcome to arrive there and make the short ride to Hanno station).

Meeting time: 9:30, so that we can roll out by 10:00

日付け：4月9日（日曜日）

待ち合わせ場所：飯能駅の北口の改札の前

（注意：東飯能駅ではありません！ですが、東飯能駅で降りれば飯能駅までは5分ぐらい）

待ち合わせ時間：9時半（10時の出発する予定）

The ride will be entirely on sealed roads and appropriate for road or mountain bicycles. I have one of two routes in mind that I' ve ridden before, and I will select one based on the ability level of the participants. In either case, it is possible to finish earlier if you get tired, and I will wait for everyone to catch up, so please ride at your own pace.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Myougi - Hakuun San; Hanami, hike, rock scramble/climb.

22 April Saturday to 23 _ Sunday

This weekend the 22nd and 23rd of April: Myougi San; Hanami, hike, rock scramble/climb.

We are hoping for a 2 day trip but it depends on the weather forecast on Friday.

You can also join for a 1 day

trip on Saturday. And even possible to just join the cherry blossom camp.

Saturday Plan

>From Myougi Shrine to Nakanotake Shrine and Myougi Cherry

Star Park PIC2 PIC3 hike because of

steep places with chains. 4 to 6 hours.

Route pictures: [webpage 1](#) [webpage 2](#) [webpage 3](#)

We will sleep in the park under cherry blossom on Saturday night. There are toilets, water and sheltered

places if it rains. We will have stoves to cook and warm sake.

For overnight stay you need a sleeping bag, mattress, plastic sheet (100yen), flashlight, plastic cup and eating

utensils.

Sunday Plan

Depends on the weather, if it is good weather we will do a long difficult route over Nishidake and

Hoshianadake. Then continue along Hoshiana-shin-do ridge if there is time [this route in reverse]. These are

two of the best three routes at Myougi San (+ hike). This is for advanced people only who have experience

rock climbing. There are many narrow ridges with long vertical cliffs - one slip over the edge and you are

dead. You should have your own climbing harness but possible to borrow one.

Normal hiking shoes are ok for

this route. Different finishing points; from 6 to 10 hours for the longest one.

If the weather isnt so good will will do a much easier hike still good scenery.

On Saturday afternoon near the cherry blossom park we might go up one special rock. It takes about 1.5 hour

to go up and come down.

Cost

Around 5500 yen for travel expenses. Then your food and drink costs.

Travel Details

details will be sent out to sign up members later in the week. We will leave from JR Ueno train station on

Saturday morning.

The best train time is 0716 but we might take a later train as the Saturday hike is not so long. Will send you

details by email. Ueno - Takasaki - Yokokawa line to Matsuida (about 2 hours 25 minutes).

Myougi - Hakuun San; Hanami, hike, rock scramble/climb.

22 April Saturday to 23 _ Sunday

This weekend the 22nd and 23rd of April: Myougi San; Hanami, hike, rock scramble/climb.

We are hoping for a 2 day trip but it depends on the weather forecast on Friday.

You can also join for a 1 day

trip on Saturday. And even possible to just join the cherry blossom camp.

Saturday Plan

>From Myougi Shrine [妙義 神社] over Hakuun San [白雲山] to Nakanotake Shrine [中之嶽神社] and Myougi

Cherry Star Park [妙義さくら星] PIC2 PIC3 hike because of steep places with chains. 4 to 6 hours.

Route pictures: [webpage 1](#) [webpage 2](#) [webpage 3](#)

We will sleep in the park under cherry blossom on Saturday night. There are toilets, water and sheltered

places if it rains. We will have stoves to cook and warm sake.

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Sunday Plan

Depends on the weather, if it is good weather we will do a long difficult route over Nishidake and

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The best train time is 0716 but we might take a later train as the Saturday hike is not so long. Will send you details by email. Ueno - Takasaki - Yokokawa line to Matsuida (about 2 hours 25 minutes).

Sign up is compulsory for this trip.

Andy Duggan

今週末 4月 22 日、23 日に:

Myougi サン;

Hanami、ハイキング(岩スクランブル/上昇)。

私たちは2つの日帰り旅行を望んでいます。しかし、それは金曜日に天気予報に依存します。

さらに、土曜日に1つの日帰り旅行のために参加することができます。

そして桜の花キャンプを単に連結するのに可能。

土曜計画

Nakanotake 神社[中之嶽神社]および Myougi チェリー・スター公園[妙義さくら星]PIC2
PIC3 への Hakuun サン

[白雲山]上の Myougi 神社[妙義神社]から、チェーンを備えた険しい場所のためにハイキング
します。

4~6 時間。

ルート絵:

ウェブ・ページ1ウェブ・ページ2ウェブ・ページ、3

私たちは土曜夜に桜の花の下の公園で眠るでしょう。

雨が降る場合、トイレ、水および保護された場所があります。

私たちは、目的を料理し暖めるためにストーブを持つでしょう。

1泊については、寝袋、マットレス、プラスチックシート(100円)、フラッシュライト、プラスチ
ックカップおよ

び食べる器具を必要とします。

日曜計画

それが、私たちが Nishidake と Hoshianadake の上の長い困難なルートをもたらす、よい天
候である場合、天候

に依存します。

次に、時間[このルート]が逆にある場合は、Hoshiana すね行いう尾根に沿って継続してくだ
さい。

これらは、Myougi サン(+ハイキング)のベスト3ルートのうちの2つです。

これは上級人々だけ向けです、彼らは経験ロッククライミングをしています。

長い垂直の崖を備えた多くの狭い尾根があります。死んでいます。

自分の上昇する馬具を持っているべきです、しかし1つ借りるのに可能。

正常なハイキングする靴はこのルート用のokです。

異なる終了するポイント;

最長のもののための6~10時間。

場合、天候 isnt、したがって、好意ははるかに容易な ハイキングをまだ行うでしょう、よい
風景。

土曜の桜の花公園の近くの午後に、私たちは1つの特別の岩を上るかもしれません。

上がり、かつ下へ来るのに約1.5時間かかります。

コスト

旅費用の約5500円。

その後あなたの食物と飲料のコスト。

旅行詳細

詳細はその週の終わりにメンバーに署名するために発送されるでしょう。

私たちは土曜の朝に JR 上野列車駅から去るでしょう。

最高の発車時刻は 0716 だが私たちです、土曜のハイキングがそうでないように、後の列車に乗ってもよい、さ
ようなら。

電子メールであなたに詳細を送るでしょう。

上野(高崎)Matsuida(約 2 時間 25 分)への横川のライン。

上へのサインはこの旅行には強制的です。

アンディー

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Hike and Sake Brewery Tour

13 May Saturday

This hike is from Musashi Itsukaichi station to Hinodeyama, Mitake and down to Kori station for a 15 minute

train ride to Sawai for a sake brewery tour. The tour is free but you pay for tastings.

We have to take the 2.32 train from Kori station which means we need to walk at a sustained pace. This is

NOT suitable for beginners. Map time is 6 hours - the first 4 of these are up. Hopefully we will take at least an

hour or so off the map time so we can have lunch at one of the many restaurants on Mitake.

Unless heavy rain is forecast the trip will still be on.

Trains:

Chuo Line from Shinjuku leaving 7.44, arriving Musashi Itsukaichi 8.49. Yen780.

The train splits at Haijima

(8.21) with one half going to Okutama and the other to Musashi Itsukaichi. Make sure you are on the right

end. Musashi Itsukaichi is the final stop. I will get on the train at Haijima.

There are only 8 spaces for the tour but people are welcome to just join the hike and there are many possible

routes back from Mitake if they would like to continue walking and meet up later for dinner.

Please let me know if you are coming.

About the brewery:

Ozawa Shuzo

Established in 1702, the brewery's "treasure" is a well that provides it with abundant hard water which is

mixed with soft water from another spring 4 km away.

Ozawa Shuzo's Sawanoi brand is light and dry, which complements the salty cuisine popular in Tokyo, but in

recent years they have been trying to make a richer sake.

The brewery, built near the upper reaches of the Tama River, offers guided tours four times a day starting at

11 a.m. Although the guides only speak Japanese, there are English brochures that explain the brewing process.

There are two restaurants where visitors can find the Sawanoi lineup, as well as a sake-tasting spot that offers up to 10 varieties for 200 yen to 500 yen per cup. Visitors can keep the sake cups as souvenirs.

Ozawa Shuzo's main export to the West is Daikarakuchi—literally “very dry taste.” But its apricot-flavored sake is quite popular with foreign visitors, the brewery said.

[Outdoor Club Japan \(OCJ\) 国際 アウトドア・クラブ・ジャパン](#)

Hike and Trail Run

03 June Saturday

Hike and Trail Run Saturday June 03.

We will hike up to Mitakesan from Kori station (1.5 hrs) and then run down to Musashi Itsukaichi. This is gentle downhill for 13km and is suitable for first time trail runners. This should take less than 2 hours.

Train:

Chuo line from Tokyo 10.00, Shinjuku 10.14.

Arriving Ome 11.28, dep 11.35 arriving Kori 12.03.

We can stop for a snack before starting the run so bring food and water. Try to make your pack light for the running section.

Rain the day before or on the day will cancel. Too slippery.