



# SUNDAY PLANNING

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## Cross-Country Ski Hiking Course



- Program Runs Dairy, December 25, 2010 through March, 2011 (depends on the condition of snow)
  - Meets at the Lodge Grampia by the Lake Nojiri at 9:00AM.
  - This course is designed for the age from 10 through adults.
- (Children under 10 years old can participate with a guardian)

Why don't you join our Cross-Country Ski Hiking Course and explore the silent forest covered with snow? Cross-country ski is light weighted and designed for walking up and skiing down the snowy gentle slope. Almost anyone from children to elderly people can go for an adventure on the snow with the cross-country ski. We will walk into the deep white snowy forest wearing a pair of skis. Do you want to experience the beauty of the nature through tracing animal footprints, watching snow-trees, or having lunch and a cup of coffee in the silent snowy forest? Join us for our Cross-Country Ski Hiking Course! We guarantee that you will be moved by this amazing experience!

### Price

You can enjoy our Cross-Country Ski Hiking Course with cozy lodging for a bargain price.

	Rental	Rental Free
Cross-Country Ski Hiking Course	8,000 yen	6,000 yen
Lodging Set Course	15,100 yen	13,100yen

※For Lodging Set Course, 1000 yen discount for a child from the price above.

※You can enjoy snug twin room with additional charge of 1000yen.

※A four-beds room is available from three guests.

### The charge include...

- Rental Free Plan includes a guide of the snowy mountain, a map, transportation to and from the mountain and travel accident insurance.
- Rental Plan includes a pair of cross-country skis, stocks, boots and snow-spats, a guide of the snowy mountain, a map, transportation to and from the mountain and travel accident insurance.
- Lodging Set Course includes relaxing overnight stay at our lodge with dinner and breakfast.

### What to bring!

- Ski wear top & bottoms
- Thermal underwear top & bottoms (No cotton!)
- Fleece top or woolen sweater (No cotton!)
- Ski gloves
- Warm hat
- Sunglass
- Change of clothes and socks
- Hand towel
- Lunch and drink (We will stop by a convenience store before going to the mountain)
- Backpack

## Itinerary



AM 9:00: Check-in at the reception counter in Sunday Planning Lodge Grampia by the Lake Nojiri. Get dressed and prepare.

AM 9:30: You and your guide will meet. Move to the snowy mountain. We will stop by a convenience store before going to the mountain to buy lunch and drink.



Cross-country ski is good for walking on snowy paths through the forest. Either you can walk up and ski down the mild slope.

There are more than 30 routes for the cross-country ski hiking. We will choose one of them, considering the participants' request, their physical strength, the condition of snow, the weather, and so on.

Well, let's put on the cross-country skis and start walking! You don't have to hurry but enjoy! Your heart bounds with excitement!



Sometimes you may stop and look around you. Look at the tiny buds! They are waiting for the spring to develop into a blossom. Can you imagine how much vital energies are there in these tiny buds? You will be impressed with the wonders of nature!



Wandering around on the snow, sometimes we find interesting natural products. Someone found a nest. Nothing was in the nest. It was light weighted and well-made by the bark. Probably it has dropped in the morning because it's not covered by snow. We often become detectors on the snow.



We will have lunch and a cup of coffee with beautiful view. Having lunch in the beautiful snowy scenery is one of the happiest moments. Your guide will bring a stove, cups, water, coffee beans, cocoa powder, and teabags. Would like a cup of dripped coffee, cocoa, or tea after the lunch?



If you get used to walking with cross-country skis, your next step is sliding. To Walk like skating and you will be able to move forward easier and longer. When you



The one of delights of cross-country ski is to step into a remote silent forest covered with fresh snow. Looking at the vast snowy mountains, you ski down the white

master this method, soon you will find the pleasure of skiing down the gentle slope with cross-country ski.

hill and make your own track of skis on the brand-new snow. And you will found yourself becoming a part of the beautiful scenery!



PM 3:00~3 : 30: Arrive to the lodge by the Lake Nojiri and the course ends.

PM4:00: SAYONARA to the snow or relaxing overnight stay at the Lodge Grampia!