



SUNDAY PLANNING

379-2, Nojiri, Shinanomachi,
Kamiminochi-gun, Nagano, Japan

TEL (+81)026-258-2978

FAX (+81)026-258-2962

E-mail: info_eg@sundayplanning.com

Whitewater Rafting Course at River Sai 【AM or PM】

(with Mutton Barbecue & Hot Spring Spa)



- Program Runs Dairy, April 24 through November 7, 2010
- Time: Meets at 8:30AM (for AM Rafting), 11:30AM (for PM Rafting)
- Place: our River-Base at River Sai (Not at our Lodge in Lake Nojiri!!!)
- Address: 300-1, Hiharanishi, Shinshushinmachi, Kamiminochi-gun, Nagano (in front of the Sagirisou Inn)
- This course is for almost anyone from age 10 through adults from at least 2 people.
- (Children under 10 years old can participate with a guardian)

River Sai's water comes from snow of Mt. Yarigatake, which is one of the highest mountains in Japan. It is characterized by gentle current and medium rapid waves. Rafting in River Sai is suitable for family or beginners to have an adventure and experience the nature. Eight crews on the boat are a team and cooperate with each other, and a guide will give you an exciting river experience and knowledge about the nature. After enjoying rafting, tasty mutton barbecue and hot spring spa are waiting for you!

Price

You can enjoy our Whitewater Rafting Course with cozy lodging for a bargain price.

	adult	Child
Whitewater Rafting at River Sai	9,000yen	7,000yen
Lodging Set Course at Sagirisou	15,800yen	12,800yen

*Sorry, we do not accept credit card.

*At Sagirisou, a room can be available from three. There is an additional charge of 1000yen per person for a reservation with less than three guests.

The charge include...

- Whitewater Rafting Course includes rafting guide and all of the rental rafting gear (paddle, Personal Flotation Device, helmet, wetsuit, paddling jacket, water shoes), hearty mutton barbecue lunch and hot spring spa at Sagirisou, and travel accident insurance.

- Lodging Set Course at Sagirisou includes relaxing overnight stay at Inn Sagirisou with dinner and breakfast.

What to bring!

- Swimwear
- Change of clothes
- Towel
- Eyeglass straps (important if you wear glasses!)
- Waterproof sunscreen
- Any drink in plastic bottle

Itinerary

AM Rafting	PM Rafting	Schedule
—	11 : 30	Mutton Barbecue Lunch for PM Rafting Course at Sagirisou.
8 : 30	12 : 30	Check-in at the desk of our River-Base at River Sai and get dressed.
9 : 00	13 : 00	Instruction about your safety and paddling.
9 : 30	13 : 30	Start rafting tour for 8.5km long at River Sai.
11 : 00	15 : 00	Goal! Get back to the River-Base by our car.
11 : 30	15 : 30	Get dressed and the tour ends.
12 : 00	—	Mutton Barbecue lunch for AM Rafting Course at Sagirisou.
	14 : 00	Enjoy hot spring spa at Sagirisou after fun rafting!!

*For people who participate in PM Rafting Course, you will have Mutton Barbecue Lunch at Sagirisou before you go rafting. Go to the desk of Sagirisou (not the desk of our River-Base) at 11:30, and ask at the reception that you have a reservation for PM Rafting Course. After the lunch, go across the street and check-in at the desk of our River-Base at River Sai in front of Sagirisou.



The picture on the left is our River-Base at River Sai, viewed from Sagirisou. You can see the entrance behind the green signboard in the picture. Please beware that your check-in is at River-Base. (not at Lodge Grampia in Lake Nojiri!!)



When you get dressed and prepared, we will move to the riverside park. Your guide will give you rental rafting gears (PFD, helmet, and paddle) and instruction about the river and rafting. After some warm-up exercise, you will get on the boat and start rafting. Cool water will be splashing on your body and the boat will shoot rapid waves.



When the stream becomes smooth, we do some games with the boat.



Let yourself go with the flow of cool and gentle current and looking up the blue sky and clouds. Now you feel free from everything!



Now we reach a jump-rock! Make your decision. Are you brave enough to jump off?

Get goal! After loading up gears we will head to the River-Base. Can't wait having spa and barbecuing!



After the fun rafting, enjoy hot spring spa at Sagirisou! Participants for the AM Rafting Course will take mutton barbecue lunch and hot spring spa after rafting.