



# SUNDAY PLANNING

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## Snowshoes 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 Snowshoes Hiking Course and explore the silent forest covered with the snow? Almost anyone from children to elderly people can go on an adventure on the snow in snowshoes. We will be able to walk into the deep white snowy forest with snowshoes. Do you want to experience the beauty of the nature, to walk on the frozen lake, to trace the animal footprints, to watch the snow-trees, or to have lunch and a cup of coffee in the silent snowy forest? Join our Snowshoes Hiking Course! We guarantee that you will be moved by this extraordinary experience!

### Price

You can enjoy our Snowshoes Hiking Course with cozy lodging for a bargain price.

	Rental	Rental Free
Snowshoes Hiking Course	8,000 yen	6,000 yen
Lodging Set Course	15,100 yen	13,100yen

※For Lodging Set Course, we discount 1000 yen 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 includes...

- 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 snowshoes, 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
- Sunglasses
- 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. Drive to the snowy mountain. We will stop by a convenience store before going to the mountain to buy lunch and drink.



Arrive at the starting point. There are more than 30 routes for the snowshoes hiking. We chose one of the routes, considering the participants' request, their physical strength, condition of the snow, the weather, and so on.

Well, let's put on the snowshoes and start walking!



There is lots of snow in the mountains around the Lake Nojiri. You can't even walk on the snow without snowshoes, because more than 2 meters of snow in depth is not unusual!



Have you ever walked on a frozen lake? Depending on the condition of the lake's surface, we are able to walk on the iced lake!! Looking at the beautiful mountains over the frozen lake, you will be excited with this experience!!



We will have lunch and a cup of coffee at a beautiful scenery spot. 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 you like a cup of dripped coffee, cocoa, or tea after the lunch?



The delight of walking in the snowy forest is not only wandering around on the fresh snow and making your footprints or experiencing the beautiful scenery, but also encountering the working of nature! With your curiosity, there are lots of small findings! There are various animals' footprints and droppings on the snow, the life of the trees in snow, the beauty of the snow shape, the shadow of the trees on the snow, and more! You may be impressed with the wonders of nature!



PM 3:00~3 : 30: Arrive at the lodge by the Lake Nojiri and the program ends.

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