

About the Principal of the Sunday Planning Outdoor School



“To deliver a rest to your heart and body” as a motto, Yoshikatu Yhoshiwara, the founder and the Principal of the Sunday Planning Outdoor School, conveys wonders of the nature and the ways to enjoy various outdoor activities at Lake Nojiri, Mt. Kurohime, Mt. Myoukou, Mt. Reisenji and Mt. Madarao in Nagano, Japan. Also through his publications, he passes down his methods of canoeing and kayaking to the younger generations.

Yoshikatu was born in 1948 in Japan and he has been into the outdoor activities since his childhood. He started touring throughout Japan by his own bicycle from 10 years old. He began climbing mountains from 12 years old and has climbed almost every mountain in the area of Joushinetu and Kantou which are famous areas for a lot of high mountains in Japan. When he was 15 years old, he experienced skiing and he became a pro skier at the age of 25.

When he was 24 years old, he happened to go down River Kitakami by a canoe and soon the canoe was overturned. He found excitement and fascination of river sport through this experience. Since then, he loaded his canoe onto his car and went down rivers all over Japan. Through this attempt, he recorded a large number of the first descents by the canoe in Japan. He has also reported his experience and the fascination of the canoe to various magazines and newspapers. In the meantime, he developed his own canoeing instruction method in this period and started to instruct the younger generations.

He often visits advanced nations of canoe. He has been going down rivers in North America, Middle America, South America, Asia, Europe and many other countries across the world. Especially, he has gone down a lot of rivers in North America as a part of his life work. In 1991, he won the Master Class Open Canoe Slalom Nationals & North American Championships of American Canoe Association (ACA). Since then, he has participated in a number of races and tried to master new techniques every year. In 2001, he achieved “clean-run” which is to reach goal without touching any gate poles in the American Championships. Now, he is one of the members of ACA Open Canoe Slalom Committee. In 1992, he recorded first Japanese to go down torrent Colorado River at Grand Canyon by an open-deck canoe. In 1994, he went down Colorado River with several Japanese crews again. Since 1994, he has recorded a couple of the first descents in Borneo. In 1999, he went down a number of rapid streams in Costa Rica by a kayak. In 2000, he went back again to Costa Rica.

In the winter, he guides the snowy mountains with cross-country ski and snowshoe in Nagano, Japan. He has been trying to find new routes every winter and it reaches more than 33 tracks. In the spring and autumn, he guides edible wild plants picking tour and mushroom picking tour. He has been attracted for the products obtained in the mountain since he was 15 years old. Now he has been guiding both tours for more than 25 years.

Certificates:

Certified Kayaking Instructor of Japan Safe Canoeing Association (JSCA)

Certified Kayaking Trainer of Japan Safe Canoeing Association (JSCA)

Certified Canoeing Instructor of Japan Safe Canoeing Association (JSCA)

Certified Canoeing Trainer of Japan Safe Canoeing Association (JSCA)

Certified Level 3 Instructor of Professional Ski Instructors Association of Japan (SIA)

Certified Outdoor Instructor in Nagano Prefecture

Certified CONE Leader of Council for Outdoor & Nature Experiences

Certified Forest Medical Trainer of Shinano Town

Completion of Advance Lifesaving Training Course of Fire and Disaster Management Agency of Nagano (FDMA)

Publication:

Canoe. Shinshindou Yuniko-n Kara- Susho, 1977.

Canoeing. Koudansha Sportseries, 1981.

Canadian Canoe. Koudansha Sportseries, 1994.

