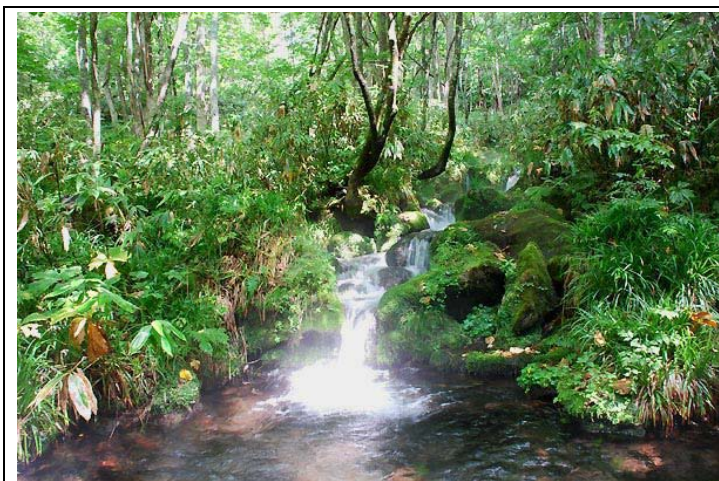




# SUNDAY PLANNING

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## Summer Forest Hiking Course with YOSHI



- Program Runs Dairy, July 3 through September 12, 2010
- Meets at the Lodge Grampia by Lake Nojiri at AM 9:00.
- This course is designed for age from 10 through adults.

(children under 10 years old can participate with a guardian)

The principal of Sunday Planning Outdoor School, Yoshi who is an expert in the area, will guide the summer forest around Lake Nojiri for you to experience wonders of the nature. We don't strive to climb up a mountain but to wander around the deep forest and cross the streams. In this program, Yoshi will give you a new perspective of nature and lots of knowledge, such as edible plants. Searching around for the edible plants, soon you will find yourself becoming just like one of the animals in the forest! Join us for our Summer Forest Hiking Course and explore the green forest!

### Price

You can enjoy our Summer Forest Hiking Course with YOSHI with cozy lodging for a bargain price.

	Adult	Child
Summer Forest Hiking Course with YOSHI	6,000 yen	6,000 yen
Lodging Set Course (1day guide with 1night stay)	13,000 yen	12,000yen
Lodging Set Course (2days guide with 1night stay)	18,000 yen	17,000 yen

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

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

### Rental

	Rubber boots (for Adult)	Rainwear (for Adult)
One-Day	200 yen	1,000 yen

### The charge include...

- Summer Forest Hiking Course with YOSHI includes guide to the mountains, rental basket and gloves,

map, transportation to and from the mountain and a travel accident insurance.

- Lodging Set Course includes relaxing overnight stay at our lodge with dinner and breakfast.

## What to bring!

- Hiking wear (long-sleeve shirt, trousers)
- Rainwear (better separated top and bottom)
- Rubber boots (You can rent our rubber boots for 200 yen)
- Hat with a visor
- 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 reception at Sunday Planning Lodge Grampia, Lake Nojiri. Get ready.

### AM 9:30:

Head to mountain. (We will stop by a convenience store before going to the mountain so you can buy your lunch and drinks)



The “formal wear” in the mountain is long-sleeve shirt and trousers with rubber boots and gloves, because we often wander around in a bush and cross streams or wet land. And you must not forget the basket for your harvest!



Well, apparently a parasol looks nice too, but it is hindrance in the bush. A hat is much better than a parasol in hiking. It will protect your head from sunburn and injury.



There are the colonies of flowers called Misohagi in Japanese in the deep forest. They are small and cute! We can find a lot of flowers in the summer forest!



Beautiful flowers, pretty flowers, mushrooms with amazing color, nuts, fruits, and anything we found in the forest will be photogenic! Yoshi loves taking photo of wonders of the nature. He has been taking photos of the nature for 40years!



Wandering around in the forest makes us very hungry. We will have a lunch in the deep forest. Having lunch with twittering of birds and singing of stream and wind in the green is one of the happiest moments.



At last, we found it! This is “Tamagotake”. Though it looks toadstool from its color, it is one of the most delicious mushrooms! It is found through August to September.



PM4:00 Come back to Lodge Grampia and course is finished.