



5 Day Japan Alps Leadership Timetable

7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30 22:00

Day	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
Day 1	Wake Up	Transport To Hakuba								Ice Breaking Games	Lunch	Tree Climbing & Rope Workshop					Hotel Check In	Journey Plan			Dinner	Packing & Weather Report	Ready For Bed	Lights Out							
Day 2	Wake Up	Breakfast	Rock Climbing & Rapelling Skills						Lunch	Rock Climbing Continued					Set Camp @ Lizana Kogen	Camp Cooking	Night Walk & Stargazing			Ready For Bed	Lights Out										
Day 3	Wake Up	Breakfast & Camp Pack-Down	Mountain Bike Journey To Togakushi						Lunch	Mountain Bike Journey Continued					Set Camp @ Togakushi	Camp Cooking	Mountain Bike & Sustainability Workshop			Ready For Bed	Lights Out										
Day 4	Wake Up	Breakfast & Camp Pack-Down	Hiking Journey In Togakushi						Lunch	Hiking Journey Continued					Transport To The Alps View	Pizza Party			Evening Activity - Camp Fire	Ready For Bed	Lights Out										
Day 5	Wake Up	Breakfast	Canoe In Autumn Foliage					Lunch	Certificates & Presentations	Transport To Tokyo					Meet Family																