



## 10 Day Japan Alps Leadership Timetable - Week 1

	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
<b>Day 1</b>	Transport								Greeting & Lunch				Lake Rafting & Team Buildin						Free Time		Dinner		Camp Fire					
<b>Day 2</b>	Breakfast		Mountain Bike						Lunch		Mountain Bike						Free Time		Dinner		Risk Management							
<b>Day 3</b>	Breakfast		Canyoning						Lunch		Tree Climbing						Free Time		Dinner		Plan Hike							
<b>Day 4</b>	Breakfast		Hiking Trip Prep						Lunch		Climbing						Free Time		Dinner		Cultural Activities							
<b>Day 5</b>	Breakfast		Kita Alps Hike						Lunch		Hike Continued						Set Camp		Camp Cooking		Stargazing							

**Please Note:** This is a sample schedule, times and activities may differ from above. Residential and Day Camper programs may run separately from each other.



## 10 Day Japan Alps Leadership Timetable - Week 2

	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
<b>Day 6</b>	Breakfast	Hike Continued										Lunch	Pack Down & De-Brief							Free Time	Dinner	Movie Night						
<b>Day 7</b>	Pancake Breakfast	Stand Up Paddleboard										Lunch	Climbing				Sustainability Workshop				Dinner	Goal Setting For Raft Trip						
<b>Day 8</b>	Breakfast	Rafting in Saigawa River										Lunch	Down River Rescue & Swimming				Set Camp				Dinner	Campfire						
<b>Day 9</b>	Breakfast	Continue Raft Trip										Lunch	Pack Down & De-Brief							Free Time	Pizza Party & Camp fire							
<b>Day 10</b>	Breakfast	Lake Activities										Lunch	Certificates & Presentations		Transport													

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