Outdoor Education Programs in the Japanese Alps
About Evergreen Outdoor Center

Evergreen Outdoor Center is based at the foot of the Japan Northern Alps in Hakuba Village, Nagano Prefecture. Evergreen has been operating guided tours since 2000 and has been instrumental in developing outdoor recreation activities, ecology tours, and mountain safety courses in the Hakuba region. With programs that run year-round, Evergreen aims to incorporate a sense of respect and stewardship for our natural surroundings, as they are not only a great place to play in, but are home to a vast array of life including ourselves!

The mission of Evergreen Outdoor Center is to allow for the growth and development of the human spirit through personal interaction with the natural environment, personal challenge and teamwork. At the same time accommodating individual needs while maintaining a high standard of safety.
Here at the Evergreen Outdoor Center, we aspire to reconnect youth with nature by creating safe and educational experiences in the outdoors.

These activities like canoeing, kayaking, mountain biking, hiking, rock climbing, rafting and canyoning are not competitive in their objectives but do instill and require friendly teamwork, support of classmates and of course the element of excitement and adventure. From sleeping in lakeside tents to cooking and eating all their meals outside, children get to really feel they are *in* nature.
Learn the basics of safe riding, using brakes and gears and then take those skills onto the trails.

- Elementary - High school ages
- Easy to Challenging trails
- Full range of MTB bikes w/ front & full suspension
- Full & half day tours available
- Visit rural villages, rivers, old growth forests and cultural sites
Students can learn the fundamentals of kayaking or canoeing paddling on beautiful Lake Aoki (Blue Tree lake); one of Japan’s cleanest lakes.

Kayaking & Canoeing

- Elementary - High School
- Develop teamwork
- Progressively challenging skills
- Swimming, water games
- Ecology/Biology opportunities
Activities at Lake Aoki

Lake rafting, raft making, camping, cooking, craft making, campfires, night canoeing, orienteering courses and more!
Rock Climbing

On an artificial sport wall, bouldering or on real rock cliffs... Safety is our number one priority so we advance to children’s comfort level and set up climbing routes that will test them but are heaps of fun to climb.

- Elementary - High School
- Progressive challenges
- Risk taking in a safe controlled setting
- Rope work and knot teaching
Tree Climbing

A one of a kind experience exploring the high canopy, and a perfect communion with nature.

- Elementary - High School
- Risk taking in a safe controlled setting
- Rope work and knot teaching
- Personal challenge
- Ecology studies

Students climbing tree on Sakka slope
With the majestic Northern Alps mountain range literally in our backyard, Hakuba has hikes ranging from relaxed strolls to multi-day alpine tours using mountain lodges along the way. The fantastic panoramic views are yours to discover.

- Elementary - High School
- Learn route finding and map/compass work
- Leadership development and cooperation
- Simple day hikes or multi-day camping available
- Biology / ecology study
- Team building
- Builds self-reliance and confidence

Still snow in June, Hiking up Norikura dake!

View of the of the 3 peaks from Minekata ridge
Swimming, jumping into natural pools, abseiling, using ropes, and sliding down waterfalls... That is the ultimate fun: Canyoning in Hakuba.

- Ages 8 and over
- Team Building development
- Full and Half Day Tours
- Unique river system and rock erosion
- Risk taking in safe controlled setting
- Geomorphology/Fluvial Studies

One of the many natural pools in the canyon

Natural slider

Zip line over turquoise water
River Rafting

From a half day adventure to an overnight journey, rafting is a must do activity. Lots of teamwork, thrills, splashes and smiles...
Cultural Activities

Explore the historical and cultural side of rural Japan that makes the Hakuba and Nagano areas so special. Hands on-experiences and local traditions can add meaning and some flavor to your school group’s experience.

- Soba Noodle making
- Visiting Zenkoji Temple in Nagano
- Annual “Salt Road” festival in Hakuba
- The snow monkeys of Jikokudani
- Calligraphy class at Aokiko campsite

● Try local cuisine
● Visit traditional shrines & temples
● Learn about local flora & fauna
● Sightseeing
In the winter time, Evergreen turns into a ski school and a mountain guiding organization. We can customize a trip including ski/snowboard lesson snowshoe tour, Cross country tour, cultural day, and much more...
Evergreen Roots cafe

Roots cafe is a vegetarian cafe and restaurant located at our main base in Hakuba. We are proud to use locally sourced, naturally grown organic products when possible and fair trade beverages. Roots cafeteria can accommodate 100+ students at a time. We also cater food during camping trips all around for students to enjoy a good bento lunch up the mountain or a dinner by the lake.

Healing the earth, one bite at a time...
The comfort, safety and well being of our guests is our #1 priority. Evergreen’s professional guides are trained and certified in internationally recognized organizations and hold Wilderness First-Aid & CPR life support training. All guides carry First-Aid kits and have phones/radios for contacting to our base.

Our guides are certified with the organizations below:
Access & Transportation

How to get to Hakuba

- Direct trains to Hakuba from Tokyo (3.5 hrs)
- Chartered buses from Tokyo area airports (+4hrs)
- Bullet trains from Tokyo to Nagano (90 min), then bus to Hakuba (1hr)
Accommodation in Hakuba

From basic tent camping to lakeside cabins, Japanese-style rooms and western-style hotels, we can assist you with wherever is suitable for your group and budget.
We have so much to show you! Feel free to contact us for more information about school trips in Hakuba!
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<tr>
<th>Activity</th>
<th>Half day</th>
<th>Time</th>
<th>Full day</th>
<th>Time</th>
<th>Overnight</th>
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<td>¥ 8000</td>
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These prices include the 8% sales tax
These prices are set for a group of 20+ students
Evergreen set us up really good for the week, from sorting out the camping to organizing fun and active events, they were ever present. We went hiking, did some canyoning, mountain-biking and rafting, among others. The staff are really professional and welcoming and always willing to go the extra mile. I would highly recommend Evergreen and the beautiful region of Hakuba! Arigato gozaimasu to Evergreen.

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**Kieran De Groote, United World College of South East Asia**

I am a teacher from the Western Academy of Beijing. This year will be our third ski trip to Japan with the Evergreen Outdoors Center. Our ski week with Evergreen is an excellent experience. The organization and the care for our group is outstanding. The instructors are high quality and students of all levels have a great experience. We often have the same students returning with us for their week of skiing with Evergreen. This company offers quality experience for our students and I highly recommend them for any school group.

**Sue Edwards, Western Academy in Beijing**

Your guys were fantastic! If it weren't for your professional assistance we wouldn't be able to run our Outdoor program in Japan. Thank you and look forward to seeing you in the spring for the year 9's.

**Matt Lennon, British School in Tokyo**

I would like to take this opportunity to thank Evergreen for the great work they did with the kids last week. Every students that was with one of the Evergreen instructors raved about them. You guys really made the trip for some of the kids here at TIS.

**Trenton Dean, Tokyo International School, Winter Ski Camp**

Thank you very much for everything and all your support for our Gr. 6 students and teachers! The teachers said very much enjoyed the trip and how much nice the EOC team are!

**Yoko Iwasaki, Yokohama International School**
Evergreen Outdoor Center Kokusai Base
Kokusai Lodge
4377 Hokujou, Hakuba
Kita Azumi, Nagano, Japan 399-9301

in Japan: 0261-72-5150
overseas: (81) 261-72-5150
fax: 0261-72-8056

www.evergreen-hakuba.com/
Email: tours@evergreen-outdoors.com