Outdoor Education Program

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evergreen-hakuba.com

Hakuba, Nagano, Japan
About Us

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.

My team of enthusiastic guides, camp counsellors and myself are eager to lead your children safely into the Japanese Alps to discover the beauty and wonder of the outdoor world, grow their independence and leadership.

Dave Enright
CEO & Chief Guide
Here at 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 instil 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 ride, using brakes and gears and then take those skills on to the trails.

- Suitable for Elementary to High School ages
- Easy to challenging trails
- Full range of Mountain Bikes with front or full suspension
- Full ad half day tours available
- Visit rural villages, rivers, old growth forests and cultural sites
- Duke of Edinburgh Expedition opportunities
Students can learn the fundamentals of kayaking or canoeing on the beautiful Aoki (Blue Tree Lake), One of Japan’s cleanest lakes.

- Suitable for Elementary to High School ages
- Develop teamwork
- Progressively challenging skills
- Swimming & Water Games
- Ecology / Biology opportunities
Activities at Lake Aoki

- Lake rafting
- Raft making
- Camping
- Cooking
- Craft making
- Camp fires
- Night canoeing
- Orienteering courses
- & Much more
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.

- Suitable for Elementary to High School ages
- Progressively challenging
- Risk taking in a safe controlled setting
- Rope work and knot teaching
One of a kind experience, exploring the high canopy and a perfect communion with nature.

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

- Suitable for Elementary to High School ages
- Learn route finding and map / compass work
- Leadership development and cooperation
- Simple day hikes or multi-day camping available
- Biology / ecology studies
- Team building
- Builds self-reliance and confidence
- Duke of Edinburgh Expedition opportunities
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 settings
- Geomorphology / Fluvial studies
From a half day adventure to an overnight journey, rafting is a must do activity. Lots of teamwork, thrills, splashes and smiles!

- Suitable from Elementary to high school ages
- Team Building development
- Ecology studies
- Great flexibility with big groups
- Swimming, water games
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 flavour to your school group’s experience.

**Cultural Activities**

- Try local cuisine
- Visit traditional shrines & temples
- Learn about local flora & fauna
- Sightseeing
In the winter time, Evergreen turns into a ski school and mountain guiding organization. We can customize a trip including ski or snowboard lessons, snowshoe tours, cross country tours, cultural days and much more!

Winter Activities

- Elementary to High school
- Great flexibility with large school groups
- Wide range of terrain using 5 different ski resorts
- Progressive learning
- Personal challenge
- Snow studies and snow games
- Winter camping
- Team Building development
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 for students to enjoy a good bento lunch up the mountain or a dinner by the lake.
Accommodations 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.
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 keeping contact with our base. Our guides are certified with the organizations below:
Access & Transport

How to get to Hakuba:

• Direct trains to Hakuba from Tokyo (3.5 hours)
• Chartered Buses from Tokyo area airports (+4 hours)
• Bullet trains from Tokyo to Nagano (1.5 hours) & bus to Hakuba (1 hour)
# 2018 Summer Outdoor Activities Pricing

<table>
<thead>
<tr>
<th>Activity</th>
<th>Half Day (3 hours)</th>
<th>Full Day (5-7 hours)</th>
<th>Overnight (5-7 hours)</th>
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<tbody>
<tr>
<td><strong>Hiking</strong></td>
<td>¥4800</td>
<td>¥8000</td>
<td>¥11000</td>
</tr>
<tr>
<td><strong>Rafting</strong></td>
<td>¥8000</td>
<td>¥14000</td>
<td>¥18000</td>
</tr>
<tr>
<td><strong>Canyoning</strong></td>
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<td>¥14000 (13yrs+)</td>
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<tr>
<td><strong>Mountain Biking</strong></td>
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<td>¥9000</td>
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<tr>
<td><strong>Canoeing</strong></td>
<td>¥4800</td>
<td>¥9000</td>
<td></td>
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<tr>
<td><strong>Orienteering Challenge</strong></td>
<td></td>
<td>¥4800</td>
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<tr>
<td><strong>Tree Climbing</strong></td>
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<tr>
<td><strong>Ex Adventure High Ropes</strong></td>
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<tr>
<td><strong>Kayaking</strong></td>
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<tr>
<td><strong>Climbing</strong></td>
<td>¥4800</td>
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</tbody>
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Prices include 8% sales tax Prices are set for a group of 20+ students
Don't just take our word for it

“Evergreen set us up really well for the week, from sorting our the camping to organizing fun and active events, they were ever present. We went hiking, did some canyoning, mountain biking and rafting, among other. 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.”

United World College of South East Asia
Keiran De Groote

“Thank you very much for everything and all your support for our 6th grade students and teachers! The teachers said they very much enjoyed the trip and how nice the Evergreen team are!”

Yokohama International School
Yoko Iwasaki

“This year will be our third ski trip to Japan with 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.”

Western Academy in Beijing
Sue Edwards

“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.”

British School in Tokyo
Matt Lennon

“I would like to take this opportunity to thank Evergreen for the great work they did with the kids. Every student 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.”

Tokyo International School
Trenton Dean
“Thanks for your time. We look forward to meeting you in Hakuba soon!”

Yuki The Yeti
Evergreen Mascot