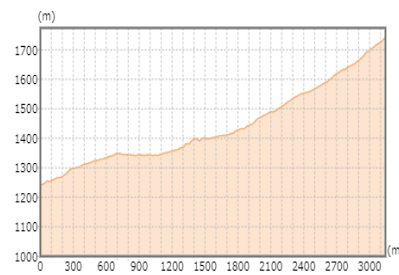


# A tour with Keita Mutoh, a mountain guide: Japan's largest snow gorge and 100 years of skiing history By High Mount Assoice .Inc

<p><b>企画内容</b></p>	<p>&lt;Point of the tour Mr. Keita Mutoh, a mountain guide who knows the mountains of Hakuba and runs the "Mountain Hotel" at the foot of Hakuba Mountain, will guide you throughout the entire tour. Of course, we will stay at the "Mountain Hotel". This tour will take you through the history of skiing and mountain culture in Hakuba, one of Japan's most famous mountain resorts and the venue for the 1998 Winter Olympics. Special visit to the Hakuba Ski Jumping Stadium A special tour of the Hakuba Ski Jump Stadium ・ Exhilarating trekking to Hakuba Daisekkei, one of the three largest snow gorges in Japan Experience the overwhelming scale that represents the Northern Alps. (Onigiri lunch box using Hakuba rice is included!) &lt;Tour Content Hakuba was the main venue for the 1998 Winter Olympics, and is now known around the world as one of Japan's leading mountain resorts. On the first day of the tour, Mr. Muto, a guide living in Hakuba, who was a member of the staff and felt the tension of the athletes as well as the excitement of the Olympic games, will show you the stage with episodes from those days. At the highlight of the tour, "Hakuba Ski Jump Stadium", you will go up to the starting point about 140m above the ground to experience the view of the jumpers. On the second day, you will be accompanied by Mr. Muto, a mountain guide certified by Nagano Prefecture as a mountaineering guide in Shinshu, to the "Hakuba Daisekikei", which is said to be one of the largest in Japan with a length of 3.5km and an elevation difference of 600m. This is one of the largest snow gorges in Japan, with a length of 3.5 km and an elevation difference of 600 m. You will enjoy a refreshing trekking experience while feeling the cool breeze rushing down the mountain. In the event of rain, we will take you to the source of the Hakuba Hime River and the Oyami Marsh, and visit the Mountain and Ski Museum. We will stay at the "Mountain Hotel", which is owned by Mr. Muto, a guide who has traveled around the world as a jumping athlete and as a coach for national and international teams.</p>
<p><b>料金に含まれるもの</b></p>	<p>Guide fee for visiting the jumping stadium Accommodation: 1 night with dinner and breakfast (Western-style room with bathroom), box lunch on the second day</p>
<p><b>コース内容</b></p>	<p>Day 1: Meet at the hotel at 14:00 → Visit Hakuba Ski Jump Stadium until 15:00 → Dinner and overnight at the hotel Day 2: Breakfast at 07:30 ⇒ 8:30 each at Sarukura trailhead ⇒ 9:00 start trekking to Daisetsukei (4 hours round trip) ⇒ Lunch and rest ⇒ Break up at 13:30 at Sarukura trailhead</p>
<p><b>予約必要事項</b></p>	<p>Please declare your age, medical history and current medical condition in advance. Preschool children are not allowed to participate.</p>
<p><b>取消料</b></p>	<p>From the tenth day prior to the start of the tour: 20% of the tour fee, From the seventh day onward: 30% of the tour fee, From the day prior to the start of the tour: 40% of the tour fee, From the day of the start of the tour: 50% of the tour fee, After the start of the tour or no-show: 100% of the tour fee</p>
<p><b>その他（注意事項等）</b></p>	<p>Please bring rain gear, warm clothes, and trekking shoes. Please bring your own water and snacks. The course time on the itinerary is the standard time and may vary depending on the level of the participants. The trekking to the Daisetsukei Gorge on the second day will take you down the mountain with a view of the gorge from below. The last restroom will be at Sarukura Sanso at the trailhead, and there will be no restroom for about 4 hours.</p>



### Hakuba Ski Jump Stadium】 Day 1

A former ski jumper will guide you to the starting point, 140 meters above the ground. If you are lucky, you will be able to see a practice session. If you are lucky, you will be able to see a practice session. You will also be guided to the museum's exhibition of the 1998 Winter Olympics. You will also visit the adjacent Happo One Ski Resort, where Alpine events (speed events) are held and where practice jumps are set up for elementary school children.

### Daisekkei Trekking] Day 2

This is the largest snow gorge in Japan, the Hakuba Daisekikei. Skiers of all disciplines take this route to the top of Mt. Hakuba to build up their basic physical strength, and it is a standard training route when there is no snow. It takes about two hours of trekking one way to reach the top of Mt. Please take care to adjust your body temperature.

### Height difference graph (one way)] Day 2

We will start from the Sarukura trailhead at an elevation of about 1240m and head for the Daisetsukei (Great Snow Canyon).

The graph shows the average height reached to about 1750m, but it may vary depending on the amount of remaining snow and your physical condition.

The average trekking route is 3,2km one way.

Please note that the Sarukura lodge (starting point) will be the last restroom as the lodge is closed.



### Guide Information] Keita Mutoh (left)

Born in Hakuba Village, Nagano Prefecture, Keita has been a ski jumper since elementary school, and after graduating from university, he was assigned to Romania as a ski jump instructor for the Japan Overseas Cooperation Volunteers. After graduating from university, he went to Romania as a ski jump instructor for the Japan Overseas Cooperation Volunteers (JOCV), and then returned to Hakuba to manage a hotel.

Qualifications: Certified by the Canadian Avalanche Association (CAA), AST 2 (Avalanche Skills Training), Languages: Japanese, English, Romanian