



Country Lake Systems

## Group·School trip Program

Yamanashiken Fujikawaguchikochou  
Mt.Fuji world herritage

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Mt.Fuji live broadcast



To our website

# Canadian canoe

The basic rowing techniques are essential as well as how to play in the water, the rules and manners etc. You will be able to interact with nature from a different angle and feel nature's power.

## Correspond number of people

Over elementary ~90people  
junior high school ~60people

## Lecture

1 instructor for 5~7 canoe.

## Location

Lake Kawaguchiko

## Required time

2~3 hour

## What is canadian canoe?

The Canadian canoe also known with other names such as Indian canoe or opendeck canoe, has 2 people seating on each side of the front and back and controls the canoe using a paddle. For middle schoolers and younger people, the canoe consists of a 3 people groupings in order to stabilize the canoe. It was initially used for transporting packages or for hunting or fishing since the stability was better than expected and does not turn over easily.



## Program



### •Explanation about safety

- 20min | • Risk of hypothermia  
| • Manners of waterside  
↓ • About importance lifejacket

### •Practical skills(shore)

- 30min | • Put lifejacket on  
| • Offshore and get to shore how to paddling  
| • Risky behavior and risky evasion method  
↓ How to wait for rescue at the time of the overthrow

### •Practical skills(on the lake)

- 40min ↓ Paddling basic technique(straight,reverse,left and right rotation)

### •Event

- 60min ↓ Touring or canoe race

### •Reach shore / finish

- 30min | Tidy up of canoe tool  
↓ Review of canoeing



# Mountain bike

Through mountain bike experience on the foot of Mt. Fuji, you can work out basic structure of bikes, how to control MTB, and the rules and manners about exploring and playing in the mountain.

## Correspond number of people

~40people

## Lecture

2 instructor for 20~40 canoe.

## Location

Facilities of Mt.fuji area

## Required time

2~3 hour

## What is mountain bike?

I often see MTB in the streets in recent years despite it's original purpose of being a stylish bicycle. However this MTB demonstrates it's original power when running off-road. This is because it was born in the West Coast of America prior to 50 years from now. The opportunity started because the local junior high students repeatedly do remodeling of old bicycle (Clan Cars = worn-out) only for the purpose of running on the mountain and to look down the coast line spreading the "Let's run past and go down from nature's rich mountains" throughout the country and sparked a boom.



## Program



### •Explanation about MTB

- What is mountainbike
- How to adjust the height of saddle
- Explanation about vehicles

### •Practical skills

- Equip helmet
- Adjustment saddle for yourself
- Practice on flat place
- How to ride on off-road and practice

### •Event

- Forest course/Off-road

### •Return / finish

- Review of MTB



# Fishing

You can understand the ecosystem. Exotic species, the environment protection and the way or manner to play around waterfront through fishing. Kawaguchi Lake is called "The holly land of bass-fishing" because bass-fishing maniacs visit there for the knockout competitions through a year. Kawaguchi Lake has strong relation to the history of Mt Fuji

## Correspond number of people

~150 people

## Location

Lake Kawaguchiko

## Lecture

1 instructor for 50 people

## Required time

2~3 hour

## Ecosystem of lake Kawaguchiko

An ancient liver called Ota Liver was held back its water by the eruption of Mt Fuji, and Kawaguchi Lake was made. Various kinds of unique creatures have lived in the lake for few hundred thousand years. but recently, foreign species such as bluegills and black-bass have lived there.



## Program



### ● Explanation about MTB

- Ecology of black bass
- Presentation fishing staff tool
- Basic practice of throwing fishing

### ● Practical skills(in shore)

- By preparing a set of rod and bait, then start throwing fishing from shore

### ● Environment talk/finish

- About adventures, native species protection, environment of lake
- Review
- Present original memorial badge



# Aokigahara forest and caving

Through the exploration of pristine "extensive forest" which enables you to understand quite clearly the forest transition and the exploration of the "lava cave", we will feel the mystery and the sense of awe towards nature and also deepen our understanding of nature by a unique experience at Mount Fuji that you can't find anywhere else.

## Correspond number of people

~40 people ※ Please Feel free contact us

## Lecture

1 instructor

## Location

Aokigahara forest

## Required time

2~3 hour

## Aokigahara forest mystic

Jyogan864, about 1200 year before present, high temperature lava flew out massively from the lateral cone of Mount Fuji and the extensive forest was formed on the lava. In this forest, spread lava caves which were formed at the moment of the lava cooling as well as the virgin pristine forest, so you can enjoy the mystery and experience of valuable natural resources which you can not find anywhere else.



## Program



### ● Explanation about safety

- Risk of hypothermia
- Manners of waterside
- About importance lifejacket

20min

### ● Practical skills(shore)

- Put lifejacket on
- Offshore and get to shore how to paddling
- Risky behavior and risky evasion method
- How to wait for rescue at the time of the overthrow

30min

### ● Practical skills(on the lake)

- Paddling basic technique(straight,reverse,left and right rotation)

40min

### ● Event

- Touring or canoe race

60min

### ● Reach shore / finish

- Tidy up of canoe tool
- Review of canoeing

30min



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## Nature guide walk

Our guide walk provide you the interpretation -- translation between nature culture • history and human. We will provide participant the message from invisible nature with easy words and our guide walk is "the explanation activity" that shares joyful and impression through the enjoying the nature.

### Correspond number of people

~200people

### Location

Mt.fuji area and Kawagutiko lake

### Lecture

1 instructor for 40~50 canoe.

### Required time

2~3 hour

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### ■Course 1 • 2

※This is for example .There are many program course that much season as well.Please feel free to inquire.

#### [Kawaguchi-Asama shrine]

There are hundreds-year-old Japanese cedars lined up in the Asama shrine. Here we explain about old people's lives with Mt. Fuji; in other words, how those human beings and nature have been existing together. Also, history of the shrine,relationship between shrine and Mt. Fuji,and existence of "Mother's White Falls." We walk along the forest road and think about the nature which has been protected by human and the nature as itself. It is overwhelming to see the 15 meters of "Mother's White Falls" which suddenly appears. You can also enjoy the wonderful view of Mt. Fuji and Kawaguchi Lake.



#### [Ochuudou]

Ochuudou" that makes a circuit of Mt.Fuji's hillside.From there, Mt.Fuji can be views straight up and below is the arrestingly beautiful scenary surrounding Kawaguchiko.Though, this route, at one time, was for people who could not make it up to the apex. By walking the forest line, we'll be taking a look at plants that live in Mt.Fuji.



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## Cooking Houtou

You can experience and enjoy Houtou noodle in Koshu area (Yamanashi pref.) , which has been loved for a long time. You will surely have a good time, from making the noodle "we call it Menutchi" to tasting and eating it. Please taste its history and culture around this area through this experience, as well.

### Correspond number of people

~400people ※Please Feel free contact us

### Location

Facilities(table)

#### What is Houtou?

☆This Houtou noodle is similar to Japanese udon, but the width is a little wider and flat. We eat this noodle with some vegetables boiled in the thick miso soup "soy bean flavour".

\*If you have some allergy, please tell us what kind of the allergy in advance. We will arrange the soup in your direction. So please don't worry.

### Lecture

1 instructor for 40~50 people

### Required time

2~3 hour

#### Program



- ①About history of Hoto
- ②cooking hoot as cutting vegetables and make noodles
- ③Time to taste after cooked

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## Craft Dream catcher

Without using difficult machinery nor tools, really create "dream catcher", the inherited native American charm from old times, as a "comprehensive handcraft" and learn conception of nature, common practice and ingrained regional legend from foreign race.

### Correspond number of people

~300people ※Please Feel free contact us

### Location

Facilities(table)

#### Program



- ①About dream catcher
- ②Explanation how to make dreamcatcher and knack
- ③Start make to dreamcatcher

### Lecture

1 instructor for 40~50 people

### Required time

2~3 hour



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## Weaving

The area around Mount Fuji is famous for textile industry. There has been a very rare and simple style of textile called "Ooishi tsumugi" near Lake Kawaguchi. The program consists of the lecture on the history of "Ooshima tsumugi" and its features. And then we would try making our very own rug by recycling the leftover materials from the textile industries around Mt. Fuji area which are still producing in traditional manners.

### Correspond number of people

~30people

### Location

Facilities(table)

### Lecture

1 instructor

### Required time

3 hour



- ①About `Oishi pongee`
- ②Explanation how to make weaving and knack
- ③Challenge to make original weaving goods



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## Seal engraving

Using the "Seiden" stone, the material traditionally used for engraving seals, you would be making your original seal. Yamanashi prefecture ranks first in its share of seals. You can enjoy this hands-on style of making seals. You may design and then engrave it to make your own seal.

### Correspond number of people

~150people ※Please Feel free contact us

### Location

Facilities(table)

### Lecture

1 instructor for 40~50 people

### Required time

2~3 hour



- ①About seal engraving
- ②Prepare a draft of design
- ③Engrave a seal and seal to paperboard





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## Japanese sandal

You can make "Waraji" with 100 natural material. Waraji is Japanese precious life culture which was made by old people with their knowledge. You can use the old technique and knit your original Waraji, which just fit with your feet. You must be pleased to wear it because you have never worn it before!



### Correspond number of people

~400people ※Please Feel free contact us

### Location

Facilities(table)

### Lecture

1 instructor for 40~50 people

### Required time

3 hour

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## Making butter

You can make your original butter. You can make your original butter, which is the only one in the world. You can learn how butter is made. You can add herbs in the butter and complete with salt to your taste. You can put your butter on wild yeast bread fresh out of the oven and eat it with the herb tea.



### Correspond number of people

~400people ※Please Feel free contact us

### Location

Facilities(table)

### Lecture

1 instructor for 40~50 people

### Required time

1 hour~1 hour and half

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You want keep memory?

[Souvenir picture]

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During the program the trainer will record the procedure with a digital camera. The data will be handed out free of charge via email or CD.  
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- ※1. The photos will not include every procedure covering the project in detail as they are not actograph photos.
- ※2. Not everyone may be included in the photos.
- ※3. In cases of which one trainer is in charge of an outside program, photos may not be taken due to safety reasons or limited time.
- ※4. We may not be able to cover the requests such as the quality of photos.
- ※5. The data will be handed out within 10 days to 2 weeks.

### About safety control system

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The program that this school is implementing ,analyzes the risk factors to take safety precautions from various point of view, and builds a safety management system reflected in the operation of the programs of the leaders.It does not take the [A gentleman stays away from danger] and [outdoor activities are dangerous] as basis for moving to [limiting the activities] direction, but a policy of this institution to achieve a maximum educational results and enjoy nature in their respective outdoor activities in the field.  
.....

#### ●Explanation about safety

... breed safety control conception and get skilled safety control

The safety measure is to take a measure of "measure for safety and danger in advance". In other words, it is a strategy to prevent accident in advance.We carry out training in and out of company at any time to handle emergency rescue system as organization and emergency where all the instructors understand cause of danger in each program as professional mutually by assuming emergency. The "attitude" to face unpredictable accident realizes true "safety education".



- **Protect to participant by Rescue technique**
  - … **Professional Knowledge and technique**

All the leaders are first aid license holder of the MFA(Medic First Aid) which is a recognized public institution of developed countries who initiated the world safety mechanism under the United Nations organization. This does not only include first aid techniques in a normal living environment, but it also implements various rescue trainings for child support, emergency oxygen, AED, hypothermia, infection, rescue training with safety management technology that aims to conform with the scene of the emergency. In addition, all the leaders have to carry a first aid kit in order to respond to the injuries caused by the crisis and to thoroughly think of what can possibly happen in each program.

- **The appropriate “number of instructors per participants”**
  - … **The quality over the number.**

All the leaders are first aid license holder of the MFA(Medic First Aid) which is a recognized public institution of developed countries who initiated the world safety mechanism under the United Nations organization. This does not only include first aid techniques in a normal living environment, but it also implements various rescue trainings for child support, emergency oxygen, AED, hypothermia, infection, rescue training with safety management technology that aims to conform with the scene of the emergency. In addition, all the leaders have to carry a first aid kit in order to respond to the injuries caused by the crisis and to thoroughly think of what can possibly happen in each program.



- **Eliminate Material dangerous factor from activity**

We have asked not only the names but also for the height and weight, physique, medical history and allergies of the participants for some of the programs. There has been an issue of protecting one's personal information and we have seen some cases in which mutual efforts can not be expected. This is, however, the company policy to take precautions. Knowing the exact information regarding the number of participants and their jacket sizes when canoeing, the decisions on the best choice of mountain bike sizes and styles, the preparation of meals that are non-allergic and the appropriate number of instructors, trainers to carry on the experience safely, are some but various ways that we practice as safety measures for all the programs we host.



