



Train for the Fuji Mountain Race

Ensure that you are running at your peak



At a glance:

1. The group

- c.14 participants
- 8 days

2. The itinerary

- **Day 1:** Arrival to Tokyo and group dinner
- **Day 2:** In the morning we run 10km around Edo Castle's imperial palace moat – a mecca for Tokyo's runners. Afternoon at leisure to explore Tokyo.
- **Day 3:** Travel to Kamakura for two runs – the 6km Tenen course followed by the 4.5km Daibutsu/Kuzukaragaoka course.
- **Day 4:** Travel to Hakone and a chance to explore Owakudani. Hakone is famous for its hot springs.
- **Day 5:** A big running day with a 3–4 hour course across the crests of Mt.Kintoki, Mt.Nagao, and Mt.Marudake.
- **Day 6:** A day of leisure around Lake Kawaguchi at the foot of Mt.Fuji – there is a 23km flat course run available, or go for a hike, rent a bike, or visit the museum.
- **Day 7:** We run 15–20km around Shoujinnko and Motosuko. The course is surrounded by 1200 year old forest.
- **Day 8:** We run one of the most famous trail courses in Japan (9.5km or 18km) – includes views of Mt. Fuji and Ashiwadayama.
- **Day 9:** Departure

Tokyo is a dynamic, modern hub, the thriving capital of an ancient land.

Contradictions are everywhere, as hi-tech gadgetry and neon lights play an integral part in the lives of a population steeped in tradition.

Running is one of Japan's most treasured sporting traditions – this trip not only challenges the serious runner but also enables you to experience some unique parts of Japan's countryside as you train for one of the toughest mountain runs in the world.



Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you're a team, a school, or a club looking for a bespoke experience; or if you're wanting to join other like-minded people on the adventure of a lifetime, challenge yourself with Venture!



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Detailed Itinerary:

- **Day 1:** You can arrive at the joining-point hotel at any time as there are no planned activities aside from a group meeting on the evening of Day 1, followed by dinner. Your leader will leave a note for you at reception informing you of what time and where this meeting will take place. If it is likely that you will be arriving after 6pm on Day 1, please inform us at time of booking.
- **Day 2:** Edo Castle (the current Imperial Palace) is a Mecca for Tokyo's runners. We run around the Imperial Palace moat, a circuit of 5km, twice in the morning together, then continue to Hamarikyū garden, take the water bus to Asakusa, where you can see the mix of modern and traditional part of Tokyo. We will have free time in the afternoon to explore Tokyo.
- **Day 3:** Leave in the early morning to Kamakura by local train (approximately 1 hr train ride). Kamakura is a small city and offers numerous temples, shrines and gardens. We are going to run two different courses today: Tenen course (6km) and Daibutsu/Kuzuharagaoka course (4.5km). We will walk between 2 courses and have lunch in town. Our accommodation that evening will be at Fujisawa.
- **Day 4:** We will take a 30min local train to Odawara, then bus to our next accommodation. We go and visit Owakudani by bus, cable car, and ropeway. We may be lucky to get a glimpse of Mt. Fuji. Hakone also offers various hiking/running courses as well as great hot springs and museums.
- **Day 5:** A big running day! We start with a walk up Mt. Kintoki and have breakfast at the top. The courses are up and down along the crest of 3 mountain tops (Mt. Kintoki, Mt. Nagao, & Mt. Marudake). If the weather is clear, the views are spectacular.
- **Day 6:** We bus to Lake Kawaguchi at the foot of Mt. Fuji for a day of free time. You can either join your leader to do some activities such as hiking, run along Lake Kawaguchi (app. 23km flat course), rent a bike, or visit the museums.
- **Day 7:** A 15km ~ 20km run around Shoujinnko & Motosuko. About 80% of the course is surrounded by the beautiful and ancient Aokigahara forest which also contains a number of rocky and icy caverns.
- **Day 8:** Before heading back to Tokyo, we run one of the most famous trails in Japan (9.5km or 18km). The course includes stunning views of Mt. Fuji and Ashiwadayama. On our return to Tokyo there will be free time before our final dinner together.
- **Day 9:** Departure

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Fast facts

Grade:
Basic Level
Private Groups:
Private group options are available for this trip
Singles:
A single supplement is available for this trip*
Leader:
Expert local leader
*Ask our staff for more information

Trip dates. 2013

TBC

Trip cost

TBC

Options & supplements

TBC

Important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

What's Included:

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

Meal Inclusions

- 8 Breakfasts, 7 Lunches, 8 Dinners

Transport

- Train, Bus, Water Bus

Accommodation

- Hotel accommodation

Optional Activities

- Hot Springs
- Museums
- Bike Hire

Physical Rating

- You are required to carry your pack on and off trains/buses and up hotel steps.
- This itinerary is an active itinerary and requires a high level of fitness and ability to run extended distances

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