

Global Adventure Website Posting Template

This is the “activity listing” on the website

How to use this template: After each bold subheading below, highlight the instructions within the brackets {...} with your cursor and replace with your own text. When you are done filling in all the elements, save your document with a filename ‘Detailed Description for Outing Name’ and email it with your photo jpg file and your budget to Cindy Hoover, Global Adventures Chair, at cyn@zipcon.com.

Activity Title: Trail Run Japan’s Iconic Landscapes

Activity Route-Place: Hike in Japan's Northern Alps (existing)

Activity Start and End Dates: Sept 11 – 23, 2026

Activity Type: Global Adventures, Trail Running, Backpacking

Activity Summary:

Embark on a trail running adventure through Japan’s most iconic landscapes—from the alpine ridgelines of the Northern Alps to the lakes and volcanic vistas of Mt. Fuji. Over 11 days, you’ll traverse forested plateaus, soak in natural hot springs, and ramble along panoramic ridges, all while staying in a mix of cozy mountain huts and scenic lakeside hotels. The adventure begins and ends in Tokyo, with 7 full trail days covering 7.5 to 11 miles and up to 3,000 feet of elevation gain each day. This is a group-paced adventure: we’ll hike the steepes together and run the flats and downhill at a steady, supportive rhythm. The terrain is rocky and steep in places, and participants should be comfortable with sustained effort across multiple days while carrying a 20L running pack. Along the way, you’ll ride scenic trains, savor Japanese comfort food, and unwind in traditional onsen, blending physical challenge with cultural immersion and awe-inspiring views.

NOTE: TOTAL TRIP PRICE IS \$4,000. The Member Fee shown is for the 50% deposit only; the remaining balance will be due July 15, 2026. See the Trip Price Detail below for price details.

Meeting Place and Time: Participants should arrive in Tokyo no later than September 11th, 2026. The trip concludes on September 22 with a return to Tokyo. Participants may depart from Tokyo anytime on/after September 23.

Getting There: Participants are responsible for their own flight to and from Tokyo. Recommend flying into the Haneda (HND) airport in Tokyo, there are direct flights from Seattle.

Activity Difficulty: Strenuous trail running with elevation gain and technical terrain. Daily distances range from 7.5 to 11 miles with up to 3,000 ft of gain.

Activity Leader Rating: Moderate pace with moderate technical terrain. This trip is designed to be run as a group, with a supportive and steady pace throughout. We'll hike the steeps together and run the flats and downhill, maintaining a consistent pace that allows us to complete each day's route comfortably and safely. The leaders will set a pace that balances challenge with camaraderie, ensuring no one is left behind and everyone feels supported across varied terrain and conditions.

Activity Audience: Adult

Itinerary Highlights:

Arrival in Tokyo:

Day 0 – Arrive in Tokyo

Day 1 – Explore Tokyo

- Free day for sightseeing or relaxing
- Optional food tour
- Group dinner

Day 2 – Travel to Hakuba

- Scenic train ride to the Japan Alps
- Optional warm-up run in Hakuba village
- Hotel stay

Running Segment 1: Northern Alps Loop (4 Days / 3 Nights in Mountain Huts)

Day 3 – Ridgeline run with spectacular views to Hakuba Sanso hut

- Shared/private room lodging
- 8mi, +1700ft / -1150ft

Day 4 – Ridgeline traverse via Mt. Asahi-dake

- Dorm-style hut stay
- 9.3mi, +2500ft/-3500ft

Day 5 – Descend from the alpine to natural hot springs

- Soak and stay at Renge Onsen Hut
- 7.5mi, +2300ft / -3600ft

Day 6 – Forest and plateau run with great views of the Northern Alps

- 8.7mi, +2600ft / -2300ft

Segment 2: Fuji Five Lakes Region (4 Nights in the same hotel)

Day 7 – Travel to Kawaguchiko (Fuji Area)

- Scenic train journey
- Optional evening walk by Lake Kawaguchi
- Rest day!

Day 8 – Run through Aokigahara Forest with Mt. Fuji views

- 10.6mi, +2800ft / -2800ft

Day 9 – Village Exploration

- Recovery run

- 4 – 6mi, +1500ft / -1500ft

Day 10 – Final trail day with sweeping views of Mt. Fuji

- 9.3mi, +2300 / -2300ft
- Farewell dinner

Day 11 – Return to Tokyo

- Relaxing bus ride to Shinjuku
- Final night at hotel

Day 12 – Depart, Our Adventure is over

Time of year and weather: In mid-September, the Japanese Alps and Fuji Five Lakes region offer mild, variable weather ideal for trail running. Expect daytime highs in the mid-60s to mid-70s°F (18–24°C) and cooler mornings and evenings, especially at elevation. Rain is possible, so participants should be prepared for sudden shifts in weather. A layered clothing system is essential, along with a waterproof shell, trail shoes with good grip, and warm sleepwear for the mountain huts.

Lodging: The trip includes 12 nights of accommodation: 7 nights in comfortable hotels with double occupancy rooms, and 5 nights in mountain huts along the trail. Hut lodging is shared and may be mixed gender, with simple bedding and communal facilities. Expect a mix of cozy lakeside hotels and rustic alpine shelters.

Food: Breakfasts, dinners, and several boxed lunches are included throughout the trip. Participants are responsible for carrying their own provided lunches and hearty trail snacks (purchased on their own) each day. Meals feature traditional Japanese fare, often highlighting local mountain vegetables and rice. Snacks and drinks are not included and can be picked up at the huts or before the trail segments.

Leader's experience:

Amalija is an experienced Global Adventures leader with past trips to Slovenia and Norway, and a long-standing volunteer with The Mountaineers. Her outdoor leadership spans avalanche safety, backcountry skiing, lodge hosting, and multi-day group adventures. Professionally, she brings deep experience in managing logistics and group dynamics. Amalija is known for her meticulous planning, warm leadership style, and ability to create inclusive, well-paced experiences where every participant feels supported and inspired.

Nataliya is an experienced Global Adventures and trail running leader with past global adventure trip to Norway, and a long-standing member of The Mountaineers. Her outdoor leadership skills span across multiple disciplines like alpine scrambling, glacier travel, multi-day backpacking, and lodge hosting. She brings a joyful, attentive presence to every trip, ensuring participants feel well looked after and energized throughout the journey. Her trail running expertise and thoughtful pacing help create a fun, confidence-building environment for runners of all backgrounds.

Amalija and Nataliya co-lead with complementary strengths—Amalija anchors the trip with strategic planning and group cohesion, while Nataliya brings dynamic trail energy and a focus on participant care. Together, they foster a supportive, well-organized adventure where challenge and camaraderie go hand in hand.

Participant requirements: The specific attributes that the leader will require of successful applicants for the trip including:

- Must be Mountaineers member with waiver on file
- Run **7–10 miles per day for 4 consecutive days**, with **2,000–3,000 ft of elevation gain** each day
- Maintain a steady pace across **rocky, uneven terrain**, including steep climbs and technical descents.
- Carry their own gear in a **20L running-specific pack**, including food, layers, and safety items
- Have prior experience with **backcountry trail running or fastpacking**, ideally in **shoulder-season mountain conditions** (cool mornings, variable weather, potential rain or wind)
- Agree to the covid-19/respiratory illness behavior expectations of every participant from the GA policy, including [a link to the latest policy](#).
- All participants must agree to run as a group—regardless of whether the pace feels slower than their personal preference—and actively support the group throughout the trip.

To confirm readiness, participants will be asked to submit **Strava or equivalent GPS activity history** showing recent multi-day trail runs that meet the distance and elevation criteria. This helps ensure the group can move cohesively and safely through remote terrain.

Maximum and minimum # participants: This trip requires 10 participants in order to run.

Trip Price Detail: \$4,000. Includes: 12 nights lodging, 12 breakfasts, 11 dinners, most lunches, inter-country transportation. Excludes: flights to/from Tokyo, travel insurance, medical insurance, snacks, drinks, transportation to/from the airport.

Registration instructions: Includes when they can begin to apply, how to pay their deposit to get on the roster, and when the final payment will be due. Mention here that the deposit is required to hold a place on the roster; and that, after they have successfully registered, they should complete the Trip Agreement and Liability Release forms.

Below this paragraph, include links to the Application Form, the Trip Agreement, the Liability Release, and the Supplemental Information Form.

Cancellation Policy: Once you book, your spot is non-refundable unless you're able to find someone to take your place. We cannot guarantee refunds, as each lodging and service provider has its own cancellation policy. Refunds will only be issued if we're able to recover costs from the places we've booked.

If the trip has a waitlist or if you find a qualified replacement who meets the trip requirements—you'll receive a refund minus The Mountaineers' \$100 administrative fee.

We strongly recommend confirming your availability and readiness before booking, as this trip involves reservations and limited flexibility. Also consider purchasing cancel for any reason insurance, which must be purchased within 3 weeks of your first payment.

Required Equipment:

Trail running shoes, hydration system, running poles, 20L running vest capable of carrying 4 days of personal gear, 10 essentials, food and water.

After payment of your deposit, the leaders will send participants a series of letters or emails with information about how to prepare for a successful adventure including recommended gear, maps and other references.

Recommended Books: None

Leaders Permission Required? Is always Yes.

Registration Start Date: December 1, 2025

Registration Close Date: January 31, 2025

Member Fee: \$2,000 deposit (50% of total trip price)