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| ***Daily Schedule*** | | | | | | |
| ***Date*** | ***Time*** | ***Activity*** | ***Miles*** | ***Gains*** | ***Risk*** | ***Physical strength /Technical difficulty*** |
| *7/12* |  | *Leave Seattle* |  |  | *Low* |  |
| *7/13* | *9:00 PM* | *Arrive in Tokyo and check in to Hotel Sunroute Shinjuku:*  *Meet at the Sunroute Hotel lounge to check in with the leader* |  | *Elevation in Tokyo (131’)* | *Low* |  |
| *7/14* | *8:00 AM*  *6:00 PM* | *Meet at the Hotel lounge for the optional tour to Takeshita street and Asakusa*  *Meet at the Hotel lounge for the welcome group dinner* |  |  | *Low* |  |
| *7/15* | *6:30 AM*  *6:45 AM*  *7:00 AM*  *12:02 PM*  *12:30 PM*  *6:00 PM* | *Check out and leave suitcases at the Hotel and Meet at the Hotel Lounge*  *Walk to the bus terminal.*  *Get on the bus (eat lunch in the bus)*  *Arrive Kmikouchi bus terminal*  *Hike to Tokusawa Lodge*  *Dinner* | *0 by bus (4.5 hrs)*  *3.8* | *Elevation in Kamikouchi*  *(1500’)*  *656’* | *Low* | *Easy/technical 1* |
| *7/16* | *7:00 AM*  *8:00AM*  *12:00 AM*  *12:30 PM*  *6:00 PM* | *Breakfast*  *Hike from Tokusawa Lodge to karasawa*  *Eat lunch*  *Hike from Karasawa to Kitahodaka hut*  *Dinner* | *5.3*  *1.2* | *1804’*  *2460’* | *Low*  *Low* | *Easy/technical 1*  *Moderate/Technical 1* |
| *7/17* | *7:00 AM*  *8:00 AM*  *12:00 PM*  *6:00 PM* | *Breakfast*  *Hike and scramble from Kitahodaka to minamidake hut*  *Lunch*  *Hike from Minamidake hut to Yari hut*  *Dinner* | *1.3*  *1.8* | *-236’*  *30’* | *Moderate*  *Low* | *Moderate/technical 3 and 4*  *Easy/technical 1* |
| *7/18* | *5:00 AM*  *7:00 AM*  *9:00 AM*  *12:00 PM*  *5:00 PM*  *6:00 PM* | *Scramble to Mt. Yari*  *Breakfast*  *Hike back to Kamikouchi*  *Eat lunch*  *Gosenshaku Lodge*  *Dinner* | *0.07*  *11* | *328’*  *-4921* | *Moderate*  *Low* | *Moderate/technical 3 and 4*  *Easy/easy* |
| *7/19* | *7:30 AM*  *2:00 PM*  *3:00 PM*  *7:12 PM*  *7:30 PM* | *Breakfast*  *Free time*  *Meet at front counter at the lodge*  *Leave for Tokyo by bus*  *Tokyo*  *Hotel Sunroute* | *190 by bus (4.5 hrs)* |  | *Low* | *Easy/easy* |
| *7/20* | *9:00 AM*  *6:30 PM* | *Meet at the Hotel lounge*  *Optional tour to Kamakura and Enoshima*  *Meet at the Hotel Lounge for the group Dinner (hotel stay included in the fee)* |  |  | *Low* |  |
| *7/21* | *11:00 AM* | *Check out Hotel Sunroute Shinjuku: Leave for Seattle or stay more in Japan* |  |  | *Low* |  |
|  |  | *Total* | *24.5 miles* | *5278 gain* |  |  |
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