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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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