

# **Fit 4 Fuji**

## *Hikes* **CONTINUE!**

Mt. Fuji is a strenuous, high-altitude climb and requires hikers to be physically fit to make it to the 12,389 foot (3,776 meters) summit. Any hiker who has not hiked more than 6 continuous hours in the last year is highly recommended to complete at least two Fit-4-Fuji hikes before attempting, or seek advice from the Outdoor Adventure Center to help prepare. Trip includes transportation and guide.  
**Difficulty Level:** 5 (Very difficult and steep with an elevation change of more than 1,280 meters)

## **2018 MT. FUJI Hikes**

Open to SOFA Sponsored Personnel • Ages 18 years & older

### **MT. FUJI INFORMATION CLINICS & BAG CHECK**

**Fridays, June 8, 22 & July 6**

5-6 p.m. • Free

All climbers must attend a mandatory pre-trip briefing and bag check on the Thursday before the trip, unless they have already attended an OAC Fuji briefing.

### **1ST FUJI HIKE**

**Friday, July 20 - Sunday, July 22**

\$250 • LBJ: \$150

Departs: Friday 2 p.m. • Returns: Sunday 2 p.m.

Registration Deadline: Monday, July 16



### **2ND FUJI HIKE**

**Friday, August 3 - Sunday, August 5**

\$250 • LBJ: \$150

Departs: Friday 2 p.m. • Returns: Sunday 2 p.m.

Registration Deadline: Monday, July 30



*Also check out...*

## **FIT 4 FUJI: DARE TO PREPARE**

WITH THE FLEET FITNESS COMPLEX & HARIO FITNESS CENTER

**Friday, June 1 - Tuesday, July 31**

Open to SOFA Sponsored Personnel • Ages 18 years & older

Registration open now thru Monday, July 9

For more information, call 252-6899.



## **WITH THE OUTDOOR ADVENTURE CENTER**

Open to Ages 14 years & older • All trips include transportation and guide.

### **MT. YASUMAN HIKE**

**Saturday, June 9 • 8:30 a.m.-4 p.m. • \$25**

At 536 meters this mountain is the highest on Hirado Island, and has a fascinating history as a secret worship site for persecuted Christians. We'll travel along an ancient pilgrimage road they used to take to the magnificent view at the top of a cliff! Price includes transportation and guide. Difficulty Level: 2 (little elevation change with 2-3 kilometers of hiking)

### **MT. SHIJIKI HIKE**

**Saturday, June 23 • 8:30 a.m.-5:30 p.m. • \$35**

This is the oldest Buddha pilgrimage site on Hirado Island. After about a 2-hour climb using a few ropes, we will reach the top at 1,138 feet (347 meters). The 360° view from the summit is breathtaking! Difficulty Level: 2.5 (Moderately steep with an elevation change of 400+ meters with total of 3-4 kilometers of hiking.)

### **MT. NIHO HIKE**

**Saturday, July 7 • 8 a.m.-6:30 p.m. • \$45**

Kyushu's most famous holy mountain is spellbinding with its beautiful natural scenery and mysterious shrines! We will visit several of these shrines, which have been designated as precious culture sites of Japan and, also ascend 1200 meters over two peaks during a 5-6 hour trek. Difficulty Level: 3.5 (Difficult and steep with an elevation change of 1,000+ meters and 7-8 kilometers of hiking.)

### **MT. KUJU OVERNIGHT BACKPACKING ADVENTURE!**

**Saturday, July 14 - Sunday, July 15**

Pre-trip Briefing: Friday, July 13 • 5 p.m.

Option 1: \$65 (includes tent & sleeping bag)

Option 2: \$165 (includes mountain hut accommodation, dinner & breakfast)

Open to Ages 18 years & older

Departs: Saturday 8 a.m. • Returns: Sunday 5:30 p.m.

Registration Deadline: Monday, July 9

Venture through the Kokone range and ascend at least three peaks that are almost 1800 meters (5,906 feet) tall! We will hike above the tree line over granite ridges, through alpine meadows and around volcano vents to reach our remote mountain hut oasis (with a natural hot spring). Difficulty Level: 4 (Difficult 18-20 km hike over the course of two days, with a 1,500+ meter (4,921 feet) elevation change.)

### **MT. TARA SHRINE HIKE**

**Saturday, July 28 • 8 a.m.-6 p.m. • \$40**

This mountain is more than 3,281 feet tall and is also an ancient religious site filled with 15th century statues and other historical landmarks. After the hike, we will visit a hot spring (if time permits). Difficulty Level: 3 (Difficult and steep with an elevation change around 2,133 feet and nearly 4 miles of walking.)

For more information, call 252-3500.

