

004 SHINJUKU BUS PACKAGE - RESORT PLAN

(Winter Period

Period: 2017.12.23-2018.03.24 Black-out: 2017.12.28-2018.01.7

Shuttle Bus +Accommodation +2 Meals +Hot Spring

Each Person/Night

2peolpe sharing 3-4people sharing 5-6people sharin

Weekday (SUN-FRI) ¥17,500 ¥16,500 ¥16,500

SAT & Special Date (12.23)

¥19,500 ¥18,500 ¥18,500

· 8% GST & service charge are included. · ¥150 Bath tax is charged additionally to aged 13 or above

· Shuttle bus require at least 4 passengers to run.

Triple Room less ¥1000 each person

ADDED BENEFITS (per person)

Ski Park scheduled opening period:12/23-03/24

- 1. 2-day Entry Ticket to "Swimming Pool & Water Slide" 2. Entry Ticket to "World's Silhouette Museum"
- 3. Ikenotaira Resort Gelandel 4hr Ski Lift Ticket 4. Ikenotaira Resort Gelandel 4hr Ski/Snowboard Set Rental

Ski Set: Ski + Poles + Boots

Snowboard Set: Snowboard + Boots



RIS CAMERA





Child Policy ■Aged 7-12: 70% of adult's rate

- (meals, mattress, bus seats & benefits included)
- ■Aged 3-6:50% of adult's rate (meals, mattress & bus seats & benefits included)
- ■Aged 0-2:Free of charge (No meals, mattress seats & benefits included)

Remarks

- Entrance of Sled Playground & Winter Tiny Zoo are NOT included.
- ■Room type is assigned by the hotel. +¥1080/person cna guarantee preference.
- Check-in time: 14:30 (Dinner cannot be provided after 20:30).
- Shuttle Bus departs on-time.

Cancellation Policy

Cancellation shall be made 4 days before the scheduled check-in date ■Full Charge: No Show|| 50%: 1-day notice|| 30%: 2 to 3-days notice

No compensation will be given if the late traveler miss the bus. 09:30 Shinjuku→12:30 Hotel|| 14:45 Hotel →18:00 Shinjuku





Ikenotaira Hotel & Resorts

T391-0392 Shirakabako, Chino-city, Nagano, Japan Tel: +81-0266-68-2100 Email: reservation-dept@ikenotaira-resort.co.jp Fax: +81-0267-55-6369

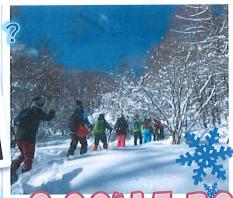


☆Popular Plan☆

Excellent effect for diet!







Yasugamine Snowshoeing 9:00 15:30

Fee: 2~4pax@9000 5~9pax@6000 Above 10pax@5000

include Snow shoes rental . Bath

JAN-Early MAR

Reservation in advance: 0266-68-2100 (Ikenotaira Reservation Center)

In winter, metabolism rises and it is good timing for diet!

In addition, snowshoeing consume 2-4 times of energy more than normal walking.



OCustom ☆Rental(extra charge)

☆Outer

Upper and lower part of snow wear or Gore-Tex material. Highly waterproof and durable.

Inner wear

With Heat retention function, Can be wear with rain wear.

Underwear

Fast-drying polyester material. Cotton materials are not easy to dry so it is not recommended, as sweat will retain and gets cold. Heat Tech also okay!.

Notice of clothing

Jerseys, trainers, jeans, etc. are not suitable as they are no durability / heat retention. If you get down jacket, the sweat retain after moving, the sweat will get your body cold. When you stop moving (resting/lunch), it is better to keep it in bag.

Hat / neck warmer etc.

Prevent your ear and neck to get cold. Cover the mouth with a neck warmer to prevent the inhale of cold air.

☆Sunglasses or goggles

It is dazzling when walking on the snow. Sunglasses for running is also okay,

☆Glove

Thick one for ski or snow board.

Snow boots or trekking shoes + spats

Even wearing snow shoes, feet buried in snow, snow boots are waterproof trekking shoes.

Wear spats is also okay! Trekking shoes is warm. Please wear with low socks.



@Things to bring

Warm drinks in thermos bottle

PET bottle have the possibility to get freeze.

Bread / sandwich etc. for lunch

Rice ball may also get freeze? Bread is recommended! We will prepare some warm drinks as well.

Things to warm up during rest

It is convenient if you carry a thin jacket etc. In addition, gloves or thin gloves are essential at lunch time.

Changing cloths

After bath

Snack

Chocolate and candy are recommended ♪ Bananas may get freeze?

Rucksack

It can keep your back warm, 20 to 30 liters recommended, Adjustment of clothes is essential as not to sweat to cool the body. And can put things in.

Sweat towel, bath towel

Bathing towels will not be provided.
 Please prepare by yourself.

Emergency medicine, sunblock

(Regular medicine, bandage, etc.)

~ Notice ~

Snow shoes walking consume more energy than normal walking. Please bring more snack.

Except insufficient number of participants or bad weather cancellation till be judged by organizer, In case of light rain, participant can judge by themselves. Cancellation on the day is also acceptable in some situations.



Time	Content	Place and details
8:30	Assemble(before 9:00)	lki lki room
9:00	Meeting	Iki Iki room→Keep luggage ※Prepare gymnastics and recreation etc.
9:30	Departure by bus	Ikenotaira Hotel~Yasugamine <u>**There will not be many washrooms.</u> Please go for it at hotel or park.
9:45	Start Snowshoeing	Snowshoeing for about 2 hours (with break on the way)
12:00	Lunch break	Lunch **Please prepare by yourselves. We will give you something warm, please bring bread.
13:30	Snowshoeing again	Snowshoeing for about 1 hour (with break on the way)
15:00	Back to Ikenotaira Hotel! Closing session	Iki Iki room Closing session(Cool down, share of comments etc)
15:30	Disassemble → Bath, etc.	Bath fee is included. But please prepare your towel. In open bath area, you can wear swimming suits. Swimming suit rental is also available.

~ Notice ~

·Please check the things to bring on the front page.

·Cup noodle is not acceptable! It will get cold in a moment. We will provide you something warm for you, please prepare bread.

· Snowshoeing consume 3 times more energy than normal walking. Please bring enough food.

Raining will still depart. But if easily changing weather (especially afternoon), course may be changed.

• Except insufficient number of participants or bad weather cancellation will be judged by organizer. In case of light rain, participant can judge by themselves. Cancellation on the day is also acceptable in some situations. (After 8:00you can contact the below number)

· In the case of complete cancellation by previous day judgment, we will contact you by 18:00 on the day before.

• The photos taken by the staff on that day may be used for blogs etc. (We are happy if you send us your photos to h-sakurai @ ikenotaira-resort.co.jp)

Emergency contact on event day (From 8:00): 0266-68-2100

※ if there are questions before event day, you can contact to reservation center at lkenodaira Hotel at 0266-68-2100.

(bath fee, snow shoes rental fee) is including in the fee ***Please bring your lunch**.

KENOTAIRA SNOW PARK - PRICING 2017.18

OPENING HOURS / OPENING PERIOD / 23 DEC 2017 ~ 25 MAR 2018 (Kids Park till 01 APR 2018) /~09:00-16:30 (may adjust due to weather & snow condition)



HOTEL GUEST: ADULT & CHILD: I-DAY TICKET 至400 ¥500

INFANT AGED 0-2:

Sled Area| Snow Playground



Tiny Winter Zoo



¥500 per ride **DOG SLEDGE**



Baby Cruiser ¥300/hour











Sled Rental













株式会社 池の平ホテル&リゾーツ Renotatia Hotel & Resorts Corporation

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Ski Lift Ticket

Child (0- 12)	Senior	Adult		
Hotel	Standard	Hotel	Standard	
¥300	¥300	¥300	半300	Tume
¥1200	¥2000	¥1900	¥2500	4-111
华1700	¥2500	¥2200	43000	I-uay



Gear Set Renta

Ski Set: Skis + Poles + Boots Snowboard Set: Snowboard + Boots

Gear Set Kental	iental	4-1	I-Uay	Z-uay	5-uay
	Standard	13000	#3500	0000米	0008米
Adult	Hotel Guest	¥2500	¥3000	¥5500	¥7500
	Standard	¥2000	¥2500	¥4000	16000
[0-12]	Hotel Guest	¥1500	¥2000	¥3500	¥5500

Ski Poles	Gloves, Goygles	Ski Suits (junior)	Ski Suits (adult)	Accessories Rental
1500	¥500	¥2000	¥2500	4-hr
¥800	1800	¥2500	¥3000	1-day
平1000	¥1000	华4000	15000	2-day
半1500	半1500	平6000	¥7000	3-day

IKENOTAIRA SKI SCHOOL



Professional Ski Instructors
Association Of Japan

-PRICING 2017-2018

0	¥29,000	4 H	GLOUP CESSOII
l esson for a group over 4 students.	¥21,000	2 H	
from beginner to expert. Accept booking for up to2 H.	3 Students ¥12,000		
A coach for each group at most 3 students. Students are recommended to divided into different groups according to different level	2 Students ¥9,400	1 H	Private Lesson
For aged 4 or above. Coach can use simple English.	1 Student ¥6,800		
Content	Price (Each Pax)	Time	Course

- ·Lessons need to be booked in advance.
- ·Lessons start time according to guest's reservation



- You have to be well prepared in front of the school house(Well costumed and equipped), 5 mins before lesson starts.
- If you would like to use the lift ticket, please prepare it in advanced.
- There are limited English teachers and is according to reservation bases.
- Ski / Snow board set rental is inside the hotel.
 School do not provide.
- After lesson starts, if guest wants to end during the lesson, money cannot be refunded.
- Insurance fee is included



