



# SUNDAY PLANNING

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## Mushroom Hunting and Hiking Course



- Program Runs Dairy, September 18 through Norvember 7,2010
- Meets at the Lodge Grampia by the Lake Nojiri at 9:00AM.
- This course is designed for age from10 through adults.

(Children under 10 years old can participate with a guardian)

Welcome to the mushroom paradise!! There are various kinds of mushrooms in the mountains around the Lake Nojiri. It is said that the number of mushroom's variety reaches as many as 6000!! The mountains around the Lake Nojiri are distinguished place around the world! We will hike and search for about 130 edible mushrooms in the mountains. Join us for our refreshing tour to touch the nature!

### Price

You can enjoy our Mushroom Hunting and Hiking Course with cozy lodging for a bargain price.

	Adult	Child
Mushroom Hunting and Hiking Course	6,000 yen	6,000 yen
Lodging Set Course (1day guide with 1night stay)	13,000 yen	12,000yen
Lodging Set Course (2days guide with 1night stay)	18,000 yen	17,000 yen

※You can enjoy snug twin room with additional charge of 1000yen.

※A four-bed rooms are available from three.

### Rental

	Rubber boots (for Adult)	Rainwear (for Adult)
One-Day	200 yen	1,000 yen

### The charge include...

- Mushroom Hunting and Hiking Course includes a guide of edible mushroom, rental basket and gloves, map, transportation to and from the mountain and travel accident insurance.
- Lodging Set Course includes relaxing overnight stay in our lodge with a Special Mushroom Dinner and breakfast.

※If you would like to enjoy our Special Mushroom Dinner without Lodging Set Course, you can enjoy it with

additional charge of 2,200 yen per person. Fresh mushrooms that you picked will be cooked in Japanese style such as KINOKOGOCHAN (mushroom and rice), KINOKONABE (mushroom hotpot), NIMONO (boiled mushroom with seasonings) and so on! You can't taste these anywhere else!

## What to bring!

- Hiking wear (long-sleeve shirt, trousers)
- Rainwear (better separated top and bottom)
- Rubber boots (You can use our rental rubber boots for 200 yen)
- Hat with a visor
- Hand towel
- Lunch and drink (We will stop by a convenience store before going to the mountain)
- Backpack

## Itinerary



### AM 9:00:

Check-in at the reception in Sunday Planning Lodge Grampia, Lake Nojiri. Get ready.

### AM 9:30:

Head to the mountain. (We will stop by a convenience store before going to the mountain so you can buy your lunch and drinks)



Wearing long-sleeve shirt and trousers with rubber boots and gloves. This is the “formal wear” for mushroom hunting, because mushrooms are often found in the bush and wet land such as near streams or ponds and we often need to cross them.





We go into the nature for mushroom hunting. Not only along the trekking trail but also into the bushes. Your guide leads you to the world of mushrooms and gives you the knowledge of classification of mushrooms. Listen carefully!



Searching for mushrooms makes us very hungry. We will have lunch in the deep forest. The golden leaves and song of stream produce a relaxing time for us.



It is a heavy growth of NARATAKE mushrooms! We can eat them all!!





We found a clump of SENBONICHIMEGASA mushrooms!! Rarely do we find them! We can eat all of them!



The mushroom as big as her face on the left is ASHIGUROTAKI mushroom. It is really huge! Unfortunately, it is not eatable. The cute mushrooms on the left are called HANAIGUCHI mushroom. We can eat these!



PM4:00 Return to the Lodge Grampia and the course ends.

When we reach the Lodge Grampia, we do final judgment and classification of the mushrooms. And 10~15 various kinds of fresh and edible mushrooms you have picked are now being cooked in Japanese cuisine such as KINOKONABE, NIMONO and so on!



Generally, it is said that more than 5 various kinds of mushrooms deepen the flavor of KINOKONABE. Now, can you imagine what will happen to KINOKONABE with 10~15 various kinds of mushrooms!?! You will never know! Just taste it!! Anyway, toast to our labor and harvest!