



3 MOUNTAINS, 8 RESORTS, 1 EXCEPTIONAL EXPERIENCE

AKAKURA KANKO | AKAKURA ONSEN | IKENOTAIRA | SUGINOHARA | TANGRAM | MADARAO | SEKI ONSEN | KUROHIME





Located less than 3 hours bullet train ride from Tokyo, on Japan's main island Honshu, Myoko Kogen is a culmination of ski resorts situated around the base of the impressive 2,454m high Mt Myoko.



Welcome to Myoko

“ We wish you a very warm welcome.

Whether you are visiting with family, with friends or solo, we hope you will enjoy the light powder, sunny days, wide variety of terrain, delicious food and village rich in culture, which combine to make Myoko such a wonderful destination.

Since moving to Myoko and starting Myoko Snowsports 7 years ago, we have come to love the area very much. We are fortunate to work with an amazing team of like-minded snow enthusiasts. Our wish is that you will enjoy your holiday in Myoko as much as we enjoy living here, and that you will embrace the local Japanese community and culture while having fun on the slopes and village.

If there is anything we or our team can do to make your stay more enjoyable please don't hesitate to let us know.

”

– Nozomi & Tom Langtry,
Myoko Snowsports' Directors





At your service

Enjoy the Myoko Snowsports experience throughout your entire holiday.

Our team of professionals are on hand to assist you from the time you start planning your Myoko holiday back home, to picking you up from your accommodation upon your arrival for your equipment fitting. We will assist not only with your equipment, skiing and snowboarding, but also with information and recommendations for the various ski areas, restaurants, shops, transport and village services. Think of us as your personal concierge team ready to help in any way.



Snowsports School

Calling Myoko home for the winter are some of the best international instructors in Japan. Your instructor / guide will show you the wealth of terrain Myoko has to offer, while helping you achieve your skiing & snowboarding goals.



Rental & Retail

Choosing from the latest international and Japanese brands, our experienced rental staff will identify the best equipment for you from our extensive range of skis and snowboards. Retail gloves, goggles, beanies and neck warmers are also available.



Photography

Catching the action on camera will make your snow holiday complete. Your professional photographer will leave you with over-the-head powder shots to show your friends, and fun family photos to keep on your desk.



Panorama Café & Dining

With a beautiful view across the Myoko valley Panorama serves fresh coffee, lunch, dinner, après drinks and patisserie treats. There is no better place to start and finish your day. Delicious Japanese cuisine combines with international flavours and French & Italian wines.



Equipment Rental & Retail

Want to make learning basic turns easier, hold an edge carving or get some fat skis for your powder adventures? Our experienced rental team will identify the best equipment for you from our extensive range of skis and snowboards.



FEATURES

- Complimentary pick-up from your accommodation for equipment fitting (pre-arranged).
- One complimentary swap of equipment during your stay.
- Complimentary overnight Ski Valet service for skis & poles or snowboards.
- 2 shop locations. One centrally located in the village and one ski in-out at the lifts.
- Expert advice on the most suitable skis and snowboards and best fitting boots.
- All equipment professionally waxed and tuned.
- Retail goggles, gloves, mittens, beanies, neck warmers, thermal wear and T-Shirts available.
- Equipment pick-up available on the afternoon of your arrival at no additional charge.

PRICES

ADULTS (15+ yrs)

DAYS	REGULAR SKIS / SB & BOOTS	PERFORMANCE SKIS / SB & BOOTS	HELMET	JACKET & PANTS	GUM BOOTS
1	¥3,900	¥4,900	¥700	¥2,500	¥300
2	¥7,800	¥9,800	¥1,400	¥3,500	¥600
3	¥11,700	¥14,700	¥2,100	¥4,500	¥900
4	¥13,600	¥17,600	¥2,600	¥5,500	¥1,200
5	¥15,500	¥20,500	¥3,100	¥6,500	¥1,500
6	¥17,400	¥23,400	¥3,600	¥7,500	¥1,800
7	¥19,300	¥26,300	¥4,100	¥8,500	¥2,100
8	¥21,200	¥29,200	¥4,600	¥9,500	¥2,400
9	¥23,100	¥32,100	¥5,100	¥10,500	¥2,700
10	¥25,000	¥35,000	¥5,600	¥11,500	¥3,000

CHILDREN (to 14 yrs)

DAYS	SKIS / SB & BOOTS	HELMET	JACKET & PANTS	GUM BOOTS
1	¥2,900	¥700	¥2,000	¥300
2	¥5,800	¥1,400	¥3,000	¥600
3	¥8,700	¥2,100	¥4,000	¥900
4	¥10,300	¥2,400	¥5,000	¥1,200
5	¥11,900	¥2,700	¥6,000	¥1,500
6	¥13,500	¥3,000	¥7,000	¥1,800
7	¥15,100	¥3,300	¥8,000	¥2,100
8	¥15,100 (free)	¥3,600	¥9,000	¥2,400
9	¥15,100 (free)	¥3,900	¥10,000	¥2,700
10	¥15,100 (free)	¥4,200	¥11,000	¥3,000



FEATURES

- All programs run in English by professionally qualified instructors with international experience.
- Programs are run across the combined Akakura Kanko/Onsen resort areas.
- Multi Resort programs run across 8 local resort areas.
- Maximum number of participants per instructor for all programs to ensure personal attention.
- Groups are arranged according to general skiing / snowboarding ability level.
- First-time to expert-level lessons available.

LEVEL DESCRIPTIONS

LEVEL	ABILITY	SKI	SNOWBOARD
1	First Time	Learning basics & snowplough turns.	Learning basic balance and falling leaf.
2	Beginner	Learning Christie turns (plough to parallel).	Learning single turns on green runs.
3	Intermediate	Learning full parallel turns.	Learning linked turns on green & red runs.
4	Advanced	Developing parallel on black runs.	Developing linked turns on red & black runs.
5	Expert	Expert skiing on all black terrain.	Experienced riding on black terrain.

International Snowsports School

Experience the best of Myoko skiing and snowboarding with a resident professional. Your instructor will build your confidence and progress your skills while guiding you around the wealth of terrain Myoko has to explore. Choose from group and private program options to complete your holiday experience.

CHILDREN'S GROUP PROGRAMS



Mini Mountaineers

3-6 year old group ski program. AM and full-day options available including lunch.



Alpine Explorers

7-14 year old group ski program. Full-day including lunch at on-mountain restaurants.



Alpine Shredders

7-14 year old group snowboard program. Full-day including lunch.



Resort Orientation

13 & 14 yr children may join adults to discover Akakura with an expert guide.

ADULTS' GROUP PROGRAMS



Super 4 Ski

Group ski program for adults aged 15 and over. 2.5 hour morning sessions. Max 4 participants per group for plenty of personal attention.



Super 4 Snowboard

Group snowboard program for adults aged 15 and over. 2.5 hour afternoon sessions. 2.5 hour morning session also for Level 1.



Specialty Clinics

Topic-specific ski and snowboard programs for advanced adults. 2.5 hour afternoon sessions including an après drink with your coach.



Resort Orientation

Discover Akakura with your expert guide. For intermediate and advanced skiers and snowboarders. 2.5 hour afternoon session.

PRIVATE LESSONS & PROGRAMS



AM & PM Private Lessons

Private ski and snowboard lessons in the mornings or afternoons. First time to expert level programs tailored to your specific goals. Discounted afternoon sessions available.



Full Day Private Lessons

Your private coach for the full day for the ultimate snow experience. Boost your confidence and skills while exploring new terrain with complete personal attention.



Multi Resort Programs

Explore a different local Myoko resort area each day with your expert guide / instructor. Including pick-up & drop-off by private vehicle direct from your accommodation.



Snow Bikes

Fun alternate activity to do with your partner or friends. Instruction in stopping, turning and tricks, and a safety briefing from your instructor. 1.25 hour afternoon sessions.



3 - 6 yrs

GROUP SKI PROGRAM

Learning is made easy with a dedicated children's ski area, an indoor children's centre and easy lift access to excellent terrain. Enchanted forests to explore, adventures to pursue and games to play create a fun learning environment, leaving your child with a real love of skiing.



MINI MOUNTAINEERS

PROGRAM TIMES

MEET	START SKIING	LUNCH	MORNING FINISH	FULL-DAY FINISH
9:30am	10:00am	12:30pm	1:30pm	4:00pm

FEATURES

- Specialist children's instructors.
- Child-friendly lunches. Dietary requirements catered for.
- Lift passes complimentary for the Akakura Kanko/Onsen resort areas.
- '5th DAY FREE' offer available.
- Max 5 children per instructor.
- Easy access to hooded beginner quad chairlift.
- Want a rest day? A '5-of-6 Day' program booking is available.

PRICES

DAYS	MORNING LESSON	FULL-DAY LESSON	MORNING & RENTAL	FULL-DAY & RENTAL
1	¥9,900	¥11,900	¥12,800	¥14,800
2	¥19,800	¥23,800	¥25,600	¥29,600
3	¥29,700	¥35,700	¥38,400	¥44,400
4	¥39,600	¥47,600	¥49,900	¥57,900
5	¥39,600 (free)	¥47,600 (free)	¥49,900 (free)	¥57,900 (free)
6	¥49,500	¥59,500	¥63,000	¥73,000
7	¥59,400	¥71,400	¥74,500	¥86,500
8	¥69,300	¥83,300	¥84,400	¥98,400
9	¥79,200	¥95,200	¥94,300	¥110,300
10	¥79,200 (free)	¥95,200 (free)	¥94,300 (free)	¥110,300 (free)



7 - 14 yrs
GROUP SKI PROGRAM

Alpine Explorers offers your child a professional and memorable skiing experience. Our specialised children's instructors will ensure your child improves by tailoring activities to meet their needs. Friendships are made as the group explores the mountain in a fun and safe environment.



ALPINE EXPLORERS

PROGRAM TIMES

MEET	START SKIING	LUNCH	SKIING	FINISH
9:45am	10:00am	~ 12:30pm	~ 1:30pm	4:00pm

FEATURES

- Specialist children's instructors.
- Lunch at on-mountain restaurants. Dietary requirements catered for.
- '5th Day Free' offer available.
- Max 8 children per instructor.
- Want a rest day? A '5-of-6 Day' program booking is available.
- An Akakura Kanko/Onsen lift pass is required.

PRICES

DAYS	FULL-DAY LESSON	FULL-DAY & RENTAL	LIFT PASS 7-12 yrs*	LIFT PASS 13-14 yrs*
1	¥11,900	¥14,800	¥3,500	¥4,700
2	¥23,800	¥29,600	¥6,200	¥8,600
3	¥35,700	¥44,400	¥8,400	¥12,100
4	¥47,600	¥57,900	¥11,900	¥16,800
5	¥47,600 (free)	¥57,900 (free)	¥14,600	¥20,700
6	¥59,500	¥73,000	¥16,800	¥24,200
7	¥71,400	¥86,500	¥20,300	¥28,900
8	¥83,300	¥98,400	¥23,000	¥32,800
9	¥95,200	¥110,300	¥25,200	¥36,300
10	¥95,200 (free)	¥110,300 (free)	¥28,700	¥41,000

* 2015-2016 Myoko Snowsports lift pass prices listed.



Alpine Shredders specialises in improving the riding of younger snowboarders at all levels of ability. Whether their goal is to develop the correct snowboarding techniques, learn to ride new terrain or to simply have fun whilst safely exploring the mountain, Shredders lessons can help them achieve it



ALPINE SHREDDERS

PROGRAM TIMES

MEET	START RIDING	LUNCH	SKIING	FINISH
9:45am	10:00am	~ 12:30pm	~ 1:30pm	4:00pm

FEATURES

- Specialist children's instructors.
- Max 4 children per instructor for optimal technique progression and safety.
- An Akakura Kanko/Onsen lift pass is required.
- '5th Day Free' offer available.
- Want a rest day? '5 of 6 Day' program booking available.
- Lunch at on-mountain restaurants. Dietary requirements catered for.

PRICES

DAYS	FULL-DAY LESSON	FULL-DAY & RENTAL	LIFT PASS 7-12 yrs*	LIFT PASS 13-14 yrs*
3^	¥57,000	¥65,700	¥8,400	¥12,100
4	¥76,000	¥86,300	¥11,900	¥16,800
5	¥76,000 (free)	¥86,300 (free)	¥14,600	¥20,700
6	¥95,000	¥108,500	¥16,800	¥24,200
7	¥114,000	¥129,100	¥20,300	¥28,900
8	¥133,000	¥148,100	¥23,000	¥32,800
9	¥152,000	¥167,100	¥25,200	¥36,300
10	¥152,000 (free)	¥167,100 (free)	¥28,700	¥41,000

* 2015-2016 Myoko Snowsports lift pass prices listed.
^ A 3-day minimum program is strongly recommended for Alpine Shredders for gaining confidence and progressing technique.



Beginner Skiers

If it's your first time skiing or you've done just a little, your Super 4 Ski program will have you cruising down the easy runs in no time. Some of the world's best ski learning terrain is located directly behind the Super 4 program meeting area so there is no better place to start. Develop the basic balancing and turning skills to safely ski down the gentle beginner runs and build your confidence.

Intermediate Skiers

Hitting the 'intermediate ceiling'? Want to have fun trying some powder and challenging slopes? You can discover the thrill of parallel technique – the gateway to advanced skiing. Once you can ski parallel on groomed slopes try powder skiing on gentle off-piste terrain. Continue building your technique and confidence while starting to explore advanced skiing areas.

Advanced Skiers

For experienced skiers looking to develop their skills on Myoko's more challenging terrain. Be guided through the powder in the best tree-skiing areas, challenge yourself on the steeps and rip some carved turns on the groomers with expert coaching. All Super 4 programs feature a maximum of 4 participants per group, meaning each day's program will include plenty of personal attention to reach your individual goals.





Adults 15+ yrs
GROUP SKI PROGRAM

SUPER 4 SKI

PROGRAM TIMES

MEET	START SKIING	FINISH
9:45am	10:00am	12:30pm

FEATURES

- Max 4 skiers per group for optimal learning and group dynamics.
- Plenty of personal attention to develop your skills.
- Enjoy meeting like-minded skiers of similar ability
- '4th Day Free' offer available.
- Build your confidence over multiple days.
- First time lessons to advanced coaching.
- An Akakura Kanko/Onsen lift pass is required.

PRICES

DAYS	LESSON PROGRAM	PROGRAM & REGULAR RENTAL L1-3	PROGRAM & PERFORMANCE RENTAL L4-5	LIFT PASS 15+ yrs*
1	¥11,600	¥15,500	¥16,500	¥4,700
2	¥23,200	¥31,000	¥33,000	¥8,600
3	¥34,800	¥46,500	¥49,500	¥12,100
4	¥34,800 (free)	¥46,500 (free)	¥49,500 (free)	¥16,800
5	¥46,400	¥61,900	¥66,900	¥20,700
6	¥58,000	¥75,400	¥81,400	¥24,200
7	¥69,600	¥88,900	¥95,900	¥28,900
8	¥69,600 (free)	¥88,900 (free)	¥95,900 (free)	¥32,800

* 2015-2016 Myoko Snowsports lift pass prices listed.



Beginner Riders

If it's your first time snowboarding or you want to build confidence while learning to link your turns this program is for you. Your instructor will give you hands-on assistance while you learn balance and the movements to make snowboarding easy, and get past the initial fear of falling. The soft Myoko snow and easy progression make learning your turns a fun experience.

Intermediate Riders

Are you linking basic turns and ready to start exploring more of the mountain? Continue building your balance and turning skills while getting mileage on fun new terrain. Progress and try some easy powder and discover the feeling of surfing through fresh snow. Start to explore more advanced techniques to make your riding experience easier and stylish.

Experienced Riders

Ever wondered what snowboard coaches do for fun on their days off – Powder? Free-riding? Trees? Terrain Park? This is the theme for your Super 4 Snowboard program. Your resident snowboard expert will show you the mountain through their eyes, while coaching you to succeed riding Myoko's best terrain. Each day is tailored to the ability and goals of you and the small group.



**SUPER
FOUR**
SNOWBOARDING



Adults 15+ yrs

GROUP SNOWBOARD PROGRAM

SUPER 4 SNOWBOARD

PROGRAM TIMES

ABILITY LEVEL	MEET	START RIDING	FINISH
All Levels	1:15pm	1:30pm	4:00pm
First Timers	9:45am	10:00am	12:30pm

FEATURES

- Max 4 riders per group for optimal learning and group dynamics.
- Plenty of personal attention to develop your skills.
- Enjoy meeting like-minded riders of similar ability
- '4th Day Free' offer available.
- Build your confidence over multiple days.
- First time lessons to advanced and expert coaching.
- An Akakura Kanko/Onsen lift pass is required.

PRICES

DAYS	LESSON PROGRAM	PROGRAM & REGULAR RENTAL L1-3	PROGRAM & PERFORMANCE RENTAL L4-5	LIFT PASS 15+ yrs*
1	¥11,600	¥15,500	¥16,500	¥4,700
2	¥23,200	¥31,000	¥33,000	¥8,600
3	¥34,800	¥46,500	¥49,500	¥12,100
4	¥34,800 (free)	¥46,500 (free)	¥49,500 (free)	¥16,800
5	¥46,400	¥61,900	¥66,900	¥20,700
6	¥58,000	¥75,400	¥81,400	¥24,200
7	¥69,600	¥88,900	¥95,900	¥28,900
8	¥69,600 (free)	¥88,900 (free)	¥95,900 (free)	¥32,800

* 2015-2016 Myoko Snowsports lift pass prices listed.



Speciality clinics are for advanced skiers and snowboarders looking to build confidence and skills while being challenged over a variety of terrain. Each afternoon's session has a special focus and your top level coach will help you excel in acquiring new skills. Relax and review your progress over a complimentary après drink with your coach & group at the end of the session





Adults 15+ yrs

GROUP SKI & SNOWBOARD CLINICS

SPECIALTY CLINICS

PROGRAM TIMES

ABILITY LEVEL	MEET	START	FINISH	APRÈS DRINK
Levels 4 to 5	1:15pm	1:30pm	3:30pm	3:35pm

FEATURES

- For advanced to expert skiers and snowboarders (levels 4-5).
- Build your confidence in advanced technique and conditions.
- Enjoy a complimentary après drink to finish with your coach and fellow group members in Panorama Café.
- Develop the skills to conquer Akakura's challenging terrain.
- Try a different clinic each day for the ultimate improvement.
- Max 7 participants per group.
- An Akakura Kanko/Onsen lift pass is required.

CLINIC TOPICS

DAY	SKI CLINIC	SNOWBOARD CLINIC
Monday	Carving	Off-Piste / Powder
Tuesday	Short Turns	Carving
Wednesday	Bumps	Off-Piste / Powder
Thursday	Gentlemen & Ladies Clinics	Gentlemen & Ladies Clinics
Friday	Off-Piste / Powder	Switch
Saturday	Snow Bikes	Freestyle
Sunday	Freestyle	Snow Bikes

PRICES

PROGRAM	PER PERSON
1 Session	¥7,000



Adults & Children

PRIVATE SKI & SNOWBOARD LESSONS

The ultimate holiday experience tailored to your specific needs and goals. Go one-on-one or in a small group of family or friends. Boost your confidence on new terrain, find your rhythm in the powder, or hit the terrain park with one of our expert private instructors.



PRIVATE LESSONS

FEATURES

- Personally tailored program to your goals.
- Ski, snowboard, freestyle, powder & adaptive disciplines are available.
- Video analysis available.
- Morning, afternoon and full day session options.
- Super Saver afternoon private lessons are discounted.
- Book with family or friends of similar ability for a max group of 4 at no additional cost.
- Book 3 days and receive 10% off.
- Book 5 days and receive the 5th day free.

ADAPTIVE & SPECIAL NEEDS

Adaptive and Special Needs programs are available for guests with a wide range of disabilities. Learn to love Myoko's famous soft powdery snow while being encouraged by friendly and knowledgeable staff. Tuition is tailored to each individual's adaptive and special needs. Programs are available in the following disciplines:

- Single leg amputee
- Paraplegic
- Autism
- ADHD
- Down Syndrome
- Hearing & Visual Impairment

PRICES

PRIVATE LESSON	TIME	DURATION	1 DAY	3 DAYS (10% off)	5 DAYS (5th free)
Afternoon	1:30pm - 4pm	2.5 hrs	¥19,000	¥51,300	¥76,000
Morning 3	10:00am - 1:00pm	3 hrs	¥32,000	¥86,400	¥128,000
Morning 4	8:30am - 12:30pm	4 hrs	¥34,000	¥91,800	¥136,000
Full Day	10:00am - 4:00pm	6 hrs	¥49,000	¥132,300	¥196,000
Early Starter*	8:30am - 9:45am	1.25 hrs	¥9,900	¥26,730	¥39,600

* The Early Starter private lesson is for children who will then be participating in a group children's program for the day. Parents may drop their child off for the Early Starter private at 8:25am and then collect their child at the end of their group lesson program.



Adults & Children

PRIVATE SKI & SNOWBOARD PROGRAM

Enjoy one of the resort areas around Myoko each day - Akakura Kanko/Onsen, Ikenotaira, Suginojara, Madarao/Tangram, Seki Onsen or Kurohime. Your private instructor will guide you around the best areas in each resort, whilst continuing to improve your skills.



MULTI-RESORTS

PROGRAM TIMES

PICK-UP	DURATION	LUNCH
8:15am to 10:00am	6 hrs at resort	~ 45 mins

FEATURES

- Private transport direct to/from your Myoko accommodation.
- Flexible destination each day for the best snow conditions.
- Experience the unique on-piste and off-piste terrain at each resort.
- Designed for intermediate to expert level skiers and snowboarders.
- Lift passes are required for each resort and are purchased separately.
- Book with family or friends for a max group of 6 at no extra cost.
- All resorts are within a 30 minute drive from Akakura.
- Choose your preferred amount of guiding vs instruction.
- 1-day program includes a private photography shoot of you and your group in action on the slopes.

PRICES

DAYS	PER-PERSON PER-DAY*	TOTAL PRICE
1	¥9,850	¥59,000
3	¥8,350	¥150,000 (15% off)
5	¥7,700	¥230,000 (5th day free)

* Per-Person Per-Day prices based on a group of 6.

Adults & Teenagers 13+ yrs

GROUP SKI & SNOWBOARD PROGRAM

RESORT ORIENTATION

PROGRAM TIMES

MEET	START	DURATION	FINISH
1:15pm	1:30pm	2.5 hrs	4:00pm

FEATURES

- Skiers minimum Level 3+.
 - Snowboarders minimum Level 4.
 - Separate routes and programs for intermediate and advanced groups for best experience.
 - Discover the best terrain to suit your ability and where to progress.
 - Max 7 participants per group.
- Insider knowledge from your resident guide.
 - Mixed skier and snowboarder groups. Groups are according to general riding ability.
 - Families are welcome with children from 13 yrs.

PRICES

PROGRAM	PER PERSON
1 session	¥7,000

For your first day on the slopes we invite intermediate to advanced skiers and snowboarders to join our Resort Orientation. Your guide will show you around the Akakura Kanko & Onsen ski areas and give you info on where to ride, great spots for lunch, easiest return access to your hotel and local tips.



Adults & Children 12+ yrs

PRIVATE PROGRAM

Learn how to ride a K2 snow bike and explore the fun and exciting trails around Akakura under the guidance of a Myoko Snowsports snow bike instructor. This fun snow sports activity gets you sliding down the slopes in no time! Snow Bike sessions are available to guests from 12 years old*.



SNOW BIKES

PROGRAM TIMES

START	DURATION
1:30pm & 2:45pm	1.25 hrs

FEATURES

- Your own K2 Snow Bike.
- Safety briefing for lift riding, slowing and stopping.
- Instruction on turning techniques and fun tricks.
- Once confident with turns, discover fun Snow Bike trails through the forest.
- Complimentary helmet use.
- No prior experience or ski/snowboard proficiency required.
- An Akakura Kanko/Onsen lift pass is required.
- Great fun to do with friends or family in a small group of up to 4 participants per session.

PRICES

PROGRAM	PER PERSON
1 session	¥3,900

* Min 2, max 4 participants per session.

PHOTOGRAPHY

Catching all the action on camera will make your snow holiday complete. Our professional photographers will leave you with over-the-head powder shots to show all your friends and fun family photos to keep on the wall or desk at work.

FEATURES

- 1 hour private photography shoots with optional extension time.
- Your photographer will talk with you about what sort of shots you would like, and then coordinate everything during the session.
- For groups of as many family or friends as you would like.
- Additional A4 prints are available for 1,500 JPY.
- Your photo shoot includes online access to hi-resolution copies of all your shots, plus one printed photo to take home.

PRICES

DURATION	TOTAL PRICE
1 hour	¥9,900
30 min extension	¥4,000

Beautiful Myoko prints and canvases are available for purchase in a range of sizes from professional photographer Matt Hull. Prints can be delivered internationally. Please visit www.themattimage.com to view images and for additional information and advice.



Children 6+ months GROUP CHILD CARE

For those looking to enjoy a snow holiday with the entire family, a caring and experienced child care service is available. Our resident professional Mrs. Shigeko Inoue has over 25 years of experience in child care and can offer your child a day full of fun in a safe and warm environment.



CHILD CARE

PROGRAM TIMES

DROP OFF	PICK UP
From 8:30am	Till 4:15pm

FEATURES

- Child care available to children from 6 months old.
- Dedicated child care centre located in Myoko Snowsports' Village Shop.
- Professional experienced staff that children love.
- Complimentary lunch included for bookings of 4 hours or longer.
- Advanced reservations are requested to ensure availability and to check requirements.
- Books, toys, games and napping facilities are available.

PRICES

HOURS	PROGRAM
1	¥2,000
4+	Lunch Included



Panorama

Panorama Café & Dining

Named for the beautiful view to Mt. Panorama across the Myoko valley, Panorama serves a fusion of Japanese and International cuisine, showcasing the intersection of classic Japanese food and contemporary international flavours.

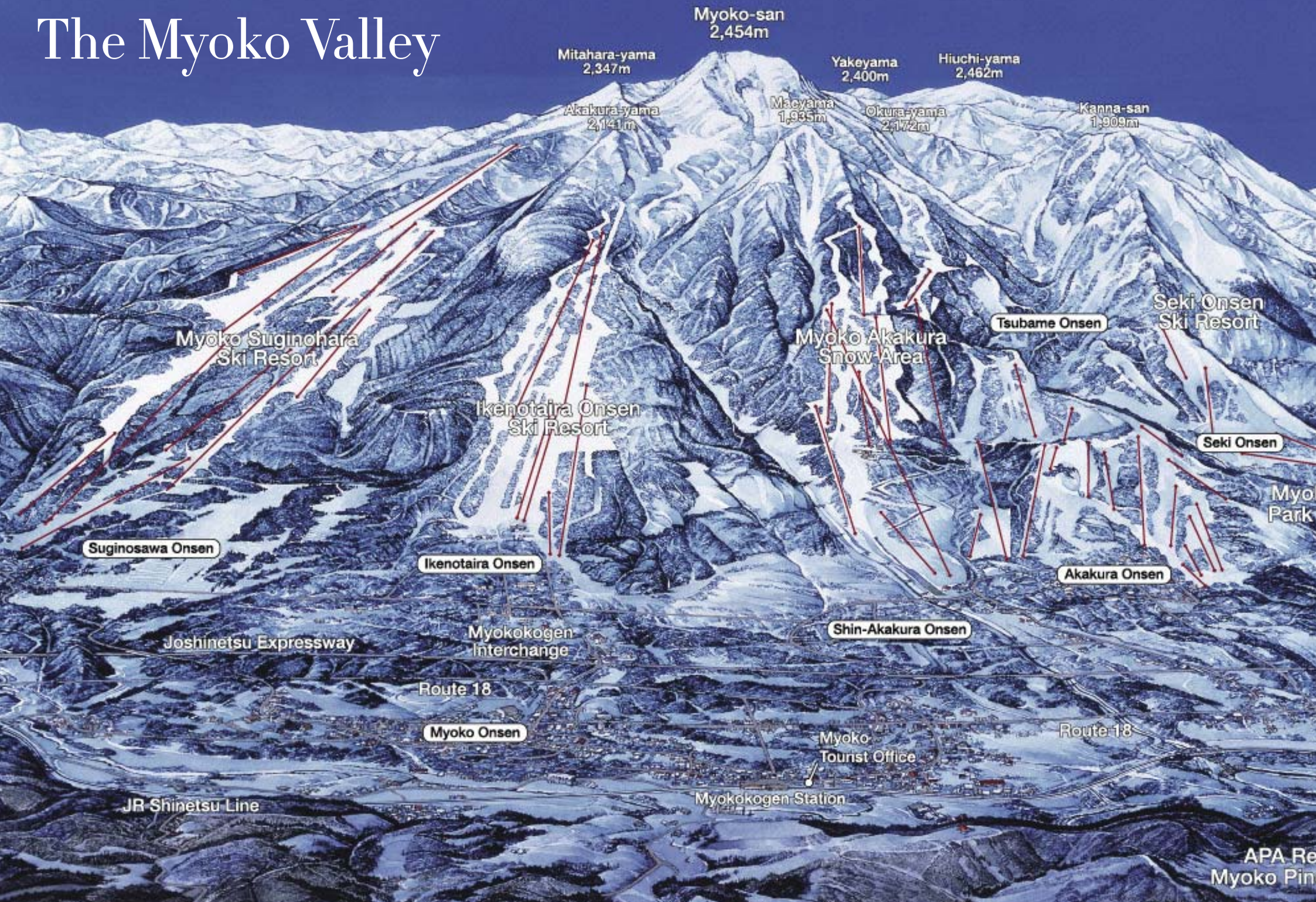
Located at Myoko Snowsports Village Shop in Akakura, coffee and morning bites are available from 8am, lunch & après drinks through the day, and dinner service to 9:30pm. Dinner reservations are recommended to ensure availability.

Menus are guided by the freshest local ingredients and seasonal harvests. The restaurant serves gourmet sandwiches during the day and local Temaki-zushi sets & a selection of meats in the evening. Choose from a collection of Italian and French wines or sip an Espresso Martini.

Throughout the day enjoy our signature Panorama blend fresh coffee, prepared by an experienced barista, and relax in front of the corner fireplace. Cakes, muffins, cookies and other goodies are prepared in-house by our resident pâtissier.



The Myoko Valley



Resort Areas

Suginohara	Ikenotaira	Akakura Kanko	Akakura Onsen	Seki Onsen	Tangram	Madarao	Kurohime
Suginohara is famous for fantastic powder, a long vertical drop and one of the longest runs in the country. The area attracts skiers and snowboarders of all levels from around the world thanks to 11 meters of annual snowfall with an average base of four meters. A great day trip option from the Akakura Village.	Ikenotaira is recommended for experienced-beginner to upper-intermediate skiers & snowboarders. There are a large number of wide groomed runs and 6 lifts in total, three high speed quads, two of which have hoods to keep the weather out. Ikenotaira has a fantastic selection of terrain parks for all abilities.	Akakura Kanko with more than 13 meters of snow annually, you're guaranteed great skiing at this diverse ski area. Enjoy a four kilometre run from the 1,500 meter-plus top of the hill, or whatever else fits your skills and interests: powder skiing, bumps, terrain parks, or just fun family cruising.	Akakura Onsen has a large number of beginner and intermediate runs for guests to choose from. Lift lines are completely non-existent on weekdays and the resort has an intermediate terrain park. Akakura Onsen also has a fantastic night ski run that is accessible most nights of the week throughout the winter.	Seki Onsen is a free-ride paradise with a 'ski anywhere at your own risk' policy and the area's largest cumulative snowfall. There is only one groomed run, so this resort caters toward expert un-groomed powder slopes and tree skiing. Two chairlifts service the resort - a pair lift at the base and a single-chair to the top.	Tangram Ski Circus features an enticing mix of groomed and un-groomed runs and can be excellent first thing in the morning. Stick to the runs here to enjoy the snow because tree skiing is strictly forbidden. Tangram offers great views of the surrounding area and provides easy access to Madarao for those with a Mountain Pass.	Madarao features an excellent mix of groomed, powder and tree-skiing areas. It has the largest variety and number of advanced tree areas in Myoko, and comes highly recommended for those guests looking for Japan's famous powder. With such great terrain it has become popular in recent years so get there early for the freshest snow..	In Kurohime you can experience a true locals ski resort. The incredibly quiet resort boasts a variety of short but varied runs that can be fun for everyone. There are a lot of wide trails with good visibility so you can have peace of mind whilst skiing, and the resort layout is well suited to families.
Mountain Stats	Mountain Stats	Mountain Stats	Mountain Stats	Mountain Stats	Mountain Stats	Mountain Stats	Mountain Stats
Annual Snowfall 11m	Annual Snowfall 12m	Annual Snowfall 13m	Annual Snowfall 13m	Annual Snowfall 15m	Annual Snowfall 11m	Annual Snowfall 12m	Annual Snowfall 12m
Vertical Drop 1124m	Vertical Drop 740m	Vertical Drop 780m	Vertical Drop 550m	Vertical Drop 310m	Vertical Drop 520m	Vertical Drop 440m	Vertical Drop 430m
Number of Runs 6	Number of Runs 10	Number of Runs 10	Number of Runs 17	Number of Runs 4	Number of Runs 15	Number of Runs 24	Number of Runs 11
Terrain Stats	Terrain Stats	Terrain Stats	Terrain Stats	Terrain Stats	Terrain Stats	Terrain Stats	Terrain Stats
Beg Terrain: 40%	Beg Terrain: 40%	Beg Terrain: 30%	Beg Terrain: 50%	Beg Terrain: 20%	Beg Terrain: 30%	Beg Terrain: 30%	Beg Terrain: 45%
Int Terrain: 40%	Int Terrain: 45%	Int Terrain: 40%	Int Terrain: 30%	Int Terrain: 50%	Int Terrain: 40%	Int Terrain: 40%	Int Terrain: 25%
Adv Terrain: 20%	Adv Terrain: 15%	Adv Terrain: 30%	Adv Terrain: 20%	Adv Terrain: 30%	Adv Terrain: 30%	Adv Terrain: 30%	Adv Terrain: 30%
Features	Features	Features	Features	Features	Features	Features	Features
  5 Terrain Park	  6 Terrain Park	  7 Terrain Park	  14 Terrain Park  Night Ski	 2	  5 Terrain Park  Night Ski	  14 Terrain Park  Night Ski	 7

The Myoko Difference

With so many amazing ski resorts both in Japan and internationally to choose from, why should you visit Myoko? Here is our top-8 list that make Myoko such a unique and fun destination for your holiday.



1. Excellent snowfalls - average of 13 meters per season. Myoko receives one of the highest annual snowfalls on Japan's main island - Honshu.
2. Plenty of sunny days mixed in with snowy days.
3. The resort and village have a rich history and you will have a Japanese cultural experience as well as fun skiing/snowboarding.
4. Agreeable temperatures. Myoko's average temperatures through December, January and February are a comfortable -2°C to -6°C.
5. Ease of access. The trains from Narita and Haneda to Myoko Kogen station link up well. Total travel time to Myoko is approx. 3.5 hours.
6. Amount of resorts in the area. There are 4 resorts in Myoko that can be easily accessed via a shuttle bus along the base of the mountain. Another 4 can be accessed via private shuttle. All of these are within 10-30 minutes of each other. Guests typically like to spend most days skiing in the interlinked Akakura Kanko/Onsen areas and then one or two day trips to other resorts.
7. Other local attractions include the Snow Monkey Onsen, Joetsu City, the Zenkoji Temple in Nagano city and Karuizawa shopping between Nagano and Tokyo.
8. Families can enjoy the excellent variety of wide beginner, intermediate, or advanced terrain via an efficient lift system. Child care services (from 6 months old) and our children's ski school programs, along with great weather, combine to make Myoko the ideal choice for families.

MYOKO AKAKURA SNOW AREA

Akakura Trail Map

AKAKURA STATISTICS

No. of Lifts	21
Average Annual Snowfall	13m
Village Elevation	740m
Top Lift Elevation	1,500m
Vertical Drop	760m
Longest Run	4.5km
Lifts Open	8:30am
Lifts Close	4:30pm
Night Skiing	Yes
Beginner	48%
Intermediate	37%
Advanced	15%
Season	Dec - Apr



- Advanced
- Intermediate
- Beginner
- Terrain Park
- Ungroomed
- Hotel
- Lift Ticket Sales
- Ski Patrol
- Information Center
- Snowsports School Meeting Area
- Rentals
- Child Care
- Lockers
- ATM/Post Office
- Cafe
- Rest Area
- Souvenir Shop
- Bus Stop
- Police Station

Skiing under chairlifts and in closed areas is strictly prohibited, please respect and follow this rule. Ski Patrol may pull lift passes.



CHAMPIONSHOP

VILLAGESHOP

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