

## OUTDOOR ACTIVITIES

### NOC Niseko Outdoor Center

<http://www.noc-hokkaido.jp/>

TEL:0136-44-1133



### Team Building Menu

#### Canoeing Adventure

<b>Activity</b>	Team building in a Canadian Canoe.
<b>Aim</b>	Make team members act as one and improve mutual dependability.
<b>Capacity</b>	4-20 people
<b>Season/</b>	July-August
<b>time</b>	Duration: about 4 hours
<b>required</b>	※ If you wish for lunch to be included, please inquire.
<b>Price</b>	10,500 yen

#### Details

##### ① Team Downriver Canoeing

**Activity** One person only operates one paddle on one side of the boat. In order to keep the balance and steer the canoe into the right direction, straight ahead, left, and right, the six team members need to act as one. The goal is to exactly follow the route mapped out by the instructor.

The team leader needs to consider the balance and direction of the boat and coordinate the team's movements, while offering words of motivation. It is possible for participants to take turns as team leaders throughout the activity.

**Aim** Because the team members need to act as one unit in order to steer the canoe, their cohesion as a team as well as mutual dependability is improved. Leadership skills are improved as the team leader has to unite the team towards a common goal. This activity also heightens environmental awareness.



## ② Throw Bag Rescue Workshop

- Activity** The Throw Bag Rescue technique is the most fundamental rescue technique in downriver sports  
A bag that is attached to a rope can be thrown to people who have fallen into the water to hold on to and be pulled out.  
Learning this technique is vital to anyone active in rafting, canoeing and other river sports.
- Aim** This exercise gives the rescuer a sense of mission and responsibility, while the person to be rescued learns to trust colleagues, thus attaining a new sense of security.

## ③ Canoe sports festival

- Activity** Canoeing is not only a form of transport or a recreational activity. Canoes can be used for all sorts of fun games and competitions on the water! Join us for a canoe sports festival!
- Aim** Not only individual strengths, but also team play is vital in order to succeed in the competitions. The goal is to foster a sense of trust and solidarity in the participants.  
The two challenges require participants to use both their heads (strategy) and bodies (keeping the boat on course) and can only be mastered with mutual understanding and trust.



## Niseko Mecca

<http://niseko-mecca.com/>

TEL : 090-7340-6330



## Team Building Options

- Route Finding (Team mountain trekking, without a guide intervening)
  - Rafting as team building (team control, ice breaking exercises and more)
- ※ Please inquire ahead for team building plan.



## Hokkaido Lion Adventure

<http://hokkaido.lion-adventure.com/>

TEL: 0136-43-2882



### Rafting

**Activity** Downriver rafting.

**Aim** Because the team members need to act as one unit in order to steer the canoe, their cohesion as a team as well as mutual dependability is improved. Leadership skills are improved as the team leader has to unite the team towards a common goal. This activity also heightens environmental awareness.

**Capacity** 2 people or more  
7 persons / 1 boat

**Season/  
time** April 14<sup>th</sup> – October 28<sup>th</sup>  
Duration: 3 hours approx.

### required

**Price** Adults ¥5,250  
Children (elementary school age) ¥3,700



## Niseko Village

<http://www.niseko-village.com/ja/>

TEL: 0136-44-2211



### Tree Trekking

**Activity** You will swing from tree to tree, test your balance on ropes and rope bridges, and challenge your nerves on zip lines and pulleys.  
An action-packed way to enjoy nature!

**Aim** Strengthening trust and confidence of the team members.

**Capacity** Up to 20 persons at a time

**Season/  
time** Sat, April 28<sup>th</sup> 2012 - Sun, October 14<sup>th</sup> 2012

**required** Approx. 2 hours per course

**Price** PURE super passport (11 activities, one day)  
Adults ¥3,500  
Children ¥2,500



# NAC Niseko Adventure Center

<http://www.nac-web.com/>

TEL: 0136-23-2093



## Team Building Menu

### ① Teamwork Rafting

**Activity** Steer your boat down the Shiribeshi river together with your colleagues, build up teamwork and challenge the river! As opposed to a normal rafting tour, the river guide does provide guidance but does not intervene. Steering the boat towards the goal is completely in the team's hands.

**Aim** The team must act as a unit to overcome difficulties and reach the goal. The bonds with colleagues, as well as the bond with nature will be revitalized. The activity fosters personality growth and makes it possible to explore previously unknown characteristics of coworkers.

**Capacity** 7 people / 1 boat  
Total capacity: 200 persons

**Season/** 6/1-10/31  
**time** Duration: approx. 4 hours

**required**

**Price** ¥10,000 (includes tax, insurance and equipment rental)



### ② Team Building Rafting

**Activity** In this activity, the guide is not in the boat, but provides safety support from the land. Before boarding, teams hold strategy meetings and decide on a team leader as well as a way to reach the goal most smoothly.

**Aim** Along the route are checkpoints at which problems or games that challenge the team's problem solving abilities. All crew members must join forced to reach the goal. By including points and time trials, the activity can be turned into a competition.

**Capacity** 7 persons / 1 boat  
Total capacity: 200 people

**Season/** 6/1-10/31  
**time** Duration: approx. 8 hours (includes lunch)

**required**



**Price**            ¥20,000 (includes tax, insurance, equipment rental, lunch)

#### ④ Build your own downriver raft

<b>Activity</b>	In this exercise, team members (max. 5 per team) need to design and build a unique raft using a limited number of resources. What's more, the raft must offer enough space for all team members to be able to raft down the river. Once the raft is finished, the team must give it a name and present its special properties and sales points to the others.
<b>Aim</b>	To complete this assignment, creativity and planning are required. The programme helps develop team work and problem solving abilities.
<b>Capacity</b>	5-50 people (5persons/team)
<b>Season/ time required</b>	6/1-10/31 Duration: approx. 8 hours (includes lunch)
<b>Price</b>	¥20.000 (includes tax, insurance, and lunch)



#### ④ Bridge-building

<b>Activity</b>	Team members need to share unique ideas and use their limited resources wisely to build a bridge across the river.
<b>Aim</b>	Building a great bridge requires creativity, planning and flexibility. Once the teams' bridges are completed, it's time to discuss sales points, compare and criticize. Finally, it will be tested if the bridge can really be used to cross the river. This activity also fosters competitiveness and confidence!
<b>Capacity</b>	5-50 people
<b>Season/ time required</b>	June 1st - September 30 <sup>th</sup> Duration: approx. 8 hours
<b>Price</b>	¥20.000 (tax, insurance, lunch included)



#### ⑤ 1 Day Adventure Orienteering

<b>Activity</b>	The team is divided into three groups, which are then equipped with a map to embark on a journey through mountains, rivers and woods to track down food.
<b>Aim</b>	Along the way the participants will encounter all kinds of difficulties and have to act as a team to clear all checkpoints. For every cleared checkpoint, the team receives a food card, which will have an influence on their dinner.
<b>Capacity</b>	5-80 persons



<b>Season/ time required</b>	6/1 – 10/31 Duration: Approx. 8 hours (lunch, dinner included)
<b>Price</b>	¥15,000 (tax, insurance, lunch, dinner included)

## ⑥ Half-day adventure orienteering

<b>Activity</b>	The team is divided into three groups, which are then equipped with a map to embark on a journey through mountains, rivers and woods to track down food.
<b>Aim</b>	Along the way the participants will encounter all kinds of difficulties and have to act as a team to clear all checkpoints. For every cleared checkpoint, the team receives a food card, which will have an influence on their dinner.
<b>Capacity</b>	5 – 80 people
<b>Season/</b>	6/1 – 10/31
<b>time</b>	Duration: Approx. 4 hours
<b>required</b>	
<b>Price</b>	¥6.000 (tax, insurance included)



## ⑦ Obstacle course

<b>Activity</b>	An obstacle course made out of ropes and logs.
<b>Aim</b>	By joining forces as a team, mutual trust is improved. This activity is suited perfectly to heighten team work and improve the bonds between co-workers.
<b>Capacity</b>	5 – 40 people
<b>Season/</b>	6/1 – 10/31
<b>time</b>	Duration: Approx. 4 hours
<b>required</b>	
<b>Price</b>	¥6.000 (tax, insurance included)



※ If you have participated in one of NAC's activities, why not take advantage of JOJO's group menu for lunch or dinner?

### JOJO's Group Menu

#### ●BBQ (Between 7/1-9/15) ※will be moved indoors in case of rain

◎Where: right next to Niseko Adventure Center; capacity: 10-65 people (outdoor bbq)

① Genghis Kahn (lamb bbq), vegetables, udon, 2 onigiri/person

Price: ¥1.700

② Beef, vegetables, yakisoba, 2 onigiri/person

Price: ¥2.000

③ Kebap 2 pieces/person, barbecue-flavoured chicken, fish dishes, salad, soup

Price: 1.800 yen

•Place: Next to Niseko Outdoor Center or by the river 10-250 people

(outdoor)

#### ●JOJO'S Buffet-style (possible all year round)

◎Place: Niseko Adventure Center 2<sup>nd</sup> Floor; JOJO'S 10-80 seats / capacity 10-100 (standing)

① Pizza, pasta, fried potatoes, meat, salad



Price: ¥2.000

②①+seafood specialties

Price: ¥2.500

●All you can drink: .5h (possible all year round)

① Beer, cocktails (5 different kinds), wine (red and white), soft drinks

Price: ¥2.000

② Beer, cocktails (5 different kinds), soft drinks

Price: ¥1.500

③ Soft drinks (orange juice, coffee, Japanese tea, Oolong tea)

Price: ¥500

◎ Place: ①② inside JOJO's or next to Niseko Adventure Center ③ also possible by the riverside

## INDOOR ACTIVITIES

### Niseko Town Gymnasium

<http://www.town.niseko.lg.jp/kanko/sports/>

TEL:0136-44-2034



### Martial Arts Workshop

<b>Activity</b>	Workshops and demonstrations of traditional Japanese martial arts karate, judo, and kendo.
<b>Aim</b>	Improving concentration and motivation while illustrating the importance of mutual trust, communication and council.
<b>Capacity</b>	Please inquire
<b>Season/ time required</b>	All year (evenings only)  (registration required well in advance)
<b>Price</b>	Please inquire



### Saison Club

<http://www.saison-club.com/>

TEL:0136-44-3380



### Ice Cream Making

<b>Activity</b>	Making ice cream from fresh milk and seasonal ingredients  Individual team building plans can be provided according to your requirements.
<b>Aim</b>	Using both their physical and mental skills, participants have to create the best possible end result as a team.



<b>Capacity</b>	From 2 people
<b>Season/ time required</b>	All year  Duration: approx 1 hour (time and range of activities can be extended)
<b>Price</b>	¥1600

## Onuki Rekkai, calligraphy artist

[www.rekkai.com](http://www.rekkai.com)

TEL : 050—3627—3982

### Team building through Japanese calligraphy

**Activities** Using traditional Japanese calligraphy as a team building exercise:。

- Team kanji/kana quiz
- Deciding on a Chinese character that best represents the team and writing it together (on souvenir items, etc.)
- Deciding on a kanji that best describes the goal of your event or business and writing it together (on souvenir items, etc.)。

**Aim** Improving communication skills while learning about traditional Japanese culture.

**Capacity** Approx. 15 persons per workshop

**Season/** 1-2

**time**

**required**

**Price**

- ① Writing on postcards and decorating the room/  
→ (¥3,000/person including material fee)
- ② Writing on hand fans to take home as souvenirs.  
→ (¥5,000/person, including material fee)
- ③ Writing with a large brush  
→ (from ¥15,000 – price varies according to no. of participants and size of materials required)
- ④ Writing on T-shirts  
→ (¥5,000/person)
- ⑤ Writing a Chinese characters as pictures  
→ (¥2,000/person + lecture charge ¥5,000)



## Niseko Cultural School

(Momiji Gallery, second floor)

[www.nisekoculturalschool.com](http://www.nisekoculturalschool.com)

TEL: 0136-55-8585

<b>Activities</b>	Cooking: Sushi/sukiyaki/hotpot; calligraphy; bamboo ink painting; tea ceremony & kimono dressing; tours
<b>Aim</b>	Discovering Japanese culture as a team.
<b>Capacity</b>	Please inquire
<b>Season/ time required</b>	Duration: 2-3 hours  Winter only!
<b>料金</b>	3 hour intensive sushi class ¥10.000 2 hour bamboo painting with ink on paper ¥4.000 3 hour art museum, shrine and temple tour ¥10.000



# CATERING

## Buffet services

### <Chabo 'Nuppuri>

Chabo 'Nuppuri presents to you healthy home cooking made from fresh local ingredients, prepared by the ladies from local food research group Jugobaa. From Makkari herb pork to Niseko potatoes, all ingredients are locally sourced.

Postcode 048-1512 Hokkaido, Abuta-gun, Niseko-cho, Aza Chuodoori142-1

TEL:0136-44-2619

- Capacity: up to 150 people

—Price: Lunch from ¥1,500, dinner from ¥2,500 - ¥3,500

—Menu: A buffet of various Japanese specialties like potato dumpling soup, broiled vegetables, steamed rice with wild vegetables, as well as home-made Western and Chinese food.

—Depending on number of guests, personnel costs may be added.

—Drinks (beer, soft drinks, etc.) extra.

—Special programme

- Niseko Cooking Class: Let's make potato dumpling soup together!

—Capacity: up to 20 people

—Price on inquiry (fluctuates depending on number of participants).

### <Hilton Niseko Village>

Hilton Niseko village can provide buffets and catering for Niseko Convention Center. A wide variety of menus is available, all using fresh seasonal ingredients.

Postcode: 048-1592 Hokkaido, Abuta-gun, Niseko-cho, Higashiyama Onsen

TEL: 0136-44-1115



\* Hilton Niseko Village Restaurant Yotei

(<http://hiltonnisekovillage.jp/restaurants/index.html>)

—Capacity: 40 people or more

—Price: From ¥5000

—Menu: Buffet

—Drinks: From ¥2310 (2 hour all you can drink)

Beer: ¥950、soft drinks: ¥600

- Personell expenses: ¥15000/person (extra early morning/late night charge not included)
- Transport, setup fees extra.

### <Niseko Gourmet>

A catering service with a high reputation among overseas tourists, Niseko Gourmet does not only offer Japanese dishes, but also seasonal Western-style specialties. Menus can be custom-made in accordance with the customer's wishes.

Postcode 044-0034 Hokkaido, Abuta-gun, Kutchan-cho, Minami 4 Jou, Nishi 1 Chome 37-1

TEL:0136-55-6855



\* Dinner course (example)

(<http://www.niseko-gourmet.com/catering/inhouse-dining/26-international-dinner-menu.html>)

- Capacity: 40 people or more
- Price: ¥3,000 - ¥8,000
- Menu (dishes can be chosen from a menu or freshly made according to customer's wishes)
  1. Western-style breakfast: Bread, cereal, fruit, omelette, toast, etc.
  2. Japanese-style dinner course: appetizer, rice dishes, meat, fish, dessert
  3. Western-style dinner course: appetizer, main dish, dessert
  4. Dinner buffet: Western-style dinner buffet
  5. Japanese cooking class: supermarket tour, cooking class (rice, miso soup, pickles, etc), tasting
- Drinks: Wine from ¥3,100, champagne from ¥6,500

### <En Dining>

En Dining presents dishes made from ingredients locally sourced in Niseko or Hokkaido, made to match the time or occasion. You can choose from a variety of different menus – from wine and snacks to coffee and desserts.

Postcode 044-0081Hokkaido, Kutchan-cho, Yamada 179-22

TEL: 0136-55-8100



\* En Dining catering service

(<http://www.thenisekocompany.com/content/en-dining>)

— Capacity: 30 people or more

— Price: from ¥5,000 (including drinks: from ¥6,000)

— Menu:

Aperitif (canape, cheese, nuts, snacks, etc.), dessert buffet, tea cakes etc.

— Drinks: Wine, beer, champagne, other alcoholic drinks, coffee

### <Niseko Northern Resort Annupuri>

Niseko Northern Resort Annupuri provides top quality cuisine made from locally sourced ingredients to make your conference or convention special. Menus can be customised according to customer wishes.

Postcode 048-1511 Hokkaido, Abuta-gun, Niseko-cho, Aza Niseko 480-1

TEL: 0136-58-3311



\* Niseko Northern Resort Annupuri catering examples

(<http://www.niseko-northern.com/restaurant/eclat.html>)

— Capacity: 60 people or more

— Price: 1 table set from ¥12,000 (for 10 persons approx.)

— Menu: (hors d'oeuvres, sandwiches, maki, deep-fried fruit, etc)

— Drinks have to be ordered extra.

### Light meals/ snack service

#### <Chabo 'Nuppuri>

Delicious coffee made with home-roasted coffee beans and Yotei mountain spring water.

Postcode 048-1512Hokkaido, Abuta-gun, Niseko-cho, Aza Chuo-doori 142-1

TEL:0136-44-2619

—Capacity: up to 150 people

—Price: from ¥700

—Menu: Fresh coffee made with hand roasted coffee beans and Yotei spring water, cake

### <Graubunden>

A local café famous for its cakes and sandwiches. They will be happy to deliver freshly baked muffins or brownies to the Niseko Convention Center.

Postcode 044-0081 Hokkaido, Abuta-gun, Kutchan-cho, Aza Yamada 132-26

TEL:0136-23-3371



\* Graubunden catering service images

—Capacity: 8 people or more (if catering is requested for a group smaller than this, the price may rise)

—Menu and prices

1. Confectionary (muffin or brownie, cookies etc.) from ¥ 500  
—With drinks (coffee, tea, soft drinks) from 800 yen
2. Cake (whole) ¥3,800
3. Special sandwich (for 3-4 persons) ¥2,200
4. Bagel set from ¥1,000
5. Breakfast box from ¥1,200

—Delivery fee ¥800

### <Matsukaze>

The owner of this shop has published a book on Japanese-style confectionary, holds sweet-making workshops and makes daily fresh Japanese-style sweets that change their shape and taste with the seasons. Workshops can be booked for conference groups.

Postcode 044-0081Hokkaido, Abuta-gun, Kutchan-cho, Niseko Kougen Hirafu1 05-20

TEL:0136-22-6890



\* Matsukaze image

(<http://matsukaze.upas.jp/top.htm>)

- Capacity: up to 200 people
- Price: Japanese-style confectionary ¥180/piece
- Menu: Various types of confectionary are available; customer wishes can be taken into account.
- Special programme: Japanese sweet making workshop from ¥2,000 (capacity: up to 20 persons)

### <Takano Coffee>

Fresh coffee carefully hand roasted at the shop.

Postcode 048-1531 Hokkaido, Abuta-gun, Niseko-cho, Aza Arishima 126-90

TEL: 0136-44-1620

- Price: Coffee from ¥360 (per person)
- Sandwich, cake orders possible.

### Bento (Lunch boxes)

#### <Maeda Shoten>

A grocery shop especially popular among locals. Can provide a large variety of products – from lunch boxes to local souvenirs.

Postcode 048-1502 Hokkaido, Abuta-gun, Niseko-cho, Hon-doori 81-3

TEL: 0136-44-2433

- Capacity: up to 200 people
- Price: from ¥600

#### <Kuishimbo Fuku>

Provides lunch boxes filled with local Niseko specialties.

Postcode 048-1531 Hokkaido, Abuta-gun, Niseko-cho, Aza Arishima 5-2

TEL: 0136-44-2980

- Capacity: up to 150 people (orders possible up to one day in advance)
- Price: from ¥600

#### <Gojinya>

A restaurant famous for its soba noodles and croquettes. Their lunch boxes are made

with locally sourced ingredients.

Postcode 048-1544 Hokkaido, Abuta-gun, Niseko-cho, Motomachi 74

TEL: 0136-44-3504

– Capacity: up to 200

– Price: from ¥800

### <Izakaya Matsu>

Lunch boxes carefully made from locally sourced ingredients.

Postcodes 048-1501Hokkaido, Abuta-gun, Niseko-cho, Aza Fujimi 45

TEL: 0136-44-3656

– Capacity: up to 50 people

– Price: from ¥800

## Drinks

### <Maeda Shoten>

Postcode 048-1502 Hokkaido, Abuta-gun, Niseko-cho, Hondoori 81-3

TEL: 0136-44-2433

– Locally sourced water, juice, coffee, etc.

– Local sake Kurabitoshu: 300ml (¥680), 720ml (¥1,500), 1.8L (¥2,800)

### <Local Sake: Kurabitoshu>

The name of your company, group or conference can be printed on the labels of Kurabitoshu bottles. Perfect for a toast or as a souvenir!



– Minimum quantity: 12 bottles or more

– Price: ¥1,500 (720ml)

– Please decide on a design 10 days before delivery