



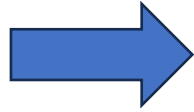
Welcome to Hida-Osaka
“Shower-climbing tour”

WORKS
ニジイロワークス

Sign-up procedures

Day schedule

Sign-up



1. Payment & Check-in form
↓
2. Gear check
↓
3. Group orientation
↓
4. Getting dressed
↓
5. Going to the river



2 hours
in the river



Wrap-up

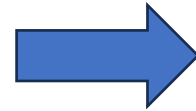
7. Back from the river
↓
8. Getting dressed
↓
9. Tour end

1. Arrival and Payment

①

Pull your car in front of our office, then our staff will lead you to the designated parking spot.

Please come in the office with the items for the tour.



②

Payment by cash or credit card



Hida-Osaka Waterfall Trekking Office (Activity Base)

2-1. Gear check (wading shoes fitting)

Let's check the size of your wading shoes.

① Pick up the pair with your name tag.

② Put it on.

Inform the guide if it's too small.

→ The guide will bring a different size.

Try one foot only.

④ Take it off and leave the pair with your name tag. You will put them on after wearing the wetsuit.



2-2. Gear check (helmet fitting)

Let's adjust the helmet.



- 👉 The craft tape side comes to the front
 - 👉 Long hair should be tied
- ① Adjust the tightness with the dial on the back
 - ② 1 or 2 fingers between your chin and the belt
 - ③ Write your nickname on the tape
 - ④ Leave the helmet for later use

3-1. Group orientation

Go as ONE TEAM

- ✓ Introduce yourself, let everyone know your nickname, and tell everyone what you are excited about most today!



3-2. Group orientation

You'll get dressed in men's / women's dressing room after the orientation



On today's tour

- Everyone will ride on the guide's car to the river (10 minutes).
- The time we will spend in the river is about 2 hours.
- Duration might extend depending on the conditions of water and participants.
- The distance we walk in the river is about 500 m (0.3 miles) each way. We go and come back the same route.
- You do NOT need to take your towel or changing clothes to the river.

3-3. Group orientation

Please be reminded...

■ Always follow the guide's instruction in the river



■ Insurance covers your injuries, but does NOT cover the loss or damage of personal belongings. Guide will take photos and share them later on the web album.

→ No jewelries, no watches, no cameras, etc.



■ Soft contacts = OK / Hard contacts = NO!

Glasses = in the life jacket pocket in a plastic case

Goggles = occasionally OK



4-1. How to wear the wetsuit (Demonstration by guide)



Rash guard (optional) → Pants → Jacket → Shorts → Shoes

1. Wear a **rash guard (optional)** for smooth take-on and -off of the wetsuit

2. There is the front and the back of the **pants**. The Velcro tape goes to the left side. (Sometimes on the right side 🤔)

3. Inform the guide if your wetsuit is too tight or too big.

👉 If the zipper does not go up to the top, it's too small.

👉 If it's too loose around your chest and arms, it's too big.

👉 Don't worry about the short length of legs and arms.

4-2. How to wear the wetsuit (Demonstration by guide)

Rash guard (optional) → Pants → Jacket → Shorts → Shoes

<2-piece wetsuit>

4. Bring “the tail” to the front and hook.

It’s OK to leave all zippers loose until we start the tour.



<1-piece wetsuit>

4. Zip up the back and cover the Velcro over the cord.

It’s OK to leave all zippers loose until we start the tour.



5. Make sure to tie the cords of the shorts.

Some shorts have been lost in the river unintentionally.

6. Put your shoes on and you are ready to go!

5. Let's get dressed!

Rash guard (optional) → Pants → Jacket → Shorts → Shoes

Restroom first!



Get dressed!



Pick up the shoes and helmet



Follow the guide's instruction about your personal belongings and shoes.

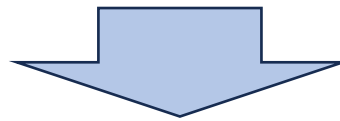


5. Let's go!

Get on the car (10 min.) → Entrance to the river

At the entrance point

1. Zip all up
2. Wear life jacket, gloves, and helmet
3. Warming up
4. Take a picture and go!



You go over the hill and the cooling water is waiting for you!



6. After the tour

Get on the car (10 min.) → Activity Base

Back at Activity Base

1. Take off your shoes, and change clothes
2. Leave the wetsuits in the blue tank, everything inside-out



3. Wrap-up of the tour with all participants

Thank you for joining the tour.

All pictures will be uploaded in a web album and the URL will be sent to the main booker's e-mail address.

