



Winter 2017-2018

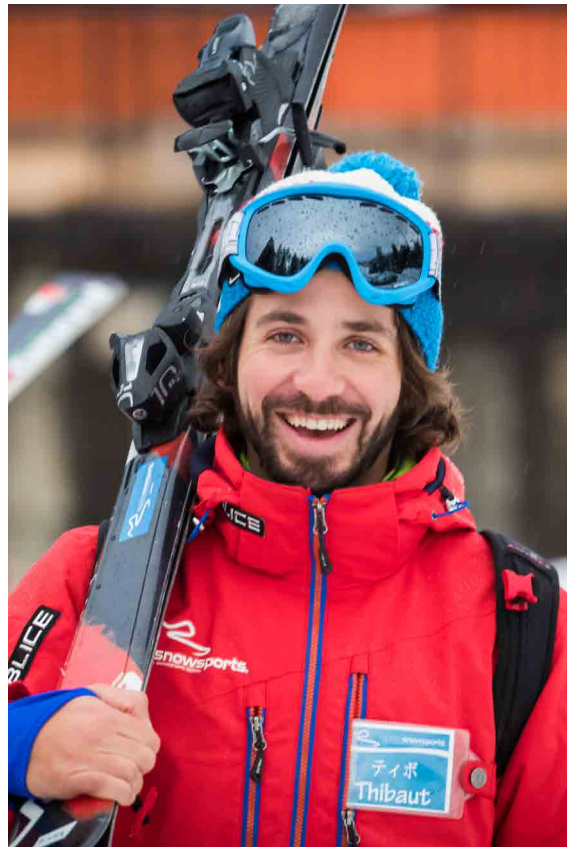
 **myoko snowsports.**
SNOWSPORTS SCHOOL

LOTTE ARAI RESORT

LOTTE ARAI RESORT



Located less than 3 hours bullet train ride from Tokyo, on Japan's main island Honshu, Myoko Lotte Arai Resort is a destination ski resort with long runs, a large vertical drop, amazing snowfalls, luxury hotel services and an array of dining options.



Welcome to Lotte Arai Resort

“ We wish you a very warm welcome.

We are looking forward to welcoming you to the new Lotte Arai Resort, and are excited to be a part of your ski & snowboard holiday.

After operating locally in Akakura for the past 8 years we are proud to have a second base in Arai, and to be the official Snowsports School of Lotte Arai Resort. Lessons in Arai will be available in both English and Japanese.

We hope you will combine some fun out on the slopes with relaxation around the resort, and also enjoy the warm hospitality and culture for which Japan is famous.

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

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– Nozomi & Tom Langtry,
Myoko Snowsports' Directors





FEATURES

- All programs available in English run by professionally qualified instructors with international experience.
- Programs are run throughout the Lotte Arai Resort area.
- First-time to expert-level lessons available.
- Children's group lessons are arranged according to general skiing / snowboarding ability level.
- Maximum number of participants per instructor for all children's group lessons to ensure personal attention.

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 Arai 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 Arai has to explore. Choose from private lessons or children's group programs to complete your holiday experience.

PRIVATE SKI & SNOWBOARD LESSONS



Private Ski Lessons

Your private ski instructor will tailor your lesson to match your goals, learning style and confidence. As you progress your technique discover the resort's higher areas under the guidance of your top ski coach.



Private Snowboard Lessons

Snowboarding is made easy with the help of your expert private snowboard instructor. Get past the initial fear of falling and build up to more advanced riding techniques to enjoy exploring the whole mountain.

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.



Private Lessons provide the highest standard in personal attention. Your expert instructor will talk with you about your goals, current technique, psychological and physical factors, and then tailor your lesson program accordingly. Book in with family or friends of similar ability up to a max of 4 guests per group.



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 Arai'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	¥21,000	¥56,700	¥84,000
Morning 3	10:00am - 1:00pm	3 hrs	¥36,000	¥97,200	¥144,000
Morning 4	8:30am - 12:30pm	4 hrs	¥38,000	¥102,600	¥152,000
Full Day	10:00am - 4:00pm	6 hrs	¥55,000	¥148,500	¥220,000
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.



3 - 6 yrs

GROUP SKI PROGRAM

A dedicated indoor Kids Center, private snowsports school Magic Carpet lift, designated children's learning area and specialized children's instructors provide the perfect setting for younger guests to progress their ski technique and have fun on the slopes.



MINIMOUNTAINEERS

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.
- '5th DAY FREE' lesson offer available.
- Morning and full-day lesson options available.
- Max 5 children per instructor.
- Easy access to hooded Magic Carpet and gondola lifts.
- Want a rest day? A '5-of-6 Day' program booking is available.

PRICES

DAYS	MORNING LESSON	FULL-DAY LESSON
1	¥11,000	¥13,200
2	¥22,000	¥26,400
3	¥33,000	¥39,600
4	¥44,000	¥52,800
5	¥44,000 (free)	¥52,800 (free)
6	¥55,000	¥66,000
7	¥66,000	¥79,200
8	¥77,000	¥92,400
9	¥88,000	¥105,600
10	¥88,000 (free)	¥105,600 (free)



7-14yrs
GROUP SKI PROGRAM

Your child has the opportunity to make friends with other group members while exploring the large variety of terrain around Arai Resort. Their instructor will help them improve their technique and technical aspects of skiing, all presented in a fun format and with safety foremost in mind.



ALPINEEXPLORERS

PROGRAM TIMES

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

FEATURES

- Specialist children's instructors.
- Lunch included around the mountain. Dietary requirements catered for.
- '5th DAY FREE' lesson offer available.
- Max 8 children per instructor.
- Want a rest day? A '5-of-6 Day' program booking is available.
- A valid Lotte Arai Resort lift pass is required.

PRICES

DAYS	FULL-DAY LESSON
1	¥13,200
2	¥26,400
3	¥39,600
4	¥52,800
5	¥52,800 (free)
6	¥66,000
7	¥79,200
8	¥92,400
9	¥105,600
10	¥105,600 (free)



7-14 yrs

GROUP SNOWBOARD PROGRAM

Younger guests wanting to try snowboarding for the first time, or continue progressing to more advanced skills, can do so under expert guidance of their top instructor. Small group sizes (max of 4) provide the necessary personal attention to develop technique in a fun and safe environment.



ALPINE SHREDDERS

PROGRAM TIMES

MEET	START RIDING	LUNCH	RIDING	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.
- A valid Lotte Arai Resort lift pass is required.
- '5th DAY FREE' lesson offer available.
- Want a rest day? '5 of 6 Day' program booking available.
- Lunch included around the mountain. Dietary requirements catered for.

PRICES

DAYS	FULL-DAY LESSON
1	¥21,100
2	¥42,200
3	¥63,300
4	¥84,400
5	¥84,400 (free)
6	¥105,500
7	¥126,600
8	¥147,700
9	¥168,800
10	¥168,800 (free)

The Myoko Arai Difference

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



1. Excellent snowfalls - average of 15 metres per season. Myoko Arai 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 offers a unique Japanese cultural experience as well as fun skiing/snowboarding.
4. Agreeable temperatures. Myoko Arai'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 airports to Arai's closest Shinkansen station (Myoko-Joetsu) link up well. Total travel time to Arai is approx. 3.5 hours.
6. Amount of terrain in the resort. Arai features a 950m vertical drop, meaning long runs and a good variety of terrain to explore.
7. Other local attractions include the Snow Monkey Onsen, Joetsu City, the Zenko-ji 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 at the resort hotels and our children's ski school programs, along with great weather, combine to make Myoko Arai an ideal choice for families.





myokosnowsports.
SNOWSPORTS SCHOOL

LOTTE ARAI RESORT

Email: arai@myokosnowsports.com

Web: myokosnowsports.com/arai