

6 nights & 7days in Nagano prefecture < Comprehensive Health Checkup + Physical Fitness Checkup $> \times <$ Ski in Hakuba• Wild Snow Monkey Park >Consultation \rightarrow Reservation \rightarrow Payment \rightarrow Arrival preparations Available in Chinese and English Before coming to Japan Preparation for travel (confirm the procedure and precautions to be taken by e-mail or WeChat) **Designated Hotel** Day 1 Arrival Transfer from the airport Moving to Hotel in (Check-in & Dinner) at airport Matsumoto by private car etc. Matsumoto **Designated Hotel Comprehensive Checkup Comprehensive Checkup** Day 2 (Brain MRI/MRA) (Dinner) at Aizawa Health Center Dinner Lunch Taxi Comprehensive Checkup at Aizawa Health Center **Physical Fitness Checkup Designated Hotel** Day 3 (Gastric endoscopy) (Advice on self-care available) (Dinner) Taxi Lunch Chalet Villa Umbrella Hakuba **Comprehensive Checkup** Comprehensive at Aizawa Health Center (PET-CT) Checkup Taxi Lunch Day 4 Check-in Aizawa HC↔ Hotel & Taxi everyday Dinner Experiencing ski in Hakuba Chalet Villa Umbrella Hakuba Taxi Transfer to the ski resort by private car Day 5 • Ski (including ski wear, rental items, lift ticket, instructor fee) Dinner • Instructing in Chinese (English needs to ask) Wild Snow Monkey Park Chalet Villa Umbrella Hakuba Taxi • Transfer by private car etc. Day 6 Dinner • Can see snow monkeys in hot spring Day 7 Transfer to the airport Check-out Airport Departure by private car etc.