



English Ski & Snowboard Schools 2025-26

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Niigata・Yuzawa Area

YUZAWA Private Lessons						
Lessons	2 hours		3 hours		6 hours ※Lunch hour is not included	Premium Full-day ※Lunch hour is not included
Start Time	9:00/10:00	13:00/14:00	9:00	13:00	9:00	8:30-17:00
Pricing	¥ 33,000/per instructor		¥ 43,000/per instructor		¥ 72,000/per instructor	¥ 90,000/per instructor
Resorts	GALA Yuzawa Ski Resort ・ NASPA Ski Garden ・ Iwappara Ski Resort ・ Kandatsu Snow Resort ・ Kagura Ski Resort ※For other resorts not listed above please consult us.					
Meeting Place	GALA Yuzawa Ski Resort Cowabanga 2F CANYONS desk ※For other resorts we will be informing the meeting point at the booking time					
Dates	Daily during the season					
Minimum Age	4 years or above					
Level	Level 1-6					
Participants	1-6 participants/per instructor					
Not included	Lift ticket, Rental and Lunch					
Things to bring	Ski/Snowboard set, Snow clothing, Goggles, Gloves and Helmet					

GALA YUZAWA Group Lessons	
Lessons	Group Lessons 2.5 hours
Start Time	9:30/13:30
Pricing	¥ 12,000 per participant
Resorts	GALA Yuzawa Ski Resort ONLY Meeting Place: GALA Yuzawa Ski Resort Cowabanga 2F CANYONS desk
Dates	Daily during the season
Minimum Age	12 years or above

Level	Level 1&2 ONLY
Participants	2-8 participants ※Minimum numbers are 2. Lessons may be cancelled in case there are not enough participants.
Not included	Lift ticket, Rental and Lunch
Things to bring	Ski/Snowboard set, Snow clothing, Goggles, Gloves and Helmet

Niigata・Myoko Area

MYOKO Private Lessons					
Lessons	AM (3hours)	PM(2.5 hours)	Full-day (6 hours) ※Lunch hour is not included	Multiday Premium Myoko Experience (6 hours instruction + 1 hour help/day)	
Start Time	9:00-12:00	13:30-16:00	9:00-15:00	08:00	16:00—
Pricing	¥ 43,000/per instructor	¥ 34,000/per instructor	¥ 72,000/per instructor	3 day ¥ 240,000/per instructor 5 day ¥ 380,000/per instructor	
Resorts	Myoko Ikenotaira Ski Resort ・ Myoko Suginohara Ski Resort ・ Akakura Kanko Resort ・ Akakura Onsen Ski Resort ※For other resorts not listed above please consult us.				
Meeting Places	https://drive.google.com/file/d/1d8sN4gLEq9fF19vxKv8BGKaH_fusJOqp/view?usp=sharing				
Dates	Daily during the season				
Minimum Age	3 years or above (Ski) ・6 years or above (Snowboard)				
Level	Level 1-6				
Participants	1-6 participants/per instructor				
Not included	Lift ticket (first timers may not need a lift ticket, please consult our staff), Rental and Lunch				
Things to bring	Ski/Snowboard set, Snow clothing, Goggles, Gloves and Helmet				

Nagano・Shiga Kogen Area

Shiga Private Lessons					
Lessons	AM (3hours)	PM (3 hours)	Full-day ※Lunch hour is not included	Premium Full-day ※Lunch hour is not included	Multiday Premium Experience (6 hours instruction + 1 hour help/day)
Start Time	9:00-12:00	13:00-16:00	9:00-15:00	8:30-17:00	08:30 - 16:00
Pricing	¥ 43,000/per instructor	¥ 34,000/per instructor	¥ 72,000/per instructor	¥ 90,000/per instructor	3 day ¥ 240,000/per instructor 5 day ¥ 380,000/per instructor
Resorts	All Shiga Kogen Resorts				
Meeting Places	Ichinose Area: Shiga Ichi Hotel - Canyons Shiga Snowsports desk (1F)				
	Custom meeting areas available for full day or multiday premium				
Dates	Daily during the season				
Minimum Age	3 years or above (Ski) ・6 years or above (Snowboard)				
Level	Level 1-6				
Participants	1-6 participants/per instructor				
Not included	Lift ticket (first timers may not need a lift ticket, please consult our staff), Rental and Lunch				
Things to bring	Ski/Snowboard set, Snow clothing, Goggles, Gloves and Helmet				

Gunma・Minakami Area

MINAKAMI Private Lessons				
Lessons	2 hours	3 hours	6 hours ※Lunch hour is not included	Premium Full-day ※Lunch hour is not included
Start Time	9:00/10:00/13:00/14:00	9:00/13:00	9:00	8:30-17:00
Pricing	¥33,000/per instructor	¥43,000/per instructor	¥72,000/per instructor	¥90,000/per instructor
Resorts	Hodaigi Ski Resort ※For other resorts not listed above please consult us.			
Meeting Place	Inside Hodaigi Main Building ※For other resorts we will be informing the meeting point at the booking time			
Dates	Daily during the season			
Minimum Age	3 years or above (Ski)・6 years or above (Snowboard)			
Level	Level 1-6			
Participants	1-6 participants/per instructor			
Not included	Lift ticket (first timers may not need a lift ticket, please consult our staff), Rental and Lunch			
Things to bring	Ski/Snowboard set, Snow clothing, Goggles, Gloves and Helmet			

Nagano・Nozawa Onsen

NOZAWA ONSEN SKI RESORT Private Lessons

Lessons	AM (2 hours)		3 hours		Full-day (6 hours)	Premium Full-day ※Lunch hour is not included
Start Time	9:00	10:00	9:00	13:00	9:00-16:00 *1h lunch break	8:30-16:30
Pricing	¥ 33,000/per instructor		¥ 43,000/per instructor	¥ 34,000/per instructor	¥ 72,000/per instructor	¥ 90,000/per instructor
Resorts	Nozawa Onsen Ski Resort					
Meeting Place	Nozawa Onsen Ski Resort HIKAGE INFORMATION CENTER Ski School desk					
Dates	Daily during the season					
Minimum Age	3 years or above (Ski) ・6 years or above (Snowboard)					
Level	Level 1-6					
Participants	1-6 participants/per instructor					
Not included	Lift ticket (first timers may not need a lift ticket, please consult our staff), Rental and Lunch					
Things to bring	Ski/Snowboard set, Snow clothing, Goggles, Gloves and Helmet					

NOZAWA ONSEN SKI RESORT : Group Lessons (Adults 15yrs +)

12,000JPY / 2.5hours	15,000JPY / Full day (4.5hours)
10:00~12:30	10:00~12:30 13:30~15:30

NOZAWA ONSEN SKI RESORT : Group Lessons (Kids 7-14yrs)

12,000JPY / 2.5hours	16,000JPY / Full day (4.5hours+ lunch included)
10:00~12:30	10:00~15:30

NOZAWA ONSSEN SKI RESORT : Group Lessons (Infants 4-6yrs SKI ONLY)

13,000JPY / 2.5hours

18,000JPY / Full day (4.5hours+ lunch included)

10:00~12:30

10:00~15:30

Note:

- > Groups Available from Dec 22nd – March 24th (other times private lessons only).
- > Full-day lessons for kids and infants include a meal and a staff member looking after them for the lunch break.
- > Minimum number for a group lesson to run is 2 people.
- > Some lessons may combine age groups to make up minimum numbers.
- > We recommend ALL lesson and tour participants have travel insurance.

Lesson Levels Descriptions

☰ Student Level Descriptions 23-24

THINGS TO BRING

The rental shop might be busy on the day, so please arrive at least 60-90 minutes in advance. Please note that in case you are late for the lessons, the lesson time will not be extended.

Ski/Snowboard



Snow Clothing



Gloves



Goggles



Helmet



Backcountry Tours

CANYONS JAPAN

379-1728 45 Yubiso, Minakami-machi, Tone-gun, Gunma

[✉ agent@canyons.jp](mailto:agent@canyons.jp)

☎ 0278-72-2811

※Currently we are remote, so please contact us by email.

Backcountry Tours ※Please consult us

Start Time	8:00 (7 hours)
Pricing	PRIVATE ¥100,000 (1-4 participants) + ¥25,000 (per extra participant up to max 6) GROUP 25,000 yen per person (min 2 pax required) ONLY AVAILABLE IN NOZAWA
Areas	Nozawa Onsen, Myoko Kogen, Kagura, Mt T (Tenjindaira) + special locations
Meeting Place	Please consult
Dates	Mid January - Mid March
Requirements	13 years and above. Must be at least Level 1 for BC fitness and BC Downhill Ability
Included	Guide fee, Safety gear (beacon, shovel, probe)
Not included	Lift ticket, backcountry gear (rental available)
Things to bring	Backcountry gear, Snow clothing, Goggles, Gloves, Helmet, Snacks and water

RENTAL DETAILS ※Image only

TOURING SKI (¥5,000)



SPLITBOARD (¥5,000)



POLE (¥1,000)



SNOWSHOES (¥1,000)



BACKPACK (¥1,000)



※Touring gear is recommended. You still can participate with snowshoes but we do recommend only for those who have confidence in physical conditions.

※We recommend that all participants within the group matches whether to use touring gear or snowshoes.

※If you will rent touring gear with us, please make arrangements at least one day before. As the number is limited, please make arrangements as soon as possible.

※If you choose to rent it from another shop (splitboard is only available through us), [Mt Doc](#) and [Shirakaba](#) are the only shops where touring skis can be rented at Nozawa Onsen. Mt T in Minakami has touring skis and tech boots available.

BACKCOUNTRY - THINGS TO BRING

SKI OR SNOWBOARD

※TOURING SKIS/SPLITBOARDS,
rental available



BOOTS



OUTERWEAR

※Base and Mid Layer are also
recommended!



BACKPACK



POLE



HELMET



GOGGLES and SUNGLASSES



GLOVES



LUNCH and SNACKS WATER



SNOWSHOES

※Only for those not using
touring gear



BACKCOUNTRY REQUIREMENTS

Levels	FITNESS	DOWNHILL ABILITY	EXPERIENCE
1	You undertake 1 or 2 exercise activities a week, probably totalling 1 or 1.5 hours total. These might be walks/run/cycles or the equivalent in the gym.	Confident on piste (black runs), but only just beginning to venture off-piste on slopes of red/blue steepness.	No previous experience in the use of skins, ski touring equipment splitboards and kick turns, with the help of your guide you will learn and develop these skills during the tour.
2	Your weekly training volume is around 2 – 4 hours, including a longer session at the weekend. You're getting out 3 times a week, and walking uphill with a rucksack on is manageable for a couple of hours and doesn't leave you exhausted.	Used to skiing/riding off-piste with a backpack and able to cope with difficult conditions by a combination of side-slipping, traverses and turning with snow-plough technique or following a previous ski-track). Able to cope with short sections of backcountry snow which are as steep as black piste runs.	Competent with the use of ski touring or splitboard equipment, skins and previous experience in performing kick turns.
3	You are getting out every weekend and a couple of times during the week. At this level not running/cycling/hill walking every week is frustrating. You are happy with a 6 – 7 hour hill walk with a light backpack, a two hour run or a hilly 50km on the bike, and this doesn't leave you exhausted for the next week! Weekly volume around 4 – 10 hours.	Able to link turns continuously in powder snow and to control speed and follow a precise line in tight trees or confined spaces. Able to link turns on longer slopes up to 35° in good snow.	Proficient in the use of ski touring or splitboard equipment and able to do solid reliable kick turns on steepening terrain.
4	You have been training regularly for several years, maybe for big objectives in the mountains or for competitive sports back home. Running a marathon in under 4 hours, or undertaking a 150 km cycle sportive would be a fun challenge. You are happy carrying a backpack in the hills for 7 hours or more, gaining more than 1500m height gain. Weekly volume is around 10 hours plus.	Able to ski/ride the fall-line in most conditions (powder snow, crust snow) and rarely falls. Confident on steep slopes up to 40°. Skiers can jump turns. Boarders can hold traverses on the heel edge	Experienced ski tourer/splitboarder with solid ability in all backcountry techniques in steep terrain.

Snowshoe Tours

CANYONS JAPAN

379-1728 45 Yubiso, Minakami-machi, Tone-gun, Gunma

✉ agent@canyons.jp

☎ 0278-72-2811

MINAKAMI PRIVATE Snowshoe Tours

Start Time	9:00 (6 hours)
Pricing	¥50,000 (1-4 participants), extra 10,000 yen per people
Area	Minakami
Meeting Place	Canyons Minakami
Dates	Mid January - Mid March
Requirements	6 years or older
Included	Guide fee, Snowshoe, Poles, Lunch, Snow boots
Things to bring	Snow clothing, Gloves, Sunglasses or Goggles, Water

Snow Clothing



Gloves



Goggles or Sunglasses



Water



Snowcanyoning Tours

CANYONS JAPAN

379-1728 45 Yubiso, Minakami-machi, Tone-gun, Gunma

✉ agent@canyons.jp

☎ 0278-72-2811

※Currently we are remote, so please contact us by email.

Snowcanyoning Tours	
Start Time	9:30 (4 hours)
Pricing	¥8,000 per participant
Area	Minakami
Meeting Place	Canyons Minakami
Dates	Jan 9th - Feb 21st Weekend Only
Requirements	13 years or older
Included	Guide fee and Snowcanyoning suit
Things to bring	Warm base layer, Gloves, Sunglasses or Goggles, Ski mask or Balaclava

Warm base layer



Gloves



Goggles or Sunglasses



Ski mask or Balaclava



BOOKING POLICIES

- **FULL AGENT**—Agenst are responsible for booking with correct information and collecting the payment using an agent only link. You will be able to check your bookings from your own page.
- **AFFILIATE AGENT**—Agents will be able to provide an unique portal link to the customers or embed the booking form in the website. Please note that customers will be responsible for the booking and payment and the only bookings made through unique portal are eligible for commission.

COMMISSION POLICY

SKI SCHOOL / SNOWSHOE TOURS / BACKCOUNTRY TOURS	
FULL AGENT (Agent collects money)	TBN*
AFFILIATE AGENT (Canyons collects money)	TBN*

*Commission percentages to be negotiated.

COMMISSION PAYMENT

FULL AGENT (Agent collects money)	Payment is due at the end of the month following the month of the invoice
AFFILIATE AGENT (Canyons collects money)	Agent commission will be paid at the end of the month following the month of invoice

CANCELLATION POLICY

15-7days before	6-2 days before	One day before	On the day
20%	30%	50%	100%

*Cancellation made after 5 pm will be considered next day cancellation.

*Regardless of the reason, if the event you fail to show up on time, cancellation policy will apply.

*Lessons/Tours will be operating on rain and snow conditions. However if the safety can not be ensured or the ski resort closes we will not be charging a cancellation fee.

BANK INFORMATION

BANK	Gunma Bank SWIFTCODE: GUMAJPJT	BRANCH	Minakami Branch
Account Number	(Normal)0328908	Account Name	Canyons Ltd HARRIS MICHAEL JOHN