

Guidelines for Safe Mountain Climbing and Nature Conservation

The mountains of Japan are beautiful, but they are fragile due to soft soil that is easily damaged. You are kindly requested to follow these "11 Requests" to conserve the precious natural environment of the Northern Alps while you enjoy safe mountaineering. Please enjoy the Alpine beauty to its fullest.

1. Stick to the trail and do not enter grass fields or trample on wild flowers.
2. Don't pick any of the plants. It's also prohibited to catch insects or animals.
3. Take home all of your waste products including left-over food and cigarette butts.
4. Pitch your tent in the designated area only. *1
5. Mountain huts above the tree line have scarce reserves of rain water. Please help them by conserving water and not polluting the water source.
6. It is strongly prohibited to build fires in the mountains. Always double check that gas stoves or cigarettes in the mountain huts have been fully extinguished.
7. Don't feed wild animals. Don't bring pets to the mountains.
8. Don't use new trail markers, signs or other graffiti to mark the way.
9. Check the course times before leaving and allow yourself plenty of extra

time.

The risk of lightning and likelihood that weather conditions will worsen in the afternoon makes it advisable to start out and arrive early.

Mountain etiquette also requires you arrive at the hut by 4PM and groups that plan to stay should phone ahead in advance.

10. Submit a climber registration form in case there is an emergency. Submit the registration form at the trailhead box or directly to the police. Insurance is strongly recommended. *2 *3
 11. In the unlikely event of a serious accident occurring. Phone the police (#110) or contact the nearest mountain hut for help. Inform them of the location, nationality and number of casualties and explain the situation. If a rescue operation is necessary the injured party will be liable for any costs incurred including the use of commercial helicopters.
- *1 The camp site cost is per person NOT per tent
*2 Map and compass are recommended.
*3 Before leaving home, download and print out a climber registration form.

Advice for Climbers from Overseas

Many visitors to Japan from around the world have climbed the Northern Alps and other mountains in recent years: however, mishaps have occurred due to insufficient preparation and lack of knowledge about the Japanese mountains. Please read the following carefully for your own safety and protection in order to make your mountain climbing in Japan a joyful experience.

1. Equipment/Clothing

<Rain Gear>

"Importance of Having Rain Gear"

The rain gear is one of the most important mountaineering equipment as you often must walk in the rain. Being wet during mountain climbing leads to rapid depletion of your physical strength, and having the right rain gear will protect you from the cold, wet weather. Japan has a lot of rainfall and the mountain climate is very unpredictable. Even if it's fair weather in lower elevation, you may find precipitations at higher elevations. So please remember to bring proper rain gear with you.

grueling environs

waterproof, breathable protection in a refined, lightweight, minimalist design.

Selecting the proper rain gear for mountaineering (1):

There are three basic types of rain gears being sold: the poncho type, the coat type, and the two-piece type (separate top and bottom). For mountain climbing, always select the two-piece type which helps retain your normal body movement while protecting you from the wind and rain coming from all directions. Even if your upper body is well protected, getting wet in lower parts of your body would lead to loss of temperature. So NEVER select the poncho type or the coat type.

Selecting the proper rain gear for mountaineering (2):

Waterproof and moisture-permeable fabrics such as Gore-Tex are most suitable for mountain climbing. These fabrics not only help keep you dry, but let your perspiration and moisture out as well. Walking in the rain makes you perspire, and even if you are covered from the rain, you could still get wet from inside. So selecting the waterproof, moisture-permeable fabric is extremely important.

2. Preparation before the climb:

Preventing altitude sickness

The Northern Alps is made up of mountains around 3,000 meters high (over 10,000 feet), and there is a great chance you will get altitude sickness.

What is altitude sickness? Altitude sickness is a pathological condition that is caused by acute exposure to low air pressure (usually outdoors at high altitudes). It commonly occurs above 2,400 meters (approximately 8,000 feet). Acute mountain sickness can progress to high altitude pulmonary edema (HAPE) or high altitude cerebral edema (HACE). Headache, vomiting and dizziness are primary symptoms.

You may recover from these symptoms by taking some rest, but if not, you have no other choice than to climb down the mountain. To avoid suffering HACE and fully enjoy mountaineering a thorough and precautionary physical management is highly recommended.

Prevention

- Select high-elevation places like "Kamikochi (上高地)" and "Hirayu (平湯)" for a stay prior to climbing, so that your body can gradually adjust to the climate.
- Get plenty of sleep.
- Take lots of fluid while hiking/climbing

- Do not rush to bed upon arrival at the mountain hut. Breathing would slow down while asleep which often causes sickness. Stay awake until your body adjusts to the higher elevation.

- Excessive drinking is one of common causes for altitude sickness

Making plans:

- Start early and arrive early – always try to be ahead.
- When traveling in summer, make your plan so that you arrive at a mountain hut before 4 p.m.
- Special attention is required to guests from Korea. There is no time difference between Korea and Japan, but due to the difference in latitude, the sun rise and sun set occur earlier in Japan.

Protecting the beautiful nature

We have been making every effort possible to preserve the beautiful nature, and we also ask our guests to be mindful of these efforts and to cooperate with us.

Using the restrooms

Are you aware that human bodily waste contributes to the destruction of nature? Bacteria which normally decompose human waste are not active at higher elevation, and the residual waste can be harmful to the nature. Mountain huts in Japan have installed toilets and sewage treatment systems under limited conditions, so please use these facilities.

- Place used toilet paper in the trash box. DO NOT dispose it in the toilet bowl.
- The used toilet paper will be incinerated at the hut.

Water

- Use water sparingly,
- Water is collected from the rain or pumped up from streams nearby and is very scarce.
- Keeping the water running is strictly prohibited.

Fund for path maintenance:

People who work at mountain huts volunteer to maintain the paths and set up signs at their own costs. A collection box is located inside the hut, and your donations will be greatly appreciated.

Dear Guides

(If you are climbing without a guide, please read the following carefully and make sure you bring gears mentioned below.)

In preparation for unexpected illness or accidents, make sure you bring the following;

- Rescue bag
- Emergency shelter

Mobile phone usable in Japan (for making a rescue request)

Always keep your tour members together in your sight, so that you can quickly take actions in case of an emergency. Consider getting mountain accident insurance for your guests since all costs associated with the rescue and hospitalizations are billed to the responsible party. In general, regular life insurance will not cover accidents that occur during mountaineering.

We look forward to seeing you at our Mountain hut and wish for your safe journey.