

Hello Kitty will be your tour guide for Yamanashi, Home of Mt. Fuji!



# YAMANASHI-JAPAN

# Outdoor sports in Yamanashi utdoor This guidebook introduces the fun of outdoor sports in Yamanashi. Come and enjoy Yamanashi to the fullest!

Takeda Hishimaru Captain of the Tourist Caravan Yamanashi, Home of Mt. Fuji





# Mt. Fuji climbing season

Mt. Fuji opens to climbers on the Yamanashi Prefecture side on July 1. A ceremony marking the start of the climbing season is held to pray for the safety of the climbers and the tranquility



# Mt. Fuji, A Sacred Mountain

# Ohachimeguri

Walking around the crater of Mt. Fuji is called Ohachimeguri. Enjoy the spectacular view of the enormous crater and the greatest panoramic view in Japan as you walk around the crater.



A musician and actor born in Yamanashi.



# Guidelines for Safely Climbing Mt. Fuji

The drastic difference in temperature and atmospheric pressure between Mt. Fuji and ground level can lead to life-threatening conditions like altitude sickness or hypothermia if you're not careful. Ensure that you are fully prepared before ascending the moun-

# Make a climbing plan with adequate leeway

Because a large number of climbers are aiming to reach the summit, the trail just below the summit can get congested around dawn.

If you are planning to ascend and descend the mountain in a single day during daytime, make sure to begin climbing from the fifth station early in the morning.

# Refrain from bullet climbing

Bullet climbing means climbing to the top of Mt. Fuji through the night without taking time to rest. Lack of sleep can cause fatigue and lead to altitude sickness. It's best to stay in one of the mountain huts and give yourself some leeway while climbing.

# Reservation necessary for overnight stay in mountain hut

Although many mountain huts on Mt. Fuji are in business during the climbing season, as huts get crowded with climbers, it's best to make advance reservations if you want to stay overnight.

# Fujisan Conservation **Donation Campaign**

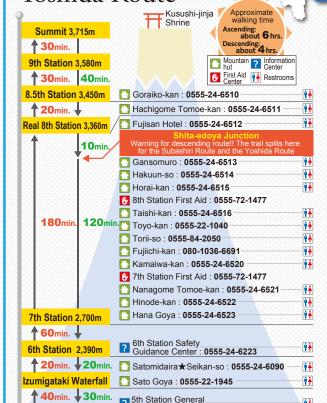
In both Yamanashi and Shizuoka Prefectures, donations to the Fujisan Conservation Donation Campaign are requested to help efforts in keeping Mt. Fuji beautiful for future genera-

Amount: 1,000 ven or up (Children and people with disabilities are asked to donate what they can)

Payment method: Pay by cash at Fuji Subaru Line 5th Station, Yoshida Route 6th Station

Campaign Period: During the climbing season from July to September

# Yoshida Route



# 5th Station 2,305m \* Please be advised that each of the mountain huts have limited business periods.





Administration Center: 0555-72-1477

You can bu

Mt. Fuji

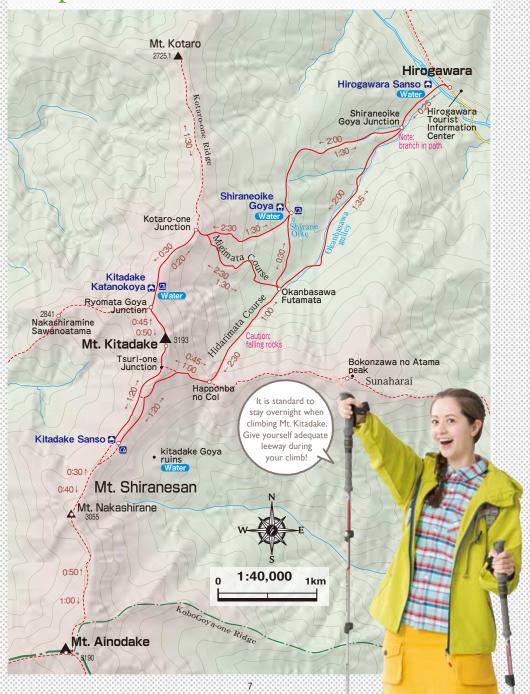
# Climbing equipment rentals

Climbing equipment rentals are available for climbers who need or are unsure about what equipment to take.

Full Mt. Fuji climbing set : approx. 12,000 yen



# Map of Mt. Kitadake



# ROUTE

# Standard Route for Climbing Mt. Kitadake Hirogawara 0:25 Junction 2:00 Shiraneoike Goya Okanbasawa Kotaro-one Junction Futamata 2:30 0:30 snowy gorge 2:30 Kitadake Katanokoya Happonba no Col 0:50 1:20 1:20 Kitadake Sanso

# ACCESS

# Minami Alps Mountain Climbing Bus

Kofu Station - Ashiyasu Municipal Parking Area - Hirogawara Line, Yashajin Pass Trailhead

2 hours from Kofu Station by Minami Alps Mountain Climbing Bus



# Mt. Kitadake Mountain Hut Information

Here is a list of mountain huts in the Mt. Kitadake area!

### Hirogawara Sanso

•Capacity: 80 people Tel: 090-2677-0828 (direct line to hut) Tel: 055-283-2889 (all year)

# Shiraneoike Goya

•Capacity: 150 people Tel: 090-3201-7683 (direct line to hut) Tel: 048-452-8663 (all year)

# Kitadake Katanokoya

•Capacity: 150 people Tel: 090-4606-0068 (direct line to hut) Tel: 055-288-2421 (all year)

# Kitadake Sanso

•Capacity: 150 people Tel: 090-4529-4947 (direct line to hut) Tel: 055-282-6294 (all year)





\* Please be advised that each of the mountain huts have limited business periods.



# Mt. Akadake For advanced climbers \*\*\*

Soaring 2,899m above sea level, Mt. Akadake is the highest peak of the Yatsugatake peaks. The name of Mt. Akadane stems from the reddish-brown color of its facade (aka is the Japanese word for "red"). Enjoy the spectacular 360 degree panoramic view from the summit. You can see Mt.Fuji from the top of Mt.Akadake



### 6 Utsukushi Mori View Point

This hiking course is only about a 15 minute walk away from the parking lot. The area boasts Japanese azaleas in June.

Approx. 10 min. by bus or taxi from Kiyosato Station



### 7 Doryu no Taki Waterfall

With a vertical drop of 10m and spanning 15m in width, the Doryu no Taki Waterfall in the Kawamatagawa Valley is a delicate waterfall that flows like silk thread from between the rocks.

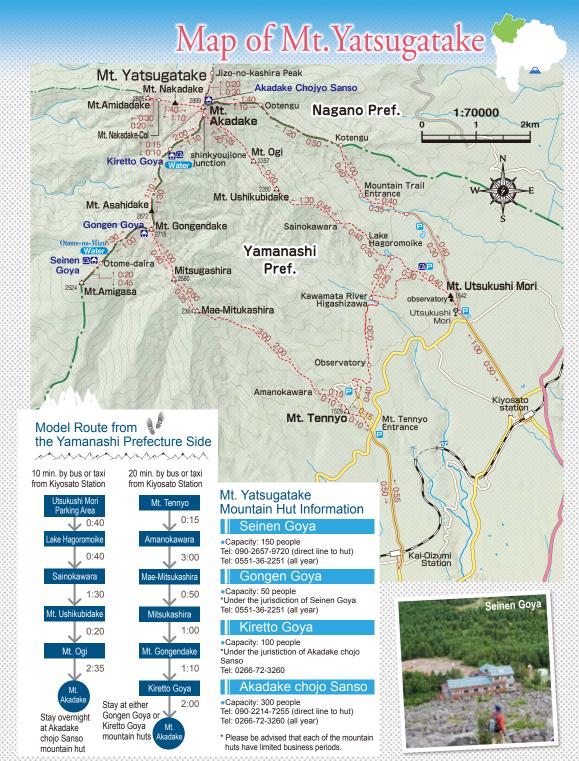
\*Approx. 10 min. by taxi from Kiyosato Station



# 8 Higashizawa Ohashi

Offering one of the most stunning views in the Yatsugatake highlands, the red bridge against Mt. Yatsugatake creates a beautiful contrast.

\*Approx. 10 min. by bus or taxi from Kiyosato Station

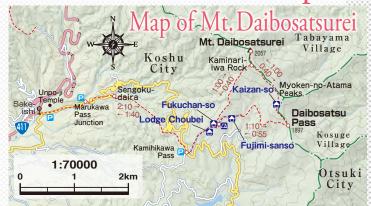


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Chichibu Tama Kai National Park

# Mt. Daibosatsurei, Mt. Kinpu







For novice climbers 9 Mt. Daibosatsurei

Mt. Daibosatsurei is one of the 100 famous mountains in Japan. This popular mountain is easily accessible and can be enjoyed by families and seasoned climbers alike. The view of Mt. Fuji from the mountain ridge is spectacular.



For intermediate-level climbers

Situated on the border between Yamanashi and Nagano Prefectures, you can enjoy the magnificent vista and rhododendron clusters.

### Model Route for Mt. Kinpu 1.5 hours by Nirasaki-Mizugaki Line bus from Nirasaki Station





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# **Certificate for** Climbing to the Summit of Mt. Fuji

This is an online service for ordering a Certificate for Climbing to the Summit of Mt. Fuji.

The certificate is an official certificate of Yamanashi Prefecture issued by the Yamanashi Tourism Organization



Register by computer or smart phone http://www.fujisan3776.com/



# **Get Your Mountain-climbing** Registration Form through "Compass"

Compass is a mountain and nature network providing information to ensure the safety of climbers as they enjoy the mountains and nature.

Nature and Mountain Network Compass



Mountain-climbing registration forms for all mountains in Japan can be submitted through this single registration desk that is linked to the police and local administration bodies!



This website accepts alpha-numeric input. You can register your Mountain-climbing registration form by filling in the minimum required information consisting Warning of "Climber's name," "Emergency contact number for sharing climbing plan, descending report, etc." You can set a Japanese or international email address for use as your emergency contact.

Please contact us for details on how to use the site (email only) Japan Mountain Guides Association webmaster@mt-compass.com

Register by computer or smart phone http://www.mt-compass.com/



# CAUTION!

# Equipment

Check Your Climbing Each hiking area has different points and dangers to pay attention to. The higher the mountain, the more dangerous the location, which requires extra careful attention and equipment.

**Equipment Check List** Make a careful check of your equipment before you start ascending.

3	Climbing wear					•
	No.	Equipment Name	Explanation	Check		I
	1	Hiking boots	High cut boots with a hard sole. Spats are also handy.			
	2	Shirt	Shirts with quick-drying properties. Long-sleeved shirts are recommended for protection against the sun.			,
	3	Pants	Pants with quick-drying properties. Jeans are unsuitable since they do not dry easily.			,
	4	Undergarments	Undergarments made of synthetic fibers with quick-drying properties are recommended.			•
	5	Hat	Use your hat to shield your head from the sun's rays.			1 1
	6	Sunglasses	Use sunglasses to protect your eyes from UV rays and blowing sand.			•
	7	Gloves	Use gloves to protect against the cold and to prevent injury in case of a fall.			,
	a	Socks	Thick eacks are best		I	,



Climbing Gear

ck	No.	Equipment Name	Explanation	Check
	9	Backpack	A backpack holding around 30-40L that is easy to carry. Backpack covers are also necessary.	
	10	Rainwear	Use rainwear with separated top and bottom. Breathable-waterproof material is recommended.	
	11	Cold weather clothing	Bring down jackets, fleece or other cold-proof clothing.	
	12	Headlamp	Headlamps are necessary even for same-day round trip climbers.	
	13	Drinking water	Take the bare minimum and buy some at the mountain hut if you run out.	
	14	Energy food	Bring food that is easy to eat and high in calories.	
	15	Plastic bags	Convenient for use as trash bags or carrying wet items.	
	16	Cash, change	Credit card payments are not accepted. Have some change ready for tipping when using the toilet.	
_	17	Portable toilets	Portable toilets are necessary during periods when toilets at the summit are not open for use.	
	18	Maps for Climbing	Maps with detailed hiking routes.	
	19	Helmet	Use helmets to protect your head during volcanic eruptions or from falling rocks.	
	20	Goggles	Use goggles to protect your eyes from volcanic ash during eruptions.	
	21	Antidust masks	Masks are useful during eruptions or to shield your face from flying dust when descending the mountain.	

# Cycling



# Cycle around Yamanashi

Yamanashi is the ideal location for all types of cycling from cycling with your family to participating in bike races for the general public. Why not go cycling and immerse your senses in the nature and seasons of Yamanashi.



# 12 Lake Kawaguchiko Bike Trail

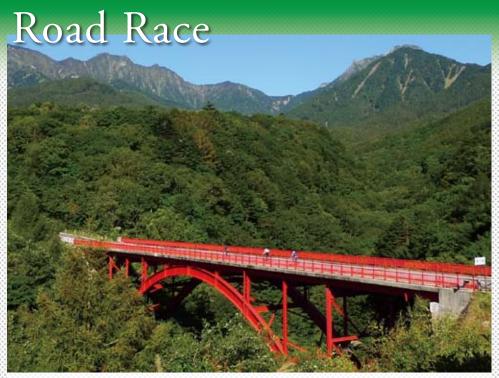
One loop around Lake Kawaguchiko is approximately 20km. The area is filled with places you'll want to stop at along the way like the popular Shichifukujin Meguri (short pilgrimage tour to visit temples and shrines of Shichifukujin, the Seven Deities of Good Fortune), gift shops, and stylish cafes.



# 11 Lake Yamanakako Bike Trail

One loop around the lake is approximately 14km. You can enjoy a very clear view of Mt. Fuji and the surrounding scenery as you cycle around the lake. Rental bikes are also available.







# <sup>(3)</sup> Mt. Fuji Hill Climb

Set in Mt. Fuji World Cultural Heritage Site, this hill climb race, which is the largest of its kind in Japan, features riders racing up a slope with an elevation difference of 1,270m for a distance of 25km from the foot of Mt. Fuji to the 5th Station.

[Number of participants] over 6,500 people [Contact info] Tel: 03-3714-1733



# (4) Grandfondo Yatsugatake

The full-scale Yatsugatake Grandfondo is one of Japan's leading events. Enjoy the beautiful view of Yatsugatake highlands.

[Number of participants] over 2,000 people [Contact info] Tel: 03-3714-1733









# Run in a Spectacular Location

Road races held in various local areas and seasons when nature is at it's best has become a well-known event in Yamanashi. After the run, enjoy a taste of delicious local specialty goods and other hometown hospitality.

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### 16 Mt. Yatsugatake Road Race

This race which takes place during the beautiful autumn season of Mt. Yatsugatake in October, presents runners with an endless scenic view of Mt. Yatsugatake to Mt. Fuji from the side.

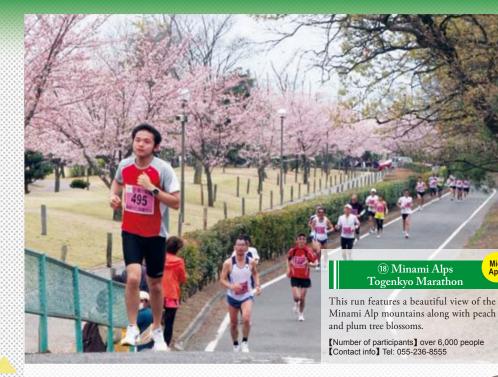
[Number of participants] over 2,000 people [Contact info] Tel: 055-231-3132



Held during the beautiful season of fresh greenery, this marathon is recommended for nature-loving runners who can enjoy the great natural environment of Mt. Fuji as they run.

[Number of participants] over 10,000 people [Contact info] Tel: 0555-62-9105







### 19 Fuefuki City Momo no Sato Marathon

This marathon takes place in Japan's No.1 peach paradise. Why not enjoy running in this marathon while taking in the scent of spring and flowers, and surrounding yourself with peach blossoms?



An exhilarating run through the kyoho orchard during the peak season of kyoho, king of grapes.

all enjoy nature

as we run

together!

[Number of participants] over 2,500 people

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[Number of participants] over 3,500 people [Contact info] Tel: 055-261-3338



Running in the great outdoors from the mountains, through forests, and over ridges  $_{\text{runners to become one with nature. Yamanashi is}}^{\text{Trail running through the great outdoors allows}}$ 

one of Japan's greatest mountainous areas with a variety of trails that can be enjoyed by novice and seasoned runners alike.

21 Ultra Trail Mt. Fuji

This is Japan's first 100 mile race with a distance of 168km and a cumulative altitude of 8,337m. This is a sister event to the world's highest Ultra Trail Du Mont Blanc.

[Number of participants] over 2,000 people [Contact info] http://www.ultratrailmtfuji.com/

### (23) Fuji Mountain Race

This is Japan's No.1 historical and traditional mountain race in which runners run from the base of Mt. Fuji in Fujiyoshida City up the mountain with a vertical difference of 3,000m in one dash to reach the summit of Mt. Fuji World Heritage site.

[Number of participants] over 3,500 people [Contact info] Tel: 0555-22-1111

22 Mt. Yatsugatake Odan Trail Run

Held during the peak of autumn, this is a supreme run through the magnificent trail that spreads out over the southern foot of Mt. Yatsugatake. Fully enjoy the natural environment of the Yatsugatake area during this run over trails and roads.

[Number of participants] over 200 people [Contact info] Tel: 0551-48-4111

24 Shugyoso in Mt. Minobu and Novem Mt. Shichimen Trail Running Race be

The course follows the same route used in ancient times during the pilgrimage to Mt. Minobu. Let the aura of the sacred place of Lotus Sutra sweep over your body.

[Number of participants] over 600 people [Contact info] Tel: 0556-62-1103

There are still many othe events to



Nishizawa Gorge has been selected as one of the top 100 forests to take a therapeutic walk, and one of the top 100 waterfalls in Japan. Enjoy the view of the gorge as you walk around the foothpath which takes approximately 4 hours to complete.

•50 min. by bus or taxi from Yamanashishi Station to gorge

The refreshing air will invigorate you!

Take an invigorating walk as you enjoy the refreshing air in Yamanashi!



Walking

s a great wa to stay fit

# 26 Mt. Kushigata, Lake Inagako

The mountain trail is perfect for walking and the beautiful Lake Inagako enclosed by a forest can be enjoyed in all seasons.

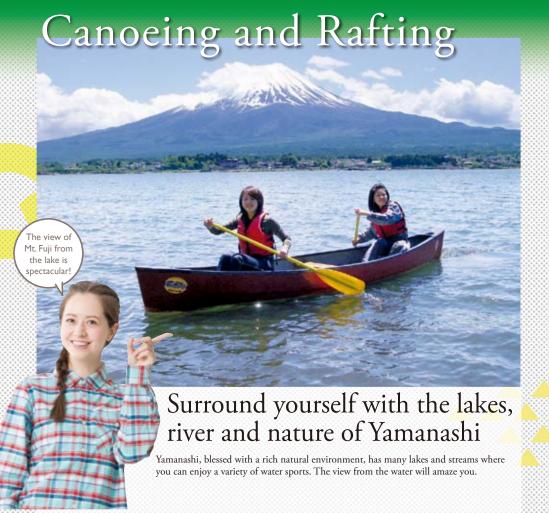
•40 min. by taxi from Higashi-Hanawa Station



### (27) Takeda-no-Sato Walk

Walk the Shimpu Takeda-no-Sato when the peach blossoms are in full bloom! The area hosts the 50km Ultra Walking event and the Enjoy Walk stroll around the historical landmarks around the city.

[Number of participants] over 600 people [Contact info] Tel: 0551-22-8062



### 28 Country Lake Systems

Have fun at Lake Kawaguchiko with the magnificent Mt. Fuji in the background. Synchronize your paddling with your partner and go explore new and unexplored zones of the lake!

【Contact info】Tel: 0555-20-4052 •15 min. by taxi from Kawaguchiko Station





You can try your hand at rafting in Fuji River, one of the three fastest flowing rivers in Japan. This is an experience that anyone can enjoy.

【Contact info】 Tel: 0556-42-2770 •5 min. by taxi from Kaitokiwa Station



# You can enjoy winter sports too!

# 31 Fujiten Snow Resort

Attractively located about 90 min. by car from Tokyo, Yokohama and Shizuoka, this snow park is recommended for skiing and snowboarding.

【Contact info】Tel: 0555-85-2000 •20 min. by taxi from Kawaguchiko Station

### 32) Kamui Misaka Ski Resort

Located about 80 min. from the Tokyo area, this ski resort is easy to access. With slopes mainly geared towards beginners, there is also a slope exclusively for sledding.

【Contact info】 Tel: 055-264-2614 • Take the Fujikyu Bus bound for Mt. Fuji Station from Kofu Station <Get off at Misaka Ski-jo Mae> Approx. 50 min.



Enjoy winter sports in the exceptional scenic surroundings of the area. You can enjoy skiing, and skating too!



# 3 Fujikyu Highland Crystal Lagoon Rink

Every year, this outdoor skating rink is the first to open in the Tokyo area.

【Contact info】 Tel: 0555-23-2111 •0 min. from Fujikyu Highland Station



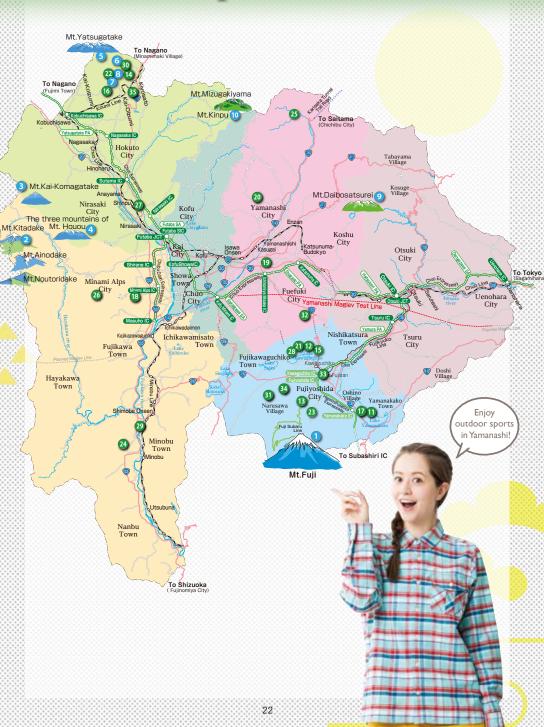


# Play your heart out in the heart of

Mother Nature! Yamanashi is dotted with many famous courses where you can enjoy stunning backdrops for a wide range of play levels. Immerse youreslf in the resort atmosphere while playing your game on the expansive course.



# Map of Yamanashi



# About Yamanashi Prefecture

Yamanashi Prefecture is situated in the center of Japan. Located next to Tokyo, almost 80% of the prefecture consists of mountains and forests, and it is famous for its rich natural scenery.

The local topography is known as the "Kofu basin," being completely encircled by mountains. Mt. Fuji, which towers over the land to the south, is Japan's highest peak, a distinctive symbol of Japan, and listed as a world heritage site. To the north is the Yatsugatake mountain range with the Kiyosato Highlands at its foot. To the west is the Southern Alps, a mountain range listed as a UNESCO Biosphere Reserve (also known as a UNESCO Eco Park in Japan), with some of Japan's greatest mountains, including Mt. Kai-Komagatake and Mt. Kitadake, its second-highest peak.

The climate of Yamanashi includes large temperature swings between summer and winter; thus, the prefecture undergoes distinctively visible changes between the four seasons. Fruit cultivation thrives by making use of the climate's temperature range.

Yamanashi has also been famous since ancient times as a source of rock crystals, and it produces more jewelry than anywhere else in Japan thanks to its superior grinding techniques.

# No.1 in Japan

Tallest mountain: Mt. Fuji



No. 1 producer of peaches, grapes, and plums





No. 1 producer of jewelry

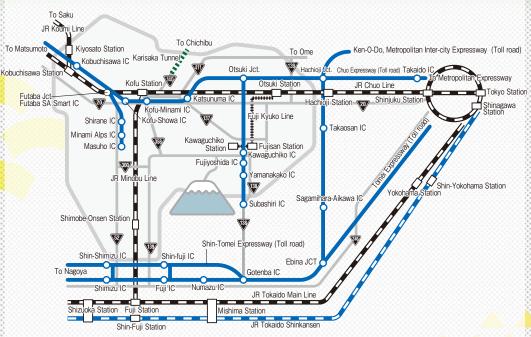


No. 1 producer of mineral water



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# **Directions to Yamanashi**



JR Chuo Line: Azusa Limited Express Kaiii Limited Express



Chuo Expressway Yamanashi Kotsu

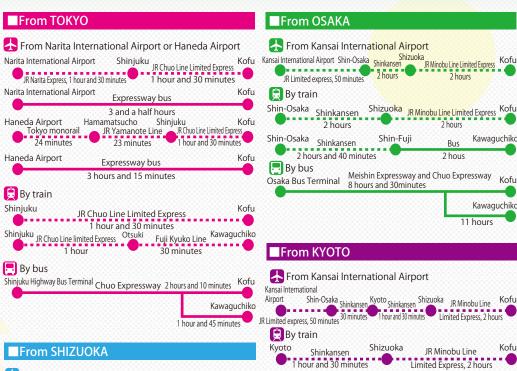


Chuo Expressway Fuji Kyuko





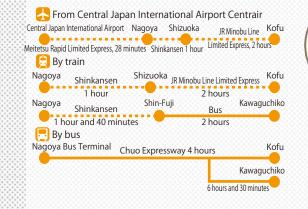
# Yamanashi-Bound Train and Bus Travel Times



From Mt Fuji Shizuoka Airport Mt Fuji Shizuoka Airport Shizuoka JR Minobu Line Limited Express

2 hours Mt Fuji Shizuoka Airport Shizuoka Shinkansen Shin-Fuji Bus Kawaguchiko 15 minutes 2 hours Bus, 55 minutes

### From NAGOYA









Kyoto Bus Terminal Meishin Expressway and Chuo Expressway
7 hours

Kawaguchiko

Kawaguchiko

9 hours and 30 minutes



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should be set up by the end of 2015. Feel free to use this service while sightseeing, www.yamanashi-kankou.jp/wi-fi/



Lavender and Mt. Fuji (Fujikawaguchiko Town)



# Yamanashi Tourism Organization

Yamanashi Prefectural Office Annex 2nd Floor, 1-6-1 Marunouchi, Kofu Yamanashi 400-0031 Tel.055-231-2722 http://www.yamanashi-kankou.jp/

