

MT. FUJI

Climbing begins from the 5th Station on Mt. Fuji where the altitude is about 7700 ft. high. From there you climb to the summit, at an altitude of 12,388 ft. Mt. Fuji is the highest mountain in Japan and a challenge to climb, even for those in top physical condition. It is important to make the proper preparations ahead of time and be sure you are in good physical shape for fairly strenuous climbing.

Changes in weather and temperature can be severe. Even if it is a summer day below, the summit may feel like winter. The terrain of Mount Fuji varies from walking on a dirt path, to loose lava stone, to actual rock climbing. After climbing about 8,000 ft, the air becomes thin and can make breathing difficult. Let your steps be slow and steady so you don't suffer from mountain sickness.

- ☐ Warm Jacket
- ☐ Long Sleeve Shirt
- ☐ Heavy Socks
- ☐ Cotton Gloves
- ☐ Hiking Shoes
- ☐ Rainwear
- ☐ Flashlight
- ☐ First Aid Kit
- ☐ Water (min. 1 liter)
- ☐ Snack Food

A climbing stick (kongo-zue) is very helpful and a favorite souvenir. Insignias branded into the stick marking the meters climbed are available at each hut. Please bring extra yen (¥5000) for the insignias and stick if you wish to purchase one at the 5th Station.

* Do not stray from the climbing path. If you do, there is a greater possibility of encountering rock slides or getting lost.

* Do not be in a hurry. Climb the mountain slowly and be careful not to over exert yourself. It is better to take frequent short breaks rather than to stop only a few times for long periods of rest.

* If a person is injured or sick, perform the necessary first aid, carry him to the nearest mountain hut and contact a doctor.

* Acute Mountain Sickness is caused by decrease of oxygen at high altitudes in combination with physical exertion. Symptoms include headache, decreased appetite, fatigue and shortness of breath. Climb at your own pace and drink plenty of fluids.

* If you climb at night, please do so with care.

Descending Precautions:

* Do not run down the mountain.

* Do not stray from the path while descending, it is possible to end up on the wrong side of the mountain.

* No mountain hut is available on the descending trail below the 8th Station.

* During descent, toilets are located at the summit, 7th Station (Public Toilet), and Mt. Fuji Safety Guidance Center (6th Station).

Helpful Information:

* The average climbing time is 5 ~7 hours from the 5th station to the summit. The average descending time 3 hours from the summit to the 5th station.

* An information center, souvenir shop, shrine and rest house is located at the 5th station.

* First Aid stations are located at the 5th, 7th and 8th stations.

5th Sta.	8:00 am - 8:00 pm	Mt. Fuji 5th Sta. General Managment Center
7th Sta.	24 hours	Near Kamaiwa-kan Hut
8th Sta.	24 hours	Beside Taishi-kan Hut

* The Climbing Safety Guidance Center is located at the 6th station.

* The hotels on the mountain are rugged style huts. They are only open during the climbing season. They do not have shower facilities, but do have toilets (latrine type) sometimes located outside the hut.

* For sleeping, the hut provides a thin mattress on the floor and an extra mattress for covering yourself. Some huts use bunk beds.

* Water is available but is not free.

* Climbers are expected to pay a small fee in order to utilize toilet facilities.

* Trash is becoming a serious problem on the mountain. There is evidence that even trash disposed of in cans gets blown over or washed down the slopes. Please do not litter on the mountain and be careful not to damage the trees.

* Show common courtesy to your fellow climbers.

Guest Name : _____

Room Number : _____

Telephone Number : _____
(Reservation Number)

DATE : _____

How many for the reservation :

Adult : Male _____ Child : Male _____

Female _____ Female _____

Mt. Fuji Transportation Directions:

Hibiya Line: Hiroo (広尾) St. to Ebisu (恵比寿) St. (1 stop) / Track #1 / ¥180

Use exit #1 - toward JR Yamanote Line (山手線)

Ebisu (恵比寿) St. to Shinjuku (新宿) St. (4 stops) / Track #1 / ¥170

To reach Shinjuku Expressway Bus Terminal, "New South Gate" is the most convenient. Take the escalator in front of the ticket gate (New South Gate) to get to departure terminal on 4th floor. Purchase your ticket for Mt. Fuji 5th Station.

COUNTER	Adult : ¥3,800	Child : ¥1,900
ONLINE	Adult : ¥3,500	Child : ¥1,750

(careful) Business hours of new south gate are from 5:45 to 24:00.
Please use the south exit other than this time.

* Fujikyu Call Center

0555-73-8181 (7:30 - 20:00) Press "1" after recording

Mt. Fuji 5th Station

There are restaurants, a police station, overlook areas as well as souvenir shops. From here you climb. You will have a trail going up and then down (2 separate trails - with the same names). Please follow land mark.

Fuji Subaru Line 5th Sta. ⇒ Yoshida Trail ⇒ Summit ⇒ Yoshida Trail ⇒ Fuji Subaru Line 5th Sta.

Departures from Mt. Fuji 5th Station to Shinjuku:

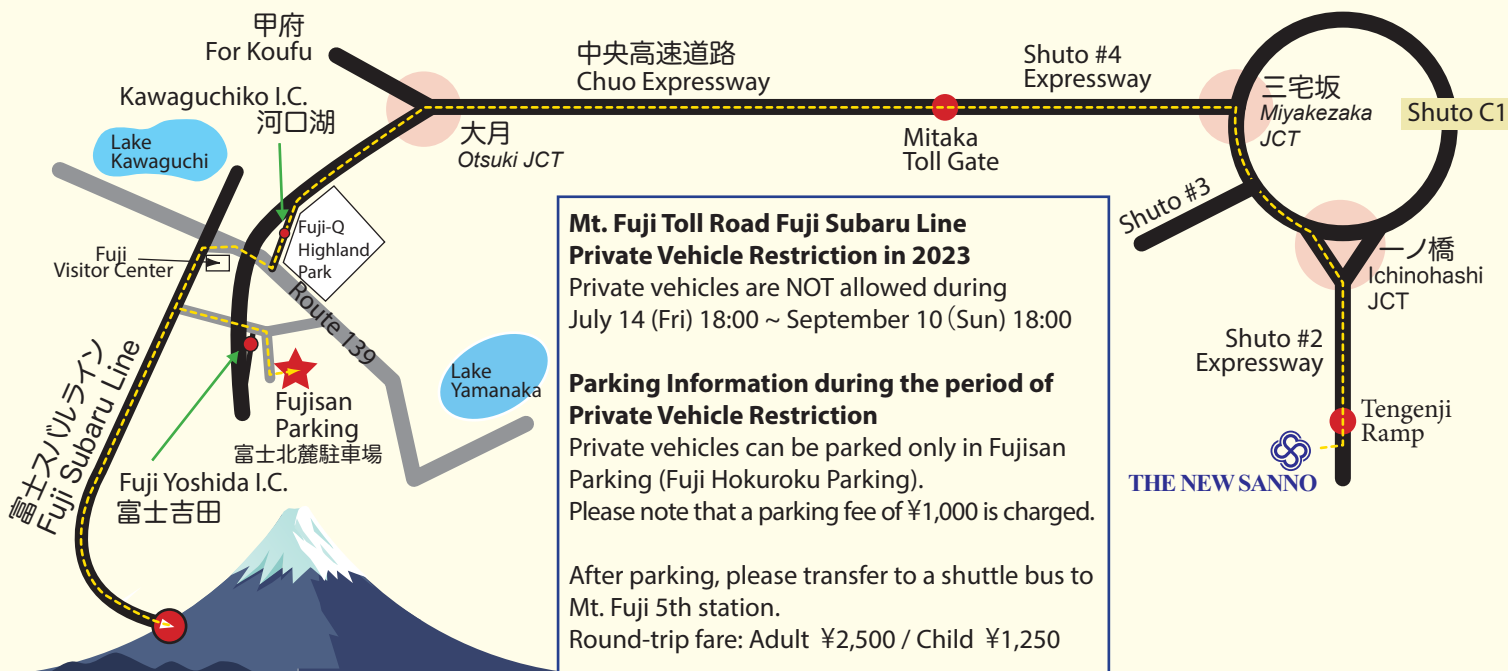
Take the Highway Bus to Shinjuku Sta.

COUNTER	Adult : ¥3,800	Child : ¥1,900
ONLINE	Adult : ¥3,500	Child : ¥1,750

Yamanote Line Shinjuku St. to Ebisu St. (4 stops)

/track #14 / ¥170

Hibiya Line Ebisu to Hiroo (1 stop) / track #2 / ¥180



New Sanno Concierge Desk

For more information Phone: (DSN) 229-8094 (CML) 03-6868-2311 ext.8094