







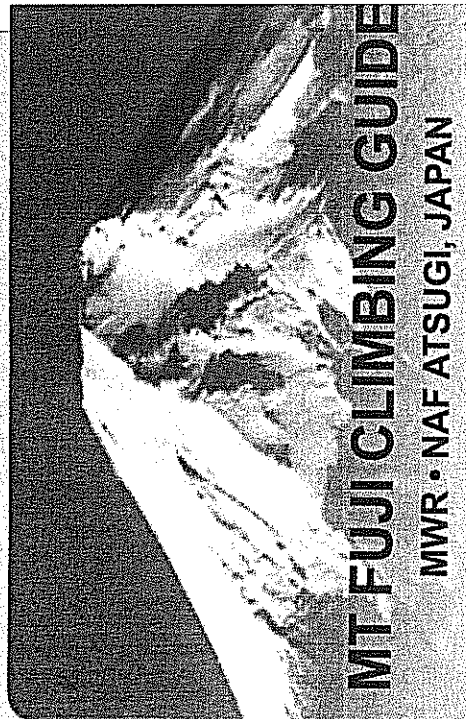


Mt. Fuji Facts

-  **Last Volcanic Eruption: 1707**
-  **Elevation at Top:**
3,776 m = 12,388 ft = 2.34 mi
-  **Summit Crater Dimensions**
Diameter: 850 m at farthest points
Depth: 220 m
(circumference: about 3 km)
-  **Temperature Average:**
40.8° F in July / 43.6° F in August
Generally, the temperature at the top is about
18-20 F cooler than at the 5th Station, and
36-40 F cooler than at sea level.
-  **Air Density: 60% of sea level at top**
-  **Timberline: about 8,000 ft**
-  **Trail Surface: pavement, rock, gravel (stone, cinder and sand, volcanic ash)**
-  **Walking Distance from Kawaguchiko 5th Station:**
about 16 km (10 mi) round trip.



Emergency Phone Numbers

Camp Fuji (operator)
(0550) 89-6102

Bus Parking Lot
(5th Station, Gogoen Rest House)
(0555) 72-1251

Fujisan Hotel (Mt. Fuji 8th Station)
(0555)-24-6512

Mt. Fuji Safety Station
(0555)-22-0110

Atsugi Base Duty Officer
(Security)

0467-63-4053 or 0467-63-3111

Atsugi Tours Office

0467-63-3770 or 0467-63-3786

NAF Atsugi Quarterdeck:

0467-63-4053 or 0467-63-3111

NAF Atsugi Security:

0467-63-3200 or 0467-63-3500

NAF Atsugi Operator

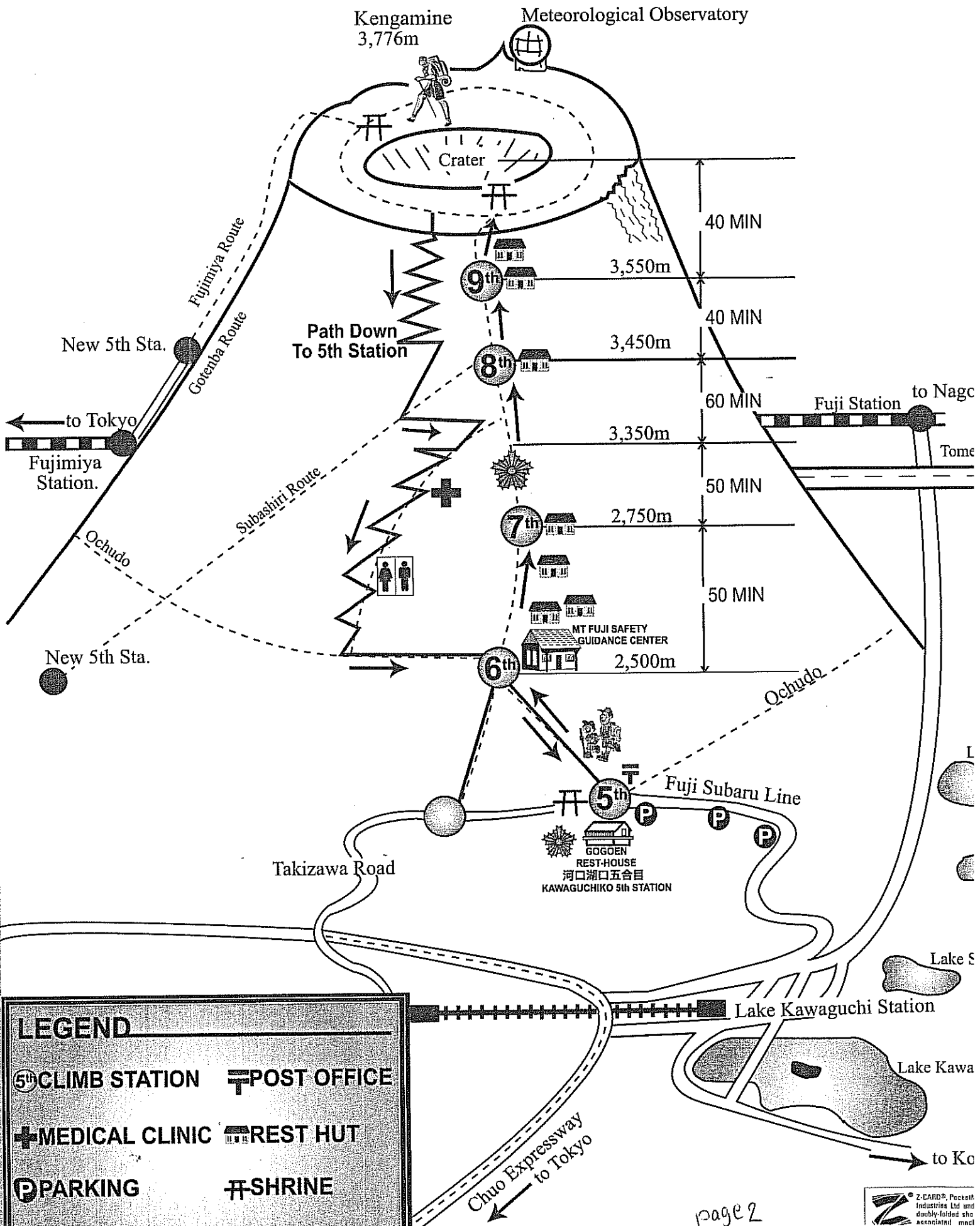
0467-63-1110

24-hr English Information Line
(0555)-23-3000 (July~August only)

English Weather Information via Internet:

<http://www.city.fujiyoshida.yamanashi.jp> (Click on "English")

MT. FUJI SUMMIT



MT. FUJI CLIMB

WELCOME TO MT. FUJI

The Mt. Fuji climbing season is July-August. Climbing begins from the 5th Station (7,700 ft); it usually takes 4-6 hours to reach the summit (12,388 ft) and about 2.5 hours to climb down. It is important to make the proper preparations and be careful not to overexert yourself to prevent mountain sickness. Changes in elevation and temperature are severe. The terrain of Mt. Fuji varies from dirt paths, to loose lava stone (gravel), to actual mountain climbing. Please read on to ensure a safe and enjoyable trip.

If you'd rather not climb the mountain alone, you're in luck. The MWR Tours Office runs frequent bus tours to Fuji's 5th station during the July-August climbing season. The bus will also ferry you back to NAF Atsugi after you've conquered the "beast".

WHAT TO BRING

Recommended Items:

- Yen
- Comfortable Shoes (Boots)
- Warm Jacket
- Raingear (Jacket & Pants)
- Long Sleeve Shirt
- Flashlight
- Heavy Socks (Wool)
- First Aid Kit
- Hat (with a visor)
- Sunglasses
- Cotton Gloves
- Water (2 Liter minimum)
- Small Towel
- Nutritious Snack Food
- Toilet Paper (Tissue)
- Sunscreen
- Headache Medicine
- Chap Stick

Many of these items are on sale at the 5th Station. Wear removable layers to prevent being too hot while hiking and descending and too cold at the summit. High top, thick-soled hiking shoes are recommended. Bring enough food for at least one meal. Bring food that is substantial but not heavy like canned foods, cheese, bread, sweets, etc. Food is available but it's expensive. Water is available for ¥ 200 or more for a bottle. We recommend carrying your own water. Mt. Fuji hiking sticks (Kongo-zue) are available at the 5th Station for about ¥ 1200 and are a helpful souvenir. Insignias branded into the stick marking your progress hiked are available at each hut for about ¥ 300. There are no money changing facilities available so bring sufficient yen for your needs.

PACE YOURSELF

Hike slowly and be careful not to overexert yourself. It is better to take frequent short breaks rather than rush. At 8,000 ft. the air becomes very thin, making breathing difficult. You may purchase oxygen at the 5th or 8th Station (about ¥ 1,500). If a person is injured or sick, perform the necessary first aid, help him/her to the nearest hut, and contact a doctor.

Acute Mountain Sickness is caused by exertion and a decrease of oxygen at high altitudes.

Symptoms include headache, decreased appetite, fatigue, and shortness of breath.

Hike at your own pace, drink plenty of fluids, eat food high in carbohydrates, and avoid alcohol and tobacco. If you become ill or get injured, seek treatment at the First Aid Station at the 7th Station on the up route (open throughout the climbing season)

Refrain from wandering off the marked trails, because there is a greater possibility of encountering rockslides or getting lost. Only use designated hiking trails. Trails are unlit and some signs are difficult to spot. Do not stray from your group - always hike with a companion. In the event of thunderstorms or lightning, stop hiking and find shelter in a hut. Look out for falling rocks, especially in places under construction. If you are hiking at night, be especially mindful of your footing in rocky areas. It's easy to stumble and fall.

IT'S ALL DOWNHILL

Walk, don't run down the mountain! If you stray from the path while descending, it is possible to take the wrong path and end up on the wrong side of the mountain.

At the 8th Station the path divides in two. DO NOT take the path to the right that goes to Subashiri. Take the path to the left (the Kawaguchiko/Subaru Route) that goes to the 5th Station bus stop. It is easy to lose your way in heavy fog, so be cautious and take the correct path at the fork. There are no toilet facilities or overnight shelters for hikers on the route down the mountain.

MOUNTAIN LODGING

The "hotels" on the mountain are rugged style huts that are open during climbing season. They do not have shower facilities. There are toilets located outside the hut. Most huts provide a thin mattress on the floor and an extra mattress for covering yourself.

ING GUIDE

All guests must share a common room with many others. You may bring your own gear, but it will add weight to your climb. Do not over pack.

Most mountain huts close at the end of season, but some stay open into September. After September, there is no lodging, food, or water available. Those climbing in the off-season are encouraged to contact the Fujiyoshida Police Station at 0555-22-0110 and register at the 5th station and let them know what your climbing schedule will be for both climbing and descending.

Please do not litter on the mountain -all trash must be packed out.

SAFETY TIPS

Safe Haven

Information Centers, Souvenir Shops, Shrines, and Rest Houses are located at the 5th and 7th Stations. First Aid Stations are located at the 5th and 7th Stations and a doctor is on standby at the 7th Station. The Safety Hiking Guidance Center is located at the 6th Station.

Hazards

Mt. Fuji is a perfect environment for avalanches; strong winds can literally blow climbers off the slippery slopes. Be prepared for a windy climb up.

Weather

Not limited to the off-season, hypothermia is a life-threatening condition that occurs when a hiker's Core Body Temperature drops and internal organs succumb to the cold. Symptoms include shivering and soon lead to hysteria, blue skin and glazed eyes.

DIRECTIONS BY TRAIN

- Sagamino Sta. to
Yamato Sta. by Sotetsu Line
- Yamato Sta. to
Machida Sta. by Odakyu Line
- Machida Sta. to
Hachioji Sta. by Yokohama Line
- Hachioji Sta. to
Otsuki Sta. by Chuo Line
- Otsuki Sta. to
Kawaguchiko Sta. by Fuji Kyuko Line
- Kawaguchiko Sta. to
Mt. Fuji Kawaguchiko 5th Sta. by bus

NOTE: Bus schedules vary year-to-year and only run once or twice a day on the off-season. The frequency increases considerably during the hiking season.

When you arrive at Kawaguchiko Sta. check to see what time the last train departs for Hachioji Sta. Otherwise, you will have to go directly from Kawaguchiko Sta. to Hachioji Sta. via the Yokohama Line.

If you are traveling by car, stop by the Atsugi Tours office for driving directions and maps.



Conquer "The Beast"!

MWR Tours runs bus tours to Fuji's 5th station during the July-August climbing season. Call 264-3770/3786 for more information.