

Four ascent trails! Things to look out for during the summer season.

The trails to the summit of Fujisan are open for the summer climbing season, typically from early July to early September.

The opening period for each route may vary, so please check when you are making arrangements.

Note: Outside of the period indicated, the ascent trails are closed.

The four trails are color-coded.

There are four trails leading to the summit of Fujisan. Each trail has its own trailhead from which the ascent begins.

Trail name	Trail color code	Trailhead name
Yoshida Trail	Yellow	Fuji Subaru Line 5th Station
Subashiri Trail	Red	Subashiri Trail 5th Station
Gotemba Trail	Green	Gotemba Trail New 5th Station
Fujinomiya Trail	Blue	Fujinomiya Trail 5th Station

Four things you must consider

Weather – At the top of the mountain, temperature may drop below freezing!

At the summit, the air temperature is more than 20°C less than in the towns below. Even in summer, around the summit, wind chill can easily drive temperatures to below freezing. At this altitude, ultraviolet radiation is very much more hazardous, too. You must also pay attention to the weather, which is apt to suddenly change, bringing strong winds, fog, and lightning storms.

Equipment – Before departure, make sure you have essential items!

Climbing incidents most often involve people who treat the ascent like a sightseeing outing and fail to make adequate preparation. Before departure, make sure you have everything you might need to cope with sudden changes in weather.

Altitude sickness – Give yourself time!

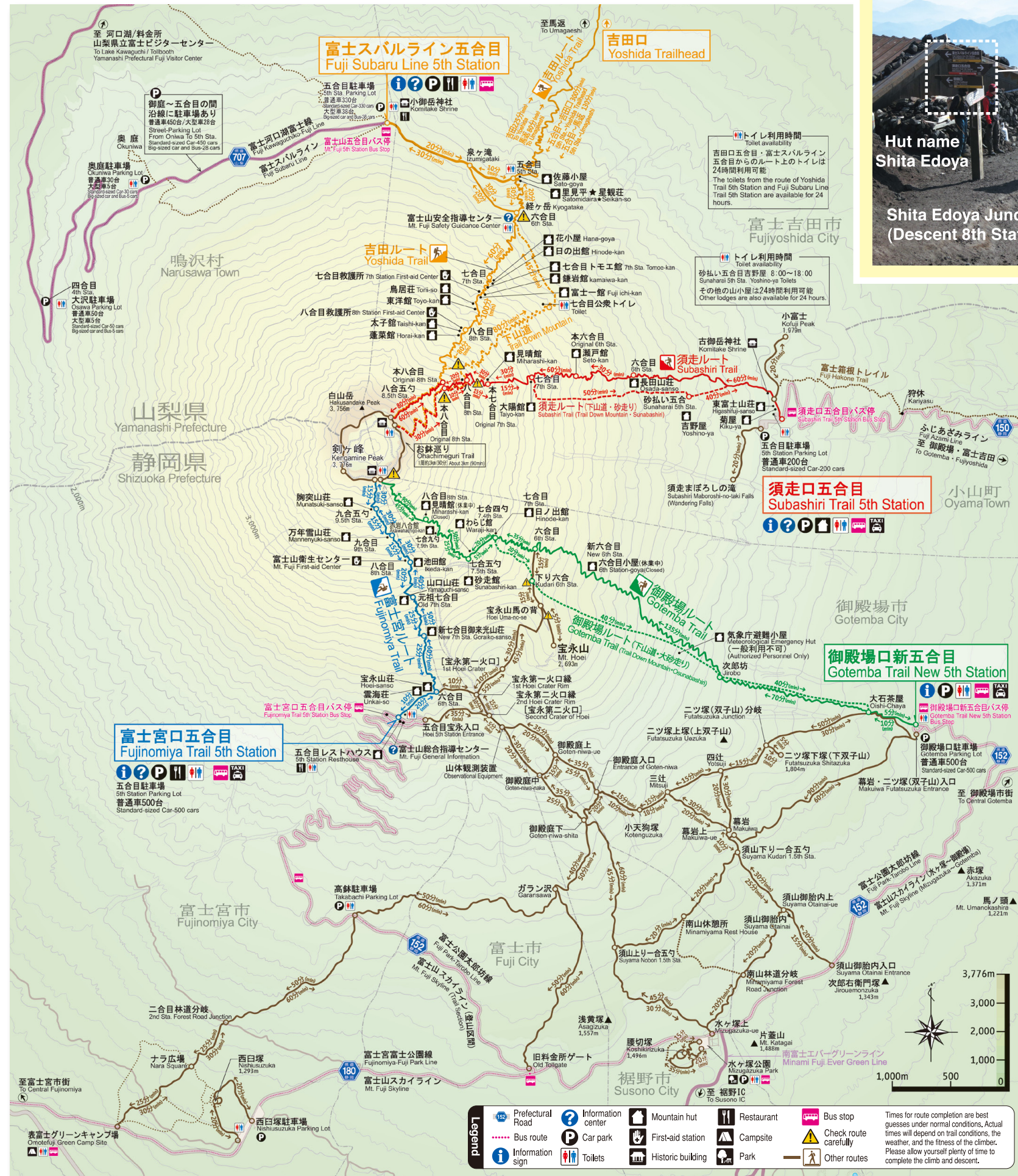
Because your body has no time to adapt, suddenly going to higher altitudes may cause fatigue and physical weakness, headaches, dizziness, and other symptoms. This altitude sickness causes many visitors to abandon the ascent. Give yourself plenty of time. If you start to notice symptoms, descend.

To avoid altitude sickness

1. Get adequate rest (sleep) on the day before.
2. At the 5th station, rest at high altitude for 1 or 2 hours before starting the ascent to the summit.
3. Walk slowly at a constant pace.
4. Drink liquids regularly.
5. Take regular short rests, but avoid getting cold.
6. Breathe deeply from the abdomen.

Rushing the mountain – Risk to health and safety

Refrain from “shooting up the mountain.” Attempting a quick night-time ascent without taking adequate rest on the day before is likely to give you altitude sickness. Do not rush the mountain.



Route confusion at junction of Yoshida Trail and Subashiri Trail

On the descent from the summit to the 8th station, the Yoshida Trail and Subashiri Trail share the same route down the mountain, and many people miss the place where the Yoshida Trail and the Subashiri Trail diverge. Check the signposts carefully before choosing which way to go. To descend on the Yoshida Trail, turn left along the narrow path at the Shita Edoya mountain hut.



Where to get climbing information

Yoshida Trail

Yamanashi Prefecture Fujisan 5th Station Management Center (5th Stage)	0555-72-1477
Fujisan Safety Guidance Center (6th Stage)	0555-24-6223
Fujiyoshida Tourism Promotion Service	0555-21-1000

Subashiri Trail

Subashiri Trailhead 5th Station Tourist Information Center	0550-84-5582
Oyama Town Tourist Association	0550-76-5000
Oyama Town Commerce and Tourism Section	0550-76-6114

Gotemba Trail

Gotemba City Tourist Association	0550-83-4770
Gotemba City Commerce and Tourism Section	0550-83-1212

Fujinomiya Trail

Fujisan General Information (5th station)	0544-22-2239
Fujinomiya City Tourist Association	0544-27-5240
Shin-Fuji Station Tourist Information Office	0545-64-2430
Susono City Tourist Association	055-992-5005
Fujinomiya City Tourism Section	0544-22-1111

Detailed information concerning ascents is available from sites below.

Ministry of the Environment, Yamanashi Prefecture, and Shizuoka Prefecture General Information Site for Climbing Fujisan

Official website for climbing Fujisan
<http://www.fujisan-climb.jp> (Japanese and English)

For mobile devices
<http://www.fujisan-climb.jp/mobile/>
 (Japanese only, summer climbing season only)

You can view the entire guidelines at the website shown above.

Aid if you find yourself in difficulty on Fujisan

Shizuoka & Yamanashi Police
 Get in touch using your cell phone to read the bar code at right.
 You will receive advice about what to do.



Suffering from altitude sickness?
 Don't know where you are?
 Think you need rescuing?