

**Mt. Fuji Climbing  
Information  
Provided by  
MCCS Trips office  
CATC Fuji  
DSN 224-8657**



# Climb **MT. FUJI**

## Day and Night Trips

**\$25.00** July –August

Thursday & Friday

Depart @0630 Picked up @1830 for Thursday

*Fujinimoya Trail & Gotemba Trail*

Depart @17:30 Friday Picked up @11:00 Saturday

*Kawaguchi-ko Trail*

Price includes round-trip transportation only. Mt. Fuji

Climbing sticks and T-shirts are available at the Gym.

For more information please contact Trips office 224-8657



A minimum of 6 customers  
Sign up two days prior to the event

# Don't get lost !

There are four routes for the climb to the summit.

Be careful not to take a wrong descending trail.

The signs on each trail are classified a color.

Be sure to follow correct colored signs.

## Key words !

Fuji-Yoshida Route

- Subaru-line

Kawaguchiko-town

- Yamanashi-prefecture

[Mount Fuji](#) is divided into ten stations with the first station at the foot of the mountain and the tenth station being the summit. Paved roads go as far as the fifth station, which is around 1400 to 2400 meters above sea level.

There are four 5th stations on different sides of the mountain, from where most people start their ascent to the summit:

### **Kawaguchiko 5th Station** (Yamanashi Prefecture)

**Altitude:** about 2300 meters

Ascent: 5-7 hours

Descent: 3-5 hours

This is the most popular base for the climb to the summit, and the most easily accessible 5th Station from the [Fuji Five Lake](#) region and central [Tokyo](#). The road to this 5th Station, the Fuji Subaru Line, is a toll road (2300 Yen), which gets closed to private vehicles during the peak of the summer holidays (August 7 to 18, 2009). The Yoshidaguchi Trail leads from the Kawaguchiko 5th Station to the summit. Lots of mountain huts line the trail around the 7th and 8th stations, and there are separate trails for the ascent and descent. The sunrise takes place on this side of the mountain.

### **Subashiri 5th Station** (Shizuoka Prefecture)

**Altitude:** about 2000 meters

Ascent: 5-8 hours

Descent: 3-5 hours

This 5th Station is located only at 2000 meters above sea level and is the base of the Subashiri Trail. The Subashiri Trail meets the Yoshidaguchi Trail around the 8th station.

### **Gotemba 5th Station** (Shizuoka Prefecture)

**Altitude:** about 1400 meters

Ascent: 7-10 hours

Descent: 3-6 hours

This is by far the lowest 5th Station, and the ascent to the summit is accordingly much longer than from the other 5th stations. The Gotemba Trail leads from the Gotemba 5th Station to the summit. There are about four huts around the 7th and 8th station.

### **Fujinomiya 5th Station** (Shizuoka Prefecture)

**Altitude:** about 2400 meters

Ascent: 4-7 hours

Descent: 2-4 hours

The closest 5th Station to the summit, the Fujinomiya 5th Station is the base for the southern approach via the Fujinomiya Trail. It is easily accessible from the railway stations on the [Tokaido Shinkansen Line](#) between [Tokyo](#) and [Osaka](#). There are about half a dozen mountain huts along this trail.

The road to the Fujinomiya 5th Station is toll free and gets closed to private vehicles during the peak of the climbing season (July 15-17 and August 5-14, 2006).



**河口湖口五合目 2,305m**

5th Station on the Kawaguchiko Route  
 富士スバルライン Fuji Subaru Line  
 小御岳神社 Komitake shrine

**河口湖口登山道**  
 Kawaguchiko route to ascend and descend

お中道 Ochūdō

泉滝 Izumigataki

六角堂 Rokkakudō

富士山安全指導センター(六合)  
 Fuji climbing safety guidance center (6th station)  
 2,386

救護所(七合)  
 First-aid station (7th Station)

避難所 Shelter

白山岳 Hakusandake 3,756

八合 8th Station

九合 9th Station

富士山測候所 Mt. Fuji Weather Station

剣ヶ峰 3,776 Kengamine

九合五勺 9.5th Station

九合 9th Station

八合 8th Station

富士山衛生センター(救護所) First-aid Station

元七合 EX 7th Station

新七合 New 7th Station

元六合 EX 6th Station

お中道 Ochūdō

新六合 New 6th Station

富士山ガイドセンター Mt. Fuji Guidance Center

**富士宮口新五合目 2,380m**  
 New 5th Station on the Fujinomiya Route

**吉田口下合目**

Yoshida route to ascend and descend

**吉田口下山道**  
 Yoshida route to descend

河口湖口下山道  
 Kawaguchiko route to descend

**須走口登山道**  
 Subashiri route to ascend

須走口下山道(砂走り)  
 Subashiri route to descend (Sand Slope)

須走口新五合目  
 New 5th Station on the Subasiri Route

小富士 1,906 Kofuji

百古御岳神社 Komitake shrine

本六合 Main 6th Station

六合 6th Station

御殿場口登山道  
 Gotemba route to ascend

御殿場口下山道(大砂走り)  
 Gotemba route to descend (Major Sand Slope)

宝永山 Mt. Hōei 2,702

新五合五勺 New 5.5th Station

お中道 Ochūdō

新六合 New 6th Station

富士山ガイドセンター Mt. Fuji Guidance Center

**御殿場口新五合目 1,440m**  
 New 5th Station on the Gotemba Route



- 凡例・LEGEND
- 登山道 Ascent trails
  - 下山道 Descent trails
  - 自動車道 Car Road
  - その他の道 Another trails

富士山スカイライン Fujisan Sky Line  
 至富士宮・三島 to Fujinomiya, Mishima

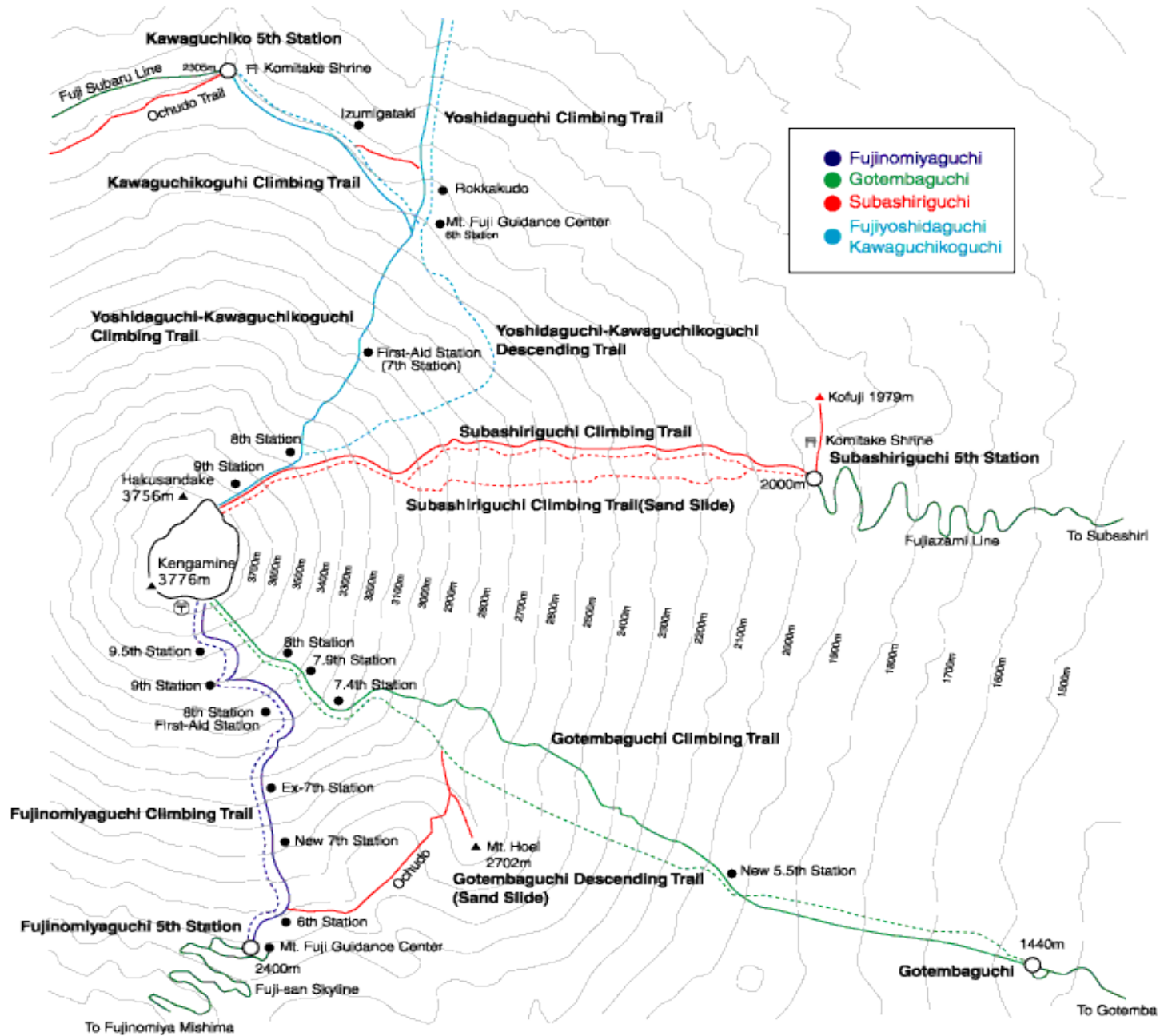
至須走 to Subasiri

至御殿場 to Gotemba



# Mt. Fuji Safety Climbing Guide

by Mt. Fuji Climbing Association



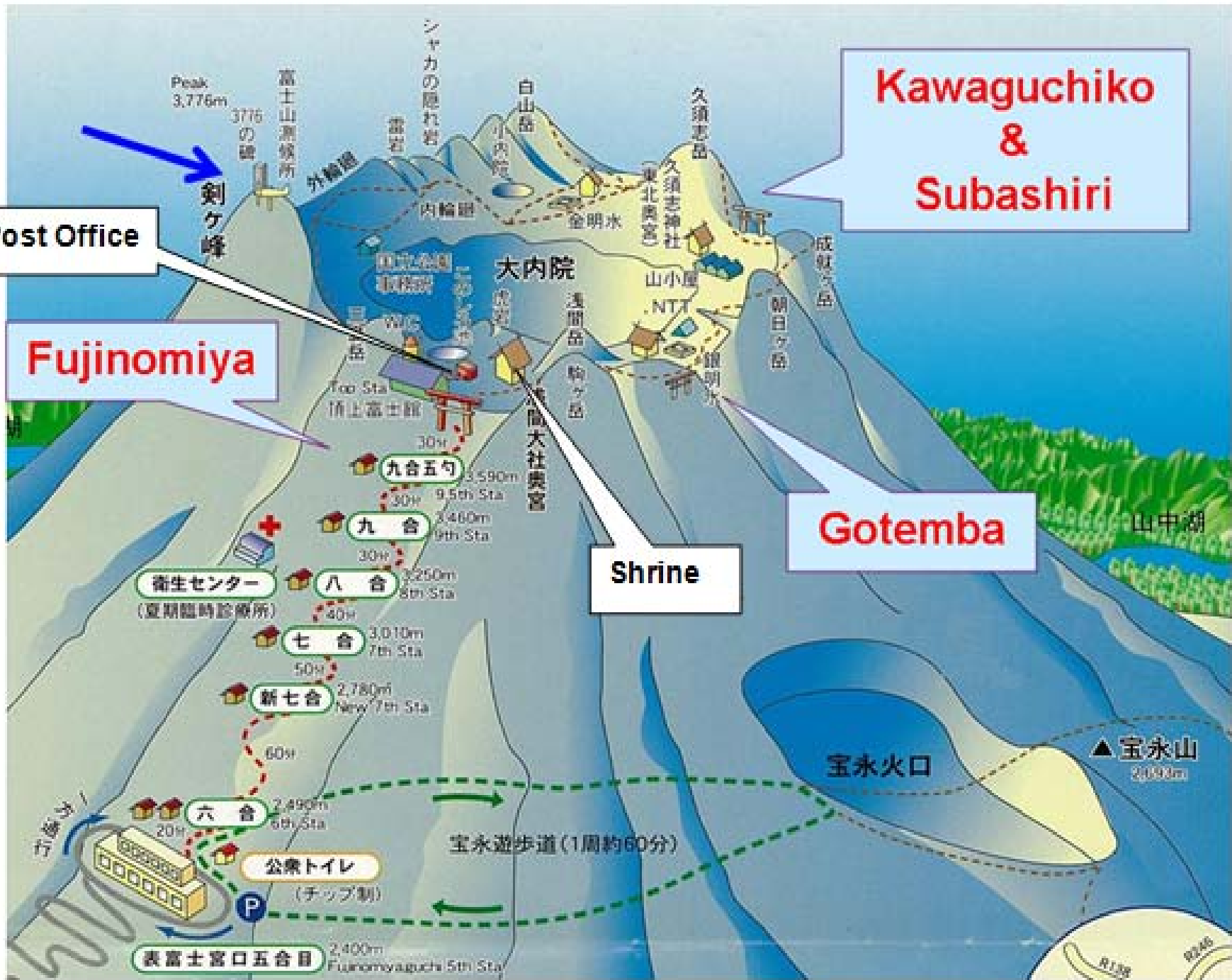
# Kawaguchiko & Subashiri

Post Office

Fujinomiya

Shrine

Gotemba





It is almost time to start thinking about climbing Mt. Fuji, and it is always good to review safety precautions. Sickle cell trait patients run the risk of splenic injury when they climb high altitude mountains. Last year, we had four patients who were admitted to the hospital with abdominal pain secondary to compromise of blood supply to the spleen. Two of them required removal of the spleen. Reviewing the following data will be helpful before deciding to climb Mt. Fuji:

## What is sickle cell trait?

- Genetically inherited condition in which HALF of a person's hemoglobin is not normal
  - Hemoglobin is the protein in red blood cells that carries oxygen
  - It is NOT Sickle Cell Disease where ALL of the hemoglobin is not normal.
  - USUALLY, people with this condition are NORMAL and can fully participate in all activities
  - Occasionally when RBCs are deprived of oxygen or otherwise stressed the abnormal hemoglobin forms chains that distort the RBC into a "sickle" shape
- These sickles get stuck in the blood vessels and can cause problems



## Who has sickle cell trait?

- Condition most prevalent in people of African or Mediterranean descent. Affects about 10 percent of African-Americans.
- Gene is transmitted from parent. If one parent has sickle cell trait, Offspring has 50 percent chance of also having the trait.



## What is sickle cell DISEASE?

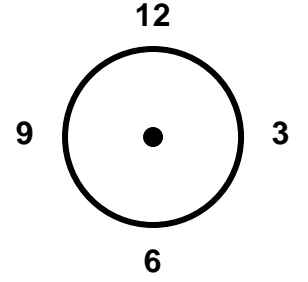
- All hemoglobin is abnormal and patients frequently have problems with sickle cells.
- Disease is marked by : Severe, painful episodes, High risk of infections, Severe anemia ,
- Significantly shortened life-expectancy

登山者支援情報カード

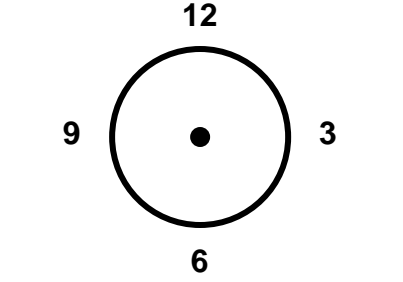
CLIMBER INFORMATION AND ASSISTANCE CARD

I am an American and I NEED YOUR ASSISTANCE!  
私はアメリカ人ですが、あなたの助けが必要です

We started hiking AT:私達が登山を始めた時間は



We are supposed to finish at:私達が下山し終えることになっている時間は



I AM FROM:  
私の所属は:

Camp Fuji キャンプ富士  
CDO 090-6861-7694  
Yokosuka 横須賀基地  
CDO 090-8046-5954  
Atsugi 厚木基地  
CDO 090-2307-9499

Camp Zama 座間基地  
MPDO 046-407-3744  
Iwakuni 岩国基地  
SDNCO 080-661-29229

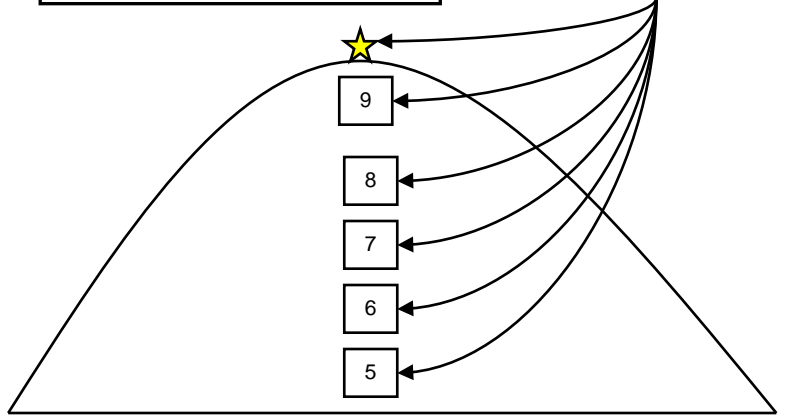
The trail my group and I are supposed to be ASCENDING/DESCENDING today is:  
今日、私のグループと私が登山 / 下山することになっているルートは



If I Require Medical Assistance Please Call The Below Number for Medical Translator Service:  
もし私に医療支援が必要な場合には、以下の番号に電話をして医療通訳サービスを頼んでください。  
在日米軍横田基地及び横須賀基地救急連絡先  
横田基地空軍病院 042-552-2511 (DSN/内線225-7740) 又は電話交換手に病院のER (緊急救命室)に接続を頼む。  
横須賀基地海軍病院 046-816-1110 (DSN/内線243-5137) 又は電話交換手に病院のER (緊急救命室)に接続を頼む。  
上記番号は各米軍基地の代表の電話番号です。ER (緊急救命室)への接続には電話交換手に頼むか7桁の内線番号をダイヤルしてください。ERに電話が繋がったら当直者または当直医師に直接通訳 (Translator: トランズレーター) を頼み患者の容態、搬送先の伝達および必要に応じ患者のアレルギー、持病、病歴等を確認してください。

Can you tell me where to find:  
どこにあるか私に教えてください

Where is the closest Aid Station?  
最寄の救護所はどこにありますか



Right now I am:  
今、私は:  
I HAVE A FRIEND WHO IS:  
私の友人は:

- LOST 道に迷っています
- COLD 寒いです
- INJURED けがをしています
- DEHYDRATED 脱水状態です
- SICK きもちが悪いです
- CANNOT SEE TRAIL 道が見えません
- DIZZY 目がまがいます
- NEED A PHONE 電話をしたいと思います
- NEED SHELTER 避難所が必要です

## ---Mt. Fuji Informative Website---

<http://www.japan-guide.com/e/e2172.html>

[http://www.japan-guide.com/bus/fuji\\_season.html](http://www.japan-guide.com/bus/fuji_season.html)

<http://www.snow-forecast.com/resorts/Mount-Fuji/6day/bot>

<http://www.city.fujiyoshida.yamanashi.jp/div/english/html/index.html>

<http://www.englishreejapan.com/mt-fuji.htm>

<http://directory.consumeronly.com/landing.aspx?sltcid=33363&slk=mt+fuji&akwd=www%20mt%20fujis.com&uq=Mt.%20Fuji&cid=693231225&kwid=694637539&feed=4027&nid=4>