### RESOURCES

**USEFUL ACCESS RESOURCES**

- For Trains: [Hyperdia.com](http://www.hyperdia.com)
- For Buses: [Highway-buses.jp](http://www.highway-buses.jp)

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**Event**

**JULY 24**

*68th Annual Fuji Mountain Race*

The Fuji Mountain Race is a rigorous, physical & mental challenge that is often considered the most difficult climbing race in Japan. The race is divided into two courses, the 5th Station course (15km) and Summit course (21km). There are currently 50 foreign competitors from 18 different countries scheduled to participate in this year’s event.

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**August 26 & 27**

*Yoshida Fire Festival*

The Yoshida Fire Festival or “Yoshida no Himatsuri” is held every year on August 26th to appease the goddess of Mt. Fuji and to keep the volcanic eruptions at bay. Yoshida no Himatsuri also ceremonially serves as the closing ceremony of the Fuji climbing season. For this lively two day festival, named one of Japan’s three most unique festivals and celebrated for over 500 years, competitors from 18 different countries schedule to participate. A very local festival celebrating the city’s founding and local culture. Enjoy performances, delicious festival foods and communing with founding and local culture. A festival “about the people, for the people, by the people.” A very local festival celebrating the city’s most prized cultural possessions, and this year’s festival promises to live up to its reputation.

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**JULY 25**

*Citizen’s Summer Festival*

A festival “about the people, for the people, by the people.” A very local festival celebrating the city’s founding and local culture. Enjoy performances, delicious festival foods and communing with friendly local citizenry! [15:00 - 21:00]

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**Hyperdia.com**


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**Contact Us**

Contact us through the Coordinator for International Relations (CIR) at Fujiyoshida City Hall.

- (+81) 0555-24-1236
- iadfj@city.fujiyoshida.lg.jp
- fujiyoshida_iad
- www.facebook.com/iadFUJI

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**History**

The ascent of Mount Fuji via the Yoshida Trail was historically conducted as part of a religious pilgrimage by Shinto worshipers of the mountain also known as “Fujiko” followers. Fujiyoshida, home to Kitaguchi Hongu Fuji Sengen Shrine, the historic entrance to this pilgrimage route, is thus inextricably linked to their story. Evidence of Fujiyoshida’s large role in accommodating and guiding these pilgrims can be seen throughout the upper ward or “Kamiyoshida” district of the city where remains of Oshi Pilgrim Inns still line the main thoroughfare leading toward Mount Fuji.

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**Natural Legacy**

Mount Fuji’s volcanic activity contributed not only to the beautiful natural landscape we see today but also shaped the lifestyles of those who lived at base, and continues to do so today. The landscape and geological remnants, however, are perhaps the most widely appreciated as they are the most easily viewed, explained and accessed. The 5 lakes that make up the Fuji 5 Lakes area, the “futago” (ponds) lava tree molds and the “Jukai” (sea of trees) forests are all part of the natural landscape left behind by large lava flows, and command the largest number of tourists in the region.

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**Imagery & Scenery**

A striking standalone stratovolcano, Mount Fuji is arguably the most recognized mountain in the world. It’s distinct shape, identifiable even by mere silhouette has persisted as a source of artistic inspiration as well as a prevailing symbol of Japan. Depicted within the famous works of renowned ukiyo-e painter Katsushika Hokusai, Mount Fuji takes on different forms and characteristics depending on where the spectator stands. Of the numerous vantage points within Japan, the northern base and the Fuji 5 Lakes offer some of the best & most sought after viewing/shooting spots!
THE YOSHIDA TRAIL

Historically, the ascent of Mount Fuji via the Yoshida Trail was conducted as a religious pilgrimage from Kitaguchi Hongu Fuji Sengen Shrine, the historic entrance to the trail, to the summit by worshippers of the mountain. The route by which they ascended is outlined here. Since the introduction of the Subaru Line which made it possible to drive directly to the 5th station the lower portions of the trail were sadly forgotten; a shame for multiple reasons. It is the only part of the trail that falls below the treeline, offering an altogether different experience. Historic ruins of old tea houses that once lined this portion of the trail still remain and offer a glimpse into man’s long and rich history with the mountain.

Foot traffic is common especially during peak season but not technical in some particularly steep areas. Requires handholds in some particularly steep areas. The trail switches back in a zigzag pattern.

CHARACTERISTICS OF THE CLIMB

1. Not technical but steep with gravel & volcanic debris
2. Requires handholds in some particularly steep areas
3. Foot traffic is common especially during peak season
4. The trail switches back in a zigzag pattern

CLIMBING SEASON SCHEDULE

<table>
<thead>
<tr>
<th>5th Station</th>
<th>4th Station</th>
<th>3rd Station</th>
<th>2nd Station</th>
<th>1st Station</th>
<th>UMAEGASHI</th>
<th>OIBICHAYA TEAHOUSE</th>
<th>NAKANOCHAYA TEAHOUSE</th>
<th>KITAGUSHI HONGO FUJI SENGEN SHRINE</th>
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<td>5.6 km</td>
<td>3.8 km</td>
<td>2.0 km</td>
<td>1.5 km</td>
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The 5th Station Climb

The 5th Station of Mount Fuji accommodates these visitors by offering an experience being on the mountain and returning home with a souvenier. Shops & Restaurants give even those less inclined to climb an opportunity to experience the surreal atmosphere, the 5th Station continues to be a popular destination for people of all cultures, ages and interests.
TRAIL ACCESS

Edoya Arrive

TRAIL MAP

The Yoshida Trail

The Yoshida Trail 2015 Climbing Season: 7/01 ~ 9/14

Be careful to stay on the correct trail when descending!

Follow the yellow signs to the next trail on the route. If you descend the Subashiri Trail you will end up in Shizuoka Prefecture.

To reach the highest point on Mt. Fuji, hike around the crater to Kengamine. Make a full loop of the crater in about 3 hours.

Climbing Time

160 min.

Climbing Time

5-6 hours

R139 to Kofu

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Descend the Subashiri Trail on your descent. If you stay on the Yoshida Trail on the way down, be sure you remain on the route.

Follow the yellow signs to the next trail on the route. If you descend the Subashiri Trail you will end up in Shizuoka Prefecture.

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Climbing Time

7/01 ~ 11/30

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7/01 ~ 11/30

BUSES to THE BASE AREA

DIRECT BUSES to 5TH STATION

>> FROM TOkyO

FUJI SUBARU LINE CLOSED

5th Station Mount Fuji is not accessible by personal vehicle for greater part of the climbing season

7/10 ~ 8/31

The Fuji Subaru Line was completed in 1964 offering for the first time in history an opportunity for visitors to gain access to the mountain above the treeline without ascending by foot.

It is currently open all year round with the exception of hazardous weather and the climbing season during which it only remains open to buses and large vans. Those who plan on driving to Mount Fuji should plan on parking personal vehicles and taking a bus to the 5th Station.

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Mountain Huts

FIRST & FOREMOST: REALISTIC EXPECTATIONS ARE KEY

A mountain hut is a hut on a mountain, not a luxury hotel. The huts come with no luxury amenities, but the mountain hut experience is greatly appreciated. The fee at mountain huts is used to support the conservation of the mountain & for sustainable mountain tourism. The following simple rules should be observed to avoid any mutual disappointments and/or faux pas.

1. If you make a reservation, show up (it not too late or you will be unable to stay even if you have a reservation). If you know you will be unable to keep a reservation you MUST call & cancel.

2. Once in the mountain hut, consider “quiet time.” There are many other weary travelers staying in the hut alongside you. Be respectful of their down time & recuperation.

3. The Yoshida Trail mountain huts have been in operation for a very long time & have their own way of doing things. It is their job to run an efficient, properly functioning hut. If they give you instructions (i.e., ask for you to retire to your sleeping area from the common dining room) do not take it personally & follow their instructions. They mean you no disrespect.

Additional Mountain Hut Information

Mountain huts not only serve as places of accommodation but also sell water & food, & manage restroom facilities along the trail which can be used for a fee.

The only accepted method of payment on Mount Fuji is CASH. This is true of all services & facilities including payment at a mountain hut. Carry ample cash with you on your ascent.

Expect to pack up & take home all of your trash with you.

When Making a Reservation...

Please be ready to provide the following type of information:

Name, # of Persons, Date of Stay, Meals (0, 1, 2), Contact Info

Mountain Hut Manners

“Mountain huts are not hotels”... A particular useful idiom whilst visiting Japan, a country with long-standing, deeply-engrained cultural values. This is especially true when relying on unique services such as those offered at the mountain huts on Mount Fuji. The main things to be conscientious of are punctuality, the volume of your voice, & general respectfulness of the mountain hut & fellow climbers. The following simple rules should be observed to avoid any mutual disappointments and/or faux pas.

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A report issued in March 2011 by the Ministry of Environment shows that 28% of all first-time climbers of Mount Fuji opt to climb in one day, a style of climbing called "Mitsudake" or "bullet climbing." This number is drastically higher for foreign climbers who make up 30% of all annual climbers.

Climbers are encouraged to donate the optional climbing fee. The money raised is used to support the conservation of the mountain & for sustainable mountain tourism. The following simple rules should be observed to avoid any mutual disappointments and/or faux pas.

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Prep, Gear & Tips

**Proper Footwear**
Durable hiking shoes with ample ankle support are a must for a Mount Fuji ascent. The trails are composed of loose volcanic debris & having secure footing is a matter of safety. Good shoes with good ankle support will also help minimize joint strain.

**Appropriate Clothing**
Layering is key for any outdoor activity particularly in the mountains where temperatures & weather can change rapidly with little to no forewarning. Layers for your ascent should consist of:

- **INNER BASE LAYER**
  Something light that breathes & wicks but also insulates.
- **MID LAYER**
  Increasing warmth is key with this second layer. Choose fleece or a similarly warm material.
- **OUTER LAYER**
  Your outer shell should account for the high possibility of rain on the mountain. You should judge the weight of your outer layer based on the weather forecast on the morning you climb, but generally-speaking a lightweight rain-resistant jacket should be sufficient. Bring rain pants in your backpack just in case.

**Backpack**
You should bring a lightweight hiking backpack that fits snugly to the body & can be carried for long periods of time. Having a bag that fits securely is essential for minimizing strain on the lower back & hips.

**Water, Food & Snacks**
Water is not readily available on Mount Fuji. Mountain huts where temperatures & weather can change variable and unpredictable weather patterns and temperatures that can shift quickly from 20°C to 0°C. Get the right gear

**Cash (JPY)**
The only accepted method of payment on Mount Fuji is cash. Do not rely on your credit card.

**Protective Eyewear & Mask (for descent)**
Mount Fuji is cash! Do not rely on your credit card. The only accepted method of payment for anything on the mountain. You should judge the weight of your outer layer based on the weather forecast on the morning you climb, but generally-speaking a lightweight rain-resistant jacket should be sufficient. Bring rain pants in your backpack just in case.

**Other Essentials**
Sunscreen. Red-cell kit, tissues, hand towel, plastic bags for your garbage & any wet clothing, cell phone, headlamp (for evening ascents & in case of emergency)

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**Prep, Gear & Tips**

**The Bare Minimum**

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  Increasing warmth is key with this second layer. Choose fleece or a similarly warm material.
- **OUTER LAYER**
  Your outer shell should account for the high possibility of rain on the mountain. You should judge the weight of your outer layer based on the weather forecast on the morning you climb, but generally-speaking a lightweight rain-resistant jacket should be sufficient. Bring rain pants in your backpack just in case.

**Backpack**
You should bring a lightweight hiking backpack that fits snugly to the body & can be carried for long periods of time. Having a bag that fits securely is essential for minimizing strain on the lower back & hips.

**Water, Food & Snacks**
Water is not readily available on Mount Fuji. Mountain huts where temperatures & weather can change variable and unpredictable weather patterns and temperatures that can shift quickly from 20°C to 0°C. Get the right gear

**Cash (JPY)**
The only accepted method of payment on Mount Fuji is cash. Do not rely on your credit card.

**Protective Eyewear & Mask (for descent)**
Mount Fuji is cash! Do not rely on your credit card. The only accepted method of payment for anything on the mountain. You should judge the weight of your outer layer based on the weather forecast on the morning you climb, but generally-speaking a lightweight rain-resistant jacket should be sufficient. Bring rain pants in your backpack just in case.

**Other Essentials**
Sunscreen. Red-cell kit, tissues, hand towel, plastic bags for your garbage & any wet clothing, cell phone, headlamp (for evening ascents & in case of emergency)
An ancient Shinto shrine resting beneath large pines in the Suwa Forest. (Kitaguchi Hongu Fuji Sengen Shrine served as a focal point of Mt. Fuji worship during the Edo Period. The main shrine, two subordinate shrines, and the massive cedars standing high above the complex were inscribed alongside Mt. Fuji as components UNESCO World Cultural Heritage Sites in June of 2013. This historic setting marks the beginning of the Yatsugatake Trail, where pilgrims would pray before their religious pilgrimage up to Mt. Fuji’s summit.

Mount Fuji’s main deity, Kanonhasakuyamononome, is thought to be enshrined here alongside her husband and father. The shrine is host to many events throughout the year, serving as the area’s main place of worship. Its biggest event is the Yatsugatake Fire Festival, but it is also used for New Year’s Hatsu momodori events, 2-3-sama Ceremonies, a large Children’s Day Event, many weddings, an annual torchlight Noh performance, the opening ceremony to kick off the Mt. Fuji Climbing Season, and others.

The large wooden torii gate of Sengen Shrine is over 18 meters in height. It is one of the largest wooden gates in Japan and according to tradition is rebuilt slightly larger every six decades. Near the top of the torii is a sign board which reads: ‘San-goku Danchihea’, meaning the highest mountain among the three countries [China, India, and Japan].

The Goshindo, or Sacred Trees, are a particularly fascinating element of the shrine compound. Three of the original sacred trees remain, and measure over 23 meters in diameter. These trees are said to be over 1000 years old.

With your maps in hand, you set out from the station, figuring you’ll explore the area closest to the station by foot. As you walk you cannot help but to notice the gazes, the curious glances, the giggling school children, perhaps a pointing finger or two. You begin to realize that you are an oddity here. Moreover you keep looking for familiar signs of tourism, for gift shops, for information centers to no avail. The disorientation is subtle, yet persistent. You consider turning back but make better of it. You’re a challenger after all, you intend to see this through.

Your unease suddenly dissipates as you make your way to Kanadorii, the main thoroughfare running straight up from the station. As you walk you cannot help but notice the trees, the mountain and cleanses the local air and water.

You’re here for a mere two minutes and you have already experienced two of this area’s greatest assets. What’s next?