



Mt. Fuji climb July 9/10 and September 10/11

What's included	English speaking tour guide Ryoko san; lunch & dinner day 1; breakfast & lunch day 2; insurance; accommodation (Hut, shared rooms); Mt. Mitsutoge - Mt. Fuji training hike on June 11 (separate information page 2);
What's excluded	Transportation to the meeting point; parking fees (if coming by car); trail snacks; water;
Hiking level	 (rate from 1 to 3) ± 1816m elevation gain/lost, high altitude
Subashiri trail overview	There are 4 trails to the top of Mt. Fuji. The most popular one is the Yoshida route - around 60% people use this trail because of easy access from Tokyo and lots of huts on the way. We are doing the Subashiri-route, which is used only about 10% of the climbers to escape from the crowds. Also, as this route face to east, we can expect the sunrise from anywhere (in case you have to quit on the way because of altitude sickness, you still have a chance to see a beautiful sunrise from our hut).
By car	道の駅すばしり park you car at Michinoeki Subashiri (Road Station Subashiri) Change to the shuttle bus for Subashiri 5th Station 9:00 dep. - 9:30 arr. ※6AM to 5PM (Michinoeki To Subashiri 5th Station Every 60 min) one way 1220yen,round trip 1830yen *taxi is also available
By public transportation	Shinjuku- Shinmatsuda Station (Odakyu Line Fujisan express) 6:40-7:46 Subashiri Trail 5th Station Mountain Bus 8:20- 9:50 (sat & sun)
Itinerary	Day 1 10:00 am: Meet at Subahiri-guchi 5th station with guide (we stay 1-2hours here to adjust high altitude). 11:30 am: Begin climbing on Subashiri route. (1970m - 3140m, 5 - 6hrs) 4:00 - 5:00 pm: Arrive at the mountain hut, dinner, stretching, sleep Day 2 4:00-5:00 am: Sunrise view from hut and breakfast (* or 1h00 departure to see the sunrise from top) 6:00 am: Leave hut 9:00 am: Get to the top - 8 peaks / crater loop walk available if weather permits 11:00 am: Begin descending to Subashiri 5th station. 2:00-3:00 pm: Arrive at Subashiri trail head. End of guidance
Equipment	http://www.fujisan-climb.jp/en/erquipment/index.html

Mt. Mitsutoge - Mt. Fuji training hike

Date	June 11
What's included	route planning + full day guide
What's excluded	public transfer fee; picnic lunch, water;
Guide	Ryoko - National Licensed English Guide, JMGA (Japanese Mountain Guide Association) certificated trekking guide, WFR (wilderness first aid responder)certificated. 080-5042-0501, wildernessryoko@gmail.com
meeting point by train	8:30 am: Mitsutoge station; then 3km taxi to get to ' Ikoino mori park ' (or walk ?) (6:17 am Shinjuku-Tachikawa/ 6:53 am Tachikawa-Otsuki / 7:55 am Otsuki-Mitsutoge 8:24 am arrival / 2070yen)
by car	9:00 am: Ikoino Mori Park
finish point	around 5:00 pm at Kawaguchiko station. *Kawaguchiko -Mitsutoge 17h08-17h31 by train (to pick up the car) *Kawaguchiko-Shinjuku 17h36-19h27 4130yen by Fuji express (only on weekends)
hiking level	 (rate from 1 to 3) moderate, but long +1300m, 21km
what to expect	- good training for Mt. Fuji climb (+1300m elevation gain/we need to climb +1800m in Mt.Fuji) - easy access either by car/train - Mt.Fuji panorama view
details	Discover this 21.24 km, point to point trail near Fujiyoshida Shi, Yamanashi. Generally considered a challenging route, it takes an average of 8 h 16 min to complete. This trail is great for hiking and other nature trips. Length 17 km (4hrs up, 3hrs down) Elevation gain/lost +1500,-1300m Route type Point to point (road condition / paved 10%, trail 90%)
what to bring	Hiking backpack (20L) Weather-appropriate clothing (moisture-wicking and layers) - Base layers (sweat-wicking) - Mid Layers (fleece or insulated jacket, down jacket) - Outer Layers (lightweight raincoat) hat gloves Hiking boots or shoes sun protection (glasses, cream) picnic lunch (i.e. Onigiri, sandwiches) trail snacks (such as chocolate, cookies, nuts, power bar) Plenty of water (500ml or more) (op) your own cup (we provide hot water at lunch time for tea/coffee) (op) trekking poles (op) Navigation tools such as a map and compass (op) First-aid kit (op) Knife or multi-tool