



SKI MT. FUJI

A CLIMB AND SKI EXPEDITION TO MT. FUJI

Introduction

I first climbed Mt. Fuji in the spring of 1989. I had been in Japan for 8 years and had been drawn by the stature and iconic nature of this revered mountain. This was a trip with crampons and ice axes and skis and the hope of good weather.



That first ski descent was an insight into high mountain skiing that I will never forget. On the climb I was unsure of skiing down as the weather was windy and cloudy and the snow icy and of course the descent was steep. After me and my two climbing companions arrived at the summit rim we had a rest behind one of the stone huts that stand empty for most of the year, and had some food and drink.

During this break, the weather almost miraculously cleared to the point where I could see all the way down the route we had come up. I knew at that point it was time to ski. I took off the crampons, put on my tele skis and symbolically started my descent through a Tori gate near the summit rim.

From there I dropped into a ski run that I will never forget, not for the powder or pine trees that I was used to in Hokkaido, but for the sheer exhilaration of descending such a huge mountain, almost alone, with the clouds as my companions. At the time I thought it was like being on the wing of a plane, with the world laid out at my feet thousands of feet below me. A truly memorable skiing experience.

If you are a strong skier, you too can experience the rush of descending a truly big mountain. On this guided ski expedition to Mt Fuji I have allowed four days in order to take into account the vagaries of the weather, altitude and snow conditions.

If time permits and we finish our ski descent early, there is the opportunity to walk back through the ancient forests to the Sengen shrine at the base of Mt Fuji, a shrine that is dedicated to the gods who protect Mt Fuji and a fitting finish to this grand adventure.

This climb does require the use of ice axes and crampons to access the summit and some climbing experience is an advantage although not mandatory as we will spend some time training you in their proper use. Our time on the mountain will include some skiing practice and acclimatisation time, giving you time to take in the full atmosphere of this mighty volcanic peak.

Before considering booking this expedition with us, be sure you have strong skiing skills and are fit and healthy. If in doubt, please give us a call to discuss your skills and experience. I look forward to helping you ski and climb this iconic mountain.

John Morrell - Director



Tour Details 2011/12

2011 April 20-26 2012 April 21-27

\$2790 Ex Tokyo(land Only)* Call about air fares. **Includes:** 5 nights accommodation twin or group share (no single option available) including 2 night in Tokyo and 3 nights mountain huts; bilingual ski mountaineering guide; 3 dinners and 5 breakfasts; all transfers from Tokyo hotel and back to Tokyo hotel. *Meet Tokyo airport or hotel evening day 1. Information and preparation kit.

Not Included: all items of a personal nature; travel insurance (compulsory); all personnel skiing and climbing equipment. We will send a full gear list.

How to Book: Download a booking form from our site or contact us below. Send the booking form with \$A250 deposit/person. All credit cards accepted. Full trip notes will then be sent which includes equipment list and other details. Please note for Australian participants this tour is operated through AWAY WE GO TOURS LN:2TA

OUTLINE

Day 1 - Meet at KawaguchiKo Station approximately 9:00 am for bus trip to 5th Station. Luggage to be stored in hotel and begin climbing practice on the mountain. (Note: depending on group, can be met in Tokyo or Osaka for transport to mountain base.)

Day 2 - Depending on group skills and fitness, climb to the 8th stage for practice climb and ski.

Day 3 - Ideally this will be our summit day. Depart pre dawn and climb to the summit. Then return to the 5th station on skis.

Day 4 - Extra day in the event of bad weather on day 3 or to ski/walk through the pine forests to the Sengen shrine. Evening transfer to Kawaguchiko station. Own arrangements.

ABOUT CLIMBING MT. FUJI

This classic volcanic mountain is a magnet for the Japanese, most of whom feel they must climb it once in their lifetime to truly connect with their spiritual essence. The official climbing season is for two months only, from July 1 to August 31. It is during this period the high mountain services are open for business. During our expedition there are no services above the 5th Station.

All mountains in Japan are divided into ten stages, and Fuji is no exception. The stages are calculated from sea level height. In the case of Mt. Fuji, bus transport is available as high as stage five, which is technically half way up the mountain. There are several main access points for this climb but we use what we believe is the most beautiful, from the Fuji Five Lakes up what is called the Subaru line.

FITNESS & SKI LEVEL

Due to the altitude of Mt. Fuji we rate this climbing trip as strenuous. The height of Mt. Fuji (3775M or 12,385 feet) means we must take the effects of altitude into account when climbing this mountain.

It is imperative that you are both healthy and fit before embarking on this expedition and we recommend a health check up with your doctor prior to departure. Your climbing guide will also be able to help reduce the impact of altitude by advising you of climbing rates and monitoring your progress. Daily climbing hours will be about 4-6, with the longest day being summit day, about 7 hours or more. Please contact us to discuss suitability if you are unsure of your fitness and skill level.

You must be a strong and confident skier to attempt this expedition. Your equipment needs to be mountain focused. Downhill skis and downhill ski boots are inappropriate for this expedition. Full gear lists will be sent to you once you have booked, but please contact us to discuss any aspect of this expedition.

ACCOMMODATION

We will use mountain inn accommodation at either Kawaguchiko or the 5th station. This is all Japanese style accommodations with Japanese food and services. Please note: It is possible to do this expedition camping based. Please contact us if you wish to consider this option.

WEATHER AND SEASONS

One of the great challenges when travelling in Japan is to be sure to have an understanding of the extraordinary seasonal

variations that effect these islands. The season we have chosen is spring, as mid winter is extreme on Mt. Fuji with temps dropping to -30 degrees Celsius. Our expedition is designed to take advantage of the best time of year for skiing this peak but the weather on this high mountain can be severe any time so be sure to pay special attention to the gear list to ensure a safe and comfortable expedition. Please note: Safety, yours and our guides, is paramount, and accordingly, we make no commitment to take you to the summit and our guides will have the final say throughout regarding the mountain's suitability to progress or any individual's ongoing participation.

WHY TRAVEL WITH US

Journey into Japan are the world leaders in adventure travel to Japan. We pioneered ski tours into Hokkaido in 1981 and cycle tours into Hokkaido in 1985. Ever since then, founder John Morrell has been exploring the remote corners of this extraordinary country. He has a passion for adventure and a passion for all things Japanese.

John has never been happy to just follow the crowd and accordingly has designed and run a range of innovative and speciality tours to Japan that will show you the very best of this enigmatic country.

The Journey into Japan philosophy is centrally about discovery. This discovery can be cultural or adventure based. With this in mind, western hotels are mostly avoided (except where essential at airport stopovers and some rural locations), and the tours take you away from the crowds to remote corners of Japan. Accommodation is in Japanese Inns and Japanese food, at it's finest, is standard fare. Physical participation amongst exotic communities helps to open doors and to reduce barriers to communication. It also makes you feel good! You will be challenged and delighted at how this approach can help you to truly experience the essence of Japan.

OTHER DETAILS

Extra Costs

Please check for a current exchange rates. Be sure to keep some cash for temple/castle entry fees and souvenirs.

Accommodation and transport:

- Japanese style Inn 7,000 - 10,000 yen/night/person usually including breakfast.
- This can vary but allow 5000 for buses.

Lunches:

- Noodle dishes • 500 -950
- Curry rice, Spaghetti dishes, fried rice • 550 - 1000
- Cutlets and rice with egg sauce • 500 - 750
- Sushi or Japanese take away • 350 - 2000

Dinners:

- Japanese style "Izakaya" • 2500 - 3000 including drinks and a variety of small dishes such as sashimi (raw fish), chicken on sticks, rice, fish, etc.
- Japanese style at hotel. • 1000 plus. A variety of meals based on fish, chicken or other seafood.
- Western style • 2000 plus. No top end here.
- Coffee or tea in coffee shop • 300 - 400