

2018 Mt.Fuji Climbing Map Gotemba Trail

「Descend via Big Sands Running」

Mt.FUJI TRAIL STATION®

Enjoy Mt.Fuji!!

Meet at the Trail Station on August 11 (Mountain Day)

2018. 7.10 (TUE)~9.10 (MON)
Mon. - Fri. OPEN 5:00~CLOSE 16:00
Sat., Sun. & Holiday OPEN 5:00~CLOSE 17:00

Mt. Fuji Info Tourist Info Events Mountaineering Certificates and more

HP: mtfujitrailstation.com FB: facebook.com/mtfujitrailstation

For more information

Complete Guide to Mt. Fuji (A World Heritage Site)
<http://www.fujisan223.com/en/>

Gotemba City Tourist Association (Shizuoka Prefecture)
1988 Nihashi, Gotemba City, Shizuoka Prefecture, 412-0043, Japan
TEL: +81-550-83-4770
<http://gotemba.jp/>
webmaster@gotemba.gr.jp

Gotemba City Tourism Section (Shizuoka Prefecture)
483 Hagiwara, Gotemba City, Shizuoka Prefecture, 412-8601, Japan
<http://gotembatourism.jp/>

Mt.Fuji climbing Gotemba trail

Basic Data

- Up: About 8-9 hours
- Down: About 4 hours
- Summit: 3700m
- Difference of elevation: 2260m
- 5th Sta.: 1440m
- Mountain Huts: 5
- Distance: About 20 km (round trip)

Beginners need more time.

Gotemba Trail Guide

Gotemba Trail Climbing Season
2018 July 10 [Tue] - September 10 [Mon]
Gotemba, Fujinomiya & Subashiri Trails

Summit
Kengamine Peak 3775.6m
Hakusandake Peak 3756.4m
Kusushi-jinja Shrine

8th Sta.
Sengentaisha-Okumiya Shrine

7.9th Sta.
3300m

7.5th Sta.
3120m

7th Sta.
3040m

6th Sta.
2830m

New 6th Sta.
2590m

2384m

Big Sands Running (Osunabashiri)
What is special about the Gotemba trail? You get to run down the slopes of volcanic ash watching Suruga bay, Hakone mountain range, and the Gotemba city. This thrilling experience will surely brighten your visit to Mt.Fuji.

Ascending Trail
Descending Trail
Big Sands Running (Osunabashiri)
Descending Trail

New 5.5th Sta.
1920m

Jirobo (Old 2.5th Sta.)

Old 2.8th Sta.
Remnants of evacuation hut

Futatsuzuka (Mt. Futago)

Hitting Course

Oishi-Chaya

The Mt. Fuji Trail Station at Parking Lot 1 of Gotemba trail new 5th Station is open during the Mt. Fuji climbing season.
At the Trail Station, staff kindly explain to hikers how to safely and enjoyably hike up Mt. Fuji and also report the latest news on the mountain. Additionally, they can direct hikers to recommended sightseeing spots, such as hot spring spas where hikers can soothe the fatigue gained from hiking all day. Furthermore, the Trail Station issues Mountaineering Certificates and hosts numerous trekking and other such events. For more information on the Trail Station, visit the official Trail Station website on the left.
Visit the Trail Station and discover the many treats of Gotemba trail yourself!

Gotemba Trail New 5th Station
1440m

Great Places to Visit Before or After Climbing Mt. Fuji

- Nihashisengenjinja Shrine**
This shrine is the starting point of the Gotemba Trail. Since long ago, many people have prayed here for safety on the mountain. You can take some of the natural spring water 'Konohana-meisu' that wells up on the grounds.
Address: 2083 Nihashi, Gotemba City, Shizuoka Prefecture, 412-0043, Japan
Spring water can be bottled only between the hours of 7:00 - 19:00.
- Mt.Fuji Jukuu no Mori**
This new kind of park gives you pleasure, knowledge and healing within lush natural surroundings. At the 'Tenku Theater' you can experience the history and changing seasons of Mt. Fuji by projection mapping on a big screen.
Address: 1380-15 Inno, Gotemba City, Shizuoka Prefecture, 412-0008, Japan
Open: 9:00 - 17:00 (Until 16:00 from Dec. - Feb.)
Closed: Tue (Wed if Tue days is a national holiday), year end and new year's
※ Open everyday from July 20 to August 31
<http://jukuu.jp/>
- Komakado Caves**
Recognized as a Natural Monument of Japan, this lava tube formed during an eruption of Mt. Fuji. Temperature inside the tube is about 13°C year-round, so it feels chilly even in summer.
Address: 69 Komakado, Gotemba City, Shizuoka Prefecture, 412-0038, Japan
Open: 9:00 - 17:00 (Until 16:00 from Dec. - Feb.)
Closed: Open year-round except on Mon. between Dec. and Feb.
Admission: Adults: ¥300 (Groups ¥200), Children age 13 - 18: ¥200 (Groups ¥150), Children age 5 - 12: ¥100 (Groups ¥50)
- Mt. Fuji View Heritage**
Gotemba City has designated 5 spots for viewing Mt. Fuji as the means for educating future generations about the beauty of this World Heritage. Mt. Fuji is just as exciting to see as it is to climb!
① Mt.Fuji Gotemba Climbing Point
② Peace Park
③ The Bell Of Maiden Otome Pass
④ Great Dream Bridge
⑤ Fujimatsu Viewing Platform

To safely enjoy mountain climbing

Clothes and Belongings

- Headlights: Check the battery and electric bulb.
- Gloves: Protect your hands (against the cold).
- Trekking pole: Reduce the burden on your knees.
- Thick socks: Chemical fibers or wool socks are required as cotton socks cause footsores.
- Big-soled shoes, trekking shoes: Types that cover up to the ankles.
- Other belongings: Rainwear, mobile oxygen, food, change of underwear, towel, garbage bag, core-less toilet paper, mobile phone, sunscreen, first-aid adhesive tape, antipyratics, sunglasses, spatula, etc.
- Helmet (hat): Defends against sun exposure, wind and cold. Protects against falling rocks and falls.
- Mask
- Water: Bring at least 2 liters to Gotemba Trail.
- Rucksack
- Long-sleeved shirt, sweater: Temperature difference between the flatland and the summit is 20°C.
- Thick pants: Wear spats to prevent sand from entering into your shoes.

Check the volcanic alert level of Mt. Fuji before climbing!
Check the "Information page for volcano climbers" on the Meteorological Agency website!
http://www.jma.go.jp/en/volcano/map_3.html

In case of an emergency
If the Meteorological Agency issues volcanic eruption warning level 3, measures against entering dangerous areas such as prohibiting climbing and entering the mountain are taken. If you are already climbing the mountain, immediately evacuate to a safe place according to the instructions at the mountain hut nearby. If volcanic eruption warning level 3, 4 or 5 is issued, emergency alert email will be sent to your mobile phone, smartphone or tablet terminal (only supported models).

Environmental conservation

Fujisan Conservation Donations
Mt. Fuji climbers are asked to donate 1,000 yen to help environmental conservation and enhance climber safety. Donations can be paid at the starting point of each trail, via the Internet and at convenience stores.

Using the toilet
Environmental destruction caused by outdoor excretion has become a problem on Mt. Fuji. It is important for climbers to go to the toilet before climbing, know where the toilets are and plan on waiting lines for toilets. To use a toilet at a mountain lodge or the like, you need to pay 100 to 300 yen. Prepare a large number of 100 yen coins. If you bring a portable toilet with you, be sure to take it home after use.

How to reach Gotemba

From Kanto Region

Train
Tokyo Station → JR Tokaido Shinkansen (Kodama) 1 hr. → Mishima Station → JR Tokaido Line 6 min. → Numazu Station → JR Gotemba Line 40 min. → Gotemba Station
Tokyo Station → JR Tokaido Line 1 hr. 10 min. → Kozu Station → JR Gotemba Line 40 min. → Gotemba Station
Gotemba Line Limited Express (Jubent) Limited Express Fujisan runs on the Gotemba Line 1 hr. 35 min. from Shinjuku Station.

From Kansai Region

Train
Shin-Osaka Station → Shinkansen 25 min. → Nagoya Station → Shinkansen 1 hr. 45 min. → Mishima Station → JR Tokaido Line 6 min. → Numazu Station → JR Gotemba Line 40 min. → Gotemba Station

Access Map

Access by Taxi

Gotemba Taxi	tel. +81-550-82-1234	Gotemba Trail New 5th Station	Gotemba Station
Kodama Taxi	tel. +81-550-82-2740		
Hikari Taxi	tel. +81-550-82-2777		
Fujikyu Shizuoka Taxi	tel. +81-550-89-0276	Compact (4-seat): about 4,700 yen	
Hakone Tozan Taxi	tel. +81-550-82-0393	Medium-size (5-seat): about 5,410 yen	

Climber's Bus

Fuji Kyuko Gotemba Office ☎ +81-550-82-1333

Go shopping and visit Mt.Fuji on the same day!
Bus service connects the Gotemba Premium Outlets® and the new 5th Station.

Ascending

Gotemba Station Fujisan entrance... Platform 1

Gotemba Station → **To Gotemba Trail New 5th Station**

※ Only on Sat., Sun., holidays and August 13 to 16

	※	Every day	Every day	Every day	Every day	Every day
Gotemba Premium Outlets®	—	10:20	12:20	13:20	14:20	—
Gotemba Station	7:35	8:35	10:35	12:35	13:35	16:05
Gotemba Trail New 5th Station	8:15	9:15	11:15	13:15	14:15	16:45
Suyama Otainai	8:20	9:20	11:20	13:20	14:20	16:50
Mizugazuka Park	8:30	9:30	11:30	13:30	14:30	17:00

※ During the summer period for car regulations for Fujinomiya Trail (July 10 to Sep. 10), shuttle buses run from Mizugazuka Park to Fujinomiya Trail 5th Station. One way - adults: 1,150 yen, children: 580 yen
※ No reservations are required due to the route bus.

Descending

Gotemba Trail New 5th Station → **To Gotemba Station**

Descend Mt. Fuji via Big Sands Running at a dash. Arrive at Gotemba Station in 30 min.

※ Only on Sat., Sun., holidays and August 13 to 16

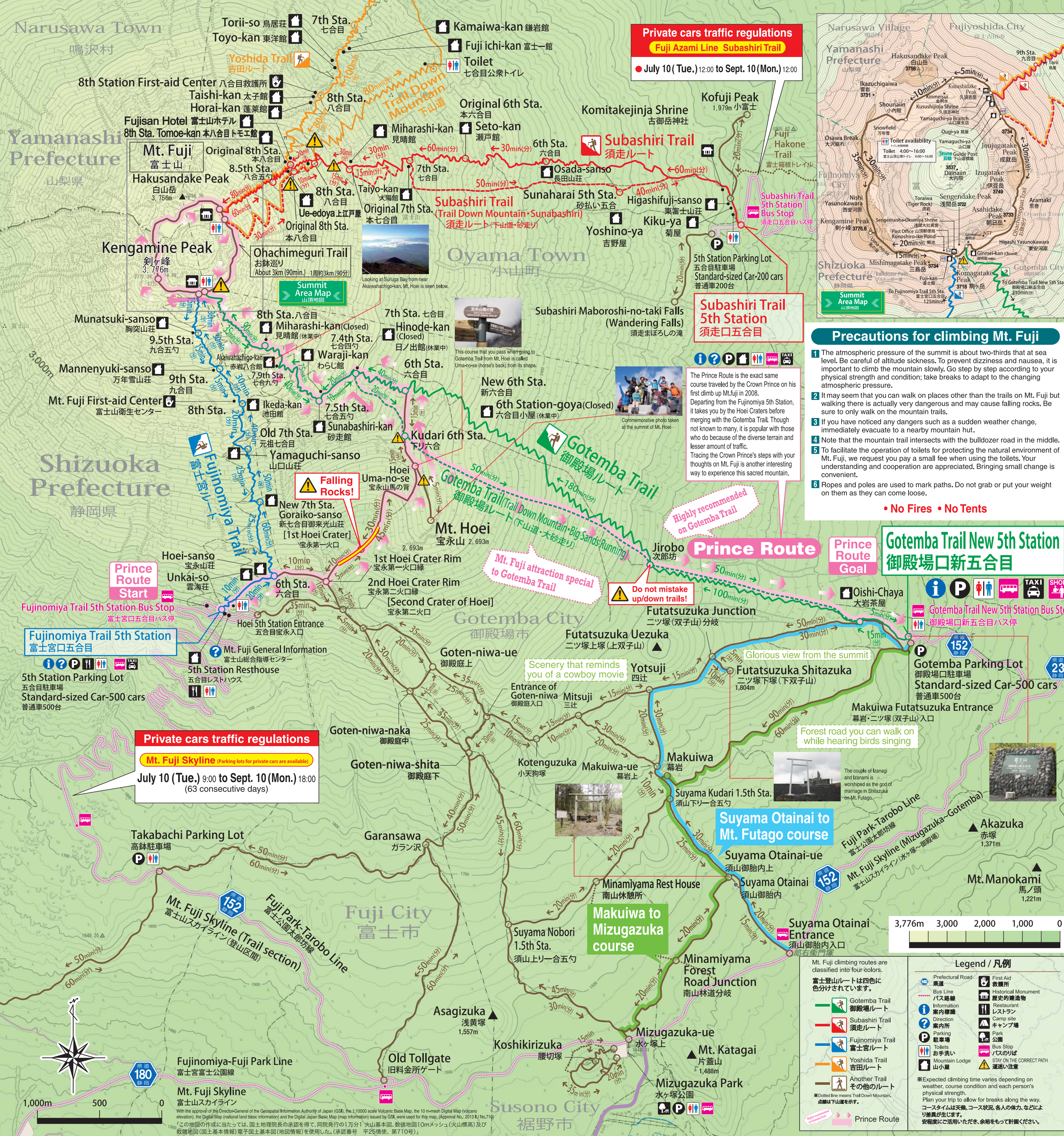
	※	Every day	Every day	Every day	Every day	Every day
Mizugazuka Park	9:00	10:00	12:00	14:00	15:30	17:30
Suyama Otainai	9:03	10:03	12:03	14:03	15:33	17:33
Gotemba Trail New 5th Station	9:15	10:15	12:15	14:15	15:45	17:45
Gotemba Station	9:45	10:45	12:45	14:45	16:15	18:15
Gotemba Premium Outlets®	—	—	13:00	15:00	16:30	—

※ During the summer period for car regulations for Fujinomiya Trail (July 10 to Sep. 10), shuttle buses run from Mizugazuka Park to Fujinomiya Trail 5th Station.

Fare

	Suyama Otainai	Mizugazuka Park
Gotemba Trail New 5th Station	410 yen	510 yen
Gotemba Station	1,110 yen	1,170 yen
Gotemba Premium Outlets®	1,540 yen	1,750 yen

※ The child's fare is half the adult fare.



Passing the sashes in Big Sands Running!

43rd The Chichibunomiya Memorial Mt.Fuji Climbing Relay Race

August 5(Sun.)

Mt.Fuji Climbing Relay Race is a Gotemba summer event. The difference in elevation is 3,258 m, the world's largest among relay road races. Runners in the 7th and 8th legs descend on Big Sands Running. Courageous runners descending are a sight to see.

Highly Recommended Hiking Course Across the Foot of Mt. Fuji

The little mountain climb that offers a glorious panoramic view after passing the ancient green road!

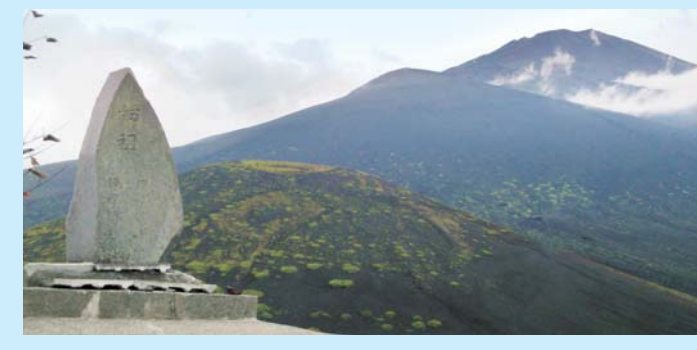
Suyama Otainai to Mt. Futago course

Distance: about 5 km Time: 180 min. (including rest time)

Maximum of 1,804 m above sea level

Recommended for beginners

This course is full of must-see sights including Suyama Otainai, Makiuiwa and Mt. Futago. You see Otainai, a lava cave, and Makiuiwa: strangely shaped rocks created by an eruption. After walking an extensive volcano plateau, you can see a glorious view from Mt. Futago. This course is rich in variety from the forest zone to the gravel zone and the course can conveniently be reached by bus.



The summit is not the only goal! Hike and enjoy the virgin Mt. Fuji forest!

Makiuiwa to Mizugazuka course

Distance: about 4.5 km Time: 160 min. (including rest time)

Suitable for women and families

This course enables people to enjoy hiking leisurely in mountains with limited elevation differences. When walking on the forest road while hearing birds singing, you reach Makiuiwa, which was once a training ground of strolling monks. After walking on part of the ancient Suyama road, which is one of Mt. Fuji World's Cultural Heritage Assets, you reach Mizugazuka Park by way of Suyama Otainai. If you have plenty of time, we recommend going up to the Koshikirizuka observation deck that commands a good view from Mizugazuka Park.



Gotemba Trail New 5th Station ⇄ Gotemba Station Platform 1					
Fare					
※The child's fare is half the adult fare.					
	Gotemba Trail New 5th Station	Suyama Otainai	Mizugazuka Park		
Gotemba Premium Outlets*	1,110 yen	1,140 yen	1,170 yen		
Gotemba Premium Outlets*	1,540 yen	1,140 yen	1,170 yen		

Hiking Bus					
Ascending	Gotemba Premium Outlets*	Gotemba Station	Gotemba Trail New 5th Station	Suyama Otainai	Mizugazuka Park
	—	8:35	9:15	9:20	9:30
	12:20	12:35	13:15	13:20	13:30
Descending	Mizugazuka Park	Suyama Otainai	Gotemba Trail New 5th Station	Gotemba Station	Gotemba Premium Outlets*
	10:00	10:03	10:15	10:45	—
	15:00	15:03	15:15	15:45	16:00

Daytrips to Local Spas

1 Otainai Hot Spring Health Center

Address 1380-25 Inno, Gotemba City
TEL +81-550-88-4126
Open 10:00 - 21:00 (Last entry at 20:20)
Closed Tuesday ※ Open on August 14 and 21

2 Gotemba Onsen Center

Address 2160-1 Fukasawa, Gotemba City
TEL +81-550-83-3303
Open 10:00 - 22:00
Closed Mon. ※ (Closed Tue. if Mon. is a national holiday)
Open everyday from August 12 to 17

3 Fujihakkei Spa

Address 2564-19 Fukasawa, Gotemba City
TEL +81-550-84-1126
Open 10:00 - 22:00
Closed Every 2nd & 4th Thu. ※ Open everyday from July to September

4 Natural hot spring Kirakubo

Address Inside Toki-no-Sumika, 719 Koyama, Gotemba City
TEL +81-550-87-5126
Open 10:30 - 24:00
Closed Open year-round

5 Nankai Yakuso-kan

Address 2013-25 Kamado, Gotemba City
TEL +81-550-89-3430
Open (Thu., Sat. & Sun.) 10:00 - 24:00 (Fri.) 17:00 - 24:00
Closed Mon., Tue. & Wed.

6 Oasis Gotemba

Address 420-1 Niihashi, Gotemba City
TEL +81-550-84-6578
Open 10:00 - 9:00(next day)
Closed Open year-round

7 Ninjinyu (Public Bath)

Address 2036-1 Niihashi, Gotemba City (4 min on foot from Gotemba Station)
TEL +81-550-83-7337
Open Summer 12:00 - 21:30 Other seasons 15:00 - 21:30
Closed Tue. (Open on August 14)

Comfortable Climbing with Overnight Stay at Mountain Huts

7.9 Sta. Akaiwa Hachigo-kan

TEL +81-90-3155-5061
Open 5:00 - 21:00
Capacity 150 people
Out-of-season TEL +81-550-89-0703
Website <http://www.fuji-san-akaiba8go.jp/>

7.5th Sta. Sunabashiri-kan

TEL +81-90-8868-0341
Open 5:00 - 21:00
Capacity 150 people
Out-of-season TEL +81-550-89-0703
Website <http://www.sunabashirikan.co.jp/>

7.4th Sta. Warajiki-kan

TEL +81-90-8678-3050
Open Dawn - 20:00
Capacity 80 people
Out-of-season TEL +81-550-89-0911
Website <http://warajikan.main.jp/>

7th Sta. Hinode-kan Closed

New 5th Sta. Oishi-Chaya

TEL +81-90-8955-5076
Open 7:00 - 19:00
Capacity 50 people
Out-of-season TEL +81-550-89-2941