


# Mt fuji get your guide

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Have you ever wanted to climb Mount Fuji? If you have, then you should know to go when the weather is right. Today we are talking to Mr. Yasuhiko Oma, representative of the Director of Mount Fuji Trail Club, about the ascent to Mount Fuji. Mr. Oma tours Mount Fuji and five Fuji Lakes and has climbed Mount Fuji more than 500 times. Mount Fuji Trail Club is a group created by Mount Fuji volunteer guides. In addition to managed lifts, they also manage environmental and safety measures. When climbing Mount Fuji (C) MFTC Mount Fuji the climbing season is usually limited from July 1 to September 10. In any other season, it is usually snowy and dangerous. Is there a particularly recommended time to climb during the climbing season? There are several periods that are not so crowded when you can enjoy the ascent more leisurely: from the day Mount Fuji opens to the ascent to the Marine Day holiday (this year on July 23), and from late August (when the Bon holidays are over) to the closing of the mountain (September 10). And on weekdays, climbers are about 60% less than on holidays. When climbing Mount Fuji, you can aim for a time when it will be a little less crowded. The best days to see the starry night sky (c) Yamanashi Prefecture, Fujioshida City Many people climb Mount Fuji to watch the sunrise from the top of the summit. The morning sun rising from the sea of clouds is a magnificent and mysterious scene, a special view that you are unlikely to see anywhere else. Another thing we recommend is watching the starry night sky from the top of Mount Fuji. Because you are in nature without light, you can see a beautiful, unobstructed view of the clear, starry sky. This is even more impressive during the New Moon, when even the moonlight is dimmed. If you can, try to plan the ascent during the meteor shower. If you're lucky, you can watch tons of flying stars at the same time. If there are too many people using cars to get to the top at sunrise, it can be hard to see the stars because of the headlights. It is a good idea to carefully plan ahead the time and place where you can best enjoy the show. However, it can be quite cold, so be sure to dress appropriately. If you plan to watch the sunrise from the top, the best way to plan the ascent is to plan a holiday in a mountain hut the night before. There are places near the huts where you can safely observe the starry sky away from other climbers. Alternatively, you can stay in a mountain hut for a rest, take a nap when the weather is very cold, or when you feel altitude sickness (depending on the rules of the hut, accommodation, and congestion). There are no plumbing in the mountain huts The water is very expensive. My recommendation is to brush your teeth using bottled water, and use a napkin to wash your face. Mount Mountain Climb the Route Let's look at a typical climbing plan for Mount Fuji. While the graphics can vary greatly depending on the height and number of the station accommodation, here's an example of the 8th Mountain Hut station schedule for your link. Day 1 12:00: Meeting. Since the Fuji Subaru line is covered by the rules of a private vehicle in the summer, you will travel by Shuttle bus. Details are provided after the booking. 19:00: Mountain hut: Dinner, free time, sleep time. Day 2 2:30am: Wake up, move away from the mountain hut. Time can vary depending on congestion, weather, physical strength and pace participants 4:30 a.m.: Watch the sunrise. To avoid congestion, slowly enjoy the sunrise around the 8th station. 6:00 AM: Climb to the top, Ohachi Meguri (crater tour), Kengamine Peak. Take a photo, take a break, go to Ohachi Meguri (about 1 hour 30 minutes), depending on the weather, physical condition and strength. After a journey through the crater, head to Kengamine, Japan's highest peak. Please note: Ohachi Meguri Tour can be cancelled in case of bad weather at the discretion of the guide. 9:00 a.m.: Descent. Finish the Ohachi Meguri tour, break, free time, start the mountain descent. 2 p.m.: Disbandment. Arriving at Fuji Subaru Line 5th Station, the group is disbanded. Main image: (c) MFTC The goal is to avoid the time that is usually the most crowded. It is important to make a schedule, take a good nap and maintain (and restore) your physical strength. How fit and strong do you have to be to climb Mount Fuji? (c) Yamanashi Prefecture, Mount Fujioshida Fuji is the highest mountain in Japan. You may be concerned that climbing will require a lot of physical strength. In fact, I actually tried climbing Mount Fuji myself. At the time, I felt that I had enough physical strength to compete in a full marathon. However, after only a short climbing time, I am already sweaty and nervous. I realized that I needed a significant amount of physical strength if I wanted to climb Mount Fuji. Honestly, it's hard to know exactly how much physical strength you'll need to get to the top. But in order to climb, the most important thing is to make sure you don't get the height of the disease. That's why we're all at the same pace. Mr. Oma also actively directs mountaineering for children and the elderly who may not be in good physical shape. The reason we focus on providing guidance to children and the elderly is because by teaching them tips and tricks that will make it easier for them, the more likely they are to try climbing. Even those who may have abandoned themselves when it comes to climbing will be able to say that they have learned to do it right. Mount Fuji, you can see people riding horses. However, you really don't have to think about horses at all. Of course, if you really want to enjoy riding, by all means do it. But keep in mind that horses are only just to the 7th station. The important thing is that you can go up and down using your own strength. The more you are physically, the better. However, if you are not so confident in your physical abilities, a good idea is to start with squats and climbing stairs. Once you've built up your strength, the next step is to attempt to climb shorter, more beginner-friendly mountains. Should I hire a mountaineering guide? Many people climb Mount Fuji on their own. However, is it better to hire a guide? If you are a beginner, then there is no doubt the job of leadership would be better. The great advantage of having a guide is that they can not only help in emergencies, but teach you how to prepare and manage your safety in advance. They will also help you walk properly to prevent altitude sickness and hypothermia, as well as protect yourself from falling rocks and lightning. You never know what can happen when you are in nature. It is certainly safer to have a professional rely on in an unfamiliar setting. Poor physical condition and altitude of the disease One of the most important things to worry about when climbing is the risk of altitude sickness. High-altitude disease is a phenomenon in which the concentration of oxygen in the blood drops, leading to headaches, dizziness, nausea and fatigue. To prevent altitude sickness, it is important to get a good night's sleep, take regular breaks and rise at a slow, steady pace. It is also important to remember your diet. Eat activity-supporting foods (such as energy snacks) and drink plenty of fluids on the day of your ascent. Being properly hydrated can help prevent the height of the disease. Also make sure to drain the waste build-up from your body by regularly using the bathroom. However, keep in mind that no matter how carefully and prepared you may be, the disease can still occur. Some

people bring oxygen tanks. But how effective are they? Oxygen cylinders are not particularly recommended. Although, if you have one at hand and start to feel sick, you should use it. The most important thing, however, is to pace yourself as you go and breathe properly. We will continue to guide you along the climb, helping you acclimatize and adapt to lower oxygen levels. One day I stayed in a mountain hut with spaces so narrow that my neighbors and I had to sleep shoulder to shoulder. It was hard to breathe. What do we do if it happens? It is a good idea to go outside the hut or move to a less unoccupied area to catch your breath, depending on your physical condition and situation. If you start to feel unwell, however, please be sure to inform your guide or mountain hut staff of your condition. Impression of Mount Fuji (c)Yamanashi Prefecture, Fujiyoshida City Climbing can cause anxiety for some, but a sense of accomplishment once you overcome the problems and reach reach makes it all worth it. With a blue sky overhead, a light breeze, and excitement climbing Mount Fuji, it's an amazing experience. You will see a lot of tourists taking pictures when you arrive at the top. Shrines are also popular, which are another unique part of Japanese culture. Mobile phones and devices also work on the top of Mount Fuji. You will find a lot of people using this to post photos on social media. No matter how many times you climb Mount Fuji, the excitement of watching the breathtaking view always feels new. You can also meet new people along the way, which is another fun part of the trip. Even if you go every year, you are guaranteed to have an amazing experience every time. How to apply for a tour here, how to apply for one of Mr. Oma's Mount Fuji Trail Club tours. Online booking for foreigners will be available on the home page in the spring. Until then, bookings are now accepted by email: (info@mftc.p). The huts on Mount Fuji can be very crowded, so be sure to make reservations for at least two weeks. We recommend making enquiries as soon as possible to book a mountain hut and organize a guide. Object Name: Mount Fuji Trail Club Address: 10453-285 Mt. Fuji, Narusawa Village, Minamizurtu-gun, Yamanashi Prefecture, 401-0320 Phone: 0555-86-2130 Email: info@mftc.jp Home: In conclusion And there you have: tips for a successful ascent to Mount Fuji, recommended times, and advanced preparation recommendations. You don't have to jump your feet first in climbing Mount Fuji if you are not physically ready. It is recommended to gradually build up strength, first climbing a less complex mountain in advance. When you are ready to climb, leave the navigation to your guide. My friend, an Italian student, remembers, Climbing Mount Fuji was one of the most wonderful experiences of my life! Even if you've never climbed a mountain before, it's definitely something worth trying at least once. Writer Profile Dali Corporation Shio Narumi is a writer who loves England. He likes to study abroad and travel nomadically between England and Japan. He gets great joy and excitement from interacting with people from abroad and understanding the cultural gap. This information relates to the time of publication of this article. Tax.

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