

# Kawaguchi-ko & Mt. Fuji 河口湖 & 富士山

Mt. Fuji, rising above the clouds, is the symbol of Japan and has provided a spiritual basis for the Japanese since ancient times. This 12,380 ft high, dormant volcano is world renowned for its symmetry and serenity. Located between Yamanashi and Shizuoka, Mt. Fuji is the main attraction of the Fuji-Hakone-Izu National Park. Snow-covered tranquility in winter, vitality and energy in summer--seasonal changes glorify this national treasure. From near or far, from plane or train, one cannot look at Mt. Fuji without marveling at its beauty.



Information for climbing コース案内 : <http://www.fujisan-climb.jp/en/index.html> (English)

## Access to Mt. Fuji アクセス

### Bus-1. To Mt. Fuji 5<sup>th</sup> by Express-bus Fuji-kyuko 富士急行バスで新宿⇄富士山五合目

Fare: 片道 one way : ¥2,570, 往復 Round trip : ¥4,840 (※Yoshida Trail 吉田ルート)

Please check the tame table beforehand. Timetable and Internet reservation: <http://transportation.fujikyuu.co.jp/english/gettinghere/12.html> (Eng)

Shinjuku Sta. west Exit BT 新宿駅西口	6:40	7:40	8:40	9:40	10:40	12:30	13:30	14:40	15:30	16:30	17:50	19:30
Mt. Fuji 5 <sup>th</sup> 富士山五合目	9:05	-----	11:05	-----	13:05	14:55	15:55	17:05	17:55	18:55	20:15	21:55
Mt. Fuji 5 <sup>th</sup> 富士山五合目 Daily of 4/26-5/6 , 9/16-9/23 Sat, Sun. Holiday of 5/7-6/30, 9/24-11/3	9:05	10:05	11:05	12:05	13:05	14:55	15:55	17:05	17:55	18:55	20:15	21:55

### Bus-2. From Tokyo Sta, to Fujinomiya Sta. 東京駅⇄富士宮駅 (※Fujinomiya Trail 富士宮ルート)

	Daily	Daily	Daily	Daily	Sat. Sun. Holiday	Weekday	Sat. Sun. Holiday
Tokyo Sta. Yaesu-suth 東京駅八重洲南	8:10	10:00	13:50	15:40	16:30	18:20	18:20
Fujinomiya Station 富士宮駅	10:31	12:21	16:11	18:01	18:51	20:41	20:59

### Train-1. 「ホリデー快速富士山号 1・2」などを利用して Fare: ¥ 2460 + Reserved seat ¥ 520 (※Yoshida Trail 吉田ルート)

By Rapid train "Ozasgiki-fuji-shibazakura-go"・"Fuji-shibazakura-matsuri-go"・"Holiday Kaisoku Fujisan-go"

Platform #11 at Shinjuku Station. 新宿駅 11 番線乗

< Updated 2015.05.>

列車名 Name of train	発車駅 Departure Sta.	到着駅 Arrival Sta.	運行 Operates
Holiday Rapid train Fujisan 1-go ホリデー快速富士山 1号	新宿 Shinjuku 08:14	河口湖 Kawaguchi-ko 10:28	May.16,17,23,24,30,31
Holiday Rapid train Fujisan 2-go ホリデー快速富士山 2号	河口湖 Kawaguchi-ko 16:00	新宿 Shinjuku 18:04	Jun:6,7,13,14,20,21,27,28
Ozashiki-fuji-shibazakura-go お座敷富士芝桜号 ¥ 2460 + Green fare ¥ 980	新宿 Shinjuku 08:02	河口湖 Kawaguchi-ko 10:18	May. 9,10,16,17
	河口湖 Kawaguchi-ko 16:16	新宿 Shinjuku 18:28	
Fuji-shibazakura-matsuri-go 富士芝桜まつり号	新宿 Shinjuku 07:53	河口湖 Kawaguchi-ko 11:00	Apr.26,27,29,
	河口湖 Kawaguchi-ko 17:27	新宿 Shinjuku 20:43	May.2,3,4,5,6,9,10,16,18
Yamanashi-Fujisan-1-go 山梨富士 1号	新宿 Shinjuku 07:39	河口湖 Kawaguchi-ko 10:18	May.3,4
Fujisan-2-go 山梨富士 2号	河口湖 Kawaguchi-ko 16:16	新宿 Shinjuku 18:28	
Yamanashi-Fujisan-1-go 山梨富士 3号	新宿 Shinjuku 08:45	河口湖 Kawaguchi-ko 11:00	May.23,24,30,31
Fujisan-2-go 山梨富士 4号	河口湖 Kawaguchi-ko 17:27	新宿 Shinjuku 19:51	Jun:6,7,13,14,27,28

**Train-2. By Train "Fuji-kyuko Line" 富士急行で (240min. 約 240 分) (※Yoshida Trail 吉田ルート)**



**●Kawaguchi-ko Sta., Mt. Fuji Sta. ⇔ Mt.Fuji 5th Sta. by bus 河口湖駅、富士山駅⇔富士5合目駅 (毎日運行)**

(※Yoshida Trail 吉田ルート)

Mt.Fuji Sta.(Fuji-subaru line 5-gome) 富士山駅 (富士スバル五合目)	08:40	09:40	10:40	11:40	12:50	14:50	16:40★
Kawaguchiko Sta. 河口湖駅(*1)	08:50	09:50	10:50	11:50	13:00	15:00	16:50
Mt.Fuji 5 <sup>th</sup> Sta. 富士山五合目	09:45	10:45	11:45	12:45	13:55	15:55	17:45

Mt.Fuji 5 <sup>th</sup> Sta.(Fuji-subaru line 5-gome) 富士山五合目	10:40	11:40	12:40	13:40	14:50	15:50	16:50	17:50★
Kawaguchiko Sta. 河口湖駅(*1)	11:25	12:25	13:25	14:25	15:35	16:25	17:35	18:35
Mt.Fuji Sta. 富士山駅	11:35	12:35	13:35	14:35	15:45	16:45	17:45	18:45

片道 one way : ¥1,540, 往復 Round trip : ¥2,100

(updated, 2015.05.18)

Note: ★ means bus runs between September 1 and September 30, 2015.



<b>Yoshida Trail 吉田ルート (170,947 climbers / 2014Y)</b>
<ul style="list-style-type: none"> <li>•Altitude of Trail Heads: 2,300m</li> <li>•Access to trail: Mountain bus from Kawaguchiko and Fujisan Station.</li> </ul>
<b>Fujinomiya Trail 富士宮ルート (64,492 climbers / 2014Y)</b>
<ul style="list-style-type: none"> <li>•Altitude of Trail Heads: 2,400m</li> <li>•Access to trail: Mountain bus from Gotemba Station and Mishima Station</li> </ul>
<b>Subashiri Trail 須走ルート (33,092 climbers / 2014Y)</b>
<ul style="list-style-type: none"> <li>•Altitude of Trail Heads: 2,000m</li> <li>•Access to trail: Mountain bus from Gotemba Station</li> </ul>
<b>Gotemba Trail 御殿場ルート (16,963 climbers / 2014Y)</b>
<ul style="list-style-type: none"> <li>•Altitude of Trail Heads: 1,450m</li> <li>•Access to trail: Mountain bus from Gotemba Station.</li> </ul>

### ■ Climbing season . . . Trails are open from early July to early September!

- The usual climbing season in summer is the period during which trails are open.
- Trails may be opened later than usual, depending on snow conditions.
- Please check if trails are open before you start climbing.

### ■ Ascent . . . Allow for ample time for ascent!

- A one-day climbing trip to the summit is dangerous because it makes climbers more vulnerable to mountain sickness and symptoms of low body temperature.
- It is recommended that climbers stay at mountain huts one night on the way to the summit.

### ■ Equipment . . . You must carry rainwear, cold protection, a head lamp and a map!

- You should check your equipment before departure for climbing.
- When you climb Mt. Fuji, higher than 3,000m altitude, you should be properly equipped, so that you can cope with a sudden weather change or unexpected delay in descending the mountain.
  - < Necessary Equipment > • Shoes: Trekking shoes, • Rainwear: Separate type
  - Outer wear: Winter clothes, • Light: Head lamp
  - Underwear: Quick-drying underwear,
  - Water: About 2 liters of water (available for purchase at mountain huts),
  - Snacks: Snacks easy to take, • Money: Small change, cash
  - Trash Bags: Bags to bring trash back, • Others: Cap/hat, map

### ■ Weather . . . The summit has snowfall even in summer! Be careful of sudden weather changes.

- Mt. Fuji is designated as a part of the Hakone-Izu National Park (Natural Parks Law) and a Special Place of Scenic Beauty (Law for the Protection of Cultural Properties), where disturbing animals and plants is prohibited.
- The “Mt. Fuji Country Code” has been established as a set of voluntary rules for Mt. Fuji from the standpoint of environmental protection.

### ■ Mountain . . . Sickness Drink water regularly!

#### <Symptoms>

- Feelings of fatigue and listlessness, headache, dizziness, lack of appetite, nausea, vomiting, etc.

#### < Prevention >

- Before departure, you should rest for one to two hours at the altitude of the 5th station so that you can adapt to a higher altitude.
- Walk slowly at a constant pace.
- Take rests at regular intervals but not too long, so as not to get cold.
- Drink water regularly.
- Take deep breaths.

#### < Post-sickness Measures >

- If your symptoms are serious, descend the mountain.
- Keeping your body warm and take a rest.
- If your condition worsens, go to the first-aid center

### 甲州印伝 Background (Koshu Inden)

甲州印伝は、鹿革に漆で模様を付けたものが特徴で、この革を使って様々な製品を作っています。

日本の革工芸の歴史をたどる、奈良時代に遡ります。革を染める・模様を描くなど、いろいろな技法が考案され、また外国より伝搬されてきました。甲州印伝の特徴の一つである鹿革は、体になじみ、強度を備えていることから武具にも盛んに使われており、戦国時代には、燻（ふすべ）や更紗（さらさ）技法を用いた鎧や兜が武将たちの勇士を飾ってきました。



Deer hide craft products were being made in the area centered on the city of Kofu in present-day Yamanashi Prefecture during the 19th century. By the end of the same century, it is known that deer hide draw-string money bags and purses were well known among people at large as reference is made to them in Tokaidochu Hizakurige, a humorous book published in the 19th century. Such bags, pouches and purses and other fashion accessories are still being made today. They are soft, strong and light and a fine pattern in natural lacquer is usually applied.

They lose none of their appeal the more they are used and gradually become much loved possessions. There are now 6 firms employing 95 people among whom there are 2 government recognized Master Craftsmen at work, sustaining this elegant craft.

### くろ玉 Kurotama

真っ黒な外側は、黒砂糖を羊羹に仕立て、うっすらと包んでいます。中の餡は、青えんどう豆を用いたうぐいす餡ですが、餡とは別に煮た北海道産えんどう豆と一緒に混ぜており、風味がますます増えています。コクのある黒砂糖の甘さと、うぐいす餡の優しい甘さが互いに引き立て合う、素朴な、懐かしさを感じるお菓子です。

The deep-black outside used brown sugar. Although inner 餡"mocha" is the sweet paste made from green peas which used green-peas beans, it is mixing the green peas from Hokkaido boiled aside from 餡 together, and its flavor is increasing further.



### ほうとう生麺 Hoto

山梨県を代表する郷土料理『ほうとう』の生麺です。吟味された小麦粉と水、そして伝統の製法でつくられるこだわりの逸品。

Hōtō is a popular regional dish originating from Yamanashi, Japan made by stewing flat udon noodles and vegetables in miso soup.

Though hōtō is commonly recognized as a variant of udon, locals do not consider it to be an udon dish because the dough is prepared in the style of dumplings rather than noodles.



### 信玄餅 Shingen-mochi

ご存知、山梨の代表的な銘菓。黄な粉をまぶした餅に黒蜜をかけて食べていただきます

