

# Off Season 2 day Tour

The 2 day tour during the off season (Mid September-October), compared to climbing in July/August, has a more laid back approach to climbing and allows participants sufficient time to enjoy Mt. Fuji. Beginning in Tokyo inside the Tocho-mae train station at 9:30 a.m. participants will travel to Gotenba (11:30 a.m. pick up) and arrive at the Subashiri 5th station a little after noon. Lunch on day 1 is included in the tour and will be eaten in one of the mountain huts at the 5<sup>th</sup> station. The Subashiri area of Mt. Fuji is known for growing many different types of mushrooms and the mountain huts here offer a large variety of delicious mushroom as well as mountain vegetable cuisine.

The climb up Mt. Fuji will begin around 1:00-1:30 p.m. and will be a relaxed hike up to the 7th station, Taiyokan mountain hut, located at 3100 meters (10,170 ft.). From the 5<sup>th</sup> station to Taiyokan it is on average a 3-4 hour climb. Taiyokan mountain hut is a very easy going, family style run mountain hut. This is the only hut that operates on Mt. Fuji during the month of October and one of only two huts still open past mid September. During the off season, you will encounter very few climbers on Mt. Fuji and many times we will have the hut all to ourselves. This may come as a surprise for those who have heard the many stories of people lining up to get to the summit of Mt. Fuji. For dinner you will be served hamburger with all you can eat rice and pork soup, eaten in a cozy room with a Japanese style fire pit located in the center. Bring along some reading material and unwind by the fire with a book in one hand and a cup of hot green tea in the other.

During the offseason, rather than climb to the summit during twilight, we will sleep in till just before the sunrise (sunrise is around 5:30 a.m.) and watch the sunrise from outside our mountain hut. Right before the sunrise, we will be served a hot breakfast of grilled salmon and all you can eat rice and miso soup. After sunrise, participants will gather their belongings and prepare for the climb up to the summit. From Taiyokan, it is about a 2 1/2 to 3 1/2 hour climb to the summit of Mt. Fuji. Arriving at the summit of Mt. Fuji some time between 9:00 and 10:00 a.m., participants will be given the option of circling the crater, weather permitting (a full circuit takes about 1 hr 1/2).

After spending some time at the summit, we will journey on back down the mountain, using a separate descending trail. From the summit to the 5th station, it is about 3-4 hours of slipping and sliding. Climbing down Mt. Fuji is for many, more strenuous on the body, than climbing up. Descending Mt. Fuji requires use of many muscles you would not normally use. This, combined with the fact that your body is already

exhausted from a long climb, can spell trouble, and it is very important to act with caution as you descend, in order to avoid injury. The majority of injuries on Mt. Fuji occur while descending, whether that be twisting an ankle, falling and scraping a hand/knee or something more serious. For this reason, it is important to stay focused and attentive, in order to reach the 5th station safe and sound.

Participants should reach the 5th station some time between 1:00 and 2:00 p.m. After grabbing a bite to eat and checking out souvenirs, we will head back to Shinjuku, or wherever your final destination might be.

Japan