










SKI TOURING MOUNT FUJI SAN

Less renowned for its reliefs, Japan is though an extremely mountainous island where volcanos are plentiful and allow fabulous descents in an incomparable powdery and glistening snow.

 Region	Great ascent
 Activity	Ski Ski trip
 Duration	12 days
 Group	6 to 8 people
 Code	SRJAP
 Price	From €4,995
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 Paris - Tokyo - Hakuba

We fly from Paris to Tokyo from where we hop on a minibus to join the region of Hakuba (around 4h drive), near Nagano, Northwest from Tokyo.

We settle in the cottage once we arrive and our guide will brief us on the following days program and will check our personal equipment.

Accommodation : Hakuba Powder Cottage

Day 2 Volcano Goryu Sanso (2490m)

Today is our first day, and we start by climbing up a summit near the cottage to get our legs started. The Goryu Sanso volcano and its 2490m are utterly adapted to discover the great Japanese snow. We'll get back to the cottage to spend the night.

Positive difference in altitude : between 800 and 1000m | Negative difference in altitude : between 800 and 1000m | Accommodation : Hakuba Powder Cottage

Day 3 Mount Shirouma (2932m)

Big skiing day on the Mount Shirouma, one of the few in Japan which is covered in snow patches ! Located in the Chubu-Sangaku national park, it is one of the 100 famous mountains in Japan and one of the most popular among hikers.

Positive difference in altitude : around 1400m | Negative difference in altitude : around 1400m | Accommodation : Hakuba Powder Cottage

Day 4 Mount Tsurugi Dake (2996m)

We leave the North region of Hakuba in direction of Shinano Omachi to join the 'Alpine Transport Route' or 'Tateyama Kurobe Alpen Route', which crosses the Japanese Alps. This road is only opened from March to November when snowing conditions allows it. From Shinano-Omachi, it is by different means of transport that we will join the Murodo station at 2450m (the highest of the country), where is located the Murodo Sanso refuge, the oldest in Japan. Bus, tramway and funiculars will be taken to get to Murodo in 2h from Shinano Omachi.

The afternoon will be the ideal moment to go out in the surroundings : the Tsurugi Dake and its 2996m high will allow us to appreciate this new area.

Time of transportation : around 2h30 to 3h in total

Day 5 Mount Tate Yama (3015m)

Today we will ascend one of the 3 sacred mountains in Japan (with Mount Fuji and Mount Haku) : the Mount Tate or Tate-Yama, at 3015m.

From the refuge, the night show of the starry sky and the sunrise are genuinely exceptional : this gorgeous landscape will be another good reason to have chosen this trip to Japan !

Positive difference in altitude : around 1200m | Negative difference in altitude : around 1200m | Accommodation : Murodo Sando Refuge

Day 6 Transfer to Norikura

Tateyama is one of the few places in the world that has the most heavy snowfalls : up to 20m certain years. This is why, leaving from the refuge, the bus will take the road cut in snow : the famous 'Yuki no Ōtani'.

Tramways and buses will get us back to Shinano Omachi : that will leave us some time to admire the three first glaciers renowned nationally, but also the great dam and the Kurobe lake. Then, we'll join the town of Nurika by minibus, health resort at the feet of Mount Norikuradake (3026m).

Accommodation : Lodge

📍 Day 7 **Norikura massif**

A few summits are possible from the city, according to the group's condition and desires.

Positive difference in altitude : between 1000 and 1200m | Negative difference in altitude : between 1000 and 1200 | Accommodation : Lodge

📍 Day 8 **Mount Norikura (3026m)**

Mount Norikuradake (3026m) is one of the 10 highest Japanese summits but also one of the youngest volcanos. Norikura Kogen Ski Resort is one of the most famous skiing area, and we can sometimes ski until the month of August.

Positive difference in altitude : around 1400m | Negative difference in altitude : around 1400m | Accommodation : Lodge

📍 Day 9 **Yamanakako**

Morning transfer to join the city of Yamanakako, which is famous for its lake, Yamanaka, the biggest of the 5 lakes region at the feet of the Mount Fuji. The view of the Mount Fuji is magnificent, especially from its North shore.

You will also see the 'Teddy Bear World Museum' near, quite original, but also the Nagaike Park to visit for those who want to.

Accommodation : Zero Project Guest House

📍 Day 10 **Mount Fuji (3776m)**

With is 3776m high, Mount Fuji is Japan's highest peak, from which the first eruption goes back to 1707. Its specific form makes it a traditional religious symbol and one of the most popular destinations. On the 22nd of June 2013, it is inscribed on UNESCO World's Heritage List under the name of 'Fujisan, sacred place and source of artistic inspiration'.

With the existence of different Japanese transcription methods, the Mount Fuji possesses different names, some of which are faulty. Thus, in Japanese, Mount Fuji is pronounced Fujisan, but due to a reading mistake of kanji, it happens that Occidental people call it 'Fujiyama' : to talk about 'Mount Fujiyama' is an error, 'yama' already meaning 'mountain'.

Positive difference in altitude : around 1500m | Negative difference in altitude : around 1500m | Accommodation : Zero Project Guest House

📍 Day 11 **Mount Fuji**

This day is an extra day in case of bad weather, in order to have a second chance to ascend Mount Fuji.

Journée de sécurité en cas de mauvais temps, afin d'avoir une deuxième possibilité de faire l'ascension du Mont Fuji.

Accommodation : Zero Project guest House

📍 Day 12 **Tokyo - Paris**

Sadly, our fabulous trip comes to an end. We get to Tokyo (around 1h30 drive) and take a flight back to Paris, where we'll say goodbye.

ITINERARY CHANGE

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: SRJAP

Included

- A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.
- The technical organization of the stay
- France/Japan flight ticket (there and back)
- Mountaineering with high-mountain guides
- Full-board accommodation in refuges, cottages and lodges
- Minibus transfers

Not included

- Drinks and personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc...) at your own convenience
- Registration fees
- Insurance / assistance : research fees and helicopter rescue, hospitalisation and repatriation mandatory
- Everything that isn't mentioned in the "included" section

International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be

refunded.

Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

Your trip will be supervised by a high-mountain guide who will teach you technical elements needed for the good progress of your stay. He may need to modify the program in order to ensure safety regarding weather conditions and participants physical conditions.

Food

Meals

The Japanese gastronomy is very savory and have a lot of different textures. Amongst the few specialties to not miss there : fish or raw shellfish, seaweed salads, natto rice and red bean cakes

Breakfast are salted, you must be prepared for that !

Drinks

You can drink the running water everywhere in Japan without any risk. You will find mineral water in hotels, big shops, grocery stores and supermarkets, as well as in restaurants. Drinks are not included in the price of the trip.

Accommodation

We will stay in lodges and 2 nights in refuge. Rooms and sanitaris are shared.

Transportation

We will leave everyday with a light bag. You will have to pack for three days when we'll spend our nights at the Murodo Sanso refuge.

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Vital equipment

Skis

- 1 pair of ski touring skis, light and with adapted fixations as well as a break or safety strips, and sharpened
- 1 pair of ski touring shoes with VIBRAM soles
- 1 pair of adhesive seals skin adapted to your skis
- Knives adapted to fixations
- Poles with large disks

Other

- Safety equipment : beacon, probe and shovel
- crampons with "Antibott" system
- Ice axe
- Harness and carabineers
- Survival blanket
- 1 headlamp with extra batteries and bulb
- Pocket knife
- Thermos

Material

Upper body :

- Windstopper bonnet
- Hat or cap
- Neck scarf
- Sunscreen (high protection) for skin and lips

- Sunglasses for glacier category 4 + ski goggles
- 2 technical breathable long sleeve underwear type "Carline" (no cotton which dries too slowly)
- 1 technical and breathable shirt to put under your jumper
- 1 thick fleece jacket
- 1 fuzzi jacket
- 1 wind stopper and waterproof jacket type Goretex
- 1 pair of wind stopper mittens (fleece or wool)
- 1 pair of undergloves

Lower body :

- 1 technical and breathable pair of tights type "Carline"
- 1 pair of comfortable mountain trousers
- 1 pair of wind stopper and waterproof trousers type Goretex
- 2 pairs of socks : 1 thin and 1 thick

Other :

- 1 bed sheet for refuges
- 1 small toiletry bag with 1 fast drying towel
- Cream for sunburns (Biafine)
- Biodegradable toilet paper
- 1 or 2 100L plastic bags and an overbag to protect your belongings and your bag
- 1 waterproof pouch in which you will put your identity paper, your phone, your money and your insurance/assistance contract with all of your emergency numbers

Luggage

- A comfortable 35/40L alpinism backpack with ski straps
- Suitcase or backpack for your personal comfort
- Resistant ski cover

Medicine

Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

Please make sure your passport and travel documents are valid.

Health information & recommendations

For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a

reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the mountains by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.