

2023  
Nagano Prefecture

# Mountain Climbing **SAFETY BOOK**

The climb is not complete until you return safely.

## Winter Climbing Information



Mt. Maehotaka  
(Painting by Takei Kiyoshi)

2023  
Nagano Prefecture

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The climb is not complete until you return safely.

## Winter Climbing Information

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# Yari-Hotaka Mountain Range

## 1. Snow accumulation

Mountains (Land registry)	Average snowfall (m) during the New Year's Holiday
Area of Kamikochi and Tokusawaen	0.5 – 1.0
Dakesawa, Karasawa, Yarisawa (frequent avalanches)	2.0 – 3.0
Around Nishiho Sanso	1.0 – 1.5
Hotaka Mountain ridgeline	0.5 – 1.5
Around Mt. Yari and Mt. Nishi	0.5 – 1.5
Around Mt. Tsubakuro and Mt. Otenjyo	0.5 – 1.5
Around Mt. Chogatake and Mt. Jonen	0.5 – 1.5
Mt. Norikura's Kuraigahara	1.5 – 2.0

Every year, snow cornices extend on the Nagano side along the ridgelines, while snow cornices protrude on the Yarisawa side along the Yokoo Ridge due to strong wind from the Gifu side.

## 2. Avalanche-prone areas

Area of Dakesawa, Karasawa and Yarisawa, Area of Mt. Norikura's Kuraigahara, Yokoo Valley, Senjyosawa, Tenjyosawa, eastern slope of Mt. Otenjyo, Ichinosawa, Kamikochi Koen Line, Nakabusa Road (Miyagi gate → Nakabusa Onsen)

## 3. Places where it is easy to get lost

Pay particular attention during stormy weather with bad visibility in the Mt. Okuhotaka summit area, the Mt. Chogatake summit area, the Mt. Otenjyo area, the area from Mt. Naka to Mt. Obami, and the Mt. Norikura area.

## 4. Climbing Advisory Offices

- In front of Miyagi gate: Dec 28 – Dec 30
- In front of Naka-no-yugama Tunnel: Dec 28 – Dec 31

## 5. Transportation

### ○ By Bus

- Shinshimashima Station → Norikura Kogen
- Matsumoto Bus Terminal → Takayama City, Gifu
- Matsumoto Bus Terminal → (transfer at Hirayu) → Shinhotaka, Gifu

Contact information: ALPICO Group (0263-28-3111)

### ○ By Taxi

To be confirmed with taxi companies in the local areas

### ○ Roads closed in winter

- Komikochi Koen Line

No parking is allowed in the Nakanoyu area

(Climbers can park their vehicle at Sawando Parking.)

- Mt. Yari's Yamura Line (Nakabusa Line)  
Miyagi gate → Nakabusa Onsen

## 6. **Other**

Mt. Yake and Mt. Norikura are active volcanoes, and, as of Nov 27, 2023, the Japan Meteorological Agency has issued a Level 1 volcanic alert for both mountains, advising awareness of the active volcanic nature.

The alert level may be changed, **so, be sure to check the information including the trail condition before entering into the mountains.**

## Yari-Hotaka Mountain Range

### Legend



Mountain hut in operation



Trail shelter in winter

Mountain streams in Karasawa, Dakesawa and Yarisawa and steep slopes are avalanche-prone areas. Entering carelessly is dangerous.

Kitakama Ridge is rocky and dangerous. Avoid climbing unless you have enough physical strength and technique, accompanied by an experienced party.

Be careful of the arete.

Ascend directly without traversing the summer route.

Tsubakuro Sanso  
(Shelter hut during the closed period)

Mt. Otenjyo

Kitakama Ridge

Mt. Yari

Higashikama Ridge

Mt. Nishi

Mt. Jonen

Mt. Minami

It will be an icy road, so, beware of sliding.

Watch out for snow cornices extending to the Yarisawa side.

Daikiretto

Beware of the snow ridge and arete.

Mt. Kitahotaka

Do not enter the Karasawa Cirque because avalanches occur often.

Yokoo Ridge

Watch out for avalanches when traversing around Hyotan Pond.

Mt. Karasawa

Mt. Okuhotaka

Keio Ridge

Mt. Chogatake

Kita Ridge

Yokoo Shelter Hut

Mt. Nishihotaka

Mt. Maehotaka

Tokusawa

In blizzard or dense fog conditions, it is easy to take a wrong route due to the flat land.

Nishiho Sanso

In around Doppyo, be careful of sliding due to slipping. Beware of snow cornices.

Kamikochi

Mountain hut	Opening period	Phone
Nishiho Sanso	All year round	080-6996-2455
Nakabusa Onsen	TBC	0263-77-1488
Tsubakuro Sanso	Dec 23- Jan 3	0263-32-1535

# Ushiro Tateyama Mountain Range

## 1. Snow accumulation

Mountains (Land registry)	Average snowfall (m) during the New Year's Holiday
Mt. Jii, Mt. Kashima Yari	1.0 – 2.0
Akaiwa Ridge, Tomi Ridge	1.0 – 1.5
Mt. Goryu, Mt. Karamatsu	1.0 – 2.0
Happo-ike Sanso	1.0 – 1.5
Mt. Hakuba	1.0 – 2.0
Tsugaike Mountain Resort Tsuganomori	1.0 – 2.0

Every year, snow cornices extend on the Nagano side along the ridgelines due to strong wind from the Toyama side.

## 2. Avalanche-prone areas

Mountains streams in Harinoki Snow Valley, Ogizawa, Kakunesato, Karamatsuzawa, YariOnsen, Hakuba Daisekkei

## 3. Places where it is easy to get lost

- Uraginza Course, Tomi Ridge (near Jizono-kashira),  
Happo Ridge (between Happo-ike Sanso and Maruyama)
- Pay particular attention during stormy weather with bad visibility in the area of Hakuba Oike and the area of Tengu-hara

## 4. Climbing Advisory Offices (Dec 28 – Dec 31)

Nanakura, Goryu Telecabin Station, Happo Gondola Station, Tsugaike Gondola Station, Mt. Jii's Higashi-one trailhead, Otanihara trailhead

## 5. Transportation

### ○ Bus services

- JR Shinano Omachi Station → Hinatayama  
Contact information: Joint operation by Kita Alps Kotsu Bus Service (0261-22-0799) and ALPICO Group (0261-72-3155)

- JR Hakuba Station → Tsugaike
- JR Nagano Station → Happo
- JR Nagano Station → Happo → Tsugaike
- Happo → Hakuba Cortina
- Happo → Mt. Iwa

Contact information: ALPICO Group Hakuba Business Office (0261-72-3155)

### ○ Gondola lifts

Lift station	Hakuba Goryu Ski Area	Hakuba Hoppo-one Snow Resort	Tsugaike Mountain Resort
Hours	8:15 – 16:30	8:00 – 15:20	8:00 – 16:30
Phone	0261-75-2101	0261-72-3280	0261-83-2255

- The last gondola time may be changed due to weather, and the service may be suspended due to snow conditions

#### 6. **Other**

- Climbers and mountain skiers have **got lost in strong winds and blizzards, becoming hypothermic.**
- Backcountry skiing has the risk of avalanches.

# Ushiro Tateyama Mountain Range

## Legend



Mountain hut in operation



Trail shelter in winter  
(Closed in this season)

When a winter-type atmospheric pressure pattern occurs, it can lead to severe conditions such as blizzards, and the bad weather may continue for a long time.

Every year, avalanches and other accidents occur frequently during backcountry skiing.

It's a dangerous route that requires you to climb.

Crashes against trees and getting lost occur frequently during backcountry skiing.

Watch out for avalanches.

During backcountry skiing, accidents occur frequently.

In bad weather, getting lost occurs frequently.

Watch out for avalanches.

Slipping accidents occur frequently. Especially, beware of slipping during descending.

Mt. Harinoki

Mt. Funakubo

Mt. Goryu

Hachimine Kiretto

Mt. Kashima Yari

Higashi Ridge

Akaiwa Ridge

Mt. Jii

Mt. Karamatsu

Happo Ridge

Happo-ike Sanso

Tomi Ridge

Obinatano-koru

Mt. Hakuba Yari

Mt. Korenge

Mt. Hakuba  
Norikura

Tengu-hara

Hakuba  
Daisekkei

Mountain hut	Opening period	Phone
Happo-ike Sanso	All year round	0261-72-2855



# Central Alps

## 1. Snow accumulation

Mountains (Land registry)	Average snowfall (m) during the New Year's Holiday
Senjojiki Cirque	1.0 – 1.5
Around the ridgelines	0.3 – 1.0
Mt. Kisokoma	0.3 – 1.0

## 2. Avalanche-pro areas

Senjojiki Cirque and mountain streams.

Especially in the Senjojiki Cirque, avalanches have occurred in the past.

## 3. Slippery areas

- Mt. Hoken\* (**High risk of slipping!!**)
- For the round trip to Mt. Kisokoma\*, travel along the ridgeline route without traversing the Kiso side of Mt. Naka.
- North ridge of Mt. Utsugi (from Kisodonogoe), Ikeyama route (the rough spots, Ojigoku, Kojigoku)\*
- Mt. Sengairei, rocky areas between Nigorisawa-omine and Mt. Hinokio, Hinokio Ridge

\*In Mt. Hoken and Mt. Kisokoma, the risk of slipping is high, so, be sure to carry an ice ax, crampons and a rope as well as master the handling.

The trail to Kiso (Fukushima A Course) is closed due to deterioration.

## 4. Places and courses where it is easy to get lost

Pay particular attention during stormy weather with bad visibility to the rough spots along the Ikeyama route, Hinokio Ridge (near Akazawano-kashira), between Mt. Hoken and Mt. Kosokoma, and around Mt. Kosumo.

## 5. Climbing Advisory Offices

Suganodai Bus Center (2 counselors handle inquiries)

Dec 16, 17, 23, 24, Dec 29 – Jan 3

## 6. Transportation

### ○ Buses

- JR Komagane Station → Shirabidaira  
Contact information: Chuo Alps Kanko (0265-83-3107)
- JR Kisofukushima Station → Ohara Community Center  
Contact information: Ontake Kotsu (0264-22-2444)

### ○ Ropeways (all year round)

- Shirabidaira → Senjojiki (9 am – 4 pm)  
Contact information: Chuo Alps Kanko (0265-83-3107)

## ○ Car restrictions

- In Komagatake-koen Road, there is a car restriction between Kurokawadaira (Shinotagiri Power Plant Gate) and Shirabidaira. Please park at Suganodai Parking and take a bus.
- On Ikeyama Forest Road (the Mt. Utsugi trail), there are dangers of falling rocks and collapse, making it difficult to ensure safety. The road is closed to vehicular traffic.

Contact information: Komagane City Hall Commerce and Tourism Division  
(0265-96-7724)

- The road between Miyata Kogen and Terasawa Forest Road is closed to vehicular traffic during the winter.


Contact information: Miyada Village Office Industrial Promotion Office  
(0265-85-5864)

# Central Alps

Fukushima A Course is closed due to deterioration.

For the round trip to Mt. Kisokoma, pass through the summit of Mt. Naka.

## Legend

 Mountain hut in operation

 Trail shelter in winter

**Beware of avalanches.**

**Frequent slipping accidents.**

Both the Ina side and the Kiso side are rocky areas, so, beware of falling and slipping.


It's frozen, so, beware of slipping.

Be careful not to lose your step and slip. Pay particular attention not to fall and slip near Ojigoku and Kojigoku.

It's steep slope and slippery, so pay particular attention when descending.

**Large cracks were discovered. Due to the danger, access is prohibited for the present.**

Suribachikubo Trail Shelter\*

 Kosumo Goya (not in operation)

Mountain hut	Opening period	Phone	Mountain hut	Opening period	Phone
Hotel Senjojiki	All year round	0265-83-5201	Hinokio Goya	All year round	0265-98-8508
	[Schedule] • Dec 29-Jan 3 • Open irregularly from Nov (booking required)		Ikeyama Goya	All year round	0265-83-2111
Hoken Sanso	Evacuation space available	090-5507-6345	Komaho Hutte	Evacuation space available	090-4755-2108
Nishikoma Sanso	All year round	090-2660-0244	Utsugidaira Trail Shelter	All year round	0265-98-8508
Otaru Trail Shelter	Evacuation space available	0265-78-4111	Kisodono Sanso	Evacuation space available	090-5638-8193
Isetaki Trail Shelter	All year round	0265-85-5864	Suribachikubo Trail Shelter*	N/A	0265-86-3111
			Kosumo Goya	Evacuation space available	090-7699-9337

\*No-entry due to the collapse of the Suribachikubo Cirque.  
Some Goya may not be available depending on snow conditions.

# Southern Alps

## 1. Snow accumulation

Mountains (Land registry)	Average snowfall (m) during the New Year's Holiday
Mt. Kaikoma	0 . 5 – 1 . 5
Mt. Senjo	1 . 0 – 1 . 5
Kitazawa Pass	0 . 5 – 1 . 0
Mt. Shiomi	1 . 0 – 1 . 5
Komatumine	0 . 5 – 1 . 0
Mt. Akaishi – Mt. Kamikochi	1 . 0 – 1 . 5

- Every year, snow cornices extend on the Yamanashi side of Mt. Kaikoma, Mt. Senjo and Komatumine; on the Nagano side of Mt. Shiomi and Mt. Arakawa; and on the Shizuoka side of Mt. Koakaishi.
- During stormy weather, the temperature will drop to minus 20°C and the wind speed will exceed 30 m.

## 2. Avalanche-prone areas

Entry is prohibited due to the particularly high risk of avalanches and slips in the following areas:

- The lower part between Mt. Nokogiri's highest and second-highest points
- The area between Roppoishi in Mt. Kaikoma and Marishiten
- The area between Odaira Sanso in Mt. Senjo and Umanose (Yabusawa Shindo)
- The section between Mt. Senjo's 5th station and Umanose (Yabusawa Shindo)

Caution is required in around Mt. Arakawa summit and the middle slope's southern side, the beneath Daishojidaira, around Tenguiwa in Mt. Shiomi, the west ridge of Mt. Akaishi, around Hyakkendaira, around Mt. Osawa summit, Mt. Usagi's southerneastern ridge, around Mt. Kamikochi summit.

## 3. Places where it is easy to get lost

- In the area of Mt. Nokogiri and around mountain summits and ridgelines, trails are unclear due to snowfall, so, pay particular attention during stormy weather with bad visibility.
- Caution is required during stormy weather in the areas of Mt. Kaikoma, Mt. Senjo and Mt. Shiomi, between Arakawa Goya and Daijojidaira and the point at which the trail splits to descend to Hirogawara (Mt. Akaishi's Koshibu route), Mendaira, and the area of Sankichidaira.

## 4. Climbing Advisory Offices (New Year's Holiday schedule)

Parking at Southern Alps Forest Road Bus Office

## 5. Bus services

- JR Inakita Station → JR Takato Station (Takato Line)

Contact information: JR Bus Kanto (0265-73-7171)

- JR Ina Oshima Station → To Ooshika Village Kashio and Okawara

Contact information: Ina Bus (0265-72-5111)

- JR Hiraoka Station → Wada, Kamimura

Contact information: Shinnan Kotsu (0265-24-0009)

- JR Iida Station → Kamimura, Kgura-no-yu



Contact information: Shinnan Kotsu (0265-24-0009)

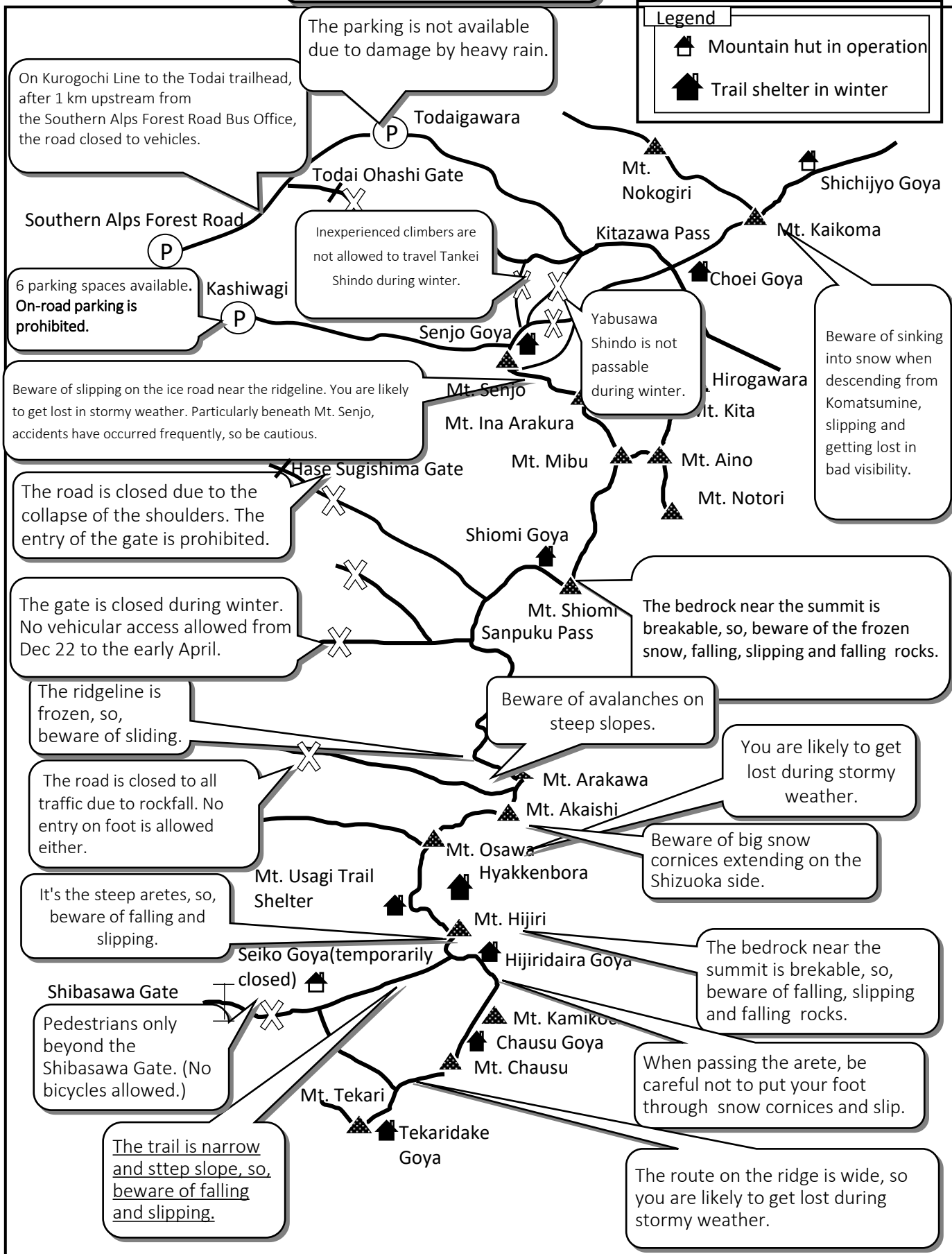
## **6. Other**

- The roads to Shirabiso Pass are closed during winter. (till mid-April)
- The forest roads to Mt. Osawa trailhead are closed.
- The roads from Kitamatado to Irodo and Tayorigashima are passable only for pedestrians. (No entry for bicycles.)
- The Southern Alps Forest Road Bus services ended. The forest roads are closed during winter.
- On Kuroguchi Line to the Todai trailhead, after 1 km upstream from the Southern Alps Forest Road Bus Office, the line closed to vehicles (pedestrian traffic only).
- Todaikawara Parking is not available due to damage caused by heavy rain.
- The forest roads to the Torikura trailhead is closed during winter. (Dec 22 – late April)
- Not entry to Mt. Akaishi via Koshibu Route due to road collapse. Yuore Parking is closed.

# Southern Alps

## Legend

-  Mountain hut in operation
-  Trail shelter in winter



# Yatsugatake Mountains

## 1. Snow accumulation

Mountains	Average snowfall (m) during the New Year's Holiday
Near Akadake Kosen Mountain Hut	0 . 3 – 0 . 8
Mt. Minami Yatsugatake ridgeline	0 . 2 – 0 . 5
Mt. Kita Yatsugatake area	0 . 5 – 1 . 0

Every year, snow cornices extend on the eastern side (Saku side) along the ridgelines between Mt. Io and Mt. Aka, as well as on Mt. Higashi Tengu.

## 2. Avalanche-pro areas

- Mt. Yoko area (mountain streams for ice climbing), the Saku side of Mt. Tengu, mountain streams around Mt. Amida and Mt. Naka, Kenkai Ridge between Mt. Otengu and Mt. Kotengu.
- Avalanches have occurred below Mt. Amida and in mountain streams on Nakayama Ridge and the slopes near Akaiwano-kashira. Particularly after snow fall or when the temperature rises, the risk of surface avalanches will increase, so, act cautiously.

## 3. Slippery areas

Summits and ridgelines of Mt. Minami Yatsugatake, near Mt. Tengu, between Mt. Kitayoko and Futago Pond, between Shogundaira and Mt. Tateshina summit

## 4. Climbing Advisory Offices (New Year's Holiday)

Minodoguchi, Okutateshina, Inagoyu Karasawa Bridge

## 5. Transportation

### ○ Buses

(Be sure to check the status of operation in advance)

- JR Chino Station → Minodonoguchi
- JR Chino Station → Okutateshina

Contact information: ALPICO Group Chino Station Information Center  
(0266-72-2151)

### ○ Kitayatsugatake Ropeway

All year round, 9 am – 4 pm  
(0266-67-2009)

### ○ Some parts of National Highway 299 are closed till the end of April


## 6. **Other**

- Yatsugatake Mountains are popular as beginner's winter mountain courses due to the easily accessible approach. However, near the ridgelines, strong westerly winds prevail, with continuous frozen slopes and rocky terrain. Proficient technique and reliable mountaineering gear are required.
- Every year, slipping accidents occur in variation routes. Try to select the route that suites your ability.
- In ice climbing, ensure through safety measures such as establishing secure anchor points and checking the strength of the ice.
- Incidents of getting lost have frequently occurred due to following other climbers' paths carelessly.



## Yatsugatake Mountains

### Legend

 Mountain hut in operation

Be cautious of surface avalanches on steep slopes and in mountain streams.

Be cautious of falling and slipping on the icy surface.

You are likely to get lost in bad weather, so, be cautious.

It's a frozen arete, so, be cautious of falling and slipping.

Few landmarks make it easy to get lost, so, be cautious.

Some parts of the variation routes on the western side of Mt. Yoko such as Daidoshin and Shodoshin are breakable. Be cautious.

The trail is a rocky ridge with snow walls. Walk cautiously.

Jizo Ridge is a steep rocky terrain, so, beware of sliding when walking.

Beware of sliding on the southern ridge of Mt. Amida.

Mountain hut	Opening period	Phone	Mountain hut	Opening period	Phone
Kitayokodake Hutte	Be sure to check the status of operation in advance.	090-7710-2889	Akadake Kosen	Be sure to check the status of operation in advance.	090-4824-9986
Shimagare Sanso		0266-67-5100	Gyojya Goya		090-4740-3808
Mugikusa Hutte		090-7426-0036	Honzawa Onsen		090-3140-7312
Seitaiso		090-1423-2725	Karasawa Kosen		0266-76-2525
Takamiishi Goya		0467-87-0549	Akadake Tenboso		0266-74-2728
Inagoyu		0267-93-2262	Natsuzawa Kosen		090-4158-4545
Shirabiso Goya		0267-96-2165	Neishidake Sanso		090-4158-4544
Kuroyuri Hutte		0266-72-3613			

# Togakushi Mountain Range

## 1. Snow accumulation

Mountain	Average snowfall (m) during the New Year's Holiday
Mt. Togakushi, Mt. Nishidake	1.0 – 1.5
Mt. Takatsuma, Mt. Kurohime	1.5 – 2.5

## 2. Avalanche-pro and slippery areas

- Area around Mt. Togakushi and Mt. Nishidake
- Steep climb from the Mt. Takatsuma's Kyuseishi area

## 3. Places where it is easy to get lost

- In front of Mt. Kuzuryu
- Near Ichifudo, you might get lost toward the Susobana River
- When descending from Mt. Nishidake's P1, you might get lost toward Kinasa (P2, P3)
- Near Mt. Kurohime and Mt. Sado, people have gotten lost during backcountry skiing and snowshoeing, so, particularly pay attention in bad visibility.

## 4. Buse services

Nagano Station → Iizuna Kogen → Togakushi Shrine Chusha → Togakushi Ski Field

Contact information: ALPICO Group Nagano Office (026-254-6000)

## 5. Other

Togakushi is located at a low elevation and the approach is short, but the weather conditions are similar to the Northern Alps. Therefore, carefully assess the weather and snow conditions before entering.

# Shiga Kogen

## 1. **Snow accumulation (average snowfall during the New Year's Holiday)**

Around 1 meter

## 2. **Avalanche-pro areas**

Avalanches are expected to occur near Mt. Iwasuge's Nokkiri, Mt. Kasa's Matsuo Ridge, near Mt. Yokote's Yokozuri.

## 3. **Places where it is easy to get lost**

- Pay particular attention during bad visibility from Yakebitaiyama Ski Area to Otaki Tour Course, from Shibu Pass to Yamada Ranch Tour Course, near Terakoya Ski Area and Ichinose Ski Area.
- It is easy to unintentionally enter restricted zones in the Mt. Yokote (toward Garan Valley), so, be cautious.

## 4. **Bus services**

Nagano Electric Railway Yudanaka Station → Suzurikawa, Okushiga  
Contact information: Nagaden Bus (0269-33-2563)

## 5. **Other**

- The areas outside the designated backcountry courses are off-limits.
- Before going backcountry skiing, please inform your family and friends about your plans for the day and be sure to submit a mountain climbing registration.
- Familiarize yourself with the rules at the ski areas and ensure safety.

# Sugadaira, Yunomaru Kogen

## 1. **Snow accumulation (average snowfall during the New Year's Holiday)**

- In the area around Mt. Neko and Mt. Azumaya, it ranges from 0.5 to 1 m.
- At Mt. Yunomaru and Mt. Eboshi, it ranges from 0.3 to 0.5 m.
- Every year, snow cornices on Mt. Neko and Mt. Azumaya extend on the northwest, while on Mt. Eboshi, snow cornices protrude on the northeast.

## 2. **Dangerous areas**

It is slippery in the following areas:

- Between Mt. Neko and Mt. Azumaya Traverse Course
- Area around Mt. Eboshi

It is easy to get lost in the following areas:

- Between Mt. Yunomaru summit and Kakuma Pass
- Between Mt. Eboshi summit and Sanada
- Between Mt. Azumaya summit and Palcall Tsumagoi Resort (Gunma)
- Sugadaira Kogen and Azumaya Kogen

## 3. **Climbing Advisory Offices**

- Sugadaira Kogen International Resort Center (all year round, 0268-74-2003)
- Yunomaru Kogen Hotel (all year round, 0268-62-0376)

## 4. **Bus services**

- JR Ueda Station → Sugadaira Kogen  
Contact information: Ueda Bus (0268-34-6602)

# Asama Mountain Range

## 1. Climbing regulation for Mt. Asama

If the alert level is 2, climbing up to 2 km from the crater to the Sainokawara divide is permitted. (as of November 27, 2023)

The Volcanic Alert Level may change. Please be sure to check the latest information before climbing.

## 2. Snow accumulation (during the New Year's Holiday)

- Around Mt. Kurofu summit, it ranges from 0.5 to 1 m.
- Around Kazan-kan and the Yunodaira divide, it ranges from 0.5 to 1 m.

## 3. Access to the trailheads

- Both Kurofu Course and Kazan-kan Course can be reached by car up to the trailheads. However, please make sure to equip your car with winter tires before departing. The snow cover conditions around an elevation of 2,000 m can be observed via webcam.
- JR Sakudaira Station→Shinano Railway Komoro Station→Takamine Mountain Park  
Contact information: JR Bus (0267-22-0588)



**For details, please contact the Komoro City Commerce and Tourism Division (0267-22-1700)**

# Mt. Ontake

## Climbing regulation for Mt. Ontake

Mt. Ontake was announced to be at Volcanic Alert Level 1 on June 23, 2022. (Please note that it is an active volcano.) Within 500 m from the crater is off-limits.

### Zones with regulation

#### Otaki Trailhead:

- Tanohara Parking is closed from Oct 11, 2023.
- Road 41 between Mt. Hakkai and Tanohara is closed.

#### Kurosawa Trailhead:

- The trail from Nyonindo Inn to Sannoike Pond is impassable depending on the situation.
- The trail from Kurosawa-jyujiro to Otaki-chojyo and Mt. Kengamine is restricted.
- Access to the north of Ninoike Sanso and Ninoike Hutte is prohibited.

The restricted areas may be changed, so, be sure to check the information before entering the mountain.

For details, please contact:

- Kiso Town Office (0264-22-3000)
- Otaki Village Office (0264-48-2001)

# Okuchichibu Mountains

## 1. Snow accumulation (average snowfall during the New Year's Holiday)

0.3 – 0.6 m on the summits and ridges

## 2. Dangerous areas

In the woody corridor south of Kimpozan Goya, it is easy to get lost when the mountain trail is buried in snow.

## 3. Bus services

JR Shinano Kawakami Station → Mt. Azusa, Kawabatashita

Contact information: Kawakami Village Bus (0267-97-2121)

### What is an active volcano?

The Coordinating Committee for Prediction of Volcanic Eruptions defines an active volcano as one that has erupted within approximately the last 10,000 years and is currently in eruptive activity.

In Japan, there are 110 active volcanoes (as of March 2013). Out of those, 10 are located in Nagano Prefecture and the neighboring areas.

○Volcanoes in Nagano:

Mt. Asama, Mt. Ontake, Mt. Yake, Mt. Norikura, Mt. Yoko

○Volcanoes in neighboring areas:

Mt. Kusatsu Shirane, Mt. Niigata Yake, Mt. Myoko,  
Midagahara, Akandanayama



# How to Avoid Danger in the Backcountry



## 1. Main accidents and causes



**Death and missing**

### Avalanches



#### 《Avalanches》

- When you are caught in an avalanche, unless your companions or people around you have a beacon and probe, the delay in discovery reduces the likelihood of survival greatly. Even if they carry a beacon and probe, unless they cannot find you shortly, your survival rate plummets sharply.
- Avalanches occur when meteorological conditions converge or when they are artificially triggered. The risk of avalanches is not zero in any terrain.



### Crashing and slipping



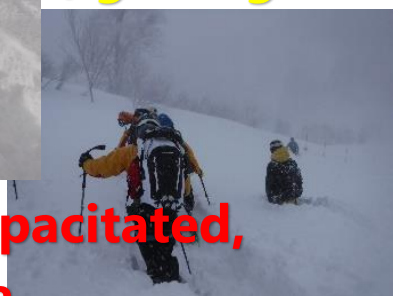
**Injuries**

#### 《Crashing against trees or rocks, slipping》

- People overestimate their strength and technical skill, crashing against rocks or trees.
- During sliding, they could not control the speed and crashed against standing trees or rocks.



### Deep snow, getting lost



**Getting incapacitated, hypothermia**

#### 《Buried in snow, getting lost》

- The temperature changes suddenly, causing bad visibility, so people get lost.
- They did not check the terrains and courses in advance, or carry GPS. They depended on the traces of the others and lost their current location.
- Due to a lack of technique or equipment, they become unable to move. (They become buried in snow and choked, they do not have equipment to ascend, their ski comes off, they cannot use their equipment.)

## 2. Cautionary notes

### (1) Wearing and carrying equipment

In addition to the equipment for winter climbing, carry the avalanche protection equipment (a beacon, probe, shovel), and the equipment for uphill travel (a climbing skin, snowshoes). Even if you plan to return in a day, carry the minimum equipment to stay overnight.

### (2) Planning in advance

Choose mountains that match the skill, physical strength, and experience of you and your companions. Check the snow condition and weather forecast, and make a climbing plan and submit it before going to climbing. (Share the climbing plan with your family and friends.)

### (3) Checking snow quality

Be sure to check for avalanche such as looking up an avalanche advisory at the ski area and checking a cross section of snow with a extended column test. Especially immediately after snowfall, climbing skins are useless. If your ski comes off, it is difficult to find. Do not underestimate the amount of snow. Choose a course depending on the snow condition.

### (4) Behavior

Backcountry skiing means walking and skiing on unmarked snow and slopes. A valley covered with fresh snow poses a high risk of avalanches, so, avoid skiing on slopes covered with fresh snow and take action to avoid the risk for avalanche.

Avoid entering mountains alone and, if possible, engage with a guide or an experienced person. If you do so, you can expect a faster rescue in case any trouble arises.

### (5) Abiding by the rules at ski areas

Be sure to check what the skiable area is as well as the rules of ski resorts in advance. Regulation ropes and caution signs are installed to prevent avalanches and to ensure that recreational skiers and snowboarders do not inadvertently enter areas outside the designated ski resorts. Please be considerate of others and follow the rules.

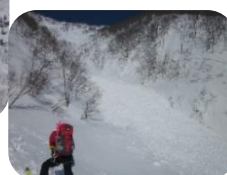
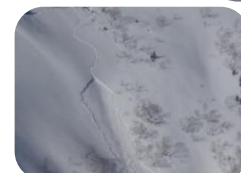
#### Beacon



#### Probe



#### Shovel

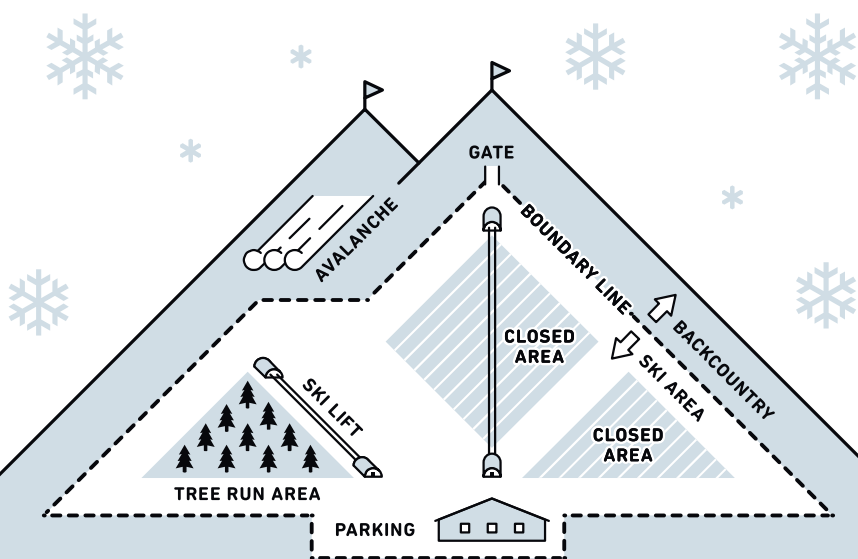




滑走者への安全の呼びかけ

# ロープの 向こう側

SAFETY MESSAGE FOR RIDERS  
BEYOND THE ROPE



✓ 信州の雪山を楽しむ前に Before you enjoy the backcountry in Nagano.

ロープの向こう側の「管理されていない斜面※」に潜む危険に気づいていますか？

Do you know the dangers of “uncontrolled powder slopes”\*\*?

※「管理されていない斜面」とは

- ・スキー場内の「ロープの向こう側」にある立入禁止区域
- ・スキー場境界線の「ロープの向こう側」に広がる山岳エリア（バックカントリー）

\*\*“Uncontrolled powder slopes” means:

- Closed areas “beyond the rope” inside a ski resort.
- Backcountry “beyond the rope” – outside a ski resort boundary.



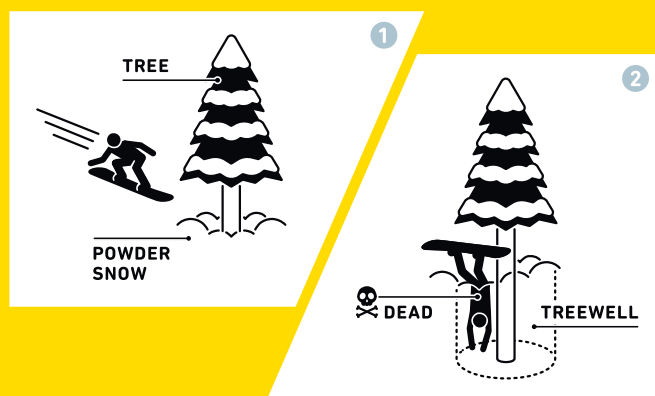
あなたの安全を  
守るのはあなた

Your safety depend on  
YOUR decision making.

ツリー脇のパウダーに当て込むと  
自然が造った落とし穴にはまった。

A

Looking for powder snow near a tree.  
I fell in a trap made by nature.



お気に入りのファットスキーが深雪に消えた。  
ツボ足になると2mも登り返せなかった。

B

My favorite fat skis came off in deep snow.  
I couldn't even walk 2 meters uphill in my boots.



木は、動かない。動くのは、あなた。  
木は、硬く、骨は弱い。

C

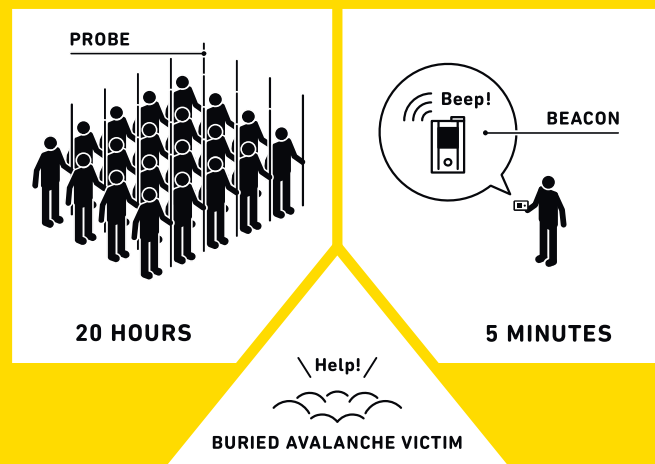
Trees do not move. You move.  
Trees are hard. Bones are fragile.



20人で20時間 vs. 1人で5分。

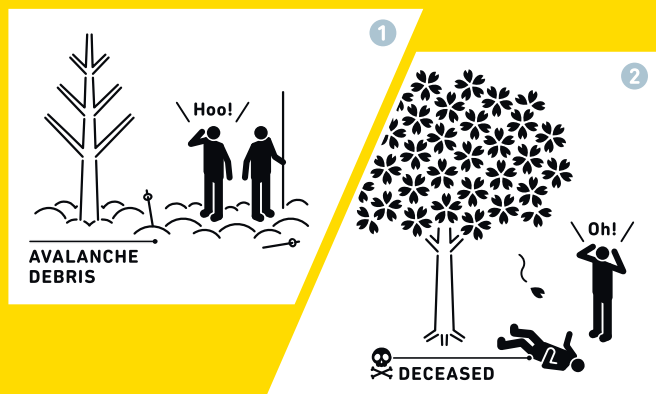
20 people, 20 hours vs. 1 person, 5 minutes.

D



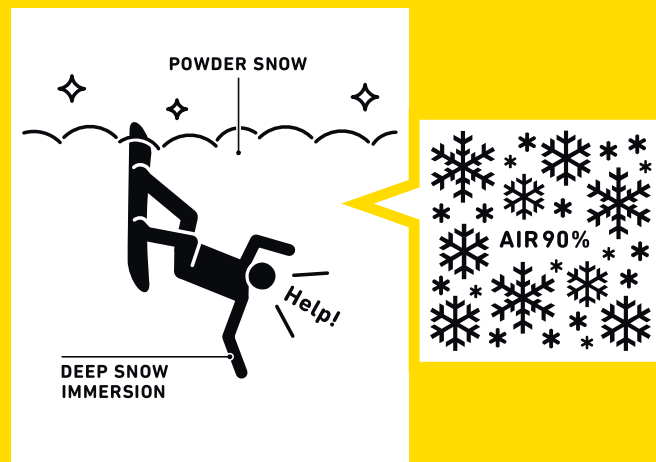
1月、ビーコンなしで友人が雪崩に埋まった。  
彼が発見されたとき、街では桜が咲いていた。

In January, a friend of mine was buried in an avalanche without a beacon.  
It was cherry blossom season, when we found him.



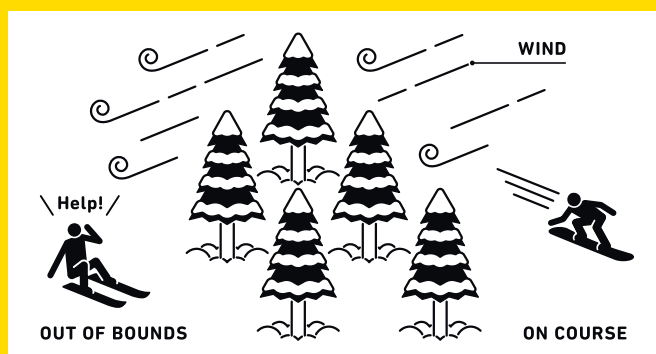
90%が空気なのに窒息するなんて…。

Powder snow is 90% air, but we can still suffocate in deep snow.



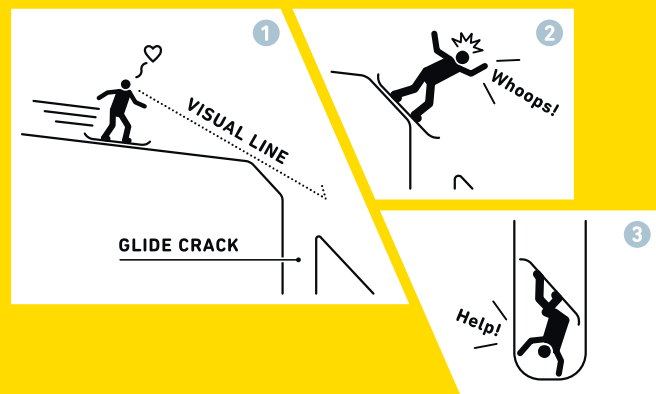
転んで膝を痛めた。  
助けを求めて叫んでみたけれど  
返ってきたのは、風の音だけだった。

I fell and injured my knee.  
I screamed for a help but the only thing that I heard was the wind.



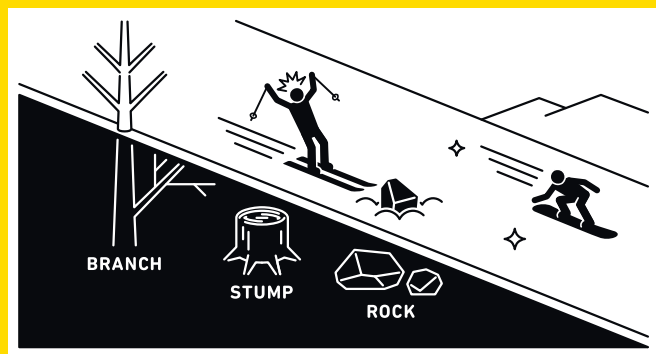
見えない先に何があるかわからない。  
スノーボードは急に止まらない。

No one knows what the future holds.  
Snowboard cannot stop immediately.



綺麗な花には棘がある。  
美しいノートラックの斜面も  
シーズン始めは地雷がいっぱい。

Beautiful flowers have thorns. Beautiful untracked powder slopes  
have a lot of land mines at the beginning of a season.



ナチュラルパイプの沢底で止まったら  
水温2℃の川で泳ぐことになった。

Stopping at the bottom of gully in a natural halfpipe,  
I ended up swimming in a river with 2 degree water.

