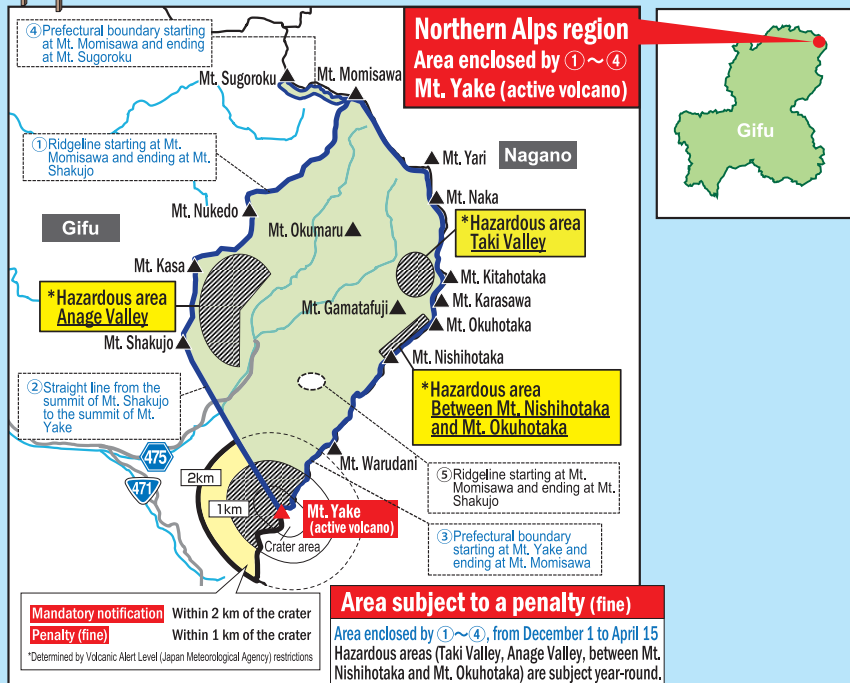




Always submit a mountain climbing/hiking notification.

—The Mountain Climbing/Hiking Notification: Like Family, We Want You to Get Home Safe—



Climbing Guidebook for the Gifu Northern Alps



Submission of a mountain climbing/hiking notification is mandatory!

The Ordinance for Prevention of Mountain Accidents in the Gifu Northern Alps Area and Active Volcano Area is in effect in Gifu Prefecture, making it mandatory to submit a mountain climbing/hiking notification when climbing in the Gifu Northern Alps area, Mt. Yake, Mt. Ontake (Note 1), Mt. Norikura, or Mt. Haku (Gifu side). Be sure to submit a mountain climbing/hiking notification if you would like to climb.

Penalty You may incur a fine up to 50,000 yen if you climb without submitting a mountain climbing/hiking notification, or if you submit a false notification.

(Note 1) Some locations on Mt. Ontake are restricted entry due to the volcano's eruption on September 27, 2014.

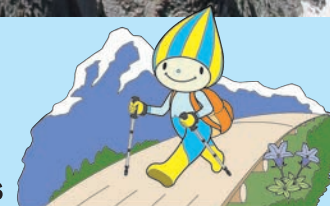
*Access to some areas of volcanoes may be restricted.

For more information, check the Japan Meteorological Agency's website or Gifu Prefecture's website.

Editors: Gifu Prefecture Disaster Prevention Division
Community Division, Gifu Police Headquarters
Gifu Police Mountain Rangers
Gifu Mountain Accident Prevention Association
Gifu Accident Prevention Association for the Northern Alps
Publisher: Gifu Prefecture Disaster Prevention Division



Gifu Prefecture
Gifu Police Headquarters
Gifu Mountain Accident Prevention Association
Gifu Accident Prevention Association for the Northern Alps





▲ Mt. Yumioire ~ Mt. Kasa

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**Your climb is your responsibility.
That means carrying out everything yourself, from the planning stage to your return home.**

1 Mountain Information for the Northern Alps

Some of Japan's most representative mountains stretch across the southern part of the Northern Alps (Gifu side), including Mt. Kasa, Mt. Sugoroku, Mt. Yari, Hotaka Mountain Range, and Mt. Yake.

Most of these are rugged rock ridges with an elevation around 3,000 m. There are many dangerous locations along their routes where ladders or chains are installed.

■ Characteristics of accidents in the Northern Alps

- The majority of accidents occur to middle-aged or older people, 40 years old and up.
- Many accidents occur to elderly people 70 years old and up.
- Many accidents occur to solo climbers, but they also occur to large groups of 11 or more people.
- Accidents still occur to people who did not submit a mountain climbing/hiking notification, but the percentage of accidents that occur to people who did not submit a notification has decreased since the enactment of regulations.
- The percentage of male accident victims is overwhelmingly high.



■ Information on danger for each mountain area in the Northern Alps

▶ Mt. Nishihotaka area **Bring and wear a helmet!**

- During the season when the area near the Sengoku Ridge and Mt. Maru is covered in or has lingering snow, traces (footprints) are difficult to discern due to snowfall and thick fog, and it is easy to lose your bearings. Caution is required.
- The 13 peaks of varying sizes between Doppyo and the summit of Mt. Nishihotaka are a continuous belt of steep rock ridges. There are many loose stones in this area, and sliding and falls frequently occur due to falling rocks, stumbles, and slipping on rain or ice. Parties that do not contain people experienced with walking on rock ridges should not go beyond Doppyo. In addition, the stretch between Mt. Nishihotaka and Mt. Okuhotaka is the most precipitous route across rock ridges in the Northern Alps. It is for advanced climbers with stamina, skill, experience, and the ability to judge the weather accurately. Please do not enter this area if you are not an advanced climber.
- This mountain area requires careful attention to changes in weather. Cumulonimbus clouds tend to form on summer afternoons, there is frequent lightning, and there are no refuge shelters in the upper part beyond Nishiho Hut.
- The schedule for the first and last departures of the ropeway used in the approach changes depending on the season, and the ropeway does not run if the wind speed exceeds 15 meters. Therefore, it is necessary to confirm conditions with the ropeway and Nishiho Hut.

▶ Mt. Okuhotaka area **Bring and wear a helmet!**

- The route near the former site of Nitsugi Hut is a hazardous location for accidents caused by getting lost. Cross Nitsugisawa to enter Shiradashisawa.
- Snow valley remains in the upper part of Shiradashisawa even in late July, causing sliding and falls due to slipping. Crampons and ice axes are necessary during the period when snow valley remains.
- The ladder from the saddle of Shiradashi to Mt. Okuhotaka is on a steep rock ridge, and sliding and falls occur in the rain and during the snowy season due to slipping. Climbers must implement the basics of

climbing in rocky areas, such as moving while maintaining three points of contact, and act with caution so as not to cause rocks to fall.

- Between Mt. Karasawa and Mt. Kitahotaka on the Gifu side is a rock-climbing area called Taki Valley. The route across this area requires continuous climbing and descending, and there are chains and ladders. Therefore, sliding and falls occur when climbers lose balance due to loose stones or falling rocks, and the rocky areas must be climbed with caution. It is extremely dangerous for anyone other than an expert climber to enter this area.
- The Shiradashisawa Route has many falling rocks and loose stones. It is necessary to be aware that this route is less traveled and more difficult to climb than a general route.
- The route between the summit of Mt. Okuhotaka and Mt. Nishihotaka is a series of steep, bare rock ridges, and there are many loose stones. Therefore, many fatal accidents occur due to sliding and falls. Attempts to cross by parties lacking stamina, experience, and equipment have increased in recent years, and accidents frequently occur that are caused by loss of physical ability due to exhaustion, onset of illness, or getting lost. As the climb is difficult and dangerous, please refrain from entering the area unless you are an expert climber.

▶ Mt. Yari area **Bring and wear a helmet!**

- Shiradashisawa and the Taki Valley, between Shinhotaka Onsen and the Yari Plain, have high water levels in stormy weather, and wading may be difficult. Do not force yourself. Accidents have occurred in which people were swept away and died while wading in high water. In addition, in the snowy season, avalanches occur in the streams that merge in the Migimata Valley, and it is extremely hazardous.
- During the snowy season, vigilance is also needed against avalanches originating from the streams in the area of the Yari Plain, including Minamisawa, Nakanosawa, Obamizawa, Hidasawa, and near Mt. Okumaru.
- The Mt. Minami New Route requires checking the route-setting tape on the starting point of the western ridge on the ascent from Minamisawa, as well as caution when passing through the Yase Ridge and the Haimatsu Belt on the descent.

▶ Mt. Sugoroku/Mt. Mitsumata-Renge/Mt. Kurobegoro area **Bring and wear a helmet!**

- The Mt. Sugoroku area has more gentle slopes than the Yari/Hotaka Mountain Range and is suitable for a beginner skill set when it is not snowy. However, the climbing course is long and requires stamina. In recent years, accidents due to the onset of illness and exhaustion have frequently occurred in this area, so it is important to prepare and plan your climb according to any chronic illnesses and your stamina.
- The Mt. Sugoroku area is also popular for backcountry skiing when snow is on the ground, but caution is needed near the streams along the Hidarimata Forest Path, including Iwagoyazawa, Shimonukedoza, Chichibusawa, and Okuchichibusawa, due to huge avalanches originating on the ridgelines that reach the path.
- The Mt. Sugoroku and Mt. Mitsumata-Renge areas are gentle slopes. Caution is needed especially in places where snow lingers if visibility is compromised due to thick fog, as it is easy to lose your bearings.
- The course is long whether entering Mt. Kurobegoro from Shinhotaka Onsen or the Hietsu Tunnel, and climbers may be impeded from moving due to exhaustion. A climbing plan with leeway according to everyone's stamina and skill is needed.

▶ Mt. Kasa area **Bring and wear a helmet!**

- The Kasa New Route and Kuriya Valley Route are both long courses, so fatigue builds on the descent. Slips and falls due to tree roots and stones occur, so sufficient stamina and perfect health monitoring are required.

- The route may be difficult to discern when visibility is compromised in thick fog in the Shakushi Plain area. As the Kasa New Route is steep, accidents have occurred involving rescue requests because party members with different stamina went off on their own and were unable to contact one another. It is necessary for someone to act as a leader.
- Huge snow overhangs appear on the ridgeline from Mt. Yumiore to Mt. Nukedo in the snowy season. Caution is needed against sliding due to stepping through the snow overhangs or collapse of these overhangs. Collapse of these overhangs may also trigger an avalanche.
- The Kuriya Valley Route is a long course with no escape route; therefore, beginners and climbers unsure of their stamina should refrain from entering this area. In recent years, falls due to fatigue and climbers getting lost due to being late and the sun setting have become a problem. In addition, the wading spots in the Kuriya Valley have high water in stormy weather and are difficult to pass, so stand by and do not push yourself.
- Snowslides accumulate to form enormous avalanches in the Anage Valley during the snowy season, making this area extremely dangerous. Climbers should therefore refrain from entering the area during the season.

▶ Mt. Yake area (active volcano) **Bring and wear a helmet!**

- Caution is needed between Shin-Nakao Pass and the summit of Mt. Yake because visibility is compromised, and the snow cover makes it easy to get lost.
- Mt. Yake is a volcano that continues to be active even today. Fumarole activity including volcanic gas continues near the summit in the present day. Fumaroles and fumarole field basins are extremely dangerous when there is no wind. Absolutely do not enter. Please also check volcanic activity reports beforehand, and prepare and wear equipment including helmets.

▶ Mt. Norikura area (active volcano) **Bring and wear a helmet!**

- Mt. Kengamine is at 3,026 m elevation, but even beginners can climb to it in a short time by using the Norikura Skyline or an established mountain trail. However, weather conditions are often harsh, as is characteristic of a mountain district, so sufficient climbing equipment is needed. Climbers should also let their bodies become accustomed to the elevation before moving.
- Although there are many gentle, wide slopes, places outside of the established courses are dangerous. Do not enter them.
- It is easy to lose your bearings if visibility is compromised due to thick fog, so it is necessary to be cautious about the weather, particularly on summer afternoons. If stormy weather is expected, such as if thunderclouds are approaching, quickly descend to somewhere with shelter.
- Asian black bears are often reported to appear in the Tatami Plain area from summer to fall, depending on the year. Vigilance is required.



Hazardous areas during the snowy season

The Gifu Mountain Accident Prevention Association has designated the following two zones as hazardous areas during the snowy season.

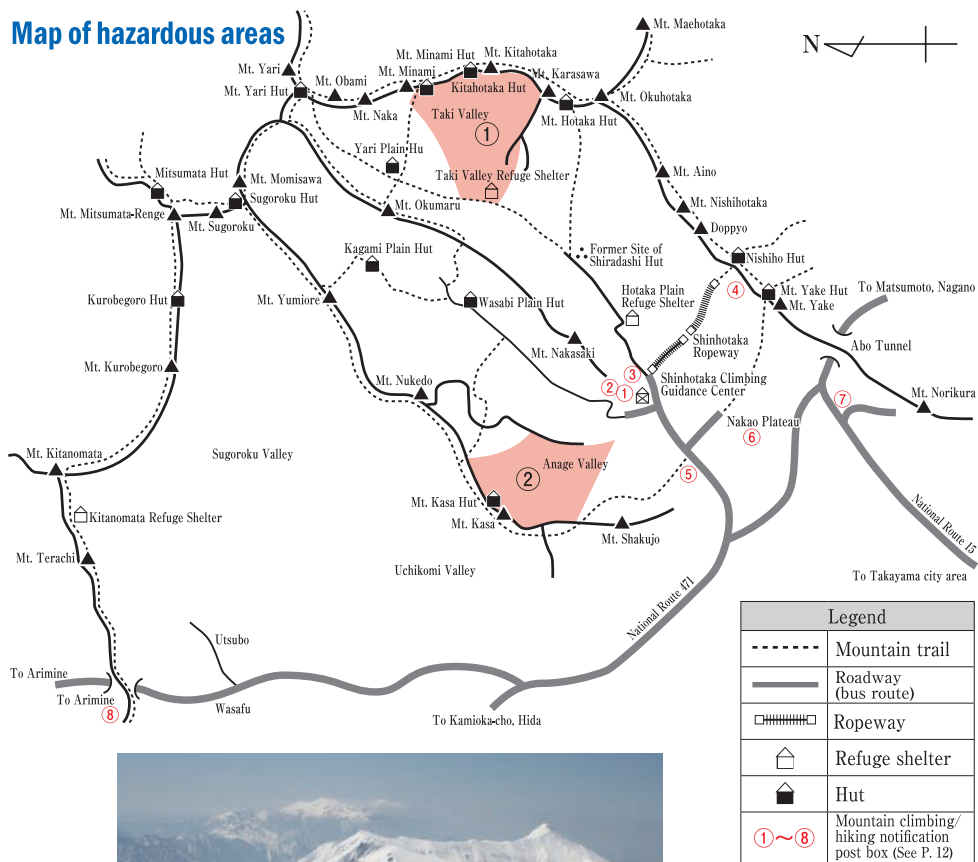
Hazardous area ① [Refer to ① on the map of hazardous areas below]

The Taki Valley and Chibi Valley areas connected by the Mt. Minami southwestern ridge, Shishibana, Mt. Kitahotaka, Mt. Karasawa, and Mt. Gamatafuji.

Hazardous area ② [Refer to ② on the map of hazardous areas below]

The Anage Valley area connected by Kuriyanokashira, Mt. Kasa, Mt. Nukedo, and the southern ridge of Mt. Nukedo (However, this area excludes the Shakushi Plain)

Map of hazardous areas



◀ Mt. Sugoroku ~ Mt. Kasa

Locations in the Northern Alps with a risk of avalanches (Gifu side)

▶ Anage Valley ~ Hidarimata Valley ~ Chichibusawa ~ Onoma-nokkoshi direction

[Anage Valley]

The Anage Valley is an extremely dangerous place in the snowy season because there are avalanches regularly, and they can occur from any direction.

Large avalanches occur in all areas located on the south side of Mt. Kasa and Mt. Nukedo, and there are also accidents in which mountain skiers are engulfed.



[Hidarimata Valley (near Hidarimata Forest Path Wasabi Plain Hut ~ near Shimonukedoza)]

Avalanches reaching the forest path frequently occur in this region.

Avalanches mainly occur along forest streams, like Iwagoyazawa and Shimonukedoza, so caution is needed when crossing.

[Hidarimata Valley (near where the Hidarimata Forest Path and Shimonukedoza meet ~ Onoma-nokkoshi)]

Avalanches frequently occur in this zone, including on the eastern slope of Mt. Nukedo, like Shimonukedoza. There is a risk of avalanches on the eastern slope of Mt. Nukedo and Mt. Yumiore, as well as along all mountain streams, including Shimonukedoza, Okunukedoza, Chichibusawa, and Chichibukozawa.

▶ Hotaka Plain area ~ Hidarimata Valley ~ Hidasawa ~ Hida-nokkoshi direction

[Migimata Valley (near Hotaka Valley ~ where it meets Taki Valley)]

All the valleys and streams are areas requiring caution.

There is a risk of avalanches near all valleys and streams, including at the Hotaka Refuge Shelter located on the north side of Mt. Nishihotaka, the former site of Shiradashi Hut, and in Yana Valley, Nebori Valley, Shiradashisawa, Budo Valley, Chibi Valley, and Taki Valley adjacent to the mountain trail near the Taki Valley Refuge Shelter.

[Migimata Valley (near where it meets the Taki Valley ~ Hida-nokkoshi)]

All the valleys and streams are areas requiring caution.

There is a risk of avalanches near all valleys and streams, including at the Taki Refuge Shelter located on the western side of Mt. Minami, Mt. Naka, Mt. Obami, and Mt. Yari; in the Taki Valley, Minamisawa, Nakanosawa, Obamizawa, and Hidasawa adjacent to the mountain trail near Yari Plain Hut; and near all valleys and streams located on the western side of that mountain trail.

[Mt. Okumaru (near Yari Plain Hut)]

The area near the Yari Plain, while considered comparatively safe, is also dangerous.

Avalanches occur near all the valleys and streams located on the eastern slope of Mt. Okumaru. These avalanches go toward the mountain trail near Yari Plain Hut.

Points to consider

- ☆ Check the weather!
- ☆ Carry a complete set of equipment!
- ☆ Allow leeway in your plan (schedule/performance)

*Avalanches may occur in places other than those indicated here. When entering the mountains, vigilance is always necessary against avalanches and falling snow overhangs.

Other mountains in Gifu

▶ Mt. Haku (active volcano) **Bring and wear a helmet!**

- All routes to the summit are long, and it is necessary to stay in the mountains overnight in winter.
- As Mt. Haku is near the Sea of Japan, there are many stormy days in winter, and climbing may take longer than planned. Climbers therefore need to bring enough spare equipment and have alternative dates.
- The area near the summit has harsh blizzards, and the Midagahara wetlands are vast, increasing the danger of getting lost.
- Caution is also needed because of the high risk of avalanches.

▶ Mt. Ontake (active volcano) **Bring and wear a helmet!**

- Mountain trails are available, but the heavy snow accumulation in winter requires considerable time for climbers. Please allow leeway for this in your climbing plan.
- Strong winds harden the snowy surface, so wear crampons and walk carefully.
- Caution is needed in bad weather because it is easy to lose the route or sense of your own location.

▶ Mt. Ena

- As there is snow cover from December to April, a complete set of winter climbing equipment is needed. There are snowdrifts in places, necessitating more than twice the normal time to move.

▶ Active volcanos **Bring and wear a helmet!**

- Mt. Yake, Mt. Ontake, Mt. Norikura, Mt. Haku, and Mt. Akandana are active volcanoes. Do not stay for long in the fumarole fields. Protect yourself by wearing a helmet and being prepared for an emergency. In addition, submitting a mountain climbing/hiking notification is mandatory in the Northern Alps region and active volcano region (Mt. Yake, Mt. Ontake, Mt. Norikura, and Mt. Haku). Be sure to submit this notification.

*Access to some areas of volcanoes may be restricted.
For more information, check the Japan Meteorological Agency's website or Gifu Prefecture's website.



◀ Mt. Yake

Cautionary notes for each season

Spring

Beware of sudden weather changes, including snow!

The weather can turn to snow even when it appears to be early summer at the base of the mountain, suddenly changing completely to winter. Due to waves of low atmospheric pressure, sudden drops in temperature, gusts of wind, and lightning are not unusual. Climbing equipment for snow is necessary, such as winter clothing, crampons, and an ice axe.

Beware of avalanches!

Sufficient caution is needed against avalanches, falling snow overhangs, and stepping through snow overhangs due to a rise in temperature. Avalanches may occur even when no avalanche warning has been issued. Routes beside mountain streams, in particular, are unstable when piled with fresh snow, increasing the danger of surface avalanches.

Beware of sliding!

Lingering snow makes mountain trails virtually invisible. There are many steep routes near the ridgelines of the Northern Alps, so there is great danger of sliding due to slipping on the snow. Caution is also needed against stepping on snow bridges across snow valley when there is snow on the ground.

Summer

Beware of falls, slips, and falling rocks!

The entire Hotaka Mountain Range is comprised of steep, rocky stretches with many loose stones. Therefore, there are many accidents due to climbers tripping especially on the descent, losing their balance, and falling or sliding. Caution is needed. In addition to being vigilant against falling rocks, climbers also need to be cautious not to cause rocks to fall.

Beware of thick fog!

Thick fog often forms on summer afternoons, and lightning is also dangerous. Try to leave early to arrive early at your destination.

Beware of low temperatures!

There are strong winds in addition to low temperatures due to the elevation of the mountain district, so there is a danger of hypothermia even in summer. It is important to take measures against being wet, such as by bringing quick-drying underclothes and rain gear made of waterproof, moisture-permeable material. It is necessary always to determine your movements cautiously, such as by refraining from moving in stormy weather.

Fall

Beware of sudden weather changes!

In fall, the weather is distinctly prone to change. The weather in the mountain district changes significantly due to events like typhoons and passing weather fronts. It is necessary always to gather information to make appropriate judgements, such as canceling the climbing or turning back.

Be sure to take precautions against the cold!

Even when summer heat lingers at the base of the mountains, the season is certain to change at the top. In a typical year, the first frost is in mid-September, and the first snow and snow cover are in October. Climbing equipment for the snowy season is needed.

Winter

Beware of sliding!

The ground surface freezes especially on the ridgelines, so be careful of sliding. Ask about dangerous locations at the huts and other places to gather information.

Beware of getting lost!

Visibility is poor due to blizzards and dense fog, so climbers may get lost. Be careful.

Beware of avalanches!

Sufficient caution is needed against avalanches.

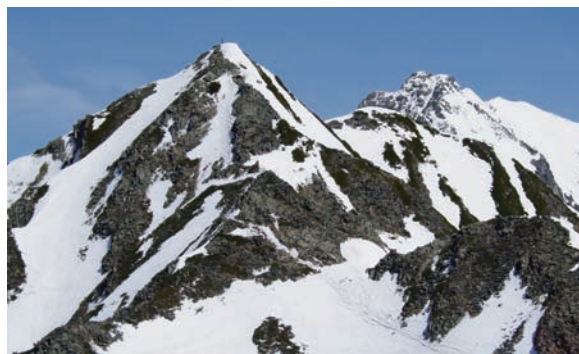
Beware of snow overhangs!

In a typical year, there are significant snow overhangs on the ridgelines due to strong winds.

Sufficient caution is needed against falling snow overhangs or stepping through these overhangs.

Beware of sudden weather changes and intermittent snow!

There is a risk of snow falling for several days, so climbers need sufficient equipment and leeway in their climbing plans.



◀ Pyramid Peak
~ Mt. Nishihotaka

Examples of main accidents in each season

Spring	Fall	A party of two descending Mt. Karasawa observed summery conditions on the trail and took off their crampons. They crossed a place where snow partially lingered, and one person slipped on a frozen area and slid. When the other party member tried to rescue this person, they also slid. One person died; one was seriously injured.
	Fall	A solo climber descending Mt. Okuhotaka stepped through a snow overhang (*1), slid, and was seriously injured.
	Fall	A party of seven entered the mountain, and one member slipped on a snowy slope, fell, and broke their hip. They continued to climb but requested a rescue because the pain was unbearable.
	Falling rocks	A party of two entered Mt. Shinhotaka planning to climb Shiradashisawa (Gifu side) and was planning to descend to Ogizawa (Nagano side) on skis, but a rock of about 20 cm directly hit one party member (wearing a helmet) approximately 30 m from Mt. Hotaka Hut. The victim fell backward, slid approximately 900 m, and died. No submission of a mountain climbing/hiking notification
	Getting lost	A party of three entered the mountain, mistook Mt. Okuhotaka, and requested a rescue, saying they were lost, near the ridge. When the search began the next day, although the informer survived, their two party members were found and brought back dead.

Summer	Fall	A party of four descending on snow valley (*2) in Shiradashisawa slid because they did not have crampons or ice axes. They were seriously injured. No submission of a mountain climbing/hiking notification
	Fall	A climber in the Taki Valley tried to hold on to a loose stone. The stone dislodged, and the climber slid approximately 10 m and was seriously injured.
	Fall	A climber planned to descend the Kasa New Route but got lost near the Yumiore bifurcation toward the Koike New Route because the trail was covered with snow (no injuries).
	Falling rocks	A party of three left Mitsumata Hut to descend the Koike New Route. One member was slow to move due to exhaustion, and the sun set. The party had only one headlamp and became unable to travel due to exhaustion, so they requested a rescue (no injuries). No submission of a mountain climbing/hiking notification
	Getting lost	Several climbers near the merge of the Taki Valley attempted to wade across because, although water had appeared, the amount was small. The last climber to cross was swept away by a sudden swell of water, and both the climber in front and the one behind them were swept away, going missing. Another climber grabbed a rock on the riverbank and was rescued by others, narrowly escaping with their life.

Fall	Fall	A climber descending the Gendarme extending from Mt. Okuhotaka to Mt. Nishihotaka slid midway and was seriously injured.
	Fall	A party of two was crossing from Mt. Okuhotaka to Mt. Nishihotaka when one member slipped and slid near the saddle just under the north side of Doppyo. When their companion searched for them, they found they had slid 100 m from the ridgeline and requested help (serious injury). No submission of a mountain climbing/hiking notification
	Fall	A party of four was climbing the Koike New Route toward Mt. Yumiore. One member collapsed while vomiting and died of a heart attack. No submission of a mountain climbing/hiking notification
	Falling rocks	Climbers on Mt. Karasawa reported a collapsed climber on the trail. When the mountain rangers checked, the climber was frozen to death. The climber's clothing was extremely light, and there was snow and winds of around 20 m the previous day, so there was approximately 2 cm of snow on the fallen climber's body when they were found. No submission of a mountain climbing/hiking notification

Winter	Fall	An employee working at the Ropeway Summit Station discovered and reported a climber descending the Konabe Valley, not a common route. When the mountain rangers checked, the climber seemed to be trying to make temporary camp. This was determined to be an accident, and the climber was rescued. The victim slid from the ridgeline and was in a state of confusion due to the low temperature, but they narrowly escaped with their life. No submission of a mountain climbing/hiking notification
	Fall	A solo climber heading toward Mt. Nishihotaka stepped through a snow overhang (*1) jutting off the Kamikochi side and slid approximately 100 m. Another climber witnessed this and requested a rescue (serious injury). No submission of a mountain climbing/hiking notification
	Fall	One member of a party of six slipped on a rock face, slid approximately 400 m, and was seriously injured.
	Falling rocks	A party of three climbing toward Mt. Nishihotaka became unable to move due to bad weather in the saddle near the south part of Mt. Nishihotaka and requested a rescue. One member froze to death.

(*1) Snow overhang

A snow overhang is an overhang of snow that forms downwind when the wind blows in one direction on the ridge or summit of a snowy mountain. Left alone, it will continue to grow larger until it collapses under its own weight.

Climbers mistake snow overhangs for ridgelines and walk on them, stepping through and sliding into the valley. This causes an avalanche formed by a large block of snow.

(*2) Snow valley

Snow valley is a belt of accumulated snow that remains without melting over a valley or stream at high elevation, like on an alpine mountain.

Snow valley forms a snow bridge. There is often a stream with a current in the lower part of the snow bridge, and many accidents involve stepping through this snow valley and falling.

2 Mandatory Submission of a Mountain Climbing/Hiking Notification

—The Mountain Climbing/Hiking Notification: Like Family, We Want You to Get Home Safe—

When planning to climb, be sure to submit a mountain climbing/hiking notification to the police station that controls the prefecture or the entrance to the mountain. Climbers should also inform their families, climbing groups (clubs, etc.), workplaces, schools, etc., of their destination and climbing schedule.

There are a great many examples of rescue operations that were carried out quickly thanks to previous submission of a mountain climbing/hiking notification.

Why submit a mountain climbing/hiking notification?

- When writing a mountain climbing/hiking notification, you can review your own climbing plan to create one in keeping with your skills and stamina, as well as prepare equipment and provisions beforehand.
- The notification makes it easy to pinpoint a location and conduct smooth, efficient rescue operations in the event of an accident.
- The notification means someone can promptly contact your family or relevant parties if an accident occurs.

Why were regulations made?

Climbers on the mountains in Gifu Prefecture have increased thanks to the recent climbing boom, but mountain accidents due to reckless climbers (lacking skills, equipment, or knowledge) have also increased. There was the record worst number of accidents in 2013.

We worked on all kinds of consciousness-raising activities to prevent mountain accidents, but there were many climbers who did not submit a mountain climbing/hiking notification. Therefore, in December 2014, submission of a mountain climbing/hiking notification was made mandatory for the Northern Alps region that accounted around 60 percent of accidents in the prefecture, and a penalty was applied in December 2016.

Furthermore, Mt. Ontake erupted in September 2014—the worst volcanic disaster since World War II. Because mountain climbing/hiking notifications helped to quickly confirm people's safety and launch search operations, submission of a notification was made mandatory for Mt. Yake and Mt. Ontake in April 2015. Submission of a notification was also made mandatory for Mt. Haku in December 2016 and for Mt. Norikura in December 2021. (Climbers are also subject to the regulations when entering the applicable areas on the Gifu side from another prefecture.)

What has changed due to the regulations?

Climbers in the Northern Alps region and active volcano region (Mt. Ontake, Mt. Yake, Mt. Haku, Mt. Norikura) are required to submit a mountain climbing/hiking notification.

What happens if I don't submit a mountain climbing/hiking notification?

Offenders may be subject to a fine up to 50,000 yen.

What do I write on a mountain climbing/hiking notification?

- The climber's address, name, gender, and age
- Status of equipment, drinking water, and provisions
- Status of membership in climbing organizations, etc.
- Status of membership in mountain insurance, etc.
- The climbing period and course
- Emergency contact information
- Means of communication

*Please refer to the mountain climbing/hiking notification example on P.13.

How do I submit a mountain climbing/hiking notification?

There are various ways to submit a notification, such as mailing it from one of the mountain climbing/hiking notification post boxes installed at each climbing entrance, submitting it to one of the organizations listed below, sending it by post, faxing it, submitting it online from our website (climbing app or email).

A mountain climbing/hiking notification post box ▶
(Migimata Forest Path Starting Point)



Organizations for submission

Head of Measures Against Mountain Accidents and Volcanoes Crisis Management Division Gifu Prefecture	2-1-1 Yabutaminami, Gifu 500-8570 TEL : 058-272-1131 FAX : 058-278-2524 H P : http://www.pref.gifu.lg.jp/ Email : gifu-tozan@govt.pref.gifu.jp
Community Division, Gifu Police Headquarters	2-1-1 Yabutaminami, Gifu 500-8501 TEL : 058-271-2424 (ext. 3584) H P : http://www.pref.gifu.lg.jp/police/ Email : Gifupolice-tozan@govt.pref.gifu.jp
Community Division, Gifu Takayama Police Station, or a police box or police substation in Takayama	5-68-1 Oshin-machi, Takayama 506-0851 TEL : 0577-32-0110 FAX : 0577-32-6709
Community Division, Gifu Hida Police Station, or a police box or police substation in Hida	1401 Asabiraki-machi, Furakawa-cho, Hida 509-4252 TEL : 0577-73-0110 FAX : 0577-73-6612
Secretariat Gifu Accident Prevention Association for the Northern Alps	710-9 Okuhida Onsengo Kansaka, Takayama 506-1421 (Inside Shinhotaka Center) TEL/FAX : 0578-89-3005 H P : https://www.kitaalpsgifu.jp/ Email : info@kitaalpsgifu.jp
Compass	Japan Mountain Guides Association H P : https://www.mt-compass.com/
YAMAP	YAMAP INC. H P : https://yamap.com/

*Submitting a notification to any of the organizations listed above is deemed submission to the Gifu Prefectural Governor.

Online submissions (Some webpages may be displayed only in Japanese.)

Gifu Accident Prevention Association
for the Northern Alps



Compass



YAMAP



山と自然ネットワークコンパス
Compass

*Compass is a system for accepting mountain climbing/hiking notifications operated by the Japan Mountain Guides Association.

YAMAP

*Notifications can also be submitted using the Tozan Chizu GPS app operated by YAMAP INC.

Locations with a mountain climbing/hiking notification post box See the map of hazardous areas on P.4.

Number	Installation location	Target mountain, direction
① W	Shinhotaka Climbing Guidance Center counter (In the Okuhida Onseno Kansaka area, Takayama)	Mt. Kasa, Mt. Sugoroku, Mt. Nishihotaka, Mt. Okuhotaka, Mt. Yari, etc.
② S	Next to the gate to the Hidarimata Forest Path (In the Okuhida Onseno Kansaka area, Takayama)	Mt. Kasa, Mt. Sugoroku, Mt. Mitsumata-Renge, Mt. Kurobegoro, etc.
③ S	Migimata Forest Path starting point (In the Okuhida Onseno Kansaka area, Takayama)	Mt. Okuhotaka, Mt. Minami, Mt. Kitahotaka, Mt. Yari, etc.
④ W	Shinhotaka Ropeway At Nishihotakaguchi Station	Mt. Nishihotaka, Doppyo, etc.
⑤ S	Kuriya Valley climbing entrance (Kuriya Valley entrance in the Okuhida Onseno Kansaka area, Takayama)	Mt. Shakujo, Mt. Kasa, Mt. Kurobegoro, etc.
⑥ S	Mt. Yake Nakao climbing entrance parking lot (In the Okuhida Onseno Nakao area, Takayama)	Mt. Yake, etc.
⑦ W	Mt. Norikura climbing entrance (Next to the Ankiya restaurant entrance in the Okuhida Onseno Hirayu Onsen area, Takayama)	Mt. Norikura
⑧ S	Mt. Kitanomata climbing entrance (Hietsu Tunnel southern plaza in the Kamioka-cho Utsubo area, Hida)	Mt. Terachi, Mt. Kitanomata, etc.

*Under the numbers **S**Stainless steel **W**Wood
The location of each mountain climbing/hiking notification post box is on the map of hazardous areas on P.4.

What should I do after submitting my mountain climbing/hiking notification?

● If you mailed your notification from a mountain climbing/hiking notification post box

Bring a "Proof of Completion of Notification," provided at the Shinhotaka Climbing Guidance Center or mountain climbing/hiking notification post box, when you climb. The "Proof of Completion of Notification" will be used as your mountain exit notification.

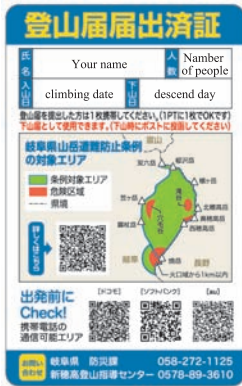
Please mail this document from a mountain climbing/hiking notification post box when you descend.

● If you submitted online

Print or save the system reply screen to bring with you when you climb.

● If you posted, faxed, or emailed your notification

Bring a copy of your mountain climbing/hiking notification when you climb.



What should I do when I descend the mountain?

When you descend, submit a mountain exit notification via a mountain climbing/hiking notification post box, etc., to report your descent. A mountain exit notification available at a mountain climbing/hiking notification post box, "Proof of Completion of a Mountain Climbing/Hiking Notification," or notification in the format of your choice are all acceptable. It is also important to contact family members or others who knew about your climb to tell them you have descended.

Reference Mountain climbing/hiking notification example *Format may differ.

Front

Mountain Climbing Notification (for Summer and Fall) Submission date: (yyyy/mm/dd) Time: (AM/PM)

Governor of Gifu Prefecture

This notification is submitted in accordance with the provisions of Article 5, Section 1 regarding the prevention of mountaineering accidents in the Northern Alps Zone and Active Volcano Zone of Gifu Prefecture.

Name, gender, and age of submitter Gender: M / F (Age:)	Address and telephone number Address: Landline telephone: Mobile telephone: Emergency contact information Name and relationship: Landline telephone: Mobile telephone:
Start climbing on: Date (yyyy/mm/dd): Returns on: Date (yyyy/mm/dd): Additional days: ()	Mountain-climbing route Mountain entrance: Waypoints: Mountain exit:
Purpose of mountain climbing Provision and drinking water (Land position: Yes, As with No) days' worth	Mountain climbing trip (diagram) Indicate your route with arrows and enter overnight stays in the ().
Means of communication (Without Mobile phone: Hr): Mozarting entrance (provide): Lodging: Cabin / Tent	Equipment Crampons (Yes / No) Pick-axe (Yes / No) Tent (Yes / No) Snow gear (Yes / No) Backpack (Yes / No) Rain gear (Yes / No) Helmet (Yes / No) Other: ()

Note: In the "purpose of mountain climbing" space, write something specific, such as mountain climbing, river trekking, or rock climbing.

Back

Make preparations for accident notification and other emergencies by taking along a "notification card" while you are mountain climbing.

Useful Info

- Area to which these rules apply
- Northern Alps Mountain Cabin Info
- Emergency Contact Information
- Cell phone service areas

(Back side)

Name	Age	Gender	Address	Telephone number	Emergency contact information
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:
		M / F		Landline phone: Emergency phone:	Name and relationship: Telephone number:

3 To Prevent Accidents –10 Rules to Follow–

Point 1 Plan a schedule with leeway!

The first steps in preparing to climb are making your plan by understanding and taking into consideration your experience, skills, and stamina; determining a course on a schedule with leeway; and considering the equipment for all climbing members to carry.

Take it to heart that unreasonable plans and insufficient equipment lead to accidents.

Point 2 Subscribe to mountain insurance!

Subscribe to mountain insurance on the assumption that emergencies such as accidents are possible.

Long searches for missing people can incur substantial expense.

Point 3 Always fill out and submit a notification!

Filling out a mountain climbing/hiking notification (plan) is an important first step.

Be sure to submit the notification to the police station that controls the prefecture or the entrance to the mountain.

Inform your family of your destination and climbing schedule.

It is convenient to submit your notification online using the Compass or YAMAP smartphone app, or via the Accident Prevention Association for the Northern Alps website.



Point 4 A schedule with leeway and sufficient equipment!

The weather changes suddenly in the mountains.

As you may have no choice but to change your plans and stop somewhere, keep in mind leaving early and arriving early on a schedule that allows for leeway, while avoiding unreasonable movement. (Schedule so that you descend or arrive at a hut two hours before sunset.)

In addition, to prevent accidents due to getting lost, you should prepare not only necessities like mountain maps and a compass but also fuel, provisions, medical supplies, and helmets. You should also bring and use radios, cell phones, and walkie-talkies. (Check your current location using an app such as Compass, from the Japan Mountain Guides Association, or YAMAP, from YAMAP INC.)

*All device batteries should be heat insulated. Spare batteries should also be prepared.

Point 5 Solo climbing is a significant risk!

Solo climbing carries significant risks, such as it taking a long time for search and rescue to begin because you are unable to call for help if immobilized by exhaustion or injury.

Whenever possible, form a party to climb.

Point 6 Monitor your health perfectly!

There are conspicuous cases of climbers requesting a rescue because they have collapsed and cannot move during their climb due to the onset of illness. Monitor your health perfectly to climb, such as by training before reaching the mountain and being examined by and consulting a doctor as needed.

When climbing, consciously speak with your companions, take frequent breaks, replenish carbohydrates and fluids, and refresh your mind and body.

Point 7 The leader has extremely important responsibilities!

The climbing leader must take command to unify everyone and make safety the top priority. Depending on the circumstances, the leader must also make the decision to turn back.

The leader holds all members' lives in their hands.

Point 8 Judge weather conditions accurately!

Mistakes in judging weather conditions lead to life-threatening accidents.

The weather in mountain districts is prone to sudden changes, and the impact of low atmospheric pressure and weather fronts begins earlier and lingers later than on the plains. Climbers need to obtain the latest weather information and make decisions early.

Spring: The weather changes significantly in a short period, and it may turn into a blizzard. Assume the same requirements as in the winter.

Summer: Caution is needed against isolated downpours and lightning. There is also a risk of hypothermia and being unable to move when the temperature drops below 10°C even in summer.

Fall: The difference in temperature between day and night is extreme, and it may snow due to sudden weather changes. This is also typhoon season.

Winter: This period has the greatest snowfall all year. Climbers may be unable to move due to blizzards that last several days.

Weather forecast services

*Japanese only

● Telephone services

Weather forecast for the Hida region, Gifu: 0577-177

Weekly forecast for all of Gifu: 058-262-0177

● NHK Radio 1

Hida Takayama region: 792 kHz Hida Kamioka region: 1341 kHz

● NHK Radio 2

Hida Takayama region: 1125 kHz Hida Kamioka region: 1539 kHz

Point 9 Judge weather conditions accurately!

Know in advance the areas where avalanches frequently occur by researching cases of past accidents, and do not approach these areas.

In addition to bringing equipment such as beacons (transmitters) that are very effective when being rescued from an accident caused by an avalanche and carefully selecting your tent sites and route, use a weather forecasting service, like the radio, to obtain timely information about snow cover, snowfall, and temperature changes.

Point 10 Beware of volcanic gas!

Fumarole activity including volcanic gas continues near the summits of Mt. Yake and Mt. Ontake in the present day. Fumaroles and fumarole field basins are dangerous when there is no wind.

Never enter a dangerous location.

4 Clothing and Items to Bring

The Northern Alps are a mountain district where the peaks stretch at an elevation around 3,000 m.

Sudden changes in weather and atmospheric pressure are severe, and the morning and evening temperature can drop below 10°C even in summer.

Unexpected accidents happen to people who enter the mountains thinking they are going on a simple hike.

Refer to the table below to prevent accidents and prepare equipment that is effective in an emergency.

Different equipment is necessary for staying in a tent, entering the mountains in the coldest period, rock climbing, etc.



Climbing gear

⊙: Necessary ○: Bring depending on the circumstances △: Convenient to have

Item	Non-snowy season	Snowy season	Check column	Notes
Climbing shoes	⊙	⊙		Waterproof, moisture permeable, and high top
Waterproof bag	⊙	⊙		To store spare clothing
Ski poles	△	△		To keep balance and reduce burden on the legs
Ice axe	○	⊙		Necessary to prevent sliding and on snow valley in the non-snowy season
Crampons	○	⊙		Must-haves for avalanches
Beacon, shovel, probe		○		Waterproof LED type best; spare batteries necessary
Headlamp	⊙	⊙		Necessary to prevent snow blindness in the snowy season
Sunglasses/goggles	○	⊙		Useful in emergencies
Knife	⊙	⊙		To let those around you know your location in an emergency
Whistle	⊙	⊙		Compass and pressure altimeter features are convenient
Wristwatch	⊙	⊙		Practice route navigation beforehand
Compass	⊙	⊙		Prepare a 1:25,000 topographic map or climbing map
Maps	⊙	⊙		To know your current location and record your movements
Portable GPS	△	△		To know your current location
Altimeter, barometer, thermometer	△	△		Copy and bring necessary sections
Guidebook	⊙	⊙		To record your movements, etc.
Writing utensils	⊙	⊙		Keep warm and turn off in dead zones
Cell phone, spare batteries	⊙	⊙		An effective means of communication in cell phone dead zones

Item	Non-snowy season	Snowy season	Check column	Notes
Walkie-talkies	○	○		An effective means of communication in cell phone dead zones
Radio	△	△		Convenient for obtaining weather information
Paper roll	⊙	⊙		Remove the core, put in a waterproof bag, and bring
First-aid supplies, regular medications	⊙	⊙		
Lightweight tent	⊙	⊙		Necessary as a temporary shelter
Candles, emergency matches	⊙	⊙		Effective lighting and heating for a temporary shelter
ID, health insurance card	⊙	⊙		

Clothing

⊙: Necessary ○: Bring depending on the circumstances △: Convenient to have

Item	Non-snowy season	Snowy season	Check column	Notes
Hat, helmet	⊙	⊙		To prevent heatstroke and protect your head
Ski mask		⊙		To prevent frostbite
Rainwear	⊙			Waterproof, moisture permeable
Outer jacket		⊙		With highly effective waterproofing and moisture permeability
Thermal clothing (fleece/down)	⊙	⊙		The mountains can drop below 10°C even in summer
Underclothes	⊙	⊙		Quick-drying, avoid cotton material
Change of underclothes	⊙	⊙		To maintain body temperature if underclothes get wet
Compression underclothes	△	△		Support tights, etc., are effective
Gloves	⊙	⊙		To protect hands and keep them warm
Gaiters	⊙	⊙		To prevent foreign objects from getting into shoes
Towels	⊙	⊙		Effective substitutes for a variety of items

Provisions

⊙: Necessary ○: Bring depending on the circumstances △: Convenient to have

Item	Non-snowy season	Snowy season	Check column	Notes
Provisions, drinking water	⊙	⊙		Bring the needed amounts according to your course.
Thermos	△	⊙		Necessary to prevent your drinking water from freezing in the snowy season
Emergency rations	⊙	⊙		Essential in emergencies like making a temporary camp
Heater, cooking stove	○	○		Effective when you need to boil water in the snowy season
Cooker	○	○		
Lighter	⊙	⊙		Useful in emergencies