

\* Estimated times for climbing courses will be influenced by conditions such as weather and individual stamina, so please be aware that they are only guidelines.

## Before Hiking Submit a hiking plan!!

compass  Search

• For weather information, check with the mountain weather specialist website "Yamaten" and the information center at the hiking entrance.  
yamaten  Search

- Single-person hiking presents many risks, so make sure you are fully equipped.
- Taking into account sudden weather changes and accidents, include in your plan entrance into a cabin before 15:00.  
\* Rescue after 15:00 produces risks for both parties.
- Always carry a mobile telephone and be prepared for unexpected situations.
- Attach protective caps on the tips of your hiking sticks and do not stick the tips into the ground in natural high elevation plant life habitats. When climbing a ladder, put your hiking sticks away and climb with both hands.
- Cases of dehydration and elevation sickness have been

increasing. In addition to replenishing fluid and salt levels, hikers who experience sleep loss, a cold, or fatigue should reduce the amount of activity planned for each day.  
• Standard service is not available in some cabins. Make sure to carry energy/emergency rations.

## Emergencies

- If a hiker becomes injured or ill, move to a safe place immediately upon discovery.
- Report injury or illness to the nearest cabin or the police (phone number: 110).

## Guide to Accommodation Facilities (Mountain Lodge)

**1 Kitadake Sanso**

- Capacity: 150 persons
- No. of tents: 80
- Open Season: Middle of June-early of November (Partially open during off-season)
- Contact Information: On-site satellite phone (Reservation not required for groups under 10 persons) 090-4529-4947
- Minami-Alps City Office Department of Tourism and Commerce (Off-season) 055-282-6294
- Manager: Minami-Alps City
- Other: Mt. Kitadake First-Aid Station Opening (middle of July-middle of August, Consecutive holidays of September)

**2 Kitadake Kata-no-koya**

- Capacity: 120 persons
- No. of tents: 50
- Open Season: Middle of June-early of November (Partially open during off-season)
- Contact Information: On-site satellite phone (Reservation Requests) 090-4606-0068
- Off-season 055-288-2421
- Manager: Shigeru Morimoto

**3 Shirane Oike Goya**

- Capacity: 120 persons
- No. of tents: 40
- Open Season: Middle of June-early of November (Partially open during off-season)
- Contact Information: On-site satellite phone (Reservation Requests) 090-3201-7683
- Off-season 048-452-8663 (Junichiro Kouzuma)
- Manager: Nonprofit Organization Ashiyasu Fan Club

**4 Hirogawara Sanso**

- Capacity: 80 persons
- No. of tents: 100
- Open Season: Middle of June-early of November (Partially open during off-season)
- Contact Information: On-site satellite phone (Reservation Requests) 090-2677-0828
- Off-season 055-283-2889 (Kenji Shiozawa)
- Manager: Nonprofit Organization Ashiyasu Fan Club

**5 Ryomata Goya**

- Capacity: 30 persons
- No. of tents: 40
- Open Season: Middle of June-October 31st (Partially open during off-season)
- Contact Information: No on-site telephone
- Off-season 055-288-2146 (Michiko Hoshi)
- For lodging reservations of 10 people or more, contact Kitadake Sanso at least 1 week in advance.
- \*1 Do not enter during a typhoon.
- \*2 Contact is required before and after heavy rains.
- \*3 Have a bear-bell on your person at all times.
- Manager: Nonprofit Organization Ryumata Rindou Aikoukai

**6 Choei Goya**

- Capacity: 56 persons
- No. of tents: 100
- Open Season: Open during Golden Week (reservations required)
- Middle of June-early of November, Year-end and New-year holidays
- Contact Information: On-site satellite phone (Reservation Requests) 090-2227-0360
- Off-season 090-8485-2967 (Yoshiyuki Inoue)
- Manager: Nonprofit Organization Ashiyasu Fan Club

**7 Minami Omuro Goya**

- Capacity: 80 persons
- No. of tents: 50
- Open Season: Late of April-late of November, Year-end and New-year holidays (Partially open during off-season)
- Contact Information: On-site phone (Reservation Requests) 090-3406-3404
- Off-season 055-221-6682
- Manager: Satoshi Kobayashi

**8 Yakushidake Goya**

- Capacity: 60 persons
- No. of tents: 15
- Open Season: Late of April-late of November, Year-end and New-year holidays (Partially open during off-season)
- Contact Information: On-site phone (Reservation Requests) 090-5561-1242
- Off-season 055-22-6682
- Manager: Juri Kobayashi

**9 Yashajin-toge Goya**

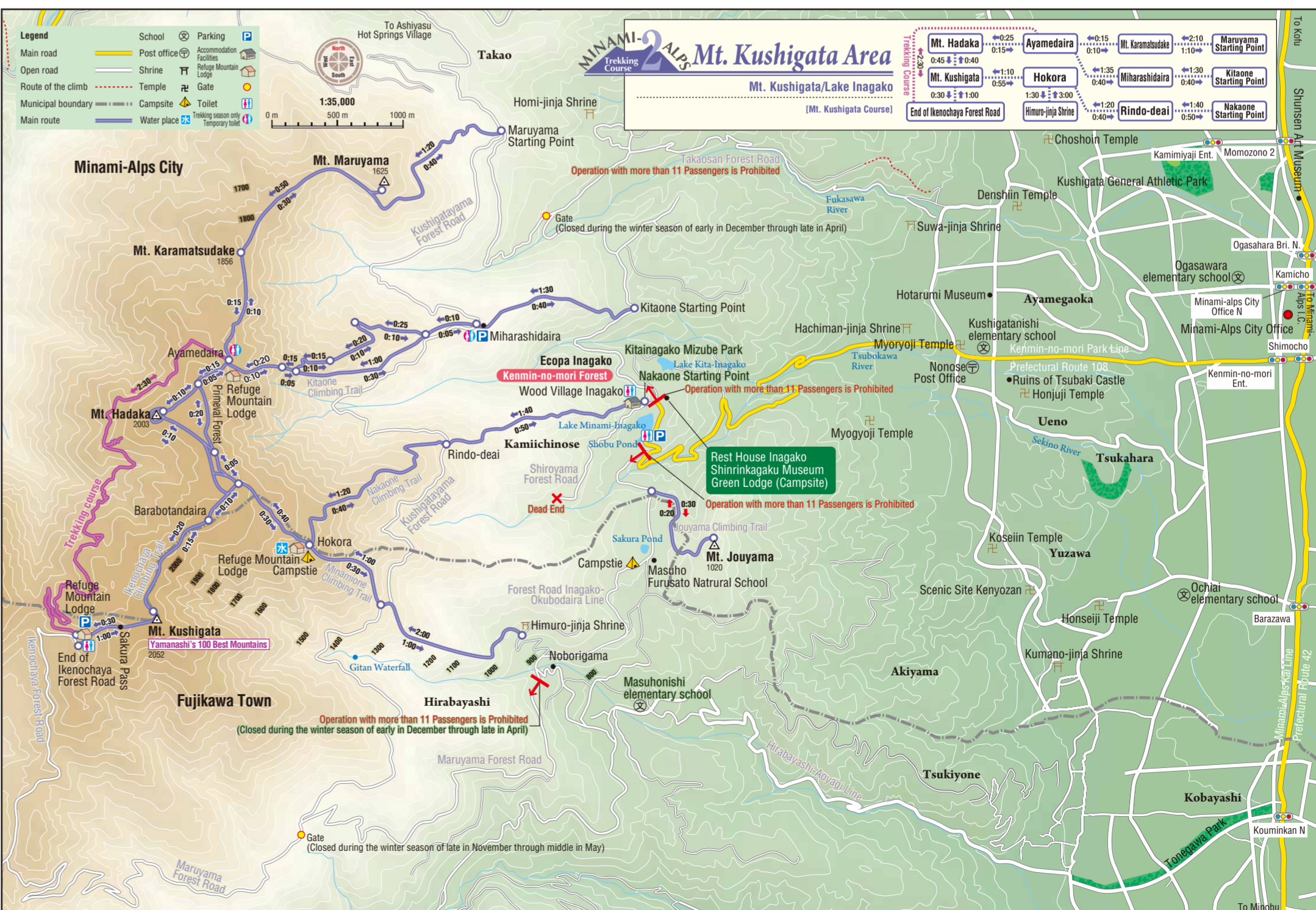
- Capacity: 15 persons
- No. of tents: 15
- Open Season: Late of April-late of November (Partially open during off-season)
- Contact Information: 055-288-2402 (Reservation Requests)
- Manager: Tsunoda

## Guide to Other Accommodation Facilities (Mountain Lodge)

Name	Capacity	Open Season (Estimated)	Contact Information
10 Ikeyama Oike Goya	30 persons	Unmanned	Phone: 055-282-6294
11 Notori Goya	120 persons	Early of July-early of October	Phone: 0556-48-2533
12 Daimonzawa Goya	100 persons	July 1st-October 15th	Phone: 090-7635-4244

Name	Capacity	Open Season (Estimated)	Contact Information
13 Yashajin Hutte	30 persons	Late of April-middle of November	Phone: 080-2182-2992
14 Hono Goya	150 persons	Late of April-early of November, Year-end and New-year holidays	Phone: 0551-27-2018
15 Hayakawa One Goya	30 persons	Unmanned	Phone: 0551-28-8173
16 Kitazawa Pass Komorebi Sanso	110 persons	Late of April-early of November, Year-end and New-year holidays	Phone: 080-8760-4367
17 Ohdaira Sanso	80 persons	Early of July-late of October	Phone: 0265-78-3761

Name	Capacity	Open Season (Estimated)	Contact Information
18 Sensui Goya	30 persons	All year	Phone: 0551-28-8173
19 Yabusawa Goya	30 persons	Late of July-late of August	Isa City Hase General Branch Office Phone: 0265-98-3130
20 Uma-no-se Hutte	100 persons	Middle of July-middle of October	Phone: 090-2135-2500
21 Senjo Goya	55 persons	Middle of June-end of October	Phone: 090-1883-3033



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