

## Information for OCJ hike leaders

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For further information please contact the management:

[Management07@outdoorclubjapan.com](mailto:Management07@outdoorclubjapan.com)

### Why should I volunteer?

- OCJ depends on volunteers – people like YOU!
- Enjoy planning
- Make a lot of friends
- Make sure that the OCJ offers the sort of hikes YOU want it to!

### What experience do I need?

- it depends on what level of hike you plan to do
- you should understand the following
- what participants need to bring with them for your hike (appendix 5)
- what terrain/difficulty level your hike will involve how to follow the map
- how long the hike is going to take
- how to get to and from the hike by public transport

### What should I do if I'm not confident about leading a hike?

- go on other OCJ members hikes and ask them about how they planned and organized the hike
- ask to co-organize a hike with another OCJ member
- go on a first-time hike leaders hike organized by the OCJ management

### How should I plan a hike and prepare for it?

- get a guidebook and map (see appendix 1 and 2)
- check the daylight hours available and how long you will have to complete the hike
- check the conditions – will there be snow? (if so, will you need crampons or snow shoes?) Call the nearest mountain hut or information centre for these details.
- confirm the train/bus times using the phone numbers in the guidebook/map or using the internet time tables (see appendix 2)
- identify possible escape routes/short-cuts on the map in case the weather turns bad or you risk getting stuck in the dark.
- check the weather forecast before you go – if it looks like rain you can cancel day hikes, but give members at least 24 hours notice by email

- if you're unsure about the route, try to hike first with a friend before

### Announcing your hike to the members

#### i) Composing the email announcement to the members list

Remember that your email is going to over 300 other members! Keep the message clear and stick to the point. Make sure you're totally happy with what you have written before you send it! For a weekend day hike, you should try to email by the Wednesday prior to the hike at the latest. For a weekend hike try to email at least 2 weeks ahead.

#### Necessary inclusions

- Title bar: the hike date, location, and star rating
- Brief description of the route, what you'll see on the way, details of any onsen or other highlights
- OCJ star rating (appendix 5)
- Meeting time and place
- Transport details (appendix 3)
- Expected costs (appendix 7)
- What to bring (appendix 6)
- Your contacts details (preferably keitai number)

Clearly explain these points and you'll greatly reduce the number of question emails you receive. It also means that members will be prepared, and you shouldn't receive any complaints about lack of information!

ii)

#### iii) The website

You can also add your trip to the calendar and event list on the OCJ website.

### Deciding a Meeting Point

Generally, as leader you should choose a meeting point at a station in central Tokyo. It may be possible to make the meeting point at a station near the bus connection, but this makes it less easy for participants to find you. If you are catching a train, give the train departure time and the destination so that members know which ticket to buy and can find the platform. Advise people to arrive 15 minutes before departure time.

Some members may prefer to meet you at stations on the way, especially as a lot of members live along the Odakyu line, the Chuou line or the Seibu lines.

### Looking after participants on the hike

- observe the speed of the participants and don't race ahead too far
- stop every 20-30 minutes and wait for the others to catch up. Ask them whether the pace is too fast. Give them a chance to drink/eat an energy snack, especially on steep climbs.
- monitor your progress against map times – if you're going too slowly, cut the route short and don't risk getting stuck in the dark
- suggest a likely time and venue for lunch and see if anyone is hungry and wants to eat earlier.

Don't forget the Event List!

One of the best sources of information about OCJ hikes is the event list.

- it is searchable as it is in a database.
- it shows new members what we do
- it helps future trip leaders to plan routes

- it can make entertaining reading for participants and other OCJ members
- it immortalizes the details of your trip!

## Appendix 1. Guidebooks

### English-language guidebooks

- Gary D A Walters: Day Hikes near Tokyo/More day hikes near Tokyo.

Kodansha, 1900 yen.

Each book contains details of easy/moderate hikes, together with details on how to get there. Great for average day hikes around Tokyo that many OCJ members will enjoy.

- Paul Hunt - Hiking in Japan

- Lonely Planet - Hiking in Japan

Both these books contain suggestions for day hikes and multi-day hikes both near Tokyo and further afield. They contain many ideas for tougher hikes in some of Japan's highest mountains. They contain transport details and recommendations for mountain huts or camp sites.

These 4 books are available from bookshops with large English language sections such as Maruzen and Kinokuniya.

There are a large number of Japanese guidebooks available, usually published by Shobunsha or Yamakei, the map publishers. Here are some

関東の山歩き 100選

Kantou no Yama Aruki Hyaku-sen

(Best 100 mountain hikes in Kanto region)

Published by Shoubunsha, this guidebook offers detailed maps, route descriptions, suggested accommodations and hike ratings (easy/medium/hard). The list of phone numbers is particularly useful.

日本百名山・上・下

Nihon Hyakumeizan

(Japan's Hundred Famous Mountains)

These 2 books provide a complete guide to the 100 famous mountains, designated by a guy called Fukuda Kyuya around 50 years ago. Generally these mountains offer very enjoyable but strenuous climbs. Some are within easy reach of Tokyo, but others are very remote.

There's a similar book on the Ni Hyakumeizan (Two Hundred Famous Mountains)

## Appendix 2. Maps

Maps are only available in Japanese, but if you have an English guidebook even people who can't read kanji should be able to follow them. By far the best maps for hikers are the Shobunsha series Yama to Kougen. These are usually 1:50,000 scale. They contain indications on typical times for particular routes in average conditions; details of bus, taxi and accommodation phone numbers; notes on where the path is steep or rocky and where there are good viewpoints; a booklet with suggested hikes.

Good maps for the Tokyo region are (series map number included):

31 富士・富士五湖 Fuji/Fuji 5 Lakes

27 高尾・人馬 Takao/Jinba

23 奥多摩 Okutama

22 奥多摩・秩父 Okutama/Chichibu

29 箱根 Hakone

- 28 丹沢 Tanzawa
- 24 大菩薩嶺 Daibosatsu-rei
- 25 雲取山・両神山 Kumotori-yama/Ryougami-san
- 16 谷川岳 Tanigawa-dake
- 13 日光・白根山・男体山 Nikko/Shirane-san/Nantai-san
- 26 金峰山・甲武信ヶ岳 Kinpusan/Kobushigatake
- 32 八ヶ岳・蓼科・美しいヶ原・霧ヶ峰 Yatsugatake/Tateshina/Utsukushigahara

Please note that the map numbers are current as of the 2003 series but these tend to change from year to year.

These maps are priced about 800 yen (2003). You can buy these in most reasonably large Japanese bookstores.

### Appendix 3. Transport details

Look at your map to find the bus/train stops you will need to research. For bus times you should call the bus company and ask the departure times. You can find bus company numbers on the map or in the guidebooks.

There are a number of ways to check train times and fares in both English and Japanese.

Japanese:

<http://ekitan.com/> probably the best site for train times (Japanese only)

<http://transit.yahoo.co.jp/> has a search engine attached to an up-to-date database of train times and fares for all trains throughout Japan, both JR and private lines.

<http://ekikara.jp/> provides train schedules as well as details of where trains start from – especially important if you're expecting the train to be busy!

English::

<http://www.hyperdia.com/cgi-english/>

<http://www.jorudan.co.jp/english/norikae/e-norikayin.html>

Buses (Japanese)

<http://www.seibu-group.co.jp/bus/timetable/dia/index.html>

(Seibu buses, useful for Chichibu area)

<http://www.bus-navi.com/>

(Keio buses, covering buses from the Keio train line)

<http://www.tokyobus.or.jp/its/jsp/route/index.jsp>

(Links to timetables for several different companies)

### Appendix 4. Dealing with large groups

Especially in autumn (September-December) it's not unusual for large numbers of people (15-20) to participate in 1-2 star day hikes near Tokyo. For leaders this can be tough, as you may find the following problems:

- some slow participants disappear at the back
- some participants walk too fast at the front and get lost
- participants at the front may lead the group along the wrong path

Suggestions for dealing with this include:

- if you don't feel confident leading a large group, announce a limit (eg 10) in your first email about the hike. Try to allocate places strictly on a first-come first-served basis.
- Ask another member you trust to walk at the back and make sure that everyone keeps up a steady

pace

- Lead from the front so that the group follows the correct route
- Stop every 30 minutes or so to allow the rest of the group to catch up. Be sure to check with everyone whether the pace is too fast or not.
- Do the walk yourself first so you know the route

#### Appendix 5. OCJ star rating (from the OCJ website)

Hikes are rated with a star system to show the relative degree of difficulty, based on the duration, difficulty and danger of the hiking as follows:

1-star: Easy hike ★ (e.g. Takao-san)

Map time: up to approximately 4 hours

Negligible slopes

Hiking boots and day pack recommended

2-star: Moderate hike ★★ (e.g. Okutama)

Map time: 5-6 hours with day pack/4-5 hours with full overnight pack

Altitude gain: less than 600m in one day (regardless of pack size)

Mostly moderate slopes with occasional steep areas

Hiking boots strongly recommended

3-star: Strenuous hike ★★★ (e.g. Fuji-san, Hakuba-san, Kumotoriyama, Nabewari ★★ 1/2)

Map time: up to 8 hours with day pack / up to 6 hours with full overnight pack

Altitude gain: over 800m with day pack / over 600m with full overnight pack

May include many long, steep slopes

Areas with cliffs, river crossings and other hazards may be present

Hiking boots, proper clothes and pack required

Fitness required

4-star: Extremely demanding hike, with an element of danger ★★★★★

(e.g. Yatsugatake ridge, Tsurugi with day pack, Kumotoriyama in winter)

Use of chains, ropes or ladders on rock formations with fatal exposures

Mountaineering or rock climbing experience beneficial

Technical equipment often necessary

Hikers must be experienced and fit

5-star: Technical and dangerous ★★★★★ (e.g. Tsurugi in winter, Yatsugatake ridge in winter)

Fatal exposures common

Presents a real danger even to the most experienced hiker

Mountaineering or rock climbing experience compulsory

Technical equipment necessary

#### Appendix 6. What to bring

You should announce this to participants in your initial email. You should base this on the level of hike and the season, but a quick checklist follows:

- Money (enough cash)
- water (at least 1.5 litres)
- lunch/snacks and energy food
- strong hiking boots
- rainwear (top and trousers/pants)

- gloves/warm hat
- extra warm clothes
- sun hat/sunglasses
- torch/flashlight (especially in winter)
- crampons (if necessary)

Additionally, as hike leader you MUST make sure you have brought the map. You should also bring a compass.

#### Appendix 7 Mountaineering insurance

The Club strongly encourages all of its members to hold suitable insurance for the events that they are joining. Check that your insurance covers the specific sorts of events you plan to attend and the particular risks involved (e.g. cost of helicopter airlift from mountain hikes or biking trips). OCJ does not endorse any particular insurance and it is the individual members' responsibility to check that their own coverage is suitable. Many employers provide employees with some sort of insurance. Ask your employer what risks are covered and how you can arrange additional insurance for the sorts of events you are planning to join with OCJ.

Some OCJ members have joined the mountaineering insurance as listed below. The Japanese applications are also available at monthly meetings:

#### Mountaineering Chiyoda Insurance Center

Main Contact : Chiyoda Insurance Center

Tel:03-5453-4480 Fax: 03-5453-1932

2-48-33 Chiyozawa Setagaya-ku, Tokyo 155-0032

Contact: Hirofumi Amano (Inquiries in Japanese only)

#### Where to Get Applications

You can get applications of Chiyoda Insurance Center at Kamoshika Sports, an outdoor equipment shop in Takadanobaba or Yokohama.

Main Shop (Manager: Koju Sasahara)

SY Building 2nd Floor 1-28-6 Takadanobaba Shinjuku-ku, Tokyo 231-0062

Tel: 03-3232-1121 Fax: 03-3232-1124 (Inquiries in Japanese only)

Yokohama Shop (Manager: Hideo Sato)

3-11 Sakuragi-cho Yokohama-shi Kanagawa-ken 231-0062

Tel: 045-212-2044 Fax: 045-212-2099 (Inquiries in Japanese only)

#### SOSC Mountaineering Guard/ Climbing Guard

Main Contact

B1, 3-17-11 NS Bldg, Santacho, Hachioji-shi, Tokyo 193-0832

Tel: 0426-69-5330 Fax: 0426-69-5331

#### Carrying Japanese National Medical Insurance "Kenko Hoken-sho"

Please make sure that you bring copies of your insurance including your "Kenko Hoken-sho" for Japanese National Medical Insurance with you on all events. It makes a real difference if something does go wrong so that the situation can be dealt with as swiftly as possible.

#### Appendix 7 – Popular hiking destinations near Tokyo

Remember that the conditions will change the difficulty of the hike. A hike you did in summer will become much more serious when there's snow and ice.

The list below offers a few suggestions for different walks in popular hiking locations around Tokyo

## Hakone

- Old Yusaka road (1 star)
- Myoujingatake (2 stars)
- Hakoneyama and Owaku Valley (1.5 stars)
- Ashi-no-ko Skyline Road trail (1.5 stars)

## Tanzawa

- Oono san (1.5 stars)
- Ooyama (2 stars)
- Nihonsugi Pass (1.5 stars)
- Mitsumine san (2 stars)
- Bukka san (1.5 stars)
- Tou-no-Dake (2.5 stars)
- Azegamaru (2.5 stars)

## Nikko

- Nakimushi-yama and Ganman ga Fuchi (2 stars)
- Senjougahara (1 star)
- Kirikomi-ko and Karikomi-ko (1.5 stars)
- Nantai-san (2 stars)
- Nyouhousan (3 stars)
- Shirane san (3 stars)

## Fuji Five Lakes

- Ashiwada-san (1 star)
- Shakushi-san (2 stars)
- Mitsutouge Yama (2 stars)

## Okutama

- Takao-san (1 star)
- Mitake san/Outake-san/Hinode yama (2 stars if you don't use the cable car)
- Jinba san (1.5 stars)
- Takanosu yama (2 stars)
- Kumotoriyama (2.5 stars)

## Chichibu

- Ontake san (2 stars)
- Ryogami san (2.5 stars)

## Further afield – 2.5/3 star multiple-day hikes

(These peaks are all out of bounds from the end of October until June, unless you have serious winter mountaineering gear and experience)

- Tanigawa-dake
- Yatsugatake
- Ho-Ou san Zan
- Kai-komagatake
- Kinpusan
- Kobushigatake
- Oze