

HIKING AND TREKKING IN THE JAPAN ALPS AND MOUNT FUJI

Northern, Central and Southern Alps

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This guidebook presents nine day-walks and thirteen treks of 2–8 days in the magnificent Japan Alps, plus the four main routes up Japan's highest mountain, Mt Fuji (3776m), and a further route on neighbouring Mt Kurodake. The Japan Alps stretch across the middle of the main island of Honshu and include several peaks over 3000m. Mt Fuji lies to the south: an active stratovolcano (though with minimal risk of eruption), it has become an iconic symbol of Japan and sees 300,000 visitors to its summit every year.

The guide includes all the information you will need to plan a successful walking or trekking holiday, with a wealth of advice on travel, bases, accommodation and facilities. The Japan Alps and Mt Fuji boast a well-developed walking infrastructure, and the routes make use of the many mountain huts and campgrounds, full details of which are given in the guide. Some also include the opportunity to visit a traditional hot spring bath for a refreshing soak after your hike.

The routes visit many of the region's key summits, including several over 3000m. They are graded according to difficulty, although several entail steep ascents and difficult terrain and some include scrambling and exposure calling for a sure foot and a good head for heights. Comprehensive step-by-step route descriptions are accompanied by clear mapping and there are additional notes on plants and wildlife, the history of hiking in Japan and safety in the mountains, as well as full mountain hut listings and a helpful glossary. Inspirational colour photography completes the package.

Key marketing points

- Japan is one of the best-kept secrets of the hiking world

About the author

Tom Fay is a British writer and teacher based in Osaka, and has been living in Japan for well over a decade. He writes about travel and the outdoors for a variety of publications and media outlets, and has hiked and climbed extensively throughout Japan.

Wes Lang has been exploring Japan's mountains since relocating to the country in 2001. In 2008 he became the first American (and one of only a handful of foreigners) to climb the Hyakumeizan, Japan's 100 Famous Mountains.

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