

Mountain Hiking

Etiquette



The Japanese Alpine Club

Introduction

Mountains are places to enjoy nature.
We have compiled this booklet of basic
etiquette and rules so that we can
continue to enjoy mountain hiking.

The Japanese Alpine Club
Science Committee &
Nature Conservation Committee

Contents

Mountain Trail Etiquette	1 ~ 5
Nature Conservation Etiquette	6 ~ 10
Toilet Etiquette	11 ~ 14
Mountain Hut & Tent Etiquette	15 ~ 16

On Mountain Trails

Please greet other hikers with
“**Konnichiwa**” .



Such greetings may be skipped when there are many hikers.



Exchanging greetings could be helpful later if someone is involved in an accident.

On Mountain Trails

Hikers moving uphill have the right-of-way when they meet others descending.

When you give way to others, move to the mountain side of the trail, and give way at a safe place.



Let hikers moving uphill go first, because the physical effort is harder for them and it's important for them to keep their pace.

It's easier for people going downhill to deal with people coming uphill on a narrow trail as they have a better view.

People who walk slowly should let others coming from behind pass.

Don't obstruct others when you take a break along the trail.



Don't block the path by stopping in the center of the trail or leaving your backpacks and /or trekking poles on the trail.



Don't stay for long nor put backpacks near mountaintop signposts or triangulation stations as hikers may want to take photos there.

Be careful not to dislodge rocks.



Shout “Rock” to warn others if you cause a rock to fall or if you see a falling rock.

Avoid using bear bells where unnecessary.

~~Tinkle-tinkle~~

~~Ting-a-ling~~

~~Ting-a-ling~~



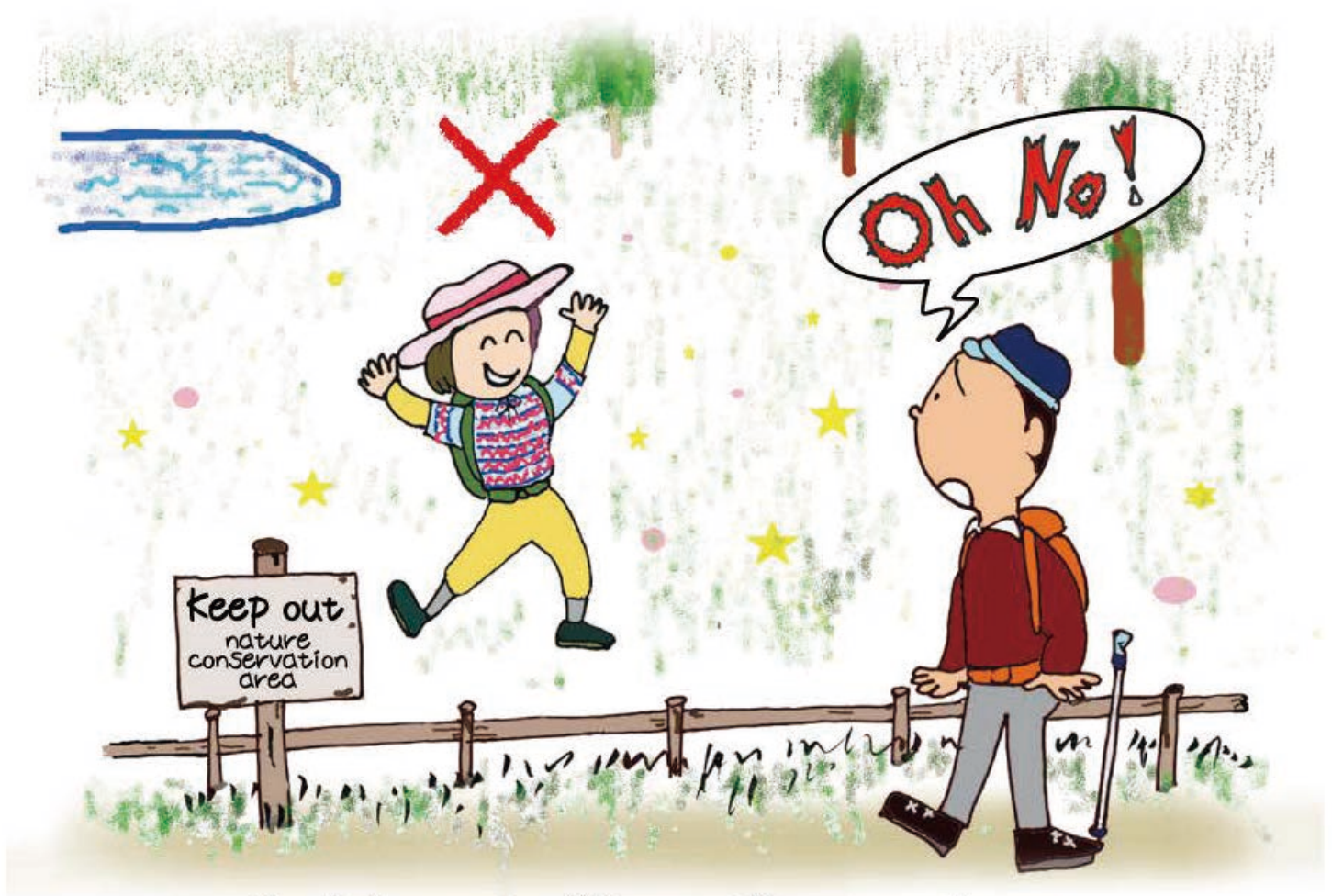
~~Clang clang~~



Don't make loud sounds by playing music.

Let's keep the mountain atmosphere quiet.

Don't stray off the mountain trail.



Don't ignore the "Keep out" ropes or fences.

Don't step on plants.
Don't enter fields of alpine flowers and wetlands.
Don't damage plants when taking photos.

It is hard to restore nature once it is destroyed.



Put a cap on your trekking pole tips, and only use them on the mountain trail.

Nature Conservation

Don't pick flowers, catch insects, or take stones home.



Take nothing but photos.

Take home all you have brought to the mountains.



Pick up trash. Bring trash bags.

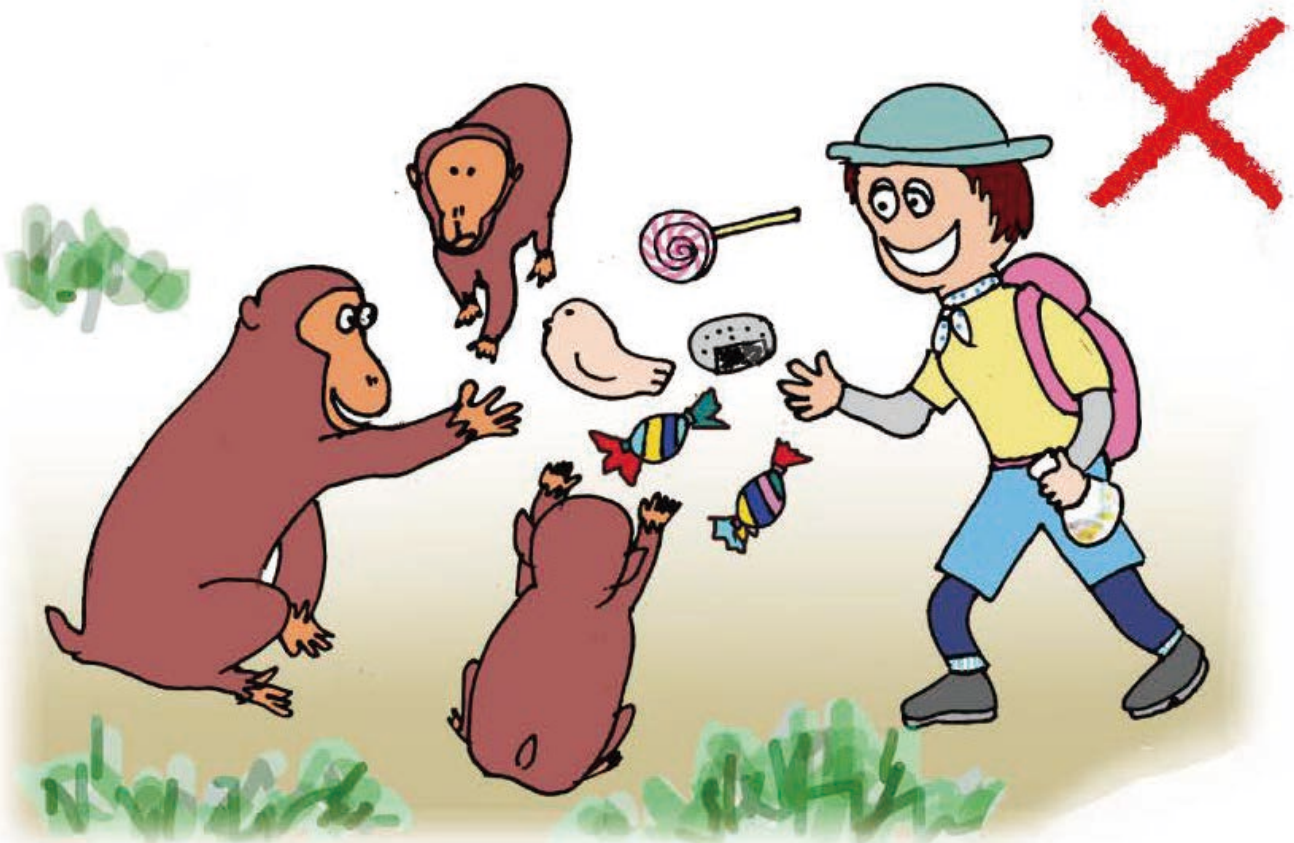
Leave nothing but footprints.



Take home toilet paper you use in the mountains.



Don't feed wild animals.
Don't leave food leftovers behind.



Animals that have once been given food learn to approach people for food and harm people.



Leftover food attracts wild animals, and they prey on ptarmigans and their eggs.

Ptarmigan : A rare species of bird facing extinction.

Nature Conservation

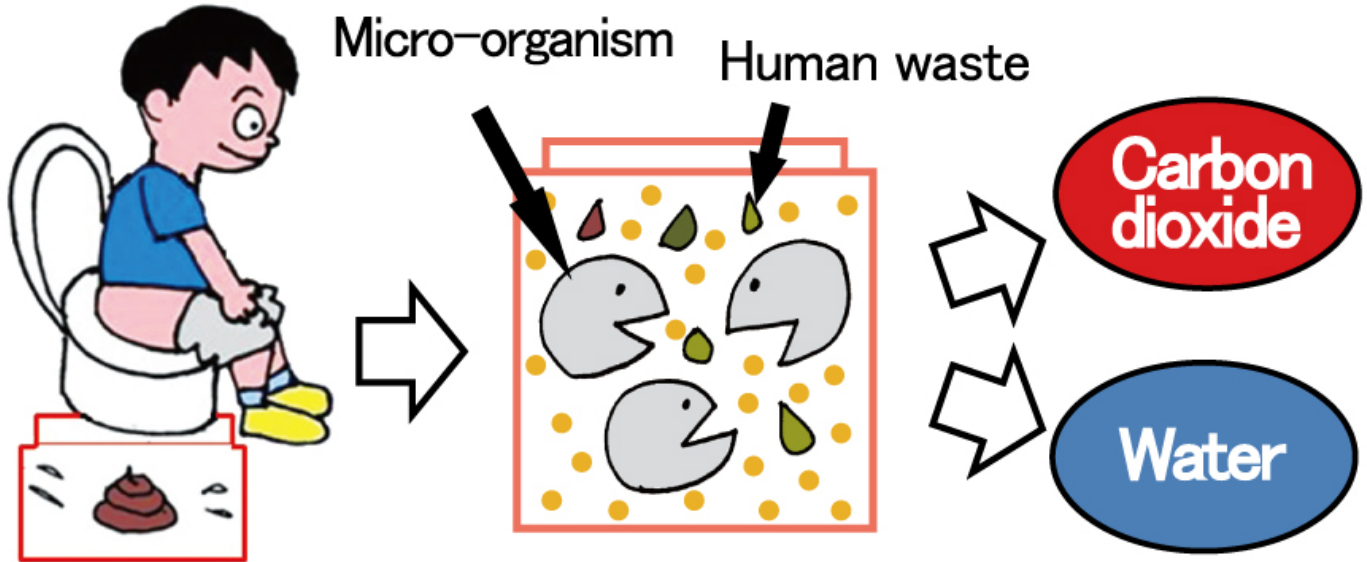
Shut the gate firmly after going through deer fences or wild hog fences.



Deer and wild hogs will eat up rare plants.

Follow the rules for using toilets in the mountains.

Pay the toilet tip.



Many toilets in the mountains are bio-toilets or composting toilets. Bio-toilets use micro-organisms to degrade human waste with the help of sawdust, buckwheat chaff and water, into water and carbon dioxide.

Constructing and maintaining toilet facilities in the mountains are very costly.



Bio-toilet



Inside the waste treatment tank human waste is mixed with buckwheat chaff.

Accommodation

Mountain huts

Follow the rules at mountain huts. Observe meal time and light-out time.

Arrive at the mountain huts early and depart early.



Avoid packing within the room while others are asleep or when departing early in the morning.

Don't make noise nor talk loudly late at night and early in the morning.
Don't shine light in the face of others or at tents when using a headlamp.

Tent

Set up your tent at designated campsites and have fun by keeping rules.



Don't waste water.

Don't use detergent and toothpaste.

Don't make watering places dirty and contaminate them with food waste and garbage.

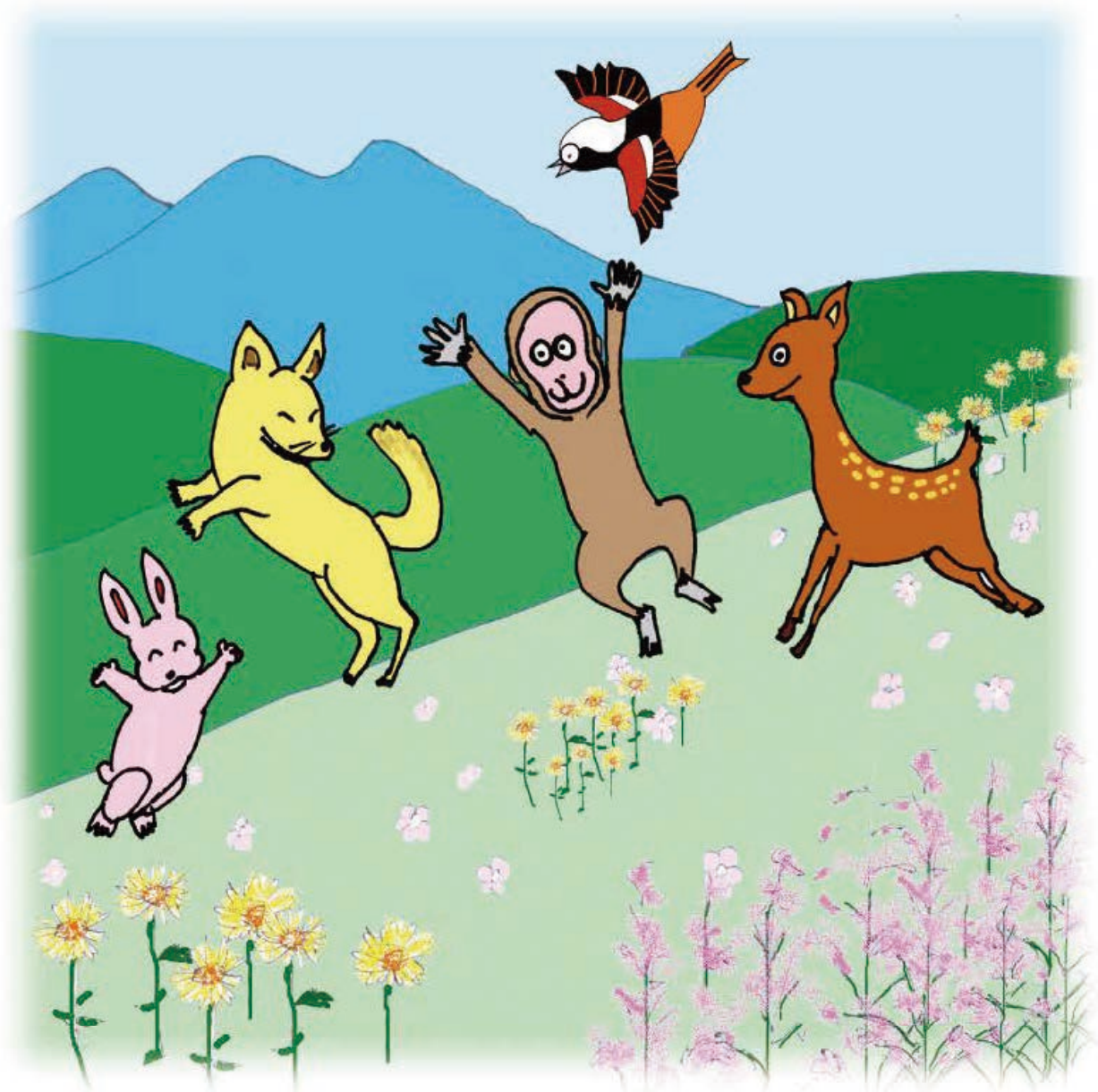


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- Date published : 1st ed. 11 August, 2018 (Mountain Day)
2nd ed. 20 July, 2019
- English Ver. : 14 September, 2019
- Publisher : The Japanese Alpine Club
5-4, Yonban-cho, Chiyoda-ku, Tokyo 102-0081
TEL: 03-3261-4433 FAX: 03-3261-4441
- Editorial Board : Science Committee & Nature Conservation
Committee
Mail : kagaku@jac.or.jp
- Illustrations and photos : Izumi Noguchi
- Design : M's Design Studio
- Support : Natural Parks Foundation
- Support by a donation:
Montbell Co., Ltd. (Outdoor equipment)
Sogo Service Corporation (Portable Toilet)
Alpine Tour Service Co., Ltd.
(Mountaineering, Trekking & Hiking tours)
Ishii Sports Co., Ltd. (Mountaineering equipment)
- Publisher : Taiki Printing Co. Ltd.

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