



21 -29 August 2010
Journey to the Land of the Rising Sun

Event Summary

Mt Fuji Rocks is the Love Hope Strength's latest musical journey, to the Japan's Mount Fuji and "Land of the Rising Sun".

40 musicians, cancer survivors and supporters will spend the next year raising funds for Love Hope Strength culminating in a symbolic pilgrimage to the highest mountain (3,776 m, 12,388 ft) in Japan timed around the "Fire Festival", the official closing ceremony of the hiking season. We do so in order to bring love, hope and strength to the world.

Funds raised from Mt Fuji Rocks will be used to support global cancer care and expand the global bone marrow testing campaign. Cancer is now the leading global killer and more and more, patients are finding bone marrow transplants to be their only hope at surviving numerous blood cancers including, Leukemia, Lymphoma, Multiple Myeloma and other diseases, such as, Sickle cell and Aplastic anemia. As our world becomes more diverse, so is the need for a multi-cultural database of willing bone marrow donors. By conducting saliva-based bone marrow drives, we are increasing the odds of survival for thousands of patients around the globe.

The need for donors, especially multi-racial donors, is growing. Every 4 minutes one person is diagnosed with a blood cancer. At any given time, over 6,000 patients from all over the world, and of all ethnicities, are searching the registries for a match. The number of people who identify themselves as multiracial in the United States alone has grown from 3.9 million in 2000, to 5.2 million in 2008. In the United States, ethnic minorities have a 30-40% chance of finding a match from the existing registry whereas, Caucasians have an 80% chance of finding a match. Minority donors (Asian, Pacific Islander, African American/Black, Hispanic/Latino, Native American, Multi-Race) make up only 25% of the current U.S. National Registry. And, multi-racial donors make up only 3% of the 7 million registered donors.

Love Hope Strength believes that all people, regardless of nationality, color, race, religion, age or socioeconomic demographic, deserves the right to early detection, proper screening and cancer care. This includes the right to locate a bone marrow donor. LHS is currently conducting drives in the United States through DKMS and United Kingdom through the Anthony Nolan Trust. LHS has registered over 4,000 patients and located over 20 matches for patients around the world. In conjunction with UICC, LHS seeks to make marrow registration a global cancer initiative.

Dates	August 21 – August 29, 2010
Total duration	9 days
Accommodation	6 nights hotel (2 people per room) and 2 nights mountain huts (community style)
Brief Itinerary	Fly to Narita International Airport, Tokyo Japan 2 days, 2 nights Tokyo 3 days, 2 nights hike up and down Mount Fuji 2 days, 2 nights Fuji Yoshida and Fire Festival 3 days 2 nights Tokyo Optional extensions available. (Please inquire)

The Charity and Donation

You will be required to pledge a minimum of \$6,000 for the Love Hope Strength Foundation in addition to covering your own travel and ground costs to participate in Mt Fuji Rocks. This contribution will be used to initiate and support saliva-based bone marrow registration programs around the globe with the

Statistics on global registration demographics are not yet readily available. Statistics taken from the Leukemia Lymphoma Society, A3M - AsianMarrow.org and the Associated Press

support of the International Coalition of Cancer (UICC). More information on ground costs and deadlines below.

The Detailed Itinerary

NOTE ON ITINERARY

Although we do our best to adhere to the schedule listed below, this itinerary is subject to change for numerous reasons beyond our control. All hotel rooms are 2-persons per room excluding “community” huts on mountain where sleeping is Japanese style on mats on the floor.

DAY1 : August 21 / Arrive to Japan

Fly into Narita Airport where you will be met by our ground team. We will be transferring you in groups of 5-10 via the airport Limousine(bus) to the [Park Tower Hotel](#) in Tokyo. In the evening, we will have our first group meeting as our group leaders welcome us to Japan and brief us for the culturally enriched days to come.

DAY2 : August 22 / Kamakura Tour

We will drive to Kamakura, known for its temples, shrines, and historical monuments. Here, we will visit the massive bronze statue of the Great Buddha at Kotokuin Temple. The second largest Buddha statue in Japan, the bronze image measures 37 feet (11.4 meters) and is thought to date back to 1252. From there we will take a walk along Wakamiya Oji, the approach to Tsurugaoka Hachimangu Shrine lined with gorgeous cherry trees. Features of the Tsurugaoka Hachimangu Shrine include a series of red torii gates, an arched bridge, ponds, a huge ginkgo tree and the colorful main hall standing at the top of 62 stone steps. After the Tsurugaoka Hachimangu Shrine, you'll have free time to Shop for Japanese arts and crafts along famous Komachi Shopping Street. The day will come to a close with a group dinner at Yokohama Chinatown, the largest Chinatown in Japan.

DAY3 : August 23 / Mt.Fuji (860m⇒2335m)

We will leave Tokyo and drive approximately 2 hours and a half to Fuji Yoshida. Here we will leave our city bags and meet our mountain staff.

Mount Fuji-san, along with Mount Tate and Mount Haku, is one of Japan's "Three Holy Mountains". An active volcano that last erupted in 1707–08. An estimated 600,000 people climb Mount Fuji every year making it the most visited mountain in the world. You have no doubt heard about the popular 1-day hike to the top of Mount Fuji that begins at Station 6. At Love Hope Strength, we always like to do things a bit different, off the beaten path!

The original Yoshida Guchi trail starts from Station 1 at The Fuji Sengen Shrine, where the pilgrims of over 500 years ago came to pray before they started their climb up the sacred mountain. Today, traditionalists claim that the only way to climb Mt. Fuji is from Fuji Sengen Shrine. In sticking with the traditional sacred culture, we will begin our journey along this less traveled trail after a visit to the Fuji Sengen Shrine.

We will be hiking through some beautiful woods for about 3 hours until we reach the Umageshi point (1450m). The Umageshi point marks the beginning of the holy area of Mt. Fuji and we'll find the trail from here to 6th station filled with many guardian images, shrines and other Shinto religious objects. Approximately 6 hours from the start, we will reach Station 6. We will stay overnight at the traditional Seikanso Hut where our musicians can unite us through music on the slopes of Mount Fuji. We will sleep “community” style on simple mattresses lined up side by side in rooms tucked behind rice paper screen partitions.

Note: *The walking stick* A traditional souvenir and climbing aid is a Japanese Mt Fuji walking stick. The walking stick may be purchased at the Sengen Shrine. Along the climb, for Y200 each, you can get a station stamp branded onto your stick as a memento of your achievement. The walking stick comes complete with a Japanese flag and anti-bear bells (hence the absence of bear attacks on Fuji-san). For the peace of mind of your fellow climbers we would advise taking the bells off before they beat you to death with your walking stick! The walking stick by itself is Y1000, and depending on how many stamps you

buy it can be quite expensive. Cash only on the mountain! We recommend up to Y3000 if you wish to get all of the stamps.

DAY4 : August 24/ Mt.Fuji (2355m⇒3776m) (day 2 on the mountain)

After breakfast at Seikanso, we will hike approximately 6 hours to the peak. The trail becomes steeper from station 6, and we will see various alpine plants along the trail until the 8th Station. From the 8th station we will start to feel the real altitude, where the breathtaking views are just as stifling as the thin air. Another 2 hours walk from station 8, we'll reach the lodge at the peak, where we will be spending our second night at Mount Fuji. Our evening will once again be "community" style, better known as "sardine" style, as we huddle up under thick blankets in the modest accommodations at the Peak. Try to grab a quick shuteye next to your snoring neighbor before we wake for the most magical sunrise of your life.

DAY5 : August 25 / Mt.Fuji (3776m⇒2305m) (day 3 on the mountain)

A faint, silken thread of pink-orange-gold, will begin to define the horizon. Then, at about 4:30 a.m., the molten sun swells on the lip of earth and spills over. We will take a moment to listen to the rhythmic sounds of our musicians at the dawn of a new day and what will mark the beginning of a new phase of cancer care in the world.

You will have some time to have a bite to eat or roam around the crater of Mount Fuji before we begin our 3-4 hour descent to station 5 where our bus will be waiting to take us to the [High Land Hotel & Spa](#) in Fuji Yoshida for 2 nights. Enjoy the spa, the town and reflect upon the recent journey.

DAY6 : August 26 /Fire Festival

After breakfast, we will drive to Oshinomura and experience the cultural art of soba making. After dining upon our handmade soba, we will head to the Fire Festival. The Yoshida Fire Festival or "Yoshida no Himatsuri" is held every year on August 26th to appease the goddess of Mt. Fuji and to keep the volcano from erupting for another year. Yoshida no Himatsuri also serves as the closing ceremony of the Fujisan summer climbing season. For this lively festival, named one of Japan's three most unique festivals and celebrated for over 500 years, the entire community comes out to watch the burning of large "taimatsu" torches and the parade of two large Omikoshi (portable shrines) through the streets. The Fire Festival is one of Fuji Yoshida's most prized cultural possessions, and we can think of no better way to celebrate another incredible year of love, hope and strength as we bring cancer care and awareness to the world.

*Their will be a public bus transportation from the hotel to Fire Festival in every 30min to 1hour until about 8pm. Or a taxi will be about 1000Yen one way.

DAY7 : August 27 / Free Time in Tokyo

We will drive approximately 2hours and a half back to Tokyo. After coming back to Tokyo, we will have a lunch at Happon. It has 50,000m² of traditional Japanese gardens where we can enjoy a walk in the beautiful Edo romance garden before or after lunch. Happon whose name means "Garden of eight views" was created in the Edo era. The natural beauty of the garden has been maintained through the centuries to the present day enchanting scenery. After the lunch at the Happon, we will check in at the Park Tower Hotel and you'll have your own free time to do what ever you'd like in Tokyo for the rest of the day and evening.

*A group event or music celebration may be scheduled in the evening. More details to come.

DAY8:August 28 / Yakatabune

A list of optional excursions will be planned, which you may select from this morning and afternoon. Additional fees will apply based upon the activity selected. Return to the hotel in time for the 17:30 the bus to the port of Yakatabune for our finale party. Yakatabune is a breathtaking Japanese style boat that cruises around Tokyo Bay with Japanese foods and traditional Geisha performance.

Optional excursions: All rates will vary based upon number of participants.

Visit to Tsukji Fish Market, \$112 per person

Visit to Sumo & Sumo Museum \$257 per person

Visit with Geisha & Japanese Traditional Gourmet \$190 per person

Visit to Bonsai, Japanese Tea & Japanese Garden \$78 per person

DAY9:August 29 / Departing Tokyo

Transport via the airport limousine(bus) to Narita Airport from the hotel will be scheduled based on your departure time.

Included in the Trek

Included in the trip price (\$3,500)

- All accommodations included on the itinerary.
- All transfers included on the itinerary.
- All meals from dinner on day 1 through breakfast on the last day (Excluding the lunch on 8/27,28 and dinner on 8/27)
- Entrance fee in Kamakura tour
- Soba making fee
- 1 Professional mountain trip leader during the Mt.Fuji hiking
- Professional assistant guides
- Tips for guides and porters
- Select imagery from the trek (2-5 images).
- Beverages (alcohol and soft drinks) at the Yakatanube on 8/28
- Mt Mt Fuji Rocks shirt
- Hats
- Cd's
- Select Marmot items
- Smith Optics Sunglasses
- Larabar's and granola
- Discounts on select gear
- And more...

Not included in the price

- International airfares - Domestic flights
- Lunch for 8/27,28 and dinner on 8/27
- Airport departure tax
- Visa fees (where required)
- Excess baggage charges (where required)
- Beverages (alcohol and soft drinks) at hotels and restaurants.
- Laundry, phone calls, bar bills or any other items of a personal nature
- Personal insurance. *Travel insurance is HIGHLY recommended
- Personal clothing/equipment
- Costs for any specialist medical personnel/equipment
- Additional tips for porters and guides at your discretion
- Optional cultural experience, that are not on the itinerary
- Additional photos beyond the 2-5 mentioned above

Payment and Donation Information and Timeline

Ground costs and deposit:

You will be required to pay a non tax-deductible fee of \$3500 for your time in Japan. See "included in the ground travel" for more information. You will be responsible for your own air travel arrangements. See "Air Travel" for more information on Air Travel.

Donation:

In addition to the trip costs above, you will be required to raise a minimum \$6000 tax- deductible donation to participate in Mt Mt Fuji Rocks. You may choose to donate the required amount or raise the required amount through individual or corporate donations and events. You will be given a personal

fundraising page where you may solicit and track donations. All corporate donors wishing sponsorship acknowledgment of their support must be brought the attention of LHS. All fundraising events benefiting LHS must be submitted for approval prior to planning. Fundraising guidelines will be provided to all confirmed participants. **ALL DONATIONS AND PAYMENTS MUST BE MADE BY THE PREDETERMINED DEADLINES OR YOUR SPOT ON THE TREK MAY BE FORFEITED TO THE NEXT PERSON ON THE WAITING LIST.**

Total fees and donation

\$3500 non-tax deductible for trip expenses (this does not include airfare)

\$6000 tax-deductible donation

\$9,500 Total minimum amount for participation in Mt Fuji Rocks.

Payment and Donation Timeline

Due upon registration: \$1,000 Deposit

May 1, 2010: \$3,000 Donation

\$2,500 Ground costs payment

July 1, 2010 \$3,000 Donation

Event leadership team

Shannon Foley is the director of Love Hope Strength. She is your liaison and trip coordinator. Shannon also specializes in coordinating outdoor adventures such as African safaris. She is in charge of all of the events, fundraising and planning for Mt Fuji Rocks. Please feel free to contact her for any and all questions or concerns. 720.379.7013 or Shannon@lovehopestrength.org

Riley Jordan is second point person at Love Hope Strength and is available for any additional needs. riley@lovehopestrength.org

Jennifer Corwin is the foundation controller and will be contacting you regarding payments and donations. You will receive updates from Jennifer as donations in your name are received. jennifer@lovehopestrength.org

Air Travel

Your Air Travel is **NOT** included in the price of the trip. You are responsible for booking the following flights through our preferred agent or through your own travel agent. Additional transport fees may apply based upon your arrival location and time. If you require an overnight stay, you will be responsible for any additional fees. Please send us your details after flights have been booked. We will be happy to make recommendations for early arrivals and extended stays.

Please contact LHS before booking your air travel. We may have changes to the itinerary or additions that may make one option more appealing than another.

**Arrive via Norita International Airport no later than the evening of August 21st.
Depart via Norita International Airport no earlier than the morning of August 29th.**

Pirjo DeHart runs CTT Destinations. You may choose to book your airfare on your own or use Pirjo to handle your bookings. Originally from Finland, Pirjo has worked in the travel industry for over 20 years.

CTT Destinations

Pirjo DeHart

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On the Mountain

Mount Fuji, affectionately called "Fuji-san," has been revered since ancient times. Throughout the centuries Japanese poets have written about it, painters have painted it, pilgrims have flocked to it, and more than a few people have died on it. Without a doubt, this mountain has been photographed more than anything else in Japan.

Mount Fuji is stunningly impressive. At 3,716m (12,192 ft.), it's the tallest mountain in Japan, towering far above anything else around it -- a cone of almost perfectly symmetrical proportions. It is majestic, grand, and awe-inspiring. To the Japanese it symbolizes the very spirit of their country. Though it's visible on clear days (mostly in winter) from as far away as 161km (100 miles), Fuji-san is, unfortunately, almost always cloaked in clouds. If you catch a glimpse of this mighty mountain, consider yourself extremely lucky.

Because of snow and inclement weather from fall through late spring, the best time to make an ascent is during the "official" climbing season from July through August. You don't need climbing experience to ascend Mount Fuji, but you do need stamina, rain protection and a good pair of hiking shoes. While we will be hiking in near solitude on the first day, the second will be anything but a solitary pursuit. About 600,000 people climb Fuji-san every year, most starting from the 5th Station.

We'll find ourselves in lush rain forests on day one with ancient ruins and lush trees. Day 2 will be set upon a steep rocky path, surrounded only by scrub brush and the hikers on the path below and above you. After a couple hours, we'll probably find ourselves above the roiling clouds, which stretch in all directions. It will be as if you are on an island, barren and rocky, in the middle of an ocean.

There are about 16 mountain huts along the Kawaguchiko Trail above the 5th Station, but they're very primitive, providing only a futon, blanket and toilet facilities. Some have the capacity to house up to 500 hikers. Meals in the huts, might consist of curry or dried fish, rice, miso soup, and pickled vegetables; breakfast could be the same. Expect little privacy and lots of laughter, camaraderie and, of course, music!

Climbing Mount Fuji is definitely a unique experience, but there's a saying in Japan: "Everyone should climb Mount Fuji once; only a fool would climb it twice."

Altitude, Training and Acclimatization

Mt. Fuji is the highest mountain in Japan, and well known for its beautiful shape of Konide. Persons wishing to climb Mt Fuji are advised to undertake appropriate research and ensure that they are both properly equipped and physically capable. Though the climb is said to be relatively easy, the altitude, low temperature, wind and rain can make this an uncomfortable trek.

All climbers will suffer mild discomfort, typically shortage of breath, and possibly headaches. Your guides and team are trained to provide you with a safe and healthy trip. For the safety of yourself and your fellow trekkers, we ask that you be aware of the strenuousness of this trek and only apply if you are physically capable of taking on the challenge.

The very best way to prepare for climbing to high altitude is to climb to high altitude. Although this is difficult for most people, remember that the higher the altitude and the longer the hikes, the better. Whether it be to hike 2,000 feet to the top of the local hill or climbing larger mountains further afield; just being out hiking up hill is the best. This also allows you to get used to your backpack and boots.

Running and biking are also very good and at least take you outdoors so you can test your equipment. Stair masters and climbing machines at the gym will work if outdoor hiking isn't an option. Try not to go for short hard blasts of exercise but long sustained workouts instead. If you are fairly fit and allow plenty of time to acclimatize you have the formula for success.

Being short of breath is relatively common and by itself, is not cause for concern. Other symptoms: severe dizziness, loss of coordination and concentration or severely irregular breathing are more serious symptoms of mountain sickness and action needs to be taken to avoid more serious illness. Anyone showing these symptoms needs to descend to a lower altitude and seek immediate medical advice. High altitude

symptoms vary from one person to another and are unpredictable. What is certain, however, is that they can almost always be overcome by steady acclimatization. Climbing from the bottom, and prevent altitude sickness by staying a night at station 6, it will acclimatize yourself to the high altitude before you start climbing to the summit. Our itinerary is designed to ensure that everyone is well prepared for the thinner air. Trekking expeditions are not packaged holidays where everything can be planned down to the final detail and we cannot assure that everything will run like clockwork. Trekking at altitude also has its dangers. These risks can never be removed altogether but they can be minimized. Our aim is to provide you with a thrilling expedition that is directed with maximum attention to your safety and the safety of others. The risks are reduced by the expert judgment of our leaders. They will make decisions with safety as the first priority. Consequently the ability to be flexible and the ability to maintain a cheerful attitude are two of the most important things that you can pack in your bags for your trip to Mt. Fuji.

In the event that weather conditions keep us from hiking the mountain, alternative activities will be planned. Money will not be refunded if weather keeps the hike from proceeding. If a hiker chooses to stay behind or leave the mountain due to illness or any other factor, the trekker must pay for any additional travel fees or accommodations and any fees incurred by the support staff. Our leaders will be certain that you are looked after and seek medical attention if required.

Food

Dinners at the restaurants and hotels are typically a main course (meat or fish) with vegetable and salad. While you are at the mountain, you'll be served a homemade western-style or curry rice for a dinner.

8/21	Western style food
8/22	Chinese style food
8/23 -24	Homemade western style food or curry rice
8/25-26	Japanese style food
8/27	Free evening, Dinner not included
8/28	Japanese style food

Lunches will mostly be Japanese style food, and at the mountain, you'll be given a Japanese lunch box called "obento" or a rice balls.

8/21	Arrival day, lunch not included
8/22-26	Japanese style food
8/27-28	Free afternoons, lunch not included

Most of the **breakfast** at the hotels, will be your choice of Western style (toast) or Japanese style (rice) with fruit, eggs, sausages and etc. But at the mountains, it will be a Japanese style food.

8/21	Arrival day, breakfast not included
8/22-23	Japanese style food or Western style food
8/24-25	Japanese style food
8/26-28	Japanese style food or Western style food

While hiking some people have a favorite snack that they like, it is a good idea to bring this from home.

We also cater for different dietary requirements and full vegetarian menus can be provided on request. (Extra fee may apply)

Soft drinks, juice, coffee or tea are only included for breakfast meals at the hotels, but not at the mountain lodge. No alcohol will be provided on the trip, except for the last day dinner on the Yakatabune.

Drinking water for the trail will not be provided but can be purchased at various stations along the hike. We will encourage you to fill packs ahead of time in Tokyo. Soft drinks can also be purchased along the trail for a fee, typically rather pricey. You are encouraged to bring along any powder drinks, coffee or herbal teas you wish to have along the trail.

Climate

The summer months in Tokyo are June, July and August. August is usually the hottest month in Tokyo. In August the temperatures can rise up to 43°C. The middle of Tokyo in the Adachi Ward recorded 109°F in the summer of 2004. The rise in temperature in Tokyo is partly due to the effects of 'global warming' and urban heat.

Climbing Season is from July 1st through August 31st. Climbing during the winter months is very dangerous. At the summit, average temperatures are about 46.4°F during the day and drop to 40.5°F at night. It feels colder than the actual temperature because of strong winds. Also, be aware that conditions on Mt. Fuji may change suddenly and always be prepared for cold weather, rain and sudden snowfall in the end of summer.

Be prepared for warm/hot days and colder temperatures on the second day of the hike.

Clothing & Equipment

The right clothing and equipment is essential for a successful trek. **On this trek you will be carrying your own personal items. It is only a 2.5 day hike so a light back is all that is required.** There will be some items and travel clothes which you will want to pack for the journey, which will not be required on the trek. Luggage not needed for the trek will be left behind at the hotel. ***At this moment we are negotiating with the hotel in Fuji Yoshida to drop luggage before climbing and will be given to you at the timing of check in at the hotel in Fuji Yoshida.*

DON'T BE AFRAID☺ This list seems long but as long but it is less than you think. As long as you check each item off this list, you will have all you need and it will fit in a small lightweight day pack for the hike. Everything you bring on the trek itself should fit in 1 light backpack – we suggest a pack no larger than 35 liters capacity. We recommend that you pack your items in plastic bags as a means of keeping organized and dry.

You will NOT need a sleeping bag for this hike. The accommodation at the mountains hut is VERY simple, you will be given a good blanket with futon mattresses arranged on the floor. A pillow may be provided. At times there could be very little personal space. Be prepared to sleep next to a neighbor or stranger. Pack only what you need as storage for your pack is limited – likely that you will have your bag at your feet.

If you have any questions about clothing or equipment, do ask and we'll be happy to help.

For the Hike

- Warm hat (Provided by LHS and Marmot)
- Shade Hat (Provided by Marmot)
- Sunglasses (provided by Smith Optics)
- Sunscreen
- Lip Balm
- Bandanas, great to have a few for cleaning glasses, sun protection and more.
- 2 T-Shirts, synthetic material is best.
- Fleece jacket – the summit can be cold.
- Rain Parka: Sudden showers are common in Mt. Fuji. Bring a good parka of Gortex or waterproof nylon that has been "seam sealed".
- Poncho and/or Pack Cover: Something waterproof to cover your pack with when hiking in the rain. Otherwise, bring a large plastic bag to line the inside. A poncho is quick and handy protection for body and rucksack but do not hold up in windy weather.
- Gloves or Mittens
- Quick Dry Hiking Shorts: 1 pair.
- Rain Pants: Bring a good pair of rain pants of Gortex or waterproof nylon that has been "seam sealed".
- Undergarments: Enough for the duration of the trek.

- Change of dry clothes. A long sleeve shirt and sweats should suffice. Something to change into each night in the hut.
- Thin Socks: 1-2 pair of synthetic socks to wear under hiking socks. These help to prevent blisters.
- Hiking Socks: 1-2 pair of hiking socks to wear for warmth and comfort with hiking boots.
- Hiking Boots: One pair medium weight hiking boots. Ankle support is recommended but not required. Be sure to break those boots in ahead of time!!! Flip flops or thongs will be provided in the mountain huts should you need to slip them on. It is tradition to remove ones shoes when entering buildings so no additional shoes will be needed other than hiking boots on the mountain.
- Gaiters: One pair of either high or low gaiters made of breathable material to keep dirt out of your shoes. The ground may be muddy at the bottom and soil is loose up top and it is easy for mud or rocks to get in your shoes.
- Water Bottle: Two, one liter wide-mouthed plastic bottles at least. A water pack that fits in your bag is also a great alternative to water bottles.(you will be able to purchase water at most of the lodge/huts in most station)
- Frameless Pack: A medium size comfortable pack with some support is adequate to carry your gear. The pack should fit properly and have a good waist belt.
- Plastic Bags: Several, to bag your clothes on the mountain. It can rain and you will want dry clothes.
- Trekking poles, optional. Please be sure to read about the walking sticks on Fuji before you bring poles.
- Toilet paper and tissues, you will want it along the trail.
- Toiletries: soap, towel, toothbrush, etc.
- Flashlight and/or Headlamp
- Trail Munchies (Provided by Larabar)
- Towelettes/Baby wipes and hand sanitizer for general hygiene.
- Plastic bag for trash.
- Carabineers for attaching water bottles and gear to your pack.
- PASSPORT! Leave extra photocopies at home with family. Bring photocopy with you as well.
- Yen – you can buy just about anything you need along the trail but they only accept Yen, no credit cards or foreign currency.
- Insurance card or certificate (very important!) Be sure that you have travel insurance in the event of an emergency. This is not the same as your daily medical coverage. We highly encourage you to get travel insurance in the event of injury in Japan.
- Duct Tape – oh the many uses!!! <http://thezac.com/ducttape/>
- Personal prescriptions, blister and first aid kit.
- Camera, iPod and other items of a personal nature.

For the City:

- Duffle Bag or Suitcase: Large enough to hold your non-mountain gear. This will meet you at the hotel after the climb. Only one bag may be left per person.
- City clothes, dress will be casual most days and evenings.
- Yen for the few meals that are not provided, beverages, souvenirs. Credit cards will be widely accepted in Tokyo but NOT in Fuji Yoshida. ATM's can be hard to locate in Fuji Yoshida as well. All Yen should be carried with you on the hike and not left behind in luggage.
- Luggage tags, place an obvious tag, ribbon or other marker on your luggage to be left behind.

Insurance

You will need to obtain comprehensive personal travel insurance for this trip. It is not required but is HIGHLY recommended. If you are an EU resident you can obtain insurance through our partnership with specialist insurer, Campbell Irvine. For further details click on www.mountaintracks.co.uk/summer/insurance. In the US, AU and all other countries we recommend contacting Chris Thaw at Mile High Insurance, 1-720-221-4669 or 1-800-974-8429 www.milehighinsurance.com/lhs

General Information about Japan

Introduction

Japan is in the continent of Asia. Its country is made up of many islands. Since the sun rises in the east, Japan is often called "The Land of The Rising Sun." The "Land of the Rising Sun" is a country where the past meets the future. Japanese culture stretches back millennia, yet has also adopted (and created) the latest modern fashions and trends.. Japan also offers a very wide range of attractions, from historical and cultural treasures to modern and futuristic sights and beautiful forests, mountains and sea coasts.

Capital

Tokyo

Area

144000 square miles.

Language

Japanese

Government

Japan is a constitutional monarchy where the power of the Emperor is very limited. As a ceremonial figurehead, he is defined by the constitution as "the symbol of the state and of the unity of the people". Power is held chiefly by the Prime Minister of Japan and other elected members of the bicameral legislature, while sovereignty is vested in the Japanese people.

Emperor of Japan :Akihito

Prime Minister:Yukio Hatoyama

Religions

The highest estimates for the number of Buddhists and Shintoists in Japan is 84–96%, representing a large number of believers in a syncretism of both religions.

Geography

Japan is a country of over three thousand islands extending along the Pacific coast of Asia. The main islands, running from north to south, are Hokkaidō, Honshū (the main island), Shikoku and Kyūshū. The Ryukyu Islands, including Okinawa, are a chain of islands south of Kyushū. Together they are often known as the Japanese Archipelago.

About 70% to 80% of the country is forested, mountainous, and unsuitable for agricultural, industrial, or residential use. This is because of the generally steep elevations, climate and risk of landslides caused by earthquakes, soft ground and heavy rain. This has resulted in an extremely high population density in the habitable zones that are mainly located in coastal areas. Japan is one of the most densely populated countries in the world.

Climate

Japanese are proud of their four seasons. The temperatures are warm but not hot, there's not too much rain. Summer starts with a dreary rainy season in June and turns into a steam bath in July-August, with extreme humidity and the temperature heading as high as 105.6 °F. In the fall, the temperatures is similar to spring and becomes more tolerable. Then the miserably cold saeson in the winter.

Economy

Japan is the second largest economy in the world, after the United States, at around US\$5 trillion in terms of nominal GDP and third after the United States and China in terms of purchasing power parity. Banking, insurance, real estate, retailing, transportation, telecommunications and construction are all major industries. Japan has a large industrial capacity and is home to some of the largest, leading and most technologically advanced producers of motor vehicles, electronic equipment, machine tools, steel and nonferrous metals, ships, chemicals, textiles and processed foods. The service sector accounts for three quarters of the gross domestic product.

Visa Requirements

For US citizens it is not required to obtain a visa to enter Japan when the purpose of their visit is commerce, a conference, tourism, visit to relatives/acquaintances, etc.

However, only in cases in which the foreign national engages in paid activities in Japan, and in cases in which the period of stay of the foreign national exceeds the period of stay stipulated in each arrangement, it is necessary to obtain a visa.

For trekkers outside of the US, we advise you to contact the Consular Section of the Embassy or Consulate General of Japan nearest you for more information and advice.

Tipping

Tipping won't be necessary in Japan.

So while traveling in Japan, as wait staff, taxis and hotel attendants do not expect a tip.

Bargaining

Bargaining (haggling) with a seller to lower the displayed price of goods is typically not a custom in Japan.

But there are places where you can haggle for lower prices, so you may want to ask the guide if the place is appropriate to haggle or not.

Time in Japan

Japan is 9 hours ahead of GMT. No daylight saving time in 2010

Money

Japan's currency is called Yen, or Japanese Yen. In abstraction, it's called JPY. The JPY's symbol is ¥(while USD is \$). And from 1~500, the JPY is in coin(6 kinds). They are: 1 yen coin, 5 yen coin, 10 yen coin, 50 yen coin, 100 yen coin and 500 yen coin. As of 02/08/2010, approximately 89.2 JPY is 1 USD. There are ATMs in most of the large cities and at most of the convenience store. Since there is many places that your USD are not accepted, we strongly recommend you to exchange your money to Japanese Yen.

Expenses while in Japan

Nearly most of your expenses in Japan are covered in the cost of the trip. There are, however, some costs which are excluded please check section "Included in the tour" for more info the. You may also want to spend a little on sightseeing and shopping. Visitors to Japan find electrical products, animation figures and artifacts of cultural interest to be good value.

Approximate costs for popular items at a restaurant in Japan

Coffee/Tea	\$3-6
Soft drinks	\$3-6
Beer	\$5-8
Lunch	\$10 and up
3-course Dinner	\$50 and up

Vaccinations and medical

Japan has no vaccination requirements for any traveler. The World Health Organization recommends that all travelers be covered for diphtheria, tetanus, measles, mumps, rubella, chickenpox, polio and hepatitis B, regardless of their destination. So to be up-to-date on all your routine immunizations, visit your doctor four to six weeks before you leave. The few infectious diseases you should be aware of in Japan include: Japanese encephalitis and measles. You should obtain professional advice from a specialist travel clinic or your local GP before signing up for this trip.

Electrical Supply

The local electricity supply is 100 volts. You will need to supply your own international standard adapter for your electrical appliances. Power will not be available on the trek.

Country Dialing code

+81

Frequently Asked Questions

Are there any toilets at Mt.Fuji?

Yes, there are toilets and from the fifth station and above, there is one at each subsequent station, including the summit, but don't expect luxury, and don't expect any toilet paper either.

What kind of help is available in case of an emergency?

From late July to mid-August a free emergency medical facility, staffed with a doctor, will be available at the eighth station. There is also a temporary police station at the fifth station in case of emergency.

Love Hope Strength requires that you purchase your own travel insurance. This is for your own safety and will ensure that you receive the best medical care in the event of an emergency. This is not the same thing as your regular health insurance. Most travel insurance packages will ensure that you are returned to the hospital of your choice, anywhere in the world.

Is there any food or drinks available at the mountain?

Food(snacks) and bottled water is available on the lodge/hut on the mountain for a high price. It is highly recommended that you pack and bring your own food and water. A minimum of two liters of water is recommended.

What is provided at the lodge/hut?

The accommodation is very simple, given blanket with mattresses arranged on the floor, at times there could be very little personal space but it is a great way to meet the many Japanese climbing the famous mountain.

How far do I hike each day?

It is more reasonable to measure each day in hours walked rather than miles. Most days, you will walk about 6-7 hours with breaks for music and snacks as needed!

How much weight will I have to carry, and where can I leave things not needed on the climb?

You will simply carry a day pack of about 8-10 pounds, though some people carry more or less. Luggages not needed for the trek will be left behind at the hotel in Tokyo. At this moment we are negotiating with the hotel in Fuji Yoshida if we are able to drop the luggages before climbing or to send them from the hotel before you head for Mt.Fuji and will be given to you at the timing of check in at the hotel in Fuji Yoshida.

What kind of staff will accompany me on the climb?

One local mountain guide will guide us up the mountain with support staff.

What happens if some members of the party need to turn back before the summit?

No one is forced to go on. There are always enough staff to split the party according to need and regroup later at the camp. Most people have no trouble reaching the highest campsite. If some party members decide not to climb the final distance they can wait for the climbers to come back at the nearest lodge/hut. (additional fee may apply)

Will I need a visa?

See "Visa Requirements" section for more info.

Why, when looking at different companies who offer trip to Japan (Mt. Fuji climbs) that follow much the same route over the same number of days, do I find such a variance in the cost?

The major sources of cost variations are the money spent on food, off-mountain accommodation, guide wages, cultural experience and the cost of getting to the mountain. Our guides and team are determined to provide the best food, best guides, top quality before-and-after-climb accommodation, inclusion of all park permits, meals(except for lunch on 8/27,28 and dinner on 8/27), transfers and local hosting costs. On some of the least expensive trips food is minimal and often prepared by frying. Our approach is not to provide the cheapest trip, but rather to do everything we can to increase the likelihood you will reach the summit and enjoy the overall experience with a staff of people who are well qualified and compensated for the extraordinary assistance they provide to you.

Cancellation Policy

Donation:

You are required to make a minimum \$6000 donation to participate in Mt Fuji Rocks as outlined in the donation timeline. This donation is completely non-refundable, non transferable, even if you do not participate in Mt Fuji Rocks. PLEASE BE AWARE that by accepting a spot on the trek, you are pledging to raise \$6,000 for Love Hope Strength regardless if you attend Mt Fuji Rocks or not. **IF YOU CANCEL YOUR TREK FOR ANY REASON, YOU ARE STILL REQUIRED TO RAISE THE FULL \$6,000 BY THE DEADLINE.** Please take note of this special policy when planning your trip and feel free to contact us with any additional questions.

Ground costs and deposit:

Total non tax-deductible ground costs for Mt Fuji Rocks are \$3500. A non tax-deductible deposit of \$1000 towards the cost of your trek is required to secure your spot in Mt Fuji Rocks. Love Hope Strength will make financial commitments to our Japanese guides, permits and suppliers in advance. By making these commitments to our local partners several months prior to departure, we are taking a step towards ensuring the same high level of customer service and organizational efficiency. In conjunction with these changes the following cancellation fees will apply:

180 days prior to departure: loss of deposit
30 to 60 days before departure: 50% loss of total cost
Less than 30 days before departure: 100% loss of total cost

Liability

Although every possible care is taken to safeguard you and your property, we accept no liability for any accidents injuries or illness clients incurred from any travel provided by Love Hope Strength (LHS) for any loss or damage of clients' property during such a trip.

In consideration of the arrangements made for us by Love Hope Strength and its agent, sub-contractors, employees and associates, and for all the services provided by way of food, accommodation and all activities, you agree on behalf of yourself that you shall bear all risks including accident, disability, death, loss or damage of property, and that you shall not sue the LHS Foundation on account of any losses, claims, liabilities, damages or costs.

BY APPLYING TO BECOME A TREKKER FOR MT FUJI ROCKS, YOU ARE AGREEING TO ALL OF THE ABOVE GUIDELINES AND LAIBILITIES.