

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

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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.

On Mountain Trails

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.

On Mountain Trails

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.

On Mountain Trails

Avoid using bear bells where unnecessary.



Don't make loud sounds by playing music.

Let's keep the mountain atmosphere quiet.

Nature Conservation

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.

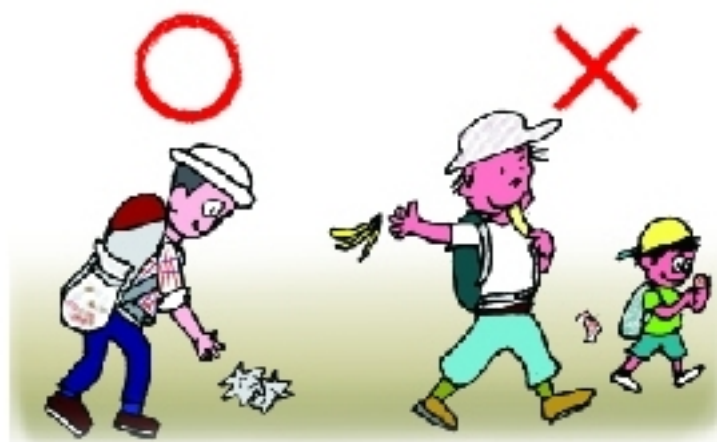
Don't pick flowers, catch insects, or take stones home.



Take nothing but photos.

Nature Conservation

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.



Nature Conservation

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.

Toilet

Hikers are advised to go to the restroom before starting out.



Find out toilets when planning.

Go to the restroom on the train or at the station or highway service area.

You cannot always find toilets in the mountains.



There are maps of toilets locations at some trailheads.

Toilet

Take portable toilets with you to the mountains and take them home.



Portable toilet booths



Portable toilet kits

At some trailheads, there are special trash boxes.



Never leave behind portable toilets and used paper.

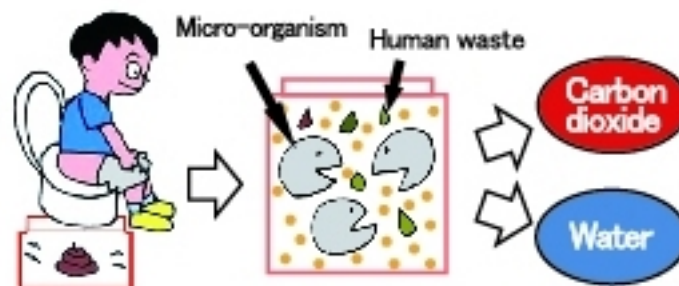
In emergency situations, dig a cat-hole at least 20 to 30 meters away from water sources. After excretion, cover it with earth, stones or fallen leaves.



Toilet

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.



Bio-toilet

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



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

Toilet

Use toilet paper after excretion.



Toilet rolls are useful,
with many uses,
including as dish cloth.

As tissue paper is not decomposable by microorganism, it does not dissolve in water.

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.

Accommodation

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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The JAPANESE ALPINE CLUB