

Hiking Safety Tips

Jozankei is designated as part of Shikotsu-Toya National Park and is blessed with abundant hot springs and bountiful nature. We want as many people as possible to experience this nature and embrace all its living creatures in their glorious beauty. To this end, to pass on this natural environment and beautiful scenery of Jozankei to the next generation, we ask for your understanding and cooperation.

Nature can be very dangerous. Please act responsibly.

[How to avoid getting lost]

- Mountain hiking is, in principle, something you do at your own risk.
- Please do not enter restricted areas.
- Please refrain from entering the forest during poor weather conditions.
- When entering the forest, we recommend bringing a map to avoid getting lost.
- At vantage points and junctures, check your current location on the map. If you are unsure of your location, turn around and go back the way you came.
- If you get lost, find a place with a good view, such as a ridge or summit.

[Falls and slips]

- Wear trekking shoes with non-slip soles and ankle support.
- Be careful of slippery surfaces, such as wet rocks, loose rocks, moss, and fallen leaves.
- Walk slowly when walking over loose rocks, tree roots, or other areas that may lead to tripping.
- Slow down on downward slopes.

[Crossing streams]

- Currents in the stream can be stronger than they appear, so please be careful.
- Find an area where the water is shallow so you can walk across more safely.

Stealing wild plants, damaging and cutting down trees are prohibited.

[Protection of animals and plants]

- Cutting down or removing trees without permission is a punishable offense by law. In addition, damaging trees and collecting undergrowth are prohibited in forest reserves (about 90% of the national forests are forest reserves).

[Fires]

- Make sure to put out fires including cigarette butts completely.
- Do not light bonfires.



Image

Please take any garbage home

[Garbage and waste disposal]

- Please take any garbage home with you.
- Please use the toilets before entering the mountains.
- There are no toilets on the trail. If you may need to use one while hiking, bring a portable toilet with you.

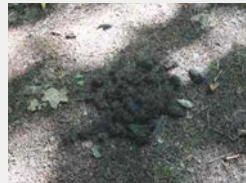
Clothing and equipment for mountain hiking

- Weather conditions in the mountains can change suddenly, so bring necessary clothing to adapt to changing weather conditions.
- Since Hokkaido is located at a high latitude, please come prepared for cold weather. Even in summer, the temperature can reach low numbers.
- Depending on the course, trekking poles, gloves, and gaiters are recommended.
- Bring enough water, drinks, and snacks to keep you going.

Beware of dangerous animals and plants that you may encounter in the mountains.

Brown bears

- In most cases, trouble can be avoided if you act carefully in the brown bear habitat.
- Carry radios, whistles, bear bells, and other noise-making devices to alert brown bears to your presence.
- If you find fresh brown bear droppings or tracks, turn back.
- Do not feed the bears or throw away garbage.
- Many places in Jozankei have a high brown bear population. Be sure to carry bear repellent spray in case of an encounter.
- If you encounter a brown bear, do not make any noise. Leave the area quietly and slowly while keeping an eye on the situation.



[Hornets]

- Hornets react violently to the color black. Avoid wearing black clothes and wear a hat.
- Hornets are also attracted to the smell of cosmetics, such as hairspray and perfume.
- If you see a hornet, stand completely still, and wait for it to fly away.
- If you are attacked by a hornet, stay as low to the ground as possible.

[Ticks]

- Be careful of tick bites in the forest.

[Poisonous plants]

- When hiking in the mountains, wear clothing that exposes as little skin as possible.
- Do not touch poisonous plants, such as poison ivy.
- Do not pick unidentifiable mushrooms.

[Foxes (flatworms)]

- You can become infected with flatworms if you touch a fox or its feces, eat with hands that have touched wild plants or soil contaminated with flatworm parasites, or drink untreated stream water. Flatworms are transmitted when eggs enter the mouth.

