

# 富士宮ルート FUJINOMIYA Trail

富士宮ルートは、富士山登山道で最も標高が高い富士宮口五合目からスタートする最短距離のルートで、山頂までの標高差は約1,370mです。距離が短い分急登が続きます。山小屋は適度にあり、登下山道は同じ道を使います。

The Fujinomiya Route is the shortest route to the summit of Mt. Fuji, starting from the Fujinomiya Trailhead at the 5th Station, which is the highest starting point among the Mt. Fuji climbing routes. The elevation gain to the summit is approximately 1,370 meters. Because of its shorter distance, the trail includes many steep sections. There are a moderate number of mountain huts along the route, and the same trail is used for both ascent and descent.

## ルートと所要時間 Route & Estimated time

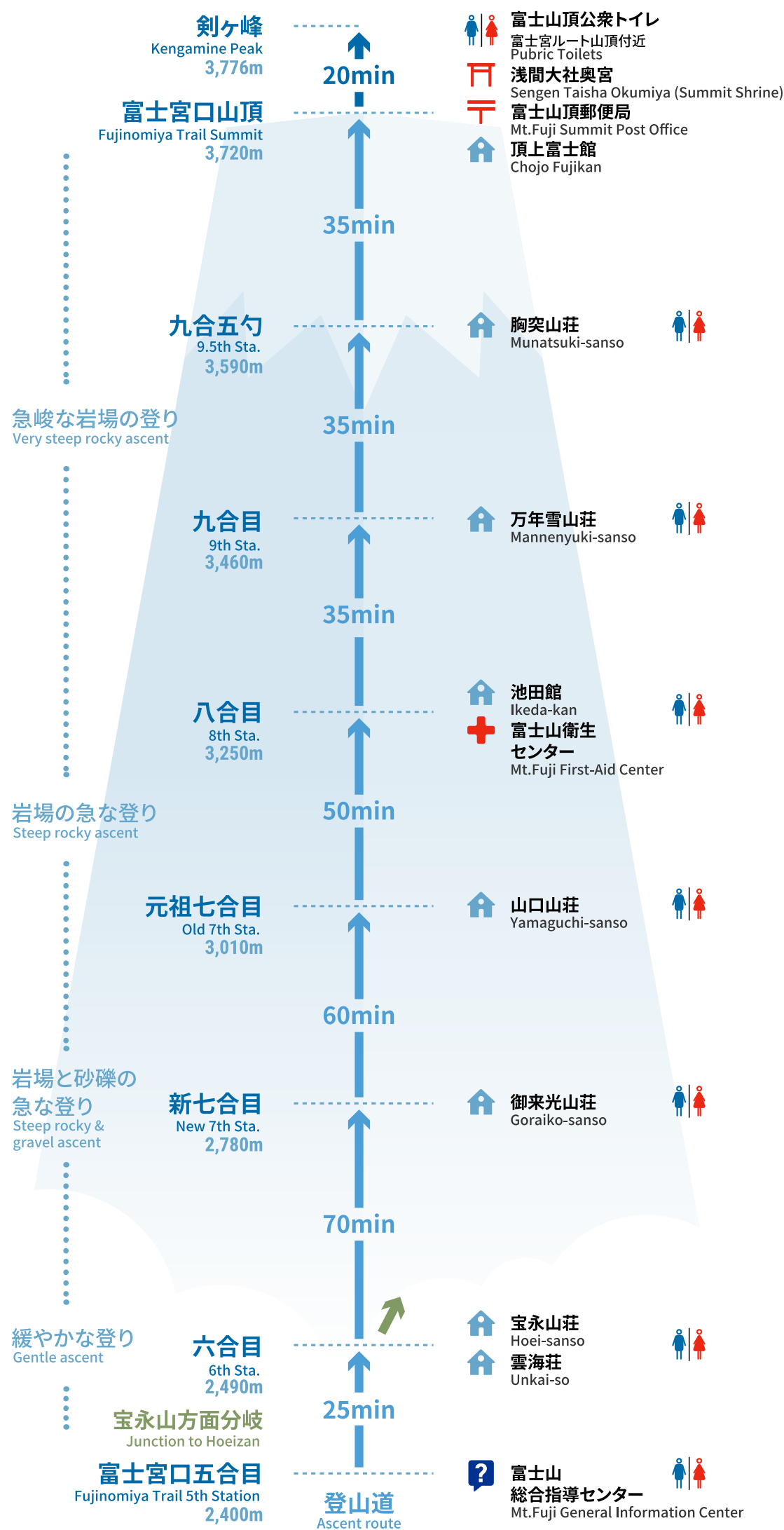
### 富士宮ルート登り

FUJINOMIYA Trail Ascent route



五合目から六合目までは比較的歩きやすい道ですが、六合目以降は急な岩場と硬い地面の急登が始まります。七合目から山頂まではさらに傾斜がきつくなり、岩が多いゴツゴツした道が続きます。落石に注意が必要な区間です。また、登りと下りが同じ道のため道迷いは少ないですが、混雑時は譲り合いが必須です(登り優先)。

The section from the 5th Station to the 6th Station is relatively easy to walk. Beyond the 6th Station, however, the trail becomes steeper, with rocky sections and hard-packed ground. From the 7th Station to the summit, the slope becomes even steeper and the trail consists of rough, rocky terrain. Extra caution is required due to the risk of falling rocks. Since the same trail is used for both ascending and descending, it is difficult to get lost, but hikers must yield and share the trail during busy times. Ascending climbers have the right of way.



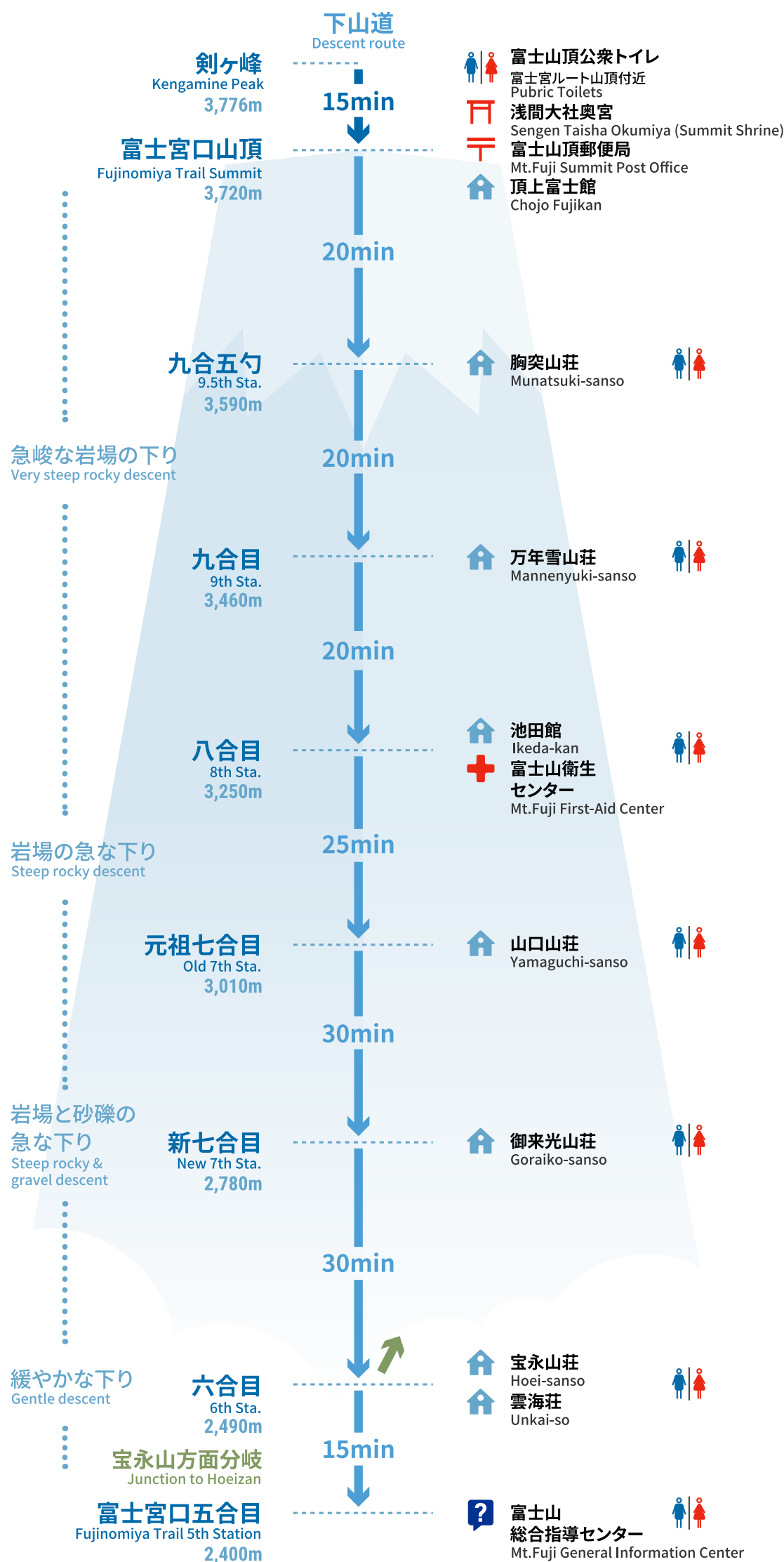
### 富士宮ルート下り

FUJINOMIYA Trail Descent route



富士宮ルートは高度変化の激しい登山道と同じ道を下ります。登り同様にゴツゴツした岩が多く傾斜のきつく、滑りやすい下りが新七合目付近まで続きます。岩場の歩行は膝への負担が大きく、足元が不安定になりやすいため、転倒や落石に注意しゆっくりと下りましょう。また、狭い道のため声かけや譲り合いを大切にしましょう(登山道は登り優先)。六合目以降は緑が増え、歩きやすい緩い下りになります。

The descent follows the same trail as the ascent along this steep route with significant elevation change. Similar to the ascent, the path is rocky, steep, and often slippery, especially down to around the New 7th Station. Walking on rocky terrain can place significant strain on the knees, and unstable footing increases the risk of slips or falling rocks, so descend slowly and carefully. Because the trail is narrow, communication and consideration for other hikers are important. (Ascending climbers have priority.) From around the 6th Station downward, vegetation becomes more abundant and the trail gradually becomes a gentler, easier descent.



※所要時間は目安です。休憩時間は含まれていないため、余裕を持った登山計画を立ててください。  
Times are estimates and do not include breaks. Please allow plenty of time when planning your climb.