

# 御殿場ルート GOTEMBA Trail

御殿場口新五合目からスタートする御殿場ルートは、富士山登山道で最も距離が長く、山頂までの標高差は約2,300mで、山小屋が少ないため健脚向きのルートですが、火山砂礫を約5km駆け下る「大砂走り」は圧巻です。

The Gotemba Route begins at the Gotemba Trailhead New 5th Station. It is the longest of the Mt. Fuji climbing routes, with an elevation gain of approximately 2,300 meters to the summit. Because there are relatively few mountain huts along the way, it is recommended for experienced and physically fit climbers. However, the highlight of this route is the spectacular "Osunabashiri", where hikers can run or slide down about 5 kilometers of volcanic sand on the descent.

## ルートと所要時間 Route & Estimated time

### 御殿場ルート登り

GOTEMBA Trail Ascent route



五合目から六合目までは目標物の少ない火山砂礫の緩やかな道が続きます。六合目以降は徐々に傾斜が急になり、七合目からは岩場と砂礫の急登が本格化します。八合目付近からゴツゴツした岩が多くなり、やがて九合目以降は溶岩が積み重なった岩場に変化し、手を使って登る箇所も出てくるため落石に注意が必要です。

From the 5th Station to the 6th Station, the trail is a gentle path across volcanic gravel with few landmarks. Beyond the 6th Station, the slope gradually becomes steeper. From around the 7th Station, the climb becomes more demanding with steep sections of rocks and volcanic gravel. Around the 8th Station, the terrain becomes rougher with many large rocks. From the 9th Station toward the summit, the trail changes to steep lava formations, and in some places climbers must use their hands to ascend. Extra caution is required due to the risk of falling rocks.

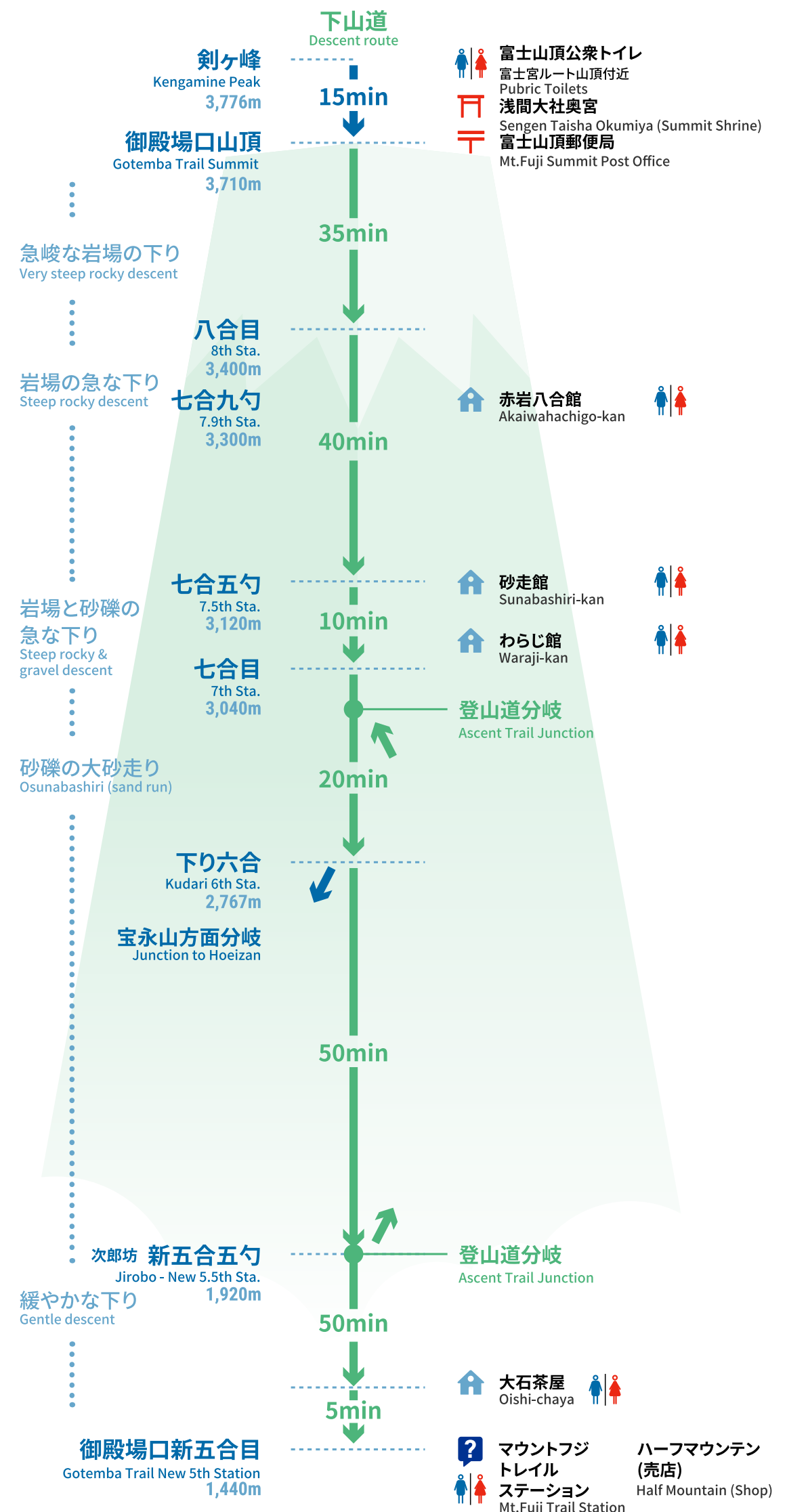
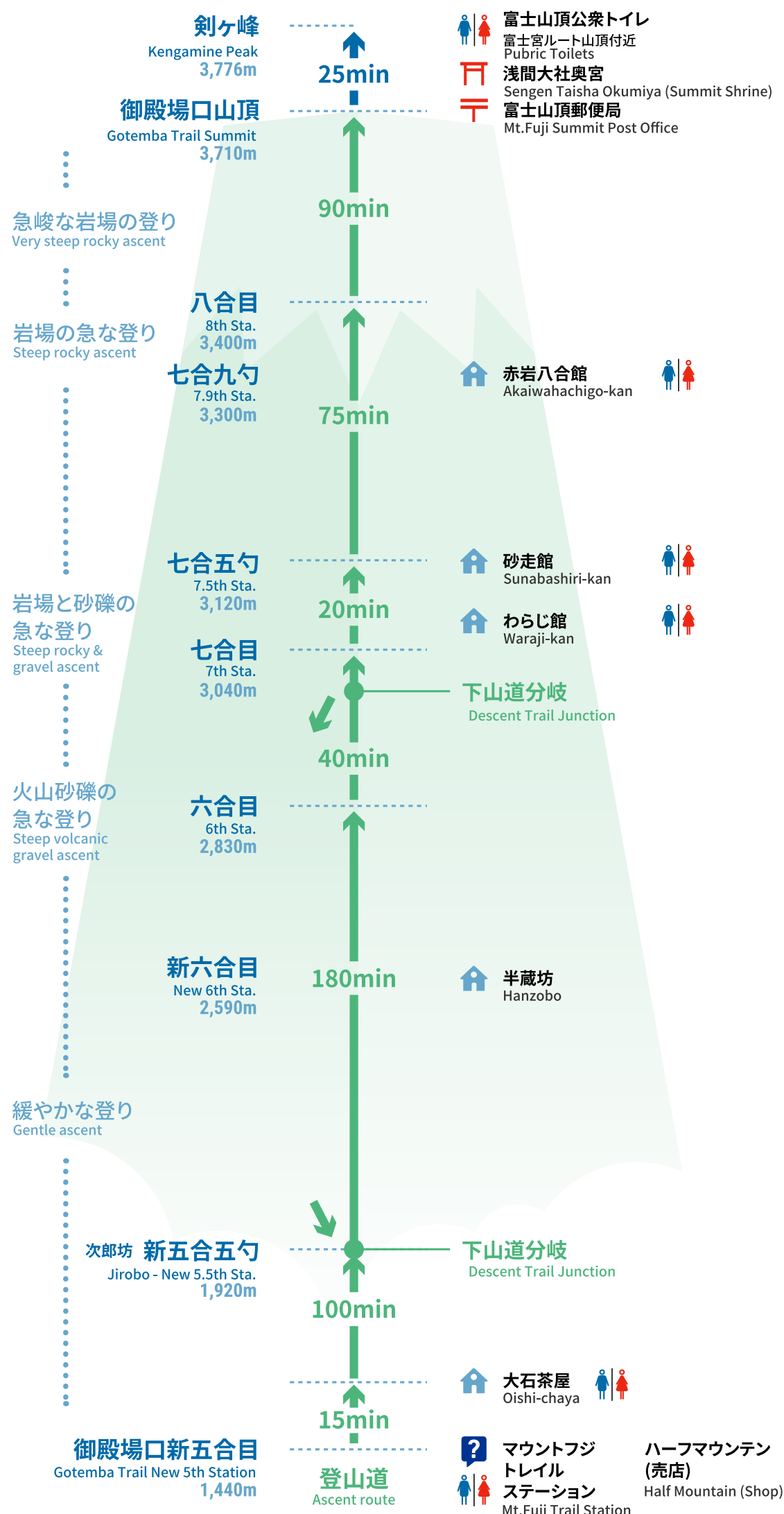
### 御殿場ルート下り

GOTEMBA Trail Descent route



下山道も山小屋が少ないため事前に確認しておきましょう。下山は登り同様に、九合目付近は急峻な溶岩が積み重なった岩場の下りが続きます。その後、七合目付近まではゴツゴツした岩区間です。落石に注意しましょう。七合目を通過すると、いよいよ「大砂走り」が始まります。砂の斜面を豪快に滑降できますが、スピードコントロールが難しいので無理せず下山しましょう。また、砂埃対策として、ゲイターやマスク、サングラスがあると良いでしょう。

Since there are few mountain huts along the descent route as well, it is important to check facilities in advance. Similar to the ascent, the section around the 9th Station consists of steep descents over piled lava rocks. Down to around the 7th Station, the trail continues through rugged rocky terrain, so watch for falling rocks. After passing the 7th Station, the famous Osunabashiri begins. This long sandy slope allows hikers to descend quickly by sliding or running down the volcanic sand. However, controlling speed can be difficult, so descend carefully and avoid rushing. Because sand and dust can easily be kicked up, wearing gaiters, a mask, and sunglasses is recommended.



※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.