

Requirements for the Hida-Osaka Guided Winter Tours

※Please read through the end.

Welcome to Hida-Osaka 200 Falls!

Before making a reservation, please check all members in your group DO NOT apply to any of the restrictions below. Also, it's necessary to fully understand what is written on the 2nd page.

【Medical conditions】

1. Body temperature is not higher than 37.5 C, nor have symptoms doubtful for cold.
2. Have asthma.
3. Have circulatory system diseases.
4. Have backache or hernia.

【Other conditions】

1. You are taller than 190 cm (6'2" ft).
2. You weigh more than 90 kg (198 lbs).
3. Your shoe size is bigger than 30 cm (EU 47, USA 12).
4. You are 65 years old or older.
5. All members of your group are younger than 18 years old.

Important notice for the Hida-Osaka Guided Winter Tours

On Hida-Osaka Guided tour, you will experience and enjoy the wild outdoor environment where there is no human habitation. However, it means, at the same time, the environment is very harsh for human beings. Most of the guided waterfall trekking tours, especially advanced courses, take place deep in the mountains where the ambulance and the helicopter can't arrive soon. Please remember that you will always be at the risk of crucial situations while you join our tour.

Our guides are determined to take participants on to our exciting tours with the minimum risk, but it is important that you also cooperate with us not to risk yourself in danger. Once the tour starts, you must walk on your own until you return. In order to accomplish the tour, please **prepare yourself, be in shape to endure the trekking, and prepare necessary gear in advance.**

Before leaving for the tour, please read all cautions below and check your condition. If you are subject to even one of them, please postpone your plan.

【IMPORTANT NOTICE】

Be aware of the risk of a deadly accident if you don't follow below.

- Please stay fit for the tour from the day before the tour. The participant whose body temperature is higher than 37.5 C at the time of sign-up is not able to join the tour.
(You would endanger yourself, if you join the tour with hangover, cold, or any kind of uneasiness.)
- Winter trekking tours require the same or more amount of stamina than trekking tours in summer. If you are not a constant hiker, please prepare yourself for winter trekking tours by taking more aerobic exercises in daiy practice.
- If you have or had asthma before, please bring your medicine. Please postpone your plan if your condition is severe.
- The tour involves constant walking and resting outdoors, thus you will sweat a lot even in low temperatures. In these conditions, it is important to **dress warmly and appropriately to protect yourself from the cold**. It is recommended you wear appropriate inner clothes. Quick-dry and self-heating type of layering clothes for mountaineering is highly recommended. Please avoid clothes of rayon or cotton.
- If you are allergic to something, please bring your medicine**, for example, EpiPen® Injection for bee allergy. If you have your own antihistamines, please bring it with you.
- If you have food allergies**, please let us know in advance of the tour. Lunch or light meals are optionally prepared during the tour.
- If you have chronic disease, please bring your own medicine.
- The tour is conducted with multiple groups. You will ride in the same car with other participants for about 1.5 hours between the visitor center and the trailhead. If you wish a private tour, please request so. In that case, we will ask an additional JPY 30,000 per group.

Please read through all cautions above.

Hida-Osaka Waterfall Trekking Office will ask you to sign the letter of consent at the time of sign-up.