

# 神楽ヶ峰山域・雪山の注意事項

神楽ヶ峰周辺は雪山初級者向けと思われがちだが、気象条件が厳しく決して安全な山域ではない。これは森林限界が低いことからご理解いただけると思う。軽率な行動をとれば白い魔物があなたに襲いかかることを肝に銘じてほしい。

## 天候急変は当たり前

冬間に神楽ヶ峰が晴れる日は数えるほどである。たとえ和田小屋付近が晴れていても山頂付近はガスが流れてきたり、雪に変わったりとめまぐるしく天候が変わる。このような時はホワイトアウトとなりルートを誤り遭難してしまう事例が多い。悪天候時(霧も含む)の遭難ではヘリが出動できないので、救出まで相当の時間がかかる。また、棒沢へ滑落した場合は救助隊でも現場へ入れないため天候回復まで待つしかない。救出まで持ちこたえる体力と装備で入山しよう。

## 自分の技術レベルを過大評価するな

スキー場の管理区域外にはゲレンデと違って様々な障害物がある。また、雪質も場所や時期により様々に変化する。このような状況のなか滑り降りるにはそれなりのテクニックが必要。転倒や障害物との衝突でケガをしても、ゲレンデと違いパトロールは来てくれない。ゲレンデで腕を磨いてから入山しよう。また、初級者を連れて行くことは絶対してはいけない。

## 先行者のシュプールを信じるな

天候が急変し心細いときに先行者のシュプールがあったとしても、それを信じてはいけない。もし、先行者がルートを間違っていたらあなたも遭難する。ルートファインディングは自分の責任である。

## 装備を使いこなせ

あなたの装備は万全だろうか。①ホワイトアウトの状況では地図とGPSが命綱②テルモスには熱い飲物、非常食には高カロリーのお菓子がよい。マイナス10度以下になるとおにぎりは凍って食べられないことがある。パーナーを持っていれば心強い。③ホイッスルは道迷いなどの遭難時にメンバーや救助者に自分の位置を知らせる手段として有効である。④携帯電話や無線は場所によって使えることもある。⑤新素材のウェアを多用すれば疲労も少なく、万一の場合の生存率も高い。⑥プローブは普段から訓練が必要。入山前にビーコンのスイッチオンをお忘れなく。

## 雪崩回避

スキーやスノーボードの雪崩事故は、自身あるいは仲間が起こした雪崩に巻き込まれる場合がほとんど。雪崩回避には、地形の選択が最も有効。ゲレンデ内とは完全に意識を切り替え、斜度に注意を払うこと。経験が浅い人は尾根や樹林の濃いところなど、危険の少ない場所を選ぶように。なお、積雪が不安定な時は直接的な証拠が観察できることが多い。真新しい雪崩や自身のスキーの先端から走るシューティングクラック、あるいは歩いている時に雪の中から聞こえるワッフ音など。短期間での多量降雪や強風が吹いた直後など、強い気象現象は必ず積雪を不安定化させるので、そのような時は急斜面を避けるのも重要。「安全な場所で止まる」「危険な場所は一人ずつ」といった行動原則を守ることが、事故を小さくする。仲間とのコミュニケーションを図り、賢く行動すること。

## 雪崩にあつたら

時間がすべて。自身の安全を確認した後、直ちに捜索を開始する。10分以内に埋没者の呼吸を確保しないと生還率は急激に下がる。捜索時はビーコンだけでなく、雪上の残留物を決して見落とさないように。雪崩に遭って助かった人は、身体や装備の一部が雪面に出ているケースが多い。ビーコンのピンポイントに時間を掛け過ぎず、プローブを効果的に使うこと。掘り出しは斜面下方、埋没者から少し離れた位置から組織的に行う。これらはすべて事前の訓練が必要。

## 棒沢の危険性

棒沢上部はわりとなだらかだが、途中から雪の着かない急斜面になる。地形はすり鉢状で、沢の底まで滑落する。急斜面のため這い上がることはまず不可能。沢の下流には滝があり行き止まりとなる。しかも常に雪崩の危険性が高い。非常に危険な沢であり、遭難もこの沢に集中している。神楽ヶ峰の先には絶対行つてはいけない。

## Precautions for the Mt. Kaguragamine Mountain Area

Although many people tend to believe that the area around Kaguragamine mountain range is for beginners, weather conditions are very harsh and this is definitely not a safe mountain range. You should also be able to understand this from the fact that the forest line is low. You must always keep in mind that the white monster will attack if you act carelessly or brashly.

### Sudden Changes in Weather Conditions is Normal

There are only a few days when the weather is clear on Mt. Kaguragamine during the winter season. Even if the area around Wadagoya Mountain Hut is sunny, the climate changes drastically near the summit, with thick fog settling in at one moment and then snow the next. This is when a whiteout occurs and in many cases, people lose track of their route. As helicopters cannot be used for rescue efforts in bad weather conditions (including fog), much time is required to rescue the disaster victims. If a victim falls into the Bozawa Ravine even the rescue crew will not be able to enter the site so rescue efforts will have to wait until the weather gets better. Therefore, when entering a mountain, make sure to prepare yourself so you have enough energy and equipment to survive until you are rescued.

### Do Not Overestimate Your Skills

Unlike the slopes within the managed ski area, there are many obstacles in the mountains. Snow quality also changes in a variety of ways according to location or time of season. Thus a certain level of skill will be required to ski down the slopes in such situation. Further, unlike the managed ski area, no patrol crew will come to your rescue if you fall or hit an obstacle and hurt yourself. So hone your skills first before going into the mountains. Also, never ever take a beginner with you.

### Do Not Trust Snow Trails Left By Other before You

When the weather suddenly changes and you are feeling discouraged, and you find a trail left by someone who skied before you, please do not trust it. If this someone took a mistaken route you will get lost as well. It is your own responsibility to find your way out.

### Make Use of your Equipment

Are you fully equipped? (1) In a whiteout your map and GPS will be your lifeline. (2) Put hot drinks in your thermos and carry high calorie snacks as emergency food. When the temperature drops to -10 degrees or less, rice balls will freeze and may become inedible. It would be a good idea to bring a burner with you. (3) Whistles are an effective way to let other members or rescuers know where you are if you get lost or are in trouble. (4) Mobile phones and wireless radios may be usable in some location. (5) Fatigue will be less and you will have a higher rate of survival in the event of a disaster if you use layers of clothing made of new materials. (6) Regular practice will be required on how to use the probe. Don't forget to switch your avalanche transceiver on before entering the mountain.

### Avoiding Avalanches

Most avalanche accidents that occur during skiing or snowboarding involve getting caught in an avalanche caused by yourself or your friends. To avoid avalanches, choosing the right terrain will be most effective. You will need to totally switch your mind from skiing down a managed slope and pay attention to the slope angle. Those who do not have much experience should choose a ridge or thick forest area where it is less dangerous. If snowpack is unstable, direct proof can often be observed. Examples include avalanches that just occurred, shooting cracks that form from the tip of your skis or the whump sound from the snow when you walk. Snowpack always becomes unstable after drastic weather phenomena such as heavy snowfall in a short time or right after strong winds, so if this happens, it is also important to avoid steep slopes. Following and executing the action principles of "stopping at safe places" and "going one at a time in dangerous places" will keep accidents minimal. Keep good communication going within your group and act wisely.

### If You Encounter an Avalanche

Time is of essence. Once you make sure you are safe, start searching for others immediately. Unless you can secure air to those buried in the snow within 10 minutes, the survival rate will drastically decline. When searching, make sure to look not only for the avalanche transceiver and do not overlook any remnants on the snow. In many case, those who survive an avalanche had parts of their body or equipment sticking out of the snow. Do not waste too much time trying to pinpoint the location of the avalanche transceiver and use the probe effectively. When digging the victim out, pull towards the bottom of the slope, and organize the dig from a location slightly away from the victim. You will need to practice all of this in advance.

### The Dangers of Bozawa Ravine

The slopes in the upper part of Bozawa Ravine are quite gentle but from the middle the slopes become steep where snow does not accumulate. The topography is conical so you can fall to the bottom of the ravine. As the slopes are steep it is impossible to crawl out. Downstream you will hit a dead end with a waterfall. Moreover, there is always the danger of an avalanche. This is a very dangerous ravine and disasters are concentrated in this ravine. You should never go beyond Mt. Kaguragamine.