

Take care to drink water even in winter

During the extreme heat of last summer, TV and other news media repeatedly called people to “replenish water and salt frequently.”

As a matter of fact, even when it is getting cold, drinking enough water is important. In winter, since it is not hot like summer, we tend to neglect to stay hydrated. When we climb a mountain, however, we sweat even in winter. In addition, water in the human body evaporates even by breathing. Especially on a warm day for this season, your body will come to be overloaded if you climb a mountain without drinking enough water in your usual way. In Okutama mountains on such days, some middle-aged and elderly climbers suddenly collapse or faint near the summit. We have had several reports of such cases of injury and accidents. Shortage of body-water leads to a leg cramp. It leads to a risk of falling or losing your way due to impaired judgment. Moreover, because of elevated blood concentration, it increases the risk of cerebral infarction and myocardial infarction.

You should be attentive to drink water frequently not only in summer but in cold winter.



Take enough water even on cold days

Activities of Park Rangers

For mountain climbing safety

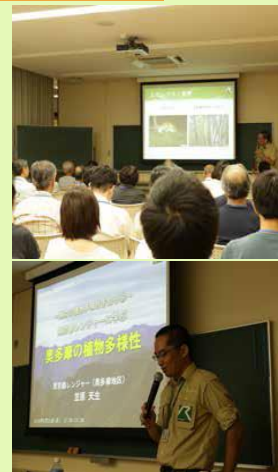
In the fall foliage season of November, when many climbers visited mountains in Tokyo from early in the morning, Park Rangers held events to call for mountain climbing safety in from of Okutama Station (JR) and Mitake-san Station (cable car). Together with officers and staffs from fire services and Visitor Centers, we called on them to submit their climbing plans.

It means a lot to draw up a good climbing plan to enjoy the mountains safely. Before you climb a mountain, please work on your climbing plan, complete it and submit it.



Promotion of nature and environmental education

We gave a lecture titled “Plant Diversity in Okutama” at the Center for Plant Diversity, Jindai Botanical Park. Yes, the Tokyo Park Rangers are engaged in promoting education on the natural environment, too. In this lecture, we spoke on rare plants, alien species, damages to crops by Japanese deer, and other topics from a variety of perspectives on plant diversity in Okutama, our area of activities.



We do more



Signposts are helpful to you to confirm directions in the mountains. In natural parks, local governments and organizations place them for hikers, etc. You may think that these signposts are manufactured by paid agents. However, in actuality, we Park Rangers do make some of them!

On rainy days or when we happen to find the time, we make many of the so-called “simple feathers” without supporting poles. Some feathers are unique, showing the very personality of the Park Rangers who made them.

Though it is not so frequent for mountain climbers and hikers to come across with us, we’ll be happy if you could get a sense of the existence of the Tokyo Park Rangers through this equipment and facilities in natural parks in Tokyo.

Information special to December

It gets dark early!



Forests
in the gathering dusk

We have entered into the season of short days. The sunset time of Tokyo in December is **“around 4:30 p.m.”** Sunlight starts to be pale after 3:00 p.m. It gets dim in forests and temperature goes down significantly. Try to move to action at the earliest possible time.

It's a hunting season!

Be careful not to be mistaken for a bear or deer during the hunting season. To prevent shooting by accident, it is important for hikers, etc. to let hunters know that you are a human, not an animal. Protecting yourself measures include making sounds that give a sign of a human, wearing eye-catching and easy-to-recognize clothes and not going astray from trail routes.



Hunting period:
from Nov. 15 to Feb. 15
(regarding Japanese deer,
to the end of Feb.)
Hunting hours:
from sunup to sundown

Operations of the Tokyo Park Rangers

1. Spreading appropriate behavior in the utilization of nature to tourists, etc. and enlightening them about it;
2. Monitoring the poaching and theft of rare species of animals and plants;
3. Inspecting and performing emergency repairs of hiking trails, signposts, etc. to ensure the safety of hikers and other users; and
4. Observing and monitoring continuously the natural environment such as inhabitation of animals and growing conditions of plants and explaining about nature as well as trail routes and facilities to visitors to natural parks.

Contact the following Visitor Centers for information about nature

Takao Visitor Center	042-664-7872
Okutama Visitor Center	0428-83-2037
Mitake Visitor Center	0428-78-9363
Komine Visitor Center	042-595-0400
Yama no Furusato Mura Visitor Center	0428-86-2551