

You are hiking in bear country

Urabandai' s trails run through the natural habitat of the Asiatic black bear. These bears are generally shy and try to avoid people, but careless behavior with food, trash, or photos can still cause accidents.

Please help keep both people and bears safe by following the simple rules in this leaflet.



Rules and Manners

1. Stay on marked trails and official trekking routes.
2. Never feed bears or any wild animals.
3. Do not approach bears for photos or videos.
4. Take all trash and leftover food back with you.
Do not leave bottles, cans, or food waste in the forest
5. If you see a cub, leave the area immediately.
The mother is usually nearby and can become very aggressive to protect her young.



The Lake District of Japan
Urabandai
Urabandai Tourism Official Website

Have a nice trip!



MAP



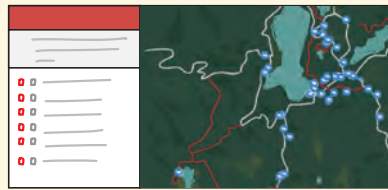
YouTube



HP

Urabandai Visitor Center – Bear Information

You can access up-to-date information on bears and nature (in Japanese) from the “Bear information / Nature” section of the Urabandai Visitor Center website.



An online bear-sighting map (Google Maps) is also available



QR Code

For inquiries (Japanese only)

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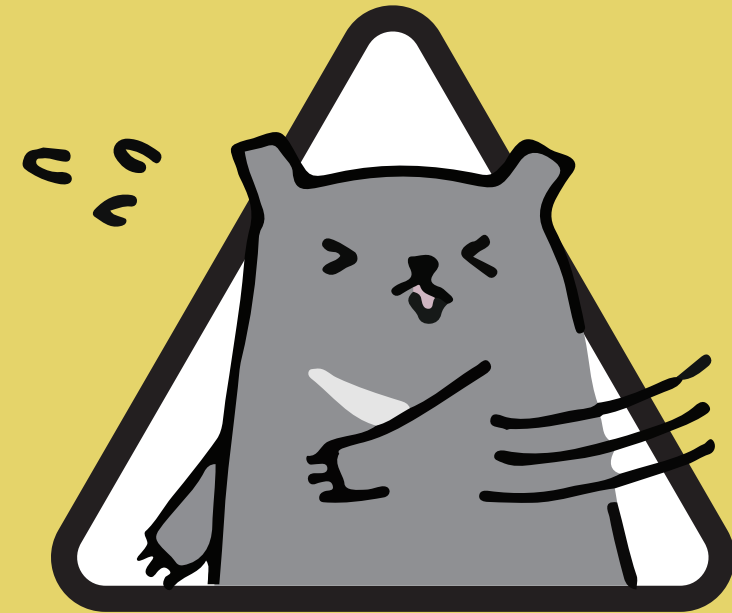
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Hiking Safely in Bear Country “ Urabandai ”



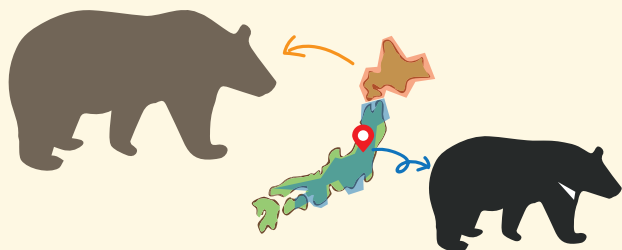
**Let' s not surprise bears
- or be surprised by them.**

- **How to Prevent Bear Encounters**
- **What to Do if You Meet a Bear**
- **Simple Safety Tips on the Trail**

Bear Species in Japan

There are two species of wild bears in Japan. Brown bears live only on the northern island of Hokkaido.

In Urabandai and the rest of Honshu, the bear you may encounter is the Asiatic black bear (also called the Japanese black bear).



These bears are usually shy and try to avoid people. They do not normally approach humans unless they are surprised, feel threatened, or are attracted by food and garbage. The best way to stay safe is to prevent encounters in the first place by following the simple tips in this leaflet.

Bear Bells Rental Service

Bear bells are a simple way to make continuous sound while you walk, so that bears notice you before you get too close. Even if there seem to be many other visitors around, please do not assume it is safe—keep your bell ringing.

Some shops and hotels sell bear bells. Around the Goshikinuma (Five Colored Ponds) trail, you can also rent a bear bell.

How to Avoid Bear Encounters

- Use a bear bell or talk, clap, or sing so that bears can hear you coming, especially in dense forest or where you cannot see far ahead.



- Hike in a group whenever possible. Groups are louder and easier for bears to notice.



- Avoid hiking at dawn, dusk, night, or in heavy rain and fog. Choose roughly between 9:00 and 15:00, when visibility is better.



- Do not leave food, snacks, or garbage outside. Pack out everything you bring into the mountains.



- Stay on official, marked trails. Do not take shortcuts through the forest or leave the trail.



If You Encounter a Bear

- Stay calm. Do not run or scream. Running may trigger the bear to chase you.



- Face the bear and slowly back away, increasing the distance without turning your back.

- Do not throw stones or try to scare or attack the bear. Never approach a bear for photos, even if it looks small or like a cub—humans cannot win against a bear.



- If a bear comes very close and you cannot move away, hold your backpack or jacket in front of you and crouch to protect your head and neck until the bear moves off.

