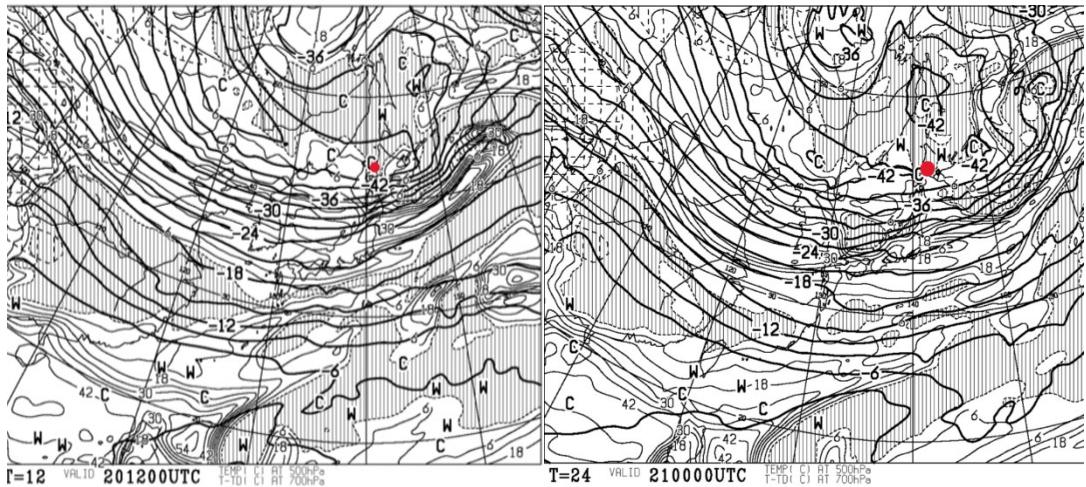


(フィールドレポート January 20. 2026)

最強寒波到来！夜半の強い冬型の気圧配置によって、山では雪庇・吹き溜まりが発達。特に山系西側が顕著。標高 800m 以上の急斜面 30 度以上オープンバーン、沢地形 Wind Lee Slope、雪庇下では特に雪崩リスクが高い。また雪庇崩落にも要注意。

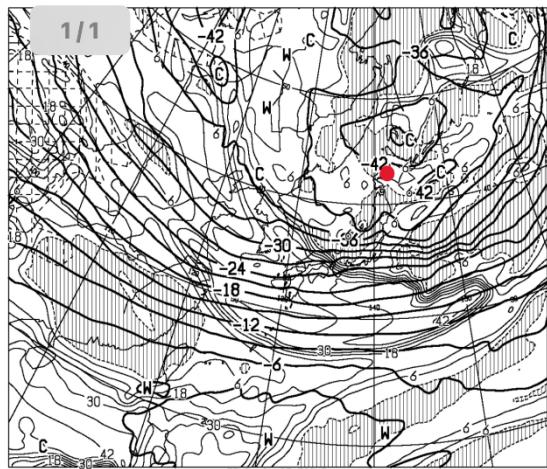
雪崩の前提条件は揃っているので、原因となる刺激を与えないこと！刺激を与えないで、雪の降り方が短時間で激しいと、降った雪自体の重さが雪崩のトリガーとなる！したがって降雪推移に注目することで、リスクアセスメントとマネージメントに役立つ。

気温が低い状況（-8°C以下）は雪崩リスクを高める要因の一つともなる。週の後半まで強い寒気の日が続くので、雪崩リスクの高い日も続くと考えてよいと思う。用心を！



1/20/2026 21:00@5,500m

1/21/2026 9:00@5,500m



1/22/2026 9:00@5,500m

上記添付の天気図は標高約 5,500m の高層天気図で、赤い点の地点がニセコ周辺で、今夜から 22 日朝 9:00 まで -39 度～-42 度の寒気に覆われている。（天気図はないが 22 日以降も寒気は続く）また、標高 1,500m で -15°C 以下になる。通常大雪の目安が 5,500m で -33 度～-36°C、1,500m で -6～-9°C と言われている。

上空 1,500m の風予測は W 強風約 20m/sec で吹雪く。繰り返しになるが、強風と共に降る雪の降雪推移、Wind Slab 吹き溜まり及び雪庇の発達は雪崩リスクを高める。降雪予測は max.20cm/6hrs、max.30～50cm/24hrs と言われている！

※参考までに本日 6:00am のリザルトを

- 昨夕からの 12hrs で 30 cm～35 cm Soft Slab 降雪
- 30 度 ≒ @S-facing
- ECTP 8 (ECT=Extended Column Test) ※一般的にスラブ雪崩リスクは高い！

積雪量は増え雪も悪くないが、極寒、吹雪、大量降雪などによるリスクが予測される日が週後半まで続くので用心して、自分のリミットを超えない行動を心掛けたい！

Whatever you do, don't push yourself beyond your limits!

(Field Report – January 20, 2026)

A powerful cold wave has arrived! Due to a strong winter pressure pattern overnight, cornices and wind-loaded snow have developed in the mountains, particularly on the western aspects of the range. Avalanche risk is especially high on steep slopes over 30 degrees above 800 m elevation, on open slopes, in gully terrain, on wind lee slopes, and directly below cornices. Be extremely cautious of cornice failures as well.

All preconditions for avalanches are in place, so it is critical not to add any triggering factors. Even without human-triggered stimuli, if snowfall intensity is strong over a short period, the weight of new snow itself can become the trigger for avalanches. Therefore, closely monitoring snowfall trends is essential for effective risk assessment and risk management.

Low temperatures (below -8°C) are also one of the factors that increase avalanche risk. Strong cold air is expected to persist through the latter half of the week, so it is reasonable to assume that days with high avalanche risk will continue. Use extreme caution.

Upper-air weather charts (@ approx. 5,500 m):

- 1/20/2026 21:00
- 1/21/2026 9:00
- 1/22/2026 9:00

The attached charts show upper-air conditions at approximately 5,500 m. The red dot indicates the Niseko area, which is expected to be covered by extremely cold air ranging from -39°C to -42°C from tonight until 9:00 a.m. on the 22nd. (Although charts are not shown, cold conditions are expected to continue beyond the 22nd.)

At approximately 1,500 m elevation, temperatures are forecast to drop below -15°C .

As a general guideline, heavy snowfall conditions are often associated with temperatures of -33°C to -36°C at 5,500 m, and -6°C to -9°C at 1,500 m—both of which are significantly exceeded in this event.

Wind forecasts at 1,500 m indicate strong westerly winds of around 20 m/s, accompanied by blizzard conditions. Reiterating the key point: snowfall trends during strong winds, the development of wind slabs, wind-loaded areas, and cornices will significantly increase avalanche risk.

Forecast snowfall amounts are up to **20 cm per 6 hours** and **30–50 cm per 24 hours**.

For reference, today's 6:00 a.m. results:

- 30–35 cm of soft slab snowfall over the past 12 hours
- Slopes $\geq 30^{\circ}$ on S-facing aspects
- ECTP 8 (ECT = Extended Column Test)
- *Generally indicates a high slab avalanche risk*

Snow depth is increasing and snow quality is good; however, due to extreme cold, blizzard conditions, and heavy snowfall, elevated risk levels are expected to continue through the latter half of the week. Stay cautious and make decisions that do not exceed your personal limits. **Whatever you do, don't push yourself beyond your limits!**