（フィールドレポート January 26. 2026）

前回（1/20）のレポートでは、強い寒気と雪の日が週末まで続く見込みと述べているが、週明け後の今日もそしてこの先も続く見込み。地上天気図気圧配置を見ると、等圧線の間隔が広がって冬型が緩むように変化はするが、等圧線が広がるタイミングで北にある強烈な寒気の風と内陸東からの風がぶつかって渦を巻いて、天気図では見えてこない低気圧が日本海上で発生、それに加えて上空 5,500m の強烈な寒気（－42℃～－39℃）が居座るために雪雲が発達して大雪を降らせる気象状況になっている。

先週 1 月 21 日から今日までの降雪量は約 290 ㎝！もちろん降雪後に沈下するので、積雪量は降った量よりは少なくなるが、いずれにしても大雪である。

降る雪の性質は毎日違い、特にここ数日は用心深い行動が求められている。

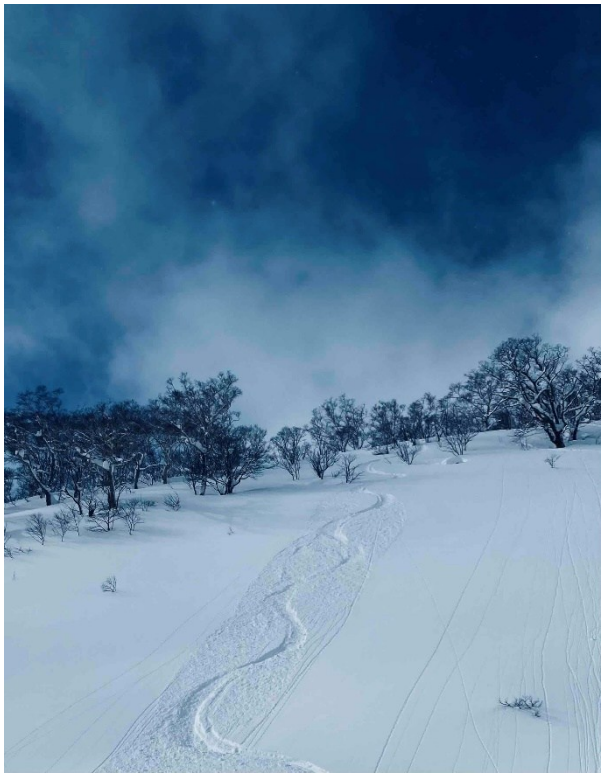
昨日 1 月 25 日と本日 1 月 26 日の様子を下記に記載する。

@1 月 25 日：24 時間の降雪量訳 80 ㎝、雪は結晶が壊れて細かく結合してやや重く Wind slab。この降雪量の多さは自重での Slab 化と共に重さを支えられず雪崩れることもある。そして極寒－42℃@5,500m、視界不良でこの寒さは判断力をも低下させる。またこの雪の深さは雪崩以外のリスクも伴う。リスクアセスメントとリスクマネージメントが必須の日が続いている。

※北海道だけでなく、本州でも海外からのガイド、ライダーによる深刻な事故が起こっている。そこには日本の山を過小評価したり、自分の能力を過信してしまい、事故を起こしてしまうことがある。知識はもちろん重要だが、本当に大切なのは“危険度を感じ取る感覚”だと思う。そしてそれは毎日地元の山に入り、常に雪と山に向き合っている人にしか身につかないものだと思っている。大切なことは、希薄な成功体験を経験値と勘違いしないこと。

希薄な成功体験例；＃ガイド試験、＃雪崩リスクマネージメント＆レスキューコース etc,,,

@1 月 26 日：24 時間で約 40 ㎝の降雪。標高 800m 以上の Lee（風下側）に Wind Slab 吹き溜まり発達。多い所で 150 ㎝≧。この Wind Slab 吹き溜まりは、自重によって破断する可能性が高い。特に 30 度以上の急斜面、Leeward と雪庇とその下は要注意！



標高帯と斜面を選べば、雪は素晴らしくよい💔

この先多少の寒暖差はあるが、寒気と大量降雪の日が多々あるので、十分用心して山に入りたい。リスクは雪崩だけでなく雪の下に隠された深い穴やその下を流れる冷たい水、柔らかい雪の深さは遭難にも繋がる。安易にスキーやボードを脱いでしまうとハマって抜け出せなくなる。せめて片足には板をくっつけておくことを薦める。

(Field Report – January 26, 2026)

In the previous report (January 20), I mentioned that a strong cold air mass and snowy conditions were expected to continue through the weekend. However, the same pattern has persisted into this week and is forecast to continue further.

Looking at the surface weather charts, the pressure gradient appears to relax as the isobars spread out, suggesting a weakening winter pattern. However, at

the same time, strong northerly cold air collides with easterly inland winds, creating vortices. These interactions generate small-scale low-pressure systems over the Sea of Japan that do not clearly appear on standard weather charts. In addition, an intense upper-level cold air mass at around 5,500 m (–42 °C to –39 °C) remains in place, allowing snow clouds to develop continuously and produce heavy snowfall.

From January 21 through today, total snowfall has reached approximately **290 cm**. Of course, settlement occurs after snowfall, so the actual snow depth is less than the cumulative snowfall amount, but regardless, this is an extraordinary amount of snow.

The characteristics of the snow have varied day by day, and especially over the past few days, extremely cautious decision-making has been required.

Below is a summary of conditions on January 25 and January 26.

January 25

Approximately **80 cm of snowfall in 24 hours**. Snow crystals were broken down and bonded into fine particles, resulting in slightly heavy **wind slab** conditions. With this volume of snowfall, slabs can form under their own weight and may fail naturally when the snowpack can no longer support itself.

Extremely cold conditions persisted (–42 °C at 5,500 m), visibility was poor, and such severe cold also reduces judgment and decision-making ability. The depth of the snow itself introduces additional risks beyond avalanches. Continuous risk assessment and risk management were essential on this day.

Note: Serious accidents involving overseas guides and riders have occurred not only in Hokkaido but also on Honshu. In many cases, these incidents stem from underestimating Japanese mountain conditions or overestimating one’s own abilities. Knowledge is certainly important, but what matters most is the *ability to sense danger*. This skill can only be developed by entering local mountains daily and constantly engaging with the snow and terrain. It is critical not to mistake rare or isolated successful experiences for true experience.

Examples of such “thin” success experiences include: avalanche certifications, guide exams, avalanche risk management & rescue courses, etc.

January 26

Approximately **40 cm of snowfall in 24 hours**. Well-developed **wind slab accumulations** are present on leeward slopes above 800 m. In some areas, these deposits exceed **150 cm**. These wind slabs have a high likelihood of failing under their own weight. Particular caution is required on slopes steeper than 30 degrees, leeward aspects, cornices, and the terrain directly below cornices.

If elevation and slope selection are appropriate, the snow quality is outstanding ❤️‍🩹

Although some temperature fluctuations are expected, cold air and heavy snowfall will continue to occur frequently. Extreme caution is required when entering the mountains. Risks are not limited to avalanches; deep holes hidden beneath the snow, cold flowing water underneath, and the sheer depth of soft snow can all lead to serious accidents or becoming stranded. If skis or a snowboard are removed carelessly, it is easy to sink in and become unable to escape. At the very least, I strongly recommend keeping one ski or board attached at all times.