# CW Operators' Guide to
# "POTA・SOTA・WWFF Introduction"

## JR7CVG Hiro

# Introduction

- I am still a beginner in CW, POTA, SOTA, and WWFF. I happen to be involved in all of these activities, which is why I was asked to speak today.

- The practical methods shown today are just examples.

- There may be inaccuracies in the explanation of the systems.

- I simply love nature and enjoy amateur radio (especially CW) in natural settings.

- By the way, I am not a YouTuber. I upload videos with minimal editing in hopes that people will develop even a little interest in CW and POTA.

# Profile

### 1978
 Licensed as a junior high school student. During high school, mainly focused on 10m band DX QSOs and antenna construction.

### 1982～2021 November
QRT. (Although I renewed my callsign in 2015, I didn't actually operate)

### 2021 November
Officially returned to amateur radio and started POTA. Later added WWFF and SOTA, mainly focusing on portable operations. Mostly operate 40m and 30m CW, 2m FM. (Occasionally from home on 40C, 40F)

# Introduction: CW and Outdoor Operations

**Appeal of outdoor operations**

→ Experience unity with nature.

**Trend of award programs**

→ Creates goal-oriented motivation.

**Why CW is a perfect match**

→ Lightweight equipment and

many QSO partners

# System Overview

# POTA SOTA WWFF

# POTA （Parks on the Air）

## Started in the US in 2017, expanded worldwide

→ Parks On The Air started after the US National Parks On The Air program ended.

## What is POTA

→ Based on amateur radio operators visiting parks on the POTA designated list and making QSOs with other amateur radio operators from within the park.

## Definitions

→ Activator: A licensed amateur radio operator at a park on the POTA designated list who makes QSOs with other licensed amateur radio operators.

→ Hunter: A licensed amateur radio operator who makes QSOs with activators at parks. The SOTA term "chaser" is synonymous.

## Basic Rules

→ To achieve a successful activation, a minimum of 10 QSOs from a designated park is required within one UTC day. (Log submission is mandatory even if unsuccessful) → Hunters can QSO with activators from home or other locations. → Hunters do not need to submit logs. Only activators submit logs. Hunters receive credit through the activator's log.

https://docs.pota.app

# SOTA（Summits on the Air）

## Started in the UK in 2002, expanded worldwide
→ 212 associations worldwide, over 100,000 registered summits.

## What is SOTA
→ An award program for amateur radio operators that encourages portable operations in mountainous areas.

## Definitions
→ Activator: A licensed amateur radio operator in a SOTA Activation Zone who makes QSOs with other licensed amateur radio operators.
→ Chaser: A licensed amateur radio operator who makes QSOs with activators.

## Basic Rules
→ Hiking to summit and bringing power source required
→ 4 or more QSOs establish an activation

https://www.sota.org.uk

# WWFF（World Wide Flora & Fauna）

## Started November 2012

→ Previously started as "World Flora and Fauna (WFF)" by the Russian Robinson Club.
→ Over 36,000 flora and fauna protection areas (PFF) worldwide are registered in the WWFF directory.

## What is WWFF

→ Encourages licensed amateur radio operators to leave their home shacks and operate portable radio equipment in flora and fauna protection areas (PFF) around the world.

## Definitions

→ Activator: Station operating portable from nature parks, etc.
→ Hunter: Station making QSOs with activators.

## Basic Rules

→ 44 QSOs for successful activation (44 is a symbolic number integrating "4 elements of nature" and "4 directions of the earth," reflecting the philosophy of "respecting and protecting nature on the entire planet")

https://wwff.co

# System Comparison

| Item | POTA | SOTA | WWFF |
|---|---|---|---|
| Target | Parks (registered national/prefectural parks) | Summits (registered peaks) | Nature reserves・Flora & Fauna registered areas |
| Operating Conditions | Within park area<br>・10+ QSOs | Hiking to summit<br>・4+ QSOs | Operation from designated area<br>・44+ QSOs (can be combined) |
| Equipment Restrictions | Power source unrestricted (recommended: self-sufficient) | Self-sufficient operation (carry power, radio, antenna) | Principally self-sufficient・All equipment must be installed within the area |
| Difficulty | Low〜Medium (can be done even in urban parks) | High (conditions include mountaineering, weather, physical fitness) | Medium〜High (nature reserves, some areas difficult to access) |
| Award Reflection | Activation-based achievement records・Automatic awards | Point system (1〜10pt per mountain)・Cumulative awards | QSO count・Area-based awards (automatic tallying) |

# Registration Procedures

# POTA SOTA WWFF

# POTA（Parks on the Air）

```
┌─────────────────────────────┐
│    Prepare email address    │
└─────────────────────────────┘
              ↓
┌─────────────────────────────┐
│    (Recommended) Confirm     │
│    https://docs.pota.app     │
└─────────────────────────────┘
              ↓
┌─────────────────────────────┐
│       Access SIGN UP         │
│   https://pota.app/#/signup  │
└─────────────────────────────┘
              ↓
┌─────────────────────────────┐
│      Complete SIGN UP        │
└─────────────────────────────┘
              ↓
┌─────────────────────────────┐
│ Confirmation email & click hyperlink │
└─────────────────────────────┘
              ↓
┌─────────────────────────────┐
│        Start SIGN IN         │
└─────────────────────────────┘
```

[Recommended Reference Video]



"Getting Started with POTA - How to Sign Up and What You Should Know - Parks on the Air for Beginners" From JA1BJT's YouTube Channel

# SOTA（Summits on the Air）

**Prepare email address**

↓

**（Recommended) Confirm rules**
https://www.kawauchi.homeip.mydns.jp/sotajp

↓

**Access SOTA.ORG.UK**

https://www.sotadata.org.uk/ja/

↓

**Complete SIGN UP**

↓

**Confirmation email & click hyperlink**

↓

**Start SIGN IN**

① Click top right of https://www.sotadata.org.uk/



ログイン

② Click "Registration" at bottom
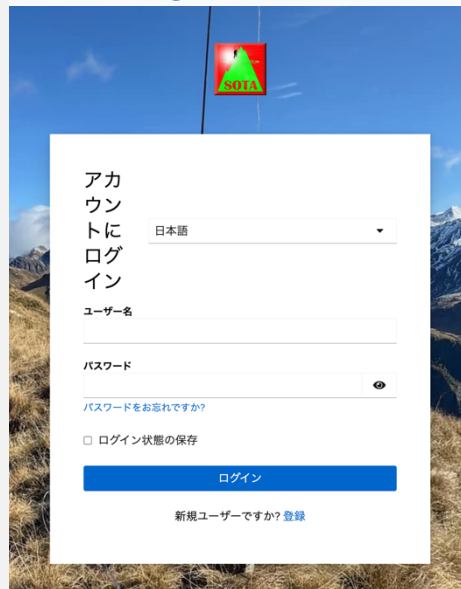
③ Enter details and register

# WWFF（World Wide Flora & Fauna）

**Prepare email address**

↓

**(Recommended) Confirm rules**

https://wwff.co/rules-faq/

↓

**Register**

https://wwff.co/

↓

**Confirmation email & click hyperlink**

↓

**Set login password**
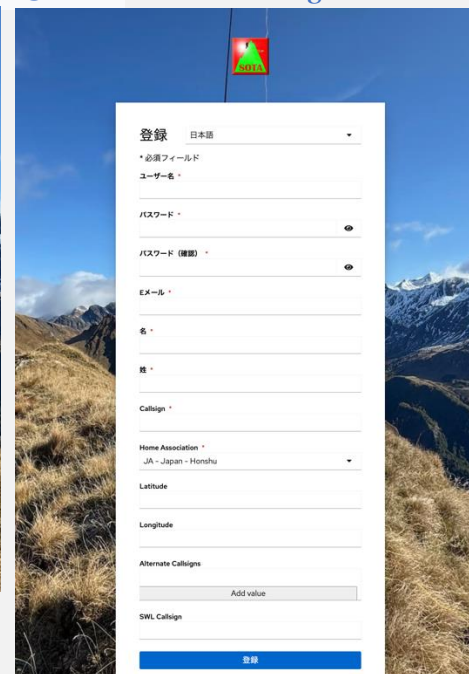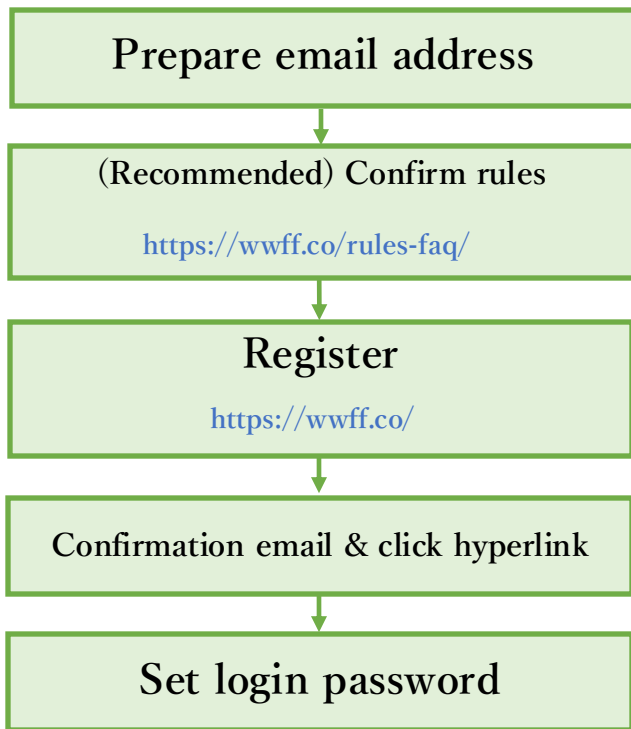
① Click "Register" on left side of https://wwff.co/

♣ PLEASE DONATE TO WWFF

Donate

♣ TRANSLATOR

言語を選択 ∨

Powered by Google 翻訳

♣ LOGIN (MANUAL APPROVAL)

▪ Register
▪ Log in

Select Language

② Enter details and click Register

Username

Email

**Callsigns and DXCC information**

Primary Callsign *
Primary callsign

Other Callsigns
Comma separated list of secondary (eg previous) callsigns. Do not specify prefixes or suffixes as these are included automatically.

Continent *
Please select your continent
AF ∨

DXCC *
Please enter your DXCC abbreviation (eg G for England, VK for Australia,K for US)

Name*

Please note that new accounts are manually approved, and the process typically takes less than 24 hours.

Registration confirmation will be emailed to you.

Register

Username: Callsign

Email address

Callsign

Other callsigns if any
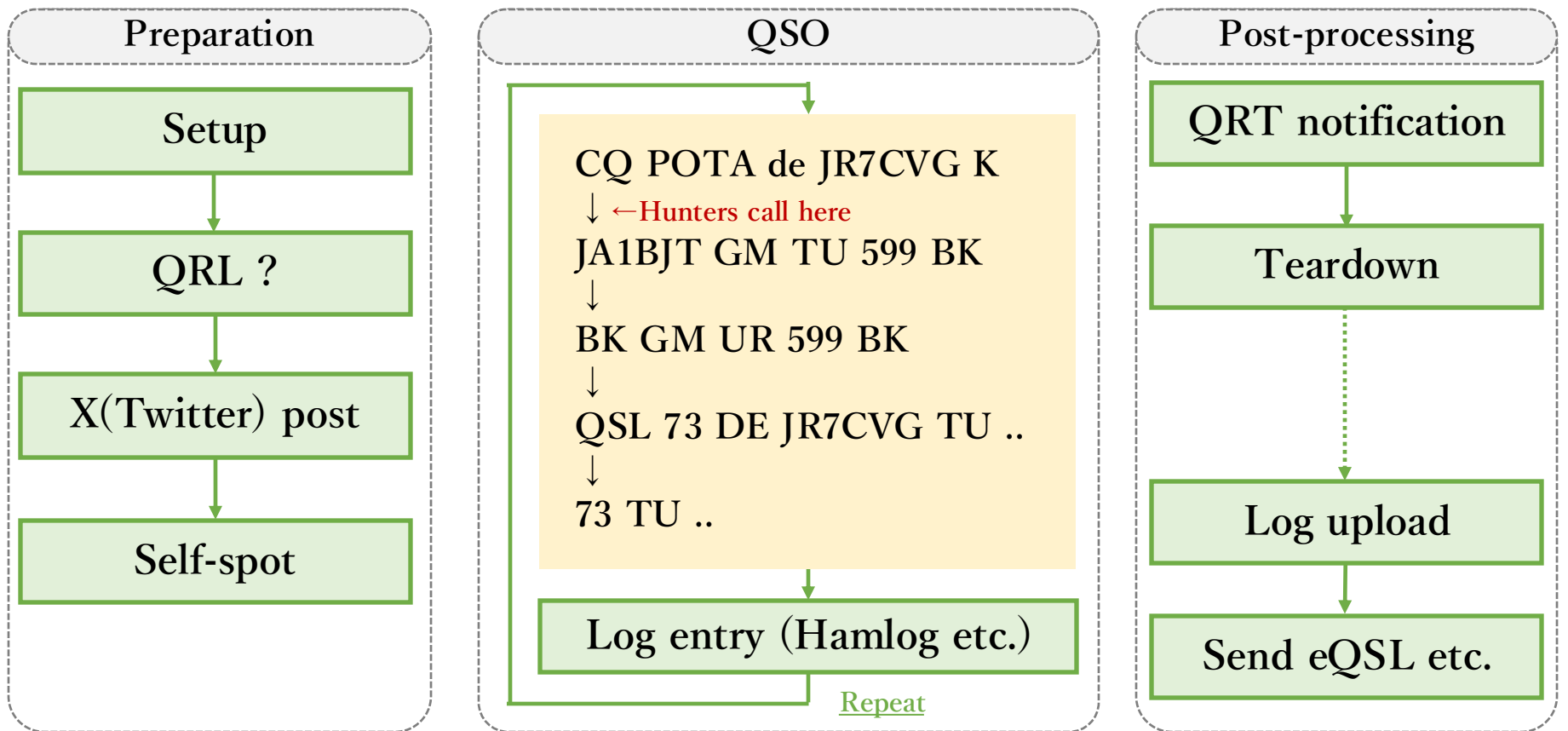
Select Area

Select DXCC Code

Name (e.g., HIRO)

# Portable Operation Procedures

# POTA SOTA WWFF

# General Flow from Preparation to CW QSO and Log Upload (My Case)

## Preparation

**Setup**

↓

**QRL ?**

↓

**X(Twitter) post**

↓

**Self-spot**

## QSO

CQ POTA de JR7CVG K
↓ ←Hunters call here
JA1BJT GM TU 599 BK
↓
BK GM UR 599 BK
↓
QSL 73 DE JR7CVG TU ..
↓
73 TU ..

↓

**Log entry (Hamlog etc.)**

Repeat

## Post-processing

**QRT notification**

↓

**Teardown**

⋮

**Log upload**

↓

**Send eQSL etc.**

# Self-spot Flow "MyACT -> X(Twitter) -> SPOT"

## To achieve successful activation, it's necessary to widely announce your QRV.



myact.sotalive.net

x.com（smartphone app）

pota.app

Paste to
X(Twitter)

Select text
from MyACT

Portable callsign

QRV frequency

Enter park number
in MyACT

Mode and other
free description
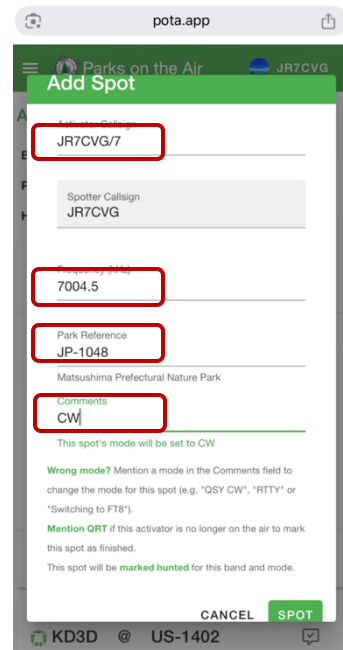
SOTA

WWFF

# HAMLOG Input

**環境設定** ×

| 設定1 | 設定2 | 設定3 | 設定4 | 設定5 | キー割当 | プルダウン | 設定6 |

Remarks1 `/7 POTA JP-1048 WWFF JAFF-0156 JCG#06013/A`

Remarks2

**プリフィックス**

国内局 `JA,JD,JE,JF,JG,JH,JI,JJ,JK,JL,JM,JN,JO,JP,JQ,JR,JS, 7J,7K,7L,7M,7N,8J,8M,8N`

1エリア例外プリフィックス `7K,7L,7M,7N`

☑ データ登録時確認あり  ☑ 登録したデータのWkd/Cfmチェックあり
☑ 「QSL受領マーク」では未受領データのみ表示  ☐ QSOデータの二重化
☑ 使用QSOデータ名を表示する  ☐ QSOデータの共有オープン
☐ 起動中に入力ウィンドウ表示  ☐ DX局でも日本語IMEを起動する
☐ コールサインは横スクロールしない  ☐ 年を4桁で表示

特定局の色

QSL受領Insertキー  ✔ OK  ✖ キャンセル

---

**LOG-[A]**  JR7CVG  `21:15:33` ×

1st-QSOです  ☐ CQ ☐ 1 ☐ 2

| Call | ☐ DX | Date | Time | His | My | Freq | Mode | Code | G·L | QSL |
|------|------|------|------|-----|-----|------|------|------|-----|-----|
| JR7CVG | | 25/07/30 | 21:15J | 599 | 599 | 7 | CW | 060104 | | J |

His Name `HIRO/齋藤`  QTH `仙台市太白区`  Clear

Remarks1 `/7 POTA JP-1868 JCC#0607`  NextLOG

Remarks2  Save

POTA 参加局

A1 CLUB(#0～4789)12/21 : A1#3874 サイトウ HIROさん

★hQSL_user★'25/07/06 : 紙QSLは発行していません。YouTubeやってます。

By configuring Hamlog text data, you can identify POTA Hunters when entering callsigns.

---

For eQSL and personal portable operation records, enter location in Remarks1.
*For consecutive activations, enter park number in Remarks2 for batch processing.

**parksontheair.slack.com**
**# activate-japan Various information exchanges take place**

↑ Invitation URL (valid until 9/4)

# LOG Creation（Using Turbo Hamlog）

## ① Specify record numbers and output CSV file



検索条件の設定

- ⊙ 先頭から検索
- ○ 最後から検索

日付範囲 00/00/00 から 25/07/30

レコード番号 23575 から 23591

出力先
- ⊙ 入 力 順
- ○ コールサイン順
- ○ （同上）重複無し
- ○ JCC/Gコード順
- ○ （同上）重複無し
- ○ グリッドロケーター順
- ○ （同上）重複無し

- ○ 一覧表示のみ
- ○ テキストファイル
- ○ プリンター
- ⊙ CSVファイル
- ○ エクセルに出力
- ○ ADIFファイル
- □ レコード番号付き

編集(E)
検索無し
検索-1
検索-2
閉じる

左余白 0

定義ファイル名 TEXTOUT.fjp

出力ファイル名 C:¥Users¥Hiroaki¥OneDrive¥デスクトップ¥Lo

LogList.csv

Deep gratitude to JL1NIE
The MyACT and File Conversion Tool introduced here are all services provided free of charge by NIE-san.
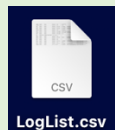
## ② File Conversion Tool for SOTA/JAFF/POTA Enter park number on website and load LogList.csv



SOTA/JAFF/POTA ADIF | SOTA Activator | SOTA Chaser | FLE Online | AirHamLog | WSPRnet SNR distribution

運用時のコールサイン(必須)
JR7CVG/7

運用時のオペレータ(任意)
コールサイン(例:JL1NIE)

SOTA/JAFF/POTA運用先
⊙ リファレンス/公園番号を入力
JP-1048 JAFF-1056
○ Remarks1で指定する
○ Remarks2で指定する

相手局のリファレンス/公園番号
⊙ 指定しない
○ Remarks1で指定する
○ Remarks2で指定する
○ QTHで指定する

| No. | Call | Date | Time | Band | Mode | Sent | Rcvd | SigInfo | MySigInfo | Station |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | JJ0IQS/3 | 20250726 | 2312 | 40m | CW | 449 | 539 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 2 | JG6FQW/1 | 20250726 | 2313 | 40m | CW | 559 | 559 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 3 | JP2XYT | 20250726 | 2314 | 40m | CW | 599 | 599 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 4 | JR2SSQ | 20250726 | 2315 | 40m | CW | 579 | 559 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 5 | JH9INY | 20250726 | 2316 | 40m | CW | 599 | 599 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 6 | JG3LUX/3 | 20250726 | 2317 | 40m | CW | 599 | 559 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 7 | JQ3KJ | 20250726 | 2318 | 40m | CW | 599 | 599 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 8 | JK1MGC | 20250726 | 2319 | 40m | CW | 599 | 559 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 9 | JI1PVR | 20250726 | 2321 | 40m | CW | 559 | 559 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 10 | JK1DHT | 20250726 | 2322 | 40m | CW | 599 | 439 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 11 | JE2EBM | 20250726 | 2325 | 40m | CW | 599 | 599 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 12 | JL3BUX | 20250726 | 2326 | 40m | CW | 599 | 599 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 13 | JJ1QLT | 20250726 | 2327 | 40m | CW | 599 | 439 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 14 | JF3SAS | 20250726 | 2328 | 40m | CW | 599 | 559 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |
| 15 | JA1AAA | 20250726 | 2329 | 40m | CW | 599 | 579 | | JAFF-1056/JP-1048(MG) | JR7CVG/ |

LogList.csv    Browse

CSV読込  ADIF生成  SOTAログアップロード  JAFFログ送付  POTAログアップロード  使い方

## ③ Click "ADIF Generation" to output ZIP file



JR7CVG-7@JP-10 48-20250720.adi    JR7CVG-7@JAFF- 0156-20...0720.adi

*When you extract the ZIP file, ADIF files are created for each reference.

# POTA LOG Upload



① pota.app top right   ② My Log Uploads, select the ADIF file output earlier
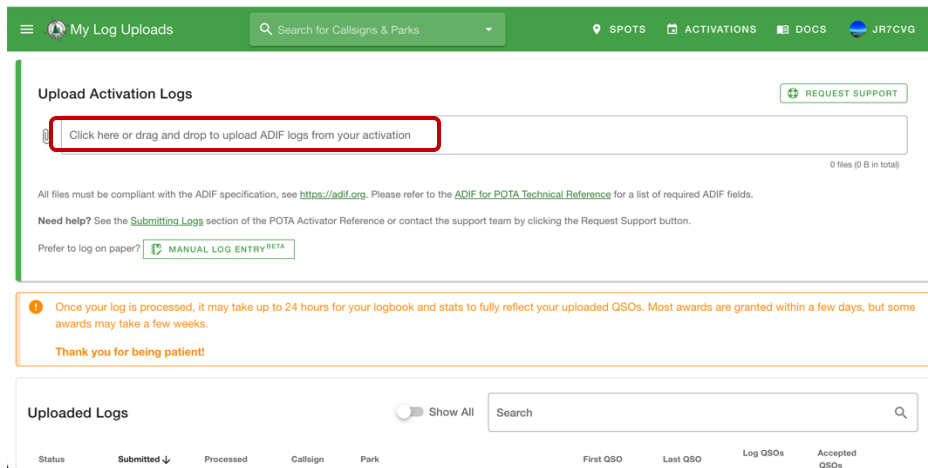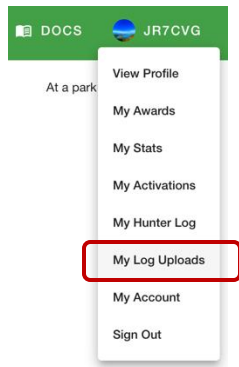
# SOTA LOG Upload

① After login, "ADIF Upload"



② Select the ADIF file output earlier and "Upload"

# WWFF LOG Submission

① Prepare "photo showing latitude/longitude," "operation photo," and "log file"



② Send to jaff-log@nifty.com

**Attach**

*For SOTA cases, by writing the SOTA mountain ID (e.g., JA/MG-011 Kitaizumigadake) in the email, you can omit the "photo showing latitude/longitude."

# Practical Examples

# POTA SOTA WWFF

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運用地：蔵王高原県立自然公園　POTA　JP-1044 / WWFF JAFF-0158
宮城県刈田郡蔵王町 JCG#06003/A
写真：'25/3/9 運用場所（秋山沢）

Copyright(C) JR7CVG

# JR7CVG /7

運用地：松島県立自然公園  POTA  JP-1048 / WWFF JAFF-0156
宮城県宮城郡七ヶ浜町 JCG#06013/A
写真：'25/1/19 運用場所（表浜公園）

Copyright(C) JR7CVG

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運用地：旭山県立自然公園 SOTA JA/MG-098 標高173m / JP-1049 / JAFF-0157
宮城県石巻市 JCC#0602
写真：'25/1/3 運用場所（旭山山頂）

Copyright(C) JR7CVG

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運用地：面白山 SOTA JA/MG-009 標高1246m ／ JP-1046 ／ JAFF-0159
宮城県仙台市太白区 AJA#060104
写真：'24/11/10 運用場所

JR7CVG /7

運用地：松川浦県立自然公園　POTA　JP-1093 / WWFF JAFF-0171
福島県相馬市 JCC#00711
写真：'24/11/24 運用場所

JR7CVG /7

運用地：三陸復興国立公園 POTA JP-0008 / WWFF JAFF-0093
宮城県石巻市 JCC#0602
写真：'24/10/27 運用場所（網地島　島の楽校）

JR7CVG /7

運用地：五葉山 SOTA JA/IT-011 標高1351m / JP-1038 / JAFF-0140
岩手県釜石市 JCC#0302
写真：'24/10/26 運用場所

Copyright(C) JR7CVG

# JR7CVG /7

運用地： 鳥海山 SOTA JA/YM-001 標高2236m / JP-0112(YT) / JAFF-0046
山形県飽海郡遊佐町 JCG#05001/D
写真：'24/9/29 運用場所

Copyright(C) JR7CVG

# JR7CVG /7

運用地：大川羽鳥県立自然公園
　POTA　JP-1096 / WWFF JAFF-0173
　福島県大沼郡会津美里町 JCG#07006/G
写真：'24/9/18 運用場所（白鳳山公園）

# JR7CVG /P

運用地：松島県立自然公園
 POTA JP-1048 / WWFF JAFF-0156
 宮城郡七ヶ浜町 JCG#06013/A
写真：'24/8/31 運用場所（多聞山）

JR7CVG /P

運用地：磐梯朝日国立公園 POTA JP-0009 / WWFF JAFF-0004
福島県耶麻郡猪苗代町 JCG#07017/D
写真：'24/8/25 運用場所（猪苗代湖）

Copyright(C) JR7CVG

JR7CVG /7

運用地：月山 SOTA JA/YM-002 標高1984m ／ JP-0009(YT) ／ JAFF-0101
山形県鶴岡市 JCC#0503
写真：'24/8/18 運用場所

Copyright(C) JR7CVG

# JR7CVG /7

運用地：大川羽鳥県立自然公園 JP-1096 / JAFF-0173
福島県大沼郡会津美里町 JCG#07006/G
写真：'24/8/3 運用場所（白鳳山公園）

JR7CVG /7

運用地：旭山 SOTA JA/MG-098 標高173m / JP-1049 / JAFF-0157
宮城県石巻市 JCC#0602
写真：'24/7/28 運用場所

Copyright(C) JR7CVG

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運用地：東海緑道公園 JA-1825
　　　東京都大田区 JCC#100111
写　真：運用地　'22/08/27

Copyright(C) JR7CVG

JR7CVG /7

運用地：県政史緑地公園 JA-1087
　　　　山形県山形市 JCC#0501
写　真：運用地　'22/08/14

Copyright(C) JR7CVG

JR7CVG /7

運用地：福島県昭和の森　JA-1871
　　　　磐梯朝日国立公園 JA-0009/JAFF-0004
　　　　福島県耶麻郡猪苗代町 JCG#07017/D
写　真：運用地　'22/08/12

Copyright(C) JR7CVG

# JR7CVG /7

運用地 Location：松島公園、松島県立自然公園 Matsushima Provincial Park
POTA JA-1052, JA-1048　WWFF JAFF-0156
宮城県宮城郡松島町 JCG#06013/B
写真 Photo　　　：運用場所 '22/10/27

# JR7CVG /7

運用地 Location：松島県立自然公園 Matsushima Provincial Park
POTA JA-1048　WWFF JAFF-0156
宮城県宮城郡七ヶ浜町 JCG#06013/A
写真 Photo　　　：運用場所 多聞山 '22/11/22

# JR7CVG/7

WORLD WIDE FLORA & FAUNA WWFF

POTA PARKS ON THE AIR

運用地 ：磐梯朝日国立公園 POTA JA-0009 / WWFF JAFF-0004
福島県耶麻郡北塩原村 JCG#07017/E
写真 ：'23/4/28 運用場所

# JR7CVG /1

運用地： イタリア大使館別荘記念公園 JA-1860 日光国立公園 JA-0010 ／ JAFF-0017
　　　　栃木県日光市 JCC#1506
写　真：'23/11/11 運用場所

# JR7CVG /7

運用地：磐梯朝日国立公園　POTA　JA-0009　/ WWFF JAFF-0004
　　　　福島県耶麻郡猪苗代町 JCG#07017/D
写　真：'23/12/17 運用場所（長浜駐車場）

JR7CVG /1

運用地： 鬼怒グリーンパーク　POTA　JA-1138　栃木県宇都宮市 JCC#1501
写　真：'23/11/19 運用場所

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# Award Examples

# POTA SOTA WWFF

# POTA Activator / 200 unique reference areas

JR7CVG
Hiro SAITO

Miyagi Japan

Other callsigns: JR7CVG/P, JR7CVG/7, JR7CVG/1, JR7CVG/6,
JR7CVG/3, JR7CVG/4, JR7CVG/5, JR7CVG/2, JR7CVG/0

📍 SPOTS    📅 ACTIVATIONS    📖 DOCS    🔵 JR7CVG

## All-Time Statistics

|  | Activator | Hunter |
|---|---|---|
| Activations | 943 / 958 | ---- |
| Parks | 291 / 291 | 498 |
| QSOs | 23636 / 23700 | 1545 |

*As of August 5, 2025

Enrubio

That
**Hiroaki Saito**
**JR7CVG**
has submitted proof of activating
200 unique reference areas
in the Parks on the Air program,
this certificate is hereby
presented in recognition of this
outstanding achievement.

200    *Activator Award*

Photo: U.S. Fish and Wildlife Services via Wiki Commons

Jason Johnston, W3AAX, POTA Coordinator

05/21/2023
Date

# POTA Activator / JP-1096 Okawa Hatori Park 200 times



*As of August 5, 2025

# WWFF Activator / 88 different WWFF references

## 受賞者　Award Holders

### JAFF Award

**Activator – Platinum**
No. 1 – 5: JA7GAX, JF7RJM, JR7CVG, JG3DHN, JG7MRR

**Activator – Gold**
No. 1 – 5: JA7GAX, JM6CIP, JF7RJM, JA5NSR, JR7CVG
No. 6 – 8: JG3DHN, JR8WOW, JG7MRR

**Activator – Silver**
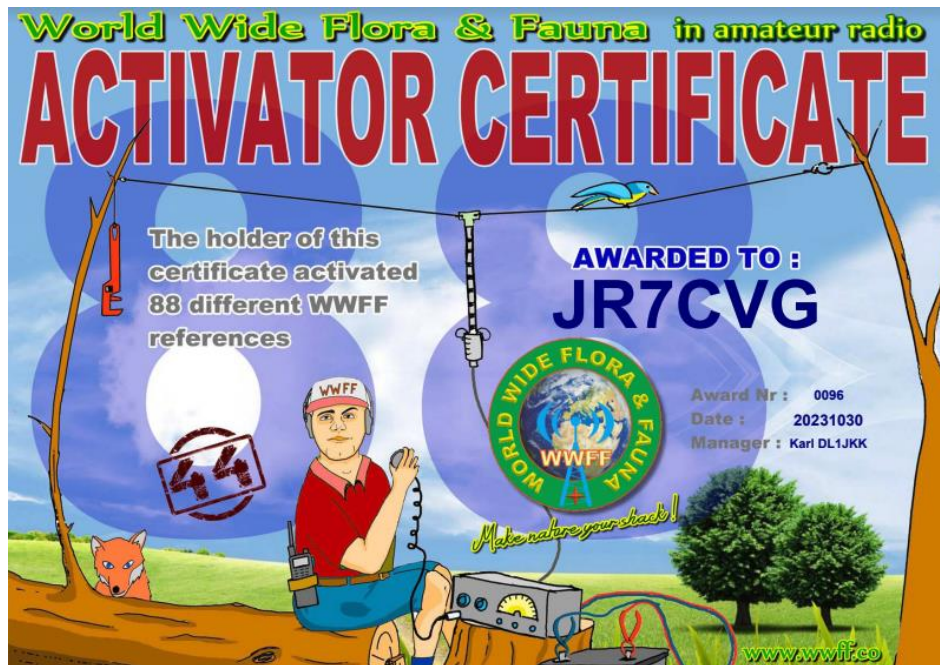No. 1 – 5: JA5NSR, JR3XEX, JF7RJM, JR8WOW, JG3DHN
No. 6 – 8: JA1JCF, JR7CVG, JG7MRR

**Activator – Bronze**
No. 1 – 5: JA7GAX, JA5NSR, JM6CIP, JI2SVL, JR3XEX
No. 6 – 10: JF7RJM, JR8WOW, JG3DHN, JR7CVG, JA3GOJ
No.11 – 13: JG7MRR, JR3UFI, JA9OJM

*As of August 5, 2025


World Wide Flora & Fauna in amateur radio
ACTIVATOR CERTIFICATE
The holder of this certificate activated 88 different WWFF references
AWARDED TO : JR7CVG
Award Nr : 0096
Date : 20231030
Manager : Karl DL1JKK
Make nature your shack !
www.wwff.co

# In Closing

# Why Not Add "Nature and Amateur Radio" to Your Enjoyment?

Immerse yourself in nature
• QRV surrounded by greenery, feeling the wind and hearing birds → Just being in nature is healing.

The happiness created by the fusion of nature and QSOs
• Nature × CW QSOs → This combination enriches the spirit.

Now is the time—why not become an "Activator"?
• Start from nearby parks, from mountains you can climb
• Make connections with people in nature a new source of enjoyment.

*Please prioritize "safety" in portable operations, including travel. And let's practice "Leave No Trace (enjoying the outdoors while minimizing environmental impact)" together.

# Thank You for Your Attention!

**YouTube**
**JR7CVG / HAM Radio Trails**