

Hiking in Japan

ガイドの皆さまへ (Message to Japanese Guides)

訪日外国人を対象にしたモデルコースの紹介ウェブページを作成しました。

先ずは第一歩として、日本の珍しい動物たちを切り口にしてモデルコースを紹介しています。今後は、動物以外の要素も取り入れ、内容の充実を図っていきます。

現時点ではモデルコースの紹介にとどまっていますが、将来的にはこのページが、山をフィールドとして活躍する皆さんにとって、外国人登山客を案内できる機会を増やすためのより有用なツールとしてご活用いただけるべく整備していきます。

公益社団法人 日本山岳ガイド協会
訪日外国人対応委員会

【Message from Chairman of Japan Mountain Guide Association】

The mountains of Japan are rich in complex nature. Despite Japan is located in a temperate monsoon climate zone, it also has a subtropical to subarctic climate. The mountains of Japan, which are compact but have complex terrain and various view in each region, will give a wonderful experience. We sincerely hope you could enjoy this nature with a Japanese guide.

TAKEKAWA Shunji
Chairman of Japan Mountain Guide Association



Photo by MATSUI Susumu

Seventy percent of Japan's land is mountainous and full of fascinating nature with many well-maintained routes and mountains that are easily accessible from the city.

Anyone can enjoy a wide range of activities that are catered for beginners to advanced individuals, starting from small mountains of several hundred meters to larger mountains of over 3,000 m in height.

Japan has four seasons and the faces of the mountains appear different in each season. We hope you enjoy the various mountain treks according to your interest, availability, and physical condition.

The mountains of Japan are closely related to the Japanese lifestyle and culture, with the unique Japanese practice of mountain worship that has been passed down through generations across Japan.

This site briefly introduces the characteristics of the Japanese mountains, especially focusing on the rare animals that are found in the Japanese mountains. The areas where it is relatively easy to observe those rare animals have been listed, so you could please refer to them.

However, the rare animals have been designated as natural monuments and are protected, hence, feeding and chasing the animals is prohibited, but if you happen to encounter them, please watch them with appreciation from a distance.

Introducing the Japanese Mountain Guides Association (JMGA)

Client safety and enjoyment constitute the main goals of the National Association of Professional Mountain Guides. The organization was established in 1971 and plays an active role in training guides, while cooperating with other associations around the globe. In Japan, there are 47 local mountain guide associations with 2,000 active members that are currently affiliated with our organization.*

The purpose of mountaineering is to establish a strong connection between Mother Earth and the climbers. The Japanese mountains are also rich in terms of variety with forests, rocks, valleys, volcanoes, and deep snow. The mountain guide's role is to help those who wish to enjoy the blessings of the Earth by providing the opportunity to explore the wonders of nature.

We always aim to be familiar with the advanced guiding methods for the entertainment and safety of our clients by training our guides and issuing official certificates, according to their qualifications. The guides are qualified after participating in training sessions and examinations, which are divided into different functions of the mountain guides and the nature guides.

Our other major role involves environmental conservation, where we work closely with Japan's leading Alpine and environment protection groups.

JMGA will continue to disseminate information and build a foundation for overseas guests to enjoy the nature of Japan.



*The JMGA officially joined the Union of International Mountain Leader (UIMLA) in 2020.

NATURE OF JAPAN'S MOUNTAIN

【TOPOGRAPHY】

The characteristics of Japan's topography are as follows:

1. Many mountains and few flatlands
2. Mountain ranges run through the archipelago similarly to a spine.
3. Many active volcanoes
4. Approximately two-thirds of the country is covered by forests

Areas above 500 m (above sea level) occupy one-fourth of the total land area, with four plates being in contact within the Japanese archipelago. The oceanic plate is submerged under the continental plate, where the sediments on the oceanic plate rise and form the backbone of the mountain range that runs through the Japanese archipelago. There are 110 volcanoes in Japan, representing 7% of the active volcanoes on Earth. There are active volcanoes, such as Mt. Yake-dake and Mt. Nasu-dake, where you can actually climb and feel the breath of the living mountains. However, these activities require full understanding of their potential dangers. Japan's climate is warm and rainy, reflecting the complex topographical features, from flatlands to steep mountains, hence, we can experience a very diverse forest. The changes in the appearance of the forest, which reflect the expression of the four seasons can also be beautiful.



【PLANT】

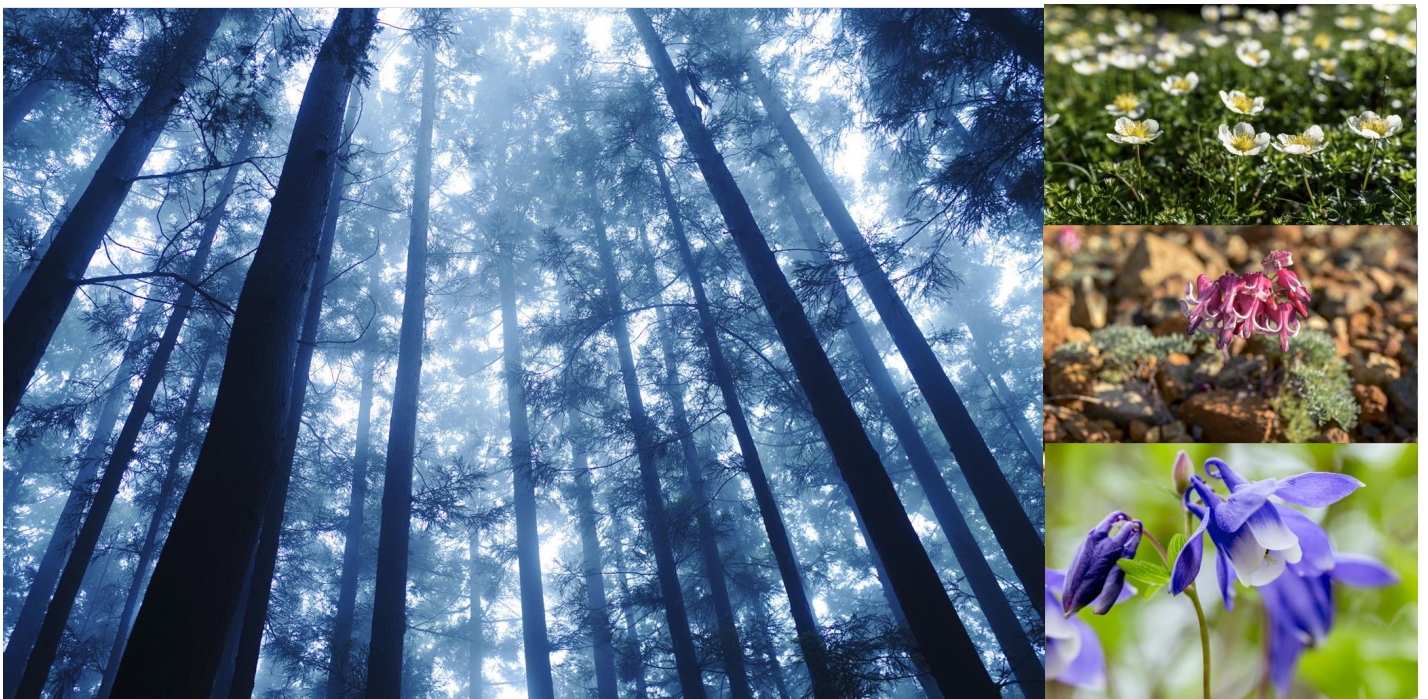
The biodiversity of plants in the Japanese archipelago is at a high level relative to the rest of the world.

The reasons are as follows:

- (1) The Japanese archipelago has a long structure, stretching from north to south with various climatic regions, from subtropical to subarctic.
- (2) The four seasons are clear and with frequent rainfall throughout the year.
- (3) The entire country is mountainous, where the altitude difference is large and the undulations are abundant.
- (4) It is an island country that is surrounded by sea and has a long coastline.
- (5) Volcanic activity, heavy rain, typhoons, and other factors likely cause topographical and climate disturbances.
- (6) The influence of the ice age in this region is hypothesized to be small.

The forests that display the changes in appearance of the four seasons, such as the bright green in the early summer, the autumn leaves, the appearance of the forest with the leaves dropped in winter are full of charm across the landscape.

The alpine plants are also beautiful, where some endemic species can also be observed in some sections of the forests.



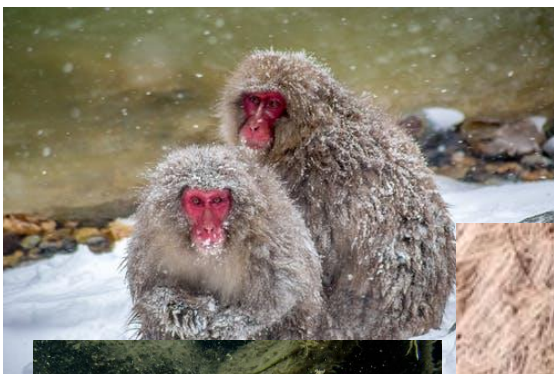
【WILDLIFE】

In Japan, approximately 1,400 species of vertebrates and approximately 35,000 species of invertebrates have been identified. Although the number of species is smaller than that of countries with tropical forests, it is larger than that of European countries. That is because of Japan's complex topographical characteristics, such as a wide climate zone that extends from north to south, subtropical to subarctic, with more than 3,000 islands, and mountain heights of over 3,000 m. In addition, warm and cold currents flow near the Japanese archipelago, thus, affecting the climate. Such complex terrain and varied climates create a rich environment that is inhabited by diverse organisms. Most of the terrestrial mammals distributed in Japan live in the forests.

Animals that are often encountered during hiking include deer, raccoons, dogs, foxes, weasels, and stoats. Among the wild animals that are widely distributed in Japan, many are endemic species that are unique to Japan. Japanese macaques, flying squirrels, Japanese squirrels, Japanese four-lined ratsnakes can be observed in the mountain areas of Honshu and Shikoku.

In addition, some very rare animals including the Japanese serows, grouse, giant salamanders can also be found but their distribution area is narrow. We can refer to them as being "living fossils" that have survived through the ancient times.

In the subalpine forests, we can observe dormouses, which are considered national natural monuments, and the Japanese flying squirrel (*Pteromys momonga*), while in the remote islands, there are the endemic Bonin flying foxes and Iriomote cats. There is also a plethora of birds, which one can enjoy observing their beautiful appearances and sounds while hiking.

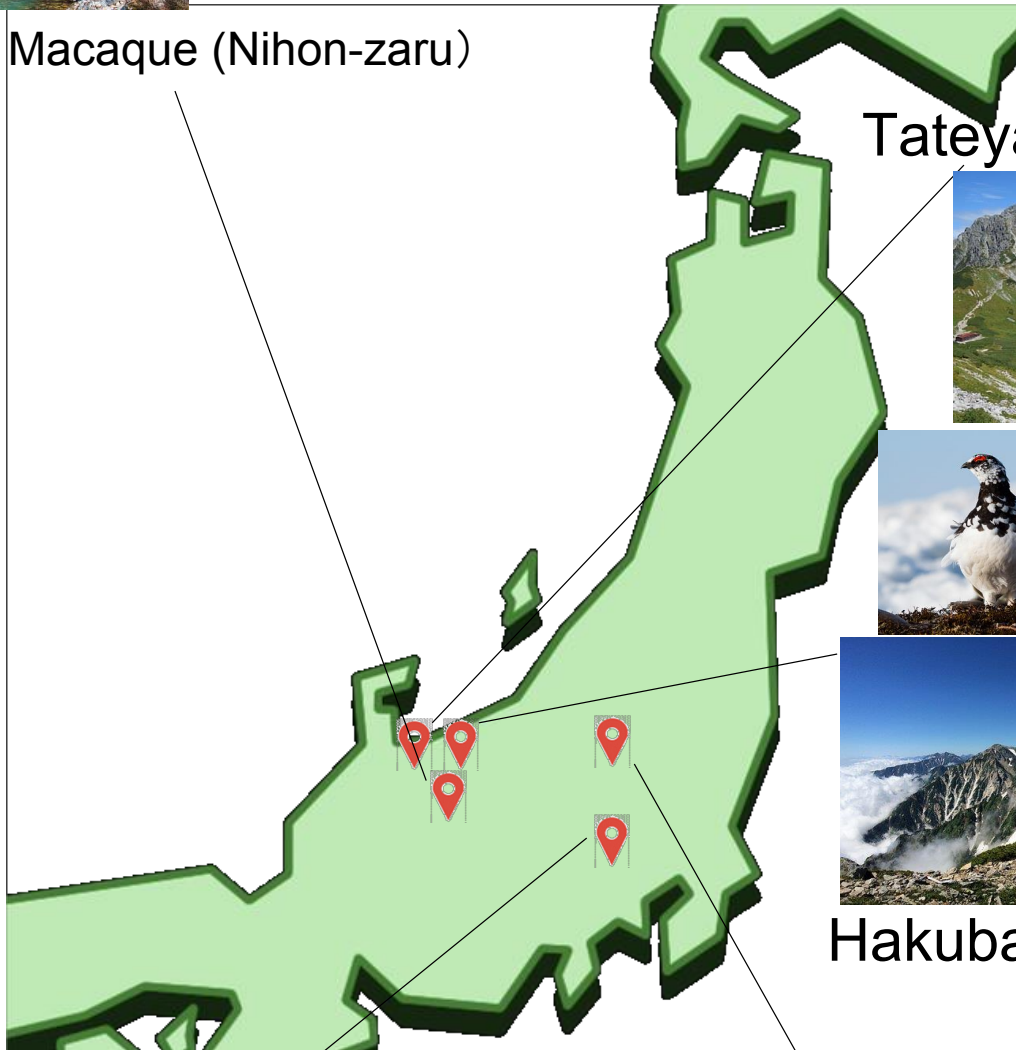


The Endemic Animals of Japan

Kamikochi (上高地)



Japanese Macaque (Nihon-zaru)



Tateyama (立山)



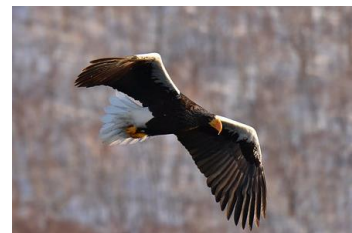
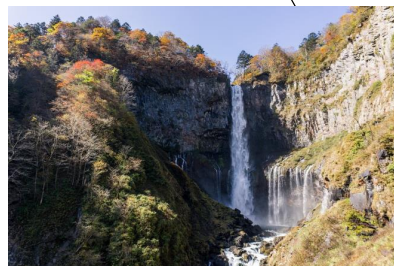
Ptarmigan
(Raicho)



Hakuba (白馬)



Takao-san (高尾山)
Flying squirrel
(Musasabi / Momonga)



Nikko (日光)
Steller's sea eagle (Oowashi)

Kamikochi (上高地) - Japanese Macaque (Nihon-zaru)

Outline of Kamikochi



Kamikochi (上高地, Kamikōchi) is a popular mountain resort in the Northern Japan Alps of the Nagano Prefecture, offering Japan's most spectacular mountain scenery. It is open from mid/late April until November and closes down during winter. Kamikochi is an approximately 15 km long plateau in the Azusa River Valley, that is approximately 1,500 m above sea level. It is surrounded by very popular tall mountains such as the Nishi-hotakadake (2,909 m), Oku-hotakadake (3190 m), Mae-hotakadake (3,090 m) and the active volcano Yakedake (2,455 m).

Directions

Private cars are prohibited in Kamikochi, thus, access is only possible via bus or taxi. If you are arriving from Matsumoto, you can take the Matsumoto Electric Railway to the Shin-Shimashima Station (30 mins), followed by a bus ride to Kamikochi (60 mins). There is also a small number of direct buses from the Matsumoto Bus Terminal to Kamikochi. Note that the Japan Rail Pass is not valid on these trains and buses.

Japanese Macaque (Nihon-Zaru)



The **Japanese macaque** (*Macaca fuscata*), which is also known as the **snow monkey**, is a terrestrial Old World monkey species that is native to Japan. They were named "snow monkey", because some live in areas where the snow covers the ground for months each year and no other non-human primate is more northern-living or lives in a colder climate. Individuals have brownish-grey furs, pinkish-red faces, and short tails.

In Japan, the species is known as **Nihonzaru** (ニホンザル, a combination of *Nihon* 日本 "Japan" + *saru* 猿 "monkey") to distinguish it from other primates, but the Japanese macaque is very familiar in Japan, hence when the Japanese people simply say *saru*, they usually refer to the Japanese macaque.

Observation

Tour

Observation tours are being operated by the Kamikochi Visitor Center. However, it is only conducted in the Japanese language and not on a regular basis.

Other information / Tips

- ✓ Stay away from the monkeys to avoid them getting acquainted with people.
- ✓ Do not feed the monkeys.
- ✓ Kamikochi belongs to the Chubu Sangaku National Park, where camping and BBQ are only allowed in some designated areas.

Hiking Trail Examples

Trail #1 : Dakesawa Wetland – Myojin-ike pond



It is the shrine area of Hotaka Shrine Okumiya. You can enjoy a mysterious feeling with trees reflecting on the surface of the pond. Chars, mallards, and mandarin ducks can also be observed. The pond was formed by a landslide that occurred in Mt. Myojin. However, since this area is in the shrine precincts, an admission fee of 300 yen is required.

Duration :	2h 30m
Distance :	8.6 km
Route :	Bus Terminal (1,504 m) – Kappa bashi bridge – Dakesawa shitsugen wetland – Myojin ike pond (1,524 m)- Myojin – Bus Terminal

Trail #2 : Taisho-ike Pond



The pond was formed when the active volcano of Mt. Yake-dake had erupted in 1915 and the Azusa River was blocked by a mudflow. The landscape of the dead trees in the pond has become one of the reasons why "Kamikochi" was designated as a "Natural Monument of Scenic Beauty".

Duration :	2h 15m
Distance :	8 km
Route :	Bus Terminal (1,504 m) –Tashiro bashi bridge – Tashiro ike pond – Taisho ike pond (1,490 m) – Weston Monument – Kappa bashi bridge - Bus Terminal

Hiking Trail Examples

Trail #3 : Yake-Dake



Yakedake is the only active volcano in the Northern Alps that still emits fumes. You can feel the Earth's breath there.

There are no difficult points on this route, but there is a ladder with an inclination of 80° and a height of 7 to 8 m, which could give a feeling of vertigo. The autumn leaves there are beautiful.

Duration :	7 h 30 m
Distance :	12.2 km
Route :	Bus Terminal (1,504 m) – Tashiro bashi bridge – Yake dake Tozanguchi (Trailhead) – Tohgesawa - Yakedake-goya (hut) – Yake-dake North Summit (2,393 m) – (Same return route) – Bus Terminal

Trail #4 : Karasawa Cirque



A type of glacial landform, with a semi-bowl-shaped depression that developed on the hillside slope. It is the largest cirque in Japan of approximately 2 km in diameter.

In summer, you can see countless colorful tents, while in autumn, you can enjoy the extraordinarily beautiful autumn leaves.

Duration :	6 h (one way)
Distance :	15.8 km *one way
Route :	Bus Terminal (1,504 m) – Kappa bashi bridge – Myojin – Tokusawa – Yoko-o – Hontani – Karasawa Cirque (2,300 m)

Takao-san (高尾山) - Flying squirrel (Musasabi / Momonga)

Outline of Takao-san



Mt. Takao is a mountain that is situated 599 m above sea level in Tokyo. Since ancient times, it has been regarded as a sacred mountain for the *Shugendo* (a religion in which the ancient Japanese mountain worship was incorporated into Buddhism), hence, the natural forests have been protected. It is relatively close to central Tokyo and many tourists and climbers visit the area throughout the year. In addition to the Yakuouin temple, there are tourist facilities, such as Saru-en (Monkey garden), Yaso-en (Wildflower garden), and “Mt. Takao Beer Mount” on the mountainside. From the summit, one can see mountains such as Mt. Fuji and the Tanzawa mountains. It has been gaining popularity in recent years, as it received a three-star rating from the Michelin Tourist Guide of the “Michelin Green Guide Japan”.

Directions

Railroad:

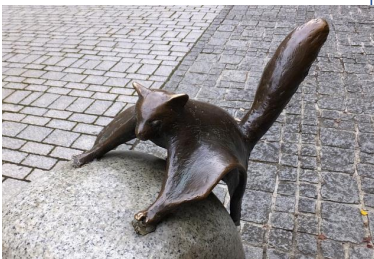
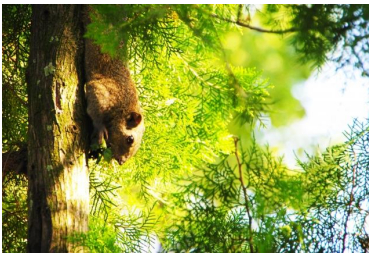
- Takaosan-guchi Station on the Keio Takao Line
- Takao Station on the JR East Chuo Line and transferring to the Keio Takao Line.

Car:

- National Route 20
- The Ken-O Expressway (approximately 2 km from Takao-san IC to Takao-san).

There are parking lots in the vicinity, but it is recommended to use the railroad, as the parking areas can become crowded during the New Year, Golden Week, and Silver Week holidays.

Flying squirrel (Musasabi and Momonga)



Musasabi (Japanese giant flying squirrel) is a species of flying squirrel and is the largest flying squirrel in Japan. It weighs between 800 and 1,200 g, and when the tail is included, the total length is approximately 70 to 80 cm. When flying, it glides between the trees under the wind with a membrane connecting its wrists and ankles. It mainly inhabits the subalpine forests and the boreal evergreen forests, but it also lives in the environments that are close to human living areas, such as *shaji-rin* (forests that are beside shrines and temples).

Momonga (Japanese flying squirrel) is also a species of flying squirrel, but it is smaller than the Musasabi. It weighs approximately 180 g and has a body length of approximately 30 cm, including the tail, which is only the size of a large palm. Similar to the Musasabi, it is nocturnal, lives on trees, and uses a membrane to glide. Both animals mainly feed on leaves, seeds, flowers, fruits, and the buds of various tree species throughout the year.

Observation

Tour

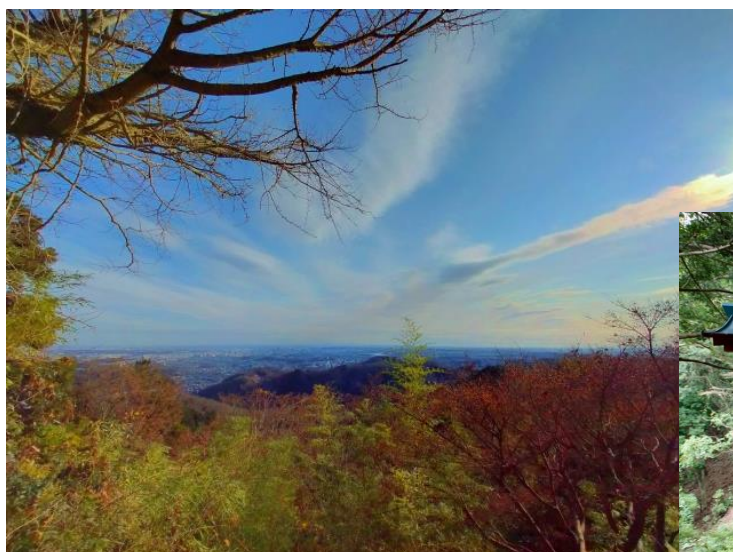
Observation tours are being operated by the Takao Visitor Center. However, it is only in the Japanese language and not on a regular basis.

Other information / Tips

- ✓ Stay away from the flying squirrels to avoid getting them acquainted with people.
- ✓ Do not feed the flying squirrels.
- ✓ Takao-san belongs to Meiji-no-mori Takao National Park, hence, activities, such as camping, BBQ, plant harvesting, and animal capturing are prohibited.

Hiking Trail Examples

Trail #1 : Route 1 Takaosan-guchi Station—Yakuouin—summit



Route 1 (Omote-sando course):

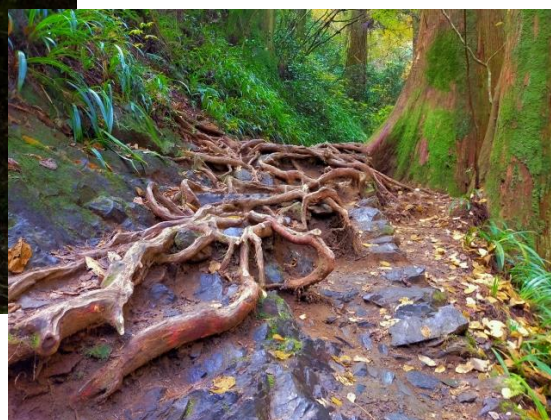
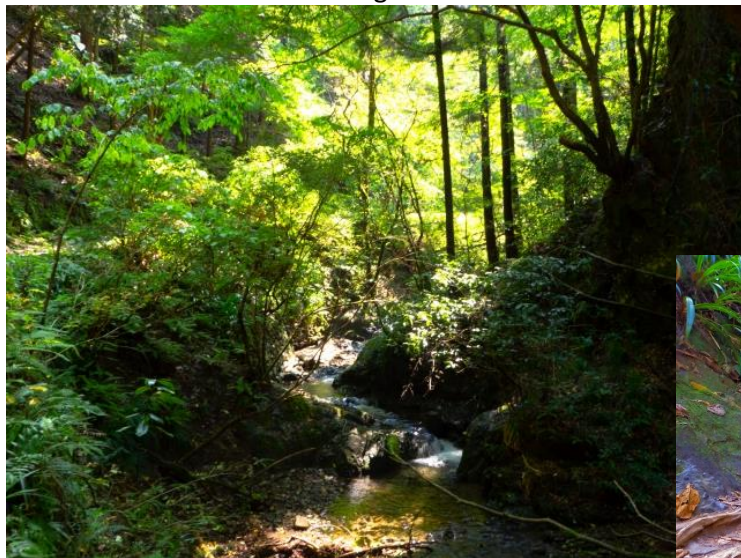
It is a path from Takaosan-guchi Station to the summit through the Kompira-jinja shrine and the Yakuouin temple. The route is mostly paved and safe.

Duration: 1.5–2 h (one way)

Distance: Approx. 3.8km *one way

Route: Takaosan-guchi Station (190m) —Konpira-jinja shrine—Yakuouin temple—summit (599m bathroom available)

Trail #2 : Route 6 Takaosan-guchi Station—Biwa-taki—summit



Route 6 (Biwa-taki trail):

The route is comfortable even during the hot summer, as it continues along the river.

Duration: 1.5–2 h (one way)

Distance: Approx. 3.3 km (*one way)

Route: Takaosan-guchi Station (190 m) —Biwa-taki—summit (599m bathroom available)

Nikko (日光) - Steller's sea eagle (Oowashi)

Outline of Nikko



Nikko spreads over the four prefectures of Tochigi, Gunma, Fukushima, and Niigata. It is considered one of the most beautiful places in Japan and is a popular tourist destination. There are mountains, such as Mt. Shirane, the highest peak in the northern Kanto region, Mt. Nantai, which has long been famous as a mountain of worship, and Mt. Nasu, where volcanic activity is still active. In addition, the highlands spread out at the foot of the mountains with lakes, waterfalls, and beautiful canyons that add to the natural beauty. In addition, you can observe a wonderful fusion of many historical buildings, such as the shrines and temples that are registered as World Heritage Sites. Nikko is also easily accessible by railroad and car from the Tokyo metropolitan area and is a great place to explore nature and the local historical culture.

Directions

Railroad:

- Tobu Nikko Station on Tobu Line (Take the limited express from Asakusa Station or JR Shinjuku Station).
- Nikko Station on JR Nikko Line

Car:

- Nikko Utsunomiya Road (from Tohoku Expressway Utsunomiya IC), via Kiyotaki IC and Iroha-zaka

Steller's sea eagle (Oowashi)



The Steller's sea eagle is a large diurnal bird of prey in the family *Accipitridae*. It inhabits Japan, northeastern China, the Korean Peninsula, and eastern Russia. It breeds in eastern Russia during the summer and flies to Hokkaido and northern Honshu for wintering in the winter. It is said to be the largest eagle in Japan, with a total length of 88 cm in males and 102 cm in females as well as a 2.5 m wingspan. It inhabits the coasts, rivers, and lakes, feeding mostly on fish. In recent years, the number of Oowashi living in Japan has decreased due to the destruction of habitats and the decrease in prey due to urban developments. In Japan, it was designated as a national natural monument in 1970 as well as as a domestic and rare wild animal species in 1993. In Nikko, you can observe it at Senjugahama and Shobugahama on the shores of Lake Chuzenji in winter season, from November to February.

Observation

Tour

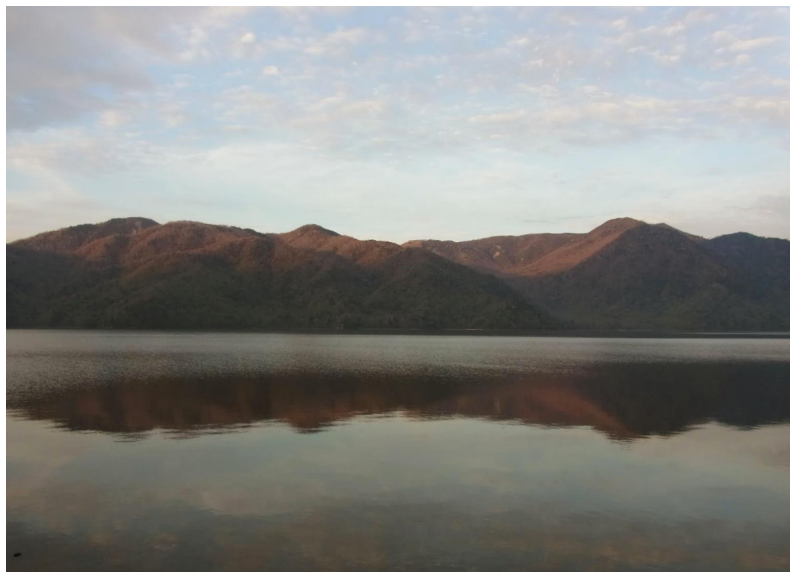
Observation tours are being operated by Nikko Natural Science Museum. However, it is only in the Japanese language and is not on a regular basis.

Other information / Tips

- ✓ Stay away from Oowashi to avoid getting them acquainted with people.
- ✓ Do not feed the Oowashi.
- ✓ Nikko is a National Park, hence, activities such as camping, BBQ, plant harvesting, and animal capture are prohibited.

Hiking Trail Examples

Trail #1: Shobugahama—Senjugahama course



Shobugahama—Senjugahama course:

A trail to explore the waterside and forests while walking along the northern shore of Lake Chuzenji. During the spring to summer seasons, you can enjoy the seasonal flowers.

Duration: 1.5–2 h (one way)

Distance: Approx. 5 km (*one way)

Route: Shobugahama (1,270 m) —Akaiwa—Kumakubo—Senjugahama (1,270m bathroom available)

Trail #2: Mt. Nantai Futarasan-jinja chugu—summit (round trip)



Mt. Nantai:

This is a round-trip trail from Futarasan-jinja chugu to the summit of Mt. Nantai. You will need mountaineering equipment that is suitable for climbing.

Duration: 6 h

Distance: Approx. 6 km

Route: Futarasan-jinja chugu (1,290 m bathroom available)—Hachigome shelter—summit (2,486 m round trip)

Tateyama (立山) - Ptarmigan (Raicho)

Outline of Tateyama



Tateyama is the main peak of the Tateyama mountain range in the northern part of the Hida Mountains (Northern Alps) in the Chubu Mountain National Park. It is situated along the border of the Toyama and Nagano Prefectures and is connected via the Tateyama Kurobe Alpine route. The name Tateyama is a general term for the three peaks of Mt. Oyama (3,003 m), Mt. Onanji (3,015 m), and Mt. Fuji-no Oritate (2,999 m). Tateyama has been worshiped since ancient times and a shrine is enshrined on the top of Mt. Oyama. Along with Mt. Tsurugi, Mt. Kashimayari, and Mt. Karamatsu, it is one of the few existing mountain glaciers in Japan.

Directions

Private cars are prohibited in the Tateyama area and access is only possible via the Tateyama Kurobe Alpine Route, which connects the Toyama Prefecture (Tateyama Station) and the Nagano Prefecture (Ogisawa Station). If you enter from the Toyama side, you may take the Tateyama Cable Car from Tateyama Station. If you enter from the Nagano side, you may take the Kanden Tunnel Electric Bus from Ogisawa Station. Trekking begins from Murodo Station (2,432 m), which is situated in the middle of the Tateyama Kurobe Alpine route. To reach Murodo from both sides (Ogisawa/Tateyama), it can take approx. 1.5 to 2h.

Ptarmigan (Raicho)



Ptarmigan arrived in Japan approximately 20,000 years ago during the glacial period and settled in the alpine zone of central Honshu via the Karafuto and Kamchatka Peninsulas. After the glacial period, most of the birds returned to the north, but some remained in the high mountains of Japan. The Japanese Ptarmigan is among the southernmost birds. Their habitats are in the high pine belt at an altitude of 2,000–3,000 m in the summer and forms a territory with a diameter of approximately 300–400 m per pair during the breeding season.

Observation Tour

Observation tours are being operated by the Tateyama Nature Conservation Center (<https://tateyama-shizenhogo-c.raicho-mimamori.net/en/>)
1 to 1.5 h tour / free of charge
*Provided only in the Japanese language.

Other information / Tips

- ✓ Tateyama is known to have the highest number of Ptarmigan in existence in Japan,
- ✓ “Yuki no otani” is a wall made of snow that appears from late April to late June every year. A maximum height of approximately 20 m with a distance of approximately 500 m.
- ✓ Beware of the exotic plants that adhere to the footwear that can be brought into the area.

Hiking Trail Examples

Trail #1 : Mt. Oyama (3,003 m)



Oyama has been regarded as a mountain of worship since ancient times. From the Murodo terminal, climb the cobblestone mountain trail to Ichinokkoshi. The best season is from July to August, but the snowy valleys may remain still in the summer on the route. From Ichinokkoshi, it would begin at a steep climb, hence, be careful of the rock debris and you may follow the painted red marks on the route. The Oyama Shrine will be at the highest point, where you may enjoy a 360° view. After worshipping at the shrine, take the same route down to the Murodo terminal.

Duration :	5 h
Distance :	Approx. 5 km
Route :	Murodo Bus Terminal (2,432 m) – Ichi Nokkoshi – Mt. Oyama (3,003 m) – Ichi Nokkoshi – Murodo Bus Terminal

Trail #2 : Midagahara trek



Midagahara is a plateau that is located in Ashikuraji, Toyama Prefecture. The altitude is approximately 1,600 to 2,000 m and has been registered in the Ramsar Convention on July 3, 2012. The plateau is covered with snow from November to July and you may enjoy trekking from late July to early October. In the summer, many alpine plants can be observed, while in autumn, you may observe the scenery of beautiful autumn leaves with the surrounding high mountains. In addition, the Tateyama caldera is located on the southeast side of Midagahara.

Duration :	4 h 30 m
Distance :	Approx. 8 km
Route :	Midagahara Bus Terminal (1,900 m)– Shishi hana iwa – Tengu no hana – Tengudaira – Murodo Bus Terminal (2,450 m)

Hakuba (白馬) - Ptarmigan (Raicho)

Outline of Hakuba



Hakuba Village is located at the foot of the Japanese Northern Alps in the Nagano Prefecture and the history of the village as a mountain resort dates back to approximately 100 years. Since Walter Weston, an English mountaineer, climbed Mt. Hakuba in 1897, it became a destination for many mountaineers. In the Taisho era, skiing became widespread at the foot of Mt. Hakuba, and in 1952, the first ski resort was initiated there. Hakuba continues to welcome people into its beautiful nature during all four seasons.

Directions

You may access the Hakuba area by car or train/bus.

The public transport information from major cities is as follows:

From Tokyo: Hokuriku Shinkansen Line to Nagano station and express bus to Hakuba (2h 40m)

From Osaka: Tokai Shinkansen to Nagoya station, the limited express Shinano to Matsumoto station as well as the limited express Azusa to Hakuba (4h 47m).

From Nagoya: Limited express Shinano to Matsumoto station as well as the limited express Azusa to Hakuba (3h 34m).

From Kanazawa: Hokuriku Shinkansen to Itoigawa station as well as JR Oito line to Hakuba (2h 42m).

Ptarmigan (Raicho)



Ptarmigan arrived in Japan approximately 20,000 years ago during the glacial period and settled in the alpine zone of central Honshu via the Karafuto and Kamchatka Peninsulas. After the glacial period, most of the birds returned to the north, but some chose to remain in the high mountains of Japan. The Japanese Ptarmigan is among the southernmost birds. Their habitats are in the high pine belt at an altitude of 2,000–3,000 m in the summer and forms a territory with a diameter of approximately 300-400 m per pair during the breeding season.

Observation Tour

You may ask for the trekking tour at Hakuba Iwatake Tourist Association (<https://iwatake.jp/index.php/about-us>)

Other information / Tips

- ✓ You may enjoy skiing during the winter season in the Hakuba area, which has 10 ski resorts.
- ✓ There are several hotspots in the area.
- ✓ Beware of the exotic plants that adhere to the footwear that can be brought into the area.

Hiking Trail Examples

Trail #1 : Mt. Hakuba (2,932 m)



It can take two days of climbing to reach the peak of Mt. Hakuba 2,932 m. The mountain is in the Ushiro-Tateyama mountain range, which is the northern part of the Hida Mountains (Northern Alps) and is located in the Chubu Mountain National Park. On the east side of the mountain, there is Hakuba Daisekkei, which is the largest snow valley in Japan and on which you may enjoy snow trekking in the summer and observe the beautiful flower fields of Japan's leading alpine plants. Stay at a hut near the top and return from the same route to Sarukura.

Duration : 2 days (1st day 6 h 15 m/2nd day 3 h 30 m)
Distance : approx. 7.0 km/day
Route : Sarukura Bus Terminal (1,230 m) – Hakuba-jiri – Daisekkei – Hakuba mountaintop hut – Mt. Hakuba (2,932 m) – stay at a hut (same route back on 2nd day)

Trail #2 : Happoike(pond) trek



Trek on the Happo-one (ridge) for an hour and a half via a gondola and up to the beautiful Happoike (pond), which reflects Shirouma Sanzan (the three peaks) like a mirror. Happoike is a natural pond and you will be impressed by the scenery of the mysterious beauty and alpine flowers that surround the pond that has been naturally created. This route is named "Happoone Nature Research Road", which is an easy trek and would be a beautiful memory to have of your vacation.

Duration : 3 h
Distance : Approx. 3.5 km
Route : (Gondola lift) Happoike Sanso station (1,820 m) – 2nd Kern – 3rd Kern (2,080 m) – Happoike (2,060 m) – 2nd Kern – Happoike Sanso Station

Other Useful Tips (Links)

- Japan's Meteorological Agency

Providing alerts for weather changes, volcano eruptions, earthquakes, floods, and more.

<https://www.data.jma.go.jp/multi/index.html?lang=en>

- Links to each of the Japanese municipalities

<https://www.go-nagano.net/en/>

<https://foreign.info-toyama.com/en/>

<https://www.visitgunma.jp/en/>

<https://travel.tochigiji.or.jp/en/>

<https://visitgifu.com/tw/>