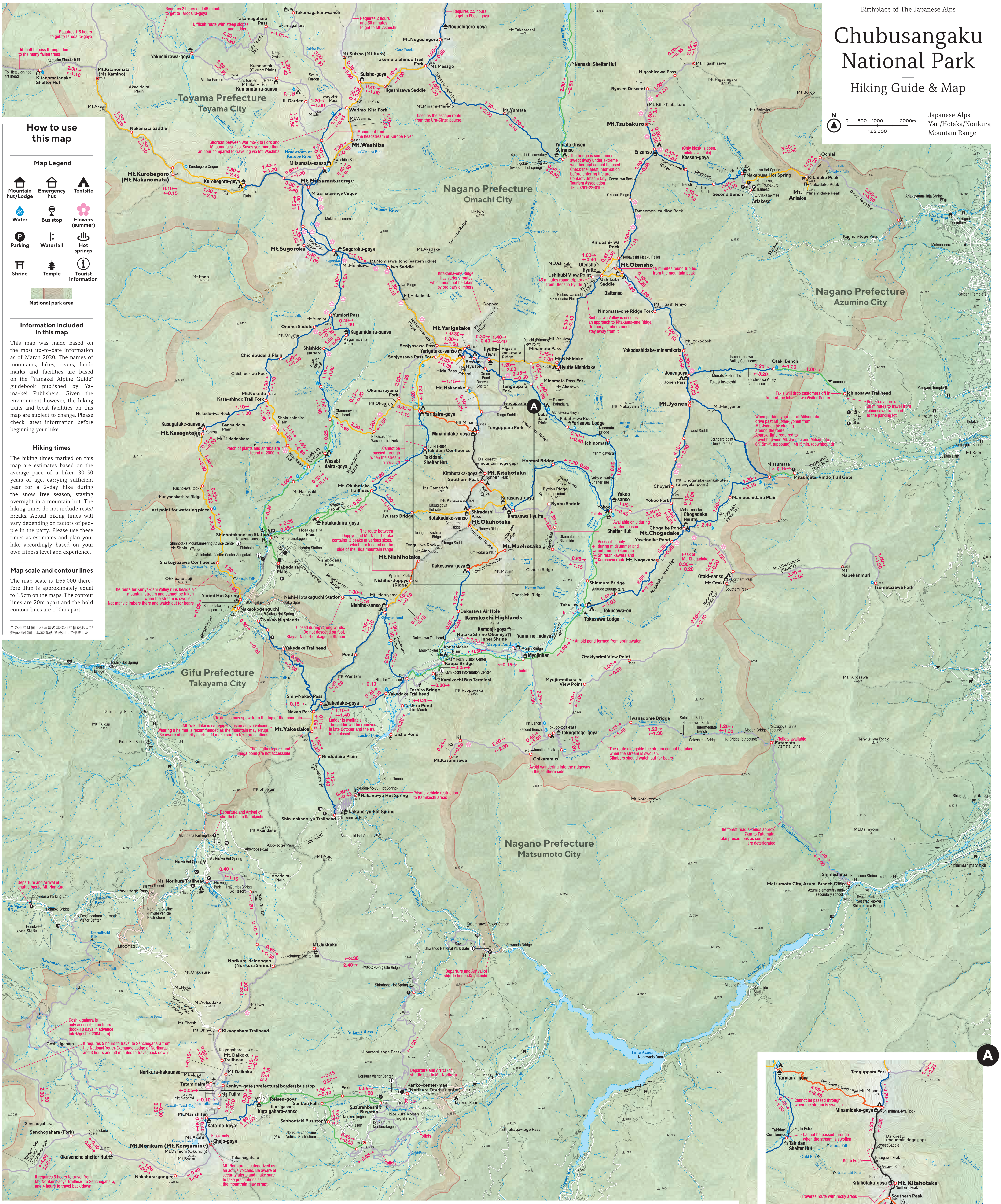
Birthplace of The Japanese Alps

Chubusangaku National Park

Hiking Guide & Map

N 0 500 1000 2000m 1:65,000

Japanese Alps Yari/Hotaka/Norikura Mountain Range



How to use this map

Map Legend

Mountain hut/Lodge · Emergency hut · Tentsite · Water · Bus stop · Flowers (summer) · Parking · Waterfall · Hot springs · Shrine · Temple · Tourist information · National park area

Information included in this map

This map was made based on the most up-to-date information as of March 2020. The names of mountains, lakes, rivers, landmarks and facilities are based on the "Yamakei Alpine Guide" guidebook published by Yama-kei Publishers. Given the environment however, the hiking trails and local facilities on this map are subject to change. Please check latest information before beginning your hike.

Hiking times

The hiking times marked on this map are estimates based on the average pace of a hiker, 30-50 years of age, carrying sufficient gear for a 2-day hike during the snow free season, staying overnight in a mountain hut. The hiking times do not include rests/breaks. Actual hiking times will vary depending on factors of people in the party. Please use these times as estimates and plan your hike accordingly based on your own fitness level and experience.

Map scale and contour lines

The map scale is 1:65,000 therefore 1km is approximately equal to 1.5cm on the maps. The contour lines are 20m apart and the bold contour lines are 100m apart.

この地図は国土地理院の基盤地図情報および数値地図(国土基本情報)を使用して作成した

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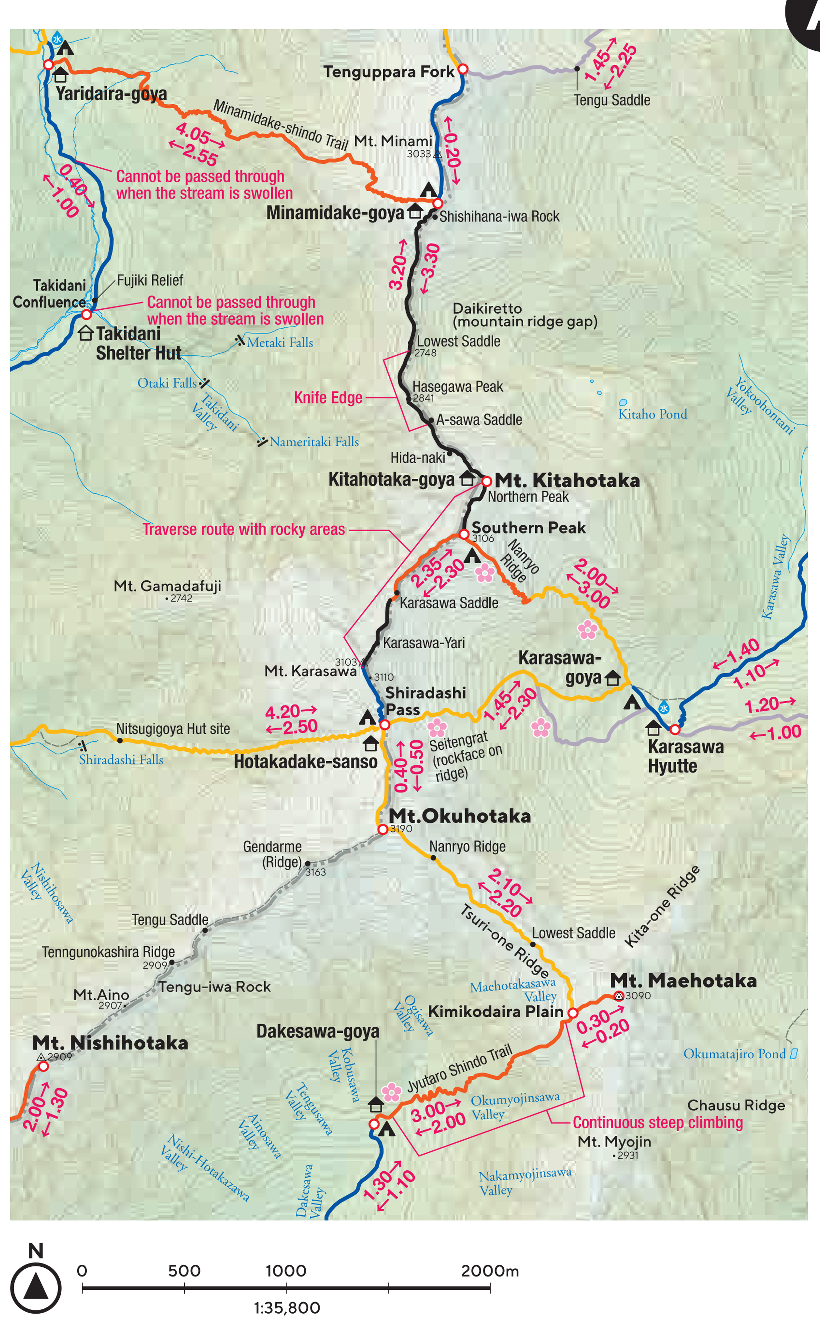

Hiking trail difficulty ratings

The local areas in Nagano and Gifu Prefectures evaluate the geographical features of their main hiking routes and set the grades of mountains based on the degree of physical strength required and level of technical difficulties. Details of these gradings can be found on the websites given below. The routes in each section are graded among 5 levels of technical difficulties, and since the information indicates the conditions of the hiking trail and the necessary technique and ability for hikers, you can use it as reference for making plans. Especially, the hiking route between Mt. Yarigatake and Mt. Hotakadake, one of the most difficult routes in Japan, passes over steep ascents and descents, and rock ridges requires to use chains and ladders. There is always the fear of slipping down in these dangerous areas, plus weather conditions can be severe, climbing should not be attempted without enough knowledge, experience, or equipment.

Regarding degree of physical strength considered necessary for each course, refer to course times and altitude measurements.

Not only experienced climbers in other countries, but for those who climb mountains in Japan for the first time, we recommend choosing courses with degree of difficulty up to B and requesting a guide for any course over that level of difficulty. First, becoming familiar with Japan's mountain-climbing culture is the key to enjoy the Northern Alps. We strongly recommend that only then, you set yourself to challenge raising the level in accordance with your familiarity with the mountains of Japan with your own ability and strength. Climbing mountains that are not suitable for you leads to great risk, not just for you and your party, but also for other climbers and the mountain huts. Plan the time well and enjoy the Northern Alps always safety as a priority.

Technical level

The sections of hiking trails on this map that have been given mountain grading are shown by their technical levels within the 5 ratings of A, B, C, D, and E, represented in different colors. Other possible hiking trails are shown in purple.

← Gifu Prefecture Grades of Mountain Trails (Japanese)

← Nagano Prefecture/Shinshu Grades of Mountain Trails (English)

	Technique, ability	Trail
A	• Trekking equipment necessary	• Well-maintained most of the section. • Small possibility of falling and sliding down if you trip. • Small possibility of getting lost.
B	• Trekking experiences necessary • Map-reading ability desirable	• There are streams, cliffs and snowy valleys in some trails. • Steep ups and downs • Some sections of a trail are not clearly indicated. • Some possibility of falling and sliding down if you trip in some sections.
C	• Map-reading ability and physical strength to climb a ladder/chain necessary	• There are some sections with ladders or chains. Some trails have snowy valleys and streams to walk across. • Carelessness may lead to falling and sliding accidents in some sections. • Some sections do not have enough signs.
D	• Map-reading ability, balance and technique to steadily go across rocky and snowy sections necessary • Route-finding technique necessary	• There are some difficult rocky ridges, unstable scree slopes. Some sections have ladders or chains and thickets to push your way through. Some trails have snowy valleys and streams to walk across. • Steep ups and downs where you need to use your hands. • Artificial support including ladders, chains and signs are limited. Many dangerous sections with possibility of falling and sliding down.
E	• Map-reading ability, balance and technique to steadily go across rocky and snowy sections necessary • Route-finding technique and sound judgment necessary • Some trekkers need to use a rope for safe climbing in some sections.	• Continuous ups and downs on intense and difficult rocky ridges. • Dangerous sections with possibility of falling and sliding down continue. • There may be a series of deep thickets to push your way though.

Refurbished trail with no climbing grade