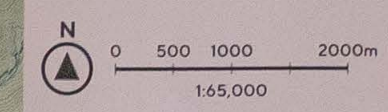


# Chubusangaku National Park

## Hiking Guide & Map

Japanese Alps  
Yari/Hotaka/Norikuru  
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 Yamakei 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.

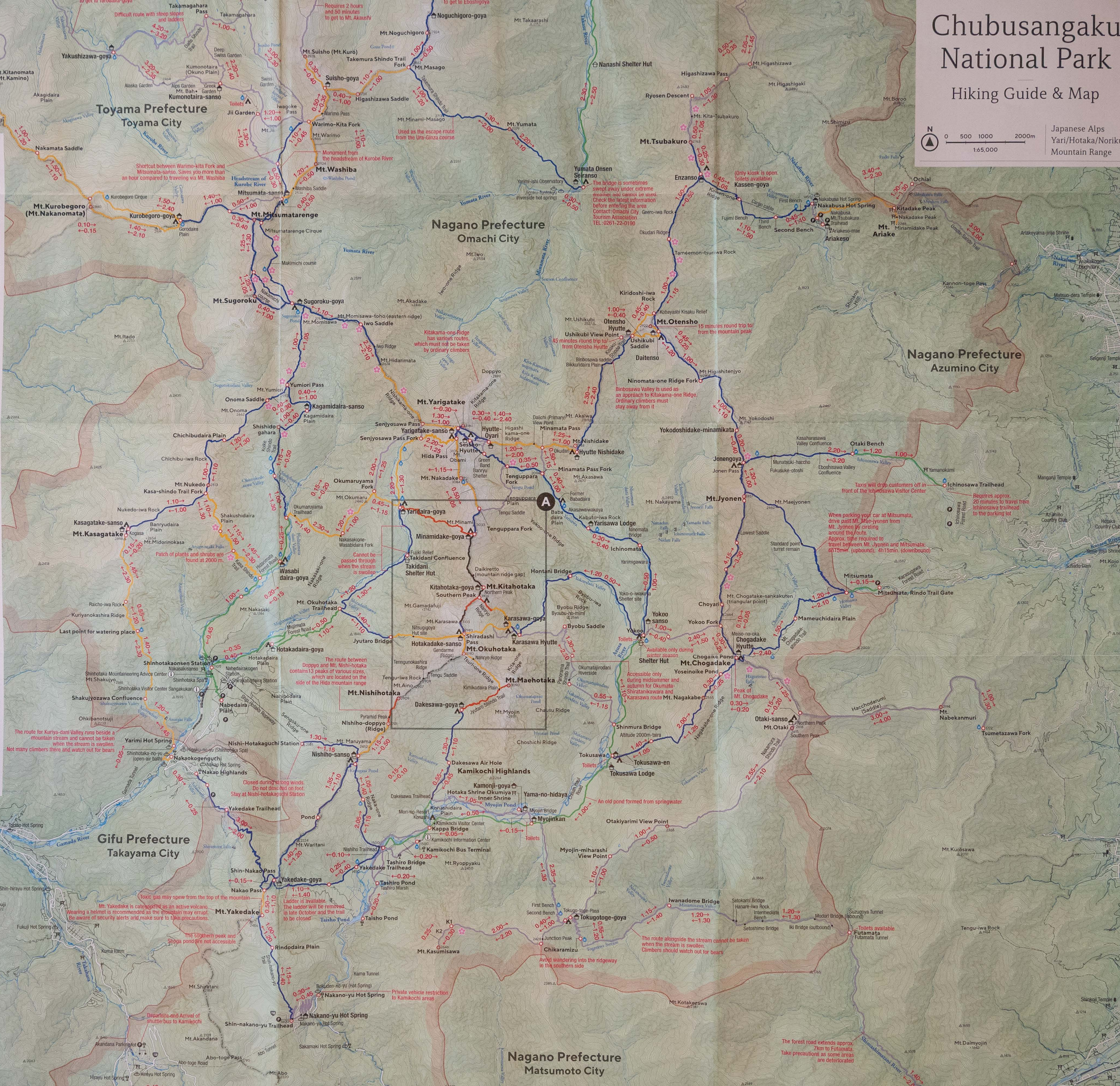
#### Hiking times

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.

この地図は国土院の基礎地図情報および数値地図(国土基本情報)を使用した



Shortcut between Warimo-kita Fork and Mitsumata-sanso. Saves you more than an hour compared to traveling via Mt. Washiba

Used as the escape route from the Ura-Ginza course

The bridge is sometimes swept away under extreme weather and cannot be used. Check the latest information before entering the area. Contact: Omachi City Tourism Association TEL: 0261-22-0100

(Only kloak is open. Toilets available) Kassen-goya

15 minutes round trip to/from the mountain peak

45 minutes round trip to/from Otensho Hyutte

Binbosawa Valley is used as an approach to Kitakama-one Ridge. Ordinary climbers must stay away from it

Taxis will drop customers off in front of the Ichinosawa Visitor Center

Requires approx. 20 minutes to travel from Ichinosawa trailhead to the parking lot

When parking your car at Mitsumata, drive past Mt. Jone-yonen from Mt. Jyonen by circling around the route. Approx. time required to travel between Mt. Jyonen and Mitsumata: 60Tmin (upbound), 40Tmin (downbound)

The route between Doppyo and Mt. Nishi-hotaka contains 13 peaks of various sizes, which are located on the side of the Hida mountain range

Cannot be passed through when the stream is swollen

Available only during midsummer and autumn for Okumata-Shiratanikawara and Karasawa route Mt. Nagakabe

Accessible only during midsummer and autumn for Okumata-Shiratanikawara and Karasawa route Mt. Nagakabe

An old pond formed from springwater

The route alongside the stream cannot be taken when the stream is swollen. Climbers should watch out for bears

The forest road extends approx. 7km to Futamata. Take precautions as some areas are deteriorated

The route for Kuruya-dani Valley runs beside a mountain stream and cannot be taken when the stream is swollen. Not many climbers there and watch out for bears

Closed during strong winds. Do not descend on foot. Stay at Nishi-hotakaguchi Station

Toxic gas may spew from the top of the mountain. Mt. Yakedake is categorized as an active volcano. Wearing a helmet is recommended as the mountain may erupt. Be aware of security alerts and make sure to take precautions.

Ladder is available. The ladder will be removed in late October and the trail to be closed

Private vehicle restriction to Kamikochi areas

Departure and Arrival of shuttle bus to Kamikochi