

Main Hiking Trails of Daisetsuzan National Park

Notice to hikers:

Matters to be observed when entering mountains

- The entire Daisetsuzan area is a habitat for brown bears. Food remnants disposed of around the tent may lure them. Never throw away leftover food or broth in the mountains.
- Obtain weather forecasts, rainfall and volcanic information beforehand.
Information on water level of rivers : <http://www.river.go.jp/nrpe0303gDisp.do?mode=BOSAI&areaCode=&wtAreaCode=1220&itemKindCode=1&timeAxis=60>

- A lot of snow still remains in May, and it is in the same state as winter. After mid-June, the remaining snow begins to melt and alpine plants bloom. (Beware that deviation from the hiking path is prohibited in areas where alpine plants glow in profusion).

- The Daisetsuzan summer hiking season is from late June to September. Depending on the year, however, a lot of snow may remain even during this period, making it inevitable for us to walk on snow gorges. Also, especially after mid-August, the season changes quickly and it begins to snow as early as September. It is necessary to plan hiking schedules with winter mountaineering in mind from September to June.
- Even during the summer mountaineering season, a lot of snow may remain depending on the year. Since it is very slippery at places where melting snow is frozen, you may have to use climbing irons and other

- gear. It is dangerous to walk on such places recklessly. Decide cautiously in consideration of your equipment and mountaineering skills. The rivers tend to swell after the snow-thawing season and heavy rainfalls, making it difficult and very dangerous to cross them. In that case, you must turn back or take different routes.
- When drinking stream or thawed water, be sure to thoroughly boil the water or filter it through a water purifier to prevent infection to echinococci which lives off red foxes. When people infect echinococci, they may fall severe liver dysfunction.

This map doesn't mention all trails of Daisetsuzan National Park.

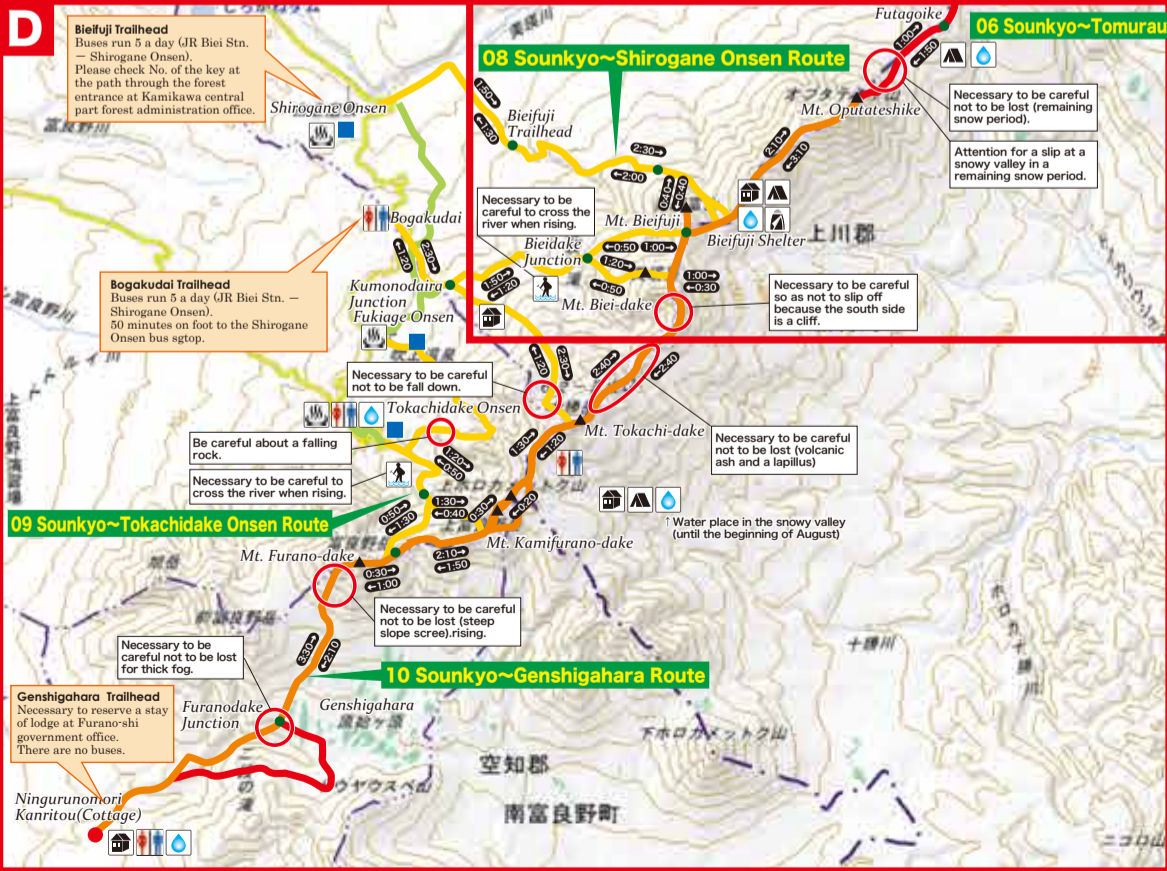
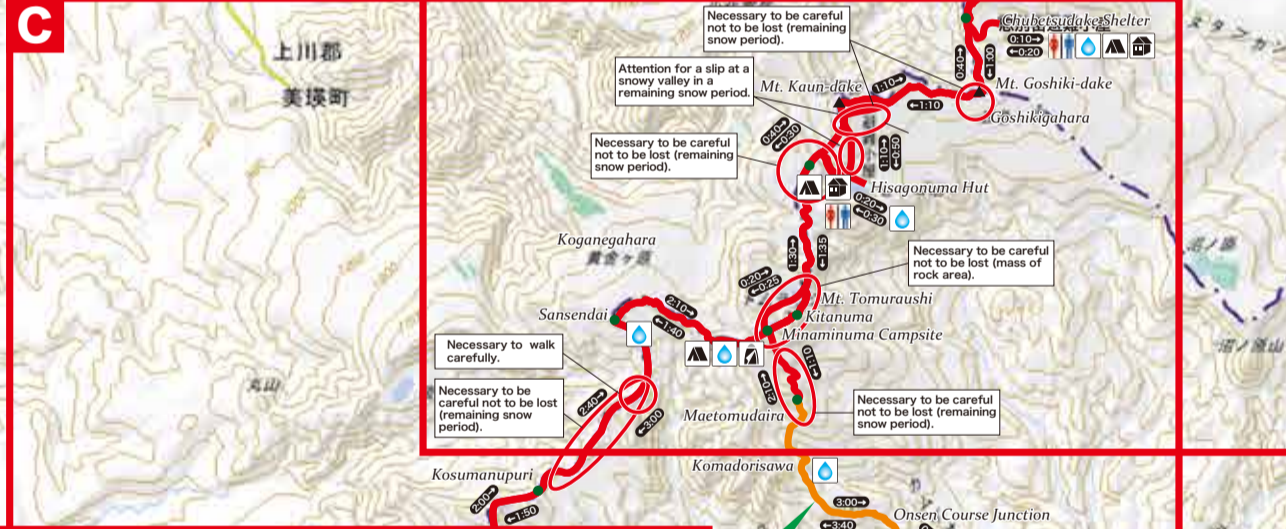
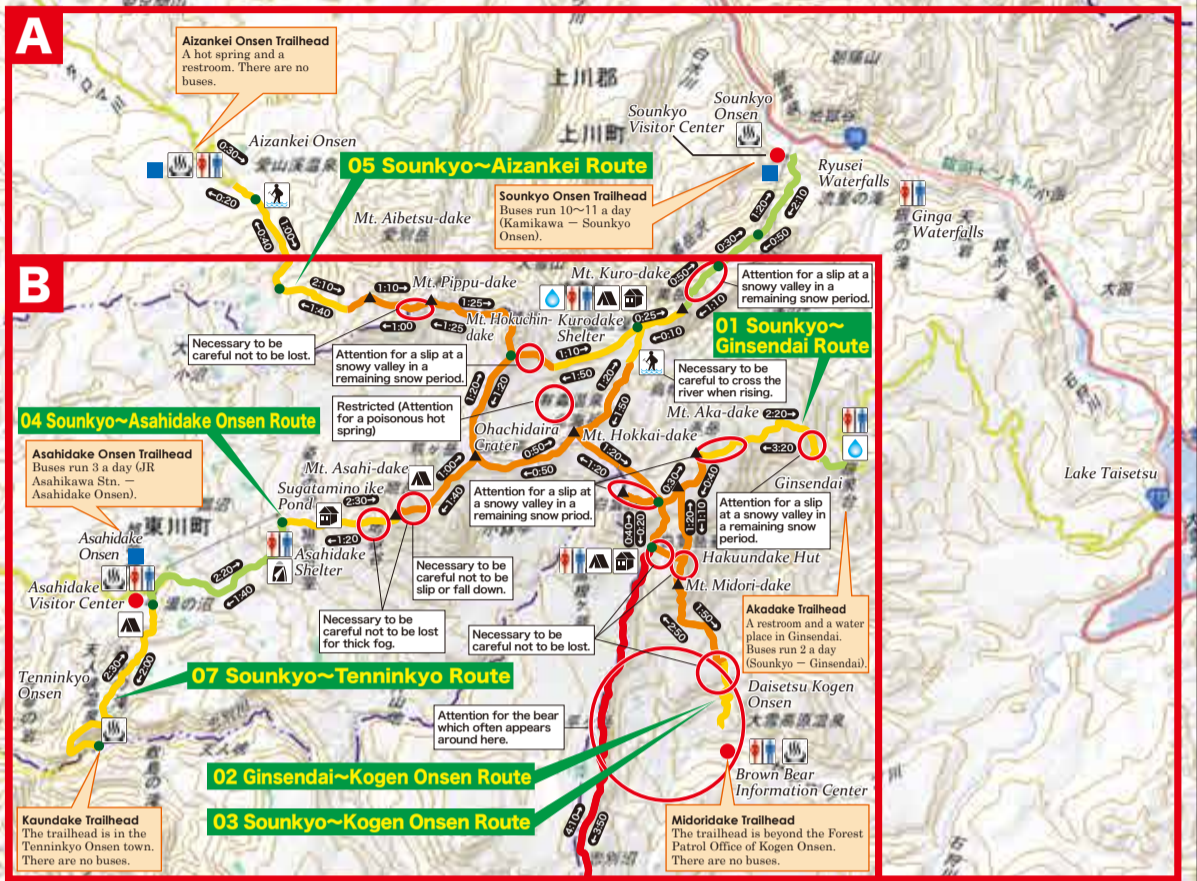
Total Length

- Sounkyo Onsen Trailhead — Genshigahara 64.1km
- Asahidake Onsen Trailhead — Genshigahara 65.7km
- Aisankei Onsen Trailhead — Genshigahara 68.4km

Daisetsuzan Grade

- Grade 1: Short trails enjoying beautiful nature.
- Grade 2: Trails touching beautiful nature.
- Grade 3: Trails experiencing beautiful nature.
- Grade 4: Trails with challenging terrains.
- Grade 5: Trails with extremely challenging terrains.

- Shelter
- Encampment designated place
- Restroom
- Carrying restroom booth
- Filth collection box
- Place where wading takes attention
- Water place
- Hot spring



Main Courses			
Course	Map	Route	Outline of the Course (spot — required time — spot)
Course01	A	Sounkyo~Ginsendai	Sounkyo (from 7 stations of lift stop) — 1.0km — Mt. Kuro-dake — 3.6km — Mt. Hokkai-dake — 3.9km — Mt. Aka-dake — 4.0km — Ginsendai
Course02	A	Ginsendai~Kogen Onsen	Ginsendai — 4.0km — Mt. Aka-dake — 2.9km — Mt. Midori-dake — 4.0km — Kogen Onsen
Course03	A	Sounkyo~Kogen Onsen	Sounkyo (from 7 stations of lift stop) — 1.0km — Mt. Kuro-dake — 3.6km — Mt. Hokkai-dake — 2.5km — Mt. Hakuun-dake — 3.5km — Mt. Midori-dake — 3.7km — Kogen Onsen
Course04	A	Sounkyo~Asahidake Onsen	Sounkyo (from 7 stations of lift stop) — 1.0km — Mt. Kuro-dake — 2.9km — Kurodake Shelter — 3.2km — Mt. Hokuchin-dake — 2.1km — Mt. Pippu-dake — 0.5km — Mt. Antaroma — 5.4km — Aizankei Onsen
Course05	A	Sounkyo~Aizankei	Sounkyo (from 7 stations of lift stop) — 4.8km — Mt. Hokkai-dake — 6.0km — Takanehara Junction — 5.7km — Mt. Chubetsu-dake — 3.4km — Mt. Goshiki-dake — 2.9km — Mt. Kaun-dake — 5.1km — Mt. Tomuraushi — 10.4km — Tomuraushi Onsen
Course06	A·B·C	Sounkyo~Tomuraushi Onsen	Sounkyo (from 7 stations of lift stop) — 1.0km — Mt. Kuro-dake — 0.9km — Kurodake Shelter — 3.2km — Mt. Hokuchin-dake — 2.1km — Mt. Pippu-dake — 0.5km — Mt. Antaroma — 5.4km — Aizankei Onsen
Course07	A	Sounkyo~Tenninkyō	Sounkyo (from 7 stations of lift stop) — 1.0km — Mt. Kuro-dake — 3.6km — Mt. Hokkai-dake — 2.3km — Mt. Mamiya-dake — 1.9km — Mt. Asahi-dake — 5.7km — Asahidake Campsite — 3.6km — Tenninkyō Onsen
Course08	A·B·C·D	Sounkyo~Shirogane Onsen	Sounkyo (from 7 stations of lift stop) — 4.8km — Mt. Hokkai-dake — 6.0km — Takanehara Junction — 5.7km — Mt. Chubetsu-dake — 3.4km — Mt. Goshiki-dake — 2.9km — Mt. Kaun-dake — 5.1km — Mt. Tomuraushi — 4.1km — Mikawada — 6.7km — Mt. Oputateshike — 3.8km — Biei-fuji Shelter — 5.0km — Biei-fuji Trailhead — 3.5km — Shirogane Onsen
Course09	A·B·C·D	Sounkyo~Tokachidake Onsen	Sounkyo (from 7 stations of lift stop) — 4.8km — Mt. Hokkai-dake — 6.0km — Takanehara Junction — 5.7km — Mt. Chubetsu-dake — 3.4km — Mt. Goshiki-dake — 2.9km — Mt. Kaun-dake — 5.1km — Mt. Tomuraushi — 4.1km — Mikawada — 6.7km — Mt. Oputateshike — 9.5km — Mt. Tokachi-dake — 2.5km — Mt. Kamifurano-dake — 3.6km — Tokachidake Onsen
Course10	A·B·C·D	Sounkyo~Genshigahara	Sounkyo (from 7 stations of lift stop) — 4.8km — Mt. Hokkai-dake — 6.0km — Takanehara Junction — 5.7km — Mt. Chubetsu-dake — 3.4km — Mt. Goshiki-dake — 2.9km — Mt. Kaun-dake — 5.1km — Mt. Tomuraushi — 4.1km — Mikawada — 6.7km — Mt. Oputateshike — 9.5km — Mt. Tokachi-dake — 2.5km — Mt. Kamifurano-dake — 3.4km — Mt. Furano-dake — 6.4km — Genshigahara Trailhead

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