

# NAGANO TRAIL GUIDE BY GRADE

Grades of mountain trails during the snow-free season under fair weather conditions

We selected 102 popular mountain trails in Nagano, and graded them by physical and technical levels.  
Please choose the trails that best fit your ability, and enjoy mountains in Nagano!

Guide line	Physical Level				
	A	B	C	D	E
10			● <Traverse> Ura Ginza (Takase Dam·Kamikochi)		
9			● <Traverse> Omote Ginza (Nakabusa Onsen·Kamikochi)	● <Traverse> Mt. Shiomidake→ Mt. Kitadake (Torikura·Hirogawara)	● <Circuit> Dai Kiretto (Kamikochi) <Mt. Kita Hotakadake→Mt. Yariyatake>
8			● <Traverse> Mt. shiromadake→ Mt. Asahidake (Sarukura·Renge Onsen) ● Mt. Yariyatake (Kamikochi) ● <Traverse> Shogigashira→Mt. Utsugidake (Katsurakoba·Komagane Highland)		
7		● Mt. Masagodake (Takase Dam) <Yumata> ● <Traverse> Mt. tsubakurodake →Mt. Jonendake (Nakabusa Onsen·Ichinosawa) ● Mt. Kiso Komagatake (Ina Ski Resort)	● Mt. Oku Hotakadake (Kamikochi) <Karasawa> ● Mt. Kiso Komagatake (Kiso Koma-so) <AgematsuB>	● <Traverse> Hachimine Kiretto (Alps Daira Station·Otanihara) ● Mt. Kita Hotakadake (Kamikochi) <Karasawa> ● Mt. Shiomidake (Torikura) ● <Circuit> Mt. Utsugidake →Mt. Kosumo (Kesazawa Bridge)	● <Circuit> Hotakadake Traverse (Kamikochi) <Mt. Kita Hotakadake→ Mt. Mae Hotakadake>
6		● Mt. Kashima Yariyatake (Ogisawa) ● Mt. Funakubodake (Nanakura) ● Mt. Tekanidake (Irodo)	● <Traverse> Mt. Kashima Yariyatake· Mt. Jigatake (Otanihara·Ogisawa) ● <Traverse> Mt. Chogatake·Mt. Jonendake (Kamikochi·Ichinosawa) <Nagakabe Ridge> ● Mt. Kashima Yariyatake (Otanihara) ● Mt. Shirouma Yariyatake (Sarukura) <Yari Onsen> ● Mt. Hijiridake (Seiko-goya Hut) ● <Traverse> Mt. Kiso Komagatake→Mt. Utsugidake (Senjojiki·Komagane Highland) ● Mt. Utsugidake (Komagane Highland)	● <Traverse> Kaerazu Kiretto (Sarukura·Happoike Hut) ● Mt. Minami Komagatake (Kesazawa Bridge)	Choose the trails that best fit your ability!
5		● Mt. Kita Kuzudake (Nanakura) ● Mt. Jonendake (Mitsumata) ● Mt. shiromadake (Tsuigaiko) ● Mt. Kiso Komagatake (Katsurakoba) ● Mt. Iodake (Mugikusa Pass)	● <Traverse> Mt. Chogatake· Mt. Jonendake (Mitsumata·Ichinosawa) ● <Traverse> Mt. Karamatsudake·Mt. Goryudake (Happoike Hut·Alps Daira Station) ● Mt. Gakidake (Shirosawa Trailhead) ● Mt. Goryudake (Alps Daira Station) ● Mt. Kiso Komagatake (Alps Hut) <AgematsuA> ● Mt. Yokodake (Inagoyu)	● Mt. Nishi Hotakadake (Kamikochi) ● <Traverse> <Mt. Gongendake →Mt. Akadake (Kannon Daira·Minoto)	
4	● Mt. Kyogatake (Chusenji Temple)	● Mt. Pengeidake (Ogisawa) ● Mt. Jonendake (Ichinosawa) ● Mt. Harinokidake (Ogisawa) ● Mt. Jigatake (Ogisawa) ● Mt. Koregedake (Tsuigaiko) ● Mt. tsubakurodake (Nakabusa Onsen) ● Mt. Chogatake (Mitsumata) ● Mt. Iodake (Honza Onsen) ● Mt. Maekake (Kurumasaka Pass) ※1 ※3 ● Mt. Maekake (Asama Trailhead) ※1 ※3	● Mt. shiromadake (Sarukura) ● Mt. Eboshidake (Takase Dam) <Bunatake Ridge> ● <Circuit> Mt. Akadake· Mt. Yokodake·Mt. Iodake (Minoto) ● Mt. Tengudake (Honza Onsen) ● Mt. Akadake (Somazoe Trailhead) ● Mt. Amidadake (Funayama Crossroads) ● Mt. Akadake (Minoto) <Kitazawa-Jizo Ridge> ● Mt. Gongendake (Kannon Daira)	● Mt. Mae Hotakadake (Kamikochi) <Jutaro New Trail> ● Mt. Akadake (Kenkai Trailhead) ● Mt. Takatsuma (Togakushi Campground) ※1 ● <Circuit> Mt. Takatsuma (Togakushi Campground) ※1	
3		● Mt. Karamatsudake (Happoike Hut) ● Mt. Kazafukidake (Kazafuki Trailhead) ● Hakuba Okke (Tsuigaiko) ● Mt. Ena (Minekoshi Forest Road Gate) <Hirogawara Trailhead> ● Mt. Iodake (Minoto) <Kitazawa> ● Mt. Tengudake (Shibunoyu) ● Mt. Tengudake (Karasawa Kosen) <West Ridge> ● Mt. Iodake (Sakura Daira) ● Mt. Azumaya (Minenohara) ● Mt. Azumaya (Sugadaira Fam) ● Mt. Azumaya (Torii Pass) ● Mt. Ontake (Tanochara) ※3 ● Mt. Ontake (Imori highland Station) ※3	● Mt. Ariake (Nakabusa) ● Mt. Senjojigatake (Kitazawa Pass) ※2 ● Mt. Kai Komagatake (Kitazawa Pass) ※2 ● Mt. Akadake (Minoto) ● <Minamisawa·Bunzaburo> ● Mt. Amidadake (Minoto) ● <minamisawa> ● Kanayama (Kanayama Trailhead) ● Mt. Amakazari (Oami Trailhead) ● Mt. Amakazari (Oami Onsen)	● <Traverse> Mt. Togakushi (Okusha Parking·Togakushi Campground) ● Mt. Togakushi (Okusha Parking)	
2	● Mt. Nekodake (Sugadaira Farm) ● Mt. Eboshidake (Jizo Pass) ● Mt. Kurofu (Kurumasaka Pass) ※3 ● Mt. Takao (Omote Sando) ● Mt. Takao (Biwa Falls)	● Mt. Shirouma Norikuradake (Tsuigaiko) ● Mt. Yakedake (Shin Nakanoyu Trailhead) ※3 ● Mt. Kiso Komagatake (Senjojiki) ● Mt. Tateshina (Megami Chaya) ● Mt. Tateshina (7th Sta. Trailhead) ● Mt. Tateshina (Ogawara Pass) ● Mt. Izuna (Ichino Torii Park) ● Mt. Nekodake (Minenohara)			
1	● Mt. Kita Yokodake (Ropeway) ● Mt. Yunomaru (Jizo Pass) ● Mt. Onagi (Yutoge Pass)				



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[Legend]  
 ( ) : Trail entrance  
 < > : Via points if a route cannot be identified with a mountain name and trail entrance  
 <Traverse>: A route with a different entrance and exit  
 →: Order of traverse  
 <Circuit>: A circuit route with the same entrance and exit, but different via points  
 The numbers refer to the ones in the attached alphabetical "LIST TRAILS FOR NAGANO TRAIL GUIDE BY GRADE."

- Northern Alps
- Southern Alps
- Central Alps
- Yatsugatake Mountain Range
- Other mountain area
- Other prefecture

## Technical Level Higher technical ability is needed toward the right.

Trail	Technical ability
<ul style="list-style-type: none"> <li>◇Well-maintained in most sections.</li> <li>◇Small possibility of falling and sliding down if you trip.</li> <li>◇Small possibility of getting lost.</li> </ul>	<ul style="list-style-type: none"> <li>◇Trekking equipment necessary</li> </ul>
<ul style="list-style-type: none"> <li>◇There are streams, cliffs and snowy valleys on some trails.</li> <li>◇Steep ups and downs.</li> <li>◇Some sections of a trail are not clearly indicated.</li> <li>◇Some possibility of falling and sliding down if you trip in some sections.</li> </ul>	<ul style="list-style-type: none"> <li>◇Trekking experiences necessary</li> <li>◇Map-reading ability desirable</li> </ul>
<ul style="list-style-type: none"> <li>◇There are some sections with ladders or chains. Some trails have snowy valleys and streams to walk across.</li> <li>◇Carelessness may lead to falling and sliding accidents in some sections.</li> <li>◇Some sections do not have enough signs.</li> </ul>	<ul style="list-style-type: none"> <li>◇Map-reading ability and physical strength to climb a ladder/chain necessary</li> </ul>
<ul style="list-style-type: none"> <li>◇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.</li> <li>◇Sleep ups and downs where you need to use your hands.</li> <li>◇Artificial support including ladders, chains and signs are limited. Many dangerous sections with possibility of falling and sliding down.</li> </ul>	<ul style="list-style-type: none"> <li>◇Map-reading ability, balance and technique to steadily go across rocky and snowy sections necessary</li> <li>◇Route-finding techniques are necessary</li> </ul>
<ul style="list-style-type: none"> <li>◇Continuous ups and downs on intense and difficult rocky ridges. Dangerous sections with possibility of falling and sliding down continue.</li> <li>◇There may be a series of deep thickets to push your way through.</li> </ul>	<ul style="list-style-type: none"> <li>◇Map-reading ability, balance and technique to steadily go across rocky and snowy sections necessary</li> <li>◇Route-finding techniques and a high level of judgment are necessary</li> <li>◇Depending on the hiker, there may be sections which are dangerous if not using ropes.</li> </ul>

(The physical level is shown based on the research by Professor Masayoshi Yamamoto, National Institute of Fitness and Sports in Kanoya. Please see the website of Nagano Prefecture Comprehensive Mountaineering Center for more details.)  
 [Definitions] ○Map-reading ability: Ability to find your current position and identify a route to the destination  
 ○Route-finding technique: Technique to identify the safest route when there is no trail or a trail is not clearly seen

(Remarks)  
 ※1 These routes require a physical level of 4 (one night or longer), but there are no huts or campgrounds on the route. Please be aware that some trekkers may not be able to come back by the sunset.  
 ※2 These routes require a physical level of 3 (a day trip is possible), but a trip to the entrance requires a long time. We recommend a plan including an overnight stay to avoid failure to come back in a day.  
 ※3 These routes are located on or around a volcano. Please confirm the volcanic activity information before your trip, and follow instructions.  
 <Precautions>  
 1 This chart shows an evaluation of physical and technical levels of mountain trails based on their geographical characteristics during the snow-free season under fair weather conditions. During your trip, there are risks caused by incidental elements other than your physical and technical abilities, including bad weather, remaining snow, and physical condition. Please plan your trip considering these elements.  
 2 Especially difficult routes which are not considered "general" climbing routes for most trekkers are not included in the chart.  
 [Examples] Mt. Nishi Hodaka - Mt. Oku Hodaka (Northern Alps), Kita Kamaone Ridges (Northern Alps), Mt. Nokogiri (Southern Alps), Mt. Akashi (Southern Alps), etc.  
 3 Earthquakes, ground collapse and avalanches may cause restrictions on or changes to the routes. We recommend all trekkers to confirm trail conditions ahead of time with mountain huts or nearby police stations.

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