The larger the number, the more physical strength is needed.

Earthquakes, ground collapse and avalanches may cause restrictions on or changes to the routes. We recommend all trekkers confirm the situations of trails ahead of time with mountain huts or nearby police stations.

Definitions

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

We selected 123 popular mountain trails in Nagano, and graded them by physical and technical levels.

1. A day trip is possible
2. A 1-2 nights or longer
3. 2-3 nights or longer

Technical Level

Performance level is needed toward the right.

1. Map-reading ability, balance and strength to climb a ladder/chain
2. Higher technical level is needed toward the right.
3. Map-reading ability, balance and strength to climb a ladder/chain
4. Map-reading ability, balance and strength to climb a ladder/chain
5. Map-reading ability, balance and strength to climb a ladder/chain

For further information, search for "Outdoor Activities - Go! Nagano".