

Contents

Table of Hikes	16	TANZAWA-ÖYAMA QUASI-NATIONAL PARK	87
		Tanzawa Traverse	87
The Authors	20	FUJI-HAKONE-IZU NATIONAL PARK	89
		Mitsu-tôge-yama	90
Route Descriptions	22	Fuji-san	92
		Myôjin-ga-take	96
		Amagi-san Traverse	99
		TOWNS & FACILITIES	101
Planning	23	Chûbu	105
Environment	28	Climate	107
		Getting There & Around	108
History & Culture of Hiking	40	Gateway	109
		SOUTH ALPS	109
Majestic Fuji-san	50	Kita-dake to Hijiri-dake	109
		YATSU-GA-TAKE	116
		Aka-dake Traverse	117
Onsen	54	CENTRAL ALPS	119
		Kiso-koma-ga-take & Utsugi-dake	119
Tokyo Region	58	ONTAKE-SAN	122
Environment	60	Ontake-san Traverse	122
Planning	60	NORTH ALPS	125
Getting Around	61	Tate-yama & Tsurugi-dake	125
TSUKUBA QUASI-NATIONAL PARK	61	Tate-yama to Kamikôchi	131
Tsukuba-san	61	Kamikôchi-Yari-Hotaka Circuit	135
NIKKÔ & OZE REGION	64	Shirouma-dake to Ôgisawa	139
Nantai-san	66	MYÔKÔ RANGE	143
Senjô-ga-hara	66	Myôkô-san & Hiuchi-yama	144
Oku-shirane-san	68	HAKU-SAN NATIONAL PARK	146
Oze	69	Haku-san	147
TANIGAWA-DAKE	72	MORE HIKES	149
Tinigawa-dake Traverse	73	TOWNS & FACILITIES	150
JÔSHINETSU-KÔGEN NATIONAL PARK	75	Kansai	156
Asama-yama	76	Climate	158
CHICHIBU-TAMA-KAI NATIONAL PARK	79	Getting There & Away	158
Kumotori-san	79	Getting Around	158
Mitake-san to Oku-tama	82	Gateways	158
MEIJI-NO-MORI-TAKAO QUASI NATIONAL PARK	84	AROUND KYOTO	158
Takao-san to Jinba-san	84	Fushimi Inari	159
		Daimonji-yama	160
		Konpira-san	163
		Kurama to Kibune	164
		Atago-san	166
		HIRA RANGE	168
		Buna-ga-take	169

Yatsubuchi-no-taki	171
AROUND OSAKA & KÔBE	173
Rokku Gaaden	173
AROUND NARA	175
Yama-no-be-no-michi	175
YOSHINO-KUMANO NATIONAL PARK	178
Ômine-san	178
Ôdai-ga-hara to Ôsugi	183
MORE HIKES	187
TOWNS & FACILITIES	187

Chûgoku 190

Environment	191
Climate	191
Planning	191
Getting There & Away	191
Gateways	191
Daisen	191
Sandan-kyô	196
Miya-jima	198
TOWNS & FACILITIES	199

Tôhoku 201

History	202
Climate	202
Planning	202
Getting There & Away	204
Getting Around	205
Gateways	205
BANDAI-ASAHI NATIONAL PARK	205
Bandai-san	205
Dewa Sanzan	208
ZAÔ QUASI-NATIONAL PARK	213
Zaô-san	213
CHÔKAI QUASI-NATIONAL PARK	217
Chôkai-san	217
TOWADA HACHIMANTAI NATIONAL PARK	220
Akita Koma-ga-dake	221
Hachimantai	224
Hakkôda-san	229
TSUGARU QUASI-NATIONAL PARK	231
Iwaki-san	231
MORE HIKES	235
TOWNS & FACILITIES	235

Hokkaidô 240

History	241
Environment	241
Climate	241
Planning	244
Getting There & Away	246
Getting Around	247
Gateway	248
NISEKO AREA	248
Niseko Circuit	248
Yôtei-zan	251
Soranuma-dake Traverse	253
Daisetsu-zan Grand Traverse	256
Ashibetsu-dake Circuit	264
Poroshiri-dake Circuit	267
Meakan-dake Circuit	271
Shiretoku Traverse	273
Rishiri-zan	278
MORE HIKES	281
TOWNS & FACILITIES	282

Shikoku 290

Climate	292
Planning	292
Getting There & Away	292
Getting Around	293
Gateways	293
88 Sacred Temples of Shikoku Pilgrimage	293
TSURUGI-SAN QUASI-NATIONAL PARK	298
Tsurugi-san to Miune	298
ISHIZUCHI QUASI-NATIONAL PARK	302
Ishizuchi-san	302
MORE HIKES	306
TOWNS & FACILITIES	306

Kyûshû 310

Climate	311
Planning	311
Getting There & Away	311
Getting Around	311
Gateways	311
YABA-HITA-HIKO-SAN QUASI-NATIONAL PARK	314
Hiko-san	314
ASO-KUJÛ NATIONAL PARK	316

Yufu-dake	316
Kujû-san	318
Aso-san	321
SABO-KATAMUKI QUASI-NATIONAL PARK	323
Sobo-san to Katamuki-yama	323
Ôkue-yama	327
KIRISHIMA-YAKU NATIONAL PARK	329
Koshiki-dake	330
Kirishima Traverse	331
MORE HIKES	333
TOWNS & FACILITIES	334

Nasei-shotô 337

Climate	338
Language	338
Getting There & Around	338
Yaku-shima Traverse	339
Irimote-jima Traverse	344
MORE HIKES	349
TOWNS & FACILITIES	349

Hikers Directory 352

Transport 373

Clothing & Equipment 387

Health & Safety 394

Language 408

Glossary 417

Behind the Scenes 420

Index 422

The Maps

Tokyo Region p59	
Tsukuba-san	p62
Nikkō Region	p67
Oze	p72
Tanigawa-dake	p74
Asama-yama	p76
Kumotori-san (East)	p80
Kumotori-san (West)	p81
Mitake-san to Oku-tama	p83
Takao to Jimba-san	p86
Tanzawa Traverse	p88
Mitsu-tōge-yama	p91
Fuji-san	p94
Myōjin-ga-take	p98
Amagi-san Traverse	p100

Chūbu Region p106	
Kita-dake to Hijiri-dake (North)	p112
Kita-dake to Hijiri-dake (South)	p115
Aka-dake Traverse	p118
Kiso-koma-ga-take & Utsugi-dake	p121
Ontake-san Traverse	p124
Tate-yama & Tsurugi-dake	p129
Tate-yama to Kamikōchi (North)	p132
Tate-yama to Kamikōchi (South)	p134
Kamikōchi-Yari-Hotaka Circuit	p138
Shirouma-dake to Ōgisawa	p141
Myōkō-san & Hiuchi-yama	p145
Haku-san	p148

Kansai Region p157	
Fushimi Inari	p160
Daimonji-yama	p162
Konpira-san	p163
Kurama to Kibune	p164
Atago-san	p167
Buna-ga-take	p169
Yatsubuchi-no-taki	p172
Rokku Gaden	p174
Yama-no-be-no-michi	p176
Ōmine-san	p181
Ōdai-ga-hara to Ōsugi	p185

Chūgoku Region p192	
Daisen	p194
Sandan-kyō	p197
Miya-jima	p199

Tōhoku Region p203	
Bandai-san	p207
Dewa Sanzan	p211
Zaō-san	p214

Tōhoku Continued	
Chōkai-san	p218
Akita Koma-ga-dake	p222
Hachimantai	p225
Hakkōda-san	p230
Iwaki-san	p233

Hokkaidō Region p242	
Niseko Circuit	p250
Yōtei-zan	p252
Soranuma-dake Traverse	p255
Daisetsu-zan Grand Traverse (North)	p260
Daisetsu-zan Grand Traverse (South)	p263
Ashibetsu-dake Circuit	p265
Poroshiri-dake Circuit	p269
Meakan-dake Circuit	p272
Shiretoko Traverse	p276
Rishiri-zan	p279

Shikoku p291	
Tsurugi-san to Miune	p300
Ishizuchi-san	p305

Kyūshū p312	
Hiko-san	p315
Yufu-dake	p317
Kujū-san	p320
Aso-san	p322
Sobo-san to Katamuki-yama	p324
Okue-san	p328
Koshiki-dake & Kirishima Traverse	p331

Nansei-shotō p338	
Yaku-shima Traverse	p343
Iriomote-jima Traverse	p346



