

Table of Hikes

TOKYO REGION	DURATION	DIFFICULTY	SEASON	TRANSPORT
TSUKUBA-SAN	5 HOURS	EASY	YEAR-ROUND	BUS, TRAIN
NANTAI-SAN	4–6 HOURS	MODERATE	MAY–NOV	BUS
SENJŌ-GA-HARA	2–2½ HOURS	EASY	YEAR-ROUND	BUS
OKU-SHIRANE-SAN	6–8 HOURS	MODERATE	MAY–NOV	BUS
OZE	2 DAYS	EASY–MODERATE	MAY–NOV	BUS
TANIGAWA-DAKE TRAVERSE	5–8 HOURS	MODERATE	JUL–OCT	BUS, TRAIN
ASAMA-YAMA	5–6 HOURS	EASY	MAY–NOV	BUS, TRAIN
KUMOTORI-SAN	2 DAYS	EASY–MODERATE	APR–DEC	BUS, TRAIN, CABLE CAR
MITAKE-SAN TO OKU-TAMA	4–5 HOURS	EASY–MODERATE	APR–DEC	BUS, TRAIN, CABLE CAR
TAKAO-SAN TO JINBA-SAN	5–7 HOURS	EASY–MODERATE	YEAR-ROUND	BUS, TRAIN, CABLE CAR
TANZAWA TRAVERSE	2 DAYS	MODERATE	YEAR-ROUND	BUS, TRAIN
MITSU-TŌGE-YAMA	6–7 HOURS	EASY–MODERATE	YEAR-ROUND	TRAIN
FUJI-SAN	11 HOURS	MODERATE–DEMANDING	JUN–SEP	BUS, TRAIN
MYŌJIN-GA-TAKE	4 HOURS	EASY–MODERATE	YEAR-ROUND	BUS, TRAIN
AMAGI-SAN TRAVERSE	6 HOURS	EASY	YEAR-ROUND	BUS, TRAIN
CHŪBU	DURATION	DIFFICULTY	SEASON	TRANSPORT
KITA-DAKE TO HIJIRI-DAKE	2, 4, 5, 6, 8 DAYS	MODERATE–DEMANDING	JUL–OCT	BUS, TRAIN
AKA-DAKE TRAVERSE	1 OR 2 DAYS	MODERATE	JUL–OCT	BUS, TRAIN
KISO-KOMA-GA-TAKE & UTSUGI-DAKE	2 DAYS	MODERATE	JUL–OCT	BUS, TRAIN
ONTAKE-SAN TRAVERSE	2 DAYS	EASY–MODERATE	JUL–OCT	BUS
TATE-YAMA & TSURUGI-DAKE	2 DAYS	MODERATE–DEMANDING	JUL–OCT	VARIOUS
TATE-YAMA TO KAMIKŌCHI	6 DAYS	MODERATE–DEMANDING	JUL–OCT	VARIOUS
KAMIKŌCHI-YARI-HOTAKA CIRCUIT	3 DAYS	MODERATE–DEMANDING	JUL–OCT	VARIOUS
SHIROUMA-DAKE TO ŌGISAWA	4 DAYS	MODERATE–DEMANDING	JUL–OCT	BUS
MYŌKŌ-SAN & HIUCHI-YAMA	2 DAYS	EASY–MODERATE	JUL–OCT	BUS, TRAIN
HAKU-SAN	2 DAYS	MODERATE	JUL–SEP	BUS, TRAIN
KANSAI	DURATION	DIFFICULTY	SEASON	TRANSPORT
FUSHIMI INARI	2–3 HOURS	EASY	YEAR-ROUND	TRAIN
DAIMONJI-YAMA	4 HOURS	EASY	YEAR-ROUND	BUS
KONPIRA-SAN	4 HOURS	EASY	YEAR-ROUND	BUS
KURAMA TO KIBUNE	2–3 HOURS	EASY	YEAR-ROUND	TRAIN
ATAGO-SAN	5 HOURS	EASY	YEAR-ROUND	BUS
BUNA-GA-TAKE	6–7 HOURS	MODERATE	APR–NOV	BUS
YATSUBUCHI-NO-TAKI	6–7 HOURS	MODERATE–DEMANDING	APR–NOV	BUS, TRAIN
ROKKU GAADEN	3–4 HOURS	EASY–MODERATE	YEAR-ROUND	TRAIN
YAMA-NO-BE-NO-MICHI	4 HOURS	EASY	YEAR-ROUND	TRAIN
ŌMINE-SAN	4 DAYS	MODERATE–DEMANDING	MAY–OCT	BUS, TRAIN
ŌDAI-GA-HARA TO ŌSUGI	2 DAYS	MODERATE–DEMANDING	APR–NOV	BUS, TRAIN

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CHŪGOKU

	DURATION	DIFFICULTY	SEASON	TRANSPORT
DAISEN	2 DAYS	MODERATE-DEMANDING	JUNE-NOV	BUS
SANDAN-KYŌ	6 HOURS	EASY	MAR-NOV	BUS

MIYA-JIMA	4 HOURS	EASY	YEAR-ROUND	TRAIN, BOAT
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TŌHOKU

	DURATION	DIFFICULTY	SEASON	TRANSPORT
BANDAI-SAN	7-8 HOURS	MODERATE	MAY-OCT	BUS
DEWA SANZAN	2 DAYS	MODERATE	JULY-OCT	BUS
ZAŌ-SAN	2 DAYS	MODERATE-DEMANDING	MAY-OCT	BUS, CABLE CAR
CHŌKAI-SAN	2 DAYS	MODERATE-DEMANDING	MAY-NOV	BUS
AKITA KOMA-GA-DAKE	2 DAYS	MODERATE	JUNE-OCT	BUS
HACHIMANTAI	2-3 DAYS	MODERATE-DEMANDING	MAY-OCT	BUS
HAKKŌDA-SAN	1 DAY	MODERATE	MAY-OCT	BUS
IWAKI-SAN	1 DAY	MODERATE	JUNE-OCT	BUS

HOKKAIDŌ

	DURATION	DIFFICULTY	SEASON	TRANSPORT
NISEKO CIRCUIT	6-7 HOURS	EASY-MODERATE	JUNE-OCT	BUS
YŌTEI-ZAN	8-10 HOURS	MODERATE-DEMANDING	JUNE-OCT	BUS, TRAIN
SORANUMA-DAKE TRAVERSE	2 DAYS	DEMANDING	MAY-OCT	BUS
DAISETSU-ZAN GRAND TRAVERSE	4-5 DAYS	DEMANDING	JULY-OCT	BUS
ASHIBETSU-DAKE CIRCUIT	2 DAYS	DEMANDING	JULY-OCT	TRAIN
POROSHIRI-DAKE CIRCUIT	2 DAYS	MODERATE-DEMANDING	JULY-OCT	PRIVATE
MEAKAN-DAKE CIRCUIT	4-5 HOURS	EASY-MODERATE	JUNE-OCT	BUS
SHIRETOKO TRAVERSE	2 DAYS	DEMANDING	JULY-OCT	BUS
RISHIRI-ZAN	8 HOURS	MODERATE-DEMANDING	JULY-OCT	BUS, FERRY

SHIKOKU

	DURATION	DIFFICULTY	SEASON	TRANSPORT
88 SACRED TEMPLES PILGRIMAGE	30-60 DAYS	MODERATE-DEMANDING	APR-NOV	TRAIN
TSURUGI-SAN TO MIUNE	3 DAYS	MODERATE	APR-NOV	BUS, TRAIN
ISHIZUCHI-SAN	2 DAYS	MODERATE	MAY-OCT	BUS, TRAIN

KYŪSHŪ

	DURATION	DIFFICULTY	SEASON	TRANSPORT
HIKO-SAN	4-5 HOURS	EASY	YEAR-ROUND	BUS, TRAIN
YUFU-DAKE	4-5 HOURS	EASY-MODERATE	APR-NOV	BUS
KUJŪ-SAN	2 DAYS	EASY-MODERATE	APR-NOV	BUS
ASO-SAN	5 HOURS	EASY	APR-NOV	BUS, TRAIN, TAXI
SOBO-SAN TO KATAMUKI-YAMA	3 DAYS	MODERATE-DEMANDING	MAY-NOV	BUS
ŌKUE-YAMA	2 DAYS	DEMANDING	APR-NOV	BUS
KOSHIKI-DAKE	3 HOURS	EASY-MODERATE	APR-NOV	BUS
KIRISHIMA TRAVERSE	2 DAYS	EASY-MODERATE	MAY-NOV	BUS

NANSEI-SHOTŌ

	DURATION	DIFFICULTY	SEASON	TRANSPORT
YAKU-SHIMA TRAVERSE	3 DAYS	MODERATE-DEMANDING	YEAR-ROUND	BUS
IRIOMOTE-JIMA TRAVERSE	1 DAY	DEMANDING	YEAR-ROUND	BUS, BOAT

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The Authors



CRAIG MCLACHLAN

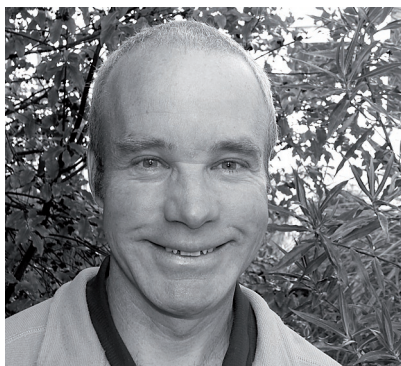
Craig has done a lot of hiking in Japan: walked the 3200km from Kagoshima to Hokkaidō; climbed the 100 Famous Mountains (in record time!); hiked the 88 Temples of Shikoku Pilgrimage; journeyed the Saigoku 33 Sacred Temples of Kannon Pilgrimage; and hiked from the Sea of Japan to the Pacific, climbing all 21 of Japan's 3000m plus peaks along the way. He has written books about all these adventures; three have been published in English and four in Japanese. His other jobs have included guidebook author, pilot, hiking guide, interpreter and karate instructor. Check out www.craigmclachlan.com. Craig has an MBA from the University of Hawaii, and spends most of his year in Queenstown, New Zealand.

MY FAVOURITE HIKE

Top walk in my book is undoubtedly the six-day length-of-the-North Alps hike from Tate-yama to Kamikōchi (p131). In the four days between Tate-yama and Yari-ga-take, chances are you'll meet fewer people than on one rush-hour Tokyo subway carriage. On this mission, you can climb two of Japan's five highest peaks, grip chains and ladders in the adrenalin-producing Daikiretto, wonder at mountain-top shrines and temples, and soak away your troubles in appealing *onsen*. Visitors will be bewildered by the contradiction of their image of Japan, and Japan residents will wonder why they've never made the effort before. Do it!

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RICHARD RYALL

A degree in geography encouraged Richard to take flight from the UK and embark on his own eight-year 'personal field trip' from which he has never gone home. An extended stay in Japan, full of hiking and cycling adventures, led to his new life in Queenstown, New Zealand as a specialist outdoor guide for Japanese visitors. A penchant for all things native spawned the idea for his publications in Japanese (and subsequently English) on the endemic flora of the mountain trails, and then a Japanese guidebook to the rare birdlife of his new home. Frequent Japanese television work, in front of and behind the camera, has taken him all over the world for eco-tourism travel documentaries.

MY FAVOURITE HIKE

Shiretoko (p273) in the southeast corner of Hokkaidō has a grip on me that multiple trips have not resolved. Turning-off from the main trail to Rausu-dake and following the single lonely trail along the mountain tops it seems that I am in a primeval world of sulphuric volcanoes, wild weather patterns that dictate my movement and the feeling that bears are monitoring my every move from above. This is the often bittersweet meeting point of recreational hiking and encounters with the natural world and it is plain to see why the Ainu called this 'the end of the Mother Earth'.



DAVID JOLL

A year in Japan as a high school exchange student was the catalyst for David launching into an ongoing mission to find out about all things Japanese. A degree in Japanese at Auckland University led to two years of 'social studies' at university in Japan. Still not satisfied, David joined the Japanese work force, on Japanese terms, and ended up spending a further 10 years in Tokyo as an undercover 'salaryman'. In between playing on four Japanese rugby tours to his homeland New Zealand, David has climbed all of Japan's 3000m-plus mountains. With a wife from Fukuoka and two children born, bred and still living in the centre of Tokyo, Japan is his second home.

MY FAVOURITE HIKE

If Japan had an official list of 'Great Walks', then the trek across Yaku-shima (p339) would most certainly be listed right at the top. After years of guiding Japanese hikers in New Zealand, I had heard many stories about the beautiful rainforests of Yaku-shima. It exceeded all my expectations. From its subtropical coast line, its ancient rain forests hiding giant 7000-year-old cedar trees, and up to its exposed highlands dominated by powerful granite peaks, the mystical island is truly a land of diversity and contrast. The walk takes you through all of this, and...much more.

