

# NAGANO TRAIL GUIDE BY GRADE

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.

Guide line	Physical Level				
	A	B	C	D	E
10			● Ura Ginza (Takase Dam-Kamikochi)	● Mt. Hijiridake→Mt. Akashidake (Seiko Hut-Sawarajima)	
9			● Omote Ginza (Nakabusa Onsen-Kamikochi)	● Mt. Shiomidake-Mt. Kitadake (Torikura-Hogawara) ● Mt. Arakawadake (Higashidake) (Torikura-Sawarajima)	● Dai Kiretto (Kamikochi) ● Mt. Kita Hotakadake→Mt. Yariyatake
8			● Shogashira→Mt. Utsugidake (Katsurakoba-Komagane Highland) ● Mt. shiromadake→Mt. Asahidake (Sarukura-Renge Onsen) ● Mt. Yariyatake (Kamikochi)		
7	● Mt. Kiso Komagatake (Ina Ski Resort) ● Mt. Kinpu-Mt. Kobushigatake (Mawarime Daira-Mouki Daira) ● Mt. Masagodake (Takase Dam) <Yumata> ● Mt. Tsubakurodake→Mt. Jonendake (Nakabusa Onsen-Ichinosawa) ● Mt. Narusawadake→Mt. Harinokidake (Ogisawa)		● Mt. Oku Hotakadake (Kamikochi) <Karasawa>	● Mt. Utsugidake→Mt. Kosumo (Kesazawa Bridge) ● Hachimine Kretto (Alps Daira Sta.-Otanihara) ● Mt. Shiomidake (Torikura) ● Mt. Kita Hotakadake (Kamikochi) <Karasawa>	● Hotakadake Traverse (Kamikochi) ● Mt. Kita Hotakadake ● Mt. Mae Hotakadake
6		● Mt. Kashima Yariyatake (Ogisawa) ● Mt. Chogatake-Mt. Jonendake (Kamikochi-Ichinosawa) <Nagakabe Ridge> ● Mt. Funakubodake (Nanakura) ● Mt. Tekaridake (Irodo) ● Mt. Chausudake (Irodo)	● Mt. Kashima Yariyatake-Mt. Jiigatake (Otanihara-Ogisawa) ● Mt. Hijiridake (Seiko Hut) ● Mt. Kashima Yariyatake (Otanihara) ● Mt. Hakuba Yariyatake (Sarukura) <Yari Onsen> ● Mt. Kiso Komagatake→Mt. Utsugidake (Senjojiki-Komagane Highland) ● Mt. Utsugidake (Komagane Highland)	● Kaerazu Kiretto (Sarukura-Happoike Hut) ● Mt. Minami Komagatake (Kesazawa Bridge)	Choose the trails that best fit your ability!
5	● Mt. Kitayokodake-Mt. Shimagare (Ogawara Pass)	● Mt. Kita Kuzudake (Nanakura) ● Mt. Chogatake-Mt. Jonendake (Mitsumata-Ichinosawa) ● Mt. Kiso Komagatake (Katsurakoba) ● Mt. Kiso Komagatake (Kogara) <Kisotokushima B> ● Mt. Jonendake (Mitsumata) ● Mt. shiromadake (Tsuugaie) ● Karasawa (Kamikochi) ● Mt. Iodake (Mugikusa Pass)	● Mt. Kiso Komagatake (Alps Hut) <AgematsuA> ● Mt. Kasumizwadake (Kamikochi) ● Mt. Yokodake (Inagoyu) ● Mt. Saburyu (Doronoki Daira) ● Mt. Karamatsudake-Mt. Goryudake (Happoike Hut-Alps Daira Sta.) ● Mt. Gakidake (Shirosawa Trailhead) ● Mt. Goryudake (Alps Daira Sta.)	● Mt. Nishi Hotakadake (Kamikochi) ● Mt. Gongendake→Mt. Akadake (Kannon Daira-Minoto)	
4	● Mt. Kyogatake (Chusenji Temple)	● Mt. Maekake (Asama Trailhead) #1,3 ● Mt. Pengedake (Ogisawa) ● Mt. Jonendake (Ichinosawa) ● Mt. Harinokidake (Ogisawa) ● Mt. Kobushigatake (Mouki Daira) ● Mt. Jiigatake (Ogisawa) ● Mt. Iodake (Horzawa Onsen) ● Mt. Maekake (Kurumasaka Pass) #1,3 ● Mt. Koregedake (Tsuugaie) ● Mt. Tsubakurodake (Nakabusa Onsen) ● Mt. Norikuradake (Suzuran Bridge-Tatami Daira) ● Mt. Okuchausuyama (Shirabiso Pass) ● Mt. Chogatake (Mitsumata)	● Mt. shiromadake (Sarukura) ● Mt. Akadake-Mt. Yokodake-Mt. Iodake (Minoto) ● Mt. Eboshidake (Takase Dam) <Burnatake Ridge> ● Mt. Tengudake (Horzawa Onsen) ● Mt. Akadake (Somazoe Trailhead) ● Mt. Amidadake (Funayama Crossroads) ● Mt. Akadake (Minoto) ● Mt. Kitazawa-Jizo Ridge ● Mt. Gongendake (Kannon Daira)	● Mt. Mae Hotakadake (Kamikochi) <Jutaro New Trail> ● Mt. Takatsuma (Togakushi Campground) #1 ● Mt. Takatsuma (Togakushi Campground) #1 ● Mt. Akadake (Kenkai Trailhead) ● Mt. Torikabuto (Mujina Daira-Yashiki)	
3	● Kirigamine (Yashima Wetlands)	● Mt. Iodake (Minoto) <Kitazawa> ● Mt. Azumaya (Minohara) ● Mt. Azumaya (Sugadaira Farm) <Mt. Nekodake> ● Mt. Azumaya (Tori Pass) ● Mt. Kurohime (Ohashi Trailhead) ● Mt. Ena (Minekoshi Forest Road Gate) ● Mt. Iwasuge (Iwasuge Trailhead) ● Mt. Karamatsudake (Happoike Hut) ● Mt. Kinpu (Mawarime Daira) ● Mt. Tengudake (Shibunoyu) ● Mt. Naeba (Koakazawa 3th Sta.) ● Mt. Kazafukidake (Kazafuki Trailhead) ● Mt. Tengudake (Karasawa Kosen) <West Ridge> ● Mt. Sannosawadake (Senjojiki) ● Hakuba Oke (Tsuugaie) ● Mt. Ontake (Tanohara) #3 ● Mt. Iodake (Sakura Daira) ● Mt. Ontake (Imori highland Sta.) #3	● Kanayama (Kanayama Trailhead) ● Mt. Akadake (Minoto) <Minamisawa-Bunzaburo> ● Mt. Senjogatake (Kitazawa Pass) #2 ● Mt. Amidadake (Minoto-minamisawa) ● Mt. Kai Komagatake (Kitazawa Pass) #2 ● Mt. Amakazari (Otaru Onsen) ● Mt. Ariake (Nakabusa)	● Mt. Togakushi (Okusha Parking-Togakushi Campground) ● Mt. Togakushi (Okusha Parking)	
2	● Mt. Nekodake (Sugadaira Farm) ● Mt. Eboshidake (Jizo Pass) ● Mt. Takao (Omote Sando) ● Mt. Kurofu (Kurumasaka Pass) #3 ● Mt. Arafune (Arafunefudo) ● Mt. Takao (Biwa Falls)	● Mt. Yakedake (Shin Nakanoyu Trailhead) #3 ● Mt. Izuna (Ichino Tori Park) ● Mt. Tateshina (Megami Ohaya) ● Utsukushigahara (Sanjoro Farm) ● Mt. Hakuba Norikuradake (Tsuugaie) ● Mt. Ogura (Kurio Trailhead) ● Mt. Nekodake (Minohara) ● Mt. Tateshina (7th Sta. Trailhead) ● Mt. Tateshina (Ogawara Pass) ● Mt. Kiso Komagatake (Senjojiki)			
1	● Mt. Yunomaru (Jizo Pass) ● Mt. Onagi (Yutoge Pass) ● Mt. Kita Yokodake (Ropeway)				



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Nagano Prefecture Comprehensive Mountaineering Center  
Sampo Shimazaki, Specially-appointed Instructor

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

Physical Level

Technical Level Higher technical level is needed toward the right.

Trail	Technical Level
<ul style="list-style-type: none"> <li>Well-maintained most of the section.</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>There are streams, cliffs and snowy valleys in 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 equipment necessary</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>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>Steep 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>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>Trekking equipment necessary</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 technique and sound judgment necessary</li> <li>Some trekkers need to use a rope for safe climbing in some sections.</li> </ul>

The physical level is shown based on the research by Professor Masayoshi Yamamoto.  
 ○Map-reading ability: Ability to find your current position and identify a route to the destination  
 [Definitions] ○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 levels, including the bad weather, remaining snow, and physical conditions. Please plan your trip considering these elements.  
 2 Specially difficult routes which are not considered "general" climbing routes for many trekkers are not included in the chart.  
 [Examples] Mt. Nishi Hodaka - Mt. Oku Hodaka (Northern Alps), Kita Kamaone Ridges (Northern 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 confirm the situations of trails ahead of time with mountain huts or nearby police stations.

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