

# HIKING AND TREKKING IN THE JAPAN ALPS AND MOUNT FUJI

NORTHERN, CENTRAL AND SOUTHERN ALPS

by Tom Fay and Wes Lang

**CICERONE**

JUNIPER HOUSE, MURLEY MOSS,  
OXENHOLME ROAD, KENDAL, CUMBRIA LA9 7RL  
[www.cicerone.co.uk](http://www.cicerone.co.uk)

© Tom Fay and Wes Lang 2019  
First edition 2019  
ISBN: 978 1 85284 947 4  
Reprinted in 2020 (with updates)



Printed in China on responsibly sourced paper on behalf of Latitude Press Ltd  
A catalogue record for this book is available from the British Library.  
All photographs are by the authors unless otherwise stated.



Route mapping by Lovell Johns [www.lovelljohns.com](http://www.lovelljohns.com)  
Contains OpenStreetMap.org data © OpenStreetMap  
contributors, CC-BY-SA. NASA relief data courtesy of ESRI

*In memory of Michal Voita (1986-2016),  
for showing us how to dream in clouds.  
'There is nothing better than waking up on top of the mountain.'*

### Updates to this Guide

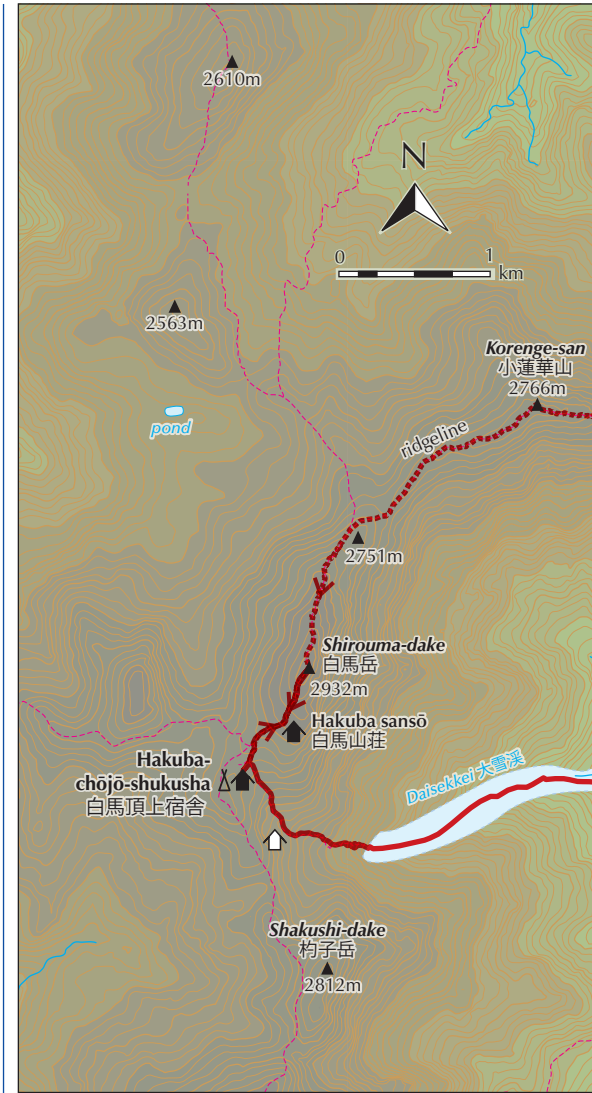
While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website ([www.cicerone.co.uk/947/updates](http://www.cicerone.co.uk/947/updates)), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

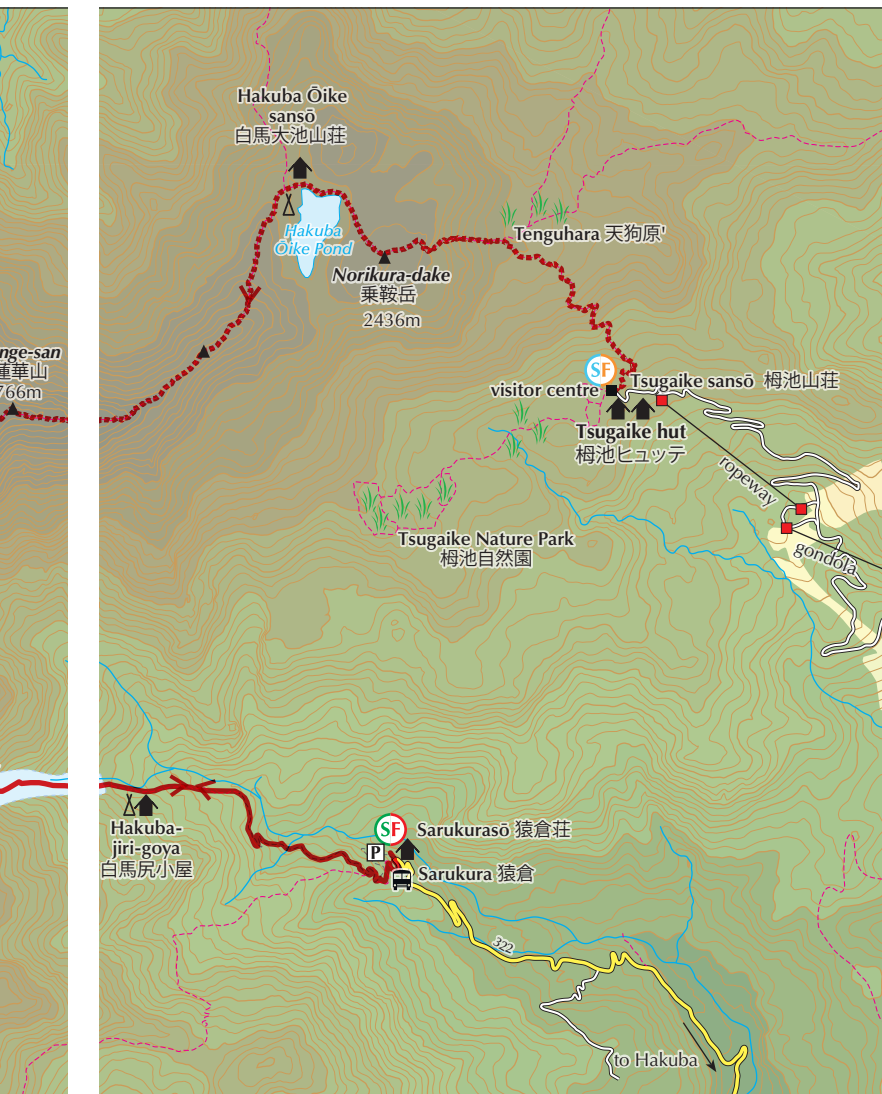
The route maps in this guide are derived from publicly available data, databases and crowd-sourced data. As such they have not been through the detailed checking procedures that would generally be applied to a published map from an official mapping agency, although naturally we have reviewed them closely in the light of local knowledge as part of the preparation of this guide.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to [updates@cicerone.co.uk](mailto:updates@cicerone.co.uk) or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

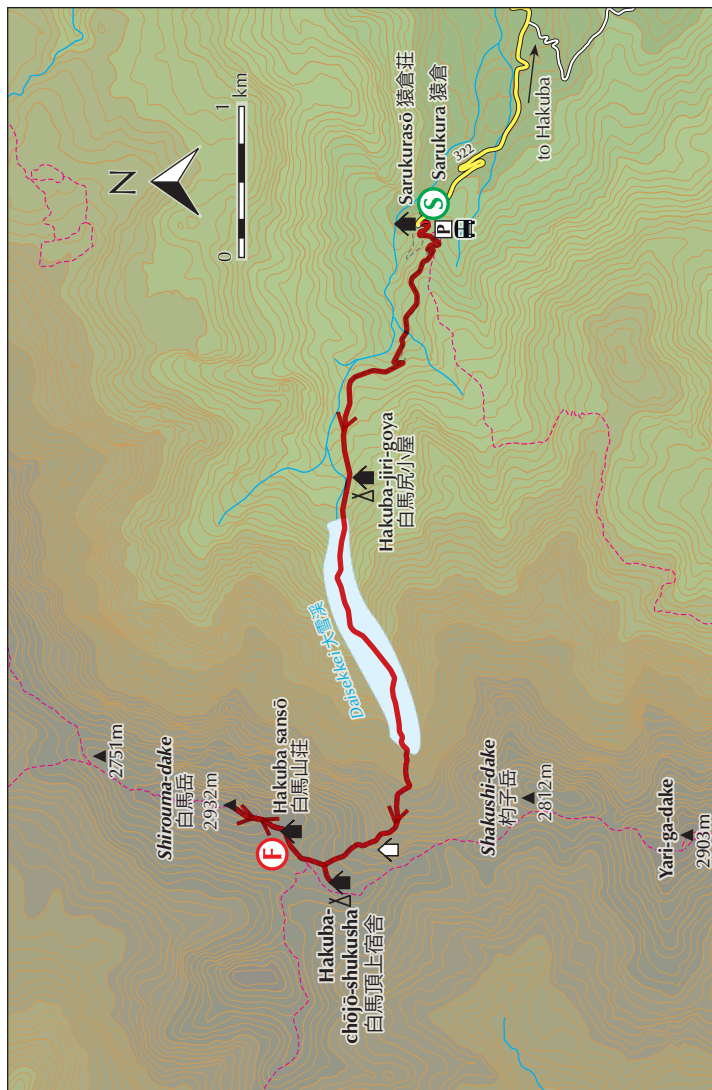
**Register your book:** To sign up to receive free updates, special offers and GPX files where available, register your book at [www.cicerone.co.uk](http://www.cicerone.co.uk).

*Front cover: Admiring the view from the summit of Mt Tsurugi-dake in the North Alps (Trek 2, Stage 2)*

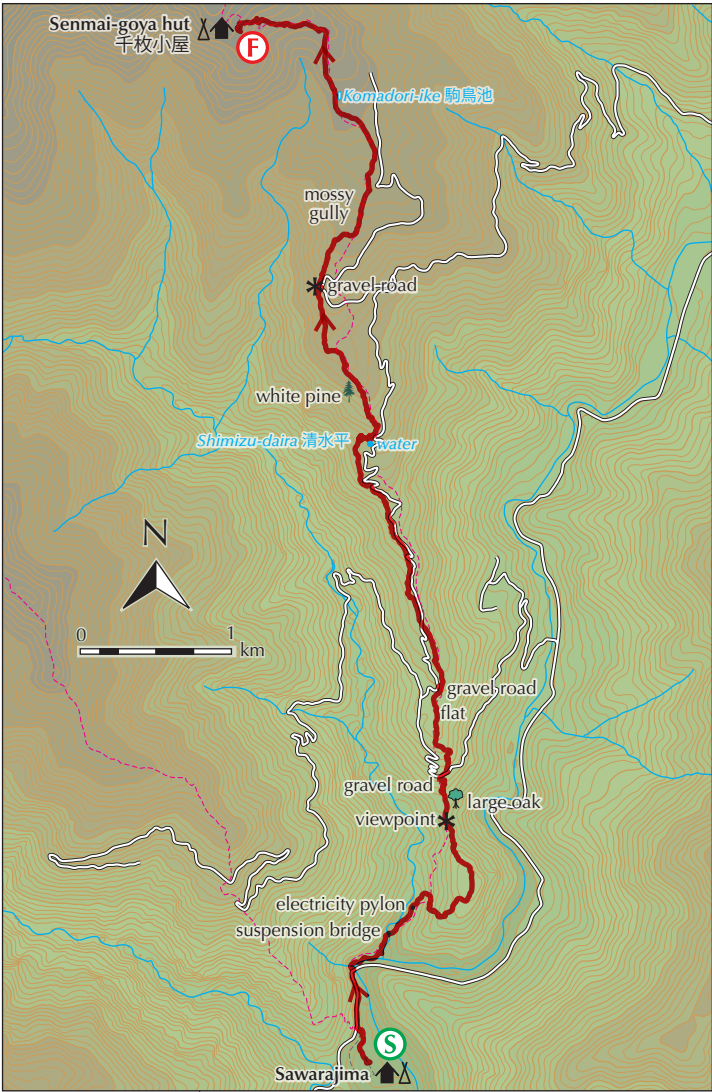




# TREK 1 – MT SHIROUMA-DAKE AND HAKUBA-YARI ONSEN, STAGE 1









a rocky spine marked on the map as 竜尾見晴 ('dragon-tail viewpoint'), where a sign indicates 1hr 20min to Kuma-nodaira hut. Pick your way across the dragon's tail with vistas of the undulating ridge of Mt Shiomi to the southeast.

After re-entering the forest, gradually ascend for 20min to find a faint trail leading to the ridge on the right for Mt Shinjanuke 新蛇拔山. Climb this trail for 5min to the **summit** (2667m) for another view with which you can gauge your progress. Now carry on straight, dipping below the tree line and then going up along a rocky path through birch and wildflowers. The angle steepens and the trail splits, with an easier path below the ridge to the left and a ridge trail leading right. Take the right fork and further on emerge from the trees, then climb a short way to the unmarked summit of **Mt Kita-Arakawa-dake** 北荒川岳 (2698m), where steep cliffs of sandy scree drop away dramatically. ▶

Drop left off the summit and negotiate a trail of loose scree before dropping off the ridge to a flat area with a dilapidated wooden hut. These are the **ruins of an old campground** and a signpost reads 幕営禁止 (no camping allowed). Veer right and climb gently through a wonderful grassy field with yellow summer ragwort flowers, easily the most scenic part of the stage.

*Sub-alpine forest of Erman's birch is encountered frequently on the route*

*There is a fantastic view of the steep, crumbly ridge leading to the summit of Mt Shiomi directly in front of you.*