








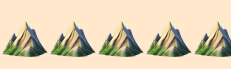



# Route by Grade V 「Japan Alps Challenging 11 Routes」 Level 5

2021 edition

Mountains	Routes	Area	Course	Official Grade		Original Grade		Difficulty Level	Ascending Difference in elevation (m)	Distance (km)	Climbing Constant
				Physical Strength	Technical Level	Physical Strength	Technical Level				
Kurobe Gorge	Kurobe River Shimono-roka	North area of the Northern Alps	Kurobe dam~Asohara onsen~Keyaki-daira	—	—	6	E		2,341	26	56.6
Mt. Yari-gatake to Mt. Kitahotaka-dake	Dai-kiretto Route	South area of the Northern Alps	Mt. Yari-gatake~Mt. Minami-dake~Dai-kiretto~Mt. Kitahotaka-dake	9	E	9	E		2,997	41	88.0
Mt. Hijiri-dake	Mt. Akaishi-dake Roundabout Route	Southern Alps	Sawara-jima ~ Hijiri-daiya koya Mountain hut ~ Mt. Hijiri-dake ~ Mt. Akaishi-dake ~ Sawara-jima	10	D	10	D		4,100	30.3	97.1
Mt. Hijiri-dake	Chausu-dake Hijiri-dake Route	Southern Alps	畑Hata-nagi Daiichi Dam ~ Mt. Chausu-dake Trailhead ~ Mt. Chausu-dake ~ Mt. Kamikochi-dake ~ Hijiri-daira-koya~ Mt. Hijiri-dake	8	C	9	C		4307	35.1	107.2
Mt. Kurobe-goro-dake	Kamioka New Traile	North area of the Northern Alps	Hietsu tunnel ~ Mt. Tarou-yama ~ Kumono-daira ~ Mt. Washiba-dake ~ Mt. Mitsumata-rence-dake ~ Mt. Kurobe-goro-dake ~ Mt. Kitano-mata-dake ~ Hietsu tunnel	—	—	10	C		4,230	47	109.3
Mt. Suisho-dake &/Mt. Washiba-dake	Kamioka New Traile	South area of the Northern Alps	Oritate~Kumono-daira~Mt. Suisho-dake~Mt. Washiba-dake~Mt. Kurobe-goro-dake~Oritate	—	—	10	C		4,079	45.8	110.2
Mt. Shirouma-dake to sea of Japan	Tsugami Shindo	North area of the Northern Alps	Sarukura ~Mt. Shirouma-dake ~Mt. Yukikura-dake ~Mt. Asahi-dake~Mt. Inu-gatake~Mt. Shirotori-yama~Oyashirazu	—	—	10	C		3,961	43.8	112.4
Mt. Shirouma-dake/Mt. Goryu-dake/Mt. Kashima-yari-gatake	Ushiro Tateyama Traverse	North area of the Northern Alps	Sarukura~Mt. Shirouma-dake~Mt. Goryu-dake~Mt. Kashima-yari-gatake ~Ougisawa	—	—	10	D		4,835	37.1	120.8
Mt. Suisho-dake/ Mt. Washiba-dake/ Mt.yari-gatake	Ura-ginza Panolama Route	South area of the Northern Alps	Takase dam~Mt. Suisho-dake~Mt. Washiba-dake~Mt. Sugoroku-dake~Mt. Yari-gatake~ Kamikochi	10	C	10	C		4,614	49.1	122.5
Mt.Funakubo-dake/ Mt.Fudo-dake/ Mt. Suisho-dake/	Nanakura o'ne Yomiuri Trail Route	South area of the Northern Alps	Nanakura-dam~Funakubokoya~Mt. Fudo-dake ~Mt. Eboshi-dake~ Mt. Suisho-dake~Mt. Akaushi-dake~Oku-Kurobe Hutte ~ Kurobe dam	—	—	10	C		5,470	48.4	137.2
Mt. Shiomi-dake/ Mt. Akaishi-dake/ Mt. Hijiri-dake	Southern Alps Ura-ginza Route	Southern Alps	Torikura~Sanpuku Pass~Mt. Shiomi-dake~Mt. Akaishi-dake~Mt. Hijiri-dake ~Hatanagi	—	—	10	D		6,907	61.9	173.7