



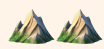



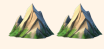







Route by Grade II 「Japan Alps 14 Routes for Beginners」 Level 2

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				
Mt. Yake-dake	Nakanoyu Route	South area of the Northern Alps	Shin-nakanoyu route parking lot ~ Hiroba ~ Mt. Yake-dake	2	B	2	C		1,029	9.8	24.3
Mt. Ena-san	Kuroisawa Route	Central Alps	Kuroisawa-trailhead ~ the end of the logging road ~Noguma-noike-Emergency Shelter ~ Sancho ridgeline ~ Mt. Ena-san	4	B	4	B		1,011	15.3	28.2
Mt. Senjo-gatake	Kitazawa Pass Route	Southern Alps	Kitazawa pass ~ Choubei koya Mountain hut ~ Sensui koya Mountain hut ~ Sensui pass ~ Komatsu-mine ~ Mt. Kaikoma-gatake	3	C	3	C		1,234	8.9	28.2
Mt. Kaikoma-gatake	Kitazawa Pass Route	Southern Alps	Kitazawa pass ~ Umanose hut ~ Senjo-koya Mountain Hut ~ Mt. Senjo-gatake	3	C	3	C		1,216	8.2	28.2
Mt. Yake-dake	Kamikochi Route	South area of the Northern Alps	Kamikochi ~ Tashiro bridge ~ A trailhead ~ Yake-dake-koya Mountain hut ~ Mt. Yake-dake (the north peak)	—	—	3	C		1,189	12.7	28.4
Mt. Ena-san	Mine-koshi Hiro-kawara Route	Central Alps	Minekoshi-rindo-gate ~ Hirogawara trailhead ~ Elevation 1,710 m point ~ Elevation 2,071 m point ~ Mt. Ena	3	B	3	B		1,176	11.3	28.9
Norikura Mountains	Norikura-Kogen Route	South area of the Northern Alps	Suzuran bridge ~ Hiyamizu koya~ Kurai-gahara-sanso~ Katano-koya kuchi ~ Katano-koya~ Mt. Ken-gamine	4	B	4	B		1,530	11.0	31.0
Mt. Tsubakuro-dake	Nakabusa Onsen Route	South area of the Northern Alps	Nakabusa onsen~ Kassen -koya~ Kassenn o'ne~ Enzanso~Mt. Tsubakuro-dake	4	B	4	B		1,427	10.0	31.0
Tateyama mountains	Murodo roundabout Route	North area of the Northern Alps	Murodo ~ Ichi-Nokkoshi ~ Mt. Oyama ~ Mt. Onaji ~ Mt. Fujino-Oritate ~ Bessan~Bessan-Nokkoshi ~ Raicho-Sawa ~ Mikuriga Pond-hot spring ~ Murodou	—	—	4	B		1,340	11.5	32.1
Mt. Senjo-gatake	Tankei Trail Route	Southern Alps	Utajuku ~ Tankei-shindo entrance ~ Umanose hut junction ~ Mt. Senjo-gatake ~ Umanose hut ~ Kitazawa pass	—	—	4	B		1,519	10.9	35.5
Mt. Jonen-dake	Ichino-sawa Jonen-goya Route	South area of the Northern Alps	Ichino-sawa trailhead ~ O-taki bench ~ Munatsuki-Haccho ~ Jonen-nokkoshi ~ Mt. Jonen-dake	4	B	4	B		1,570	12.0	35.7
Mt. Yake-dake	Nakao Onsen Route	South area of the Northern Alps	Nakao onsen~Yake-dake Trailhead~ Hidetsuna shrine~ Yake-dake ~ Kamikochi	—	—	4	C		1,693	14.1	35.8
Yatsu-gatake Mountains [Aka-dake]	Gyoja-koya Route	Yatsu-gatake Chu-shin Kogen	Minoto-guchi ~ Minoto ~ Gyoja koya Mountain hut ~ Mt. Aka-dake ~ Gyoja koya Mountain hut ~ Minoto ~ Minoto-guchi	3	C	4	C		1,502	15.9	37.2
Ontake Mountains	Nigorigo Onsen Route	Central Alps	Nigorigo Onsen ~ Nozoki-iwa ~ 8th station ~ the summit of Hida ~ Ken-gamine ~ the summit of Hida ~ Nozoki-iwa ~ Nigorigo Onsen	4	B	4	B		1,590	14.1	38.2