

# Route by Grade III 「Japan Alps 28 Routes for Experienced Hikers」 Level 3 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				
Hotaka Mountains	Nishi-hotaka Route	South area of the Northern Alps	Nishi-hotaka-guchi ~ Nishiho-sansou Mountain hut ~ Mt. Nishi-hotaka-dake ~ Nishiho-doppyou	—	—	3	C		870	7.7	25.5
Mt. Okuchausuyama	Shirabiso kogen Route	Southern Alps	Shirabiso Pass ~ Otake yama ~ Iwamoto yama ~ Okuchausuyama	4	B	4	B		1,901	14.5	38.3
Shichimisan	Omotesando Route	Southern Alps	Shiraito-notaki trailhead ~ Keishin-in ~ Shichimisan ~ Kibou-ho	4	A	4	A		1,775	13	38.7
Mt. Shiroumadake	Hakuba-Oike Route	North area of the Northern Alps	Tsugaike Nature Park ~ Tenguhara ~ Shirouma-o-oike ~ Mt. Shirouma-dake ~ Hakuba Snowy Gorge ~ Sarukura	5	B	5	C		1,379	15.7	38.7
Mt. Shiroumadake	Renge Onsen Route	North area of the Northern Alps	Renge Onsen hot spring ~ Shirouma-o-oike ~ Mt. Shiroumadake ~ Hakuba Snowy Gorge ~ Sarukura	—	—	5	C		1,696	15.6	41.3
Mt. Kitadake	Shirane oike koya Route	Southern Alps	Hirogawa-Shirane oike-koya junction ~ Shirane oike-koya ~ Kotaro o'ne junction ~ Kitadake Katano-koya ~ Mt. Kitadake	5	B	5	B		1,758	10.9	41.3
Hotaka Mountains	Hida Route	North area of the Northern Alps	Shin-hotaka ~ Shirade ~ sawa-deai ~ Hotakadake ~ sanso ~ Mt. Okuhotakadake	—	—	6	C		2,313	9.4	45.0
Mt. Utsugidake	Komagake-kogen Route	Central Alps	Suganodai Bus Center ~ the end of a logging road ~ Ikeyama koya ~ Yonasawa-no-kashira ~ Komaishi ~ Mt. Utsughi-dake	6	C	6	C		1,670	15.3	46.0
Mt. Shiroumadake	Snowy gorge Climbing Route	North area of the Northern Alps	Sarukura ~ Hakuba Snowy Gorge ~ Mt. Shirouma-dake ~ Mikuni-sakai ~ Shirouma-o-oike ~ Tsugaike Nature Park	4	C	5	C		1,997	15.8	46.3
Mt. Tengudake	Kita-yatsugatake Traverse Route	Yatsu-gatake Chu-shin Kogen	Kita-yatsu Rope-way ~ Kita-yokodake ~ Mugikusa Pass ~ Tengudake ~ Inagoyu	—	—	5	C		1,496	15.5	46.4
Mt. Kashiyari-gatake	Akaiwa-o'ne Route	North area of the Northern Alps	O-tanbara ~ Nishimata-no-deai ~ Tsumeta-ike-sanso ~ the south peak ~ the north peak	6	C	6	C		1,460	12.3	47.1
Southern Yatsugatake Mountains	Southern Yatsugatake Traverse Route	Yatsu-gatake Chu-shin Kogen	Minoto-guchi ~ Mt. Iou-dake ~ Mt. Yokodake ~ Mt. Akadake ~ Gyoja koya ~ Minoto-guchi	4	C	5	C		1,913	19.9	47.2
Ontake Mountains	Kaida-kogen Route	Central Alps	Kaida-guchi trailhead ~ Old Nana-goume emergency shelter ~ the summit of Kaida ~ Ninoike-sanso Mountain hut ~ Kenga-mine	—	—	5	B		1,813	16.3	47.6
Mt. Yakushidake	Taro-daira Route	North area of the Northern Alps	Oritate ~ Taro-daira-koya ~ Yakushidake sanso ~ Mt. Yakushidake	—	—	5	B		1,701	20.0	48.6
Mt. Goryudake	Karamatu Goryu Route	North area of the Northern Alps	The first cairn ~ the third cairn ~ Mt. Karamatsudake ~ Mt. Goryudake ~ Mt. O-Toomi-yama ~ Alps-Daira	5	C	5	C		1,975	17.9	49.5

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Houo Three Mountains	Yasya-jin Pass Route	Southern Alps	Yashajin pass trailhead ~ Yasyajin koya ~ Ichigo-daira ~ Mt. Yakushi-dake ~ Saino-kawara ~ Gozaiishi-kosen	—	—	5	C		2,068	18.0	49.9
Mt. Kasumisawadake	Kamikochi Route	South area of the Northern Alps	Kamikochi ~ Myojinkan ~ Tokugou pass ~ Mt. Kasumisawadake ~ Kamikochi	5	C	5	C		1,903	23.0	50.4
Mt. Kisokomagate	Kisokomakogen Route	Central Alps	Kogara trailhead ~ Nisikoma-sanso ~ Mt. Kisokomagate ~ Tamanokubo-sanso ~ Nanagou-me ~ Kogara trailhead	5	B	5	B		1,918	16.4	50.6
Mt. Kisokomagate	Agematsu A Route	Central Alps	Alps sanso ~ Kanegake koya ~ Kiso-maedake ~ Kisokomagate ~ Senjojiki	5	C	5	C		2,308	17.1	51.1
Houo Three Mountains	Aoki Kosen Route	Southern Alps	Aoki-kosen ~ Houo koya ~ Akanuke-sawa-no-kashira ~ Mt. Kannon-dake ~ Mt. Yakushi-dake ~ Aoki-kosen	5	C	5	C		2,157	15.9	51.2
Mt. Norikuradake	Hirayu Onsen Route	South area of the Northern Alps	Hirayu Onsen ~ Ioudake ~ Daikokudake ~ Katanokoya ~ Norikuradake ~ Tatamidaira	—	—	5	C		2,994	16.5	51.8
Mt. Jonendake	Cho-gatake Route	South area of the Northern Alps	Mitsumata ~ Mameuchi-daira ~ Cho-gatake hut ~ Chokura ~ Mt. Jonendake ~ Mt. Mae-Jonendake ~ Mitsumata	5	B	5	B		2,124	16.0	54.8
Mt. Utsugidake	Mt. Hinokiodake travers Route	Central Alps	Senjojiki ~ Kisokomagate ~ Houken-dake ~ Hinokiodake ~ Kisdono-sanso ~ Mt. Utsugidake ~ Suganodai Bus Center	6	C	6	C		1,584	19.1	55.8
Mt. Kasagatake	Kasa Trail Route	South area of the Northern Alps	Shinhodaka hot springs ~ Kasha-shindo trailhead ~ the point of 2,742 m ~ Kasha-shindo Junction ~ Mt. Kasagatake	6	C	6	C		2,161	20.3	56.5
Mt. Kashimayari-gatake	Kashiwabaratraile Route	North area of the Northern Alps	Ougi-sawa ~ Kashiwabarashindo ~ Taneike sanso ~ Mt. Jii-gatake ~ Tsumetaike sanso ~ Mt. Kashimayari-gatake	6	B	6	B		2,027	23.6	58.4
Mt. Shiroumadake	Hakuba three mountains Roundabout Route	North area of the Northern Alps	Mt. Shiroumadake ~ Mt. Shakushi-dake ~ Mt. Hakubayari-gatake ~ Hakubayari-onsen-goya Sarukura	—	—	6	C		2,330	18.9	58.8
Mt. Harinokidake	Kurobe lake Route	North area of the Northern Alps	Ougi-sawa ~ Harinoki Gorge ~ Mt. Harinokidake ~ Taira no-koya ~ Kurobe dam	—	—	6	D		2,830	24.9	59.4
Mt. Harinokidake	Ougi sawa Roundabout Route	North area of the Northern Alps	Ougi sawa ~ Harinoki Gorge ~ Mt. Harinokidake ~ Shinkoshinokkoshi ~ Taneike sanso ~ Ougi sawa	—	—	6	C		2,541	21.2	61.7