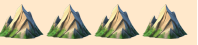

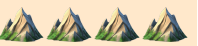






















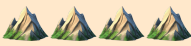


Route by Grade IV 「Japan Alps 36 Routes for Expert Hikers」 Level 4 2021 edition

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. Tsurugi-dake	Bessan-o'ne Route	North area of the Northern Alps	Murodo ~ Raichozawa ~ Bessannokkoshi~Kenzansou Mountain hut ~ Mae-tsurugi ~ Mt. Tsurugi-dake	—	—	4	E		1,672	15.7	44.0
Yatsu-gatake Mountains [Aka-dake]	Kenkai-o'ne Route	Yatsu-gatake Chu-shin Kogen	Sanmedous ski resort ~Mt. Aka-dake~Mt. Yoko-dake~Mt. Ioudake~Akadake-kosen~Minoto~Minoto-guchi	4	D	4	D		1,752	18.1	46.2
Mt. Karamatsu-dake	Descent Route to Baba-tani	North area of the Northern Alps	Hppou ike sanso~Mt. Karamatsu-dake~Mt. Gaki-yama~Babatani~keyaki-daira	—	—	5	D		1,649	19.4	46.5
Mt. Kaikomagatake	Kuroto-o'ne Route	Southern Alps	Chikuu-Komagatake shrine ~ Sasano-daira junction ~ Touri-tengu ~ Shichijo-daiichi-koya ~ Mt. Kaikomagatake ~ Koamatsumine ~ Kitazawa pass	6	D	6	D		2,157	15.9	51.2
Mt. Higashi-dake [Warusawa-dake]	Niken-koya Route	Southern Alps	Niken-goya~Mt. Senmai-dake~Senmai-koya~Mt. Higashi-dake [Arakawa-dake]	—	—	5	D		2,308	16.3	54.9
Mt. Tsurugi-dake (Tsurugi-sawa)	Tsurugi-sawa-Suihei-hodo Route	North area of the Northern Alps	Murodo~Tsurugi-sawa~Sennin pond-Hutte~Asoharonsen-koya~Keyakidaira	—	—	5	E		796	29.4	54.8
Mt. Tsurugi-dake	Hayatsuki-o'ne Route	North area of the Northern Alps	Banbajima ~ Matsuodaira ~ Mt. Tsurugi-Hayatsukikoya Mountain hut ~ Mt. Tsurugi-dake ~ Mt. Tsurugi	—	—	6	E		2,378	16.1	58.3
Mt. Akaishidake	Akaishi-o'ne Route	Southern Alps	Sawara-jima ~ Akaishi-koya~Fujimi-daira ~ Sawara-jima descending point ~ Mt. Akaishi-dake	6	D	6	D		2,571	16.1	59.2
Mt. Kita-dake & Mt. Aino-dake	Noro river Route	Southern Alps	Kitazawa Pass~Ryomata koya~Mt. Aino-dake~Mt. Kitadake~Hirokawara	—	—	7	D		2,292	26.4	59.6
The Hotaka Mountains	Dake-sawa Route	South area of the Northern Alps	Kamikochi ~ Dakesawa ~ Kimikodaira ~ Mt. Mae-hotaka-dake ~ Kimiko-daira ~ Mt. Oku-hotaka-dake ~ Karasawa ~ Yokoo ~ Kamikochi	—	—	7	D		2,233	24.8	59.9
Mt. Shiroumadake	Descent Route to Baba-tani	South area of the Northern Alps	Sarukura~Mt. Shiroumadake~Mt. Kaerazu-dake~Babatani~keyaki-daira	—	—	6	D		2,375	23.5	60.4
Mt. Shiomidake	Torikura Route	Southern Alps	Torikura trailhead ~ Mifushi pass ~ Mt. Hontani-yama ~ Shiomi koya~ Mt. Shiomi-dake east peak	7	D	7	D		2,770	24.3	61.9
Mt. Senjogatake	Senjogatake Ura Route	Southern Alps	Ichinose~Mt. Jizodake~Mt. Senjogatake	—	—	7	D		2,547	23	63.0

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				Physical Strength	Technical Level	Physical Strength	Technical Level				
Mt. Yari-gatake	Hida-sawa Route	South area of the Northern Alps	Shin-hotaka Onsen ~ Shiradashi-sawa ~ Takitani-deai ~ Yari-daira koya Mountain hut ~ Senjou Junction ~ Hida-nokkoshi ~ Mt. Yari-gatake	7	C	7	C		2,355	26.4	63.5
Hotaka mountains (Mt. Kita-Hotakadake)	Northern Hotaka-Karasawa Route	South area of the Northern Alps	Kamikochi~Karasawa Hutte~Mt. Kita-hotakadake	7	D	7	D		2,307	34.4	64.6
Tateyama-mountains	Dainichi-dake Route	North area of the Northern Alps	Syomyou Fall Bus Stop ~ Mt. Dainichidake ~ Mt. Okudainichidake ~ Bessan-nokkoshi ~ Mt. Bessan ~ Mt. Onanjiyama ~ Mt. O-yama ~ Murodou	7	B	7	B		3,076	22.5	66.5
Mt. Kasa-gatake	Koike Trail Route	South area of the Northern Alps	Shinhodaka hot springs ~ Kasa-shindo trailhead ~ Kagamidaira-sanso Mountain hut ~ Yumiori junction ~ Mt. Nukedo-dake ~ Mt. Kasa-gatake	7	C	7	C		2,562	27.9	67.6
Mt. Tekari-dake	Iroudo Route	Southern Alps	芝Shibasawa gate ~ Iroudo ~ Uma-no-se ~ Mt. Irou-dake ~ Mt. Tekari-dake	6	B	7	B		2,681	24.6	67.8
Mt. Yari-gatake	Yari-sawa Route	South area of the Northern Alps	Kamikochi ~ Yokoo ~ Yarisawa ~ O-magari ~ Mt. Yari-gatake	8	C	8	C		2,122	37.2	68.5
Mt. Shiroumadake	Kaerazunoken Route	North area of the Northern Alps	Mt. Shiroumadake~Mt. Shakushidake~Mt. Hakubayari-gatake ~ Kerazunoken~Mt. Karamatsudake~ Happo-ikesanso	6	D	7	D		2,885	21.4	70.2
Mt. Yakushidake	Goshikigahara Route	South area of the Northern Alps	Murodo ~ Mt. Jodosan ~ Zara pass ~ Goshikigaharasanso Mountain hut ~ Sugonokkoshi-koya Mountain hut ~ Mt. Yakushidake ~ Taro-daira-koya Mountain Hut ~Oritate	—	—	8	C		2376	26.8	70.9
Mt. Ustugidake	Central Alps Traverse Route	Central Alps	Inagawa dam~Kisodono koshi~Mt. Ustugidake~Mt. Minami komagatake~Sengai kyo~Kosumoyama~Inagawa dam	—	—	8	D		3,084	27.5	72.9
Mt. Tsurugidake [Tsurugisawa]	Tsurugisawa Route	North area of the Northern Alps	Murodo~Tsurugisawa~Ikeno-dairakoya~Kurobe dam	—	—	8	C		2,556	26	73.2
Mt. Goryudake	Hachi-mine V-shaped cut ridge Route	North area of the Northern Alps	Mt. Kashimayari-gatake ~Kiretto koya Mountain hut ~ Mt. Goryudake ~ Mt. Karamatsudake ~ The third cairn ~ Hakuba-Happou	7	D	8	D		2,983	23.8	75.7
Mt. Hijiridake	Iroudo route	Southern Alps	Shibasawa gate~Irodo~Nishisawato~Azamibata~Hijiridaira koya~Mt. Hijiridake	6	C	8	C		3,335	30	76.4
Mt. Kitadake & Mt. Aino-dake	Sky Corridor Route	Southern Alps	Hirogawara ~ Shiraneoike-koya junction ~ Okanbasawafutamata ~ Haponba saddle ~ Mt. Kitadake ~ Kitadake sanso ~ Mt. Aino-dake ~ Mt. Notori-dake	—	—	8	C		3,496	23.8	81.1

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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				
The Hotaka Mountains	Kara-sawa Route	South area of the Northern Alps	Kamikochi ~ Yokoo ~ Karasawa ~ Mt. Oku-hotaka-dake ~ Mt. Mae-hotaka-dake ~ Mt. Oku-hotaka-dake	7	C	8	C		2,894	38.7	81.6
Mt. Higashi-dake [Mt. Warusawa-dake]	Arakawa-dake Roundabout Route	Southern Alps	Sawara-jima ~ Senmai-koya Mountain hut ~ Mt. Higashi-dake (Mt. Warusawa-dake) ~ Mt. Naka-dake ~ Arakawa-koya ~ Mt. Akaishi-dake ~ Sawara-jima)	8	D	8	D		3,359	27.5	81.8
Mt. Shirouma-dake	Yukikura-dake Asahi-dake Route	North area of the Northern Alps	Sarukura ~ Mt. Shirouma-dake ~ Mt. Yukikura-dake ~ Mt. Asahi-dake ~ Ogawa onsen	—	—	8	C		3,133	34.2	82.6
Mt. Aino-dake	Narata Route	Southern Alps	Narata ~ Daimonsawa trailhead ~ Daimonsawa-koya Daimonzawa descending point ~ Mt. Noutori-dake ~ Noutori-koya ~ Mt. Aino-dake	7	C	8	C		3,496	27	84
Mt. Suisho-dake & Mt. Washiba-dake	Koike Trail Takase dam Route	South area of the Northern Alps	Shinhotaka Onsen ~ Yumiori junction ~ Mt. Sugoroku-dake ~ Mt. Washiba-dake ~ Mt. Suisho-dake ~ Mt. Noguchi-goro-dake ~ Takase dam	—	—	8	C		3496	37.1	85.4
Mt. Yari-gatake	Omote Ginza Route	South area of the Northern Alps	Nakabusa Onsen ~ Mt. Tsubakuro-dake ~ O-tensho ~ Mt. Nishi-dake ~ Minamata-nokkoshi ~ O-yari koya ~ Mt. Yari-gatake ~ Yokoo ~ Kamikochi	9	C	9	C		3,289	36.2	90.4
Mt. Yari-gatake	Nishi-kama o'ne Route	South area of the Northern Alps	Shin-hodaka Onsen ~ Koike-shindou Trailhead ~ Yumiori Junction ~ Sugorokugoya Mountain hut ~ Mt. Sugoroku-dake ~ Senjyo-nokkoshi ~ Mt. Yari-gatake ~ Yokoo ~ Kamikouchi	8	C	9	C		3,366	41.3	90.7
Mt. Tekari-dake	Chausu-dake Route	Southern Alps	Hata-nagi Daiichi Dam ~ Mt. Chausu-dake Trailhead ~ Usokko-sawa-koya ~ Mt. Chausu-dake ~ Mt. Irou-dake ~ Mt. Tekari-dake	6	B	8	B		3,590	33.6	93.9
Mt. Kurobe-goro-dake	Northern Alps Diamond Route	North area of the Northern Alps	Oritate ~ Mt. Tarouyama ~ Mt. Kitano-mata-dake ~ Mt. Kurobe-goro-dake ~ Mt. Mitsumata-rence-dake ~ Mt. Sugoroku-dake ~ Koike shindo ~ Shinhotaka Onsen	—	—	8	C		3,927	36.6	93.9
Mt. Washiba-dake	Takaama-gahara Route	South area of the Northern Alps	Oritate ~ Taro-daira ~ Yakushi-sawa-koya ~ Takaama-gahara ~ Kurobe Headwater ~ Mt. Washiba-dake	—	—	8	C		5,250	42	98