




# Route by Grade I 「Japan Alps Experiential 10 Routes」 Level 1

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. Kirigamine	Yashima-Shitsugen Route	Yatsu-gatake Chushin-kogen	Yashima-shitsugen~Chocho-miyama~Kurumayama Nokkoshi~Kurumayama	—	—	2	B		398	5.5	10.1
Norikura Mountains	Tatami-daira Route	South area of Northern Alps	Tatami-daira~Katano-koya~Kenga-mine	2	B	2	B		418	5.1	11.1
Mt. Kiso-koma-gatake	Senjo-jiki Route	Central Alps	Senjo-jiki~Houken-sanso~Nakadake~Kiso-koma-gatake	2	B	2	B		448	3.9	12.4
Mt. Tateshinayama	Seventh Station Route	Yatsu-gatake Chushin-kogen	Seventh station gate~Shogun-daira~Tateshinayama	2	B	2	B		537	5.0	14.0
Mt. Tateyama	Ichi-nokoshi Route	North area of Northern Alps	Murodo~Ichinokoshi~Mt. Oyama~Mt. Onaji	—	—	2	B		646	3.1	15.3
Mt. Kirigamine	Kurumayama-kata Route	Yatsu-gatake Chushin-kogen	Kurumayama-kata~Mt. Kurumayama~Monomishi~Yashima-shitsugen swamp~Kurumayama-kata	—	—	2	B		463	9.1	15.9
Mt. Utsukushi-gahara	Utsukushi-gahara Kogen Route	Yatsu-gatake Chushin-kogen	Utsukushi-gahara plateau museum~Yamamoto-koya Ougato~Ougahana~Utsukushi-hara Nature Preserve Center	—	—	2	B		410	11.4	16.0
Mt. Utsukushi-gahara	Sanjiro Ranch Route	Yatsu-gatake Chushin-kogen	Center house~Hirokoba~a descending point~Utsukushi-no-tou~Ougato~Ougahana	2	B	2	B		715	9.9	20.9
Mt. Tateshinayama	Ogawara Pass route	Yatsu-gatake Chushin-kogen	Ogawara pass~Akatani Junction~Shogun-daira~Tenshoji-hara~Mt. Futago-yama	2	B	2	B		862	9.2	23.0
Ontake Mountains	Iimori-kogen Route	Central Alps	Iimori-Kougen station~Nyonindo~Kakumei-do~Kurosawa Crossroads~Kengamine	—	—	2	B		1,029	7.8	23.2