



Enjoy Safe Mountain Trekking in NAGANO!

~Guidelines for Safe and Enjoyable Trekking~

NAGANO PREFECTURE



~Introduction~

Nagano is Japan's leading mountain resort, where the nature, landscapes, climate, culture, and other blessings of the mountains are nurtured by the mountains. They are our unique treasure, creating overwhelming beauty.

These days, many people from both inside and outside Japan have been attracted to the beauties of the mountains, and aim for their peaks.

Needless to say, mountains are attractive. People climb mountains to see spectacular landscapes that emerge from their overwhelming existence, which are too beautiful for words. Mountains awe and inspire people in ways that can never be experienced in their daily lives.

However, these attractive mountains are a part of nature with another, more dreadful aspect. Mountains that look attractive cause unforeseen troubles, becoming dangerous and unpleasant due to trekkers' carelessness and unpreparedness.

These days, trekkers have been rapidly increasing in number. Accidents in the mountains are also increasing. The trekking style has also diversified, and there are more and more solo, elderly and foreign trekkers in the mountains.

Responding to the situation, Nagano Prefectural Government enacted Nagano Prefecture Mountain Safety Ordinance in December 2015 in order to comprehensively promote safety measures for trekkers as well as the maintenance of trekking trails and signs in the mountains so that many people will be able to enjoy Nagano's world-renowned mountains.

Based on this ordinance, these guidelines have been compiled including rules and codes of conduct that trekkers should abide by so that they can avoid tragic mountain accidents and practice safe, enjoyable trekking.

We hope that trekkers will understand the spirit of these guidelines, and enjoy our mountains by practicing them.

[Basic Concept of the Guidelines]

- ◇ These guidelines include rules and codes of conduct that trekkers must understand and remember.
- ◇ These guidelines apply to trekkers during the green season on general trails in the mountains.
- ◇ The definition of "accidents" in these guidelines is a situation where a trekker is unable to come down from the mountains on his/her own, regardless of the cause or condition.

<Reference>

[Excerpt from Nagano Prefecture Mountain Safety Ordinance (Dec. 17, 2015)]

(Compliance Items for Trekkers)

Article 11: Trekkers must abide by the following:

- (1) Trekkers must create a Trekking Itinerary, acknowledging that knowledge of mountain characteristics and careful preparation lead to fewer trekking accidents.
- (2) Trekkers must wear and pack proper gear for the season and weather.
- (3) Trekkers must abide by the item designated in Section 1 of the next article.

(Guidelines for Safe and Enjoyable Trekking)

Article 12: The Governor of Nagano Prefecture shall stipulate guidelines for safe and enjoyable trekking.

1 What to Know Before You Leave



Despite being indispensable in a city, social infrastructure such as electricity, water, public transportation or hospitals is unavailable in the mountains. Therefore it is necessary for you to bring all the gear you need and to act responsibly as follows:

- ① Take care of your health in your daily life, and know your health conditions ahead of time.
- ② Understand that your safety is not guaranteed in the mountains, and that you must act at your own risk.
- ③ Understand that accidents do not happen only to others, but that they could happen to you.
- ④ Understand that trekking is a sport. Therefore, you must build up enough strength and endurance to bear the physical load over an extended period.

2 Make Up a Plan.....



In order to enjoy safe trekking, it is important for you to carefully draw up a plan, fill out a Trekking Itinerary and share it with other members in your party as well as your family and friends.

(1) Choose the Best Mountain and Trail for You or Your Party

- ① Choose the best season and route for trekking that suit the member's ability (physical strength, skill, experience, age, etc.).
※Nagano Prefecture has published NAGANO TRAIL GUIDE BY GRADE to help trekkers choose the best route (see p. 7).
- ② Consider not only the altitude of the peak, but also the vertical drop between the trailhead and the mountaintop when you make up an itinerary.
- ③ When you choose a mountain, look up dangerous sections and situations, and past accidents of your destination, and make a decision comparing them with your party members' skills.

(2) Make a Leisurely Itinerary

- ① In the mountains, sunrise and sunset are the basis of your activity. Try to leave early and arrive early.
- ② Taking bad weather and troubles into consideration, make sure to include an extra day in your itinerary for flexibility.
- ③ Plan an escape route (emergency route) to prepare for bad weather or troubles.
- ④ Set a location and time (turning point) to make a decision for turning around, after checking the weather and physical conditions of your party.

(3) Prepare Enough Food and Water

- ① Prepare enough food and water for the length of the trip, walking distance, vertical drop and weather conditions.
- ② Prepare ready-to-eat food with sugar which metabolizes quickly.
- ③ Also prepare some emergency food with high calories.

(4) Join a Trekking Party

- ① Avoid solo trekking as much as possible. It is better to join a party.

- ② Select a leader and a sub-leader in the party, and follow their leadership in making decisions about actions.

(5) Create and Submit Trekking Itineraries

- ① Create a Trekking Itinerary.
- ② Share the itinerary with all party members, so that everyone understands the itinerary.
- ③ Take the Trekking Itinerary with you to the mountain. Also, let your family or friends know about the trip and leave your itinerary with them.
- ④ If you are planning to hike on Nagano's designated trails, make sure to submit the Trekking Itinerary to the governor. (*See the back to find out how to submit it.)

(6) Trekking Insurance

- ① If a private rescue team is dispatched for search and rescue activities, the rescued person will be charged a hefty fee. We recommend purchasing trekking insurance which covers rescue costs for accidents.

3 Get Ready for Trekking



To be well-prepared for bad weather and accidents, pre-trekking preparation is important, including proper gear and good health management.

(1) Basic Concepts of Trekking Gear

- ① Prepare proper gear with function and practicality in mind. Pack properly for the length of your trip and where you will stay overnight.
- ② Prepare for emergency situations including bad weather and troubles.

(2) What to Pack

- ① Even for a day trip, pack a headlamp, map, compass, rain jacket, compact tent, and enough water.
- ② Take the season into consideration when you pack.
- ③ Depending upon the mountain or trail, we recommend packing a helmet.

(3) What to Wear

- ① Wear a warm jacket appropriate for the altitude of the mountain or the season.
- ② Choose sweat-wicking and quick-drying materials to retain body heat. Avoid cotton underwear and undershirts. Wear nonrestrictive, stretchy pants.
- ③ Pack extra clothes, for you get may wet in bad weather.
- ④ Pack your warm or extra clothes in a waterproof bag or a plastic bag to keep them dry.

(4) Collect Information Ahead of Time

- ① Confirm conditions of the trails before you leave.
- ② Check the weather forecast of the mountains before you leave. Consider postponing or canceling your trip if the forecast is bad.

(5) Check Your Health Before Your Trip

- ① Note your physical condition on the day of departure and cancel the trip if you do not feel well.

4 During Trekking



In order to reduce risks and enjoy trekking until the end of your trip, it is important to stay healthy, make the right decisions, and have good manners in the mountains.

(1) Stay Healthy

- ① Be aware of one another's physical conditions, and make a decision as to whether the pacing is appropriate.
- ② Take breaks frequently to avoid accumulating fatigue.
- ③ Drink water often and before you feel thirsty.
- ④ Eat ready-to-eat foods with sugar before you feel hungry, for sugar metabolizes quickly.
- ⑤ Maintain comfortable body temperature by putting on or removing your jacket as necessary.

(2) Understand Conditions and Make Decisions

- ① While trekking, always be aware of your current location, understanding your relative position to the destination and the time required to get there. Also confirm the itinerary filled out in the Trekking Itinerary form.
- ② Take the weather, members' physical conditions, and time into consideration when making a comprehensive decision about whether to bivouac, retreat, or proceed with the original itinerary.

(3) How to Conquer Difficult Sections of the Trail

- ① On rocky sections of the trail, be aware of your surroundings and be careful not to let rocks or your belongings fall down.
- ② On difficult sections of the trail, including sections with rocks, ladders or chains, keep enough distance and space between other trekkers. Climb and descend while supporting yourself with three points of contact.
- ③ On difficult sections of the trail, including rocky areas and snowy valleys, wear a helmet to protect your head from injury due to falling, falling rocks, etc.
- ④ In a snow-covered valley, use crampons and poles as necessary.
- ⑤ A snow-covered valley has more risks of falling rocks. Try to look uphill and pass the valley quickly.
- ⑥ Avoid walking on the middle part of the valley because the snow is thin and may cave in.
- ⑦ If your plan includes fording a river but due to rainfall the water level is higher than usual, wait until it lowers before proceeding.
- ⑧ When you walk downhill, take your time and do not strain yourself. Instead, walk in small steps, and do not run down the hill.

(4) Find Proper Place and Way for Rest

- ① Rest where you don't block other trekkers and have fewer risks of falls or falling rocks.
- ② When you rest, drink some water and eat some food. Also adjust your clothes, confirm your current position, and check the physical conditions of your party members.

(5) Good Manners during Trekking

- ① Space and resources (water, electricity, etc.) are limited in the mountains. Be considerate and share them with others.
- ② When you pass other trekkers on the trail, communicate with one another and be prepared to yield.
- ③ When you give way to hikers coming from the other way, face them and wait on



the mountain side.

- ④ When you give way to a group of hikers, also wait on the mountain side to avoid risks of falling.
- ⑤ If you cause or notice a falling rock, immediately shout "Raku!" in a loud voice to let other trekkers know.

(6) Conserve Nature

- ① Do not damage or take home animals and plants. You must not take stones home either.
- ② Do not walk outside the trails.
- ③ Do not feed wild animals.
- ④ As a general rule, do not bring your pet with you to the mountains.
- ⑤ When walking into the mountains, remove mud from your boots and seeds from your clothes to avoid bringing in foreign species.
- ⑥ Do not bring things that may become trash. If something becomes trash, take it home with you.
- ⑦ If you use hiking poles, cover the edge for protection.
- ⑧ Always act considering the safety of others.
- ⑨ Abide by instructions and advice from rangers who represent the government or prefecture.

5 At an Overnight Facility



It is important to understand the role of overnight facilities in the mountains that are operated under severe conditions with limited resources. Please use them considering the needs of others, not only of yourself.

(1) Use of a mountain lodge or a camp site

- ① Arrive at the lodge before sunset at the latest.
- ② Set up your tent at the designated area in the camp site.
- ③ Do not waste water in the mountains.
- ④ Check the weather forecast for the activities of the next day on.
- ⑤ Do not cause troubles for others, including making noise late at night or early in the morning.
- ⑥ Exercise caution when you use fire for cooking.

6 Avoiding Risks



In order to reduce risks and avoid crises, it is important to understand the characteristics of various risks and ways to avoid them.

(1) Solo Trekking

- ① Understand that solo trekking, compared to group trekking, carries greater risk of death or getting lost.

(2) Older Trekkers

- ① Older trekkers should maintain or improve their physical and muscular condition by hiking often.
- ② Do not be overconfident about your past experiences; rather, choose the right course that fits your present conditions.
- ③ If you have a health problem, consult your doctor first before planning a trekking trip.

(3) Bad Weather

- ① Understand that you have more risks in bad weather, including falling/sliding down or hypothermia.
- ② If it starts raining, quickly put on a rain jacket to avoid getting wet.
- ③ Depending upon the weather, make a decision to stick to your itinerary, bivouac, or turn around.
- ④ If you notice thunder or thunderclouds, hide in a hollow of the ground and crouch.

(4) Getting Lost

- ① Set up your itinerary with enough room and arrive at the destination before dark.
- ② While in the mountains, always be aware of your current location and relative position to your destination.
- ③ If you feel something is wrong, go back to a place where you can confirm your current position.

(5) Hypothermia

- ① When bad weather is expected, avoid wind and rain by staying in a lodge or tent.
- ② When strong winds and rainfall is expected on the ridge, put on warm clothes or a rain jacket to avoid getting wet.
- ③ From time to time, eat ready-to-eat foods with sugar, which metabolizes quickly.

(6) Altitude Sickness

- ① When you walk uphill, go up gradually.
- ② Drink a lot of water during hiking.

(7) Heatstroke

- ① Drink enough liquid with sodium often to avoid dehydration.
- ② Avoid heat and direct sun by wearing breathable clothes and a hat.

(8) Cardiovascular Diseases (Heart and brain diseases)

- ① Check your condition and move at a slow pace.
- ② Drink liquid often to avoid dehydration.

(9) Trekking on a Volcano

- ① Check if the mountain is volcanic or not, and obtain proper information about volcanos.
- ② Check news on volcanic activities before your trip, and obey any access restrictions on the mountain. Even if entry is not limited, check the news on volcanic activities while on the mountain.


(10) Requesting Rescue

- ① If a member of your party or another hiker is involved in an accident, stay calm and secure safety for yourself and others.
- ② Understand that a general hiking principle is to come down from the mountain on your own. Ask for rescue after carefully judging your situation.
- ③ When you need rescue, call 110 or 119 if your cell phone works. If your phone is out of range, contact the nearest cottage.
- ④ Make sure to have a communication means in case of an accident. (After contacting for rescue, also try to keep the battery charged to communicate with the rescue team.)

NAGANO TRAIL GUIDE BY GRADE

Grades of mountain trails during the snow-free season under fair weather conditions

We selected 123 popular mountain trails in Nagano, and graded them by physical and technical levels.

Guide line	A	B	C	D	E
10			<ul style="list-style-type: none"> Ura Ginza (Takease Dam-Kamikochi) 	<ul style="list-style-type: none"> Mt. Hiji-dake→Mt. Akashidake (Seiko Hut-Sawarajima) 	
9			<ul style="list-style-type: none"> Omote Ginza (Nakabusa Onsen-Kamikochi) 	<ul style="list-style-type: none"> Mt. Shirodake→Mt. Kizake (Torikura-Hogayama) Mt. Aikawadake(Higashidake) Torikura-Sawarajima 	<ul style="list-style-type: none"> Dai Kireito (Kamikochi) Mt. Kita Hotakadake→Mt. Yari-gatake>
8			<ul style="list-style-type: none"> Shogigashira→Mt. Utsugidake (Katsurakoba-Komagane Highland) Mt. Shiroumadake→Mt. Asahidake (Sarukura-Henge Onsen) Mt. Yari-gatake (Kamikochi) 		
7	<ul style="list-style-type: none"> Kiso Komagatake (Ina Ski Resort) Mt. Kiripu-Mt. Kobusugatake (Mawamine Daira-Mouki Daira) Mt. Masugatake (Takease Dam) <Yunata> Mt. Tsuburodake→Mt. Jonenidake (Nakabusa Onsen-Ichinosawa) Mt. Nenawadake→Mt. Hanrokake(Ogawa) 	<ul style="list-style-type: none"> Mt. Oku Hotakadake (Kamikochi) <Karasawa> 	<ul style="list-style-type: none"> Mt. Utsugidake→Mt. Kosuro (Kesazawa Bridge) Aps Daira Sta. (Omanara) Mt. Shirodake (Torikura) Mt. Kita Hotakadake (Kamikochi) <Karasawa> 	<ul style="list-style-type: none"> Hotakadake Traverses (Kamikochi) <Mt. Kita Hotakadake →Mt. Mae Hotakadake> 	
6	<ul style="list-style-type: none"> Mt. Kashima Yari-gatake (Ogawa) Mt. Chogatake-Mt. Jonenidake (Kamikochi-Ichinosawa) <Nagakabe Ridge> Mt. Furukubodake (Nanakura) Mt. Teikadake (Irodo) Mt. Chausudake (Irodo) 	<ul style="list-style-type: none"> Mt. Kaashima Yari-gatake-Mt. Jigatake (Omanara) Mt. Hiji-dake (Seiko Hut) Mt. Kashima Yari-gatake (Omanara) Mt. Hakuha Yari-gatake (Sarukura) <Yari Onsen> Mt. Kiso Komagatake→Mt. Utsugidake (Senjiki-Komagane Highland) Mt. Utsugidake (Komagane Highland) 	<ul style="list-style-type: none"> Mt. Kiso Komagatake (Alps Hut) <Agamatsua> Mt. Kaumizuwadake (Kamikochi) Mt. Yokodake (Inagoyi) Mt. Saburyu (Doronoki Daira) Mt. Karamatsudake-Mt. Goyudake (Happoake Hut-Alps Daira Sta.) Mt. Gakidake (Shirosawa Trailhead) Mt. Gonyudake (Alps Daira Sta.) 	<ul style="list-style-type: none"> Mt. Nishi Hotakadake (Kamikochi) Mt. Gongedake→Mt. Akadake (Kannon Daira-Minoto) 	<p>Choose the trails that best fit your ability!</p> 
5	<ul style="list-style-type: none"> Mt. Kitayokodake-Mt. Shinagare (Ogawara Pass) 	<ul style="list-style-type: none"> Mt. Kizudake (Nanakura) Mt. Chogatake-Mt. Jonenidake (Mitsumata-Ichinosawa) Mt. Kiso Komagatake (Katsurakoba) Mt. Kiso Komagatake (Kogara) <Sotokushima B> Mt. Jonenidake (Mitsumata) Mt. Shiroumadake (Tsugake) Karasawa (Kamikochi) Mt. Iodake (Mugikusa Pass) 	<ul style="list-style-type: none"> Mt. Kiso Komagatake (Alps Hut) Mt. Agamatsua Mt. Kaumizuwadake (Kamikochi) Mt. Yokodake (Inagoyi) Mt. Saburyu (Doronoki Daira) Mt. Karamatsudake-Mt. Goyudake (Happoake Hut-Alps Daira Sta.) Mt. Gakidake (Shirosawa Trailhead) Mt. Gonyudake (Alps Daira Sta.) 	<ul style="list-style-type: none"> Mt. Mae Hotakadake (Kamikochi) <Jutaro New Trail> Mt. Takatsuna (Togakushi Campground) #1 Togakushi Campground #1 Mt. Akadake (Kenkei Trailhead) Mt. Torikabuto (Mujina Daira-Yashiki) 	
4	<ul style="list-style-type: none"> Mt. Kyogatake (Onsen) Temple 	<ul style="list-style-type: none"> Mt. Maekake (Asama Trailhead) #1,3 Mt. Jengedake (Ogawa) Mt. Jonenidake (Ichinosawa) Mt. Heirokodake (Ogawa) Mt. Kobusugatake (Mouki Daira) Mt. Jigatake (Ogawa) Mt. Iodake (Honzawa Onsen) Mt. Maekake (Kurumasaka Pass) #1,3 Mt. Korengedake (Tsugake) Mt. Tsuburodake (Nakabusa Onsen) Mt. Norkuradake (Suzuran Bridge-Tamari Daira) Mt. Okuchausuyama (Shirabiso Pass) Mt. Chogatake (Mitsumata) 	<ul style="list-style-type: none"> Mt. Shiroumadake (Sarukura) Mt. Akadake-Mt. Yokodake-Mt. Iodake (Minoto) Mt. Eboshidake (Takease Dam) <Burnatate Ridge> Mt. Tengudake (Honzawa Onsen) Mt. Akadake (Somazoe Trailhead) Mt. Amidake (Funayama Crossroads) Mt. Akadake (Minoto) <Kitazawa-Izo Ridge> Mt. Gongendake (Kannon Daira) 	<ul style="list-style-type: none"> Mt. Mae Hotakadake (Kamikochi) <Jutaro New Trail> Mt. Takatsuna (Togakushi Campground) #1 Togakushi Campground #1 Mt. Akadake (Kenkei Trailhead) Mt. Torikabuto (Mujina Daira-Yashiki) 	<p>(C)2005 Shinichi Ito&KISHI&OGAKI&KAN Inc. Nagano Prefecture Comprehensive Mountaineering Center Sampo Shimazaki, Specialty-appointed instructor</p>

Physical Level

3	<ul style="list-style-type: none"> Kirigamine (Yashima Wetlands) 	<ul style="list-style-type: none"> Iodake (Minoto) <Kitazawa> Mt. Azumaya (Minnohara) Mt. Azumaya (Sugadaira Farm) <Mt. Nakodake> Mt. Azumaya (Torii Pass) Mt. Kurohime (Ohashi Trailhead) Mt. Era (Minekoshi Forest Road Gate) Mt. Iwasugi (Iwasugi Trailhead) Mt. Karamatsudake (Happoake Hut) Mt. Kiripu (Mawamine Daira) Mt. Tengudake (Shirunoyu) Mt. Naeba (Koakazawa 3th Sta.) Mt. Kazari-dake (Kazutaki Trailhead) Mt. Sengodake (Karasawa Kosen) <West Ridge> Mt. Hakuha Oke (Tsugake) Mt. Ontake (Tanohara) #3 Mt. Iodake (Sakura Daira) Mt. Ontake (Imori Highland Sta.) #3 	<ul style="list-style-type: none"> Kanayama (Kanayama Trailhead) Mt. Akedake (Minoto) <Minamisawa-Burezaburo> Mt. Senjogatake (Kitazawa Pass) #2 Mt. Amidake (Minoto)-<minamisawa> Mt. Kai Komagatake (Kitazawa Pass) #2 Mt. Amakazari (Clair Onsen) Mt. Ariake (Nakabusa) 	<ul style="list-style-type: none"> Togakushi (Okueha Parking-Togakushi Campground) Mt. Togakushi (Okueha Parking) 	<p>Legend)</p> <p>() : Trail entrance and trail entrance</p> <p>< > : Via points if a route cannot be identified with a mountain name and trail entrance</p> <p>U : A traveler route with a different entrance and exit</p> <p>→ : Order of traverse</p> <p>⊕ : A circuit route with the same entrance and exit, but different via points</p>	
2	<ul style="list-style-type: none"> Mt. Nekodake (Sugadaira Farm) Mt. Eboshidake (Uzo Pass) Mt. Takao (Omote Sando) Mt. Kurofu (Kurumasaka Pass) #3 Mt. Aratune (Araiunetudo) Mt. Takao (Bwa Falls) 	<ul style="list-style-type: none"> Yaedake (Shin Nakanoyu Trailhead) #3 Mt. Izuna (Ichino Torii Park) Mt. Tateshina (Megami Chaya) Mt. Usukushigahara (Sanryo Farm) Mt. Hakuha Norikudake (Tsugake) Mt. Ogura (Kuro Trailhead) Mt. Nekodake (Minnohara) Mt. Tateshina (7th Sta. Trailhead) Mt. Tateshina (Ogawara Pass) Mt. Kiso Komagatake (Senjiki) 	<ul style="list-style-type: none"> Yaedake (Shin Nakanoyu Trailhead) #3 Mt. Amakazari (Clair Onsen) Mt. Ariake (Nakabusa) 	<ul style="list-style-type: none"> Northern Alps Southern Alps Central Alps Yatsugatake Mountain Range Other mountain area 	<p>Trail</p> <p>A day trip is possible</p>	<p>There are some difficult rocky ridges, unstable snow and steep slopes. It is necessary to be careful when sliding down. Some trails have snow valleys and streams to walk across. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across.</p>
1	<ul style="list-style-type: none"> Mt. Yunomaru (Jizo Pass) Mt. Onagi (Yuzo Pass) Mt. Kita Yokodake (Popeway) 	<ul style="list-style-type: none"> There are streams, cliffs and snowy valleys and streams to walk across. Carelessness may lead to falling and sliding accidents in some sections. Some sections do not have enough signs. 	<ul style="list-style-type: none"> Map-reading ability and physical strength to climb a ladder/chain necessary 	<ul style="list-style-type: none"> Map-reading ability, balance and snow sections necessary Route-finding technique necessary 	<p>Trail</p> <p>Technique, ability</p>	<p>Continuous ups and downs on intense rocky ridges. It is necessary to be careful when sliding down. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across.</p>

Technical Level

Higher technical level is needed toward the right.

Trail	<ul style="list-style-type: none"> Well-maintained most of the section. Little possibility of falling and sliding down if you trip. Small possibility of getting lost. 	<ul style="list-style-type: none"> There are streams, cliffs and snowy valleys and streams to walk across. Carelessness may lead to falling and sliding accidents in some sections. Some sections do not have enough signs. 	<ul style="list-style-type: none"> Map-reading ability and physical strength to climb a ladder/chain necessary 	<ul style="list-style-type: none"> Map-reading ability, balance and snow sections necessary Route-finding technique necessary 	<p>Continuous ups and downs on intense rocky ridges. It is necessary to be careful when sliding down. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across.</p>
Technique, ability	<ul style="list-style-type: none"> Trekking equipment necessary Map-reading ability desirable 	<ul style="list-style-type: none"> Trekking experiences necessary Map-reading ability desirable 	<ul style="list-style-type: none"> Map-reading ability and physical strength to climb a ladder/chain necessary 	<ul style="list-style-type: none"> Map-reading ability, balance and snow sections necessary Route-finding technique necessary 	<ul style="list-style-type: none"> Continuous ups and downs on intense rocky ridges. It is necessary to be careful when sliding down. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across. Some trails have steep slopes and streams to walk across.

The physical level is shown based on the research by Professor Masayoshi Yamamoto.

Definition) Map-reading ability: Ability to find your current position and identify a route to the destination

Definition) Route-finding technique: Technique to identify the safest route when there is no trail or a trail is not clearly seen

(Remarks)

#1: These routes require a physical level of 4 (one night or longer), but there are no huts or campgrounds on the route. Please be aware that some trekkers may not be able to come back by the sunset.

#2: These routes require a physical level of 3 (a day trip is possible), but a long trip is possible, but a long time. We recommend a plan including an overnight stay to avoid failure to come back in a day.

#3: These routes are located on or around a volcano. Please confirm the volcanic activity information before your trip, and follow instructions.

<Precautions>

1 This chart shows an evaluation of physical and technical levels of mountain trails based on their geographical characteristics during the snow-free season under fair weather conditions. During your trip, there are risks caused by incidental elements other than your physical and technical levels, including the bad weather, remaining snow, and physical conditions. Please plan your trip considering these elements.

2 Specially difficult routes which are not considered "general" climbing routes for many trekkers are not included in the chart.

3 Example) Mt. Nishi Hotake - Mt. Oku Hotake (Northern Alps), Kita Karasawa Ridges (Northern Alps), Mt. Akashi (Southern Alps), etc.

Earthquakes, ground collapse and avalanches may cause restrictions on or changes to the routes. We recommend all trekkers confirm the situations of trails ahead of time with mountain huts or nearby police stations.

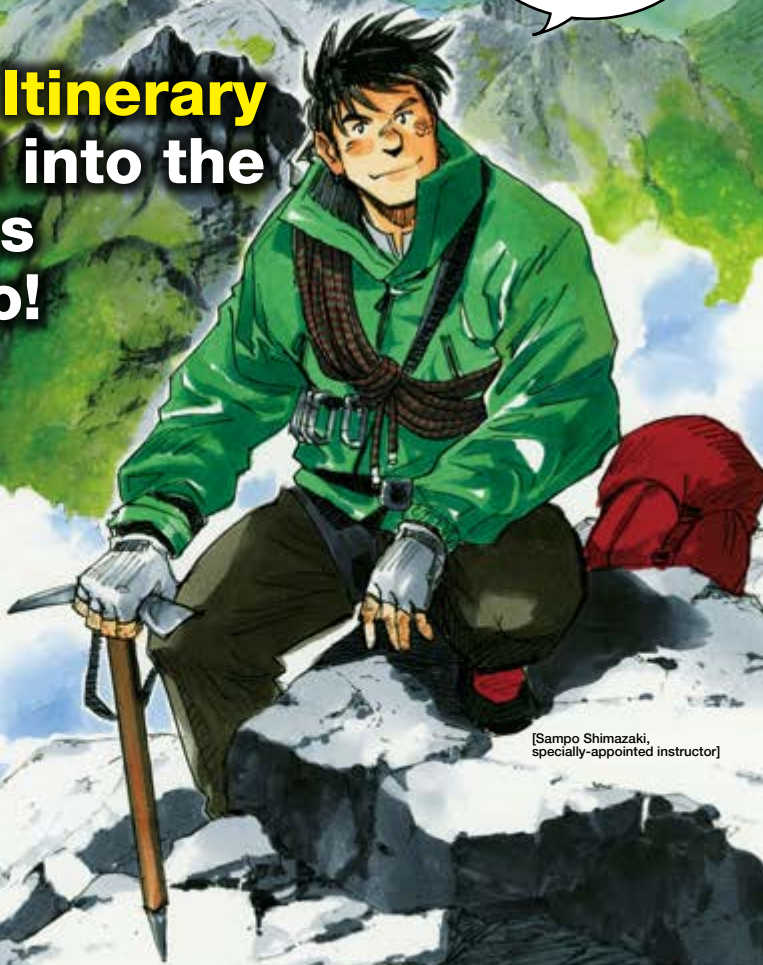
For further information, search for "Outdoor Activities - Go! Nagano".



The Nagano Prefecture Mountain Safety Ordinance is now in effect.

Submit a Trekking Itinerary and Head into the Mountains of Nagano!

You can submit your trekking itinerary online!



[Sampo Shimazaki, specially-appointed instructor]

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As of July 1st, 2016, the submission of trekking itineraries is now mandatory.



Explore the Mountains with MulMoGON

What is MulMoGON?

The **Multilingual Mountain Guides of Nagano Prefecture** (MulMoGON) are certified mountain guides who can operate tours in foreign languages (English and Chinese). In addition to passing standardized tests and training implemented by Nagano Prefecture, they all possess the following four traits:

- 1 Safety Awareness**
Guide skills including judgment, technique, and leadership.
- 2 Climbing Knowledge**
Guides are highly knowledgeable in map-reading, climate, first-aid, and local flora and fauna.
- 3 Knowledge of Nagano's Mountains, Sightseeing, and Regional Culture**
In addition to mountains, guides are full of information on local sightseeing, cuisine, and culture.
- 4 Foreign Language Ability**
So as not to invite disaster by miscommunication, guides offer precise direction in foreign languages.

MulMoGON offers support to anyone traveling in Nagano's sightseeing or mountain areas, actively sharing information on its sights, culture, mountains, and of course the importance of safety. We hope that foreign travelers will enjoy Nagano even more, become fond of Japan, and take their wonderful memories back with them to their home countries.

Contact Us

If you have questions or want to find a multilingual guide in Nagano, please contact us. **Multilingual Mountain Guides of Nagano Prefecture (MulMoGON)**

Email us at: info@mulmogon.com

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For questions regarding the brochure itself, please contact the office below:

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※See the link below to find out how to submit a Trekking Itinerary:
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