

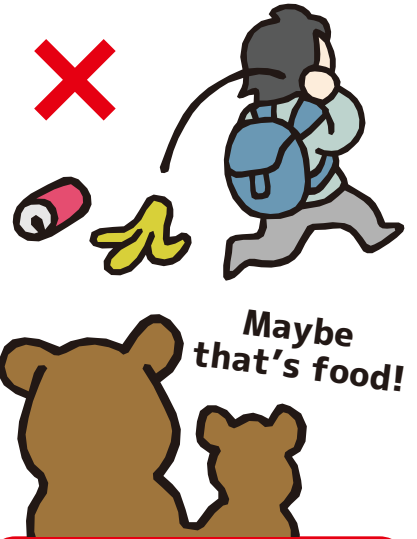
Rules Regarding the Mountains and Bears



When in the mountains, precautions should be taken to avoid encountering bears. If you were to encounter a bear, the first thing to remember is don't panic! There are no definitive measures. Please assess the situation and act accordingly.



Do not step over the rope



Do not litter



Make a noise



Only eat in designated areas



Don't panic



If the use of drones is necessary for surveys, research or other such projects, an application must be made to the Hokkaido Regional Forest Office. Conditions of use may differ according to bear sightings; please check with Center staff.

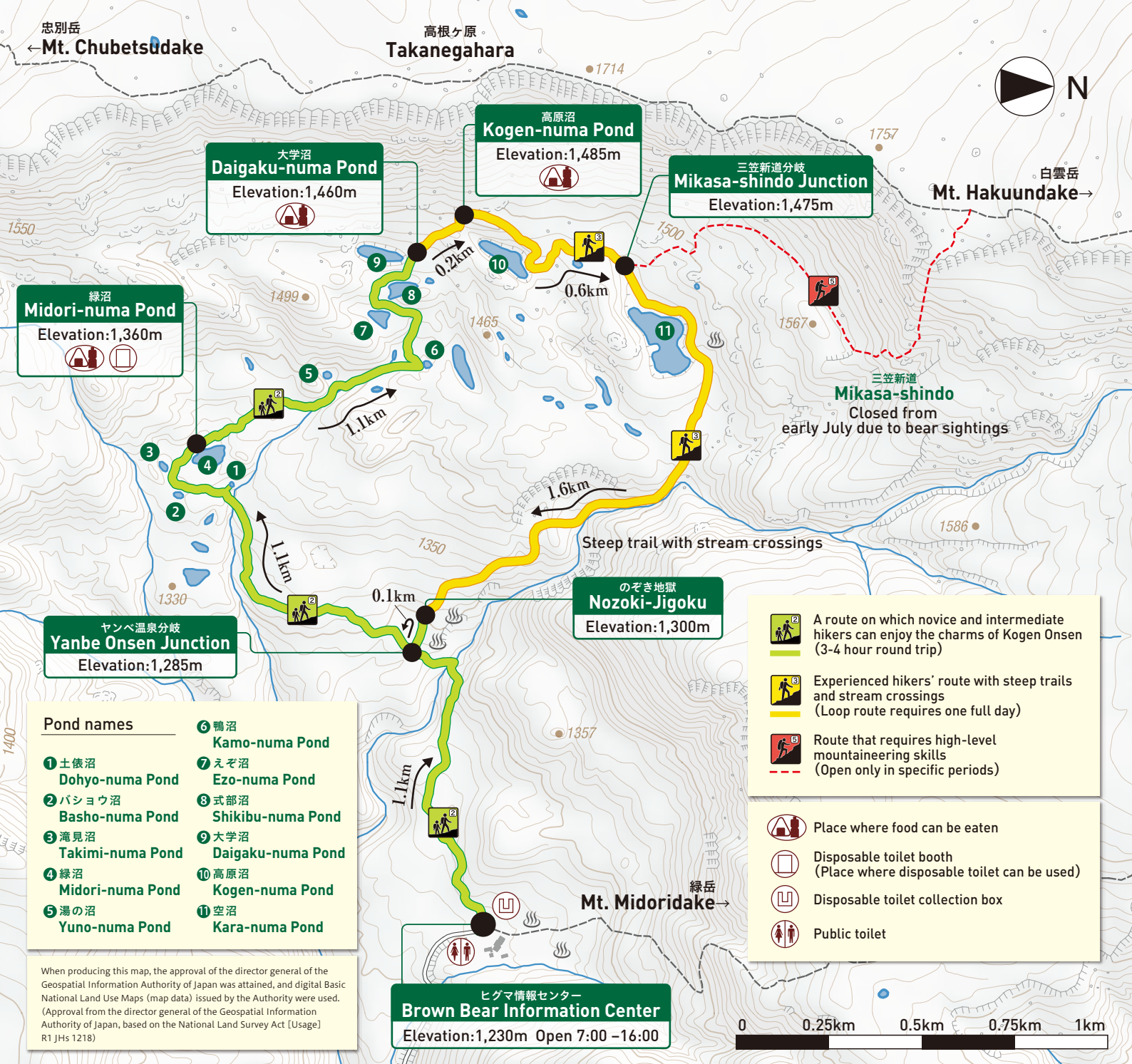
No drones



Do not approach bears



Retreat slowly



緑沼
Midori-numa Pond
Elevation: 1,360m

大学沼
Daigaku-numa Pond
Elevation: 1,460m

高原沼
Kogen-numa Pond
Elevation: 1,485m

三笠新道分岐
Mikasa-shindo Junction
Elevation: 1,475m

ヤンベ温泉分岐
Yanbe Onsen Junction
Elevation: 1,285m

のぞき地獄
Nozoki-Jigoku
Elevation: 1,300m

ヒグマ情報センター
Brown Bear Information Center
Elevation: 1,230m Open 7:00 - 16:00

Pond names

- | | |
|----------------------------|----------------------------|
| ① 土俵沼
Dohyo-numa Pond | ⑥ 鴨沼
Kamo-numa Pond |
| ② バショウ沼
Basho-numa Pond | ⑦ えぞ沼
Ezo-numa Pond |
| ③ 滝見沼
Takimi-numa Pond | ⑧ 式部沼
Shikibu-numa Pond |
| ④ 緑沼
Midori-numa Pond | ⑨ 大学沼
Daigaku-numa Pond |
| ⑤ 湯の沼
Yuno-numa Pond | ⑩ 高原沼
Kogen-numa Pond |
| | ⑪ 空沼
Kara-numa Pond |

- A route on which novice and intermediate hikers can enjoy the charms of Kogen Onsen (3-4 hour round trip)
- Experienced hikers' route with steep trails and stream crossings (Loop route requires one full day)
- Route that requires high-level mountaineering skills (Open only in specific periods)

- Place where food can be eaten
- Disposable toilet booth (Place where disposable toilet can be used)
- Disposable toilet collection box
- Public toilet

When producing this map, the approval of the director general of the Geospatial Information Authority of Japan was attained, and digital Basic National Land Use Maps (map data) issued by the Authority were used. (Approval from the director general of the Geospatial Information Authority of Japan, based on the National Land Survey Act [Usage] R1 JHs 1218)

大雪山国立公園
Daisetsuzan National Park

大雪高原温泉 沼めぐり登山コース
Daisetsu Kogen Onsen Numa-meguri Hiking Trail

The trailhead is inside the Brown Bear Information Center

National Parks of Japan
DAISETSUZAN NATIONAL PARK

Issued by:
Hokkaido Regional Environment Office, Ministry of the Environment
Produced in March 2020

Hikers must return to the Brown Bear Information Center by 15:00 **Time limit!**

Please start hiking between 7:00 and 13:00.
Please obey the Center staff's instructions with regard to the return time limit.



↑ Midori-numa Pond disposable toilet booth

Please use disposable toilets

There are no toilets along the route. There is a disposable toilet booth set up at Midori-numa Pond; please use a disposable toilet there. There is a disposable toilet collection box next to the Brown Bear Information Center.

Regulations regarding appropriate eating places

Food can be eaten at Midori-numa Pond, Daigaku-numa Pond and Kogen-numa Pond. Food is prohibited everywhere else other than at these three places. Cooking and boiling water with the use of flames, stoves and the like are prohibited, as the smells they emit may attract brown bears.

