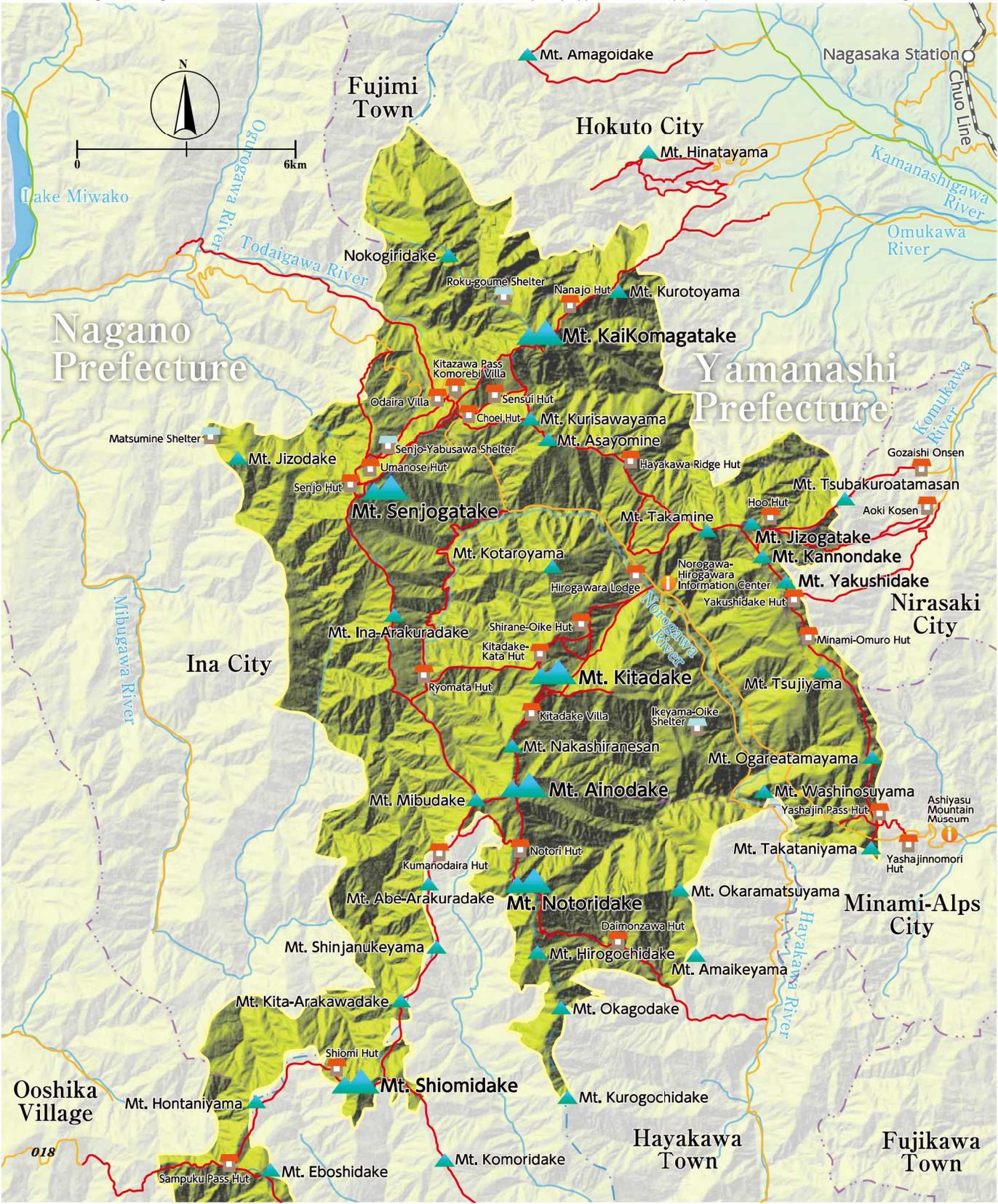


North Area

Regions to the north of the Sampuku Pass, known to have the highest elevations, are called the Northern Minami-Alps. The mountains in this area are, the Shirane Sanzan Mountains (Mt. Kitadake, Mt. Ainodake, Mt. Notoridake), Mt. Senjogatake, Mt. Kaikomagatake (Mt. Higashi-komagatake), Hoo Sanzan Mountains, these mountains have a relatively easy approach, so many people visit them for mountain climbing.

- Prefectural boundary
- - - Municipality boundary
- National Park boundary
- National road
- Other roads
- Railway
- Main mountain trail
- Hut (attended)
- Hut (unattended)
- Information



Mt. Kaikomagatake (Mt. Higashi-komagatake) (2,967m)

The mountain is covered with granite. Its white, graceful appearance is so attractive that it is conspicuous at a great distance. There are a variety of landscapes to enjoy like forests and rocky trails. Remains of small shrines and other mountain worshiping locations, can be seen throughout the Kuroto ridge route.



Hoo Sanzan Mountains (Mt. Yakushidake:2,780m. Mt. Kannondake:2,841m. Mt. Jizogatake:2,764m)

Hoo Sanzan Mountains consist of three peaks: Mt. Yakushidake, Mt. Kannondake, Mt. Jizogatake, and others. The ridge-line exceeding the tree line is covered with whitish arenaceous granite. On Mt. Jizogatake, the combination of the obelisk (a stone pillar) soaring approximately 20 meters high, and its sandy surroundings, create an interesting view. It is known as a mountain for religious faiths and legends.



Shirane Sanzan Mountains (Mt. Kitadake:3,193m. Mt. Ainodake:3,190m. Mt. Notoridake:3,026m)

Mt. Kitadake is the second highest mountain in Japan after Mt. Fuji, and is called Shirane Sanzan Mountains, together with Mt. Ainodake and Mt. Notoridake. On the eastern slope of Mt. Kitadake, there is a rockface approximately 600 meters high from the peak called, Mt. Kitadake Buttress. There are a variety of mountain trails which take you through snowy gorges and forests, making it popular among many mountain climbers.



Mt. Senjogatake (3,033m)

The shape is relatively gentle and peaceful, and so named, "the Queen of the Minami-Alps" for its gracefulness. Since there are not many dangerous places along the trail, it is reasonably easier to climb. The long ridge from Mt. Senjogatake to Mt. Shiomidake is called the Sen-Shio ridge. From here, you can experience the vastness of Minami-Alps.



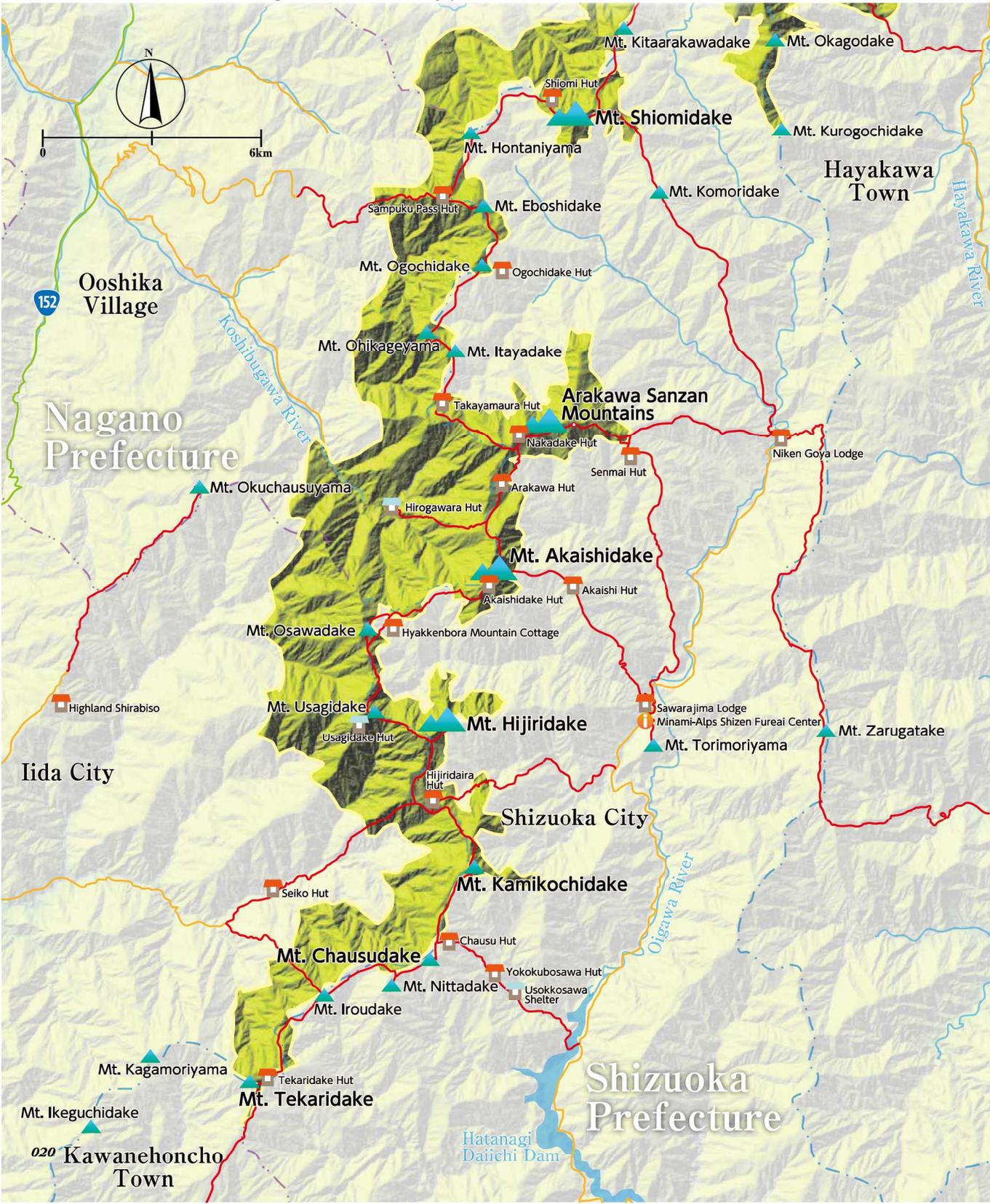
Mt. Shiomidake (3,047m)

The top of Mt. Shiomidake has two peaks to the east and west. The altitude of the east peak is 3,052 meters. However, the height of Mt. Shiomidake is measured by its western peak, because of a west triangulation point setting, giving it a height of 3,047 meters. The distinctive dome-shaped appearance makes it look like an independent peak when viewing it from a distance. Since the development of the Torikura forest road, many climbers visit the mountain.

South Area

Regions to the south of Sampuku Pass are called the Southern Minami-Alps. There are large and attractive mountains such as the Arakawa Sanzan Mountains, Mt. Akaishidake, and Mt. Hijiridake. Quiet mountain walks through the forest can be enjoyed from Mt. Chausudake to Mt. Tekaridake.

- · — Prefectural boundary
- - - Municipality boundary
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- Railway
- Main mountain trail
- Hut (attended)
- Hut (unattended)
- Information



Arakawa Sanzan Mountains

(Mt. Higashidake:3,141m, Mt. Nakadake3,084m, Mt. Maedake:3,068m)

From east to west, Mt. Higashidake (Mt. Warusawadake), Mt. Nakadake, and Mt. Maedake, are collectively called Arakawa Sanzan Mountains. Arakawa Sanzan is the southernmost collective group of mountains in Japan, with distinctive landforms cut out from glaciers, and where several kar glaciers once existed. Also alpine flora can be seen. The western slope of Mt. Maedake is one of the largest collapsed lands in Minami-Alps. A dynamic variation of terrain can be seen.



Mt. Akaishidake

(3,121m)

This mountain has a stout appearance, with ridges extending in three directions. The first order triangulation station, locating at the highest elevation point in Japan, exists on top of this mountain. The name derives from the red chert stones found around the Akaishi River, and it is believed to have been called this since the Meiji Period. The name Akaishi is used for the mountain range, the Akaishi Mountains.



Mt. Hijiridake

(3,013m)

Mt. Hijiridake is the southernmost mountain in Japan over 3,000 meters high. People can experience the vastness of the mountain look while watching the Minami-Alps extended overview, along the route from Mt. Hijiridake to Mt. Akaishidake and through Mt. Usagidake. The origin of mountain name "HIJIRI" is related to its mountain stream name, Hijirisawa, which is flowing like a "bent elbow shape." And this name portion originally derived as the result of sound shifts, from the word that represents the its mountain figure, "HIJIORU" or another word "HEZURI," which means "bent elbow," in Japanese.



Mt. Kamikochidake·Mt. Chausudake

(2,803m)

(2,604m)

These mountains can be viewed from the Hatanagi Daiichi Dam, which is the entrance to the path on the Shizuoka side. Mt. Kamikochidake has a beautifully pointed mountain shape, and Mt. Chausudake appears to have a gentle slope. There is a geographical feature called a "hexagonal pattern soil (patterned ground)" between Mt. Chausudake and Mt. Kamikochidake, which the ground repeated freezing and thawing alternately during the past cold season, resulting in polygonal-lined pebbles of various sizes.



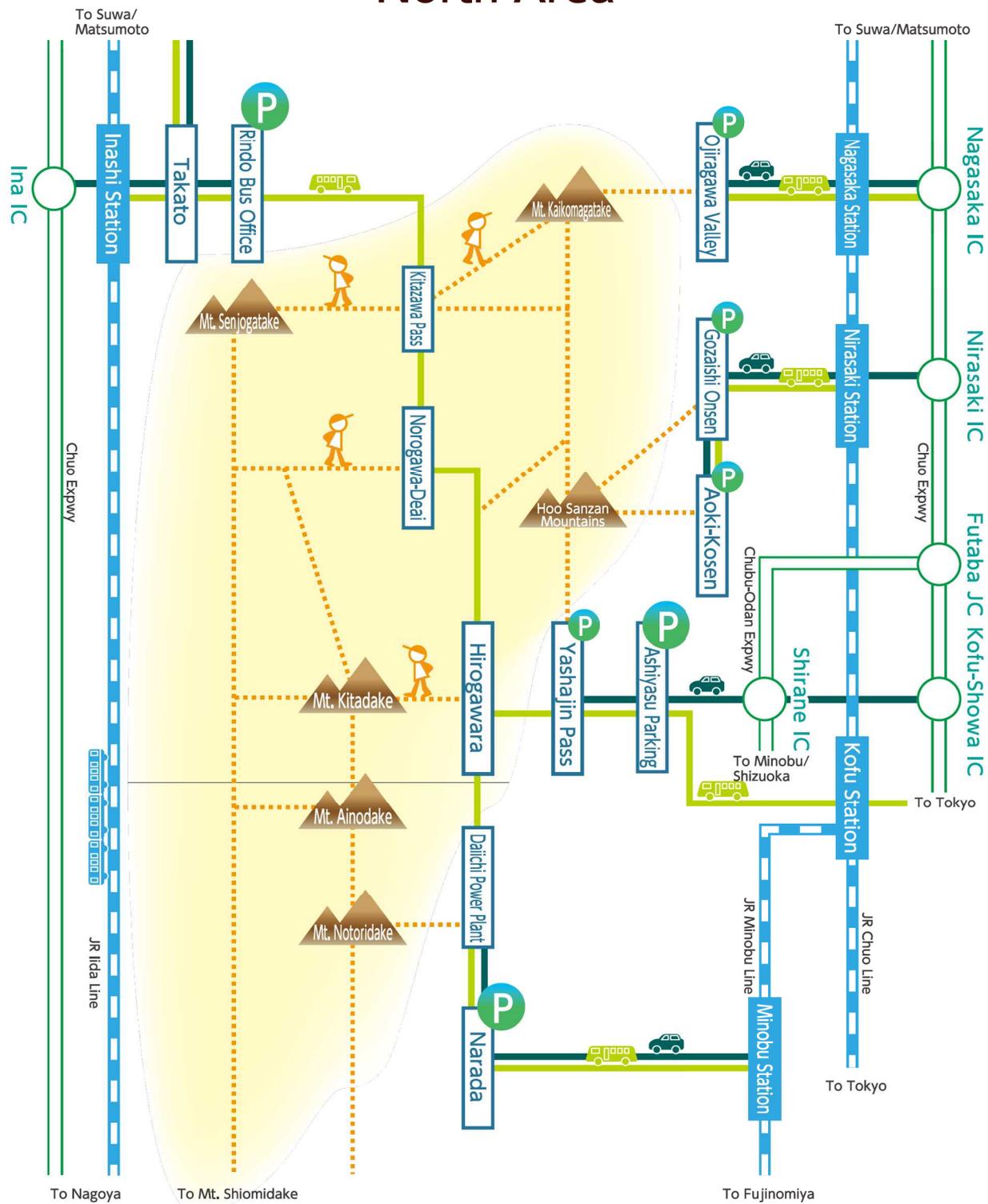
Mt. Tekaridake

(2,592m)

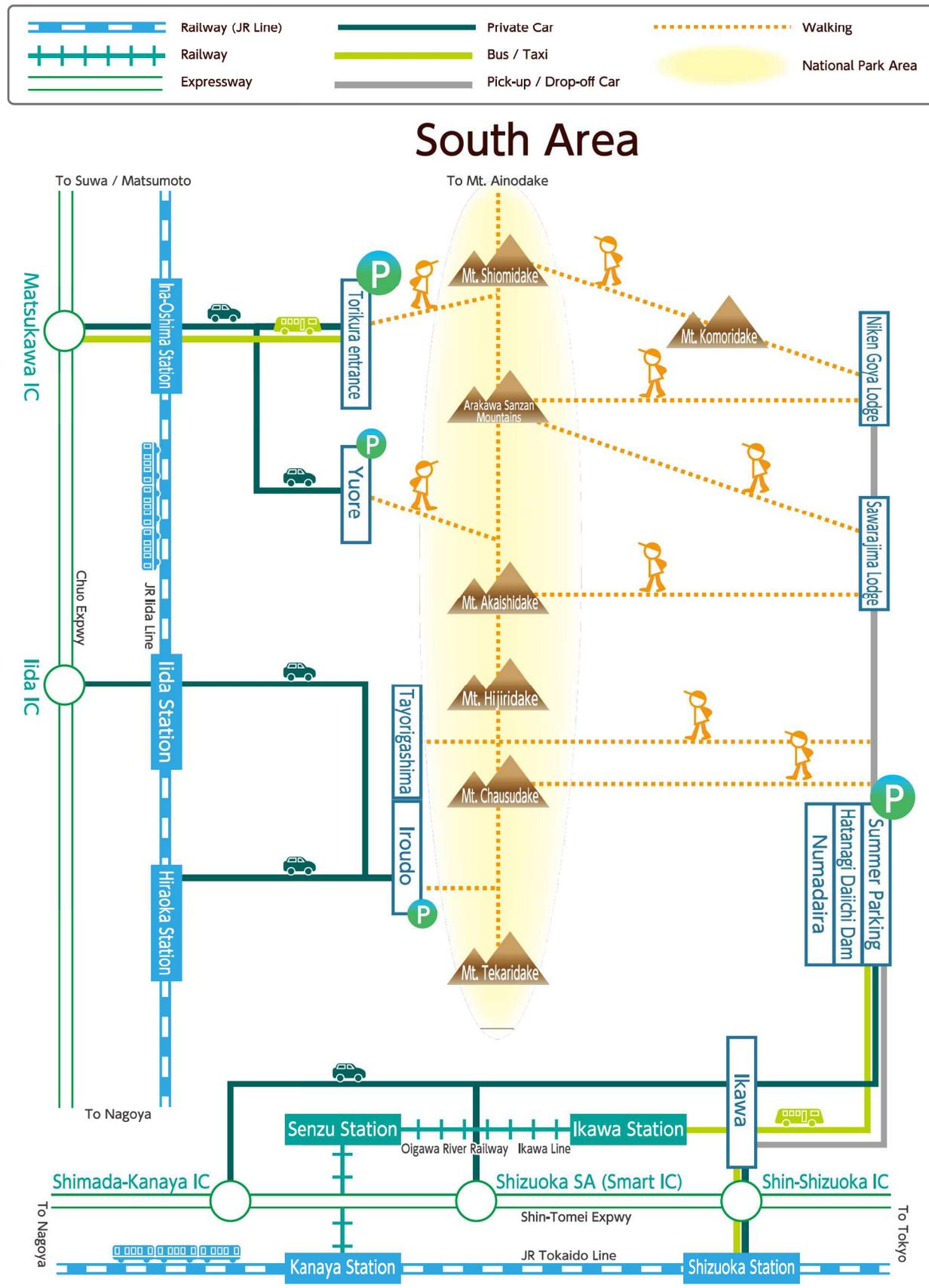
Though only a small portion of the peak exceeds the tree line, almost the entire mountain is covered with tree region. Mt. Tekaridake is the southernmost habitat of creeping pine and rock ptarmigan distribution. There is a bare rock area just below the summit, consists of limestone, called "TEKARIWA." The word "TEKARI" means "shiny," and "IWA" means "rock." So, it is said the mountain became to be called "TEKARIDAKE," with a Japanese meaning, a "shiny mountain," because the rock surface looks shiny by the setting sun light.

Access to the Minami-Alps National Park

North Area



South Area



	Railway (JR Line)		Private Car		Walking
	Railway		Bus / Taxi		National Park Area
	Expressway		Pick-up / Drop-off Car		

Hot springs around Minami-Alps National Park

There are many Onsens (Japanese hot springs) around Minami-Alps National Park. Here are some popular Onsens in each of the 10 cities, towns, and villages around the Park. A nice place to visit after mountain climbing.

Nirasaki City

① Aoki-Kosen, Gozaishi Onsen

[Contact]
Nirasaki City Tourism Association
TEL : 0551-22-1991

Minami-Alps City

② Ashiyasu Onsen

[Contact]
Minami-Alps City Tourism Association
TEL : 055-284-4204

Hokuto City

③ Hakushu-Shiozawa Onsen

[Contact]
Hokuto City Tourism Association
TEL : 0551-47-4747

Hayakawa Town

④ Narada Onsen, Nishiyama Onsen

[Contact]
Hayakawa Town Tourism Association
TEL : 0556-45-2302

Iida City

⑤ Toyama Onsen

[Contact]
Toyamago Tourism Association
TEL : 0260-34-1071

Ina City

⑥ Takato Onsen, Habiro Onsen

[Contact]
Ina City Tourism Association
TEL : 0265-78-4111

Fujimi Town

⑦ Fujimi Town Onsen

[Contact]
Fujimi Town Tourism Association
TEL : 0266-62-5757

Ooshika Village

⑧ Koshibu Onsen, Kashio Onsen

[Contact]
Ooshika Village Tourism Association
TEL : 0265-39-2929

Shizuoka City

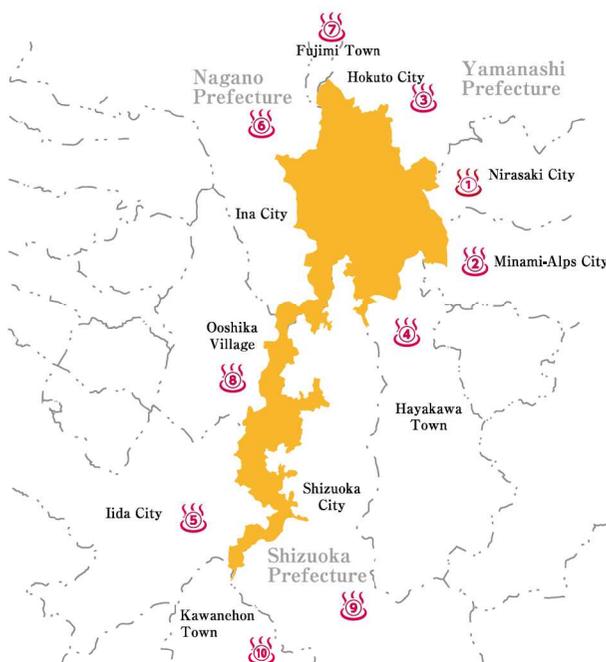
⑨ Akaishi Onsen, Tashiro Onsen

[Contact]
Ikawa Information Station
TEL : 054-260-2377

Kawanehon Town

⑩ Sumata-kyo Onsen, Sesso-kyo Onsen

[Contact]
Kawanehoncho Tourism Association
TEL : 0547-59-2746



Profile of National Parks in Japan

The Japanese islands, where forests occupy seventy percent of the land, flourish with a variety of environments, from subarctic zones to subtropical regions and a rich diversity of wildlife and plants. The national parks represent the rich and beautiful nature of Japan. The national parks in Japan have over 80 years of history since its foundation in 1931. At present, the 32 national parks from Hokkaido to the Ryukyu Islands are designated parks, and cover six percent of the land area in Japan. These national parks around the country have both traditional and natural environments, which play a role in the conservation of the environment and biodiversity. There are not only primeval forests and marshes located inside the parks, but also man made ecosystems, and agriculture. Preserved in the parks are many historical and cultural sites. With the aim of them all being used for various recreational and educational

activities, it puts great value in creating a coexistence between regional cultures and societies. The national parks in Japan may be designated, regardless of who owns the land. The lands in the parks are mostly managed for the purpose other than the park. For this reason, it is the foundation for the national park management in Japan to realize the protection of natural resources and sustainable usage while coordinating with land owners and others who are concerned in industrial activities and land usages. The management of the national parks are based around zones. The parks' area is classified into three zones, depending on its natural environment and landscape features, these are; the special protection areas which are strictly protected, the special areas which constitute for the main part of the park, and the general areas which serve as buffer areas. Activities which may have effect on the landscape, such as cutting trees and

construction, are subject to permission and notification. The national parks are governed by the Regional Environmental Office of the Ministry of the Environment, with the cooperation of the municipalities and local communities. Park rangers are stationed at each park and handle such tasks as adjustment with development activities, facility maintenance, promotion of public awareness and interpretation, and monitoring of the natural environment.

National Parks in Japan

- | | |
|---------------------------|-----------------------|
| 1 Rishiri-Rebun-Sarobetsu | 21 Yoshino-Kumano |
| 2 Shiretoko | 22 San' inkaigan |
| 3 Akan | 23 Setonaikai |
| 4 Kushiroshitsugen | 24 Daisen-Okii |
| 5 Daisetsuzan | 25 Ashizuri-Uwakai |
| 6 Shikotsu-Toya | 26 Saikai |
| 7 Towada-Hatimantai | 27 Unzen-Amakusa |
| 8 Sanriku-Fukko | 28 Aso-Kuju |
| 9 Bandai-Asahi | 29 Kirishima-Kinkowan |
| 10 Nikko | 30 Yakushima |
| 11 Oze | 31 Keramashoto |
| 12 Josin' etsukogen | 32 Iriomote-Ishigaki |
| 13 Chichibu-Tama-Kai | |
| 14 Ogasawara | |
| 15 Fuji-Hakone-Izu | |
| 16 Chubusangaku | |
| 17 Myoko-Togakushirenzan | |
| 18 Hakusan | |
| 19 Minami-Alps | |
| 20 Ise-Shima | |

