

Maps of the Tokai Nature Trail

By

Catlin Herrera



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Using this Guide

This guide should be used with Hiking the Tokai Nature Trail: A Complete Guide. I wrote this book to be a companion book which includes the maps referenced in that book along. I suggest keeping a PDF of the maps while you are hiking so you always have them, and if you need help you can zoom in on the location! I had many people be thankful that I was able to make my maps bigger while I was asking for directions! I hope you find this guide helpful and enjoy your hike!



Map Key

Water Fall			
Mountains			
Key points			
Gate			
Bridge		Current Course (Main Route)	
Bus Station		Tokai Nature Trail Course (Main Route)	
Train Station		Current Course (Bypass Route)	
Guideboard		Tokai Nature Trail Course (Bypass)	
Information Board		Other mountain roads/trails	
Name Sign		Prefectual Boarder	
Rest Area		National Highway	
Shelter Hut		Road/Highway	
Temple		Railroad Tracks	
Shrine		River	
Onsen			
Restroom with Water*			
Restroom			
Ideal Camping Spot			
Average Camping Spot			

* Water spots with WC (水) are places that I have found to have drinkable water as of my last hike. If these change, or I missed one let me know.

Tokyo · Kanagawa Courses (東京・神奈川県コース)



Walking to Cat Hill (ねこ坂)
Artist: Patricia McPherson

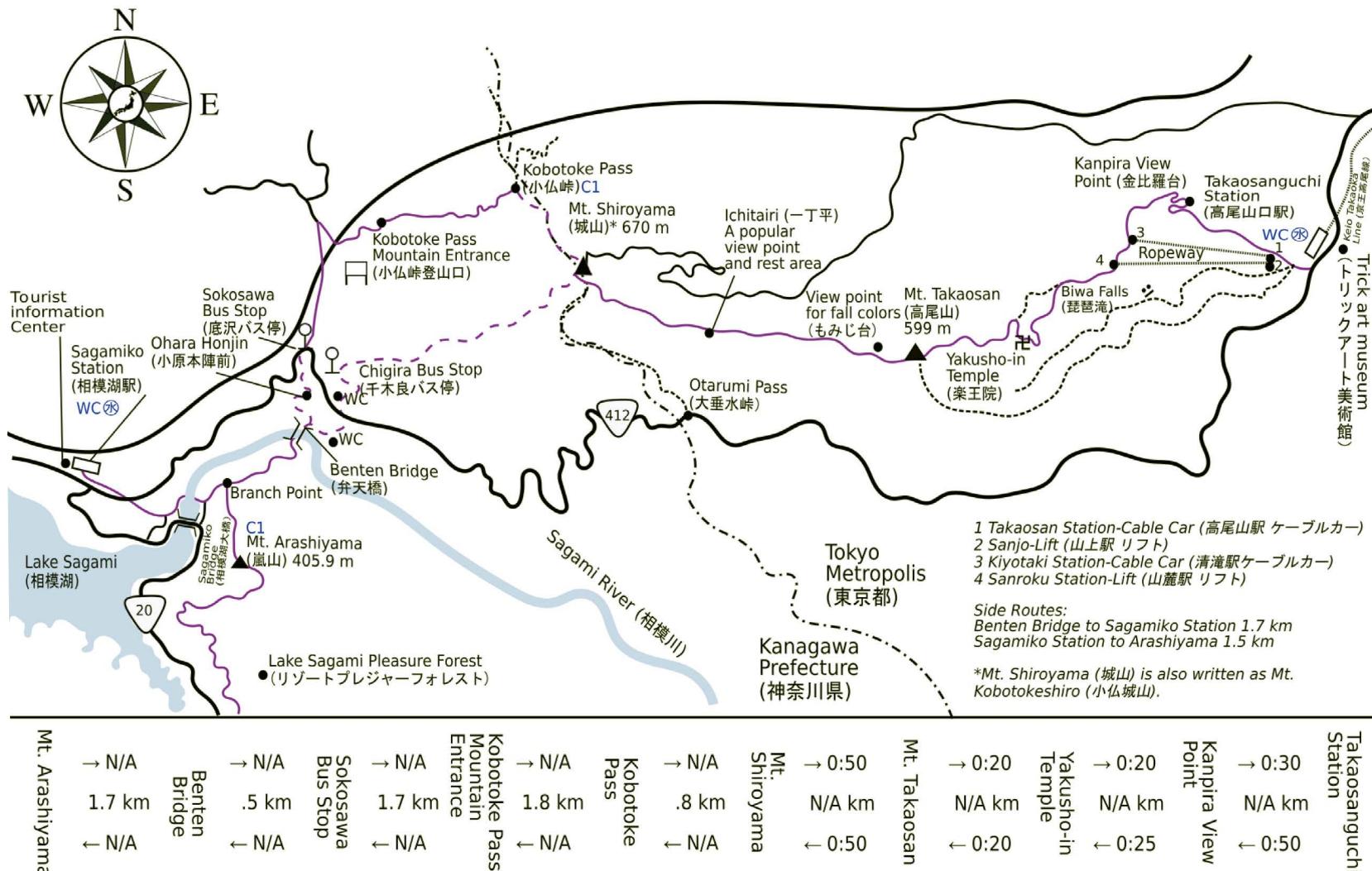
The Kanagawa Course covers 125.8 km, and this prefecture assumes that you hike every single section of the trail to get those 125.8 km. The maps show Eastern, Western and Inner routes and the 125.8 km is calculated by including all of those. To do this you will have to back track either by hiking or taking a trail or bus back to starting point. There is an additional 1.7 km, is included in my maps but not in the official prefecture map. This is the side route that goes to Sagamiko Station (相模湖駅).

I have been unable to find the distances between points for Tokyo, but the total time it should take you is about a little over an hour and a half, and the total distance is only 6.2 km.

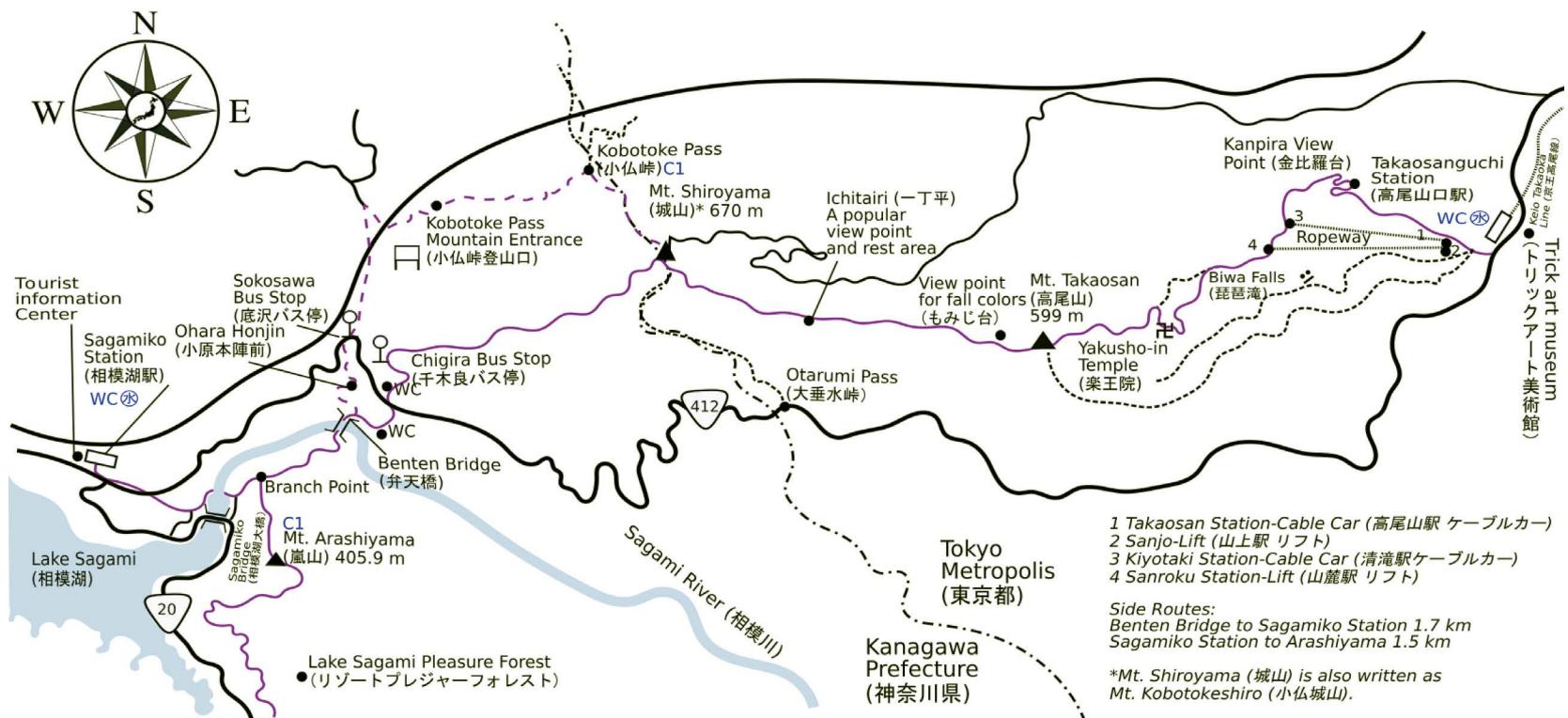
Map 1 Mount Takao (高尾山) to Sagamiko Station (相模湖駅) - Eastern Route

Prefecture: Tokyo (東京都)-6.2 km and Kanagawa(神奈川県)-6.8 km

Distance: 13 km (Eastern Route 4.3km, Main Route 2.5)



Map 1 Mount Takao (高尾山) to Arashiyama (嵐山) - Western Route
Prefecture: Tokyo (東京都)-6.2 km and Kanagawa(神奈川県)-4.8 km
Distance 11 km (Western Route 2.3 km, Main Route 2.5 km)

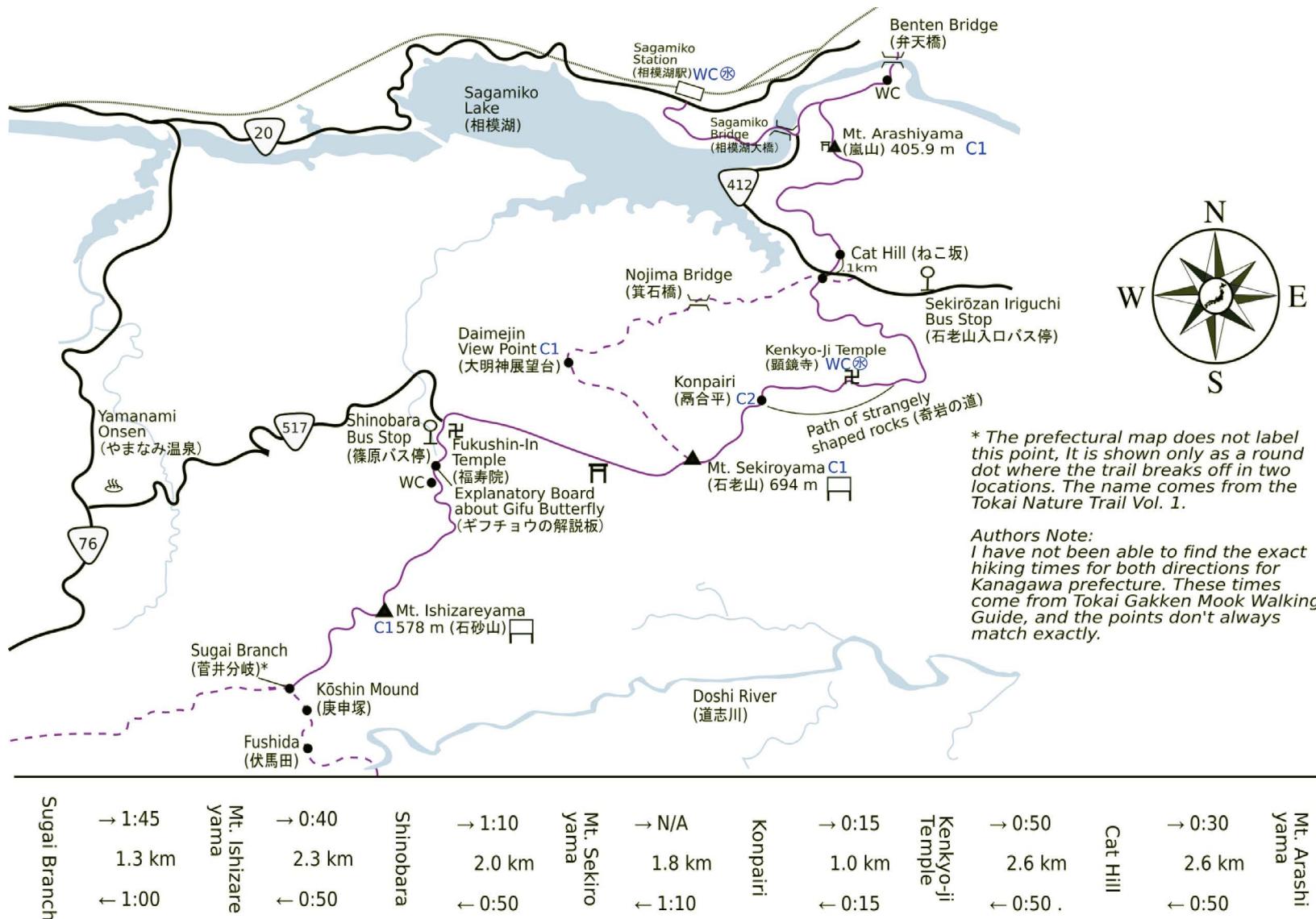


Takao-sanguchi Station	Kanpira View Point	Yakusho-in Temple	→ 0:30 N/A km	→ 0:30 N/A km	→ 0:30 N/A km
Mt. Arashiyama	Mt. Takaosan	Mt. Shiroyama	↓ 0:25	↓ 0:20	↓ 0:20
↑ 0:45 1.7 km ↓ 0:50	↑ 0:50 N/A km ↓ 0:20	↑ 0:50 N/A km ↓ 0:20	↑ 0:20 N/A km	↑ 0:20 N/A km	↑ 0:20 N/A km
Benten Bridge	Chigira Bus Stop	Chigira Bus Stop	2.3 km ↓ N/A	2.3 km ↓ N/A	→ N/A

Map 2 Arashiyama (嵐山) to Nishino (西野々) - Eastern Route

Prefecture: Kanagawa (神奈川県)

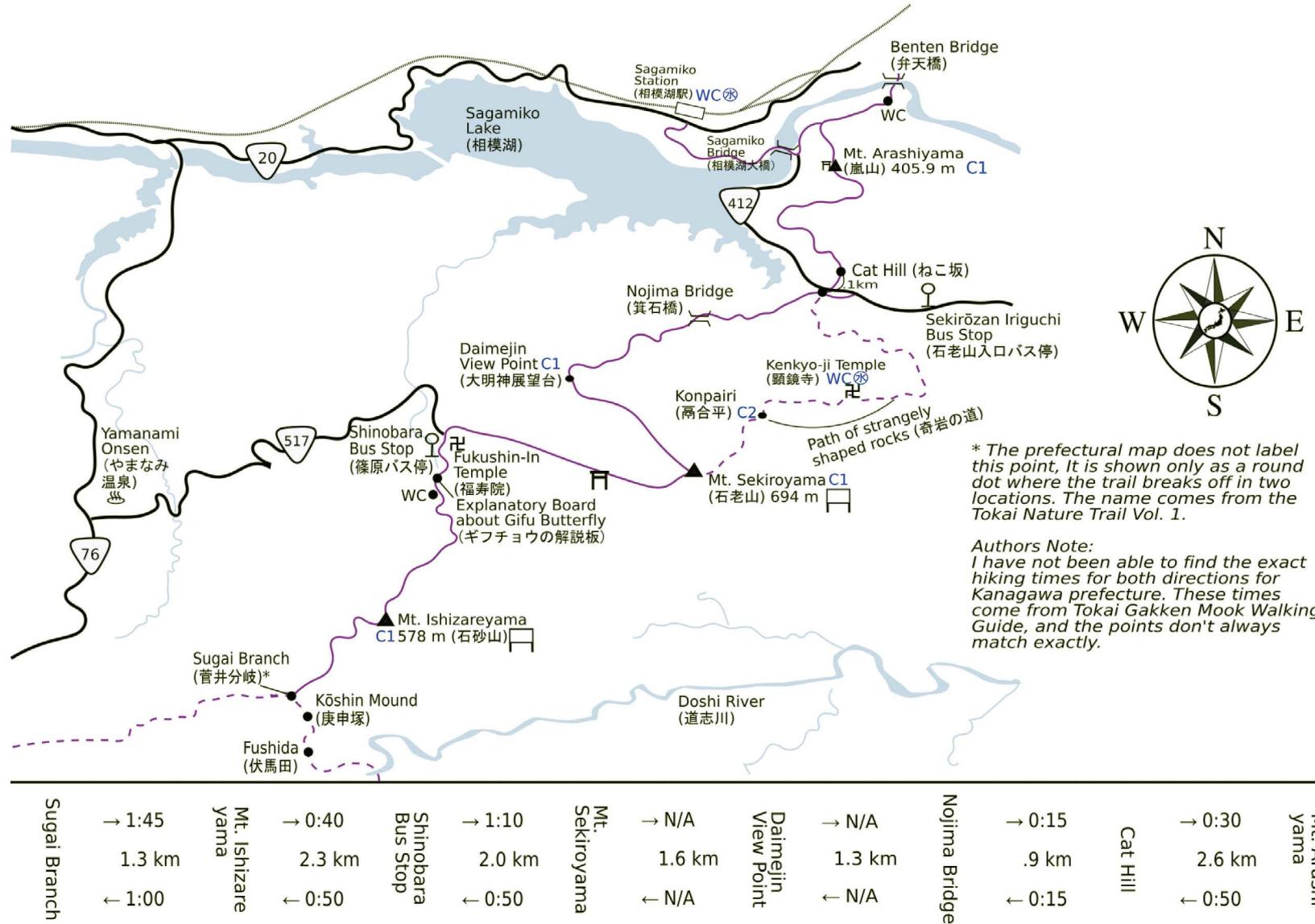
Distance: 13.6 km (Eastern Route 5.4 km, Main Route 8.2 km)



Map 2 Arashiyama (嵐山) to Nishino (西野々) - Western Route

Prefecture: Kanagawa (神奈川県)

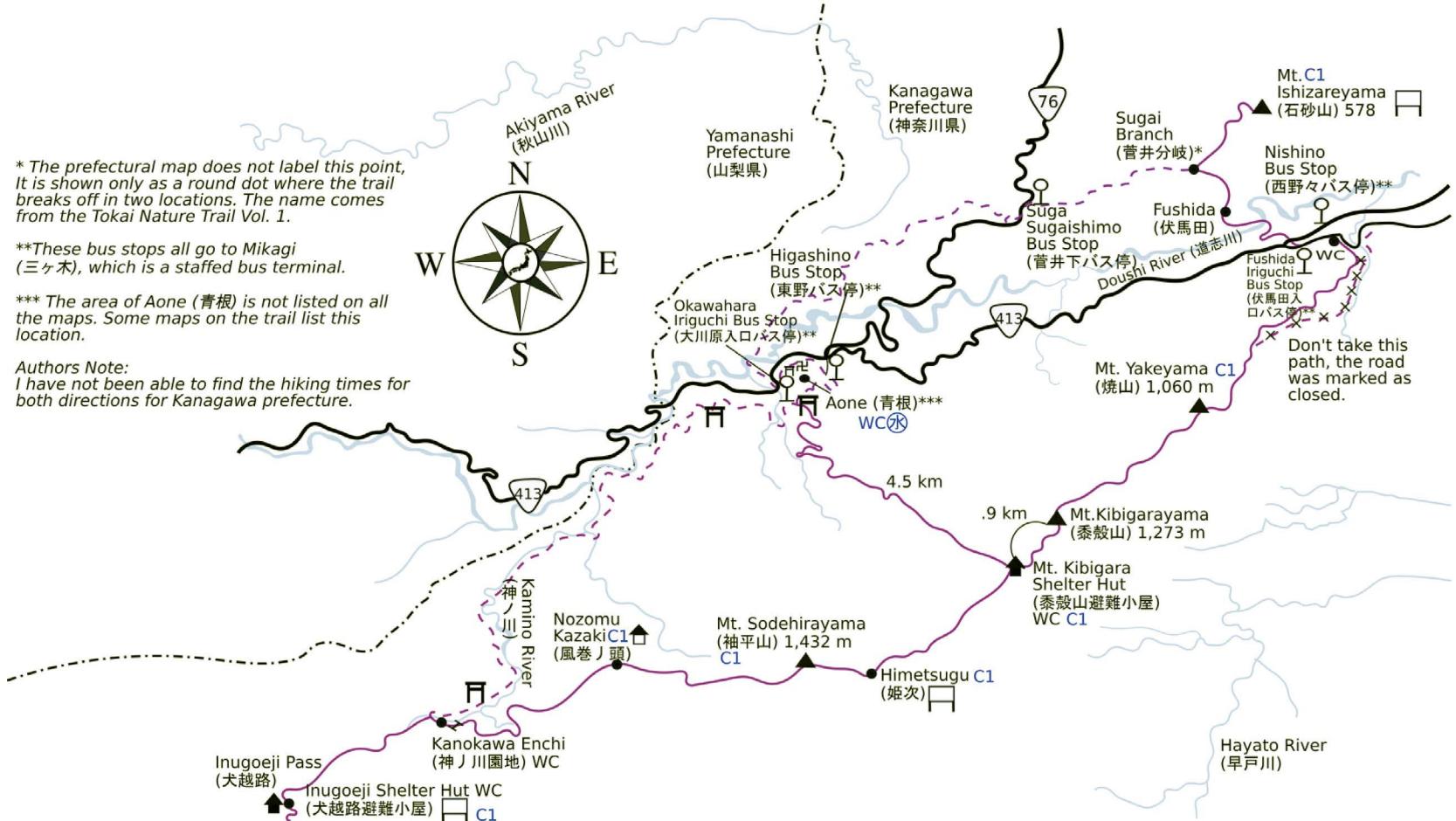
Distance: 12 km (Western Route 3.8 km, Main Route 8.3 km)



Map 3 Mt. Ishizareyama (石砂山) to Inugoeji Pass (犬越路) - Eastern Route

Prefecture: Kanagawa (神奈川県)

Distance 18.8 km (Eastern Route 16.6 km, Main Route 2.2 km)

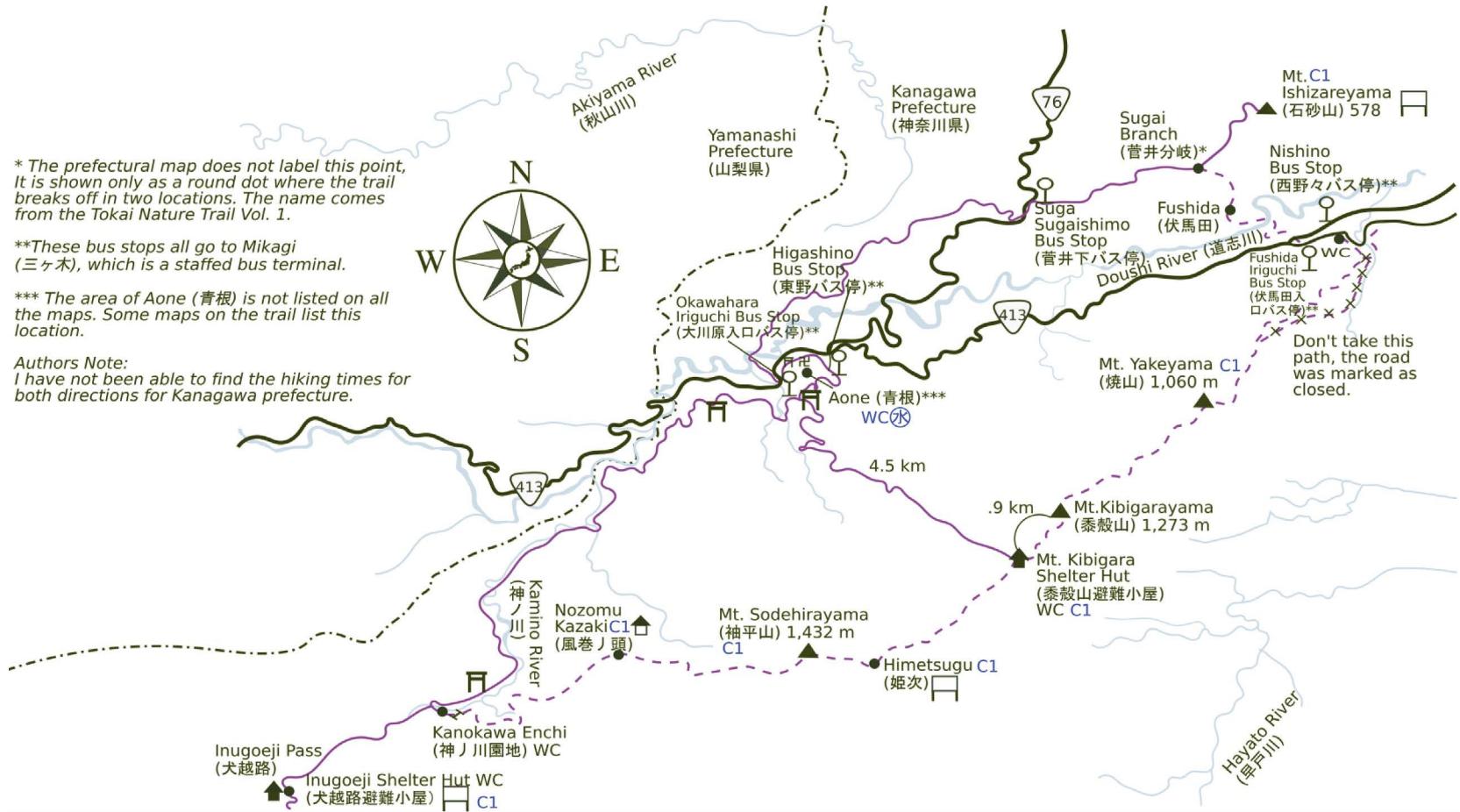


Inugoeji Pass	→ 1:00 2.2 km ← 1:20	Kanokawa Enchi	→ 3:10 5.6 km ← 2:10	Himetsugu	→ 1:10 1.9 km ← 1:20	Mt. Kibigara Shelter Hut	→ 1:00 3.0 km ← 1:15	Mt. Yakeyama	→ 1:40 5.3 km ← 2:15	Fushida	→ 0:15 .8 km ← 0:15	Sugai Branch
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Map 3 Mt. Ishizareyama (石砂山) to Inugoeji Pass (犬越路) - Western Route

Prefecture: Kanyama (神奈川県)

Distance 18.7 km (Western Route 16.5 km, Main Route 2.2 km)

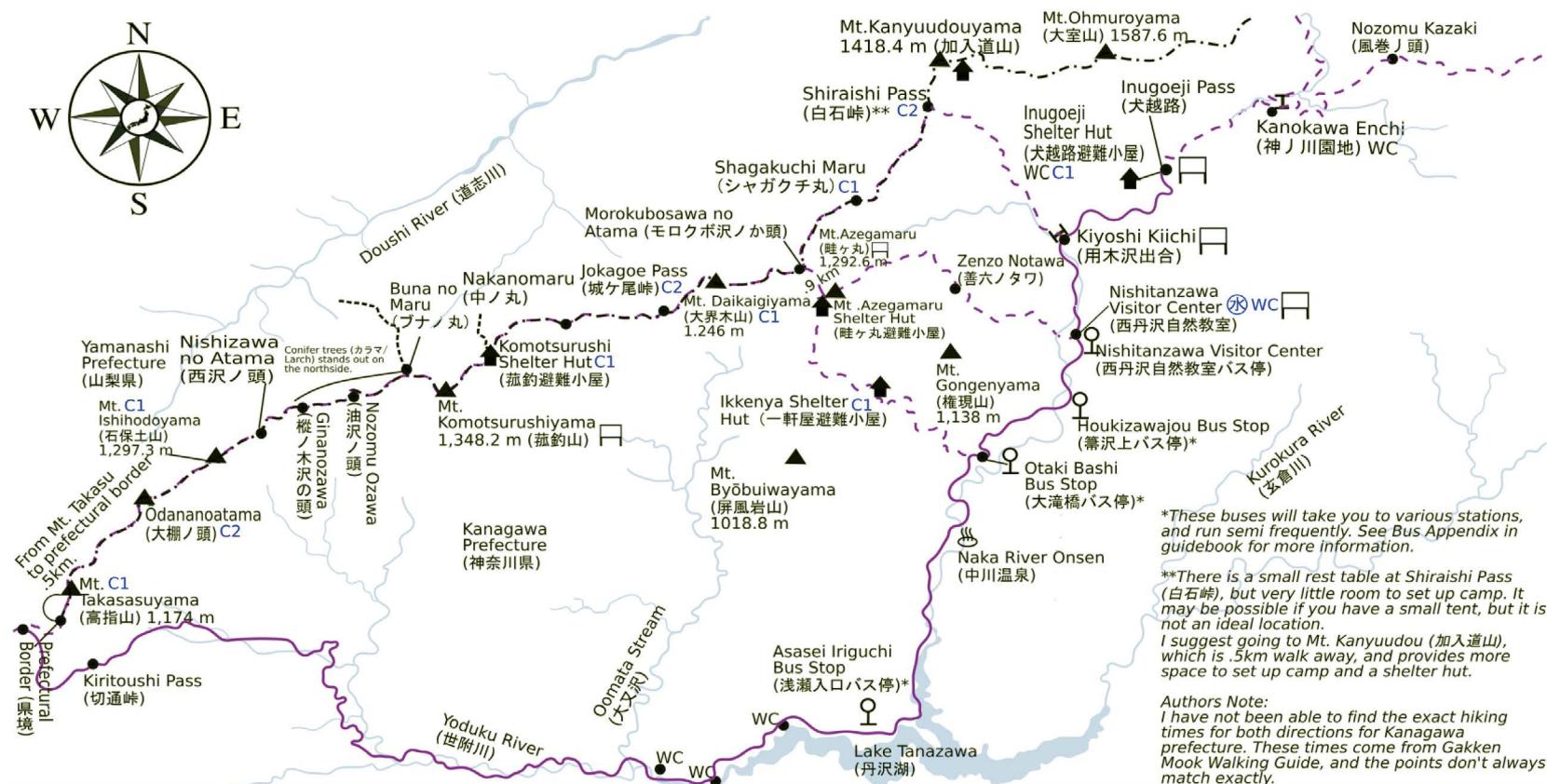


Map 4 Inugoeji Pass (犬越路) to Mt. Takasasu (高指山) - Eastern Route

24

Prefecture: Kanyama (神奈川県)

Distance 27.5 km (Eastern Route 25.1 km, Main Route 2.4 km)

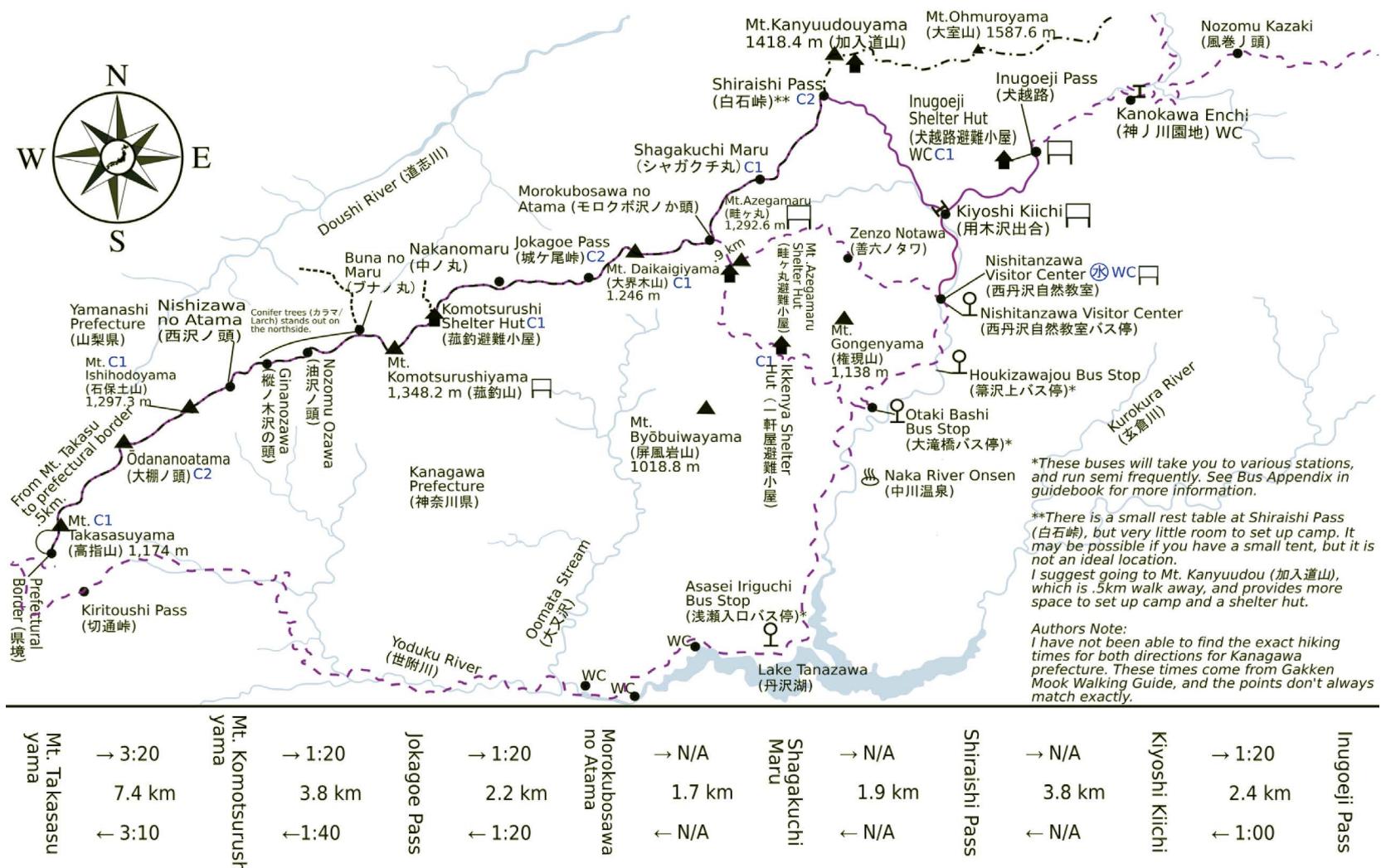


Kiyoshi Kiichi	→ 1:20	2.4 km
Nishitanzawa Visitor Center	→ 0:30	1.8 km
Houkizawajou Bus Stop	→ 0:40	1.5 km
Otaki Bashi Bus Stop	→ 0:40	1.1 km
Naka River Onsen	← N/A	
Asasei Igiguchi Bus Stop	→ N/A	1.9 km
Kiritoushi Pass	→ N/A	3.6 km
Prefectural Border	→ .9 km	10.8 km

Map 4 Inugoeji Pass (犬越路) to Mt. Takasasu (高指山) - Western Route

Prefecture: Kanagawa (神奈川県)

Distance: 23.2 km (Western Route 20.8, Main Route 2.4 km)

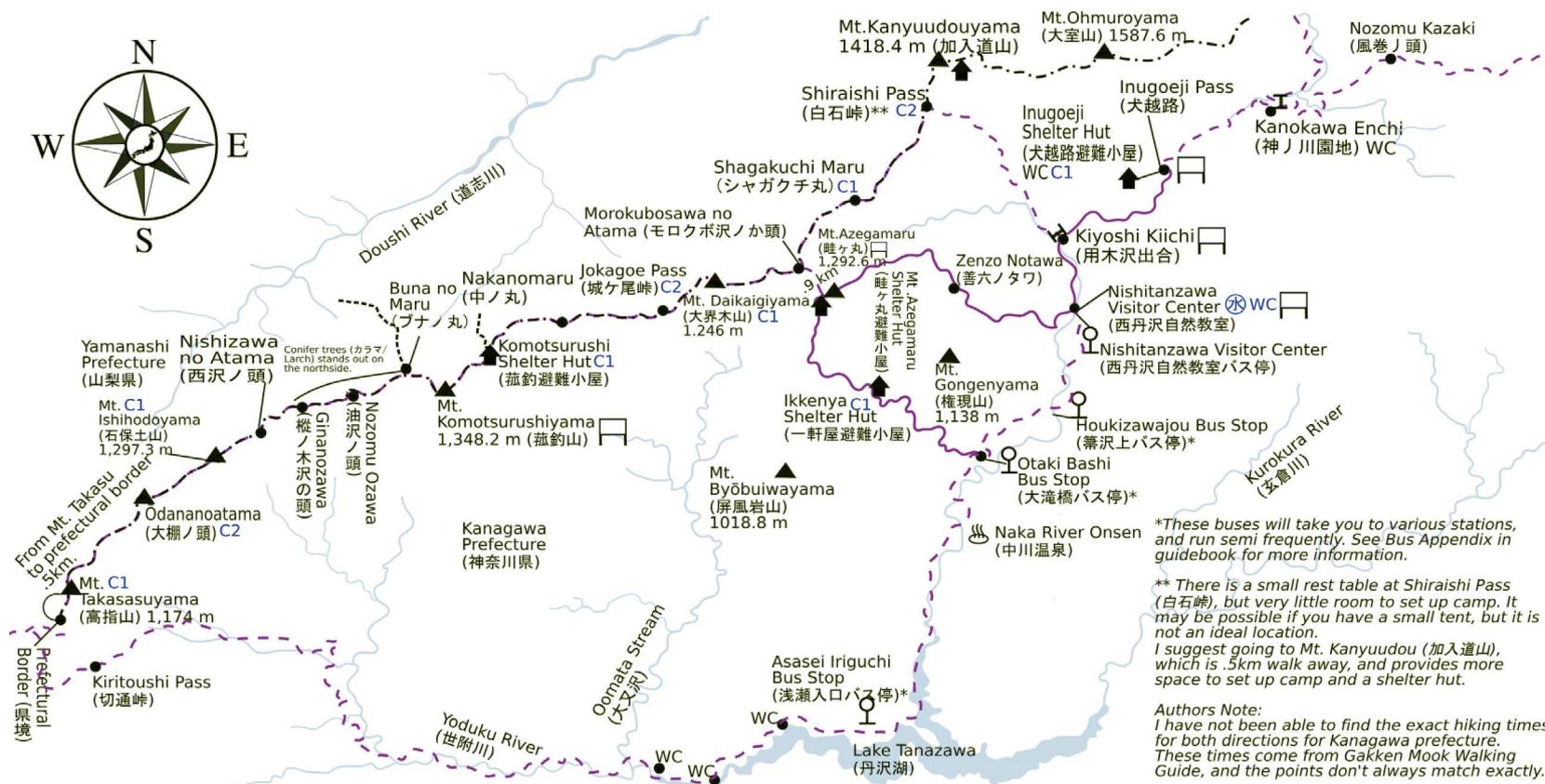


Map 4 Inugoeji Pass (犬越路) to Mt. Takasasu (高指山) - Inner Route

26

Prefecture: Kanagawa (神奈川県)

Distance: 10.2 km



Otaki Bashi
Bus Stop

→ 3:20
5.6 km
← 4:20

Mt. Azegamaru

→ N/A
1.5 km
← N/A

Zenko Notawa

→ N/A
3.1 km
← N/A

Nishitanzawa
Visitor Center

Yamanashi Course (山梨県コース)

The Yamanashi Course covers 142.1 km according to my maps, if you hike every possible route. You will spend a total of, 120.5 km in Yamanashi Prefecture and 21.6 km spent in the Shizuoka Prefecture while on this course.

The Official Yamanashi Course is often stated as covering 115 km, on the official websites. This is because the prefecture assumes that you only hike the most direct routes to cover those 115 km. I suggest hiking the routes that seem most interesting to you. The routes are all interlinked so it is easy to select different routes based on your interests.

The total distance on the Official Prefecture Maps covers 140 km, the differences between the Official Prefecture Maps and mine comes from the fact Official Yamanashi Course does not calculate the correct total for the area that goes through Shizuoka Prefecture.



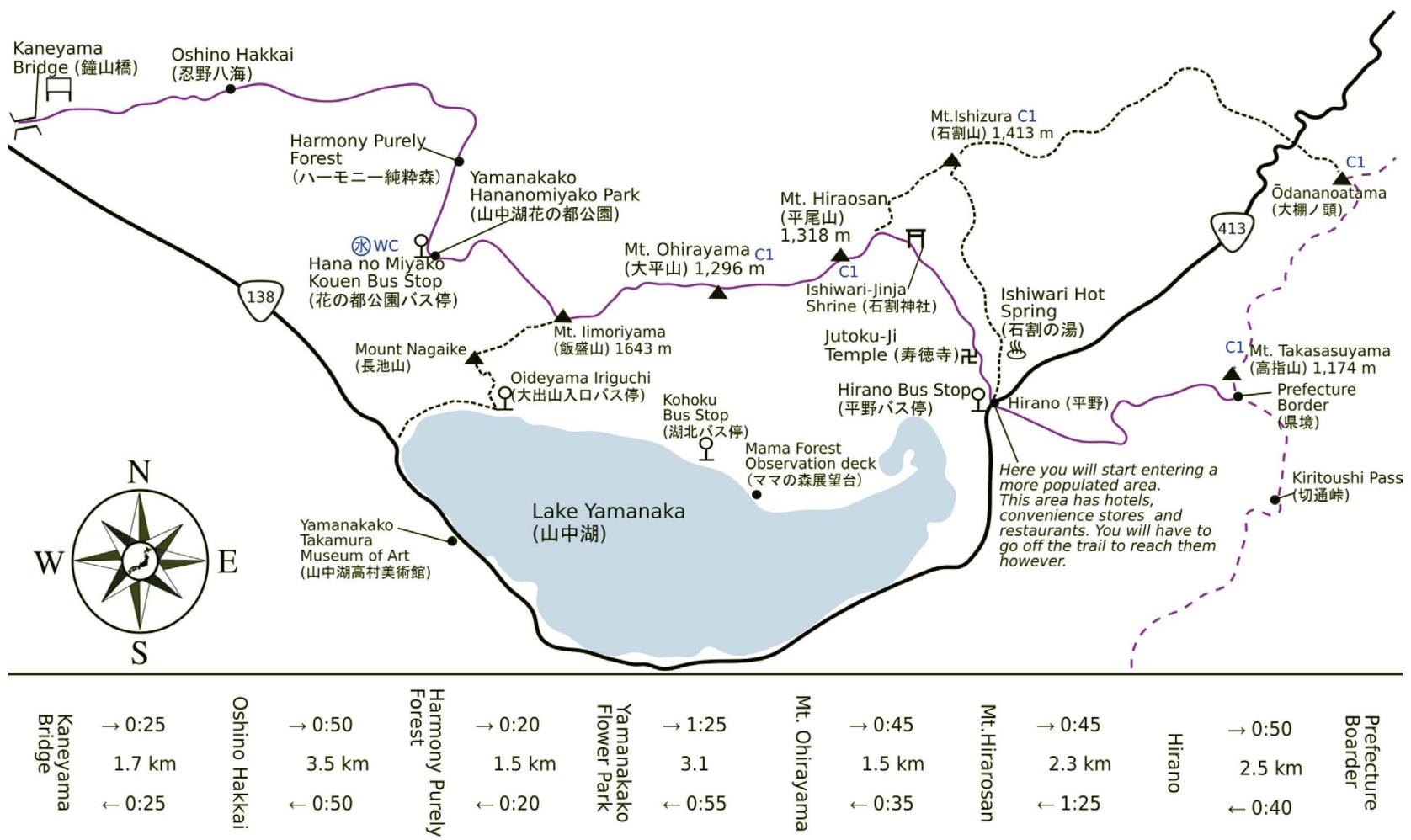
View from Mt. Ohyayama (大平山)

Artist: Patricia McPherson

Map 5 Prefecture Border (県境) to Kaneyama Bridge (鐘山橋)

Prefecture: Yamanashi (山梨県)

Distance: 16.1 km

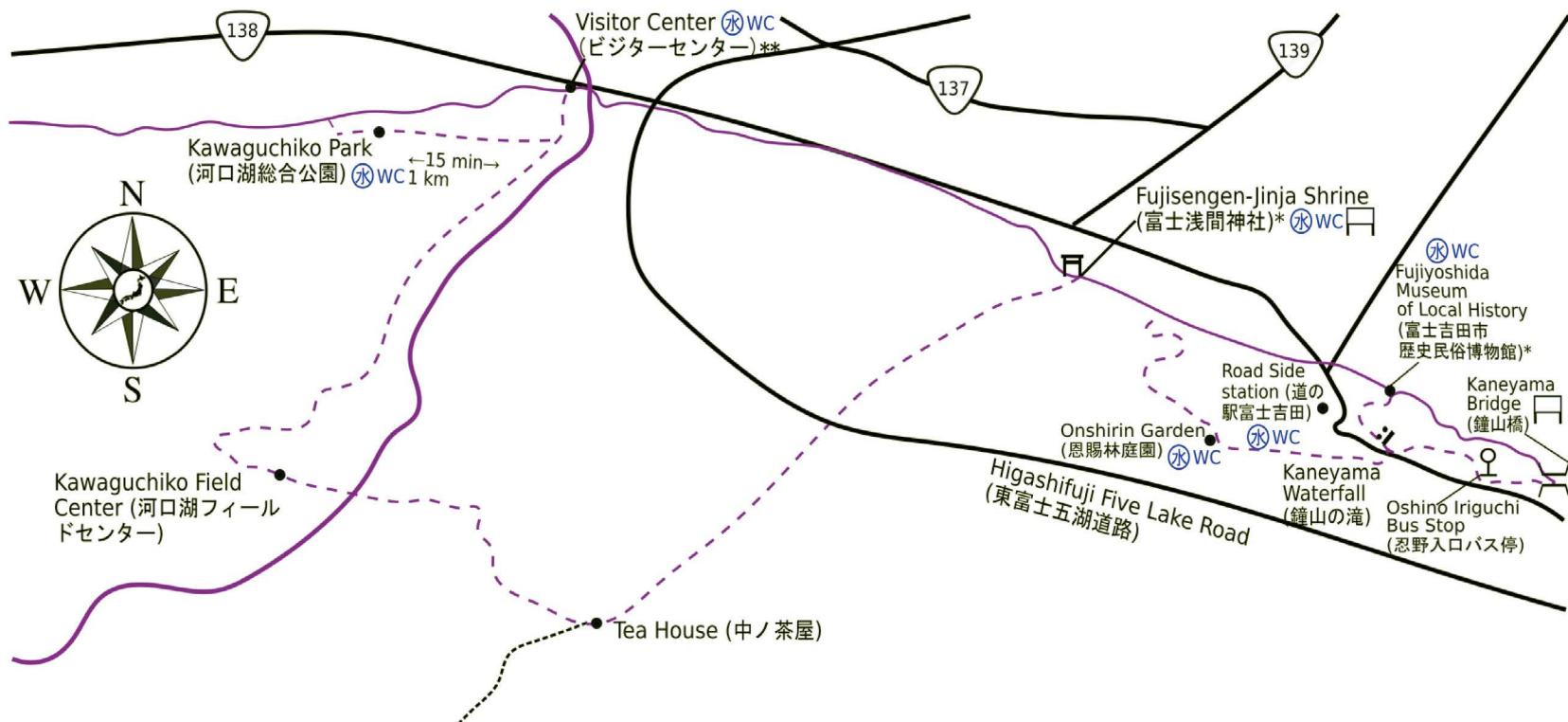


Map 6 Kaneyama Bridge(兼山橋) to Visitor Center (ビザーセンター)-Northern Route

29

Prefecture: Yamanashi (山梨県)

Distance: 10 km



*Fujiyoshida Museum of Local History (富士吉田市歴史民俗博物館) is now called Fujisan Museum (ふじさんミュージアム).

**This shrine is also listed as Kitaguchihongu Fujisengen Shrine (北口本宮富士浅間神社).

***This place is also listed as Fuji Visitor Center (富士ビザーセンター)

†From Kaneyama Bridge to about Fujisengen Shrine is a populated area where it easy to pick up food, and hiking supplies.

	Visitor Center	Kaneyama Bridge
→ 1:00		→ 0:40
4.0 km		2.5 km
← 1:00	← 0:40	← 0:40
Fujisengen Shrine	Fujisan Museum of Local History	Kaneyama Bridge

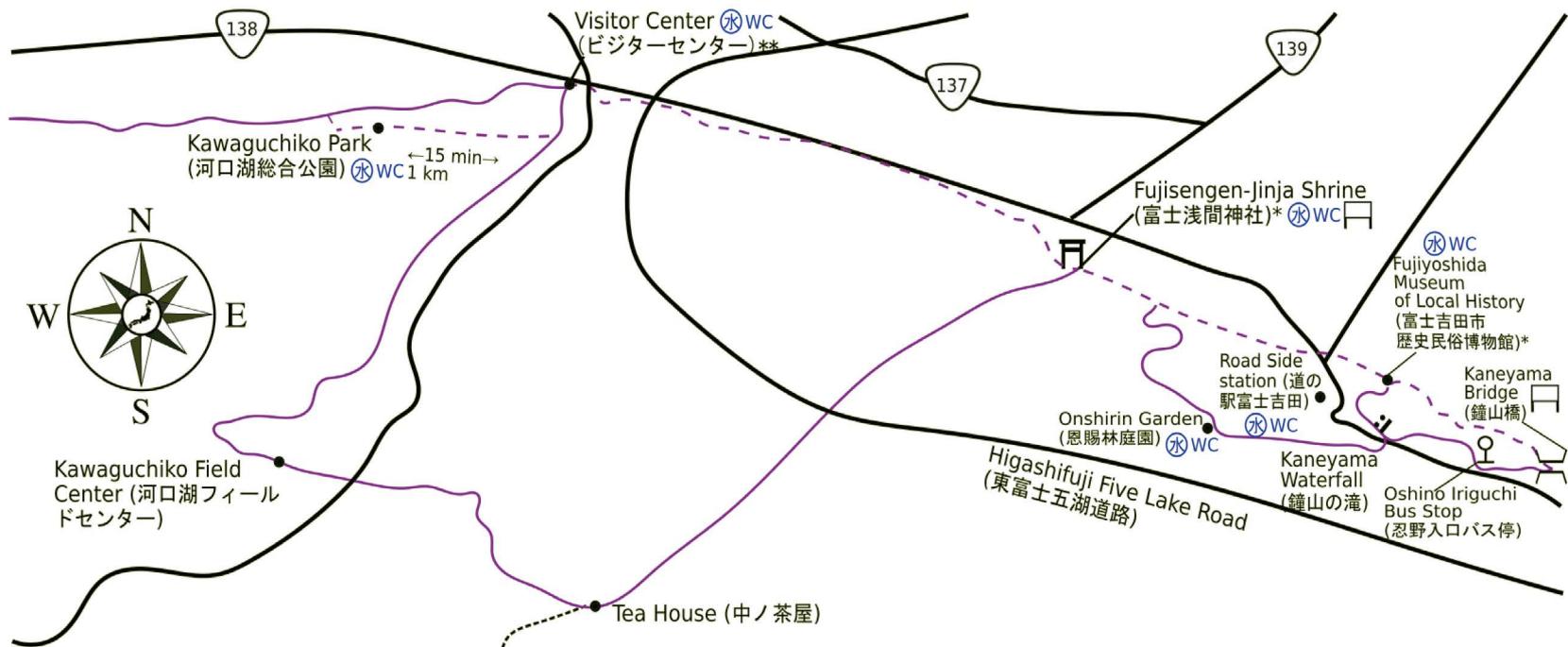
Map 6 Kaneyama Bridge(鐘山橋) to Visitor Center (ビジャーセンター)-Southern Route

30

Prefecture: Yamanashi (山梨県)

Distance: 15.1 km

*Fujiyoshida Museum of Local History (富士吉田市歴史民俗博物館) is now called Fujisan Museum (ふじさんミュージアム).
 **This shrine is also listed as Kitaguchihongu Fujisengen Shrine (北口本宮富士浅間神社).
 ***This place is also listed as Fuji Visitor Center (富士ビジャーセンター)
 tFrom Kaneyama Bridge to about Fujisengen Shrine is a populated area where it easy to pick up food, and hiking supplies.

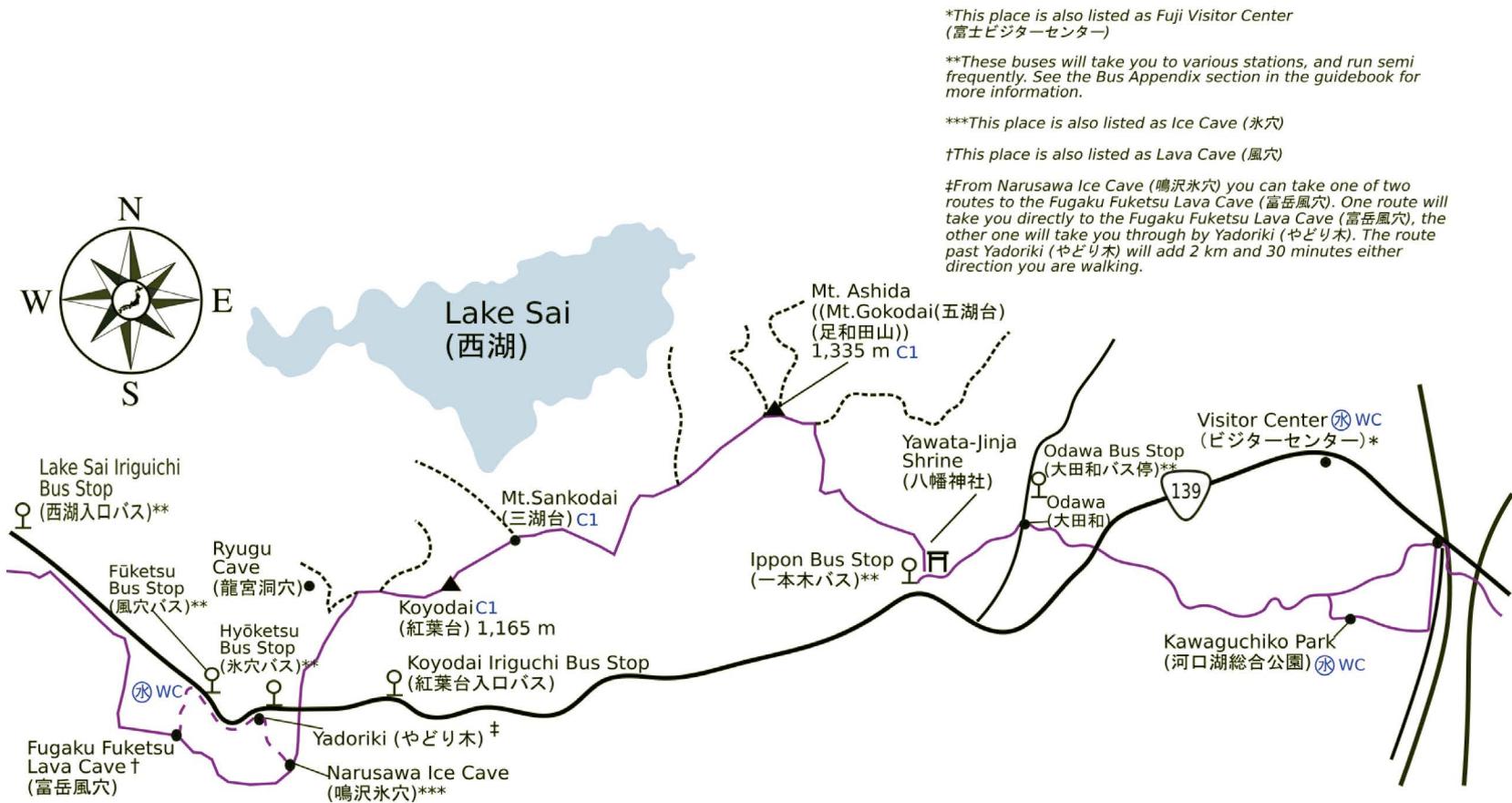


Visitor Center	→ 1:20 4.0 km ← 1:00	Kawaguchiko Field Center	→ 0:40 2.1 km ← 0:30	Tea House	→ 1:00 4.0 km ← 1:20	Fujisengen-Jinja Shrine	→ 0:40 2.5 km ← 0:40	Onshirin Garden	→ 0:15 1.0 km ← 0:15	Kaneyama Waterfall	→ 0:20 1.5 km ← 0:20	Kaneyama Bridge
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Map 7 Visitor Center (ビジターセンター) to Fugaku Fuketsu Lava Cave (富岳風穴)

Prefecture: Yamanashi (山梨県)

Distance: 14.8 km

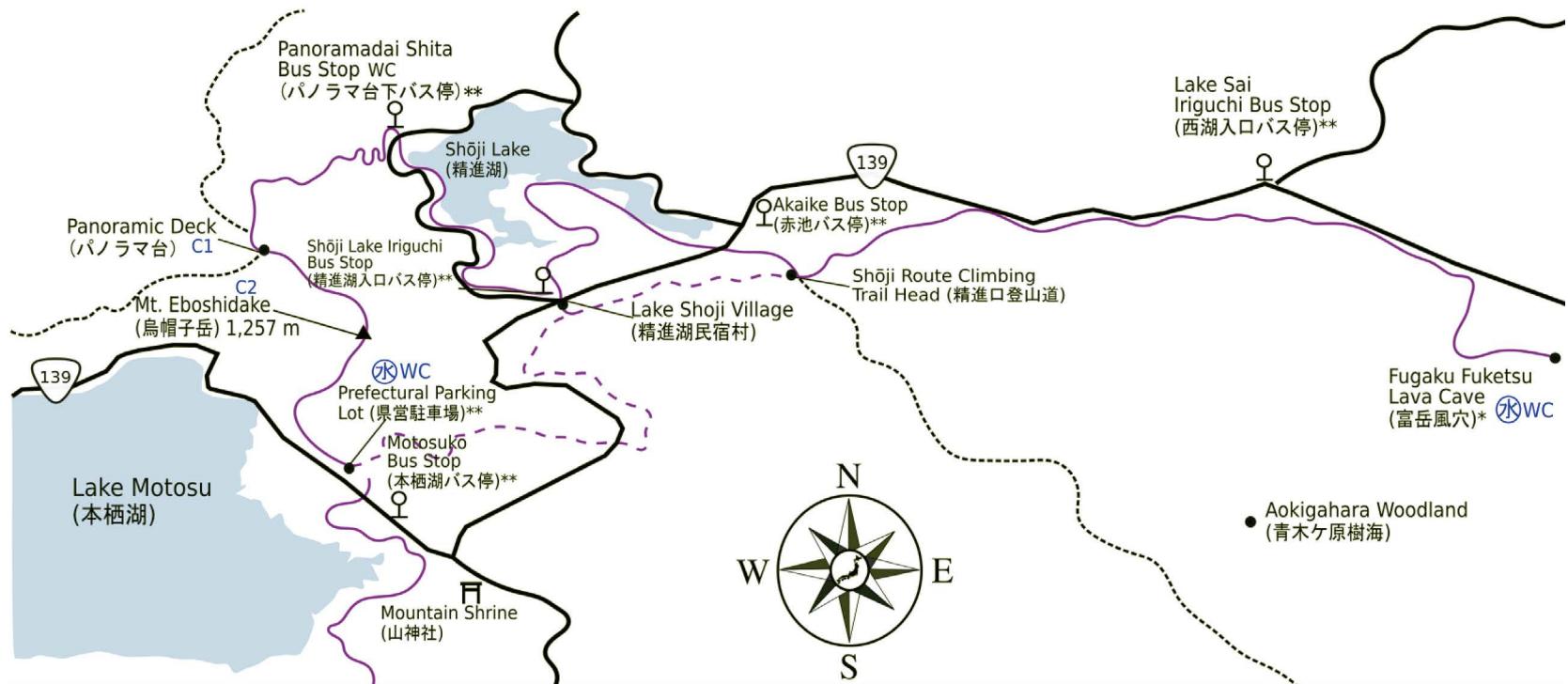


Map 8 Fugaku Fuketsu Lava Cave (富岳風穴) to Prefectural Parking Lot (県営駐車場) - 32

Northern Route

Prefecture: Yamanashi (山梨県)

Distance: 12.2 km (Northern Route 7.6 km, Main Route 4.6 km)



*This place is also listed as Lava Cave (風穴)

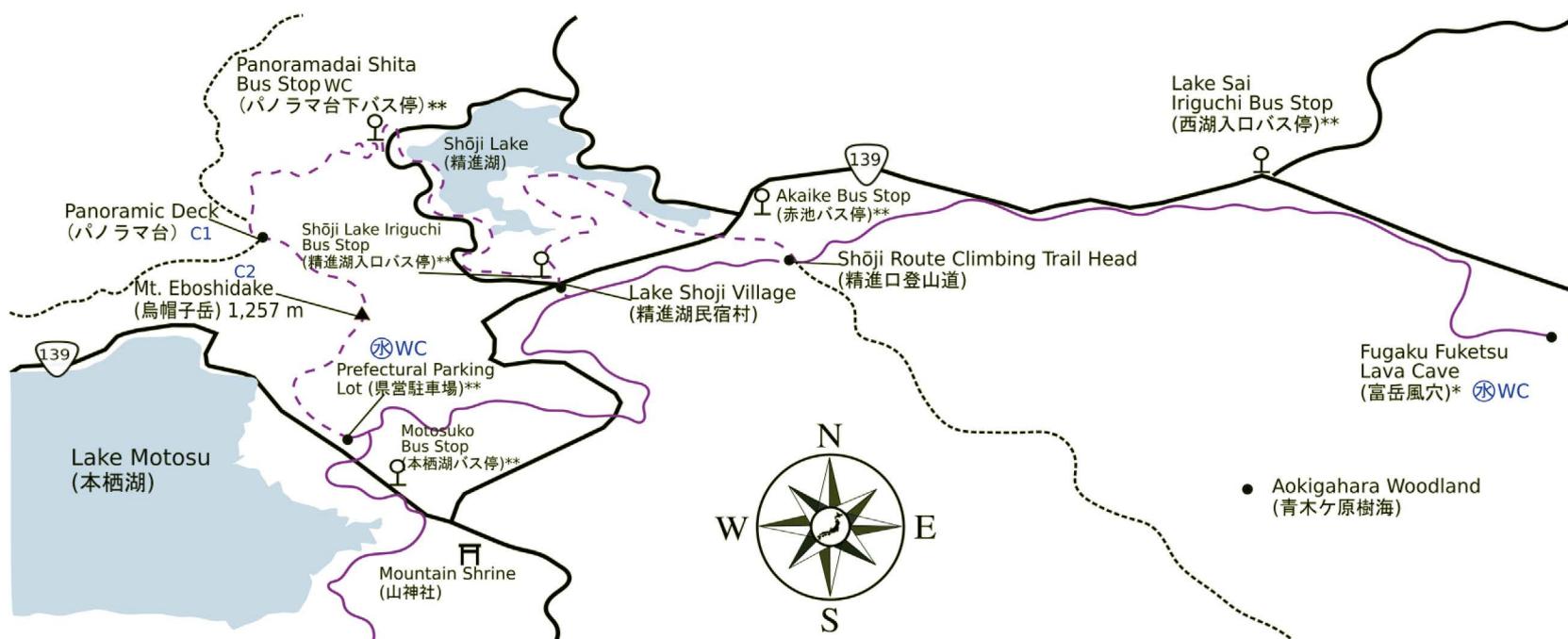
**These buses will take you to various stations, and run semi frequently. See the Bus Appendix section in the guidebook for more information.

*** Some maps list Motosu Exhibition Dormitory (本栖国展宿舎) in place of the parking lot. These are the same location.

Southern Route

Prefecture: Yamanashi (山梨県)

Distance: 9 km (Southern Route 4.4 km, Main Route 4.6 km)



Prefectural
Parking Lot

← 1:00
3.5 km
→ 1:00

← 0:20
.9 km
→ 0:20

Shōji Mouth
Road

← 1:40
4.6 km
→ 1:40

Fugaku Fuketsu
Lava Cave

Map 9 Prefectural Parking Lot (県営駐車場) to Fujimoto Suspension bridge (麓の吊り橋)³⁴

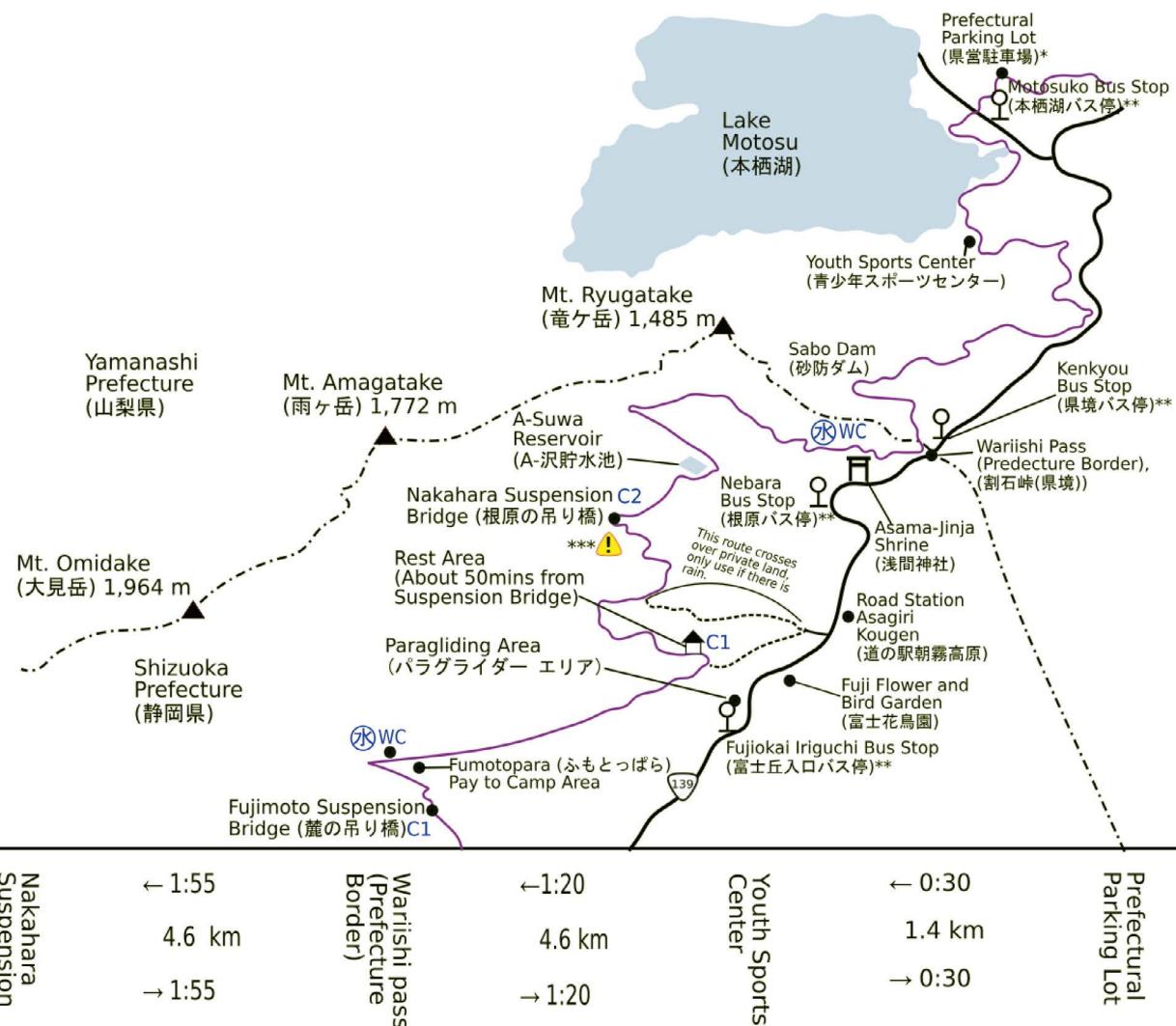
Prefecture: Yamanashi (山梨県) and Shizuoka (静岡県)

Distance: 16.7 km (Yamanashi 10.6 km, Shizuoka 6.1 km)

* Some maps list Motosu Exhibition Dormitory (本栖国展宿舎) in place of the parking lot. These are the same location.

**These buses will take you to various stations, and run semi frequently. See the Bus Appendix section in the guidebook for more information.

***There is a small detour set up after Nakahara Suspension Bridge. Follow the signs which say detour in Japanese,迂回路. See the guidebook for more information.



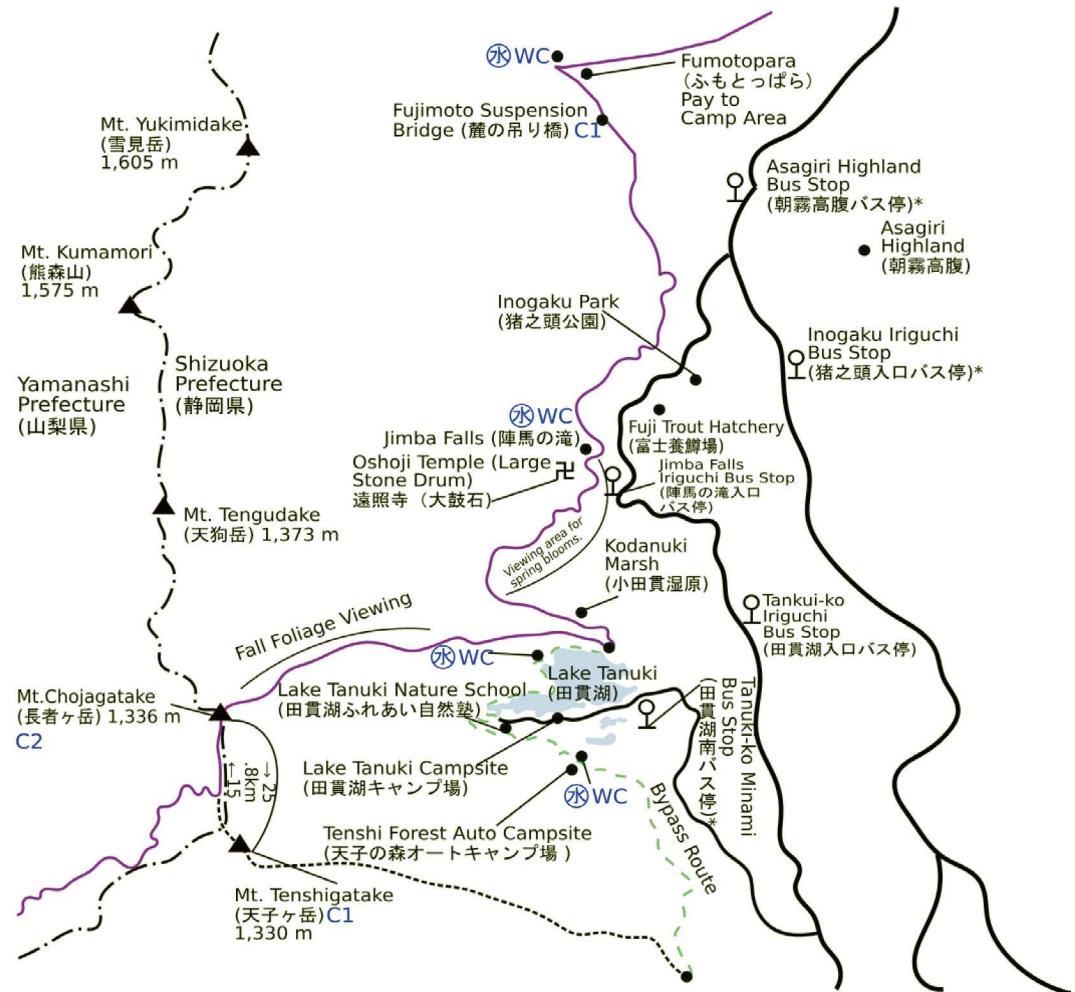
Map 10 Fujimoto Suspension bridge (麓の吊り橋) to Mt. Chojagatake (長者ヶ岳)

Prefecture: Yamanashi(山梨県) and Shizuoka(静岡県)

Distance: 10.9 km



*These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.



Mt.
Chojagatake

← 1:35
2.6 km
→ 1:00

Lake Tanuki

← 1:05
3.2 km
→ 1:05

Jimba Falls

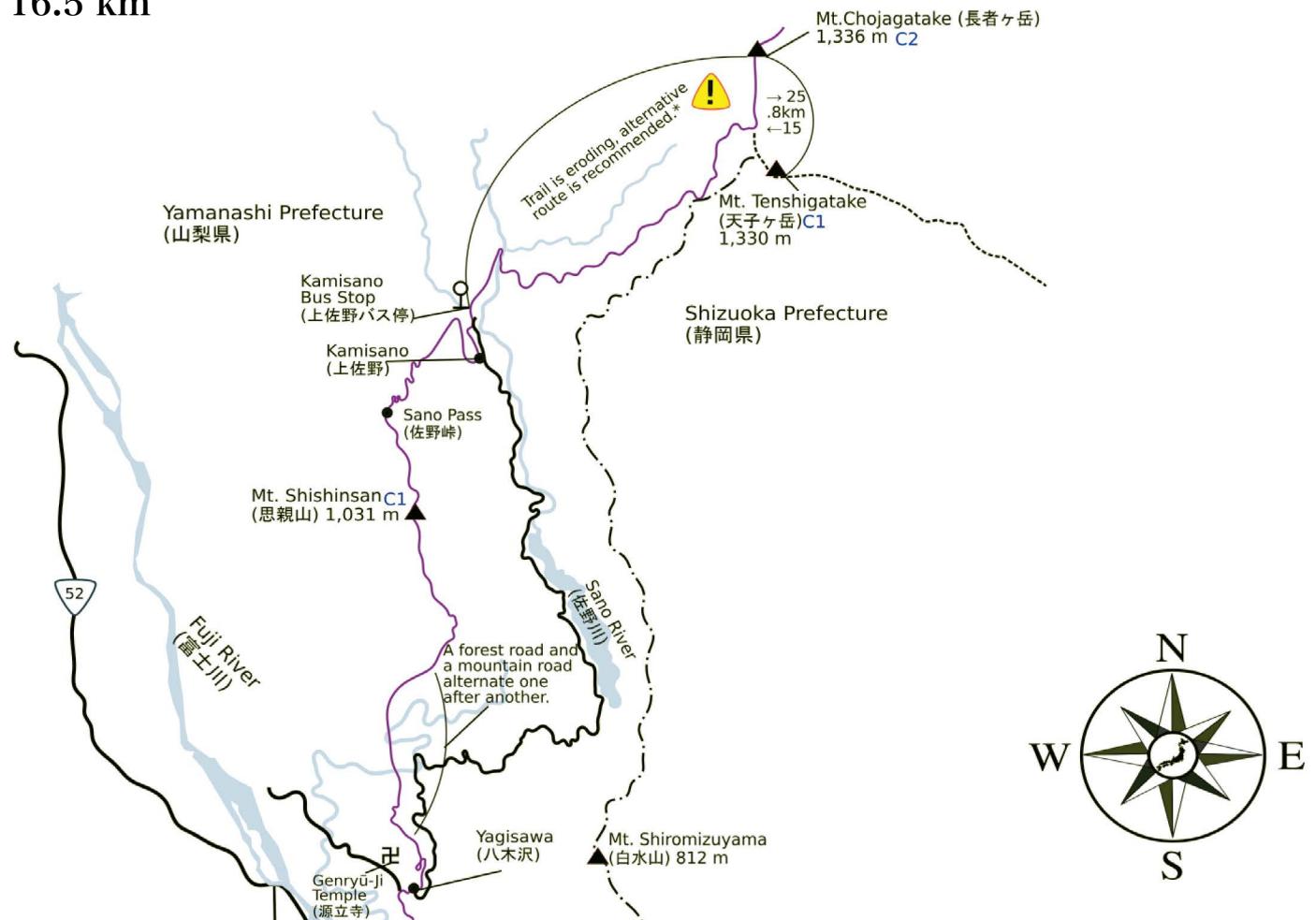
← 1:45
5.1 km
→ 2:00

Fujimoto
Suspension
Bridge

Map 11 Mt. Chojagatake (長者ヶ岳) to Yagisawa (八木沢)

Prefecture: Yamanashi(山梨県) and Shizuoka(静岡県)

Distance: 16.5 km



*The route down from Mt. Chojagatake has not been officially closed. I do not recommend taking it. The last time I hiked in 2019 parts of the trail were nearly completely eroded. See guidebook for more information on an alternative route. If you do take this path use extreme caution.

Yagisawa

→ 2:00
6.3 km
← 2:30

Mt.
Shishinsan

→ 1:30
3.2 km
← 1:00

Kamisano

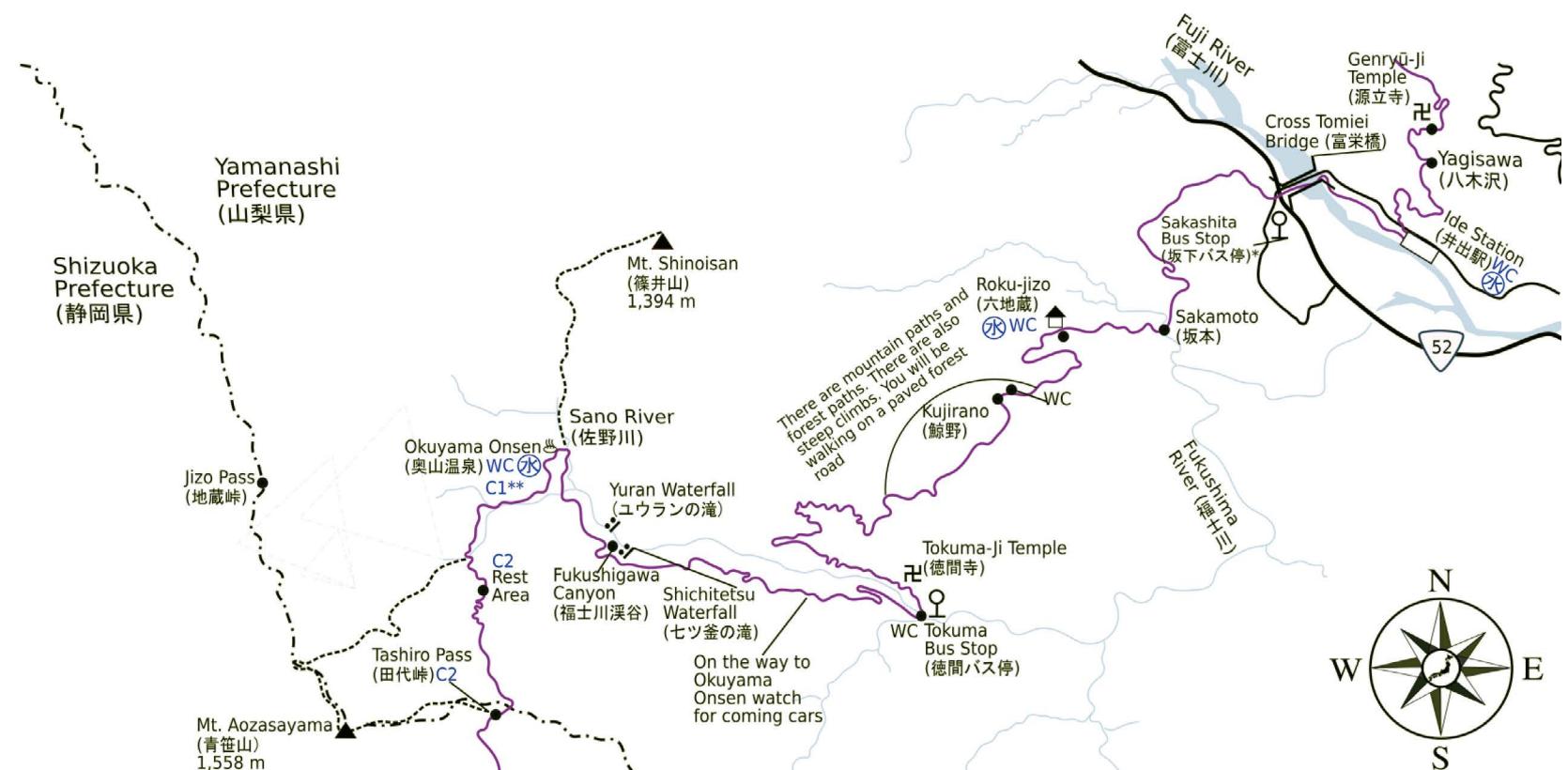
→ 1:25
7.0 km
← 1:45

Mt.
Chojagatake

Map 12 Yagisawa (八木沢) to Tashiro Pass (田代峠)

Prefecture: Yamanashi (山梨県)

Distance: 25.4 km



**This bus will take you to various stations, and run semi frequently. See the Bus Appendix section in the guidebook for more information.*

****The Onsen also offers camping spots for a fee from 4/1 to 11/30. Reservations are required can be made online at <https://www.okuyama-onsen.com/>.**

Tashiro Pass	← 1:25 4.0 km → 1:10	Okuyama Onsen	← 1:20 5.4 km → 1:40	Tokuma	← 2:30 5.5 km → 2:00	Kujirano	← 2:30 3.0 km → 2:00	Sakamoto	← 0:50 5.0 km → 0:50	Ide Station	→ 1:50 2.5 km ← 1:50	Yagisawa
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Inui Castle (犬居城跡)

Artist: Patricia McPheron

Shizuoka Course (静岡県コース)

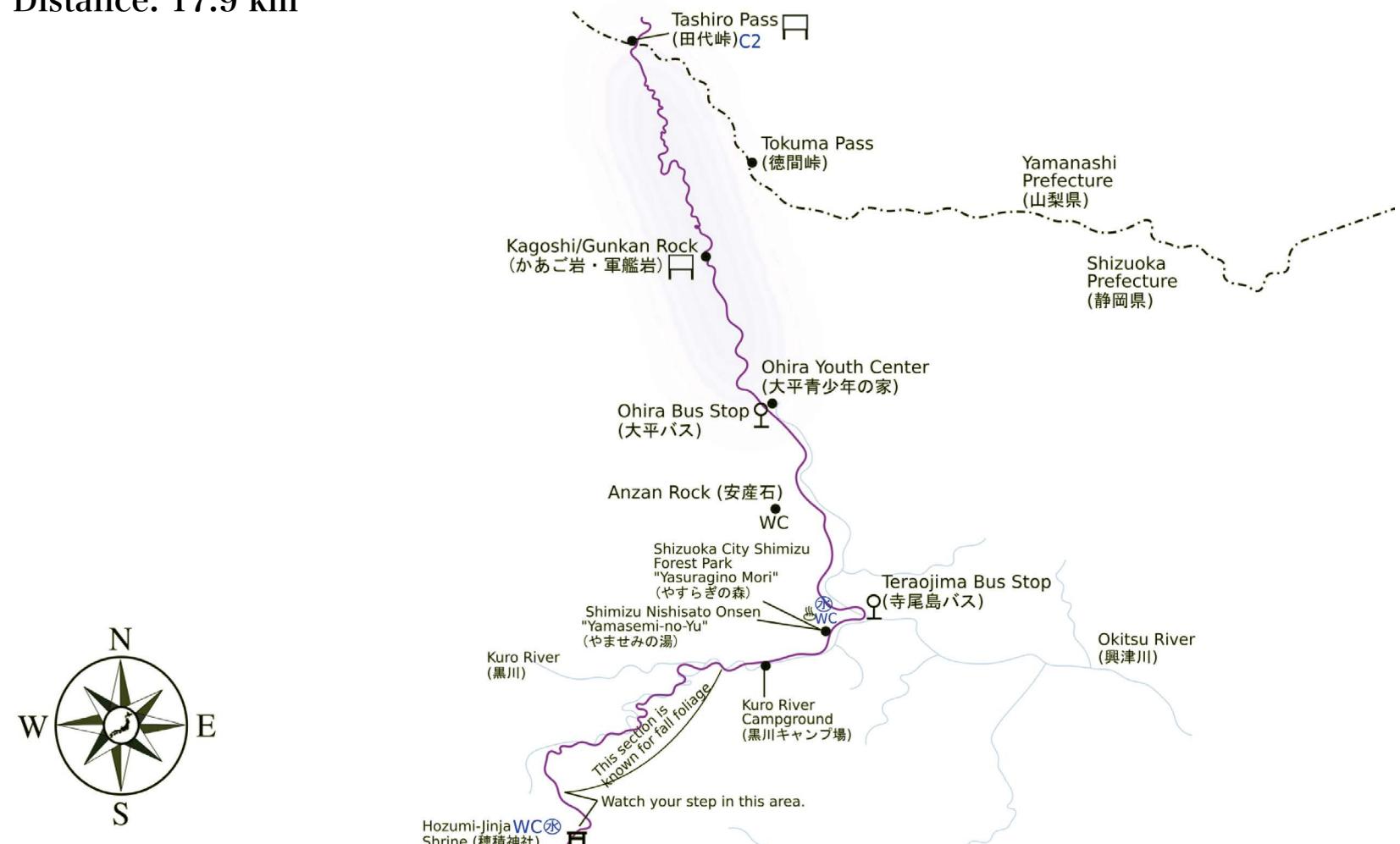
The Shizuoka Course covers 159.1 km according to maps, with an additional 21.6 km spent in the Shizuoka Prefecture while in the Yamanashi Course. Hiking the main course of Tokai you will spend of 181.4 km in Shizuoka Prefecture, hiking the Bypass Route will add an additional 181.4 km.

The Official Prefecture websites list the total distance as 176.3 km, though this number does not match the total distance on the official maps. The official maps do equal the same distance as mine.

Map 13 Tashiro Pass (田代峠) to Hozumi Shrine (穂積神社)

Prefecture: Shizuoka (静岡県)

Distance: 17.9 km



Hozumi-jinja Shrine

← 1:55
6.8 km
→ 2:35

Teraojima Bus Stop

← 1:50
6.0 km
→ 2:05

Kagoshi/Gunkan Rock

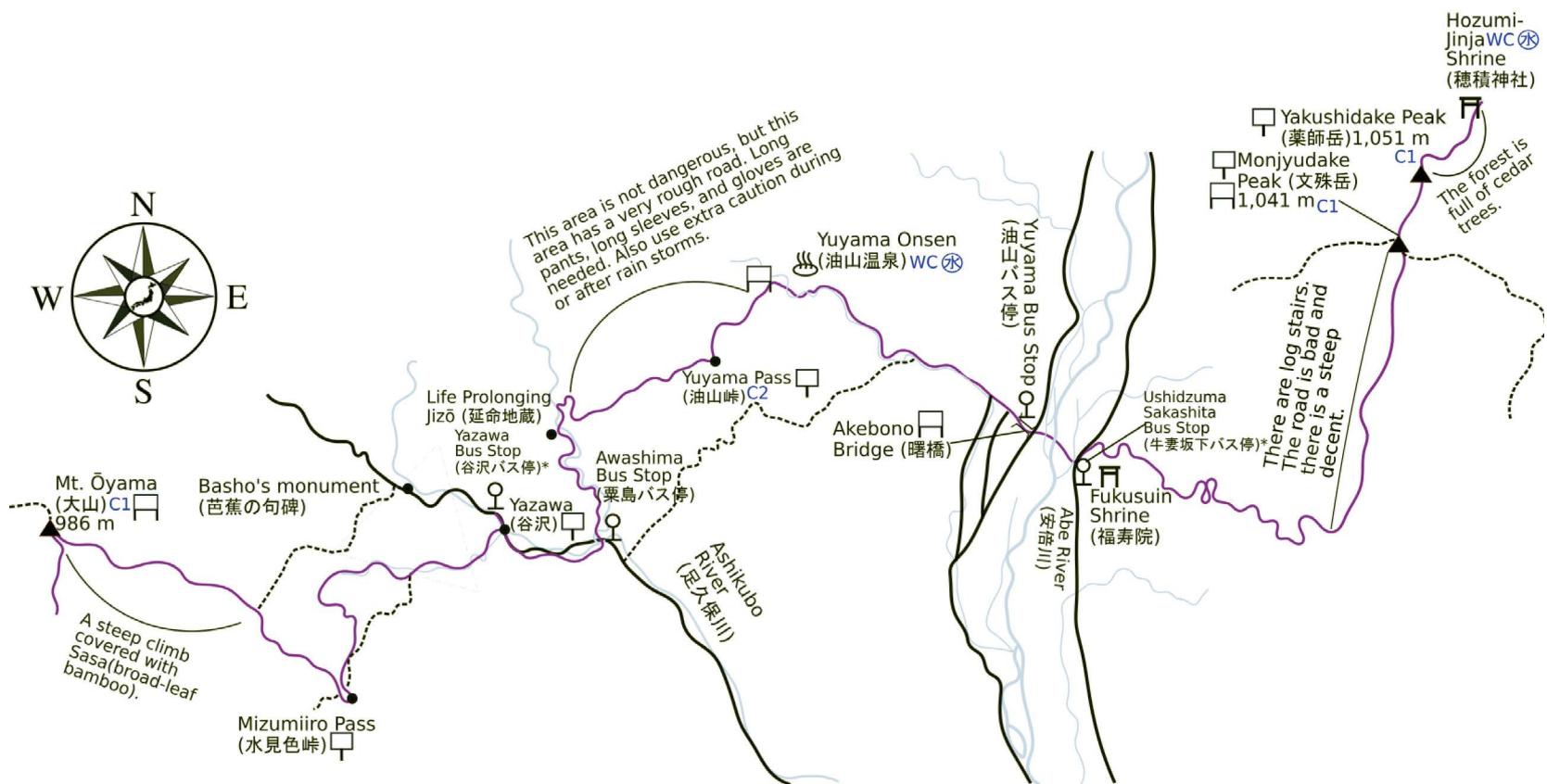
← 1:35
5.1 km
→ 2:25

Tashiro Pass

Map 14 Hozumi Shrine (穂積神社) to Mt. Ōyama (大山)

Prefecture: Shizuoka (静岡県)

Distance: 21.6 km

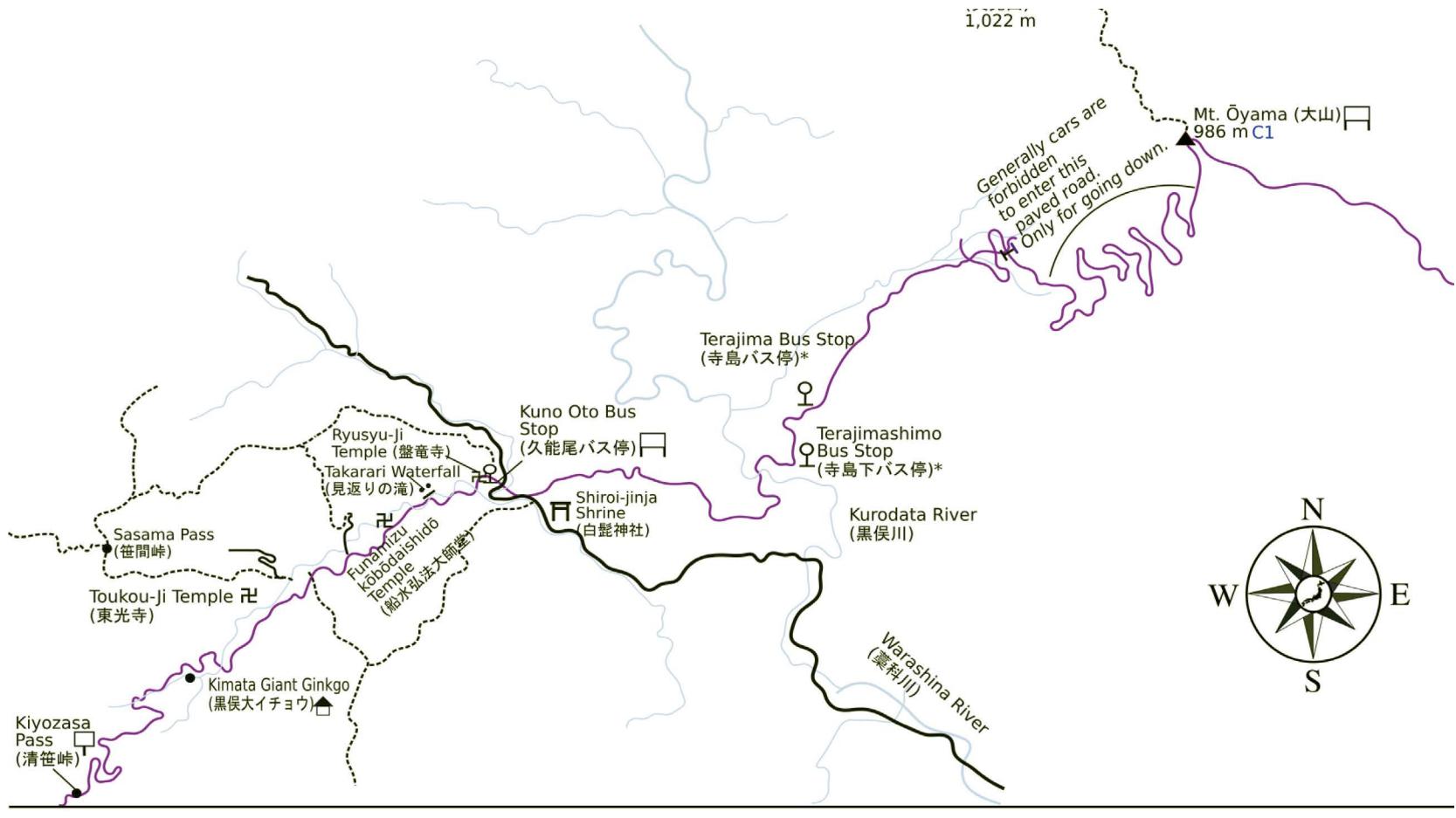


	Mt. Ōyama	← 2:25 6.4 km → 1:45	Yazawa	← 1:10 4.7 km → 1:10	Yuyama Onsen	← 0:50 3.0 km → 0:45	Ushidzuma Sakashita Bus Stop	← 2:55 5.7 km → 3:20 .	Monjyudake Peak	← 1:25 1.8 km → 1:05	Hozumi-jinja
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Map 15 Mt. Ōyama (大山) to Kiyozasa Pass (清笛峠)

Prefecture: Shizuoka (静岡県)

Distance: 22.1 km



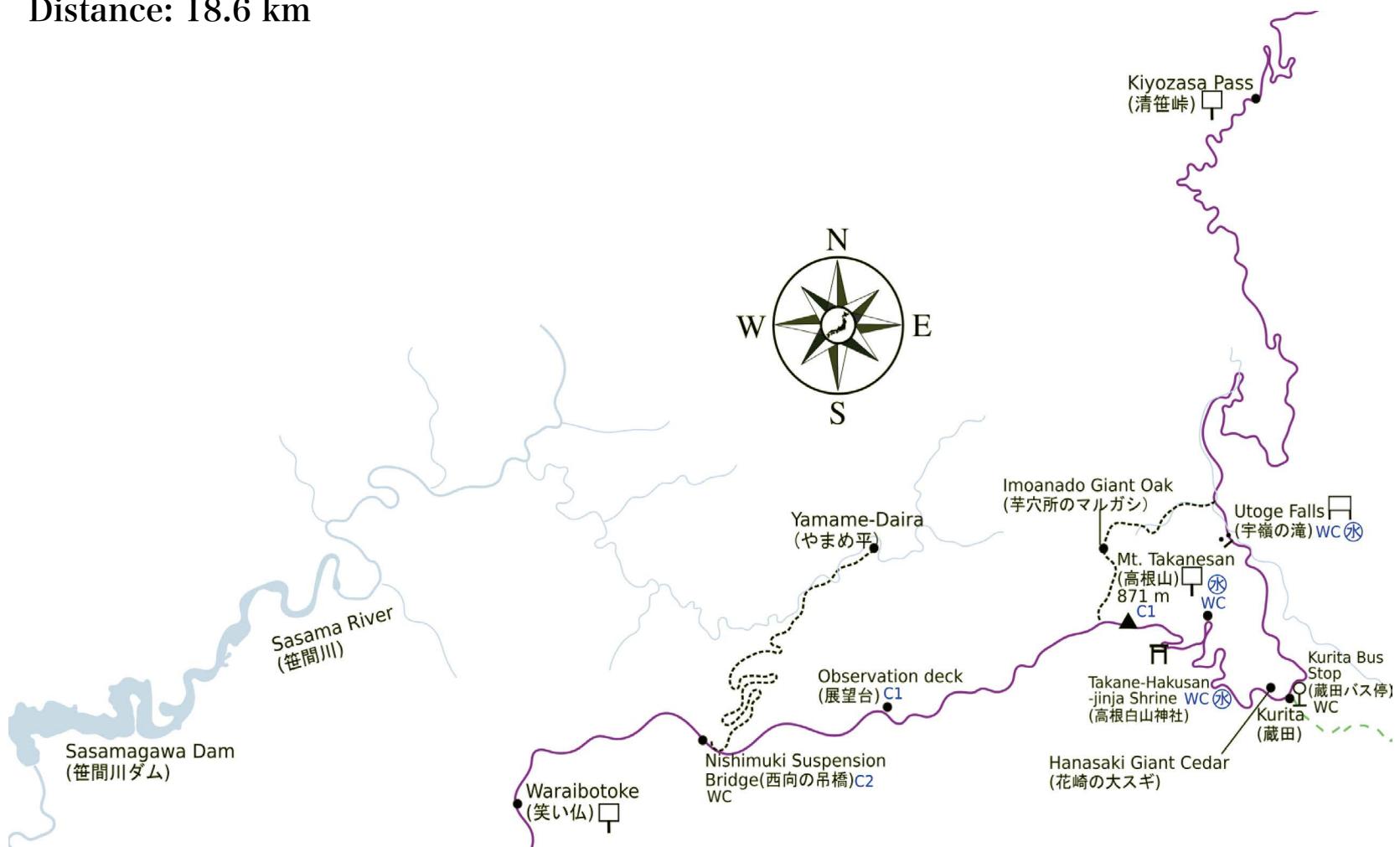
* These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

	← 1:05 3.4 km → 0:55	← 1:10 . 4.4 km → 1:00	← 1:30 3.5 km → 1:30	← 2:55 10.8 km → 3:35 .	Mt. Ōyama
Kiyozasa Pass					

Map 16 Kiyoza Pass (清笛峠) to Waraibotoke (笑い仏)

Prefecture: Shizuoka (静岡県)

Distance: 18.6 km

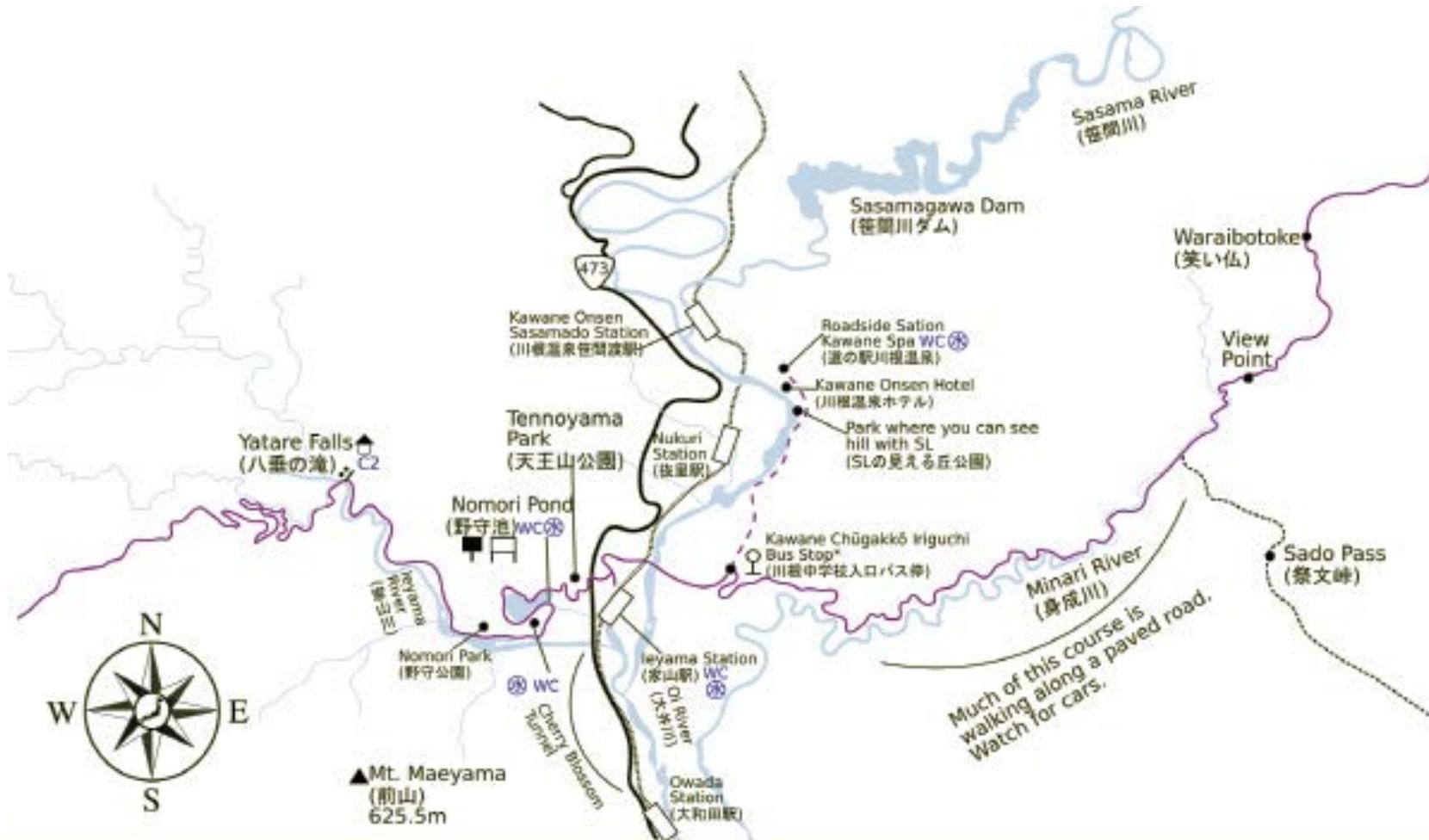


	← 0:45 2.3 km → 0:35	← 1:25 4.6 km → 1:50	← 0:15 .7 km → 0:20	← 0:35 2.4 km → 0:50	← 0:35 1.1 km → 0:35	← 1:10 7.5 km → 1:30
Waraibotoke						
Kiyoza Pass						

Map 17 Waraibotoke (笑い仏) to Yatare Falls (八垂の滝)

Prefecture: Shizuoka (静岡県)

Distance: 13.8 km



*This bus will take you to various stations, and runs semi frequently.
See Bus Appendix in guidebook for more information.

Side Route:

From Kawane Chūgakkō Iriguchi Bus Stop (川根中学校入口バス停) you can take a side path to Roadside Station Kawane Spa (道の駅川根温泉).

The total distance 2.1km, and about 35 minutes one way. More information about these locations can be found in the guide book.

	Yatare Falls	Ieyama Station	Kawane Chūgakkō Iriguchi Bus Stop	Waraibotoke
← 1:30		→ 0:20		→ 2:45
4.3 km	1.3 km		8.2 km	
→ 1:30	→ 0:20		→ 3:35	
				Waraibotoke

Map 18 Yatare Falls (八垂の滝) to Shingu Pond (神宮池)

Prefecture: Shizuoka (静岡県)

Distance: 22.7 km

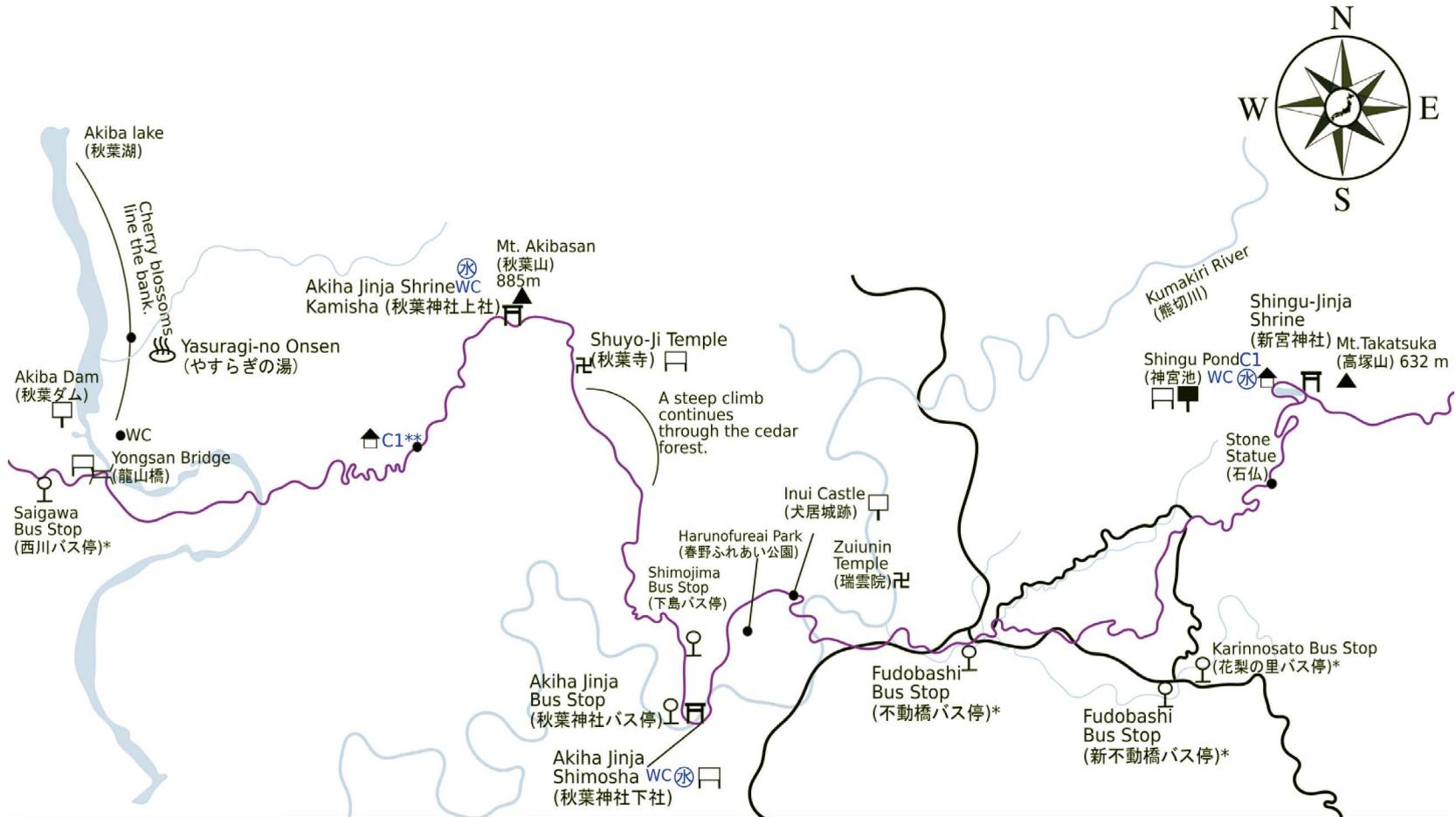


Shingu Pond	Kouminkan Bus Stop	Dainichisan Kongo-in Temple	Yatare Falls
← 1:25 5.8 km → 1:25	← 1:30 3.3 km → 1:55	← 1:55 4.6 km → 1:30	← 0:30 1.5 km → 0:35 → 1:25
		Hiramatsu Pass	

Map 19 Shingu Pond (神宮池) to Saigawa (西川)

Prefecture: Shizuoka (静岡県)

Distance: 20.7 km



*These buses will take you to various stations, and run semi frequently. See the Bus Appendix section in the guidebook for more information.

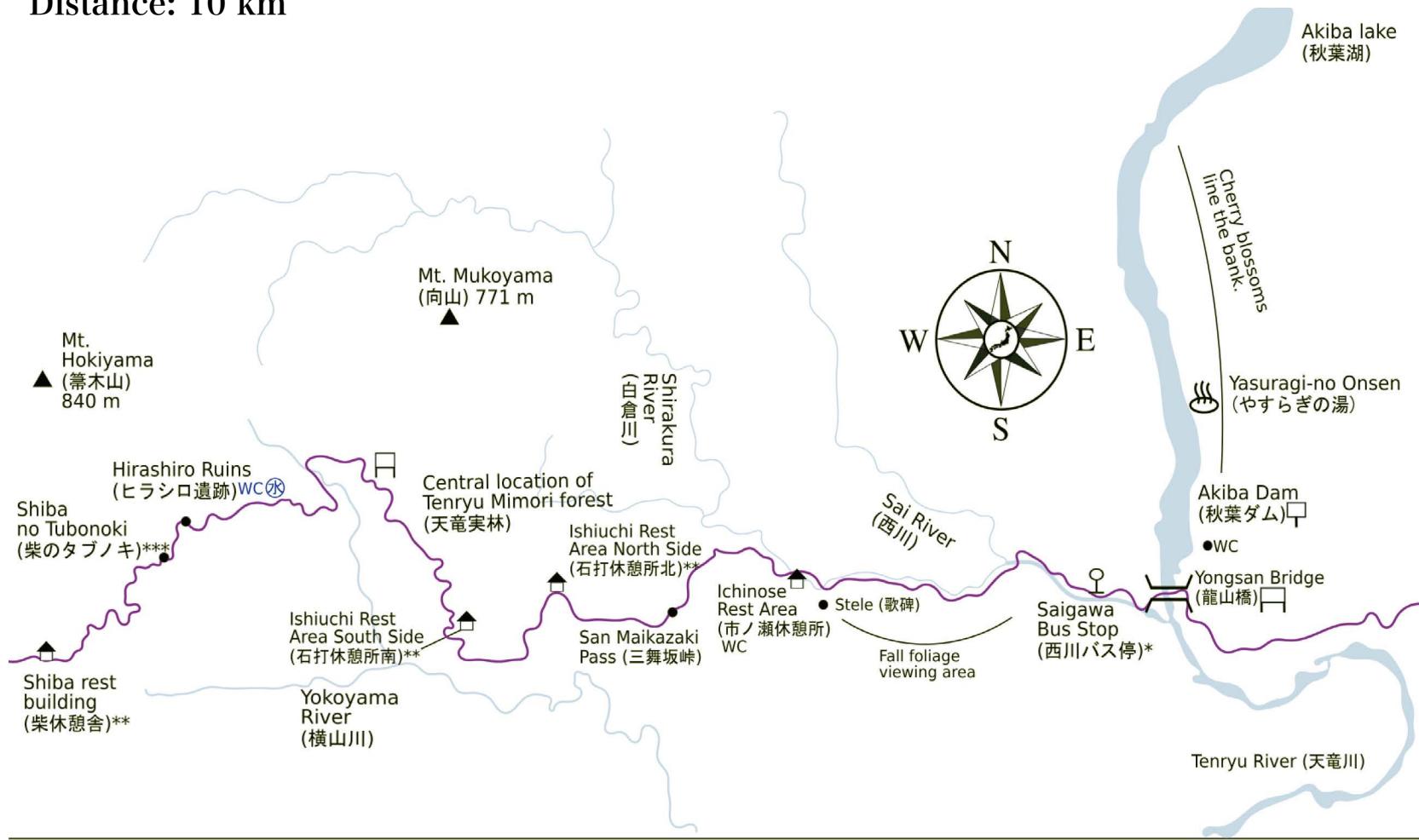
** This camping spot is not marked on the Official Prefecture Map. I believe it is about 3 km after Akiha Jinja Shrine Kamisha (秋葉神社上社). It is marked with tables and benches, there is flat ground and a decent amount of room to camp.

	← 1:05 6.8 km → 1:45	← 2:10 4.8 km → 1:50	← 0:55 1.6 km → 0:35	← 2:25 7.5 km → 2:55
Saigawa Bus Stop				
Akiha Jinja Shrine Kamisha				
Akiha Jinja Shimosha				
Inui Castle				
Shingu Pond				

Map 20 Saigawa Bus Stop (西川バス停) to Hirashiro Ruins (ヒラシロ遺跡)

Prefecture: Shizuoka (静岡県)

Distance: 10 km



*This bus will take you to various stations, and run semi frequently. See the Bus Appendix section in the guidebook for more information.

** The rest area names come from the Tokai Nature Trail Vol. 1 as well as signs along the trail. These spots are not listed the prefectural maps.

*** Shizuoka Prefectural map lists this place as Htunbergii in Shiba.

Hirashiro Ruins

← 1:45

10.0 km

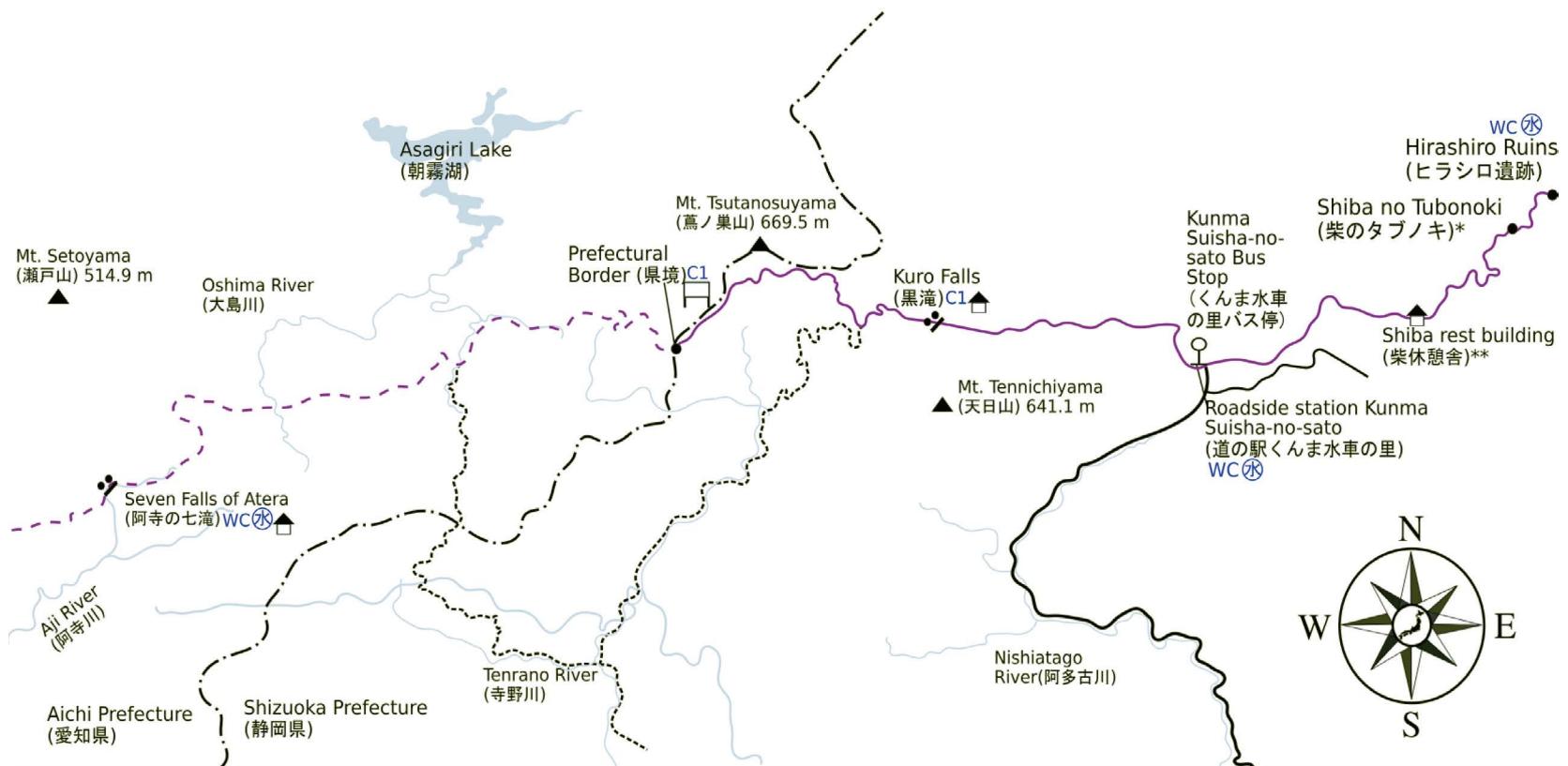
→ 1:20

Saigawa Bus Stop

Map 21 Hirashiro Ruins (ヒラシロ遺跡) to Seven Falls of Atera (阿寺の七滝)

Prefecture: Shizuoka (静岡県) and Aichi (愛知県)

Distance: 16.9 km (Shizuoka 10.3 km, Aichi 6.6 km)



* Shizuoka Prefectural map lists this place as Htunbergll in Shiba.

*** The rest area names come from the Tokai Nature Trail Vol. 1 as well as signs along the trail not the prefecutual maps.*

Shizuoka Bypass Course (静岡県バイパスコース)

The Shizuoka Bypass Course covers 167.3 km according to my maps, if you hike every side route. Hiking the main course of Tokai you will spend of 181.4 km in Shizuoka Prefecture, hiking the Bypass Route will add an additional 167.3 km to Shizuoka Prefecture.

The Official Prefecture websites list the total distance as 141.7 km though this number does match the total distance on the official maps. The official maps are 3.3 km less then mine; this is because they leave out 3.3 km of distance between several stations.



Map 22 Lake Tanuki (田貫湖) to Nishiyama-Honmon-Ji Temple (西山本門寺)

Prefecture: Shizuoka (静岡県)

Distance: 23.8 km (Alternative route up to 11.4km)

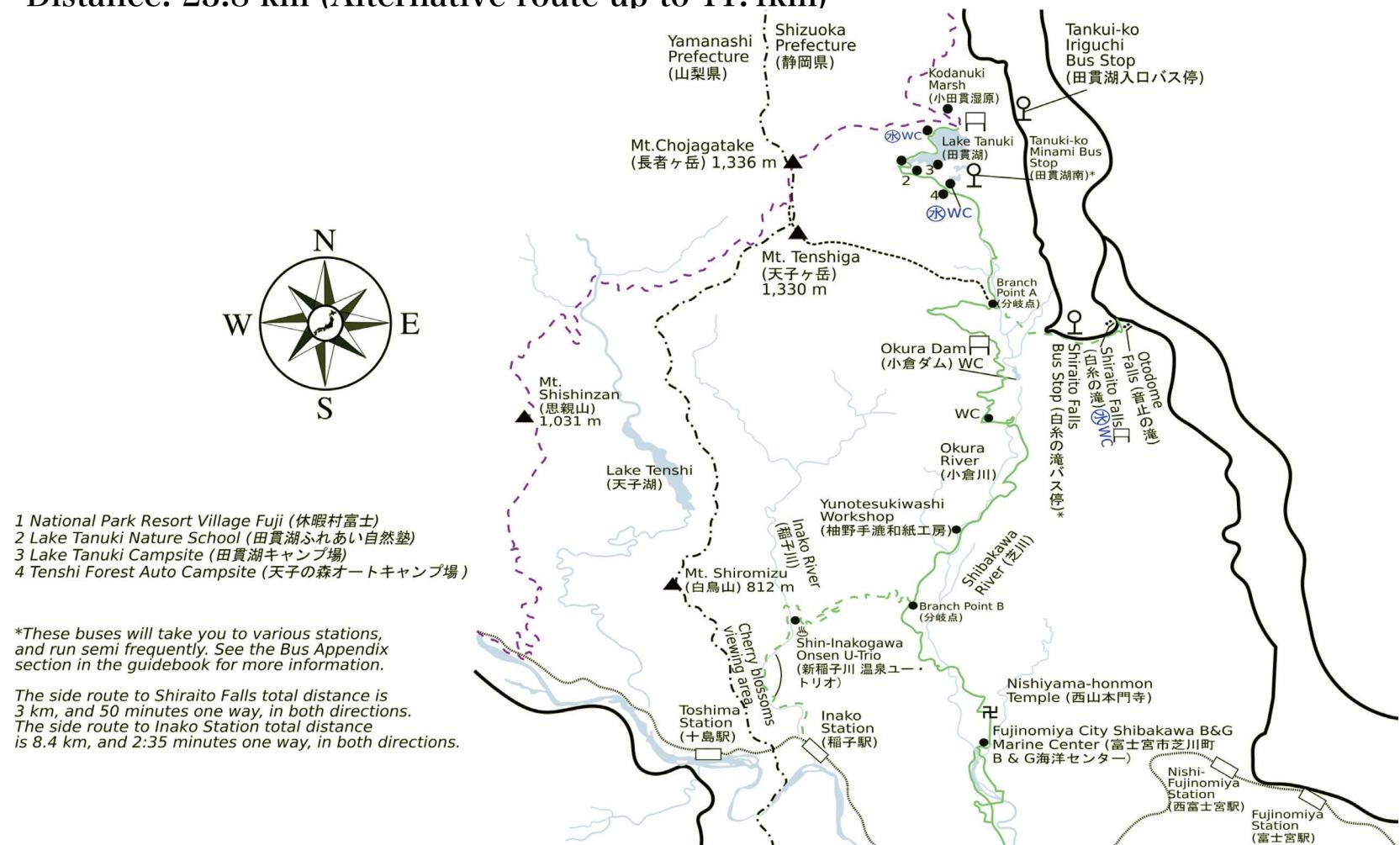


- 1 National Park Resort Village Fuji (休暇村富士)
- 2 Lake Tanuki Nature School (田貫湖ふれあい自然塾)
- 3 Lake Tanuki Campsite (田貫湖キャンプ場)
- 4 Tenshi Forest Auto Campsite (天子の森オートキャンプ場)

*These buses will take you to various stations, and run semi frequently. See the Bus Appendix section in the guidebook for more information.

The side route to Shiraito Falls total distance is 3 km, and 50 minutes one way, in both directions.

The side route to Inako Station total distance is 8.4 km, and 2:35 minutes one way, in both directions.



Nishiyama-
Honmon
Temple

← 1:00

3.8 km

→ 1:00

Branch Point B

← 3:55

13.7 km

→ 3:55

Branch Point A

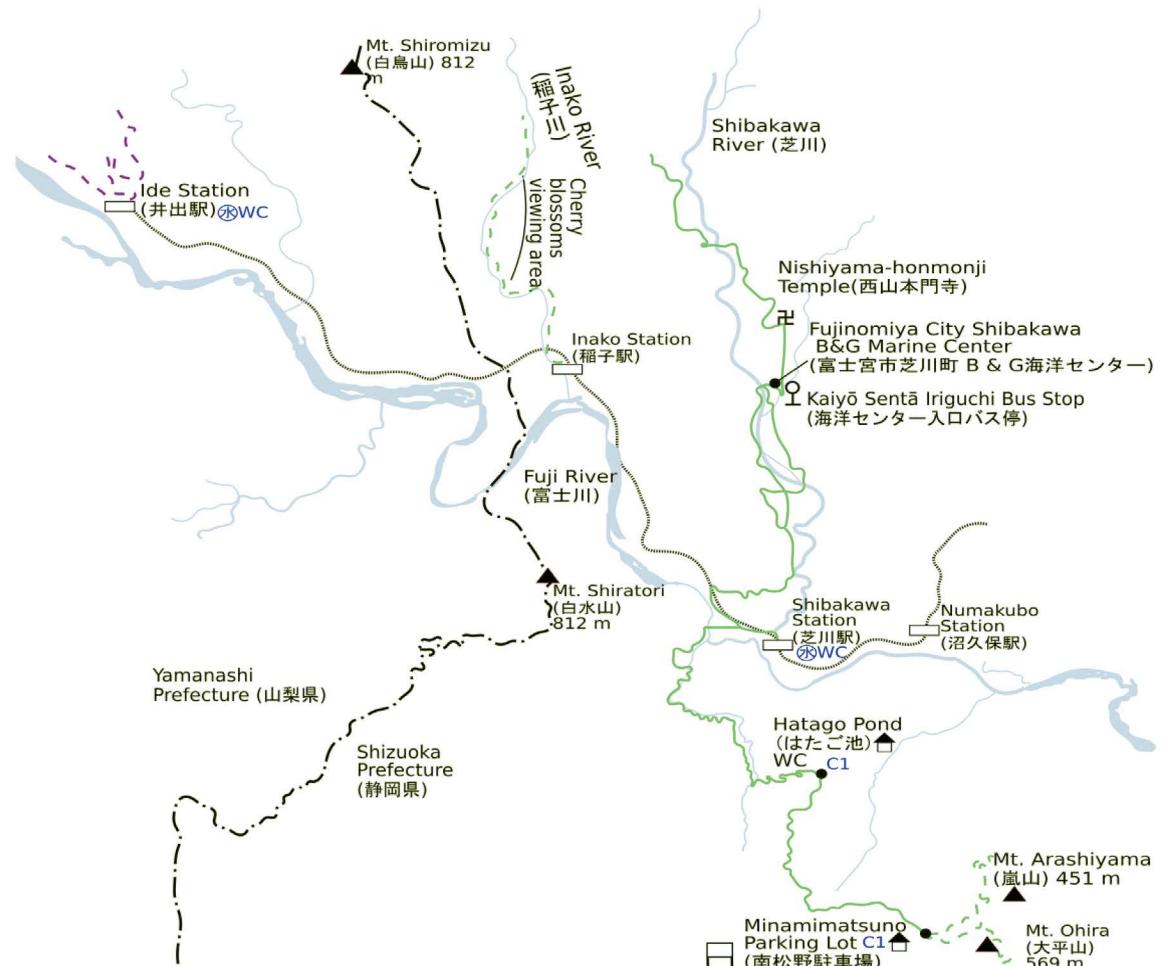
← 1:50

6.3 km

→ 1:50

Lake Tanuki

Map 23 Nishiyama-honmonji Temple(西山本門寺) to
 Minamimatsuno Parking Lot (南松野駐車場)
 Prefecture: Shizuoka
 Distance: 19.5km



Minamimatsuno
Parking Lot

→ 1:25
4.4 km
← 1:30

Hatago
Pond

→ 1:20
7.8 km
← 1:15

Shibakawa
Station

→ 1:55
7.3 km
← 1:55

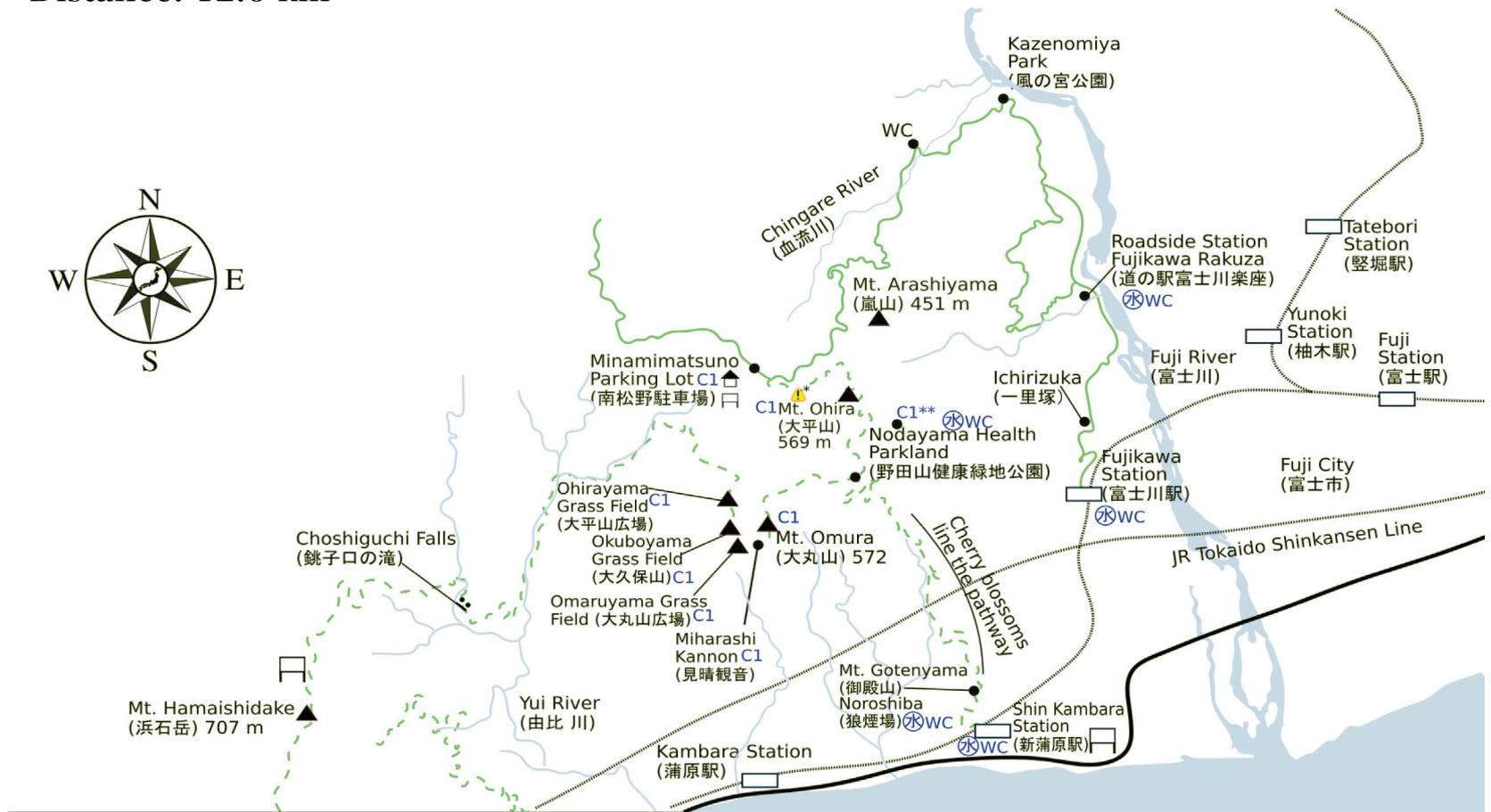
Nishiyama-
Honmon
Temple

Map 24 Minamimatsuno Parking Lot (南松野駐車場) to Shin Fujikawa Station (富士川駅)⁵¹

-Eastern Route

Prefecture: Shizuoka

Distance: 12.6 km



* There is a small detour set up before Mt. Ohira. Follow the signs which say detour in Japanese, 遊回路. See the guidebook for more information

** The campsite requires you to call to make reservations and of December 2019 it is currently closed for renovations. I am unsure if you are about to get water while the renovations are ongoing.

Fujikawa
Station

← 0:35
2.4 km
→ 0:35

Roadside
Station
Fujikawa
Rakuza

← 1:25
4.7 km
→ 1:15

Kazenomiya
Park

← 1:30
5.5 km
→ 1:20

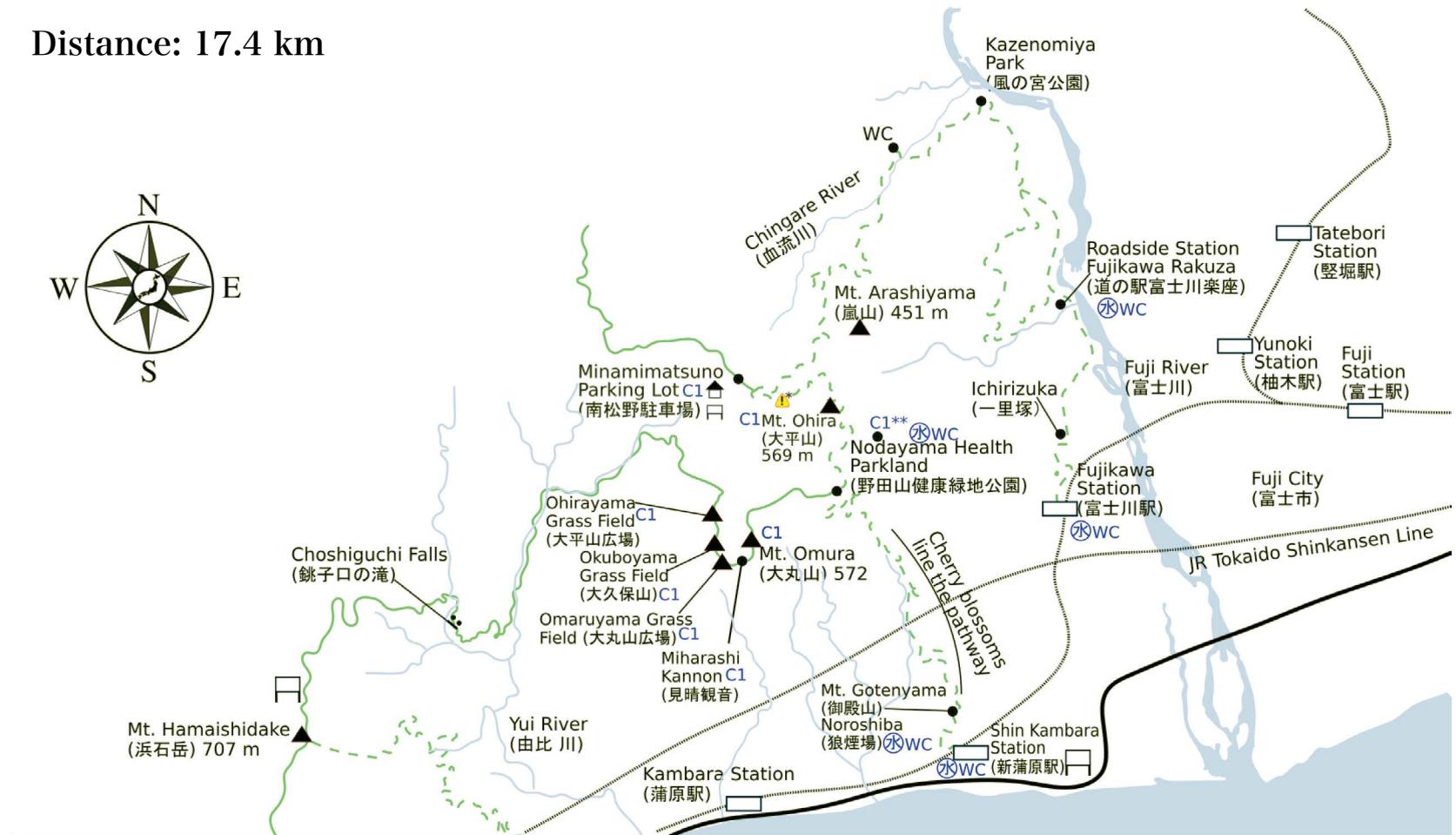
Minamimatsuno
Parking Lot

Map 24 Minamimatsuno Parking Lot (南松野駐車場) to Mt. Hamaishidake Peak (浜石岳)⁵²

Western Route

Prefecture: Shizuoka

Distance: 17.4 km



* There is a small detour set up before Mt. Ohira. Follow the signs which say detour in Japanese,迂回路. See the guidebook for more information

** The campsite requires you to call to make reservations and of December 2019 it is currently closed for renovations. I am unsure if you are about to get water while the renovations are ongoing.

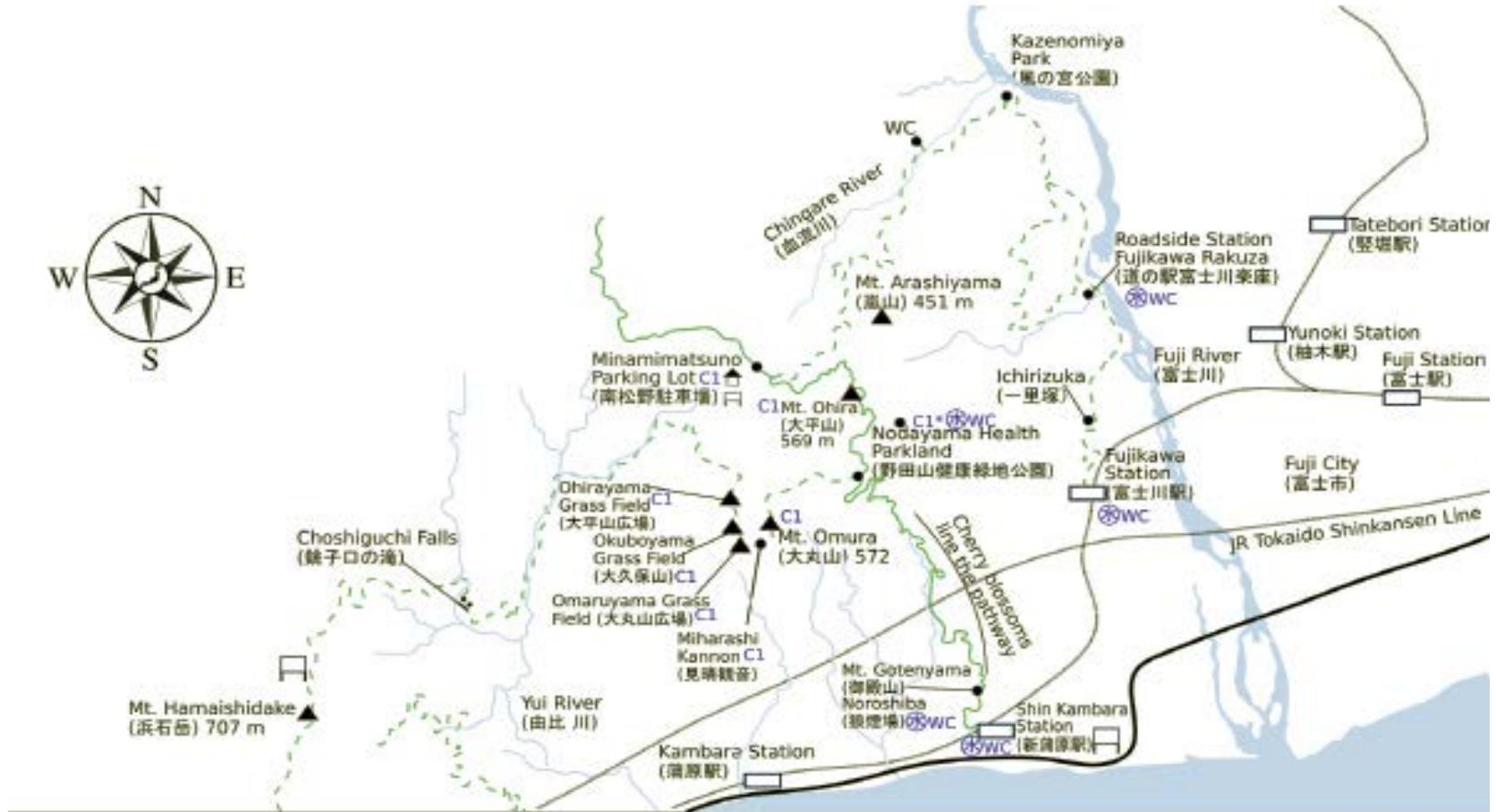
Mt. Hamaishidake	← 1:40 6.1 km → 1:45	Choshiguchi Falls	← 2:20 8.4 km → 2:40	Nodayama Health Parkland	← 1:00 2.9 km → 1:00	Minamimatsuno Parking Lot
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Map 24 Minamimatsuno Parking Lot (南松野駐車場) to Shin Kambara Station (新蒲原駅)⁵³

Southern Route

Prefecture: Shizuoka

Distance: 9.3 km



*The campsite requires you to call to make reservations and as of December 2019 it is currently closed for renovations. I am unsure if you are able to get water while the renovations are ongoing.

Shin Kambara
Station

← 0:35
1.5 km
→ 0:30

Mt.
Gotenyama

← 1:40
4.9 km
→ 1:30

Nodayama
Health
Parkland

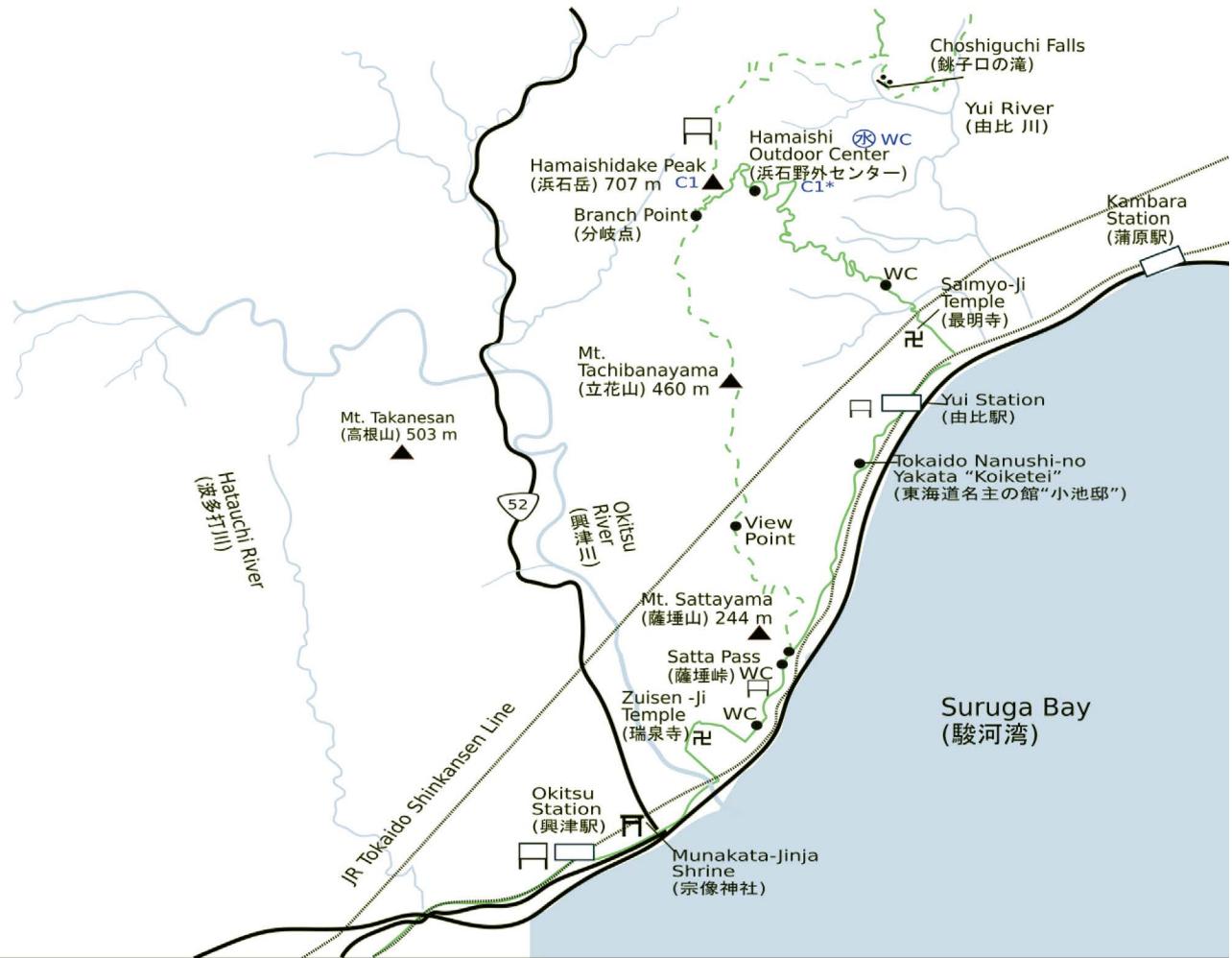
← 1:00
2.9 km
→ 1:00

Minamimatsuno
Parking Lot

Map 25 Hamaishidake Peak (浜石岳) to Okitsu Station (興津駅)-Eastern Route

Prefecture: Shizuoka

Distance: 15.7 km (Eastern Route 11.5 km, Main Route 4.2 km)



*To camp here you will have to make reservations at least seven days in advance.
https://www.city.shizuoka.lg.jp/000_007025.html

Okitsu
Station

→ 1:40
4.2 km
← 1:20

Satta
Pass

→ 1:05
3.5 km
← 1:15

Yui
Station

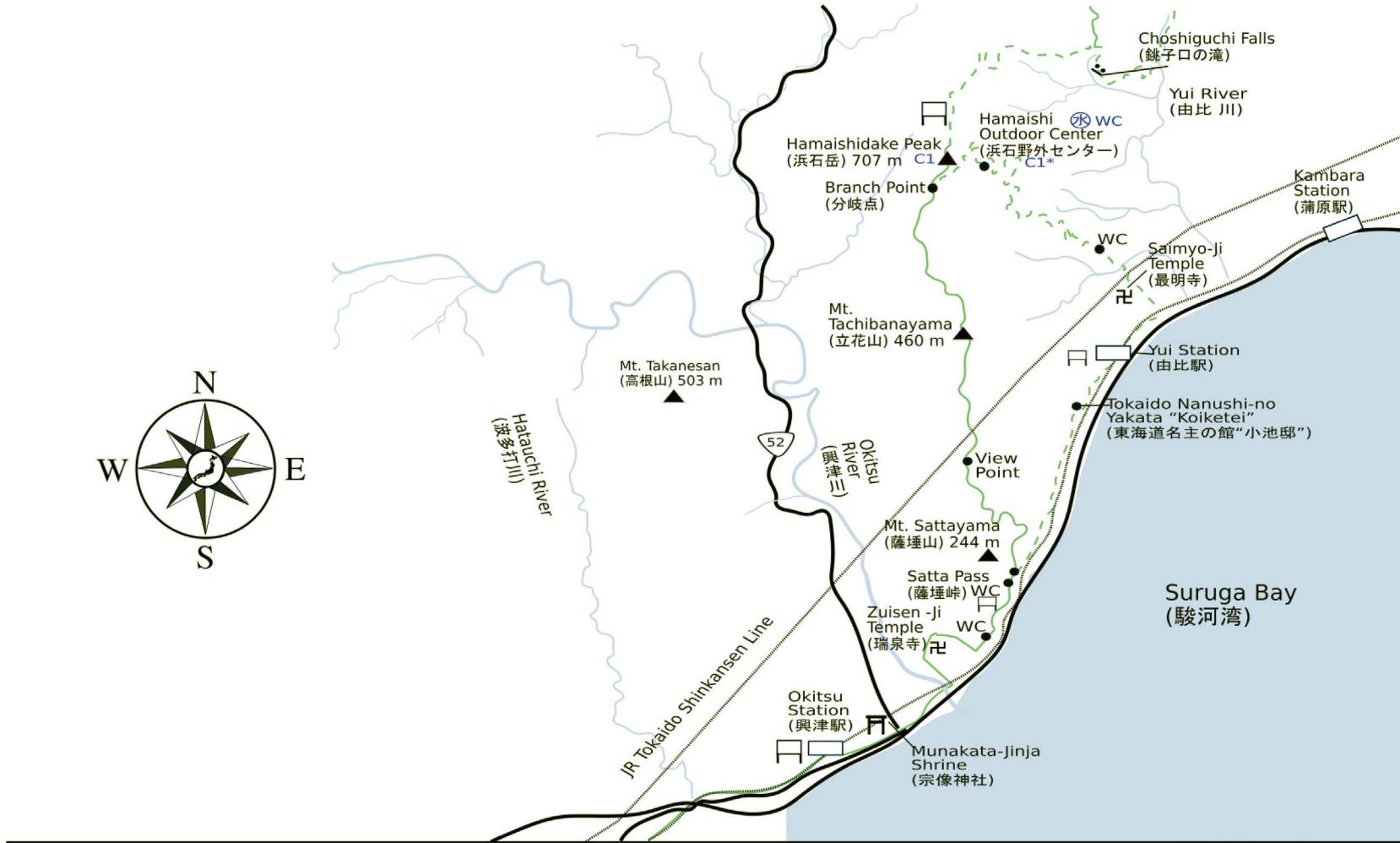
← 3:30
8.0 km
→ 1:30

Hamaishi
-dake Peak

Map 25 Hamaishidake Peak (浜石岳) to Okitsu Station (興津駅)-Western Route

Prefecture: Shizuoka

Distance: 14.2 km (Western Route 10 km, Main Route 4.2 km)



*To camp here you will have to make reservations at least seven days in advance.
https://www.city.shizuoka.lg.jp/000_007025.html

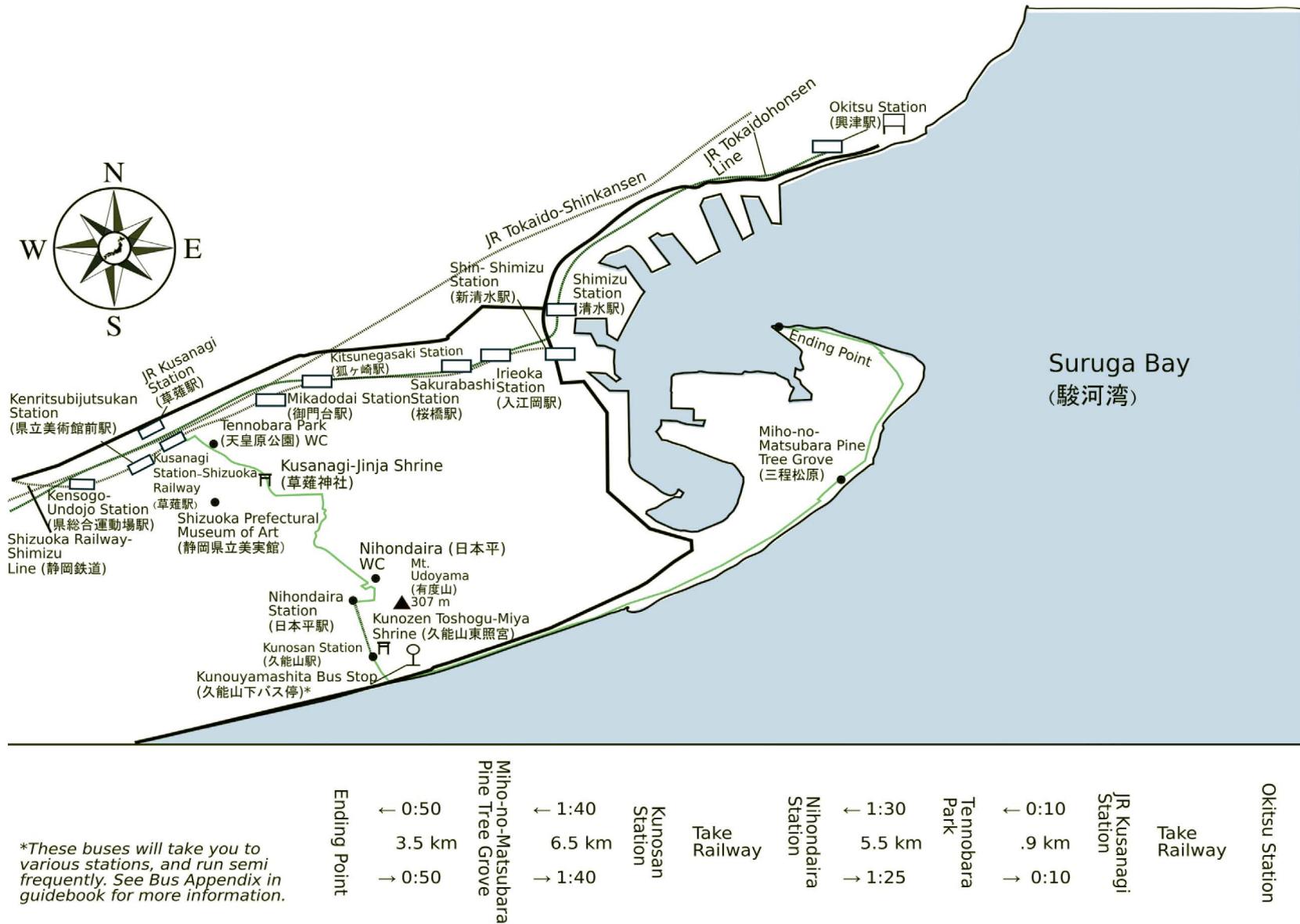
Okitsu Station

Hamaishidake Peak

Map 26 Hamaishidake Peak (浜石岳) to Dead End (行き止まり)

Prefecture: Shizuoka

Distance: 16.4 km

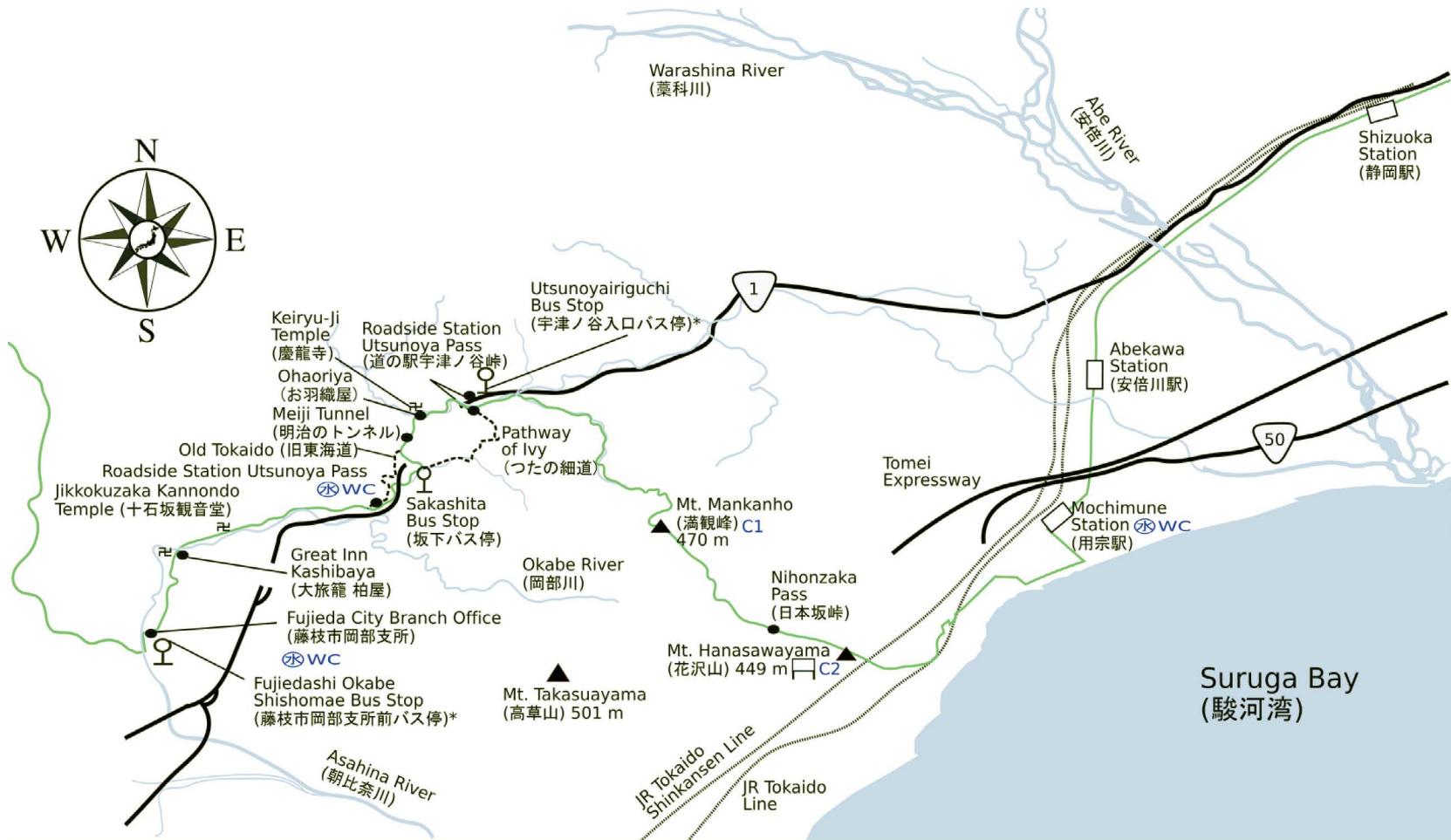


Map 27 Okitsu Station (興津駅) to Fujieda City Branch Office (藤枝市岡部支所)

57

Prefecture: Shizuoka

Distance: 14.5 km



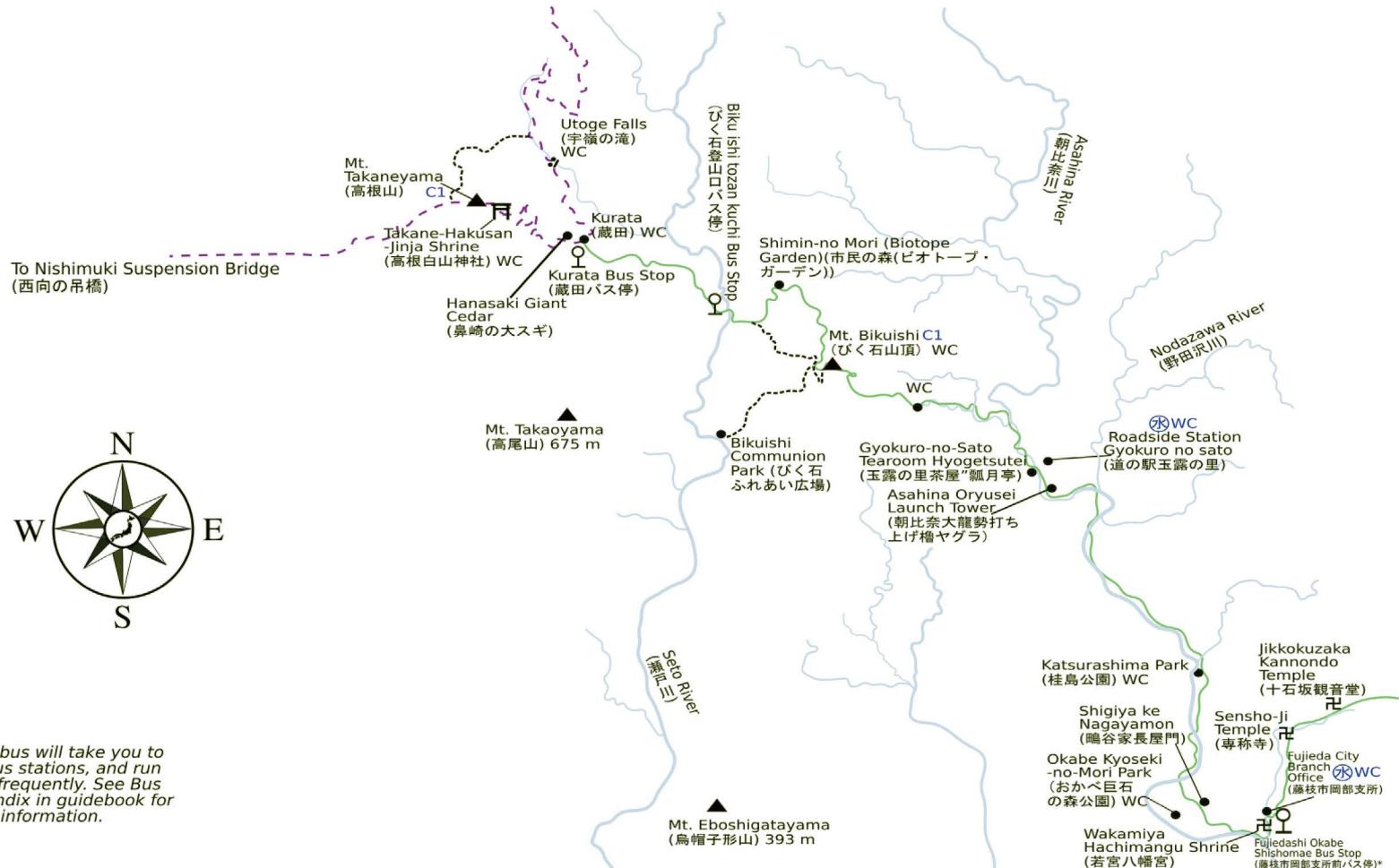
*These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

Fujieda City Branch Office	← 1:30 4.3 km → 1:50	Roadside Station Utsunoya Pass	← 1:30 3.7 km → 1:40	Mt. Mankaho	← 1:30 2.9 km → 1:35	Mt. Hanasawa	← 1:45 3.6 km → 1:20	Mochimune Station
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Map 28 Fujieda City Branch Office (藤枝市岡部支所) to Kurata (藏田)

Prefecture: Shizuoka

Distance: 19.6km



Kurata

← 1:00
3.3 km
→ 0:40

Bikuishi Tozanguchi
Bus Stop

← 1:20
4.4 km
→ 1:20

Mt. Bikuishi

← 1:40
3.7 km
→ 1:25

Gyokuro-no-Sato
Tearoom
Hyogetsutei

← 1:40
8.2 km
→ 1:40

Fujieda City
Branch Office

Aichi Course (愛知県コース)

The Aichi Prefecture Map lists the total distance as 204.1 km. If you do not hike the Ena Course you will not hike the total 204.1 km. Without the Ena Course, the Aichi Course makes up 186 km if you hike only the most direct routes.

My maps accurately reflect this number.



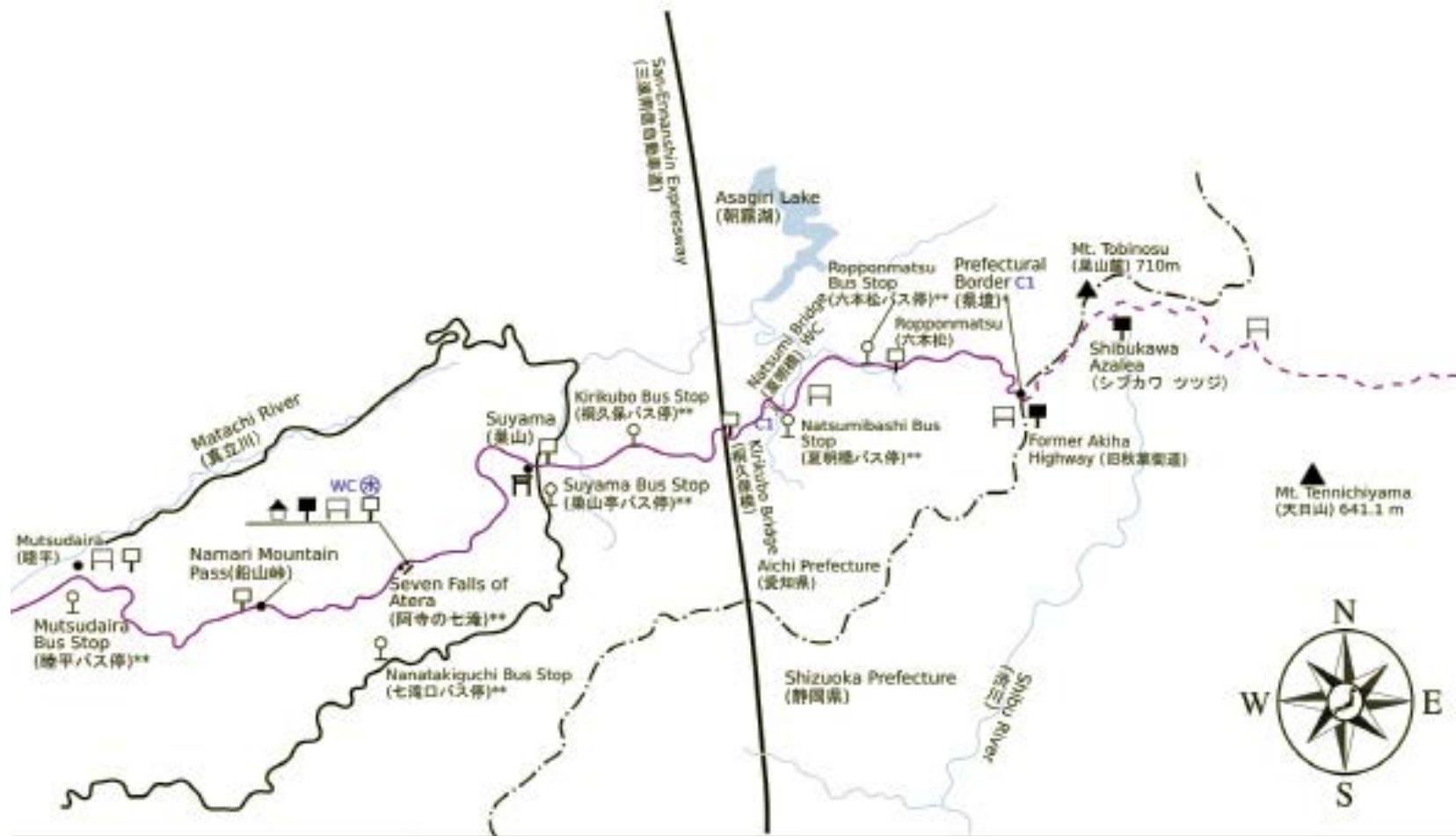
*Ōshima (大島)
Artist: Patricia McPheron*

Map 29 Seven Falls of Atera (阿寺の七滝) to Mutsudaira (睦平)

60

Prefecture: Aichi (愛知県)

Distance: 9.9 km



* The Aichi Prefectural Map lists the prefectural border as the Foot of Mt. Tobinosu (高ノ黒山麓).

**These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

Mutsudaira	→ 1:20 min. 3.3 km → 1:20 min.	Seven Falls of Atera	→ 0:40 1.9 km → 0:40	Suyama	→ 0:40 2.1 km → 0:40	Natsumi Bridge	→ 0:20 min. .9 km → 0:20 min.	Ropponmatsu	→ 0:30 . 1.7 km → 0:40	Prefecture Border
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Map 30 Mutsudaira (睦平) to Mt. Ureyama (宇連山)

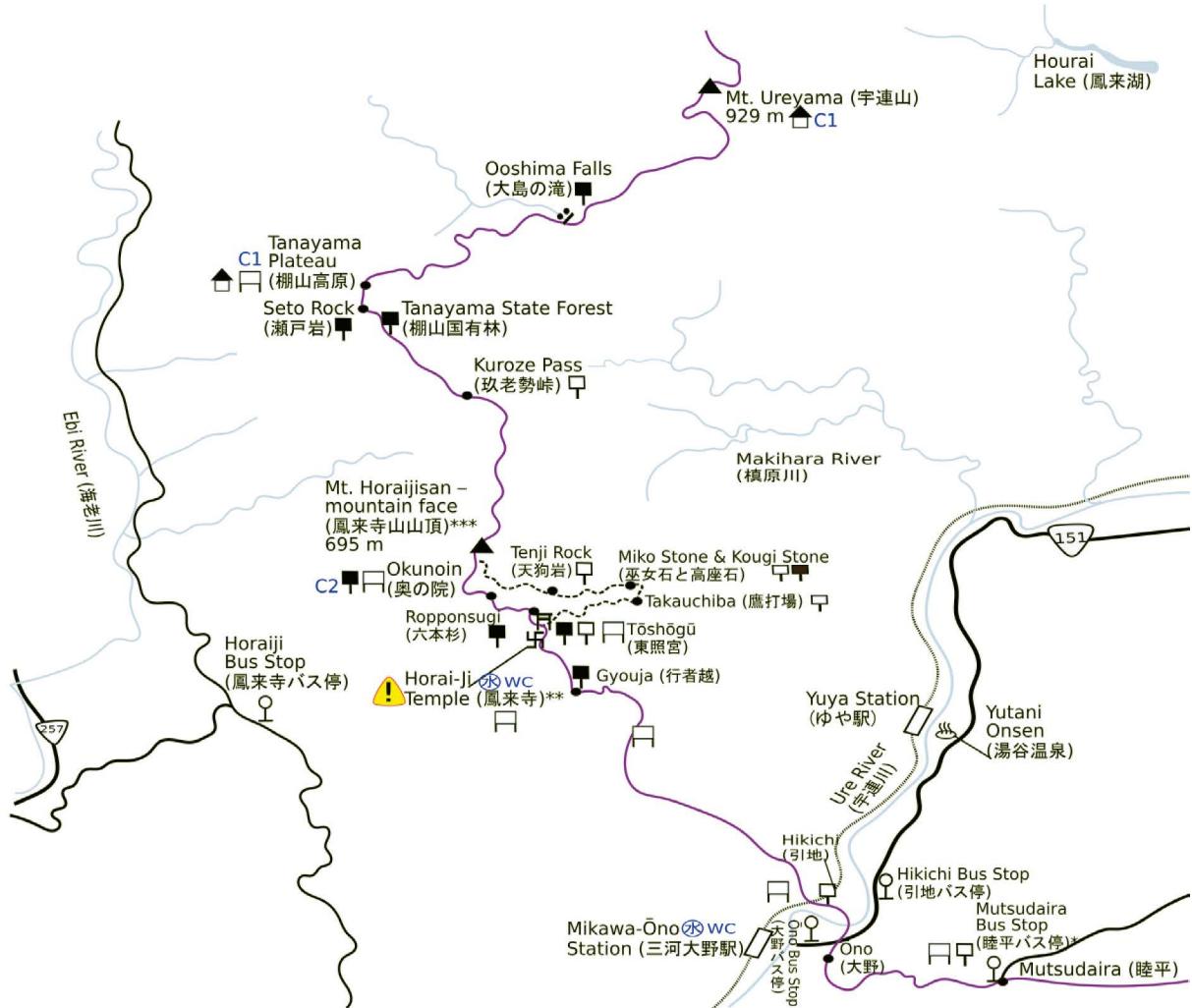
Prefecture: Aichi (愛知県)

Distance: 16.1 km

*These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

** Horaiji temple is the last place you can get water, not from a river, for about 15km. The Aichi terrain is very rough.

***On the Aichi Prefectural map Mt. Horaiji -mountain face (鳳来寺山山頂) list it as (鳳来寺山々頂).



	Mt. Ureyama	Tanayama Plateau		Kuroze Pass	Mt. Horaiji - mountain face		Horaiji Temple		Gyouja		Hikichi		Ono		Mutsudaira
→ 1:10		→ 1:30		→ 1:30		→ 0:50		→ 0:40		→ 1:10		→ 0:25 .		→ 0:30	
4.8 km		1.8 km		2.1 km		1.1 km		.6 km		3.1 km		1.0 km		1.6 km	
← 1:20		← 1:10		← 1:10		← 0:50		← 0:45		← 1:10 .		← 0:25		← 0:30	

Map 31 Mt. Ure (宇連山) to Mt. Iwakoya (岩古谷山)

Prefecture: Aichi (愛知県)

Distance: 13.1 km



*Yotsuya (四谷) is the last place you can get water, not from a river, for about 60 km. You may need to veer slightly off course and find a friendly person and ask to use their waterspout. There are many homes in this area, so this is easy to do. Depending on the time of year/day there maybe be people at the rice terrace (千枚田) marker.

** There is a small detour set up at Mt. Iwakoyasan (岩古谷山) that extends to Totsumige Pass (道石峠). Follow the signs, which say detour in Japanese,迂回路. See the guidebook for more information.



Mt. Iwakoyasan

← 3:20
4.5 km
→ 3:30

Mt.
Kurakakeyama

← 1:40
2.9 km
→ 1:00

Yotsuya

← 0:40
2.0 km
→ 0:40

Hotokezaka
Pass

← 2:00
3.7 km
→ 3:00

Mt. Ureyama

Map 32 Mt. Iwakoya (岩古谷山) to Onagura (大名倉)

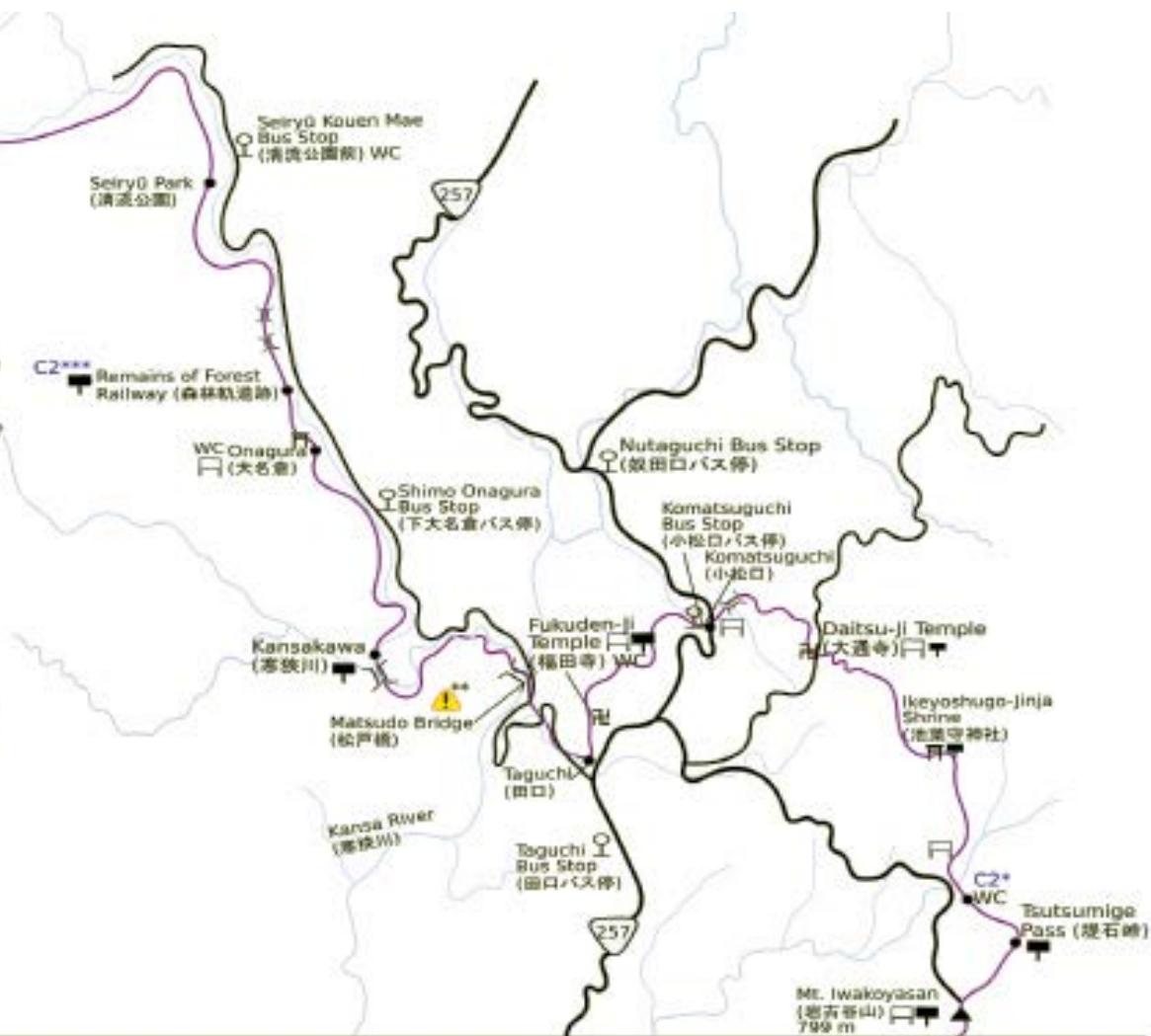
Prefecture: Aichi (愛知県)

Distance: 12 km

*There are benches and a old restroom in this area. I do not recommend camping on Mt. Iwakoyasan (岩古谷山). The mountains have very small tops, and there is not much area to set up camp. Camping in the restroom area is not ideal and I would not recommend this spot but if you need to camp here you can.

** There is a small detour set up at Matsudo Bridge (松戸橋) that extends to Onagura (大名倉). Follow the signs, which say detour in Japanese, 迂回路. See the guidebook for more information.

***At the Remains of Forest Railway (森林軌道跡) there are benches and a informational board making it hard to fit a large tent. You can camp here but I think that the camping spot by Tsutsumiga Pass



Onagura

→ 1:30
4.4 km
→ 1:25

Taguchi

→ 0:45
2.2 km
→ 0:45

Komatsuguchi

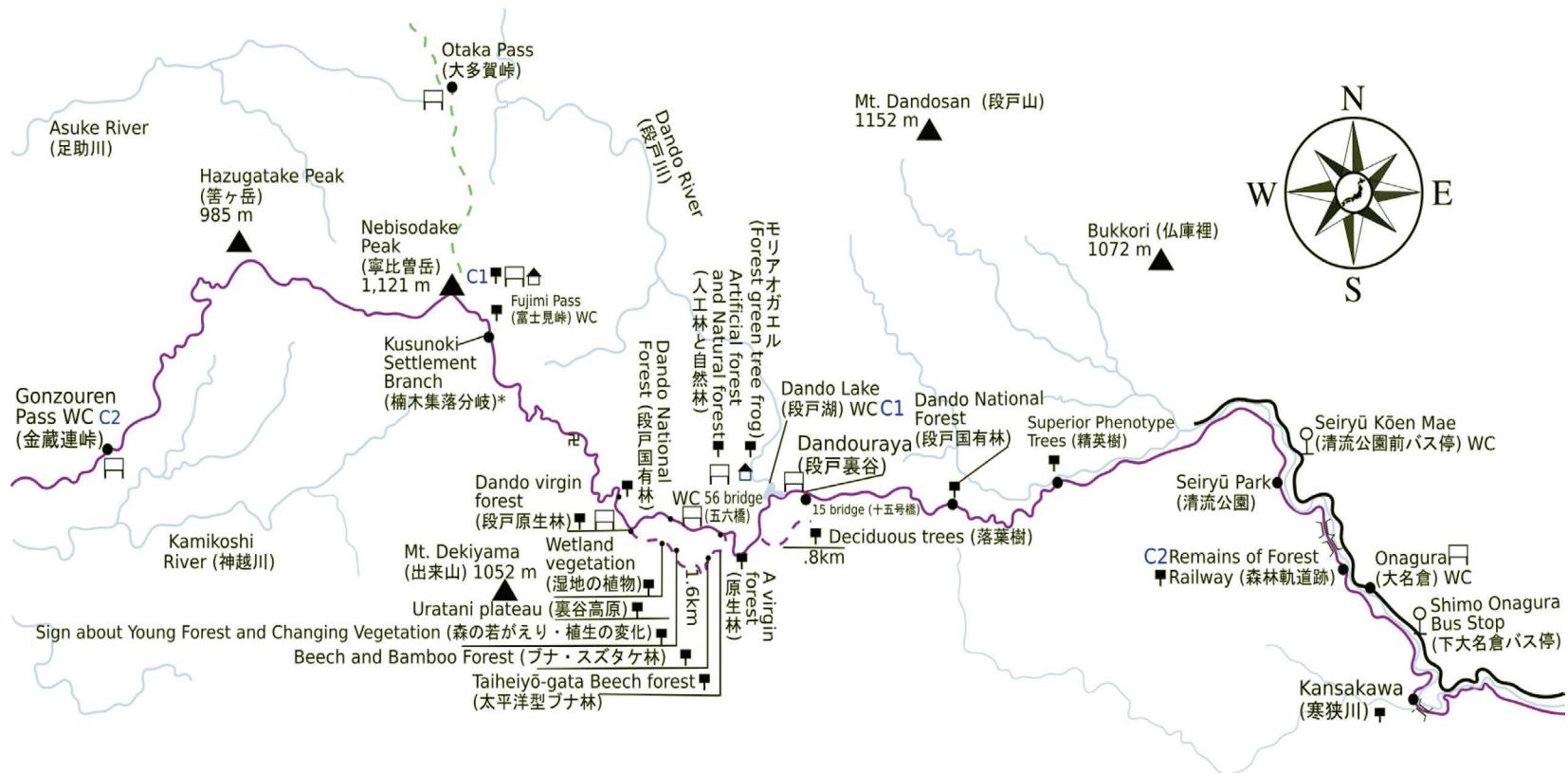
→ 2:00
5.4 km
→ 2:20

Mt. Iwakoyasan

Map 33 Onagura (大名倉) to Gonzouren Pass (金藏連峠)

Prefecture: Aichi (愛知県)

Distance: 22.2 km



*Kusunoki settlement branch (楠木集落分岐) is only shown on the Tokai Nature Trail Vol. 2 map not the Aichi Prefectural map.

Gonzouren Pass

→ 3:20
6.0 km
← 2:40

Nebisodake Peak

→ 2:00
7.5 km
← 3:05

Dandouraya

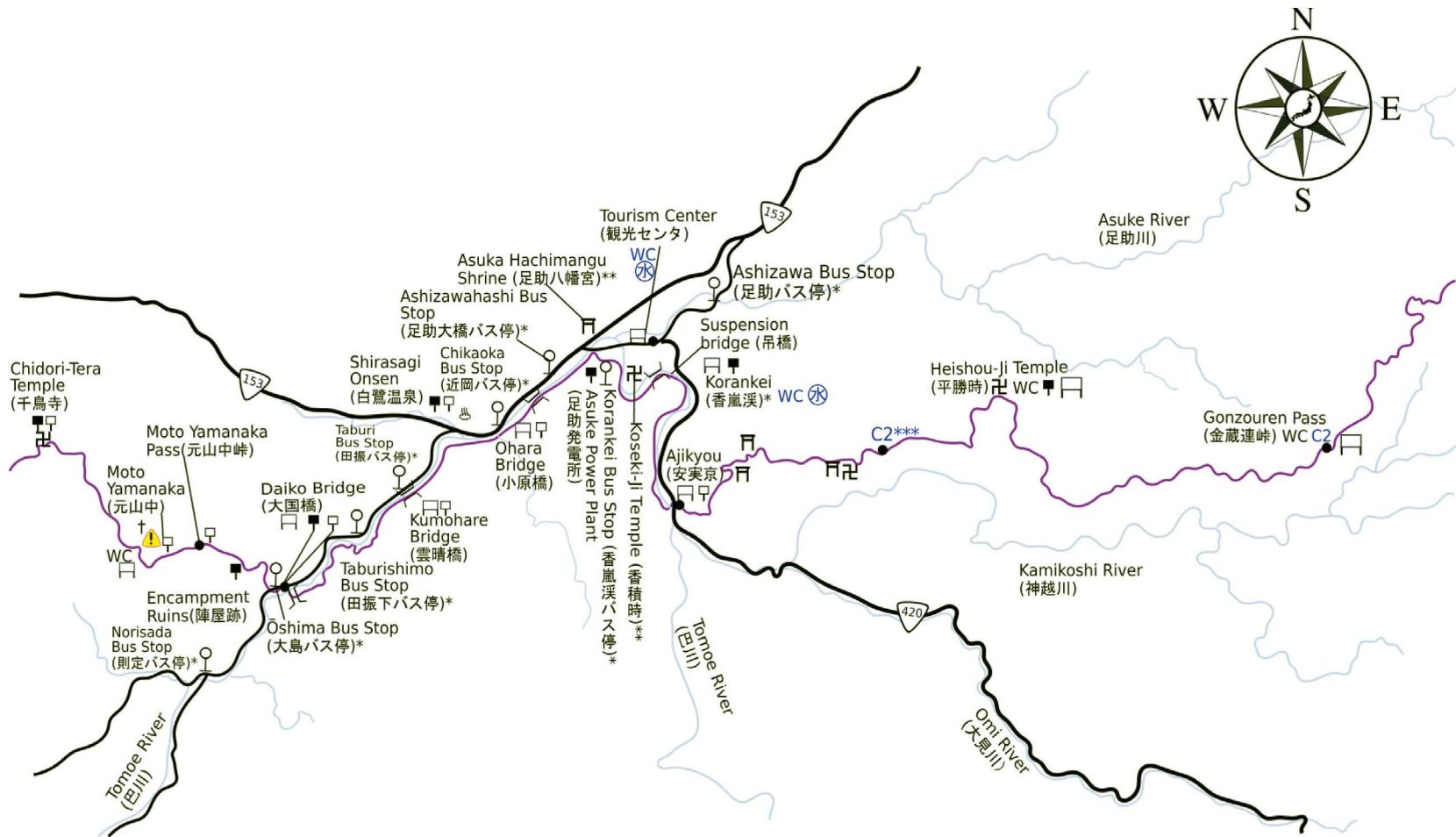
→ 3:00
8.7 km
← 2:00

Onagura

Map 34 Gonzouren Pass(金藏連峠) to Moto Yamanaka (元山中)

Prefecture: Aichi (愛知県)

Distance: 22 km



*The Korankei (香嵐渓) area is a popular tourist spot, and has various restaurants, shops and convenience stores. You can pick up water at various places around here. The smaller restaurants and shops will close early, so depending on what time you reach Korankei (香嵐渓) they may be closed.

** These places are not shown on the Prefectural Map, only on the Tokai Nature Trail Vol. 2.

*** There is a small place with benches tucked away on the trail before you start walking on the forest road. It is not a great camp site, but it will make do for one night.

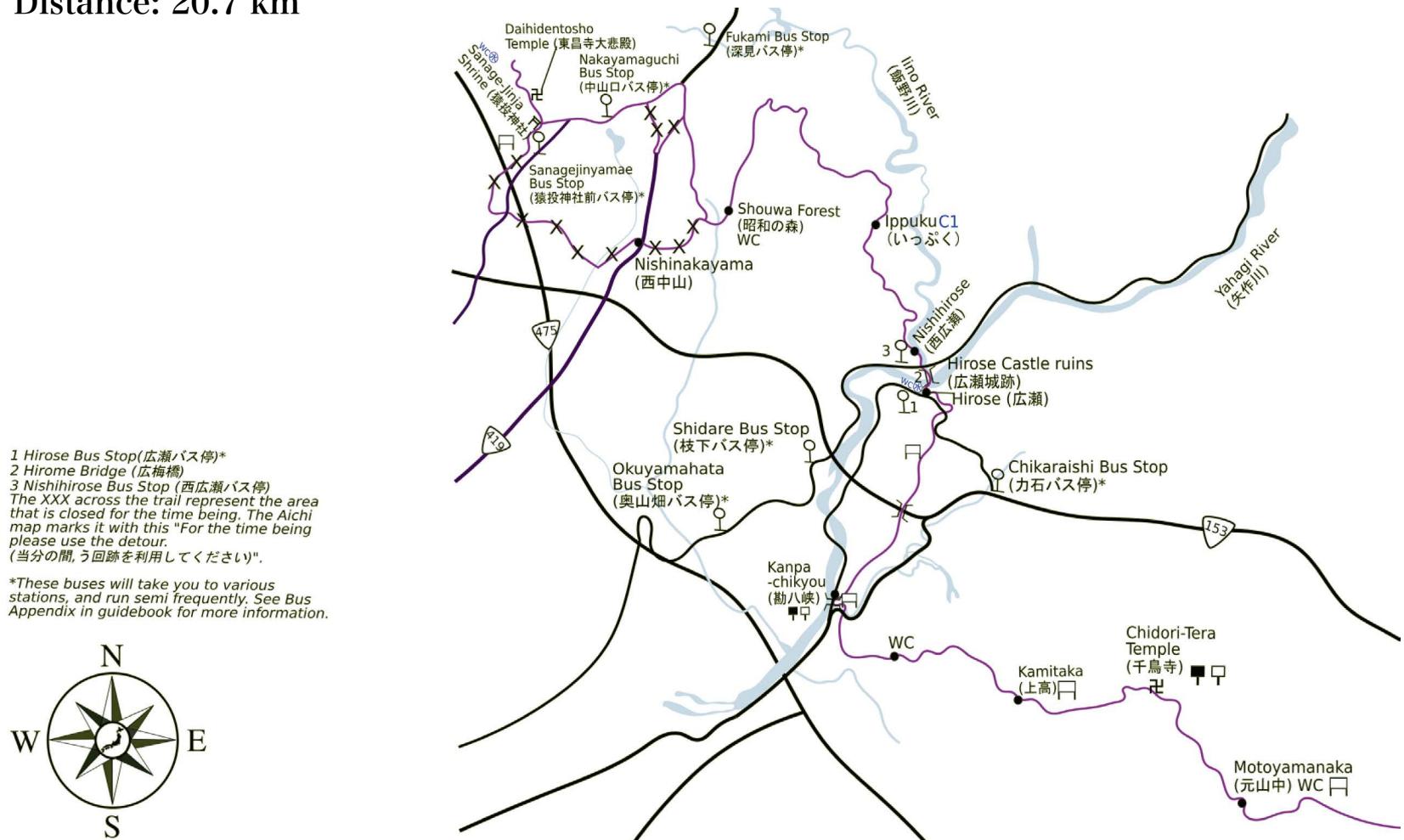
† There is a closure that effects from about Yamanaka (元山中) and ends before you reach Kamitaka (上高). No detour is provided. See guidebook for more information.

Moto Yamanaka	← 1:05 → 0:45	Ōshima	← 2:05 → 2:05	Korankei	← 1:00 → 1:00	Ajikyou	← 2:50 → 2:50	Heishou-Ji	← 2:00 → 2:00
	2.3 km	5.4 km		3.1 km		6.0 km		5.2 km	

Map 35 Moto Yamanaka (元山中) to Sanage-Jinja Shrine (猿投神社)

Prefecture: Aichi(愛知県)

Distance: 20.7 km

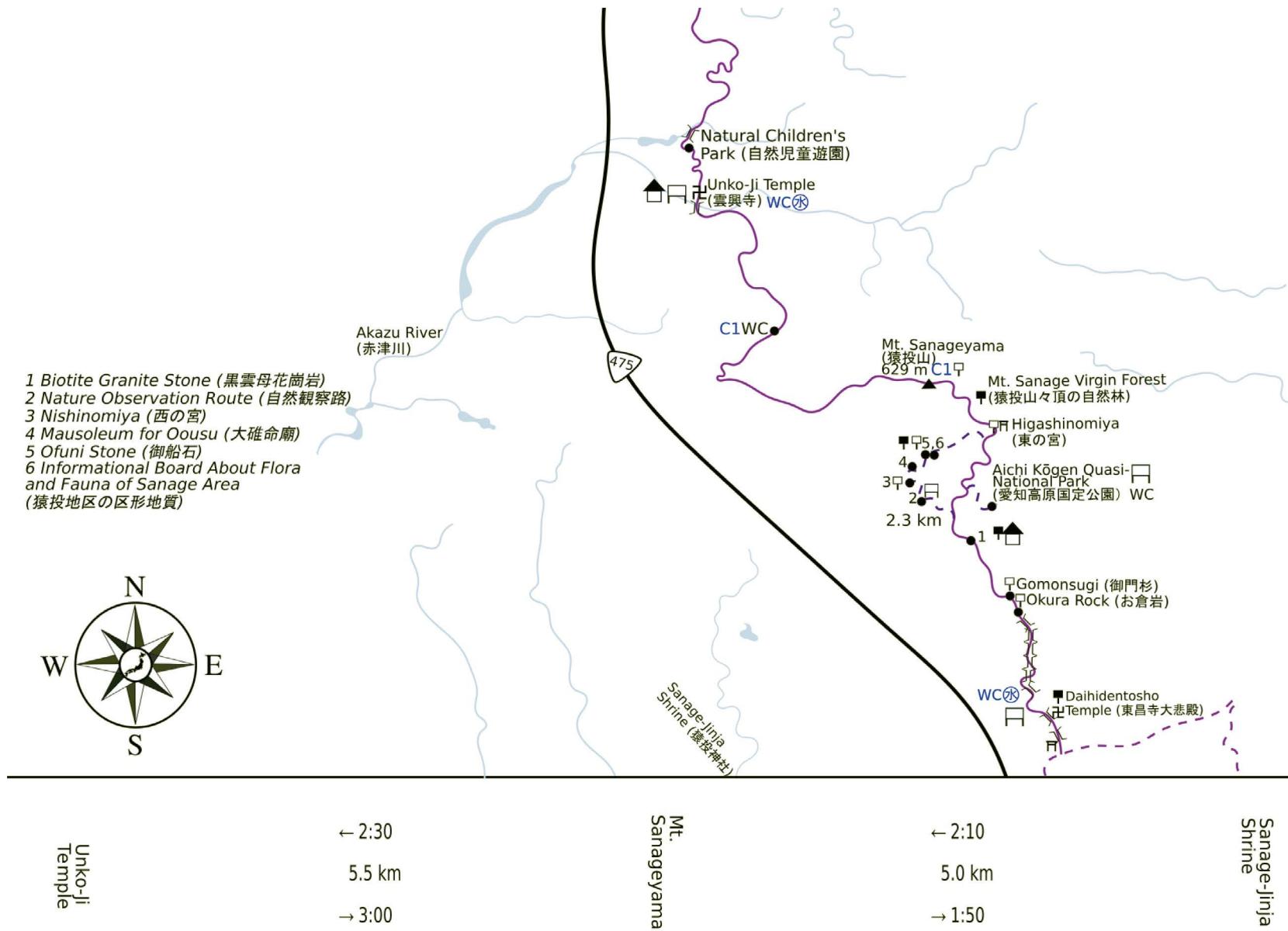


	← 1:00. 2.9 km → 1:00	← 2:35 7.6 km → 2:35	← 1:00 3.0 km → 1:00	← 1:00 3.2 km → 1:00	← 1:20 4.0 km → 1:20	Moto Yamanaka
Sanage-jinja Shrine						
Nishinakayama						
Hirose						
Kanpachikyuu						
Kamitaka						

Map 36 Sanage-Jinja Shrine (猿投神社) to Unkoji Temple(雲興寺)

Prefecture: Aichi(愛知県)

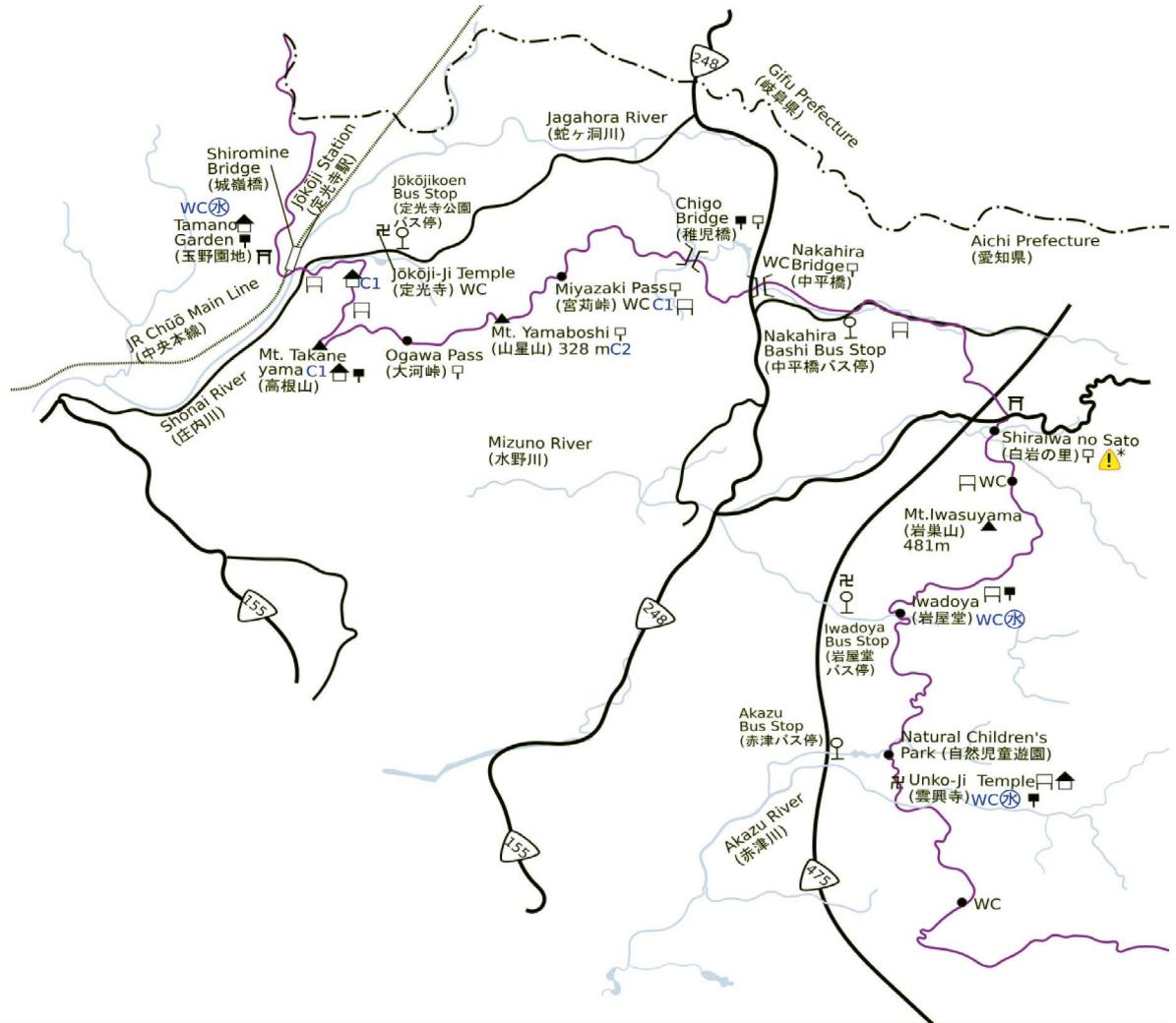
Distance: 10.5 km



Map 37 Unkoji Temple(雲興寺) to Jōkōj-Ji Temple (定光寺)

Prefecture: Aichi (愛知県)

Distance: 20.7 km



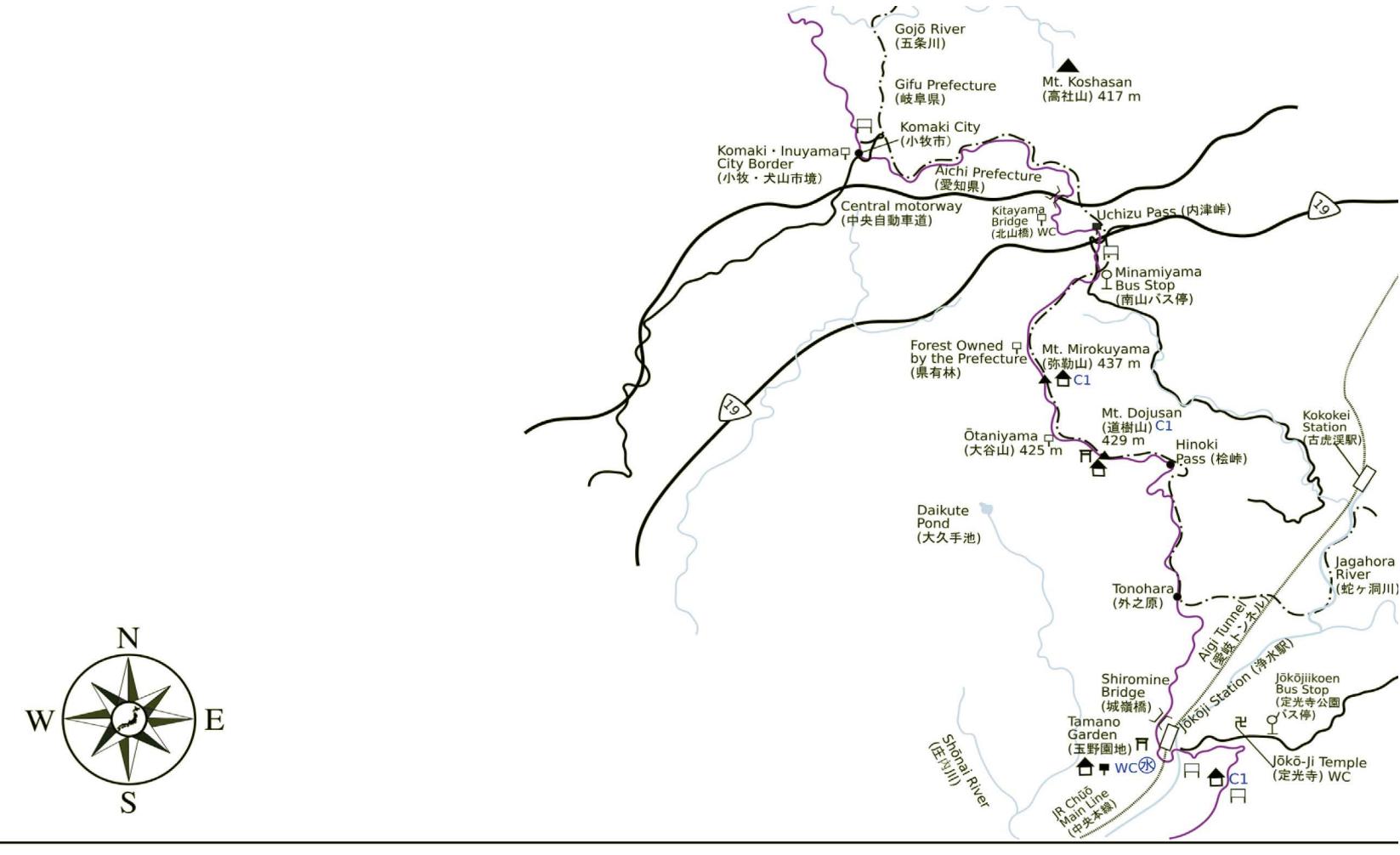
* There is a small detour set up at at Shiraiwa (白岩).Follow the signs, which say detour in Japanese,迂回路. See the guidebook for more information.

	← 1:40 7.9 km → 1:45	← 0:45 2.3 km → 0:45	← 0:50 2.7 km → 0:50	← 1:55 4.5 km → 2:05	← 2:00 3.3 km → 2:00
Jōkōj-Ji Temple					
Chigo Bridge					
Nakahira Bridge					
Shiraiwa					
Iwadoya					
Unkoji Temple					

Map 38 Jōkō-Ji Temple (定光寺) to Komaki City (小牧市)

Prefecture: Aichi (愛知県)

Distance: 14.5 km



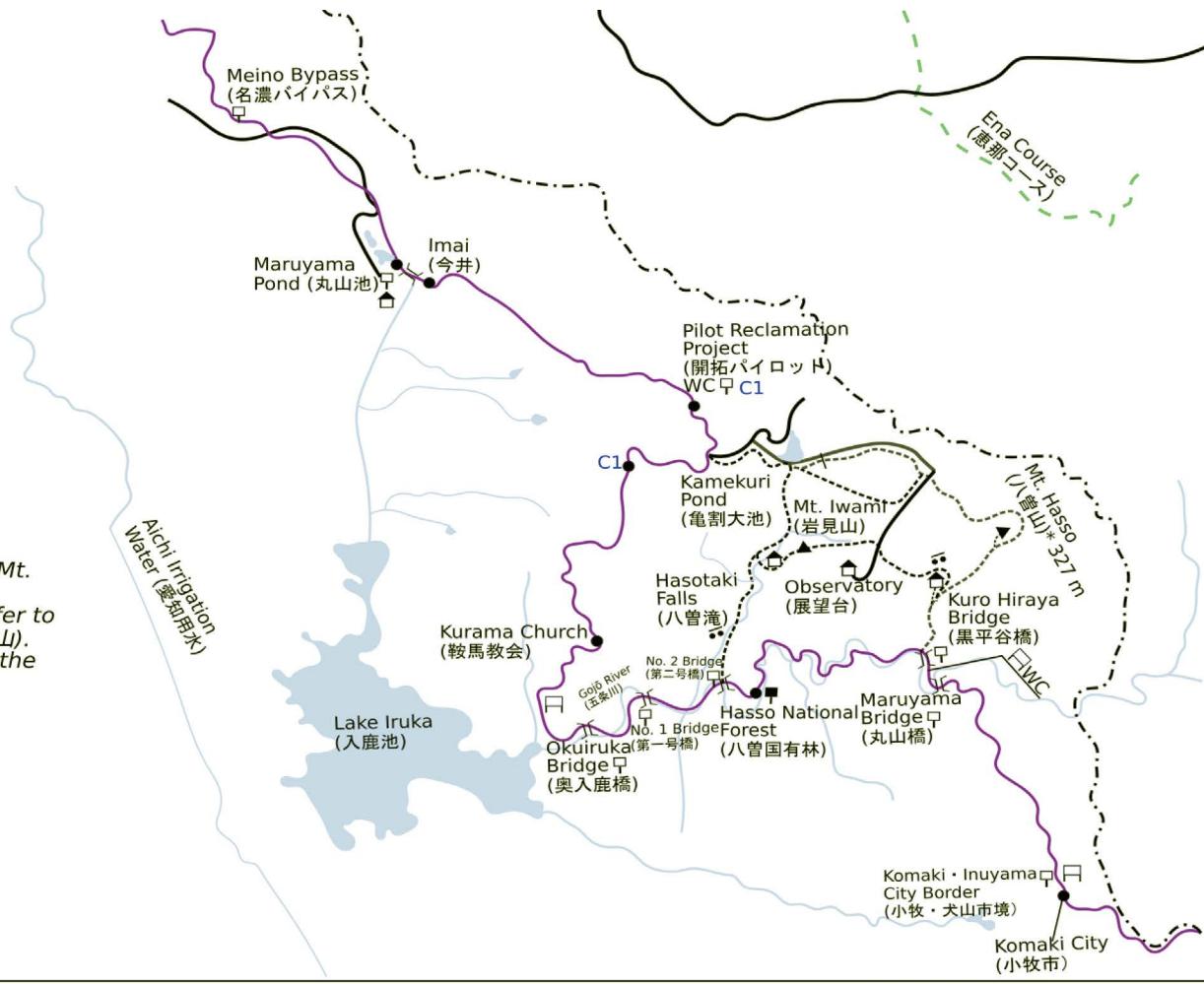
Komaki City	← 1:30 4.8 km → 1:30	Uchizu Pass	← 1:45 3.5 km → 1:45	Mt. Dojusan	← 0:30 .9 km → 0:30	Hinoki Pass	← 1:00 2.2 km → 1:00	Tonohara	← 1:00 3.1 km → 1:00	Jōkō-Ji Temple
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Map 39 Komaki City (小牧市) to Imai (今井)

70

Prefecture: Aichi (愛知県)

Distance: 12.9 km



Imai

← 1:00

6.8 km

→ 1:00

Okuiruka
Bridge

← 1:30

6.1 km

→ 1:30

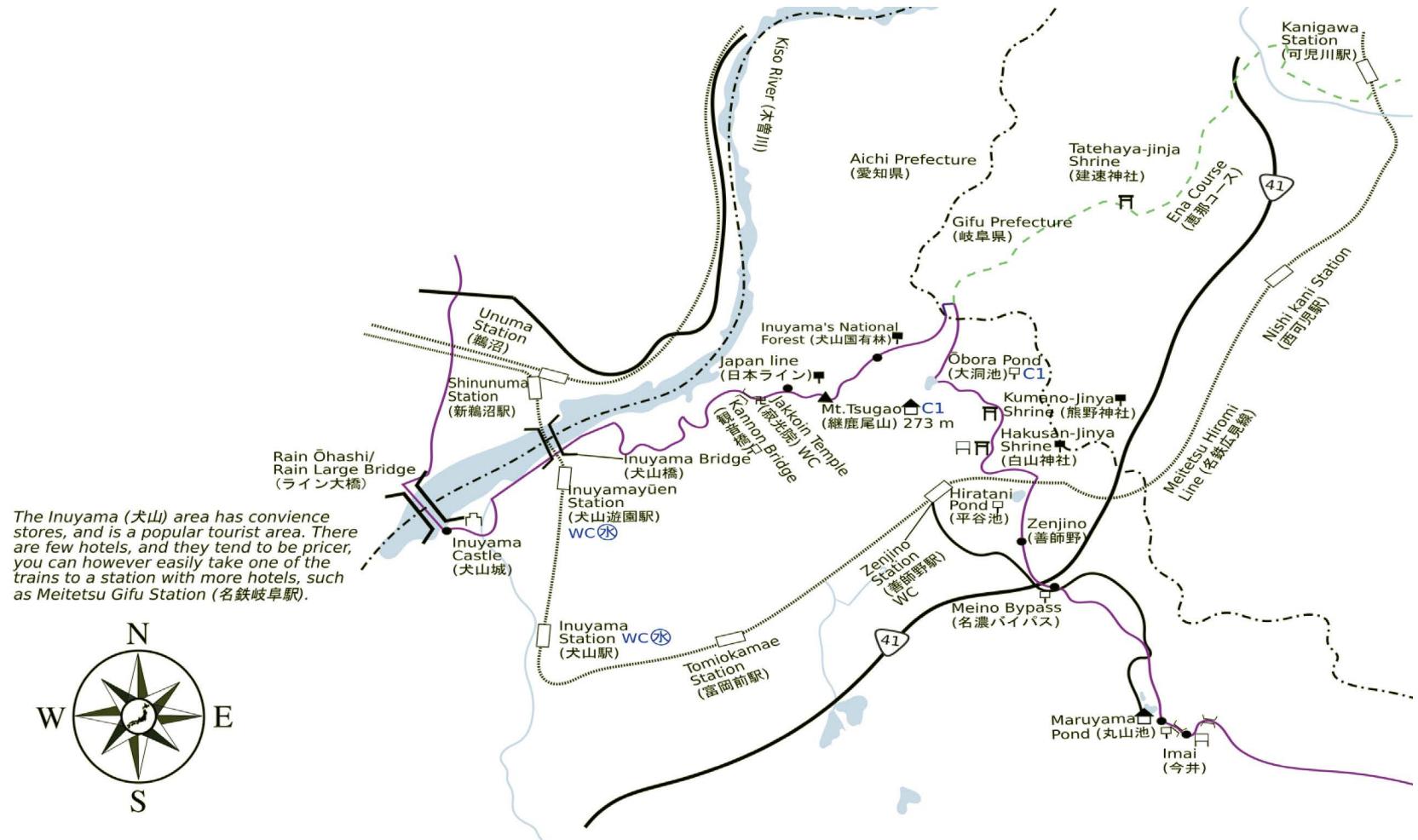
Komaki City
Komaki City

Map 40 Komaki City (小牧市) to Rain Ōhashi (ライン大橋)

71

Prefecture: Aichi (愛知県)

Distance: 11.4 km



Rain Ōhashi

← 0:30
1.6 km
→ 0:30

Inuyama
Bridge

← 0:45
2.2 km
→ 0:45

Jakkōin
Temple

← 2:20
4.4 km
→ 2:20

Zenjino

← 1:00
3.2 km
→ 1:00

Imai

Ena Course (恵那 コース)



The Ena Course covers a total of 113.2 km. 18.1 km comes from Aichi Prefecture and 95.1 km come from Gifu Prefecture.

The Aichi Prefecture distance calculation comes from the Official Aichi Prefecture maps, while the Gifu Prefecture distance calculation comes from the Tokai Nature Trail Vol. 1-3, the Gakken Mook Walking Guide, Pictorial Map Guide and my own hiking experience. Gifu Prefecture does not list distances for all areas, and overall I found that the information on Gifu, even from official sources, was missing information. The 113.2 km does about match what I walked so while there may be some mistakes I am confident in this calculation.

Map 41 Nebiso Peak (寧比曾岳) to Shizurase (閑羅瀬)

Prefecture: Aichi (愛知県)/Gifu(岐阜県)

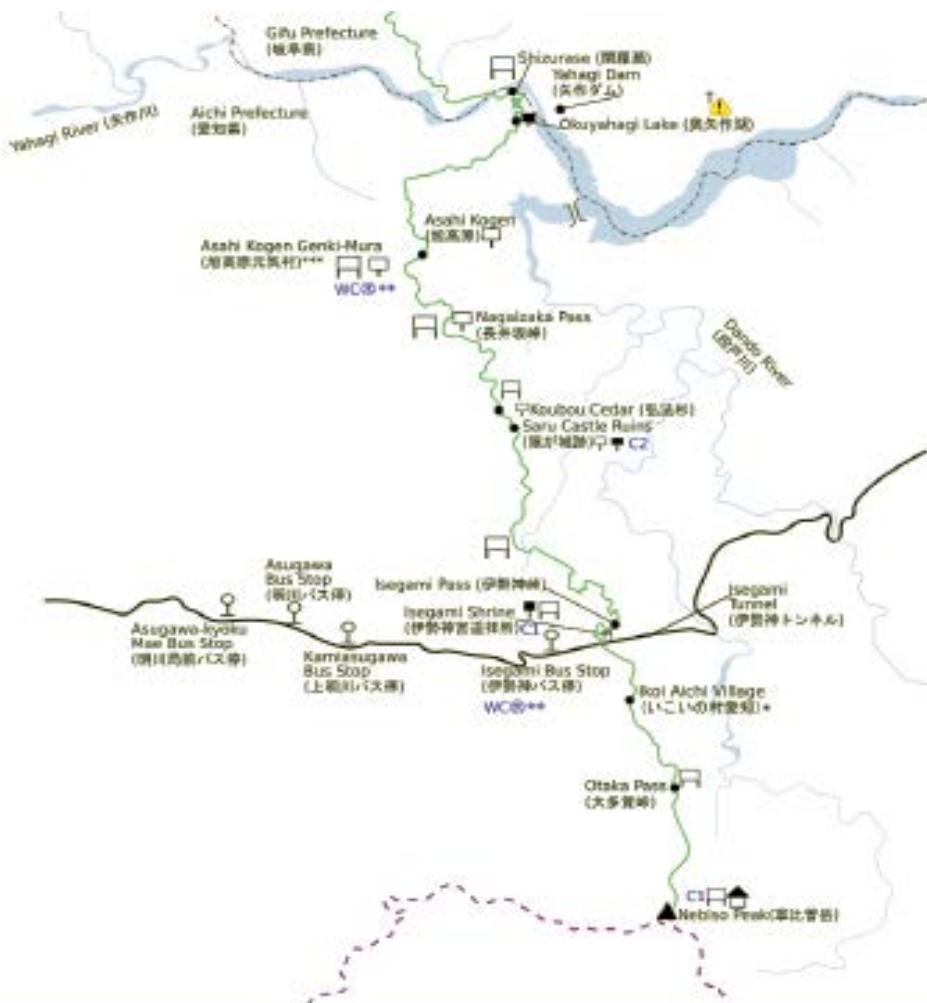
Distance: 18.1 km

*Koi Aichi Village (いこいの村愛知) was closed in 2001.

** At Isegami Bus Stop (伊勢神バス停) there is a restaurant, restroom and some small houses. You should be able to get water or find someone who will let you use their tap water. The next three bus stops also have local shops near them. More detail is given in the guide book. Isegami Bus Stop (伊勢神バス停) is 1.5km away from Isegami Shrine (伊勢神宮遷御拝所).

*** Asahi Kogen Genki-Mura (旭高原元気村) is a camp ground/nature education center that is open year around from 9:00-5:00. Every Thursday the place is closed. It is free to enter the education space. There is water there, but I am unsure if you have to pay a fee to use it. There is also a restaurant.

† There are two trail closures around Okuyahagi Lake (奥矢作湖). For both follow the signs, which say detour in Japanese,迂回路. See the guidebook for more information.



	← 0:10 .9 km → 0:20	Okuyahagi Lake ← 0:10 3.6 km → 0:20	Asahi Kogen ← 1:15 3.7 km → 1:20	Saru Castle Ruins ← 1:40 5.1 km → 1:45	Isegami Pass ← 0:55 2.6 km → 1:00	Otaka Pass ← 0:45 2.2 km → 0:50	Nebiso Peak
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Map 42 Shizurase (閑羅瀬) to Akechi River (明智川)

Prefecture: Gifu (岐阜県)

Distance: 15 km



*From Sanbonmatsu Pass (三本松跡) there is a rest area and a place to camp .1km away. There are signs that will lead you to Sanbonmatsu Pass Rest Area (三本松休憩所).

** From Oubain Temple (黄梅院) you are getting into a more populated area with homes, where you are able to ask for water if you are running low.

Senjoujiki Park

← 2:10
6.3 km
→ 2:10

Oroshi

← 1:20
4.0 km
→ 1:20

Oubain Temple

← 0:50
2.5 km
→ 0:50

Sanbonmatsu Pass

← 0:45
2.2 km
→ 0:45

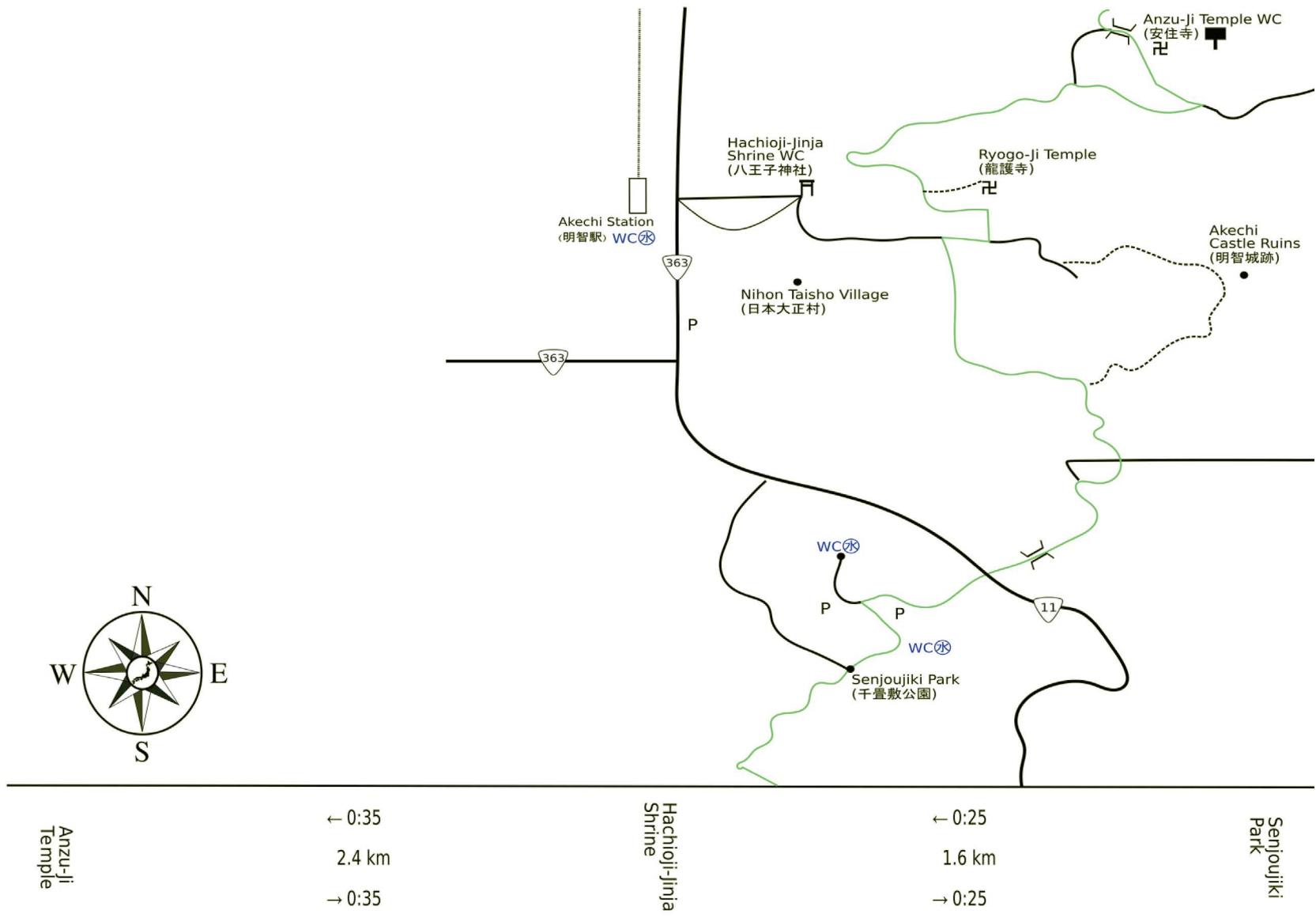
Shizurase

Map 43 Senjoujiki Park (千畳敷公園) to Hachioji Shrine (八王子神社)

75

Prefecture: Gifu (岐阜県)

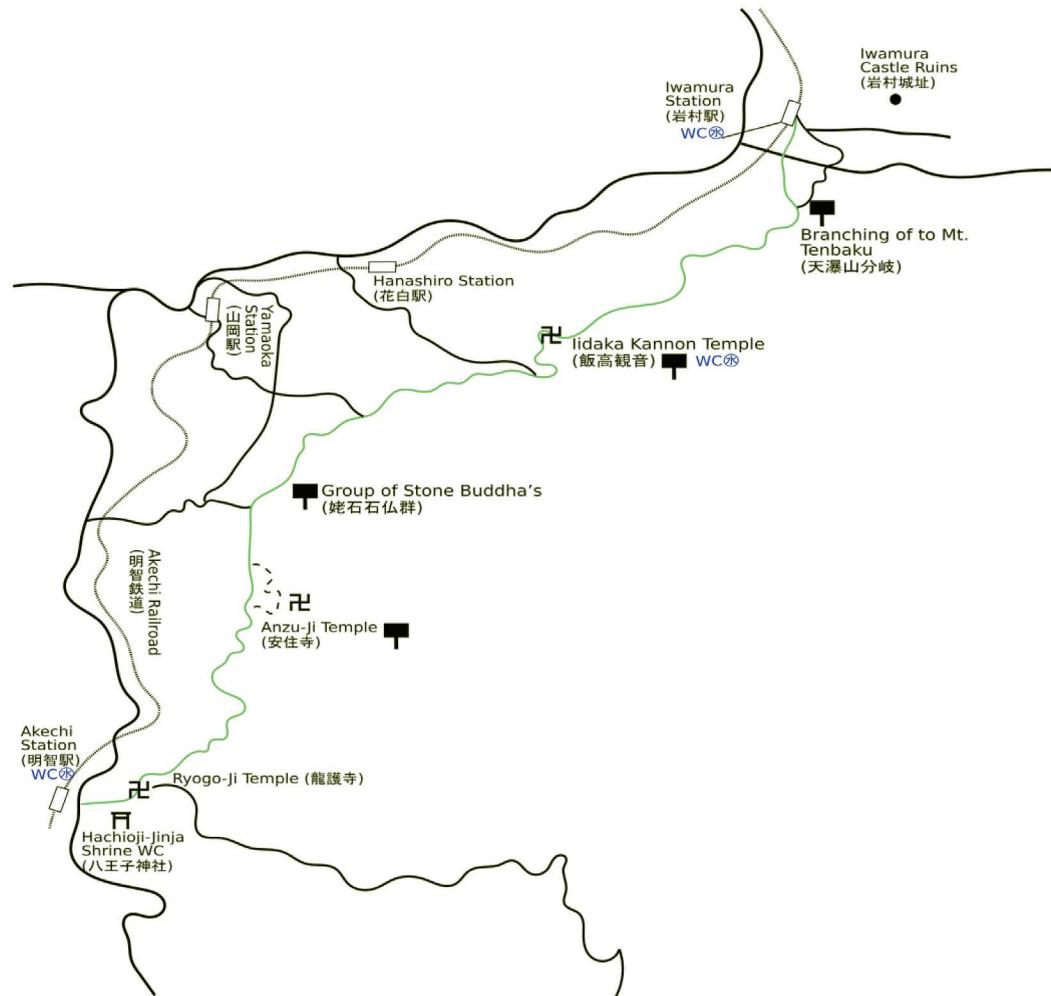
Distance: 4 km



Map 44 Anzuji Temple (安住寺) to Iwamura Station (岩村駅)

Prefecture: Gifu (岐阜県)

Distance: 6.2 km



Iwamura
Station

← 0:50
3.0 km
→ 0:50

Iidaka Kannon
Temple

← 1:00
3.2 km
→ 1:00

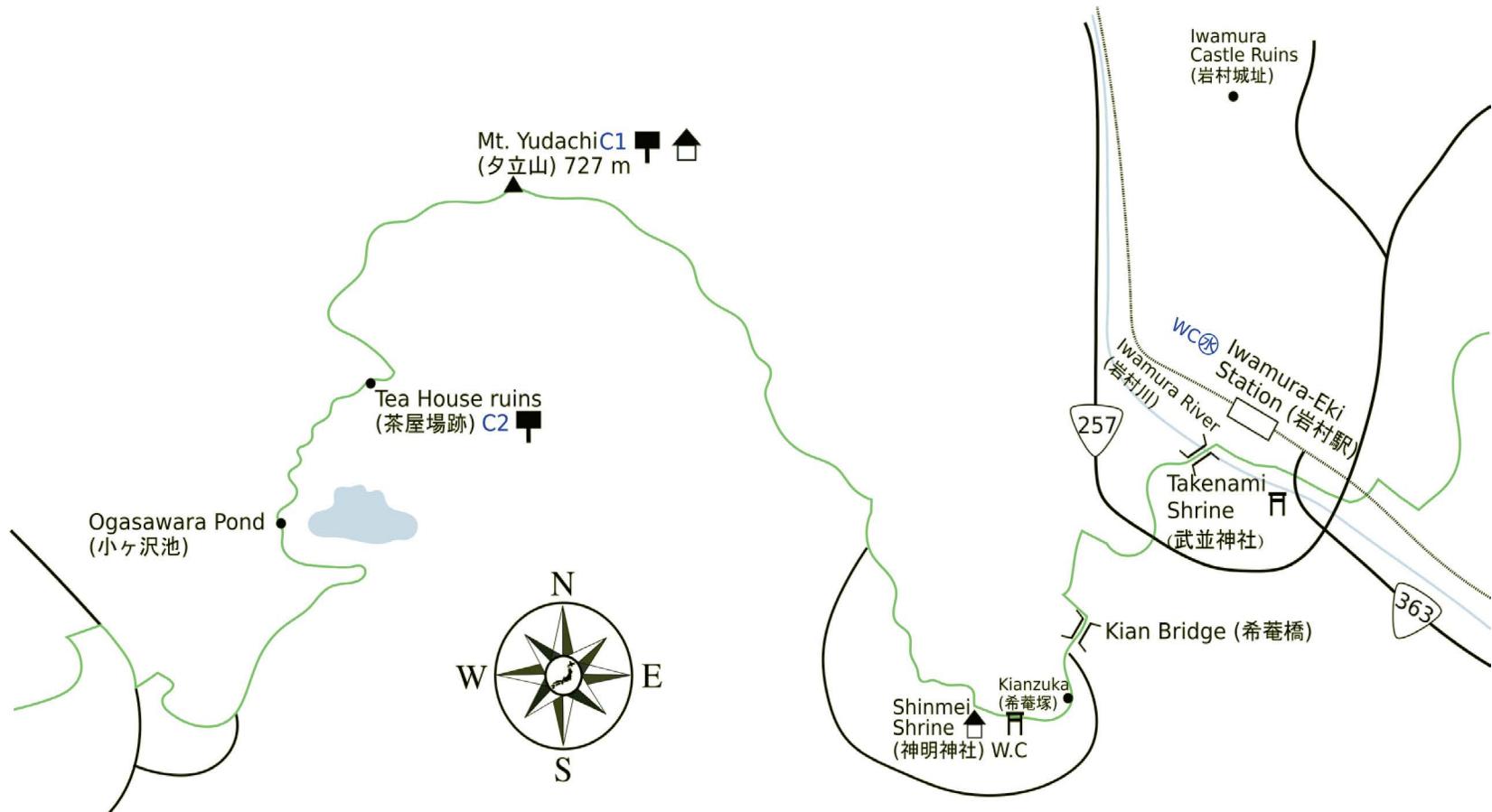
Anzu-Ji
Temple

Map 45 Iwamura Station (岩村駅) to Ogasawara Pond (小ヶ沢池)

77

Prefecture: Gifu (岐阜県)

Distance: 8.1 km



Ogasawara
Pond

← 0:25
1.0 km
→ 0:25

Tea House
Ruins

← 0:30
1.6 km
→ 0:30

Mt. Yudachi

← 1:15
3.8 km
→ 1:15

Kian
Bridge

← 0:35
1.7 km
→ 0:35

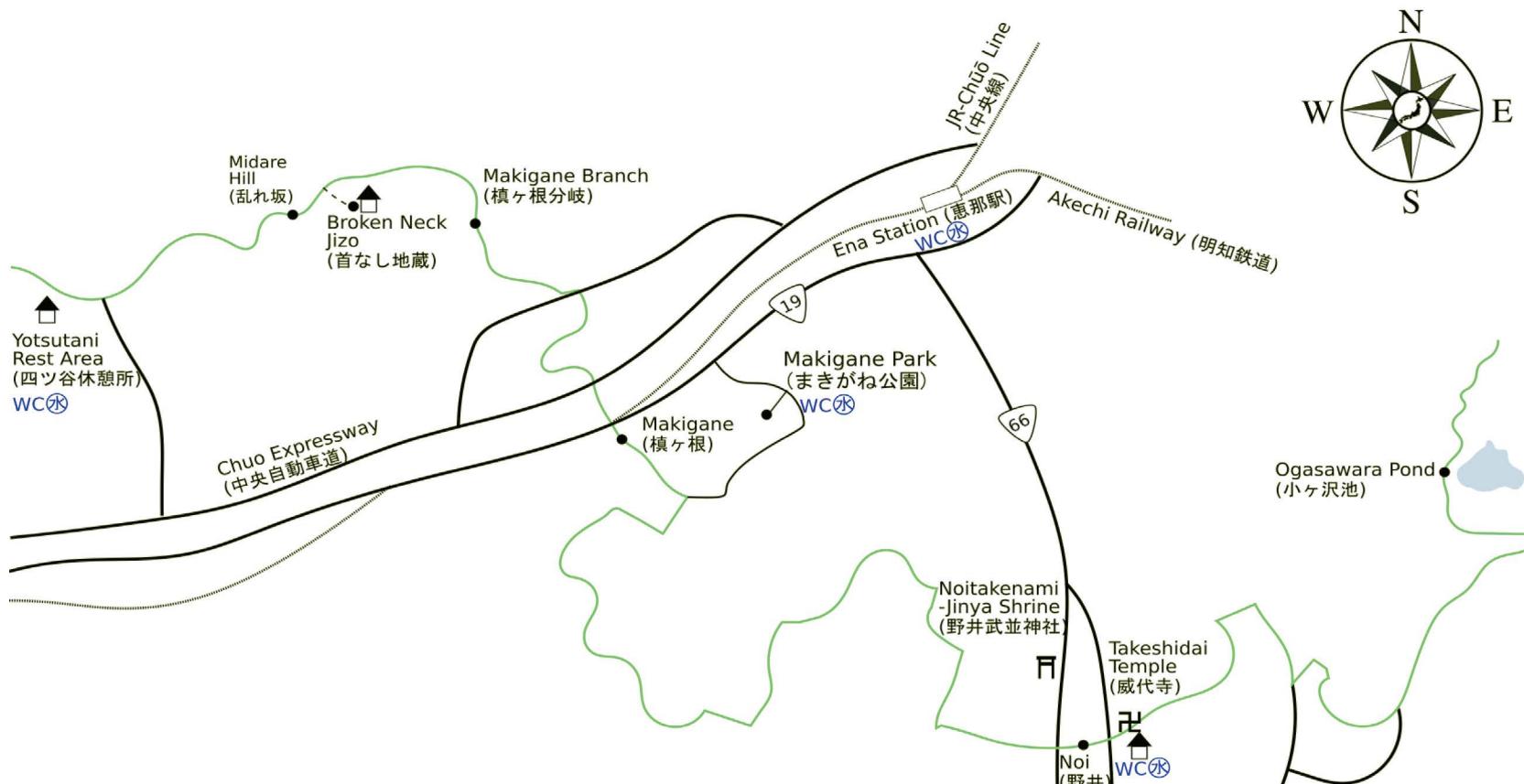
Iwamura
Station

Map 46 Ogasawara Pond (小ヶ沢池) to Yotsutani Rest Area (四ツ谷休憩所)

78

Prefecture: Gifu (岐阜県)

Distance: 8.0 km

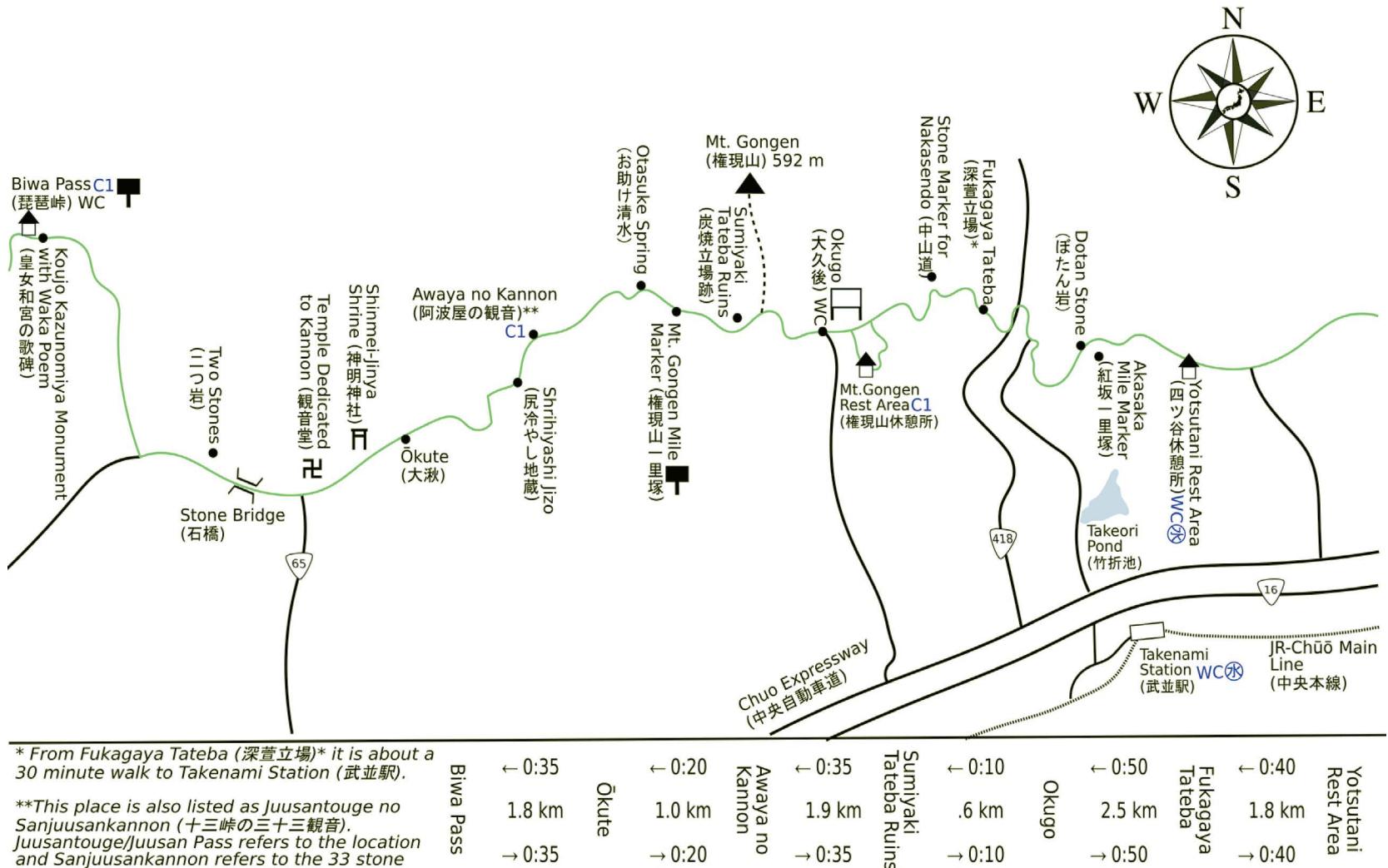


Yotsutani Rest Area	← 0:40 1.8 km → 0:40	Makigane Branch	← 0:10 .4 km → 0:10	Makigane	← 1:10 4.0 km → 1:10	Noi	← 0:40 1.8 km → 0:40	Ogasawara Pond
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Map 47 Yotsutani Rest Area (四ツ谷休憩所) to Biwa Pass (琵琶峠)

Prefecture: Gifu (岐阜県)

Distance: 9.6 km



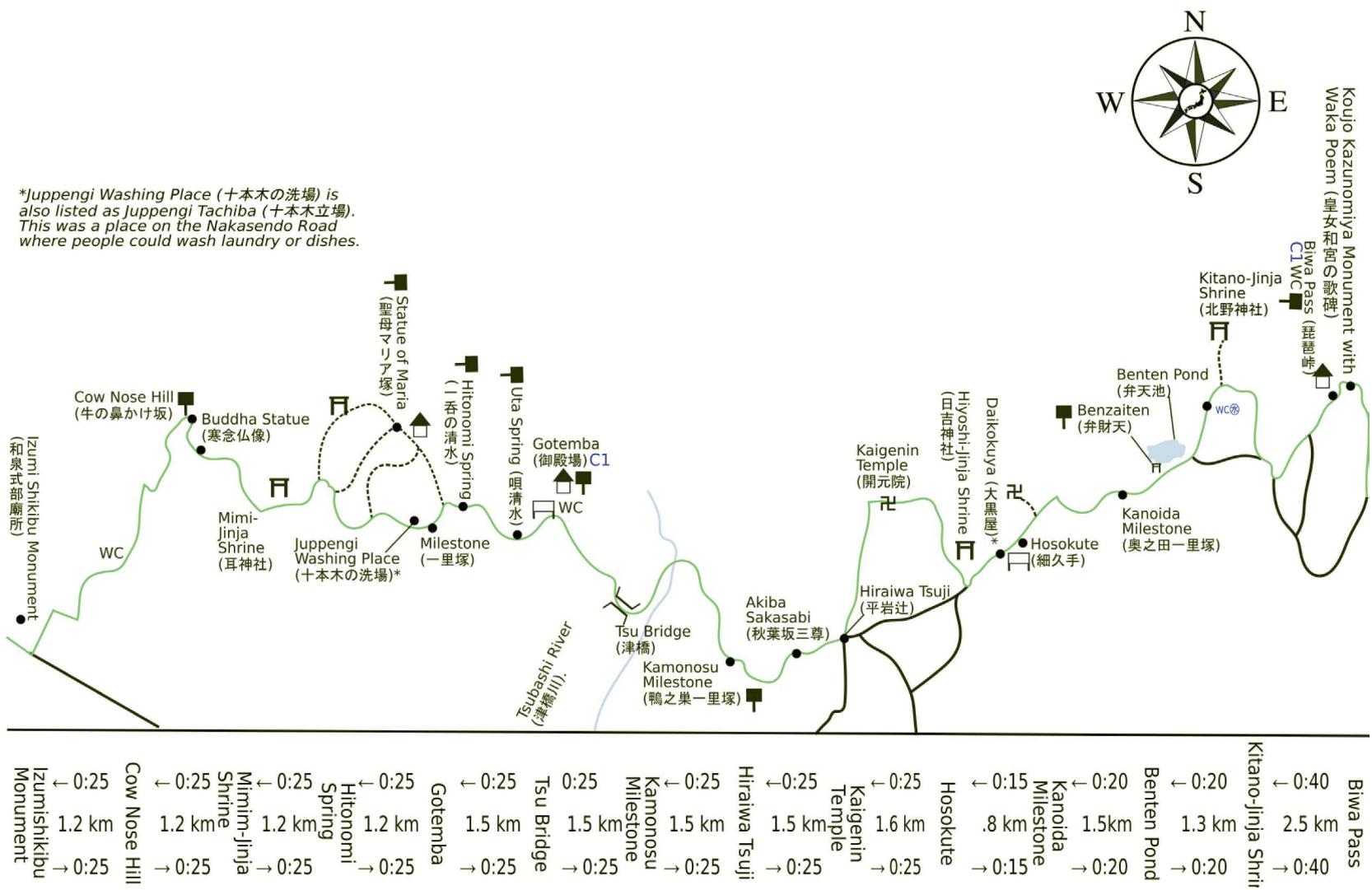
* From Fukagaya Tateba (深萱立場)* it is about a 30 minute walk to Takenami Station (武並駅).

**This place is also listed as Juusantouge no Sanjuusankannon (十三峠の三十三観音). Juusantouge/Juusan Pass refers to the location and Sanjuusankannon refers to the 33 stone Kannon that are located at this place.

Map 48 Biwa Pass (琵琶峠) to Izumi Shikibu Monument (和泉式部廟所)

Prefecture: Gifu (岐阜県)

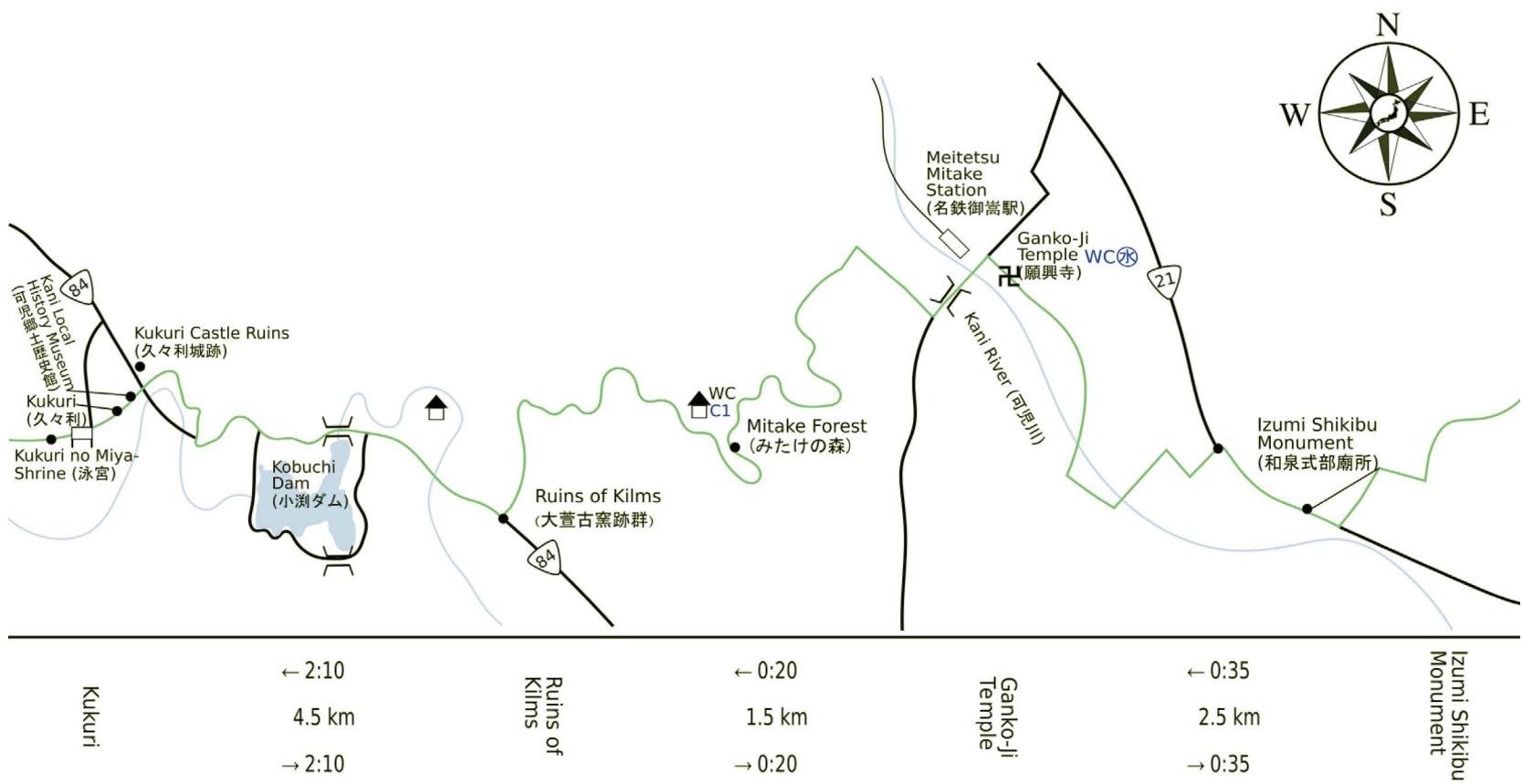
Distance: 18.5 km



Map 49 Izumishikibu Monument (和泉式部廟所) to Kukuri (久々利)

Prefecture: Gifu (岐阜県)

Distance: 8.5 km

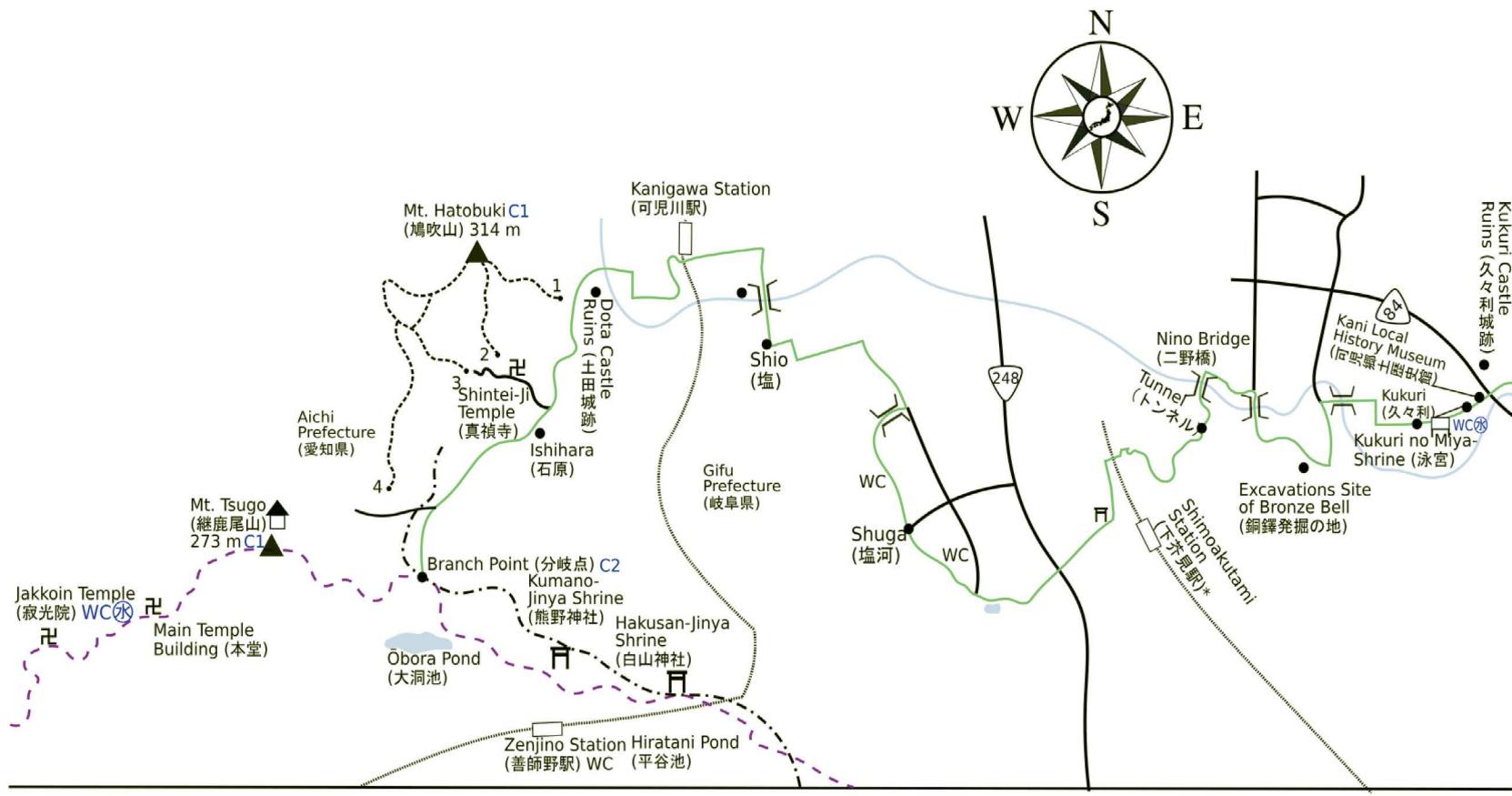


Map 50 Kukuri (久々利) to Branch Point (分岐点)

82

Prefecture: Gifu (岐阜県)

Distance: 17.2 km



1 Owaki Starting Point (大脇登山口) 1hr to Mt. Hatobuki (鳩吹山)

2 Shintei Temple Starting Point (真禱寺登山口) 1hr to Mt. Hatobuki (鳩吹山)

3 Nishiyama Starting Point (西山登山口) 1hr to Mt. Hatobuki (鳩吹山)

4 Ishihara Starting Point (石原登山口) 2hr to Mt. Hatobuki (鳩吹山)

Branch Point	← 0:30	← 0:50	← 0:50	← 2:00	← 0:40
Ishihara	→ 0:30	3.4 km	→ 0:50	3.6 km	→ 2:00
Shio			→ 0:50		
Shuga				6.6 km	
Nino Bridge				→ 2:00	2.0 km
Kukuri					→ 0:40

*Shimoakutami Station (下芥見駅) became a waste station in 2005, when the Minoko-cho line was abolished.

Gifu Course (岐阜県 コース)

The Gifu Course covers 177.5 km without the Ena Course, and 272.6 km with the Ena Course according to my book. My Gifu Prefecture distance calculation comes from the Tokai Nature Trail Vol. 1-3, the Gakken Mook Walking Guide, Pictorial Map Guide and my own hiking experience. Gifu Prefecture does not list distances for all areas, and overall I found that the information on Gifu, even from official sources, was missing information. While there may be some mistakes I am confident in this calculation.

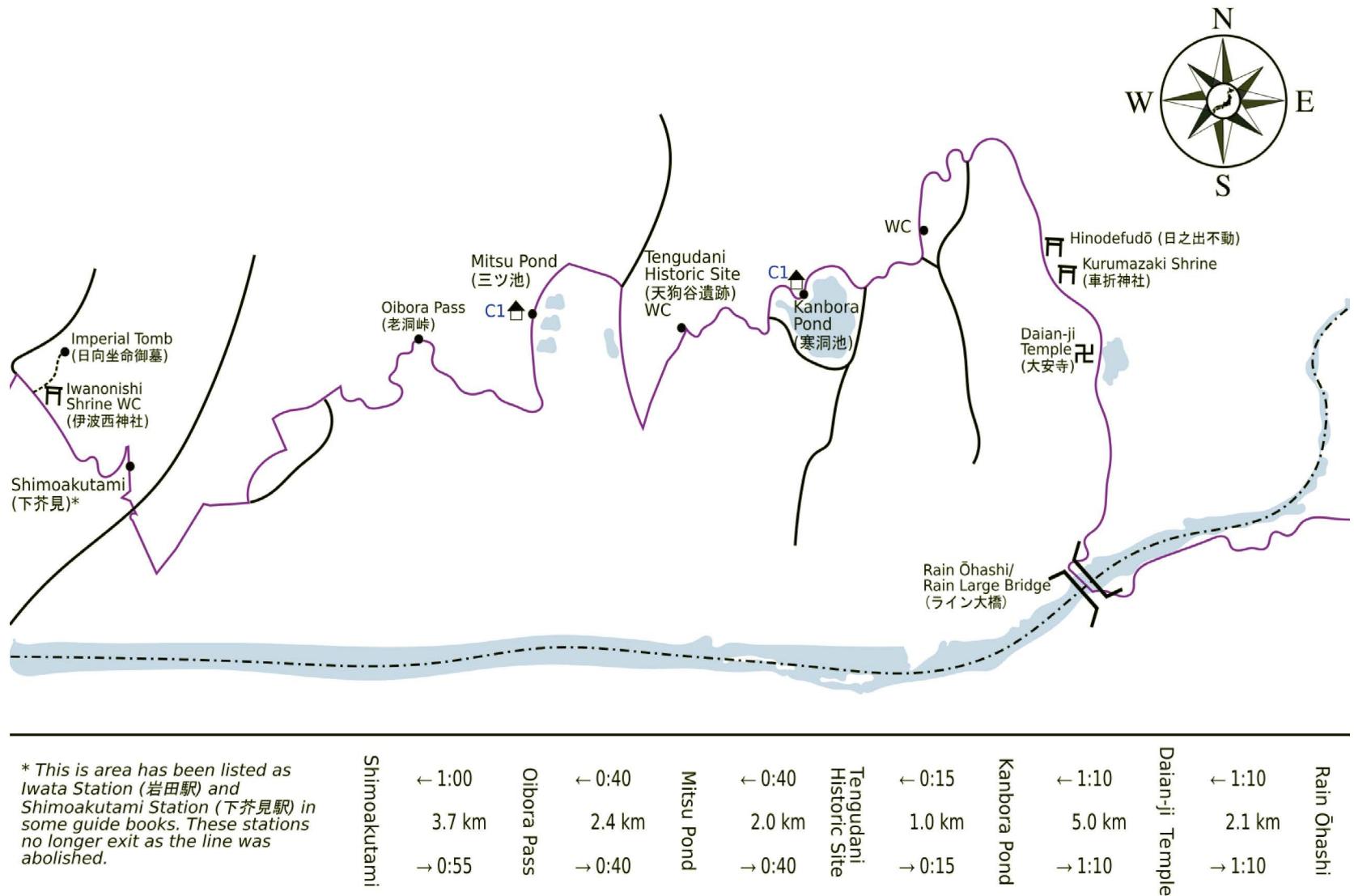


Kegon-Ji Temple (華厳寺)
Artist: Patricia McPheron

Map 51 Rain Ōhashi (ライン大橋) to Shimoakutami (下芥見)

Prefecture: Gifu (岐阜県)

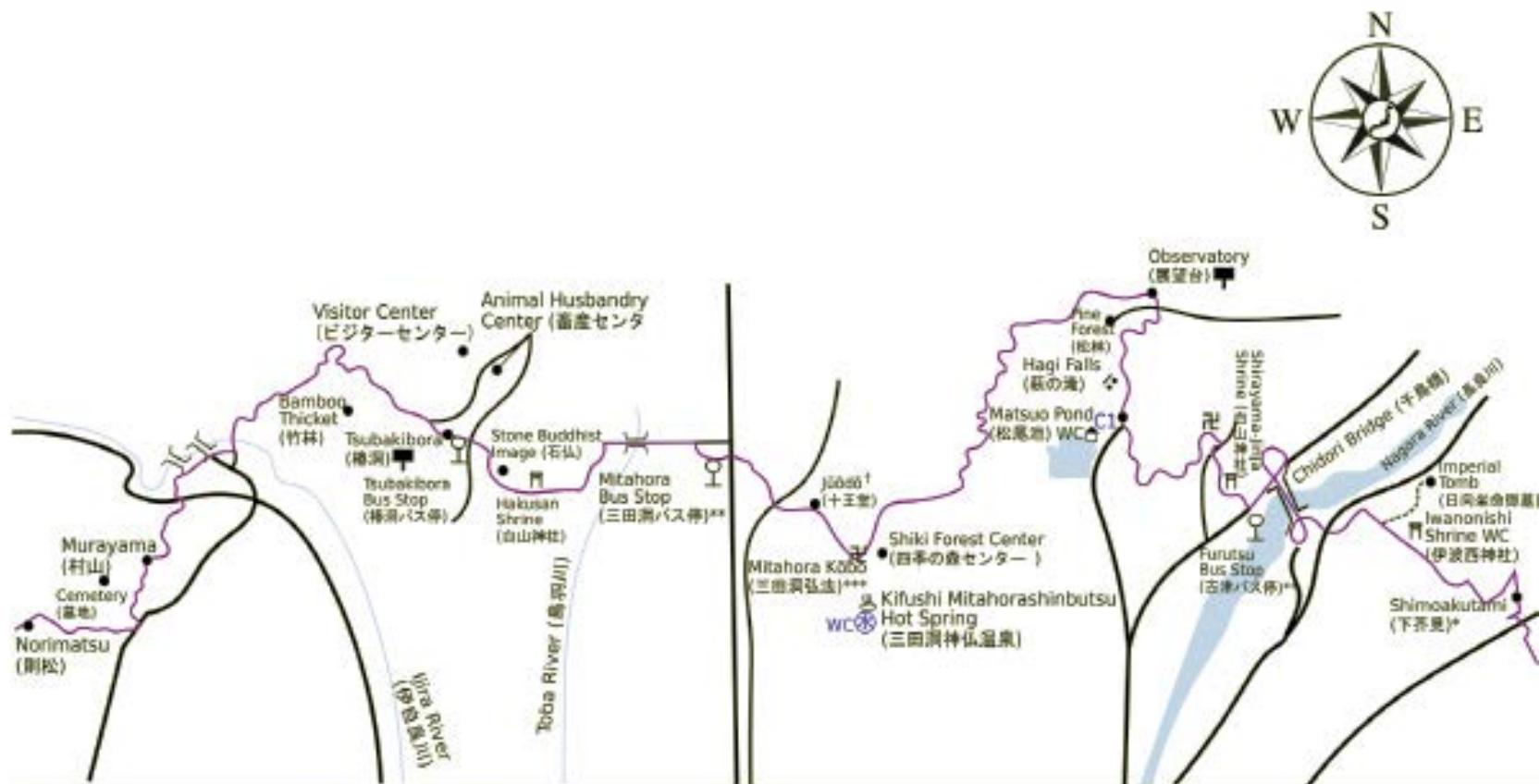
Distance: 16.2 km



Map 52 Shimoakutami (下芥見) to Norimatsu (則松)

Prefecture: Gifu (岐阜県)

Distance: 24.5 km



* This area has been listed as Iwata Station (岩田駅) and Shimoakutani Station (下井草駅) in some guide books. These stations no longer exist as the line was abolished.

****These buses will take you to various stations, and run semi-frequently. See Bus Appendix in guidebook for more information.**

*** Mitahora Kōbō (三田源弘法) is also listed as temple is as *Hokke-ji* (法華寺).

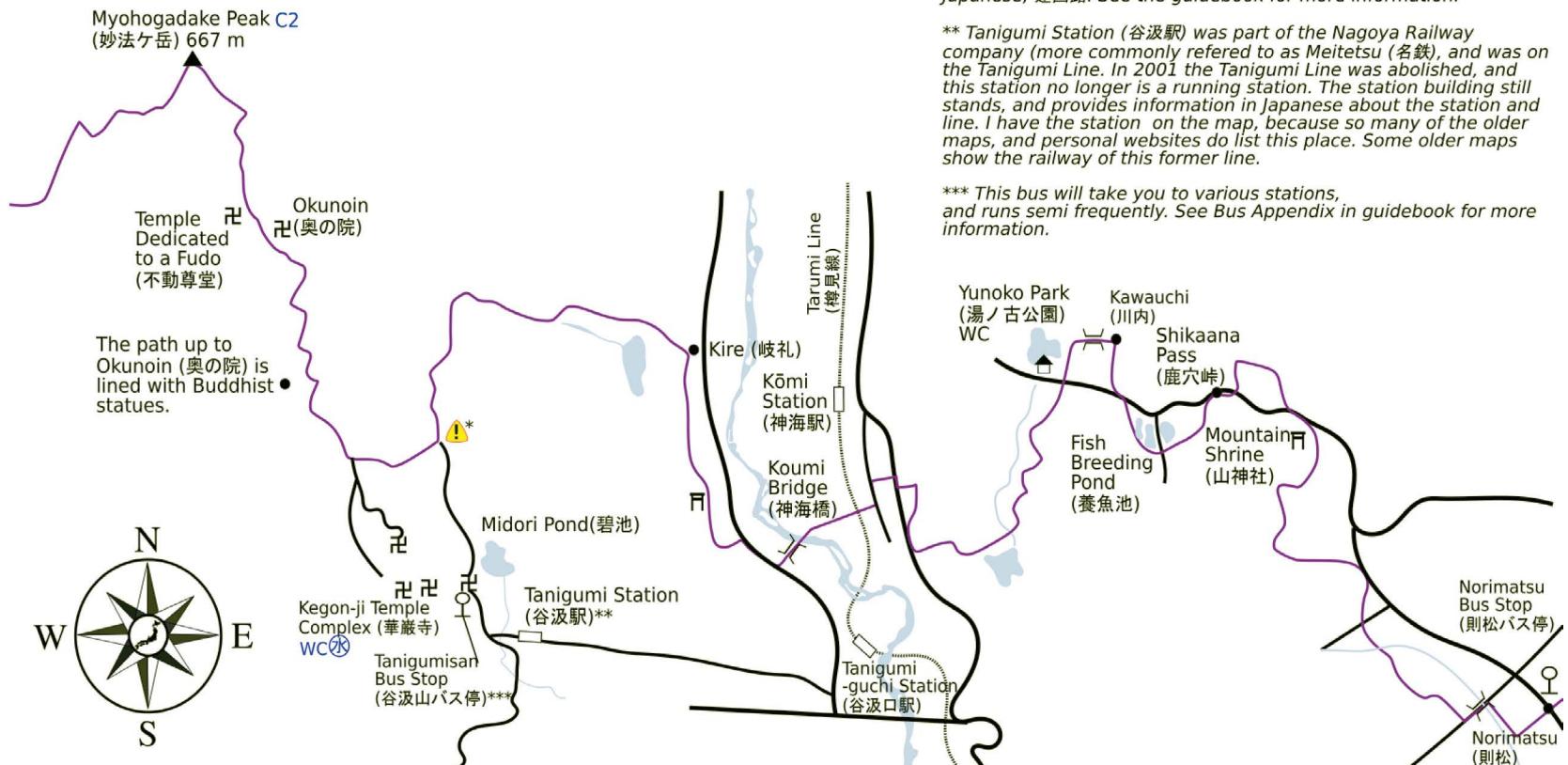
[†] Here you will see a set of ten statues representing Buddhist figures that are enshrined in a small hall.

→ 0:50	Tsubakibori	→ 1:30	Mitahora Kōbō	→ 1:40	Matsuo Pond	→ 1:20	Chidori Bridge	→ 0:45	Shimoakutani
8.5 km		3.9 km		4.2 km		4.9 km		3.0 km	
← 0:50		← 1:30		← 1:40		← 1:20		← 0:45	

Map 53 Norimatsu (則松) to Myohogadake Peak (妙法ヶ岳)

Prefecture: Gifu (岐阜県)

Distance: 19.1 km



Peak
Myohogadake

→ 0:45
1.9 km
← 0:45

Kegonji Temple

→ 1:10
3.5 km
← 1:30

Kire

→ 1:10
2.5 km
← 1:10

Koumi Bride

→ 1:20
4.3 km
← 1:40

Kawauchi

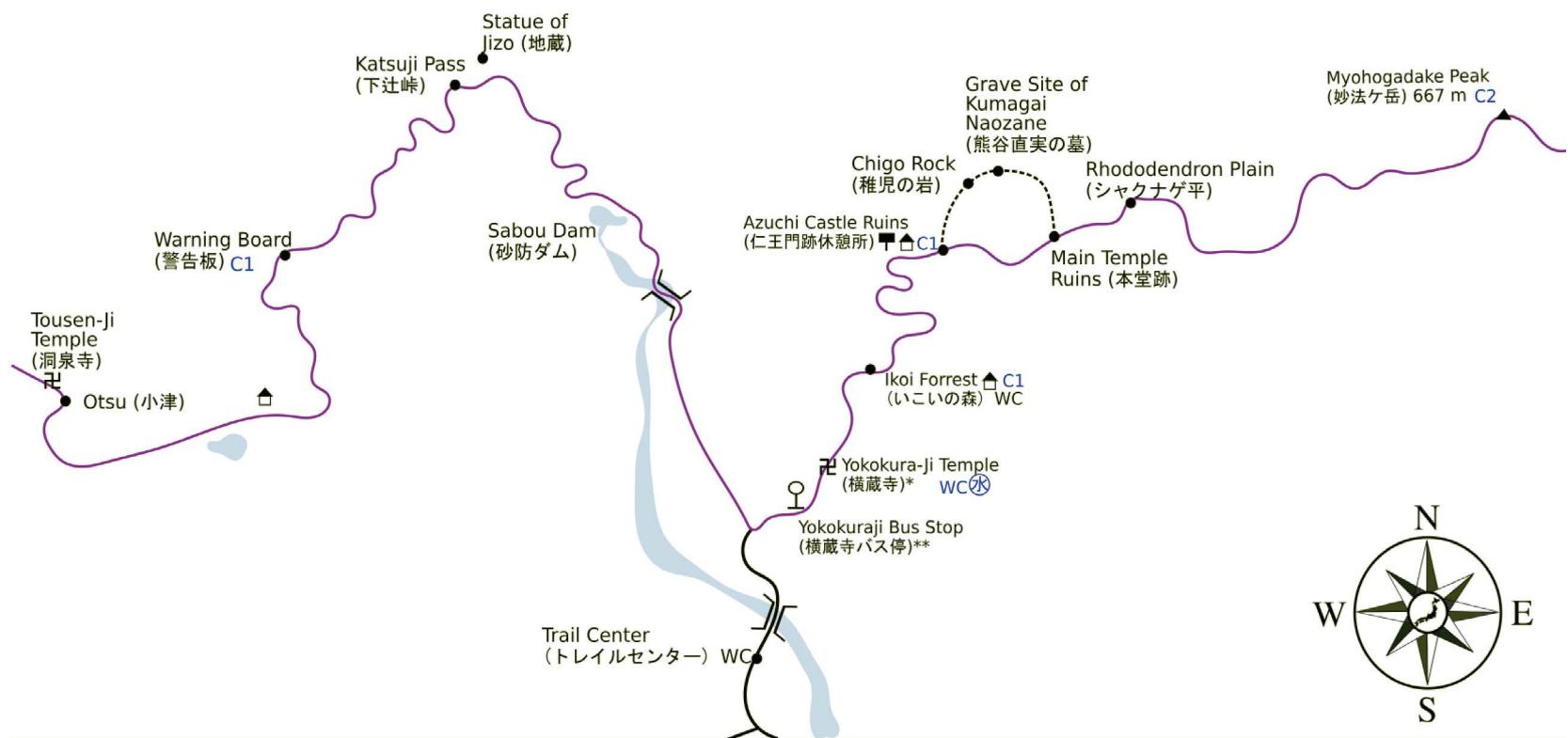
→ 1:20
6.9 km
← 1:20

Norimatsu

Map 54 Myohogadake Peak (妙法ヶ岳) to Tousen-Ji Temple (洞泉寺)

Prefecture: Gifu (岐阜県)

Distance: 14 km



*Yokokuraji Temple (横蔵寺) is also referred to as Ryokaizan Yokokuraji Temple (両界山横蔵寺).

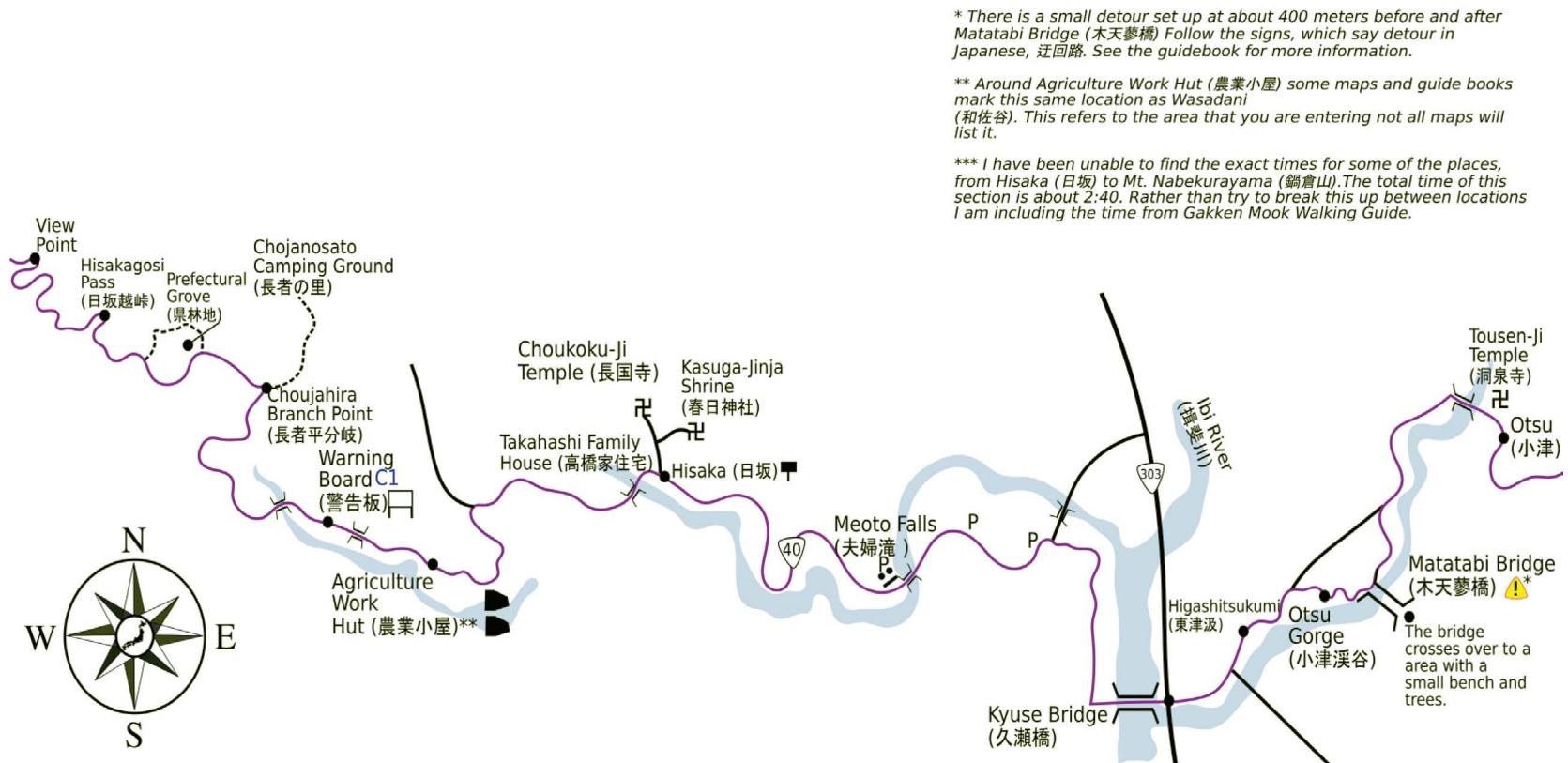
** This bus will take you to various stations, and runs semi frequently. See Bus Appendix in guidebook for more information.

Tousen-Ji Temple	→ 1:30 ← 1:30	Katsujii Pass	→ 1:30 ← 1:20	Yokokura-Ji Temple	→ 4:00 ← 3:40
	4.0 km		3.6 km		6.4 km

Map 55 Tousen-Ji Temple (洞泉寺) to Hisakagosi Pass (日坂越峠)

Prefecture: Gifu (岐阜県)

Distance: 17 km



Pass	→ N/A 2.0 km ← 0:45	Choujahira Branch Point	→ N/A 2.0 km ← 0:50	Agriculture Work Hut	→ N/A 1.0 km ← 0:20	Hisaka	→ 1:10 4.0 km ← 1:10	Meoto Falls	→ 1:10 4.0 km ← 1:10	Higashitsukumi	→ 0:15 1.0 km ← 0:15	Otsu Gorge	→ 0:45 3.0 km ← 0:45	Tousen-Ji
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Map 56 Hisakagosi Pass (日坂越峠) to Shinchou Bus Stop (新丁バス停)

Prefecture: Gifu (岐阜県)

Distance: 17.7 km

* There is a detour that starts at Nabekura Shelter Hut (鍋倉避難小屋) and goes to Rikugō (六合). Gifu does not list specific locations on the map it provides. The distance of the detour is shown on the map provided by Gifu and is about 8.5 km. This is about the distance to Rikugō (六合) without the detour. The Gifu Prefecture map states there are clear detour signs along the route. Follow the signs, which say detour in Japanese, 戻回路. See the guidebook for more information.

** These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

*** Morimori Village (モリモリ村) is a Ryokan with an Onsen. It is also listed as Kasuga Morimori Village (かすがモリモリ村). I have also seen the bus stop listed as Morimonimuri (モリモリ村), but when you search bus schedules it is listed as Kasuga Morimonimuri (かすがモリモリ村).

† I have been unable to find the exact times for some of the places, from Hisaka (日坂) to Mt. Nabekurayama (鍋倉山). The total time of this section is about 2:40. The total time from Mt. Nabekurayama (鍋倉山) to Taniyama Pass (谷山峠) is 1:50. Rather than try to break this up between locations I am including the times from Gakken Mook Walking Guide.

1 Hakusan Shrine (白山神社)

2 Enshrinement Hall of Medicine Buddha (藥師御堂)



Bus Stop	→ 1:20 4.8 km ← 1:20	Rokugo	→ 1:40 5.0 km ← 1:30	Abandoned Temple	→ N/A 2.6 km ← 0:40	Taniyama Pass	→ N/A 2.8 km ← 1:20	Mt. Nabekurayama	→ N/A 2.5 km ← 1:10	Hisakagosi Pass
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Map 57 Shinchou Bus Stop (新丁バス停) to Otaki (大滝)

90

Prefecture: Gifu (岐阜県)

Distance: 18 km



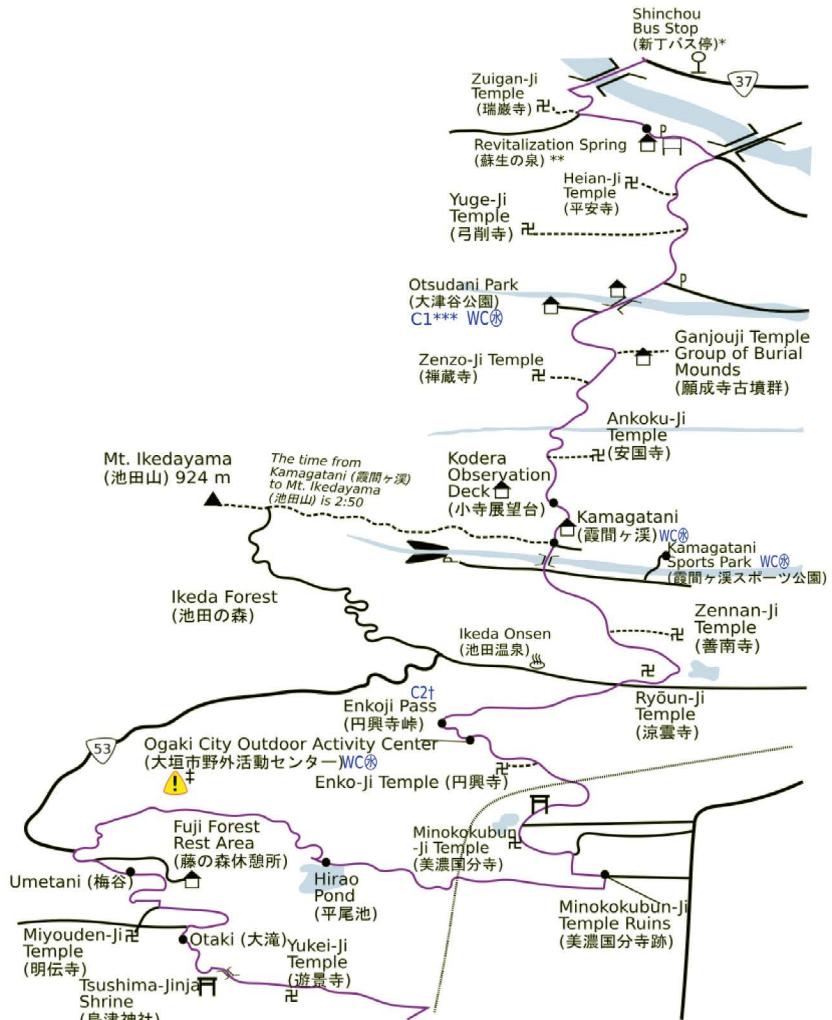
**This bus will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.*

****Revitalization Spring (蘇生の泉) is also listed as Niiōkanpaku Revitalization Spring (二条闘白蘇生の泉).**

**** You can camp at Otsudani Park (大津谷公園) without reservations.*

About 10 minutes from Enkoji Pass (円興寺峠) there are benches with room to set up a tent though it will be a tight fit.

There is a detour about 300 meters North of Ogaki City Outdoor Activity Center (大垣市野外活動センター) and continues for around 500 meters. Follow the signs, which say detour in Japanese,迂回路. See the

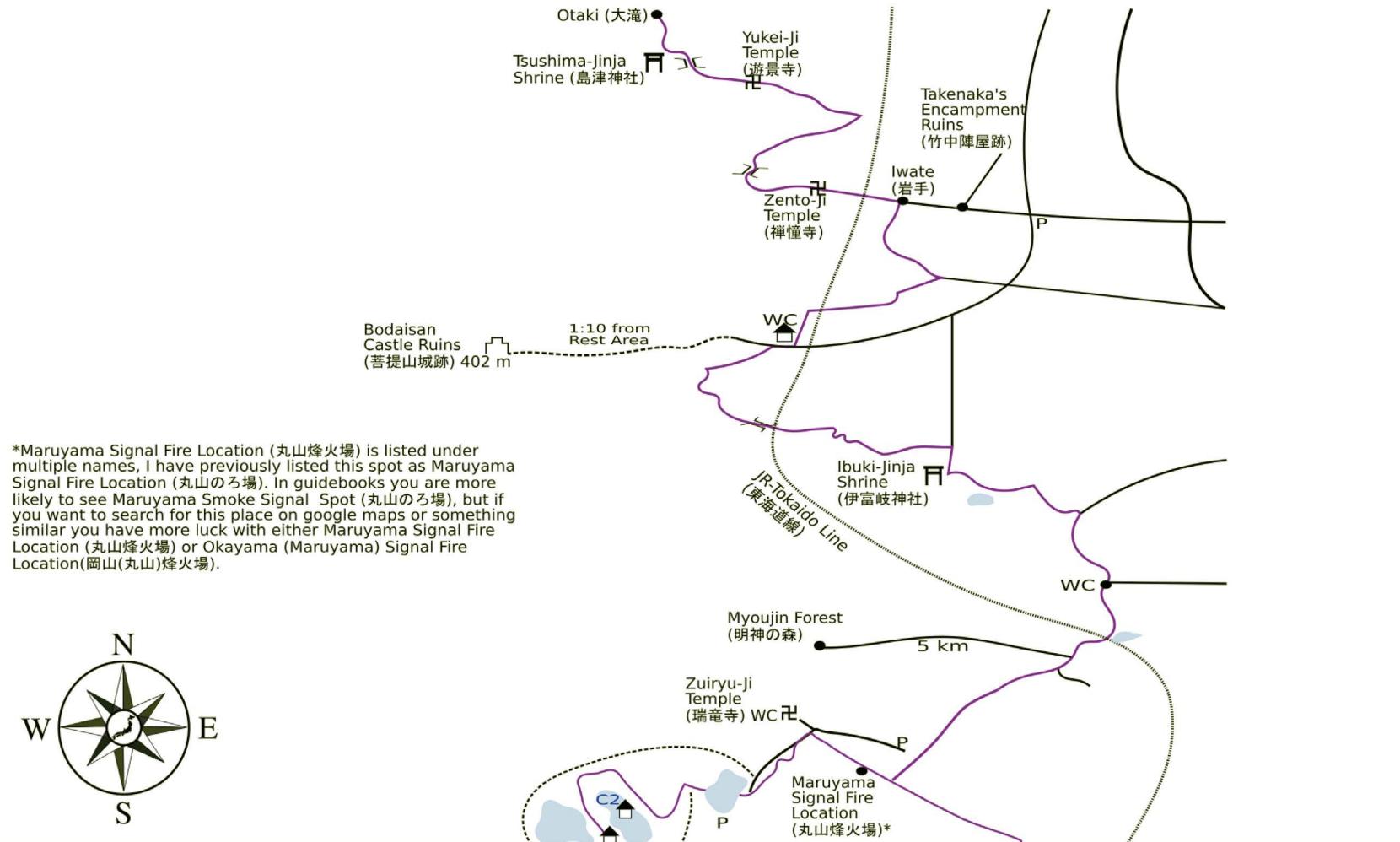


←1:20 3.9 km →1:20	Hirano Pond	← 0:35 1.8 km → 0:35	Minokokubun-ji Temple Ruins	← 0:40 1.9 km → 0:40	Enko-ji Temple	← 1:10 2.8 km → 1:10	Ryōun-ji Temple	← 0:40 1.6 km → 0:40	Kamagatani	← 1:05 2.6 km → 1:05	Otsudani Park	← 1:20 3.1 km → 1:20	Zennan-ji Temple	← 0:10 .3 km → 0:10	Shinchou Bus Stop
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Map 58 Otaki (大滝) to Maruyama Signal Fire Location (丸山烽火場)

Prefecture: Gifu (岐阜県)

Distance: 9 km



Maruyama
Signal
Fire
Location

← 1:30
3.6 km
→ 1:30

Ibuki-jinja
Shrine

← 0:25
1.5 km
→ 0:25

Iwate

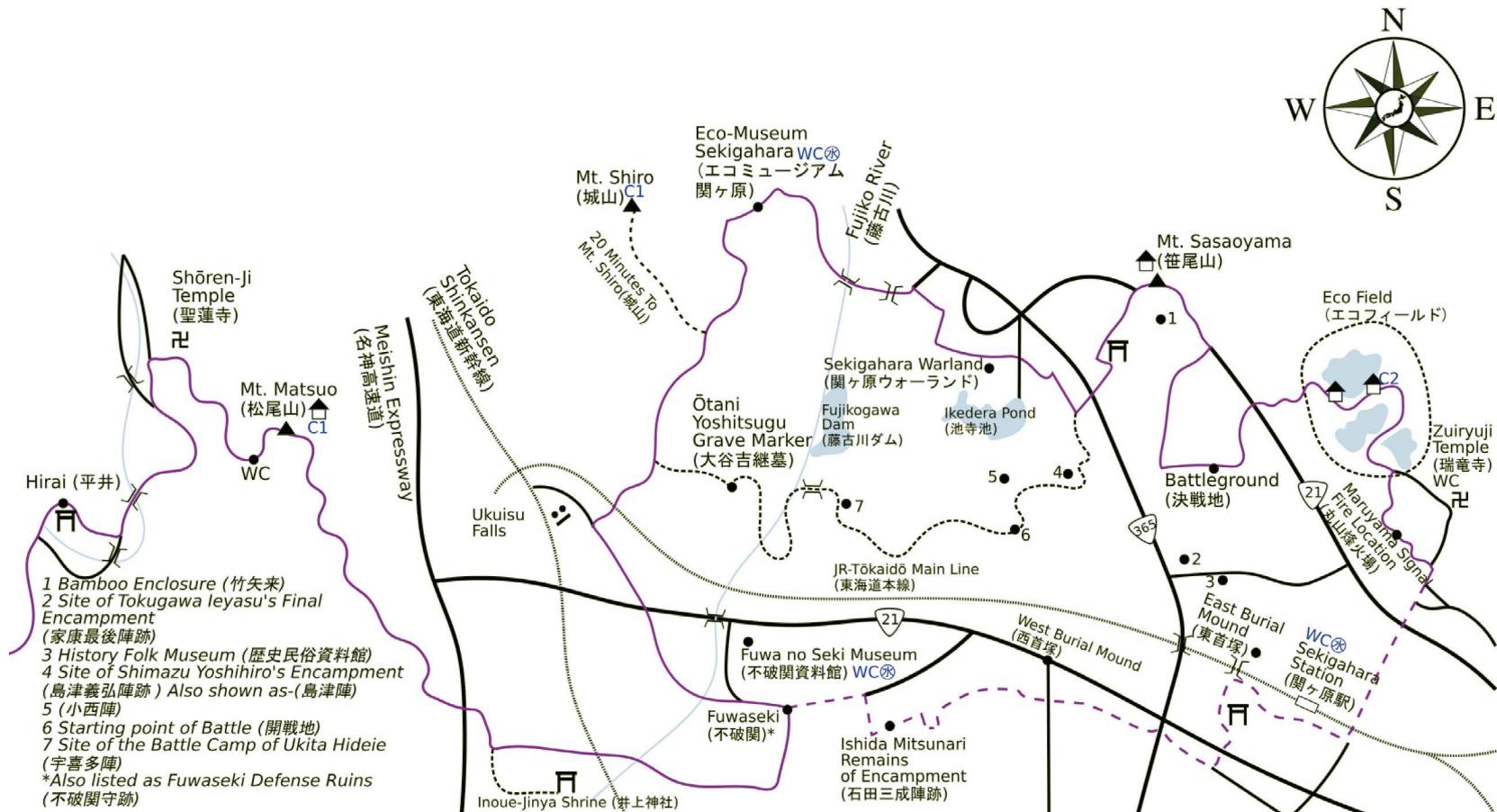
← 1:00
3.9 km
→ 1:00

Map 59 Maruyama Signal Fire Location (丸山烽火場) to Hirai (平井) -Northern Route

92

Prefecture: Gifu (岐阜県)

Distance: 13.2 km (Northern Route 7.5 km, Main Route 5.7)

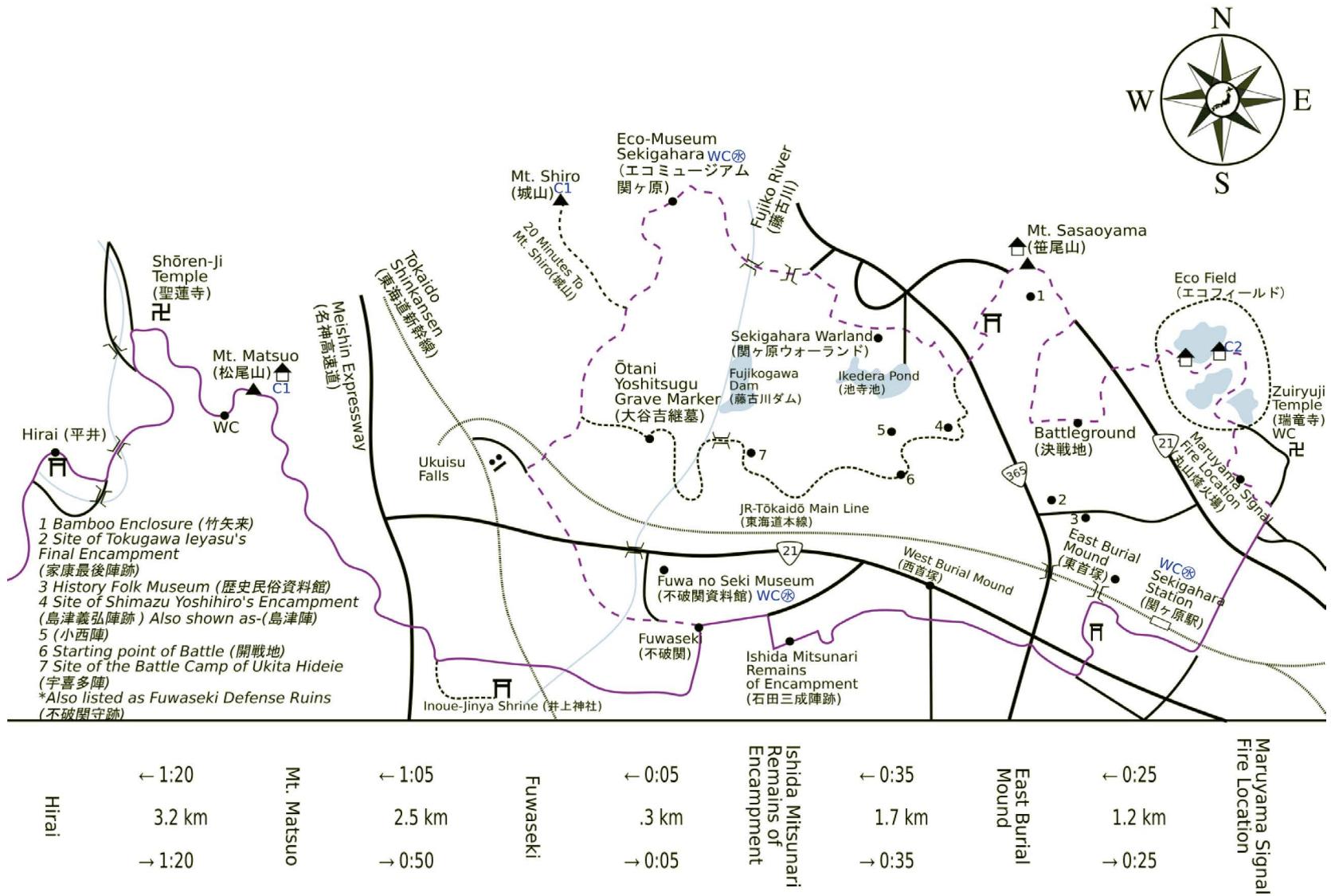


Map 59 Maruyama Signal Fire Location (丸山烽火場) to Hirai (平井) -Southern Route

93

Prefecture: Gifu (岐阜県)

Distance: 8.9 km (Southern Route 3.2 km, Main Route 5.7)

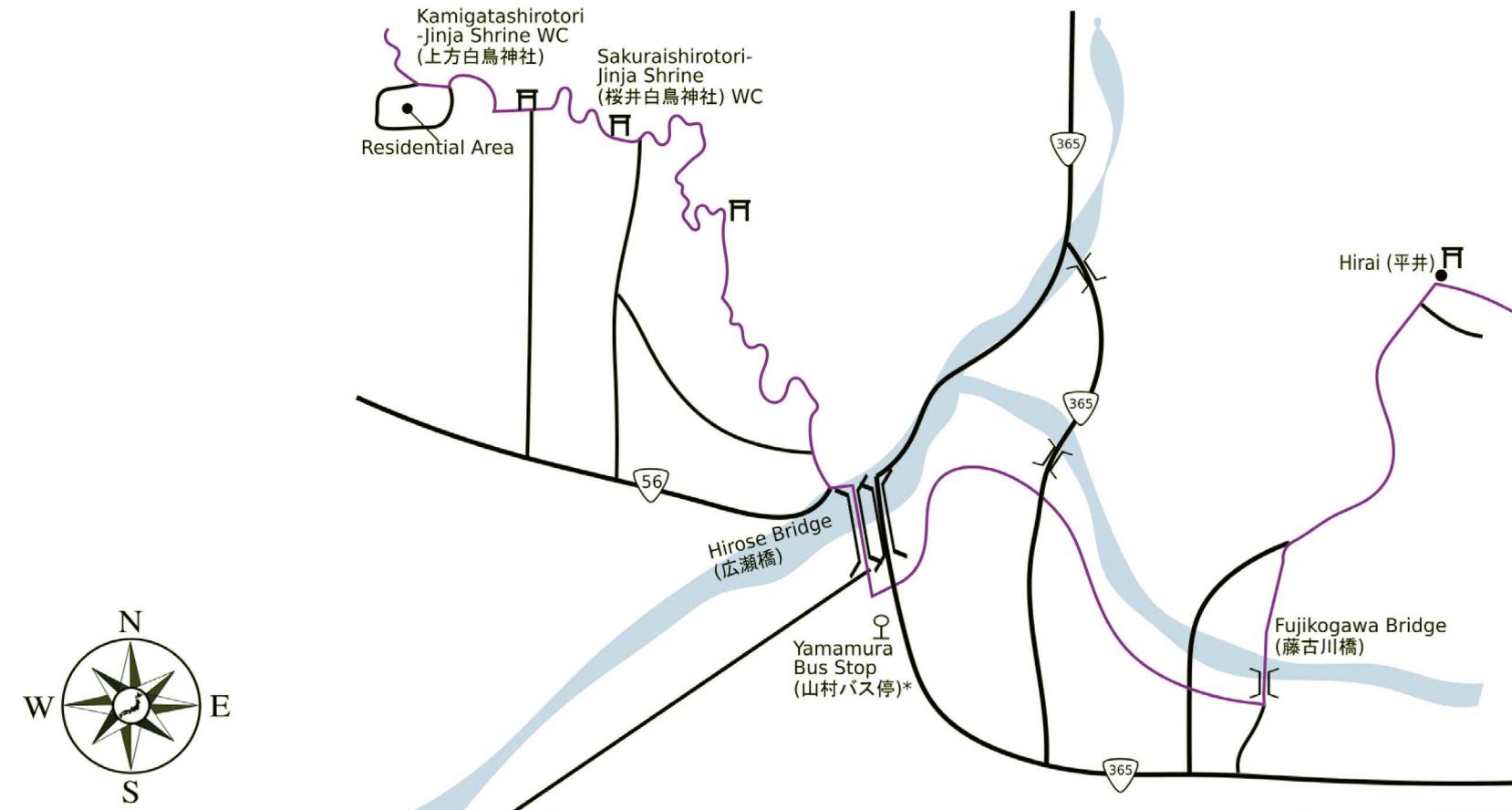


Map 60 Hirai (平井) to Kamigatashirotori-Jinja Shrine (上方白鳥神社)

94

Prefecture: Gifu (岐阜県)

Distance 9.8 km



*This bus will take you at least one station, and runs semi frequently. See Bus Appendix in guidebook for more information.

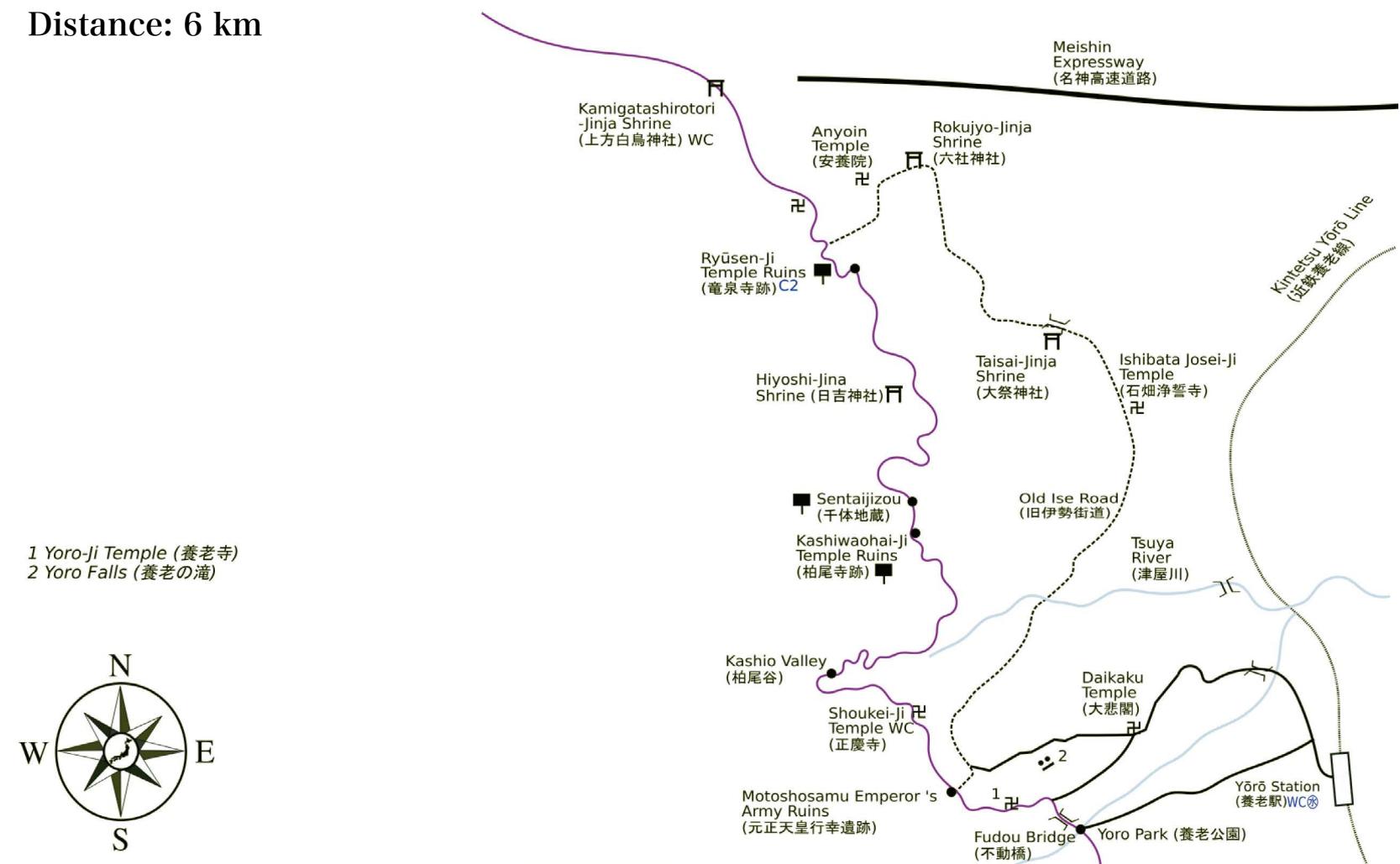
Kamigatashirotori-Jinja Shrine	← 0:30 1.1 km → 0:30	Sakuraishirotori-Jinja Shrine	← 0:50 3.0 km → 0:50	Hirose Bridge	← 0:50 3.0 km → 0:50	Fujikogawa Bridge	← 0:40 2.7 km → 0:40	Hirai
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Map 61 Kamigatashirotori-Jinjya Shrine (上方白鳥神社) to Yōrō Park (養老公園)

95

Prefecture: Gifu (岐阜県)

Distance: 6 km



Yoro Park

↔ 1:00
2.00 km
→ N/A

Kashio Valley

↔ 0:25
1.0 km
→ 0:25

Sentaijizou

↔ 1:15
3.0 km
→ 1:15

Kamigatashirotori
-Jinjya Shrine

Map 62 Yoro Park (養老公園) to Kawaharago (川原越)

96

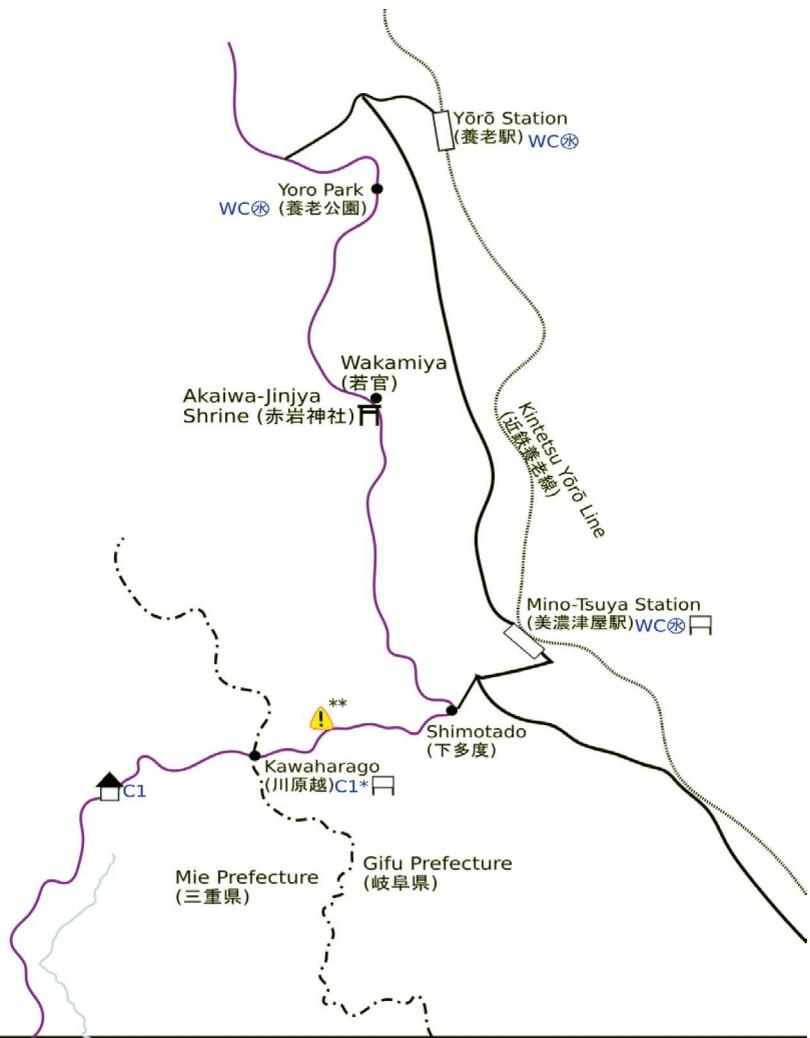
Prefecture: Gifu (岐阜県)

Distance 9.8 km



* There is no camping place at Kawaharago (川原越). There are two different paths you take to for differing trails. I followed the path to Mt.Yoro (養老山), after climbing the log stairs you will see the rest area and a place to camp. This is about 5-10 minutes of walking. From this rest area you will have a view of the town below.

** There is a closure that about 1 km south Mino-Takada Station (美濃高田駅) to Kawaharagoe (川原越). No detour is provided. See guidebook for more information.



Kawaharago

← 1:00
2.9 km
→ 1:30

Shimotado

← 2:00
4.9 km
→ 2:00

Wakamiya

← 1:00
2.0 km
→ 1:00

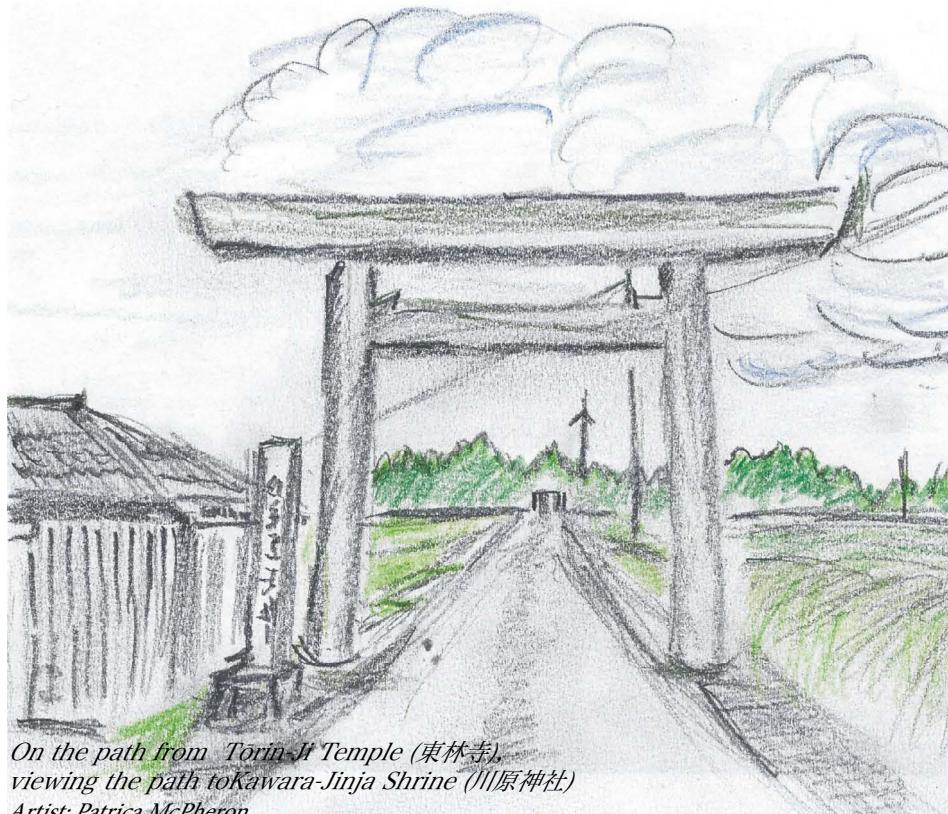
Yoro Park

Mie Course (三重県コース)

The Mie Prefecture covers a total of 182.1 km according to my book. The Official Mie Prefecture website lists the total distance as 197 km as does the Pictorial Map Guide.

Though when you add the distance given from the Official Mie Prefecture Map and the Pictorial Map Guide these you come to about 179 km, this matches about what I encountered. The difference between the distance I calculated and theirs comes from when you reach the end of the Mie Course (三重県コース). The maps end the Mie Course at Yono Park (余野公園). But you have another 4.7 km until you reach Shōkaku-ji Temple (正覓寺). As you walk to Shōkaku-ji Temple (正覓寺) you are walking along the Mie and Shiga Border, but you are still in Mie prefecture. Shiga does not include these 4.7 km, and neither does Mie depending on what map or sign you are looking at!

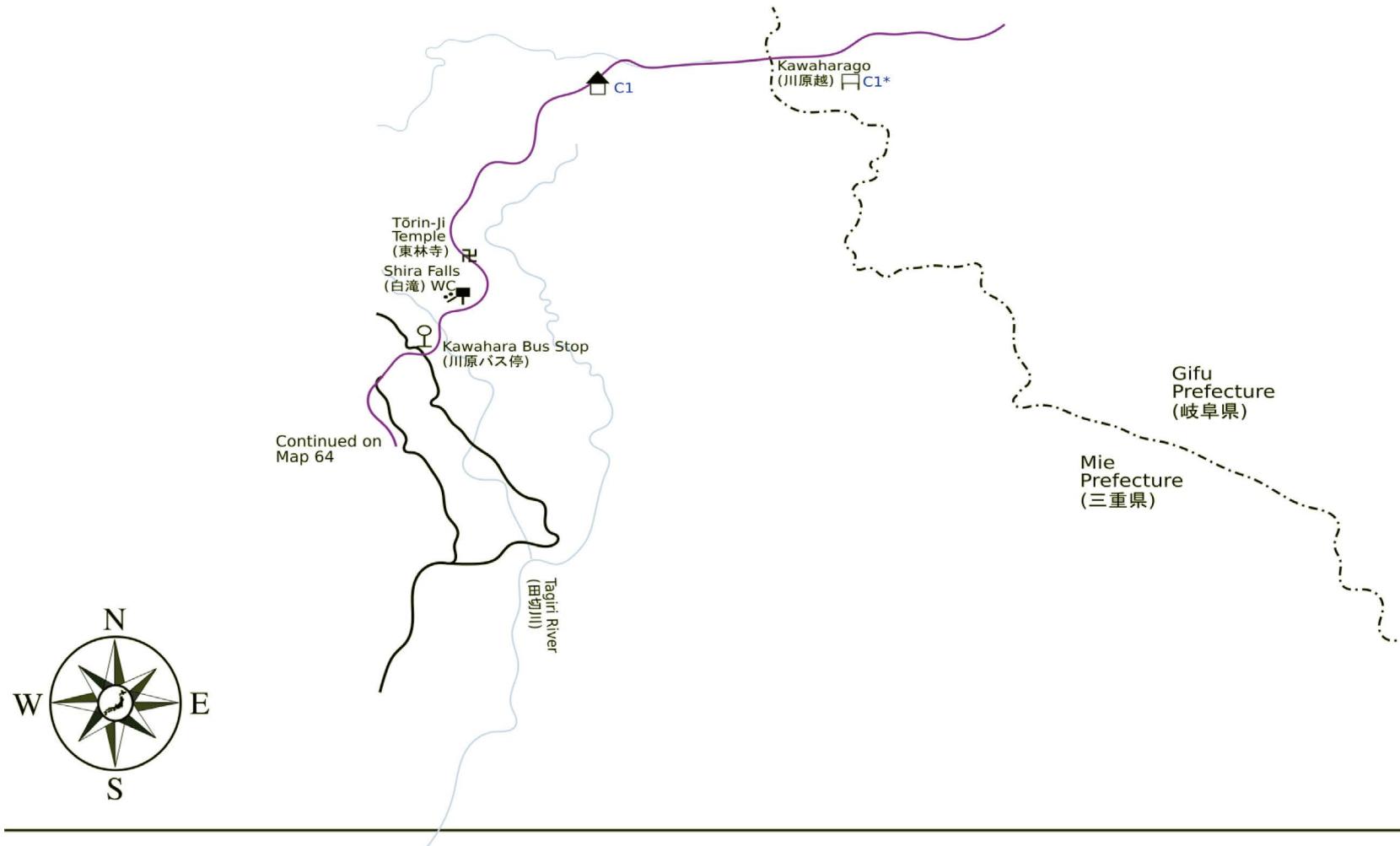
Of the 182.1 km in the Mie Prefecture 111.5 comes from the Mie Course (三重県コース), and 70.6 km come from the Mountain Course (山野辺コース).



Map 63 Kawaharago (川原越) to Tōrin-ji Temple (東林寺)

Prefecture: Mie (三重県)

Distance 6.1 km



*There is no camping place at Kawaharago (川原越). There are two different paths you take to for differing trails. I followed the path to Mt.Yoro (養老山), after climbing the log stairs you will see the rest area and a place to camp. This is about 5-10 minutes of walking. From this rest area you will have a view of the town below.

Tōrin-ji Temple

← 2:20

6.1 km

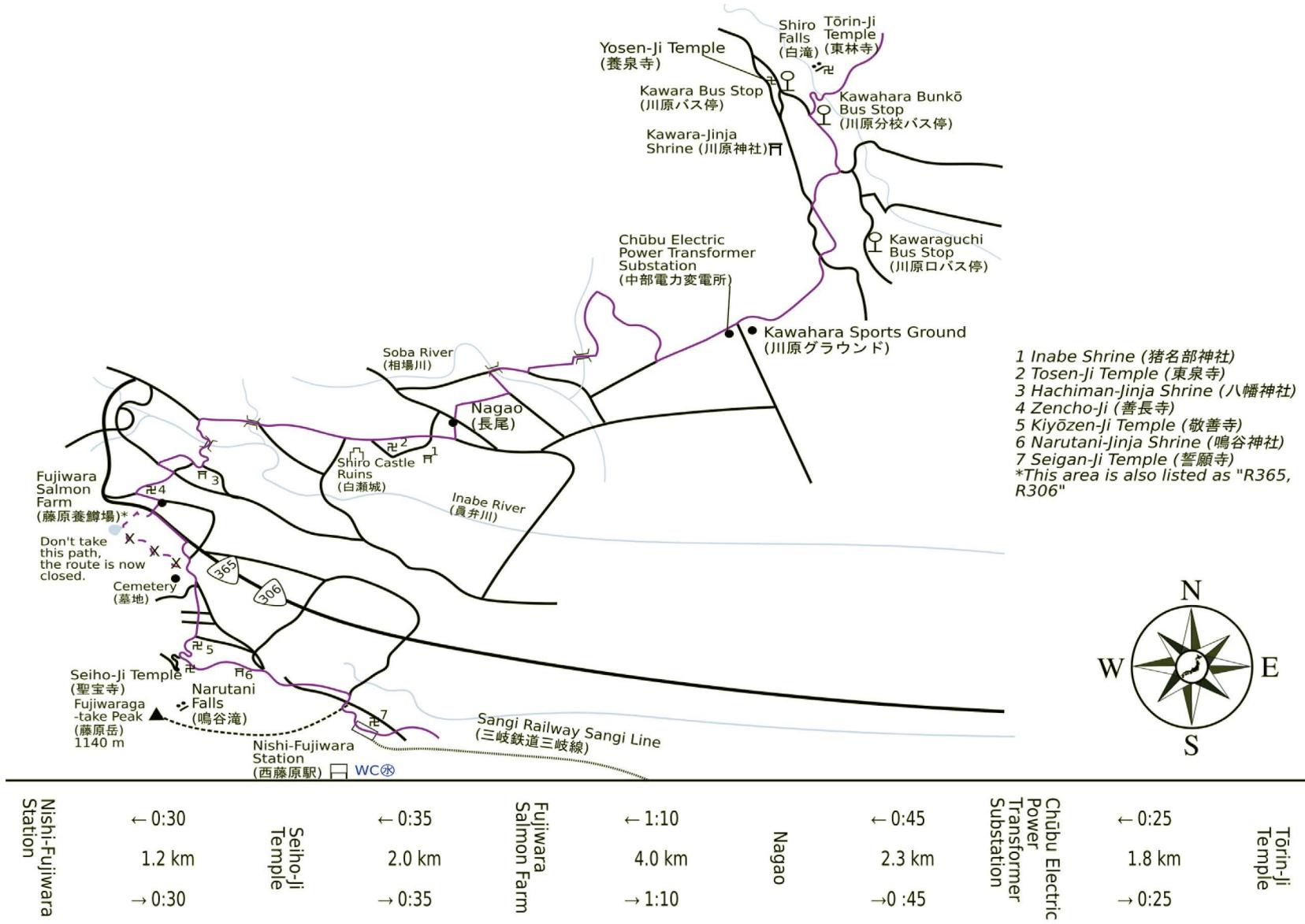
→ 1:20

Kawaharago

Map 64 Tōrin-Ji Temple (東林寺) to Nishi-Fujiwara Station (西藤原駅)

Prefecture: Mie (三重県)

Distance: 11.3 km

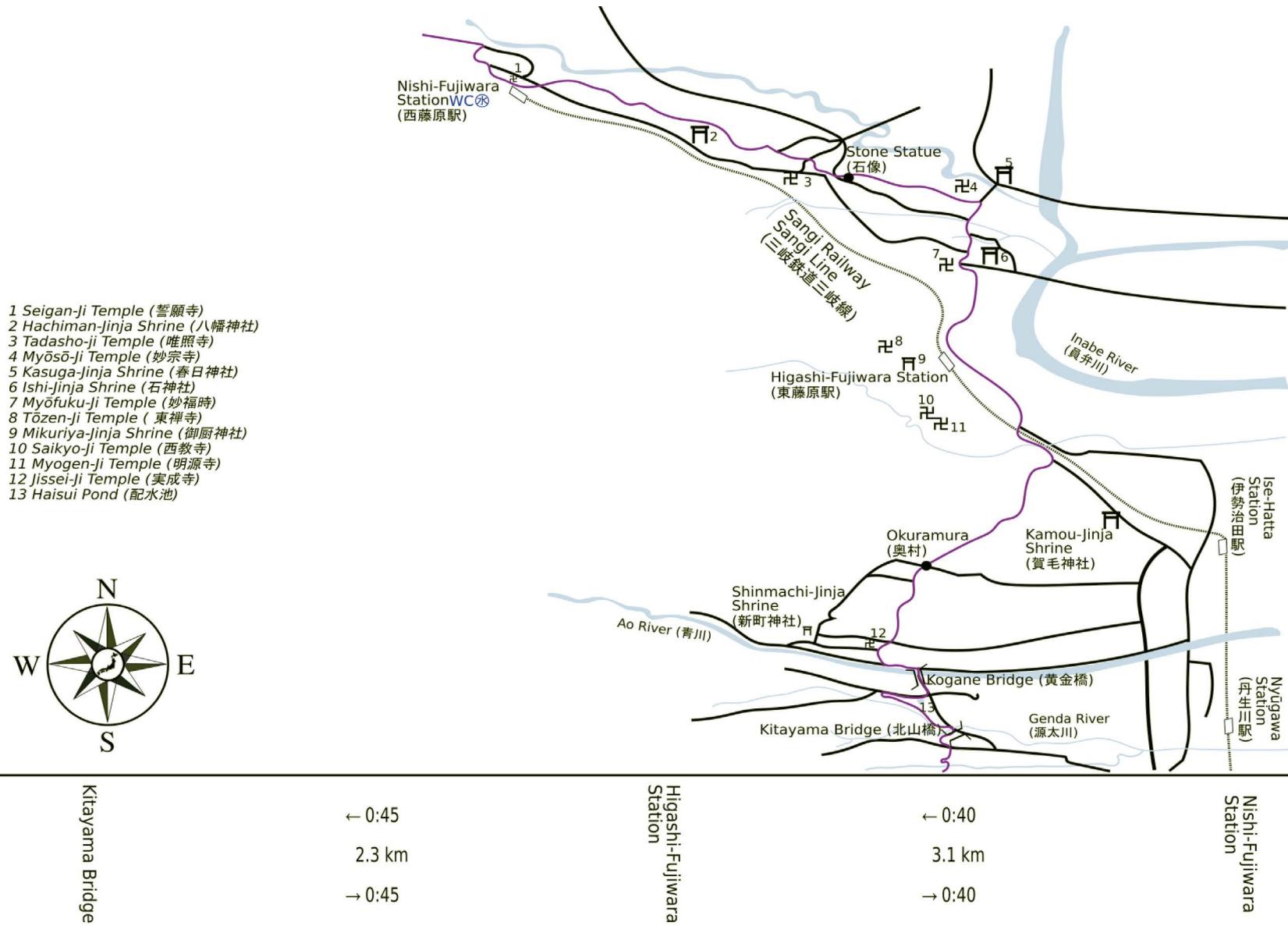


Map 65 Nishi-Fujiwara Station (西藤原駅) to Kitayama Bridge (北山橋)

100

Prefecture: Mie (三重県)

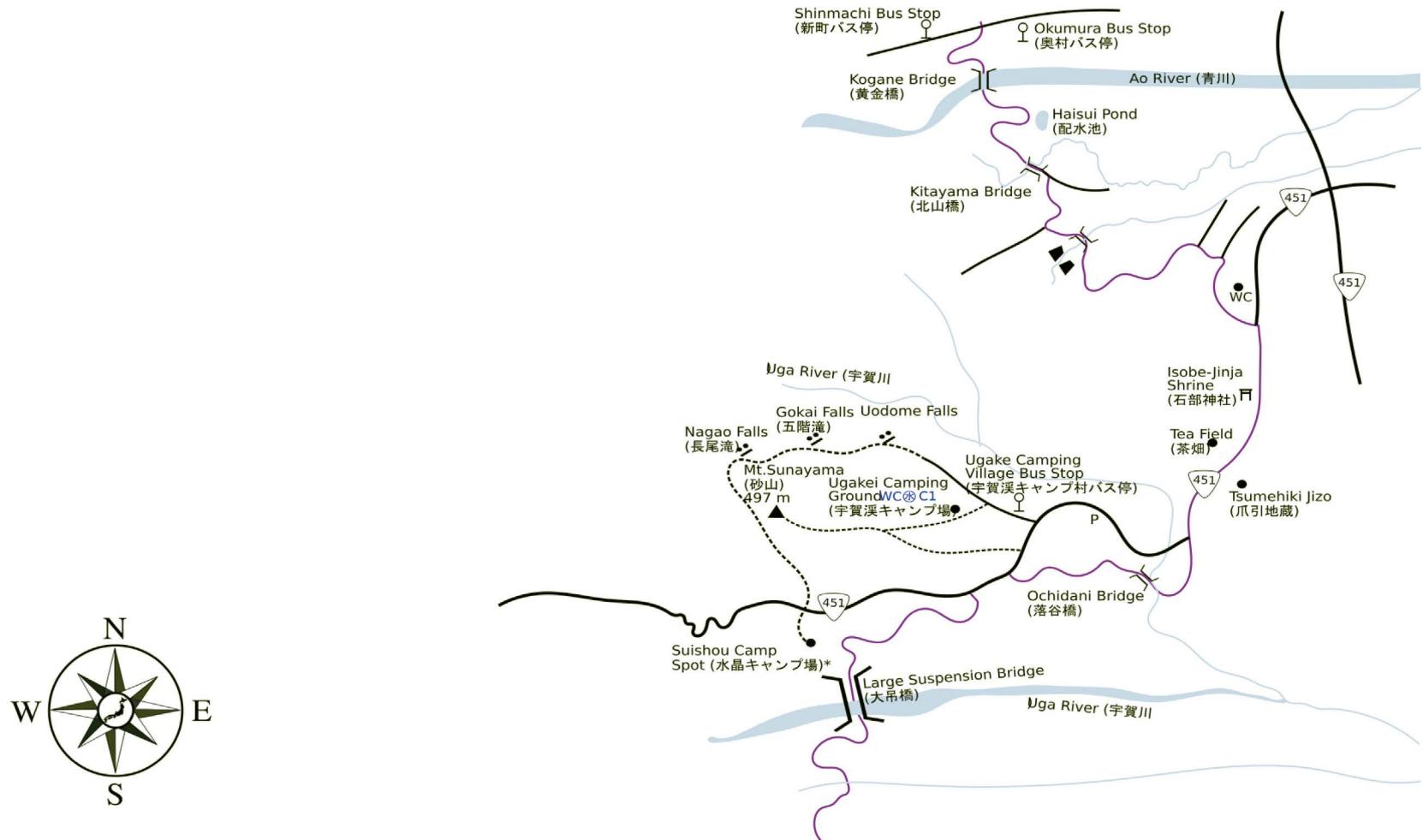
Distance: 5.4 km



Map 66 Kitayama Bridge (北山橋) to Large Suspension Bridge (大吊橋)

Prefecture: Mie (三重県)

Distance: 5.1 km



* It does not seem that Suishou Camp Spot (水晶キャンプ場) is still open. There is no website for this location. Some Japanese hiking chat boards say that it is open and run by Uga Valley Tourism Association, while some personal websites run by Japanese people who hiked the trail say it was closed but you can still get water here.

Large
Suspension
Bridge

← 1:35

5.1 km

→ 1:30

Kitayama
Bridge

Map 67 Large Suspension Bridge (大吊橋) to Kazakoshi Pass (風越峠)

102

Prefecture: Mie (三重県)

Distance: 13.2 km

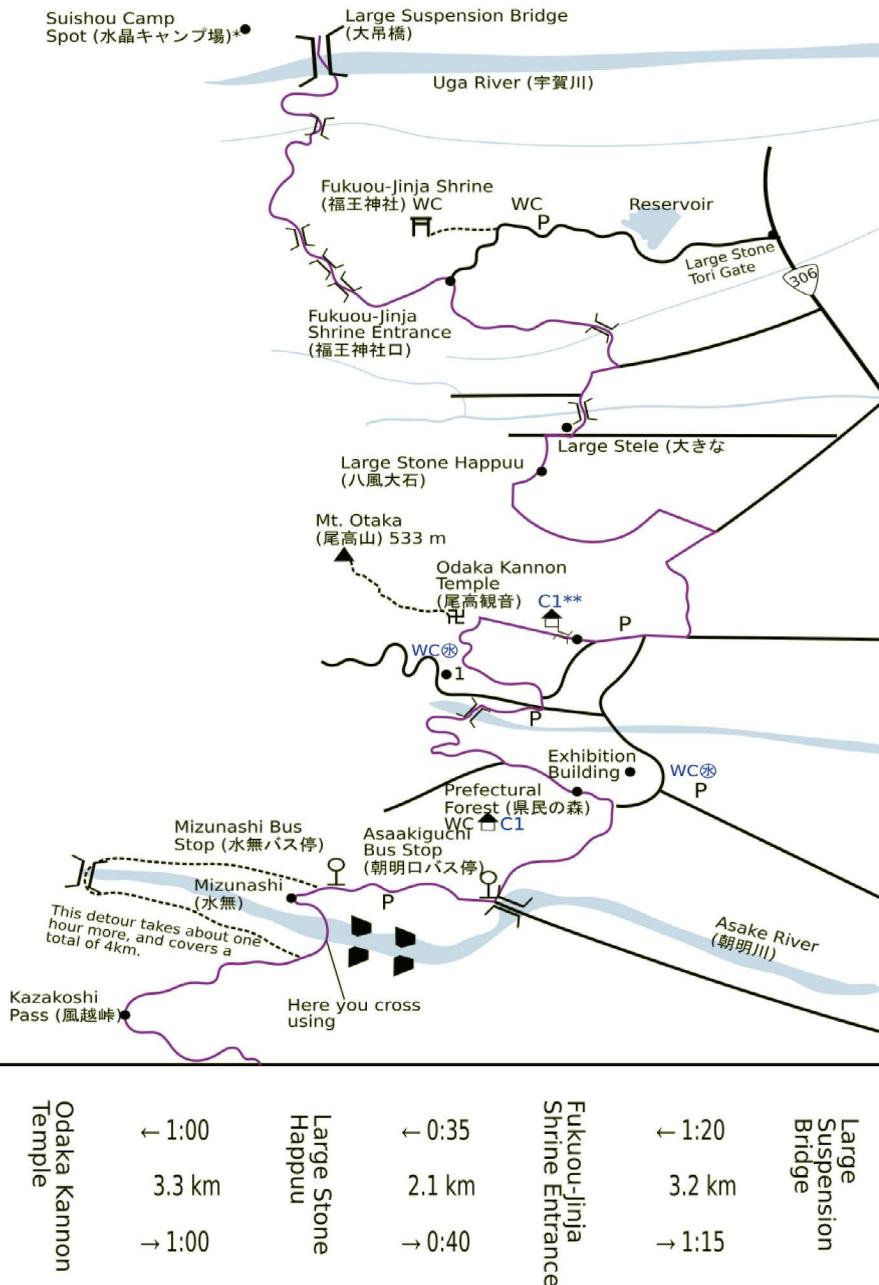
1 Odakakannon Camp Ground

(尾高高原キャンプ場). Here you can camp but it is a bit pricer than other camp site because it offers a wonderful view. Reservations are required.

<https://odakacamp.shop/>

*It does not seem that Suishou Camp Spot (水晶キャンプ場) is still open. There is no website for this location. Some Japanese hiking chat boards say that it is open and run by Uga Valley Tourism Association, while some personal websites run by Japanese people who hiked the trail say it was closed but you can still get water here.

**Before Odakakannon Temple (尾高観音) there is a small rest area. I haven't camped here but one of the Japanese hiking sites recommended the place.



Map 68 Kazakoshi Pass (風越峠) to Miyatsumakuchi Bus Stop (宮妻口バス停)

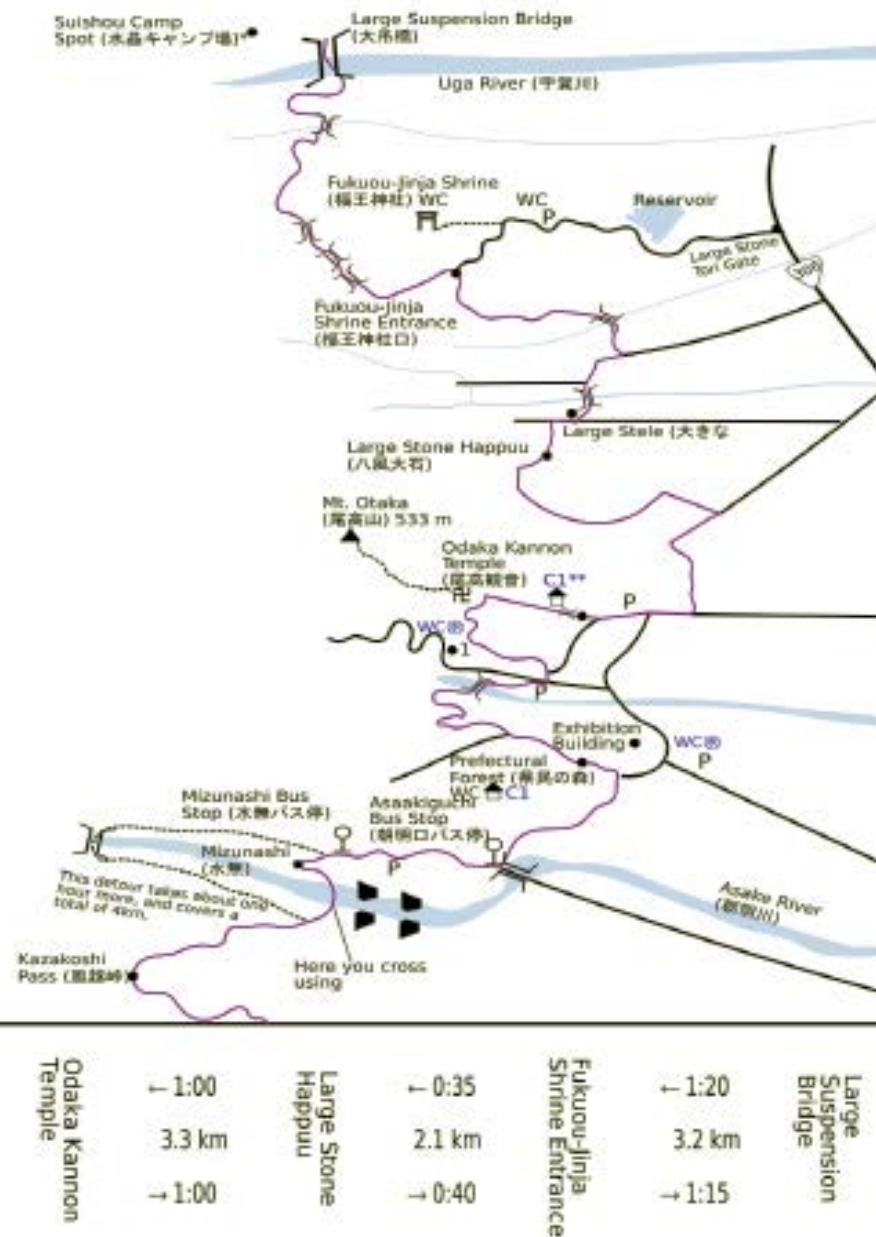
Prefecture: Mie (三重県)

Distance: 15.4 km

1 Odakakannon Camp Ground
 (尾高高原キャンプ場). Here you can camp but it is a bit pricer than the other campsite because it offers a wonderful view. Reservations are required.
<https://odakacamp.shop/>

*It does not seem that Suishou Camp Spot (水晶キャンプ場) is still open. There is no website for this location. Some Japanese hiking chat boards say that it is open and run by Uga Valley Tourism Association, while some personal websites run by Japanese people who hiked the trail say it was closed but you can still get water here.

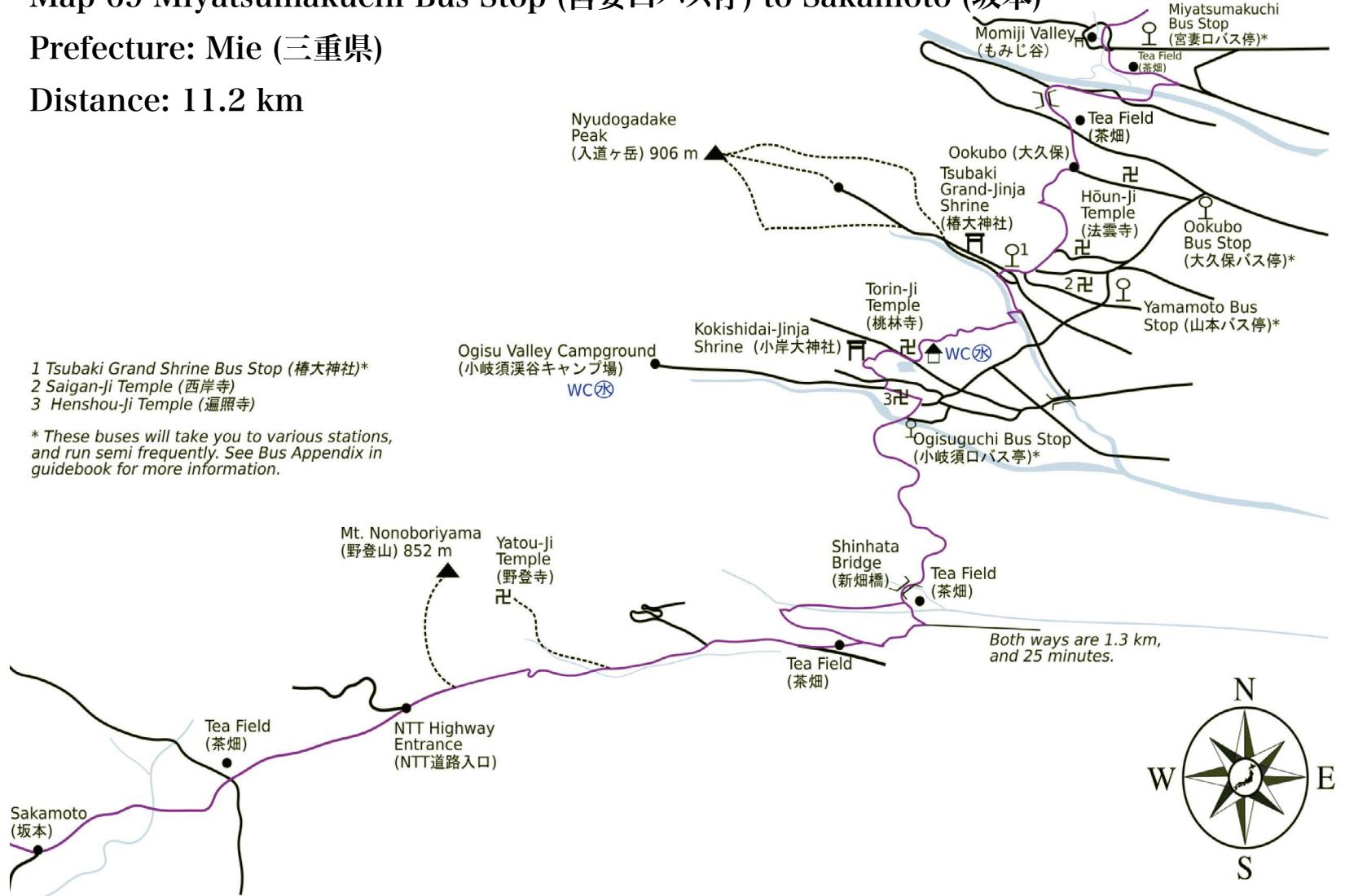
**Before Odakakannon Temple (尾高観音) there is a small rest area. I haven't camped here but one of the Japanese hiking sites recommended the place.



Map 69 Miyatsumakuchi Bus Stop (宮妻口バス停) to Sakamoto (坂本)

Prefecture: Mie (三重県)

Distance: 11.2 km



Sakamoto

↔ 0:30
1.6 km
→ 0:25

NTT Highway
Entrance

↔ 1:30
4.9 km
→ 1:15

Torin-Ji
Temple

↔ 0:25
1.5 km
→ 0:25

Tsubaki Grand-Jinja Shrine

↔ 0:25
1.4 km
→ 0:25

Ookubo

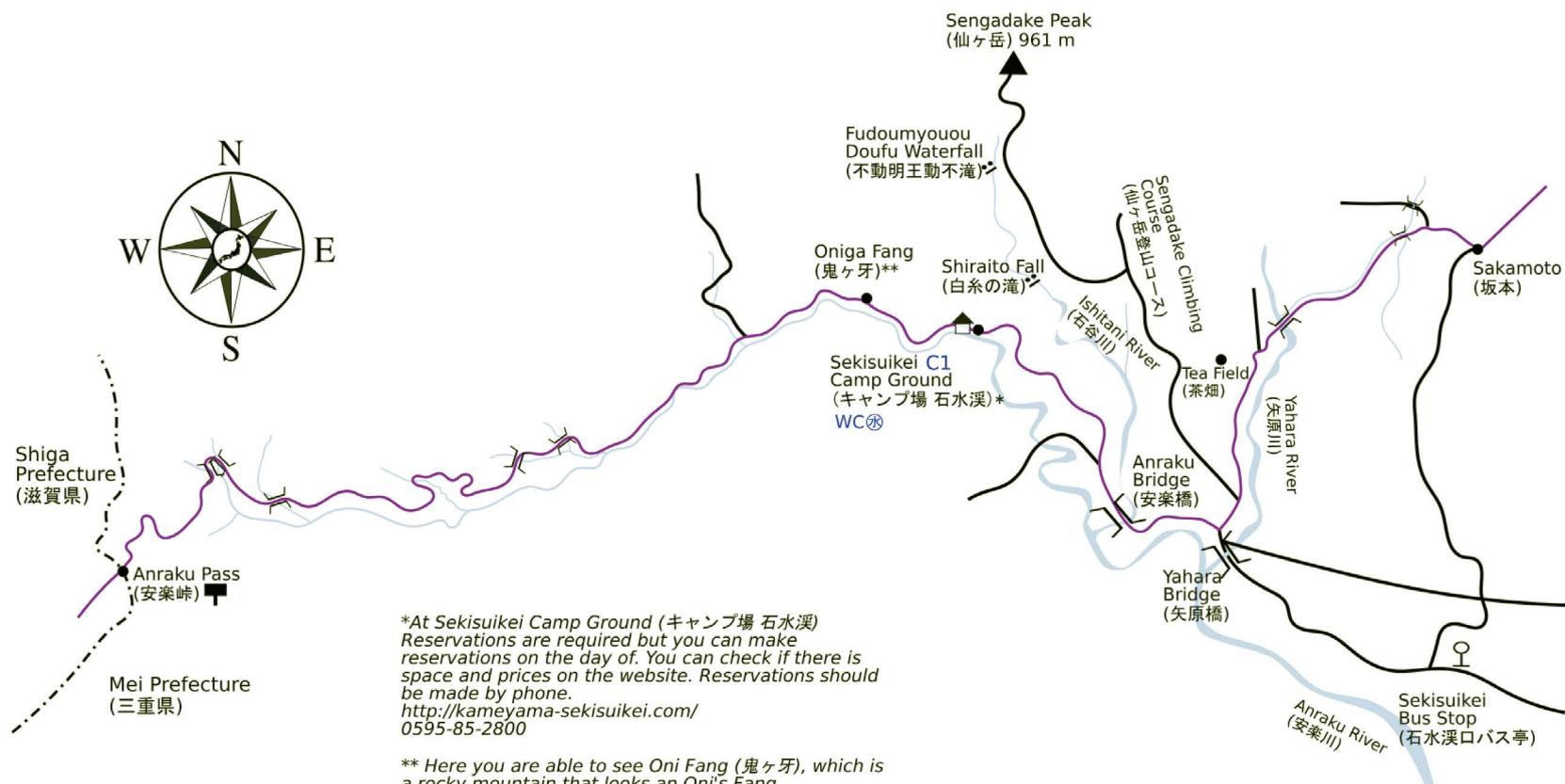
↔ 0:35
1.8 km
→ 0:40

Miyatsumakuchi
Bus Stop

Map 70 Sakamoto (坂本) to Anraku Pass (安楽峠)

Prefecture: Mie (三重県)

Distance: 7.1 km



Anraku Pass

← 1:15

4.3 km

→ 1:10

Sekisuikei Camp Ground

← 1:00

2.8 km

→ 0:50

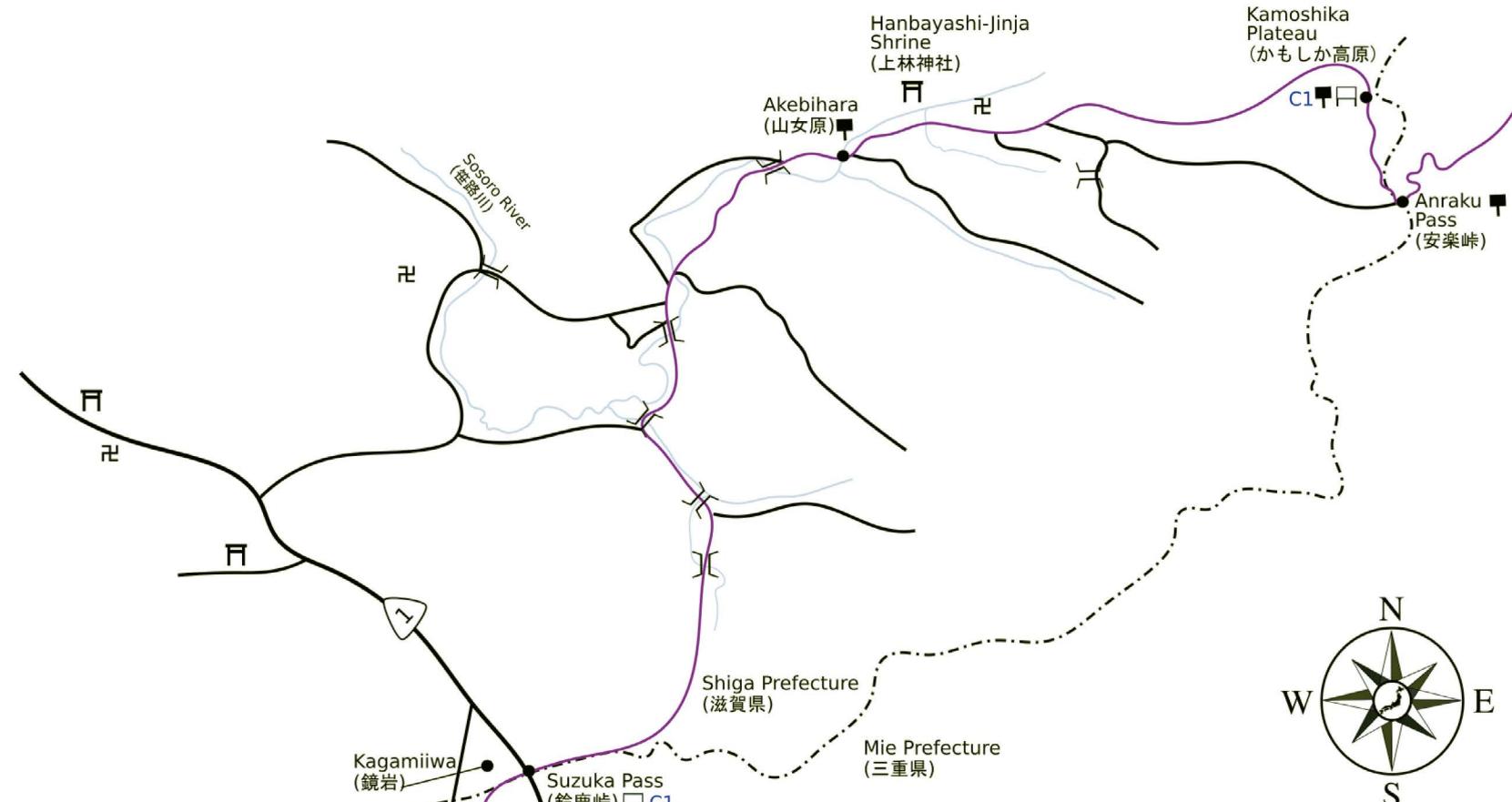
Sakamoto

Map 71 Anraku Pass (安楽峠) to Suzuka Pass (鈴鹿峠)

106

Prefecture: Shiga Prefecture (滋賀県)

Distance: 6.5 km



Suzuka Pass

← 1:50
4.0 km
→ 1:50

Akebihara

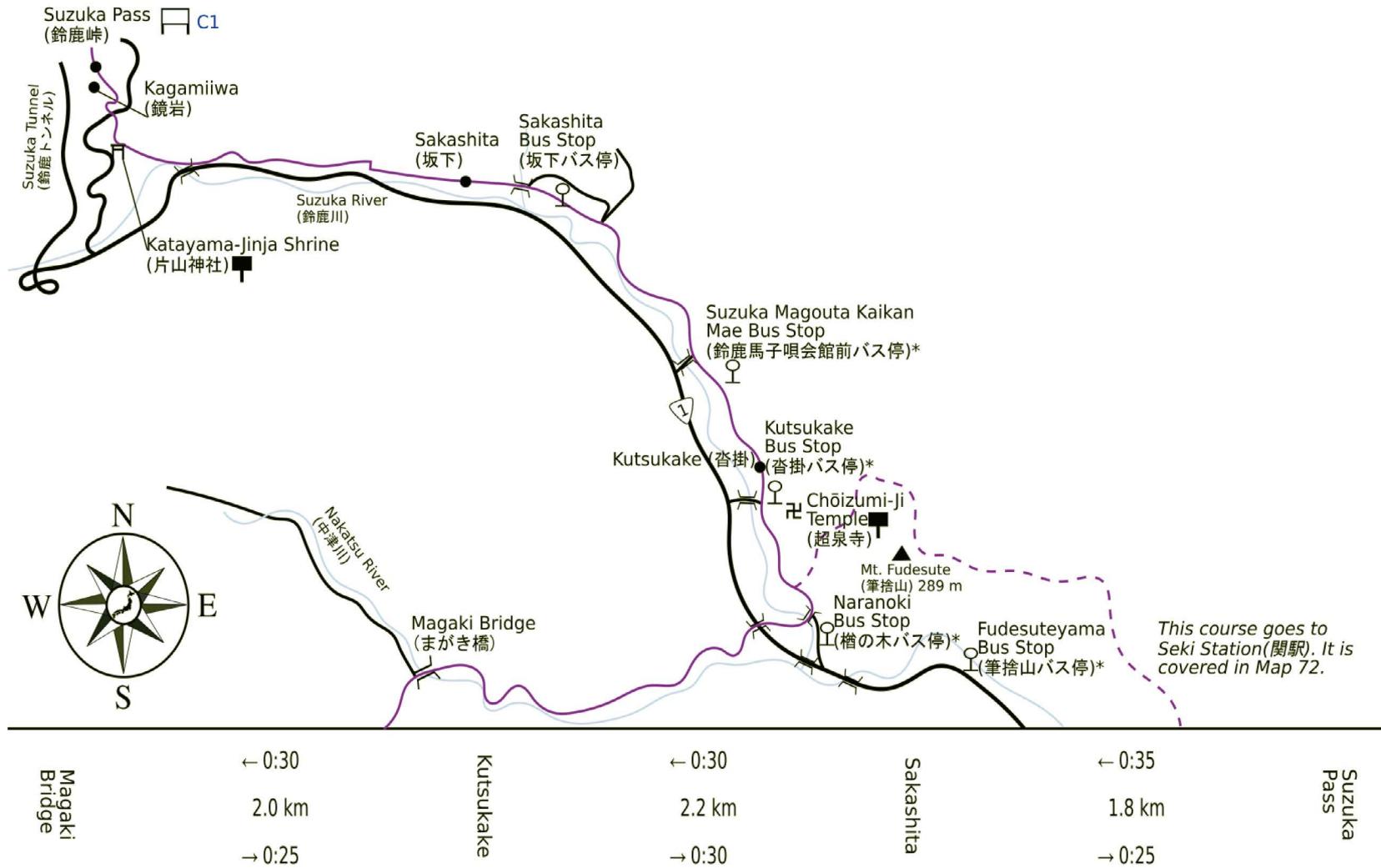
← 1:00
2.5 km
→ 1:10

Anraku Pass

Map 72 Suzuka Pass (鈴鹿峠) to Magaki Bridge (まがき橋)

Prefecture: Mie (三重県)

Distance 6.0 km

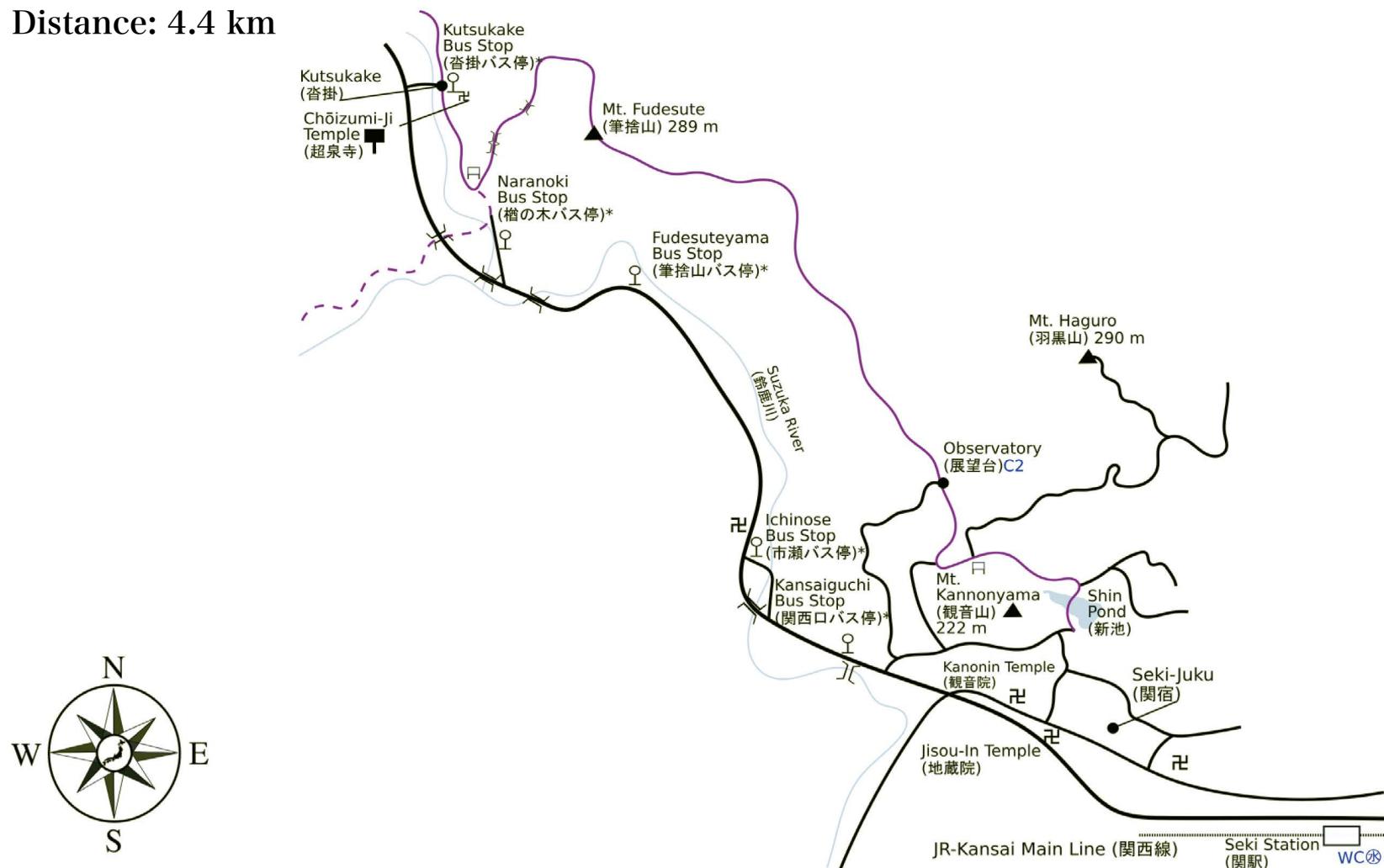


Map 73 Kutsukake (沓掛) to Mt. Kannonyama (觀音山)

108

Prefecture: Mie (三重県)

Distance: 4.4 km



The Mie prefecture map ends at Mt. Kannonyama (觀音山). The Tokai Nature Trail Vol.2 does go to Seki Station. I included this because this is a good area to pick up food and water. There are also hotels around Seki Station (関駅) or you can go one station over to Kameyama Station (龜山駅) for more hotels.

Mt. Kannonyama

← 1:10
3.3 km
→ 1:00

Mt. Fudesute

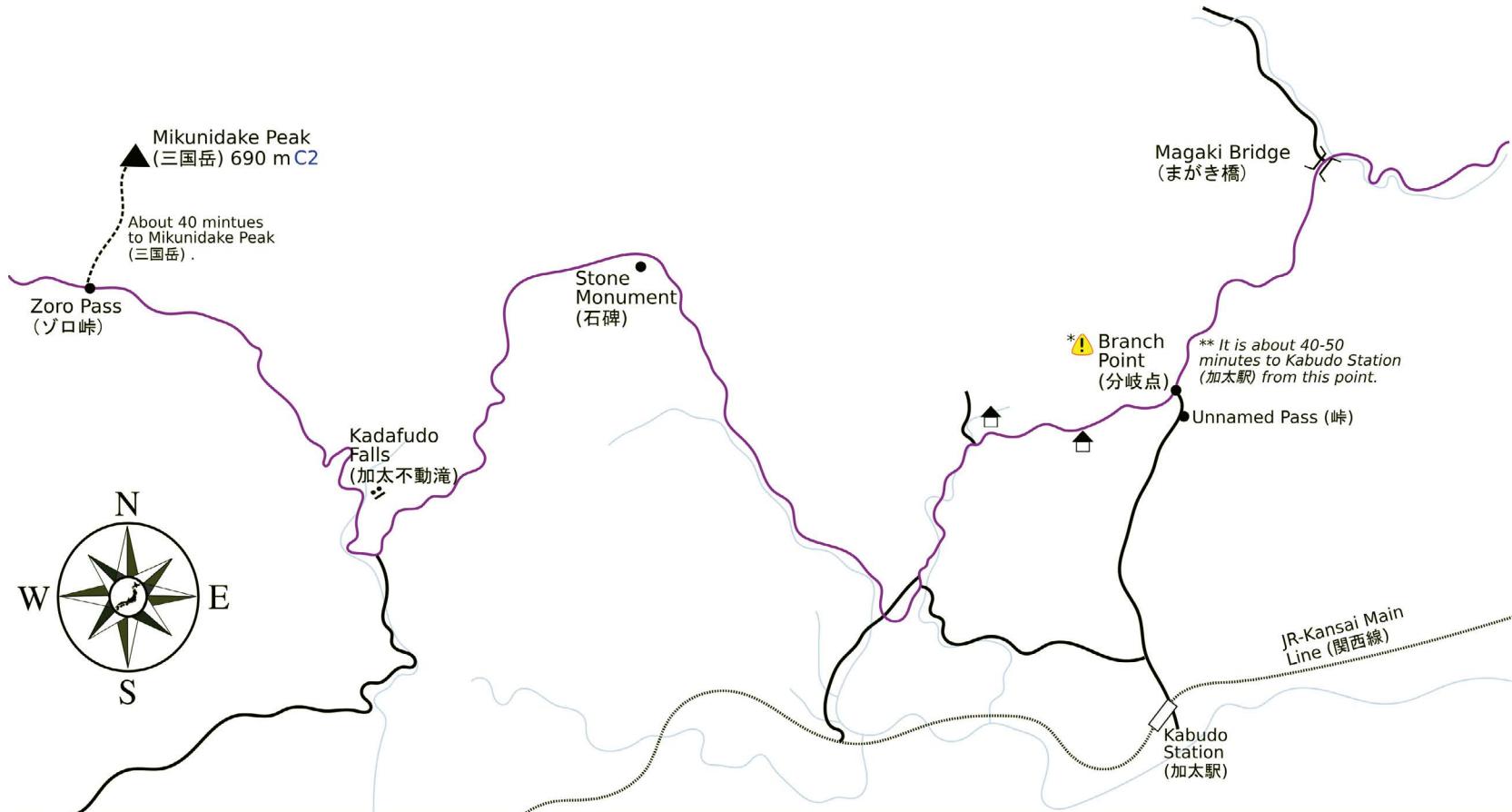
← 0:25
1.1 km
→ 0:25

Kutsukake

Map 74 Suzuka Pass (鈴鹿峠) to Zoro Pass (ゾロ峠)

Prefecture: Mie (三重県)

Distance: 11.8 km



* There is a closure that effects from the Branch Point (分岐点) and ends after you reach Zoro Pass (ゾロ峠). No detour is provided. See guidebook for more information.

** There is not much by Kabudo Station (加太駅). It is on the JR-Kansai Main Line (関西線), so if you are in need of supplies or a hotel you can go to either Seki Station (関駅) or Kameyama Station (龜山駅) which are only a few stops away.

Zoro Pass

← 0:55
1.9 km
→ 0:55

← 3:00
8.4 km
→ 3:00

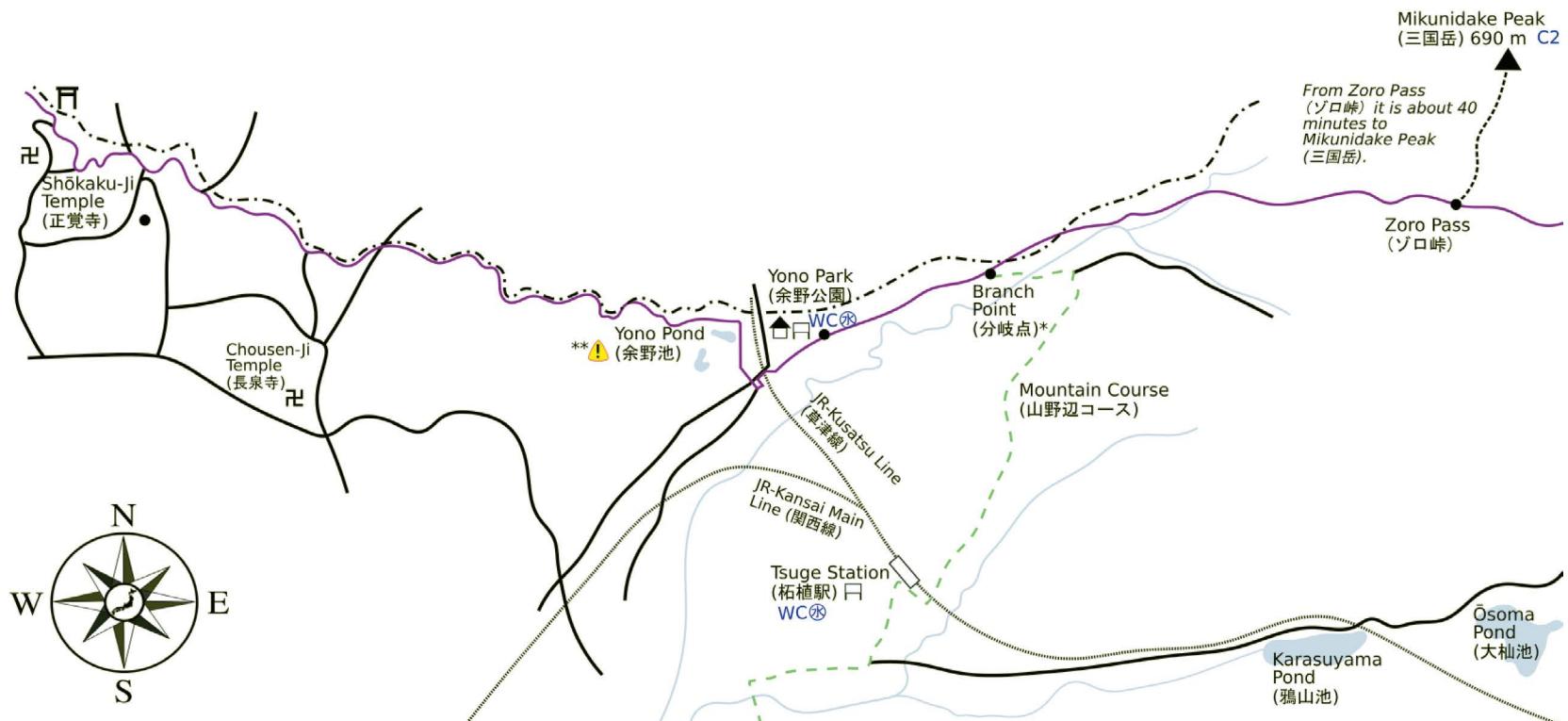
← 0:30
1.5 km
→ 0:30

Magaki Bridge

Map 75 Zoro Pass (ゾロ峠) to Shōkaku-Ji Temple (正覚寺)

Prefecture: Mie (三重県)

Distance: 8.0 km

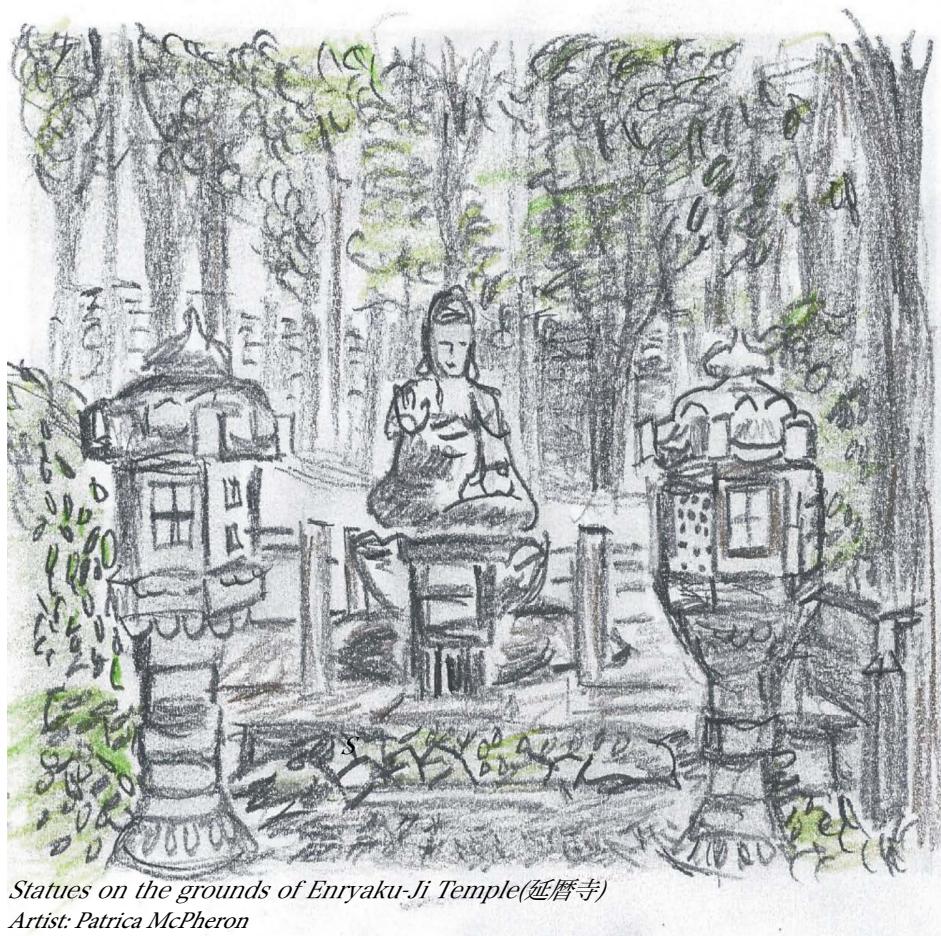


* From the Branch Point (分岐点) you can reach Tsuge Station (柘植駅) in about 30 minutes, the total distance is 2.2 km. To get to the main course you will have to back track, as if you continue on the course you will be on the Mountain Course (山野辺コース). There is not much by Tsuge Station (柘植駅). If you need supplies you are in need of supplies or a hotel you can go to either Seki Station (関駅) or Kameyama Station (亀山駅) which are both in the direction from which you came. These stations are on the same line, the JR-Kansai Main Line (関西線).

** There is a closure that starts at Yono Pond (余野池), and continues for about 500 meters. No detour is provided. See guidebook for more information.

	← 1:20 4.7 km → 1:20	Yono Park	← 0:15 .8 km → 0:15	Branch Point	← 1:20 2.5 km → 1:30	Zoro Pass
Shōkaku-Ji Temple						

Shiga Course (滋賀県 コース)



Statues on the grounds of Enryaku-Ji Temple(延暦寺)

Artist: Patricia McPheron

The Shiga Course covers a total of 82.8 km.

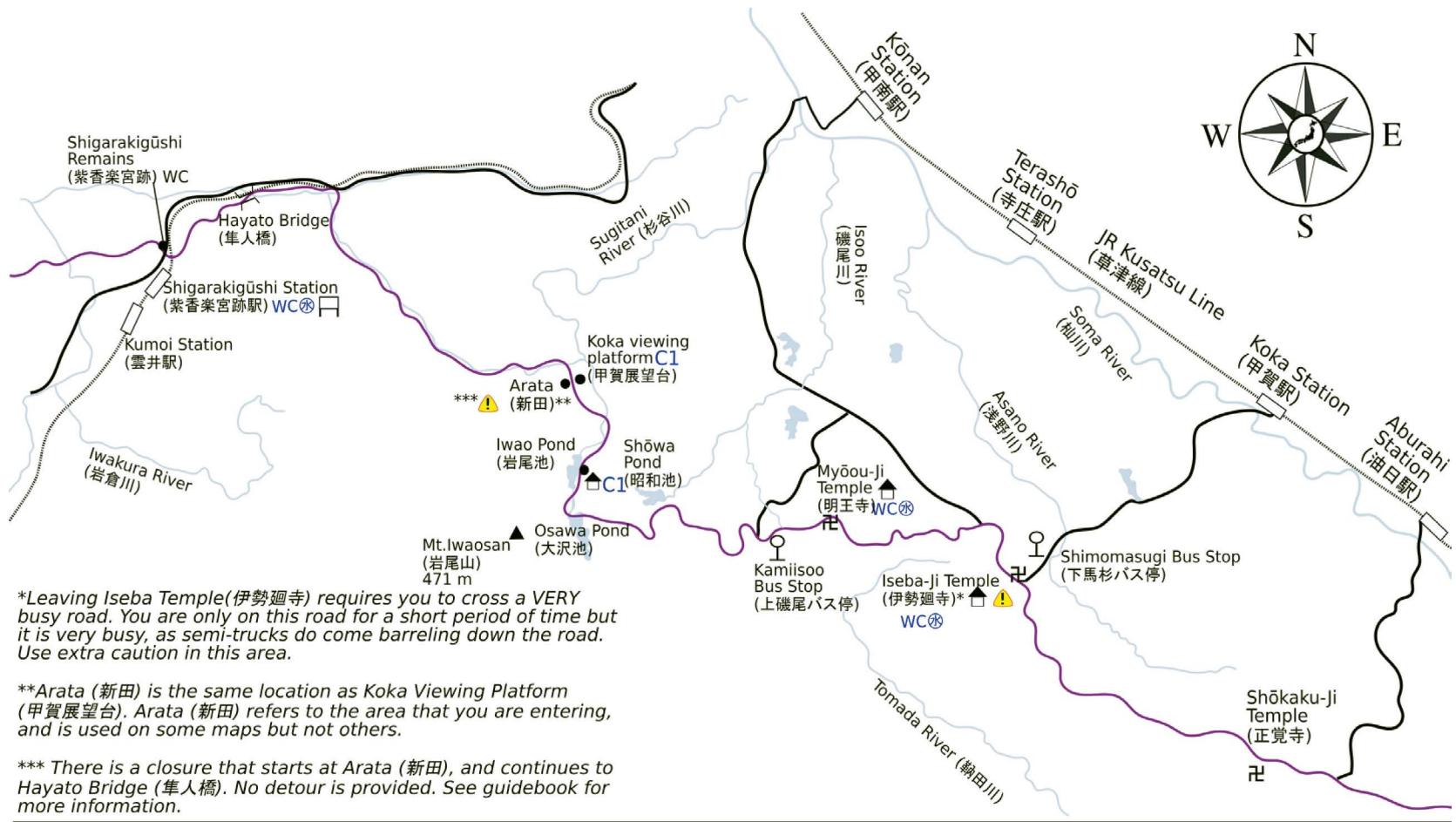
There are 95.8 km that are in Shiga Prefecture. 6.2 km are in the Mountain Course, 13 km are in the Mie Course. The remaining, 82.8 km are covered in the Shiga Course. The Official Shiga Prefecture Map lists the total distance as 92 km.

The differences comes from the 3.8 km between Shōkaku-Ji Temple (正覚寺) to Iseba-Ji Temple(伊勢廻寺). This distance is not listed on the Official Shiga Prefecture Map.

Map 76 Shōkakuji Temple (正覚寺) to Shigarakigūshi Ruins (紫香楽宮跡)

Prefecture: Shiga (滋賀県)

Distance: 21.8 km

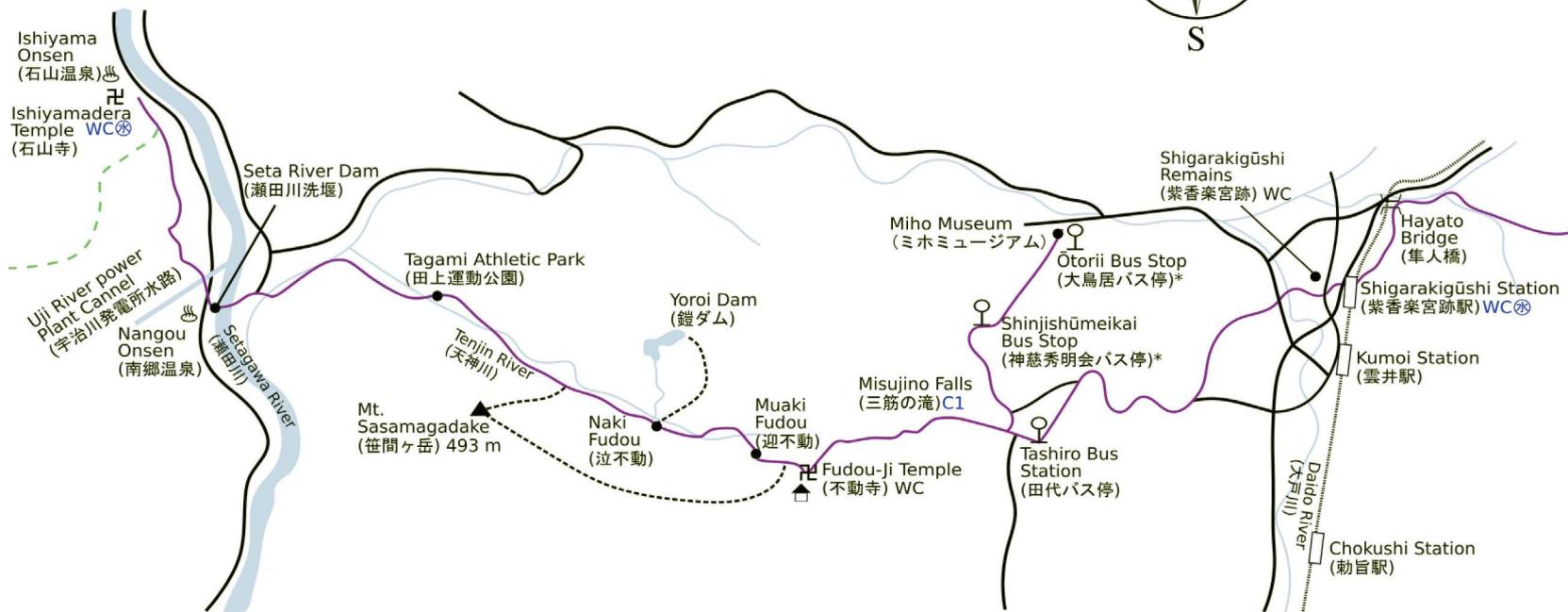


Shigarakigūshi Ruins	← 1:20 2.5 km → 1:20	Hayato Bridge	← 2:20 7.0 km → 2:20	Iwao Pond	← 1:15 4.5 km → 1:15	Kamiisoo Bus Stop	← 1:20 4.0 km → 1:20	Iseba-ji Temple	← 1:50 3.8 km → 1:50	Shōkaku-ji Temple
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Map 77 Shigarakigūshi Ruins (紫香楽宮跡) to Ishiyamadera Temple (石山寺)

Prefecture: Shiga (滋賀県)

Distance: 27.5 km



*These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

I suggest that you go walk up the path to Miho Museum (ミホミュージアム), this is the first bus stop on the line. This bus can be crowded so if you want a seat you should wait at the bus terminal. The distance is under .5km.

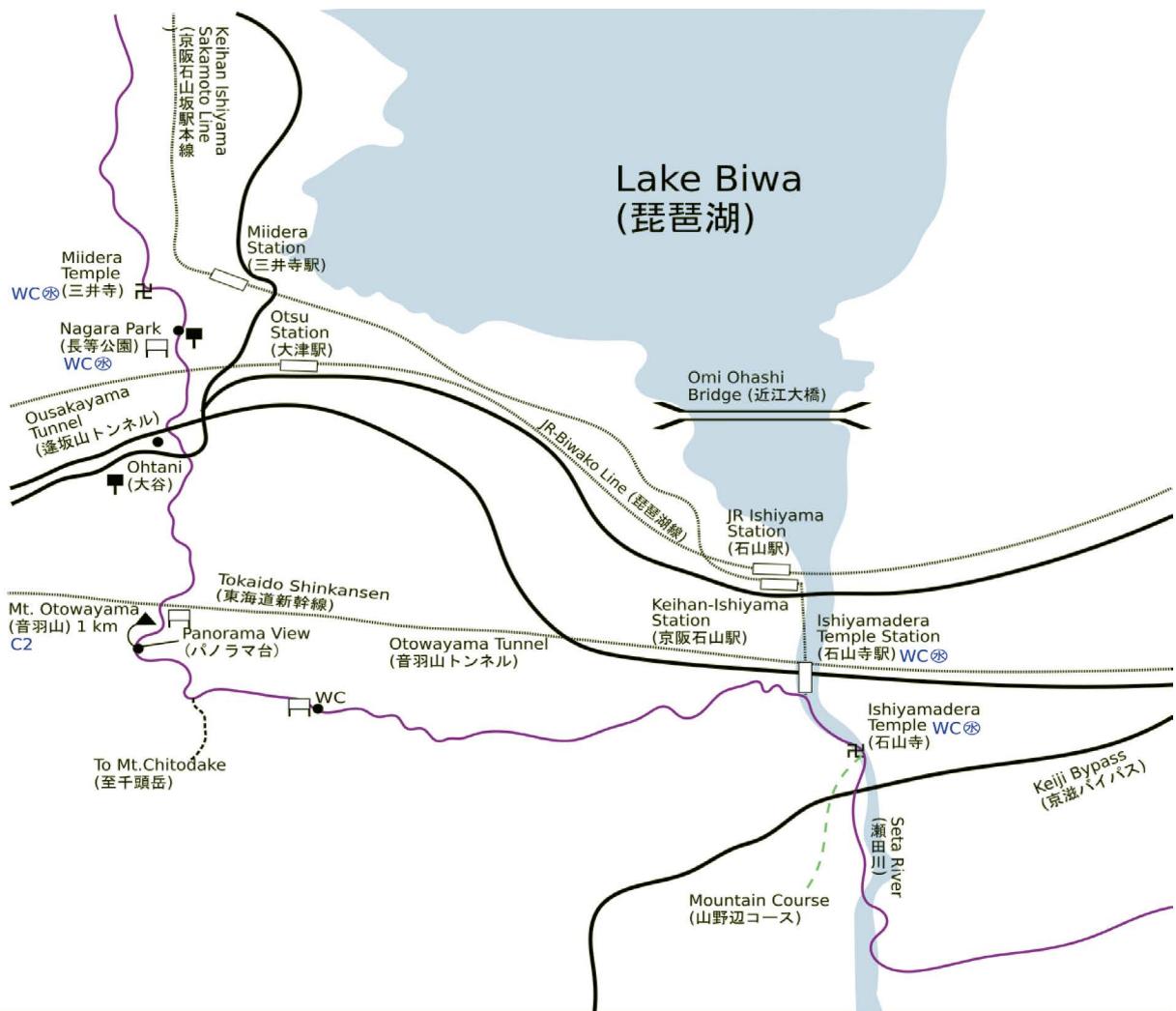
	Ishiyamadera Temple	Seta River Dam	Fudouji Temple	Misujino Falls	Tashiro Bus Station	Shigarakigūshi Ruins
← 1:30		← 3:00	← 2:00	← 0:30	← 3:30	
3.0 km		8.5 km	6.5 km	1.5 km	8.0 km	
→ 1:30		→ 3:10	→ 2:00	→ 0:30	→ 3:20	

Map 78 Ishiyamadera (石山寺) to Miidera (三井寺)

114

Prefecture: Shiga (滋賀県)

Distance: 14.5 km



Miidera Temple

← 0:15
1.5 km
→ 0:15

Nagara Park

← 1:40
3.0 km
→ 1:40

Mt. Otowayama

← 3:10
10.0 km
→ 2:30

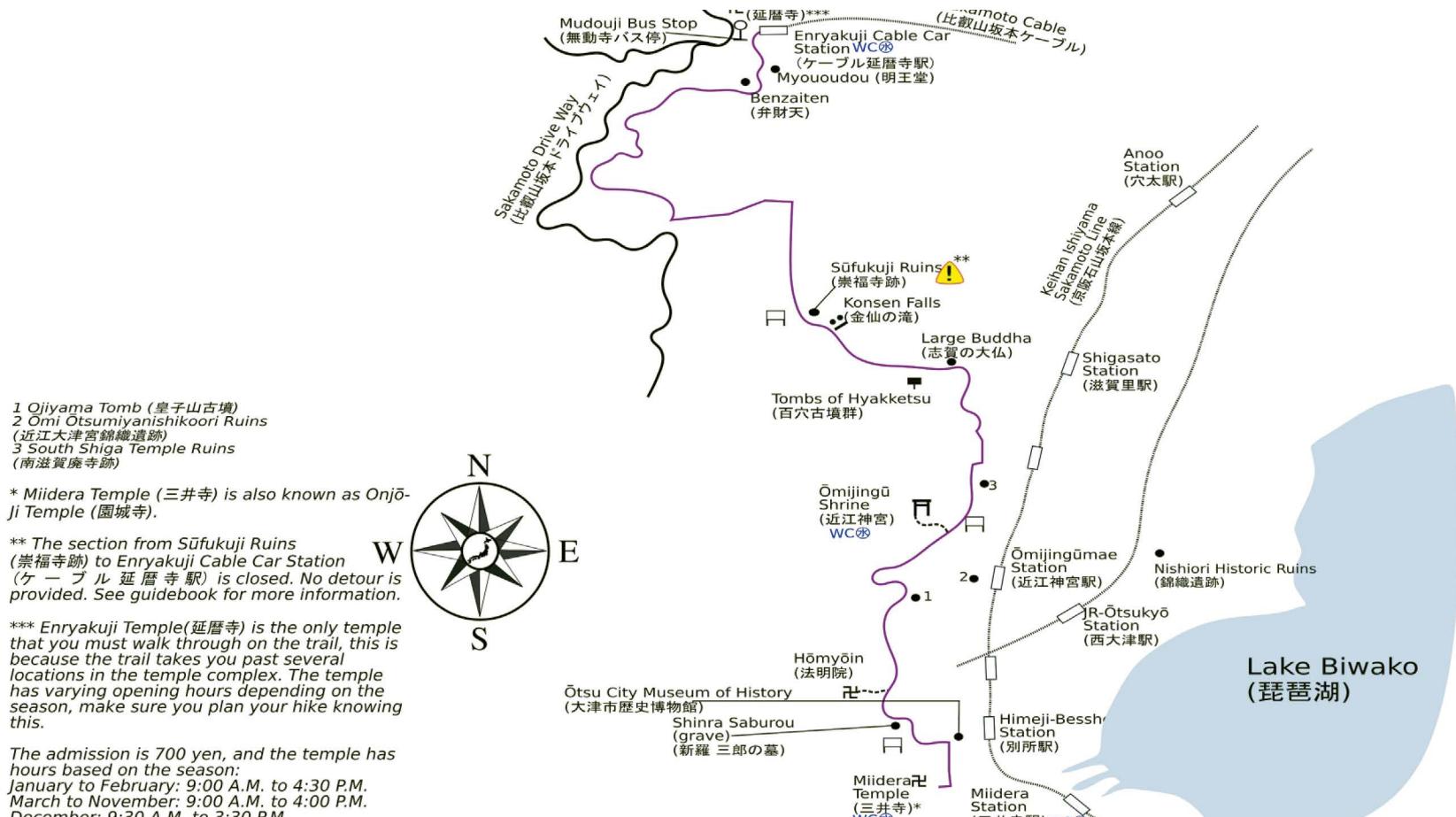
Ishiyamadera Temple

Map 79 Miidera Temple (三井寺) to Enryakuji Cable Car Station (ケーブル延暦寺駅)

115

Prefecture: Shiga (滋賀県)

Distance: 12.5 km

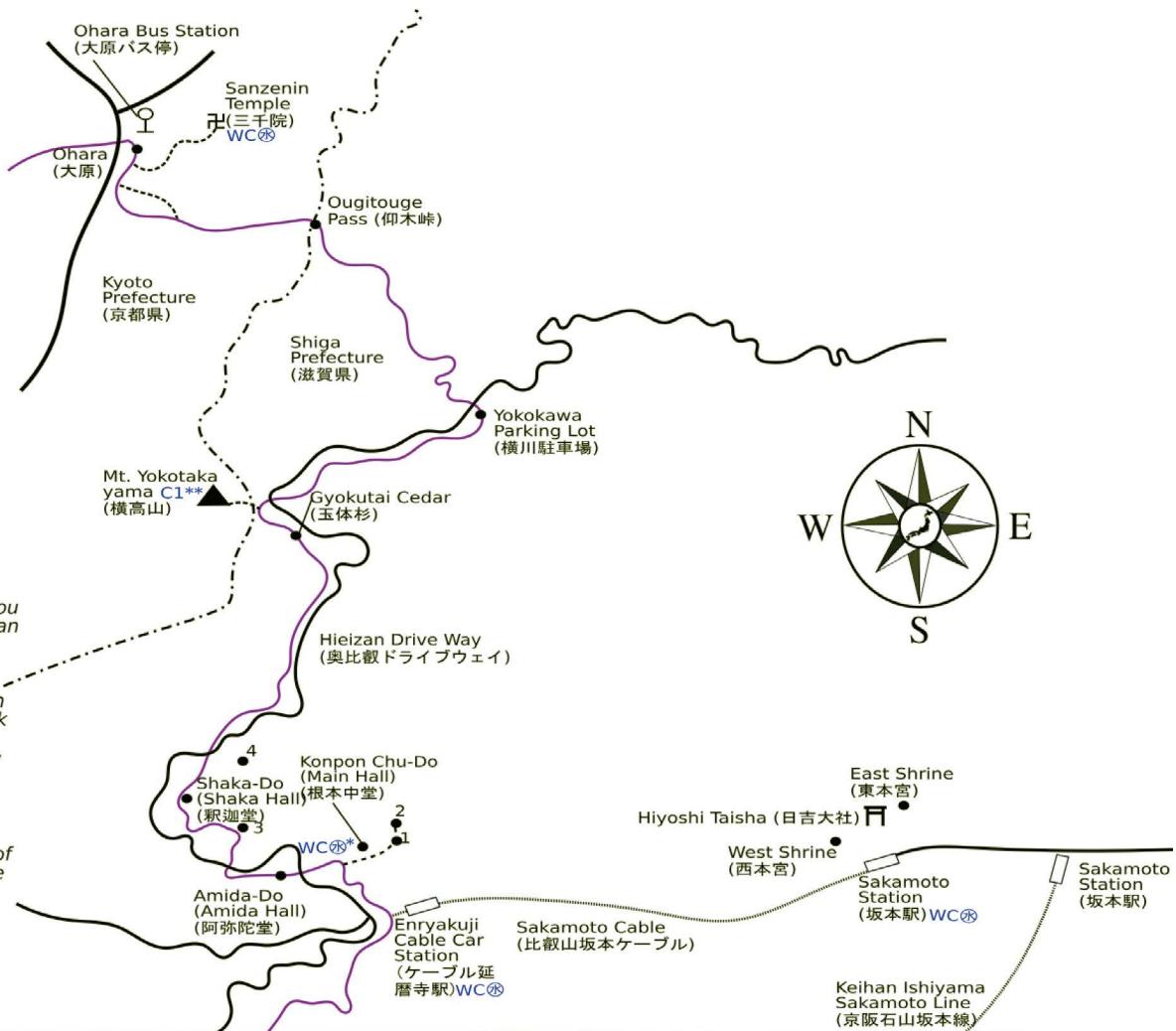


Enryakuji Station	← 2:00 6.0 km → 1:30	Sūfukujī Ruins	← 0:50 2.5 km → 0:50	Ōmijingū Shrine	← 0:25 1.8 km → 0:25	Hōmyōin Temple	← 0:40 2.2 km → 0:40	Miidera Temple
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Map 80 Enryakuji Cable Car Station (ケーブル延暦寺駅) to Ohara Bus Station (大原バス停)¹¹⁶

Prefecture: Shiga (滋賀県)

Distance: 13.2 km



← 0:30	← 0:30	← 0:40	← 0:20	← 0:10
3.2 km	5.5 km	1.2 km	1.2 km	.8 km
→ 0:30	→ 0:30	→ 0:40	→ 0:20	→ 0:10

Kyoto Course (京都県 コース)

The Kyoto Course covers a total of 62.5 km according to my book. The Official Kyoto Prefecture website lists the total distance as 65 km. The difference in distances is because both maps go slightly into Osaka Prefecture, and the Official Kyoto Prefecture map claims 1 km that I assign to Osaka Prefecture, they also include an additional side of 1.5 km around the Arashiyama area.

You can also hike Mt. Atago, which would add an additional 12 km, though this is a side hike, and not on the main trail.

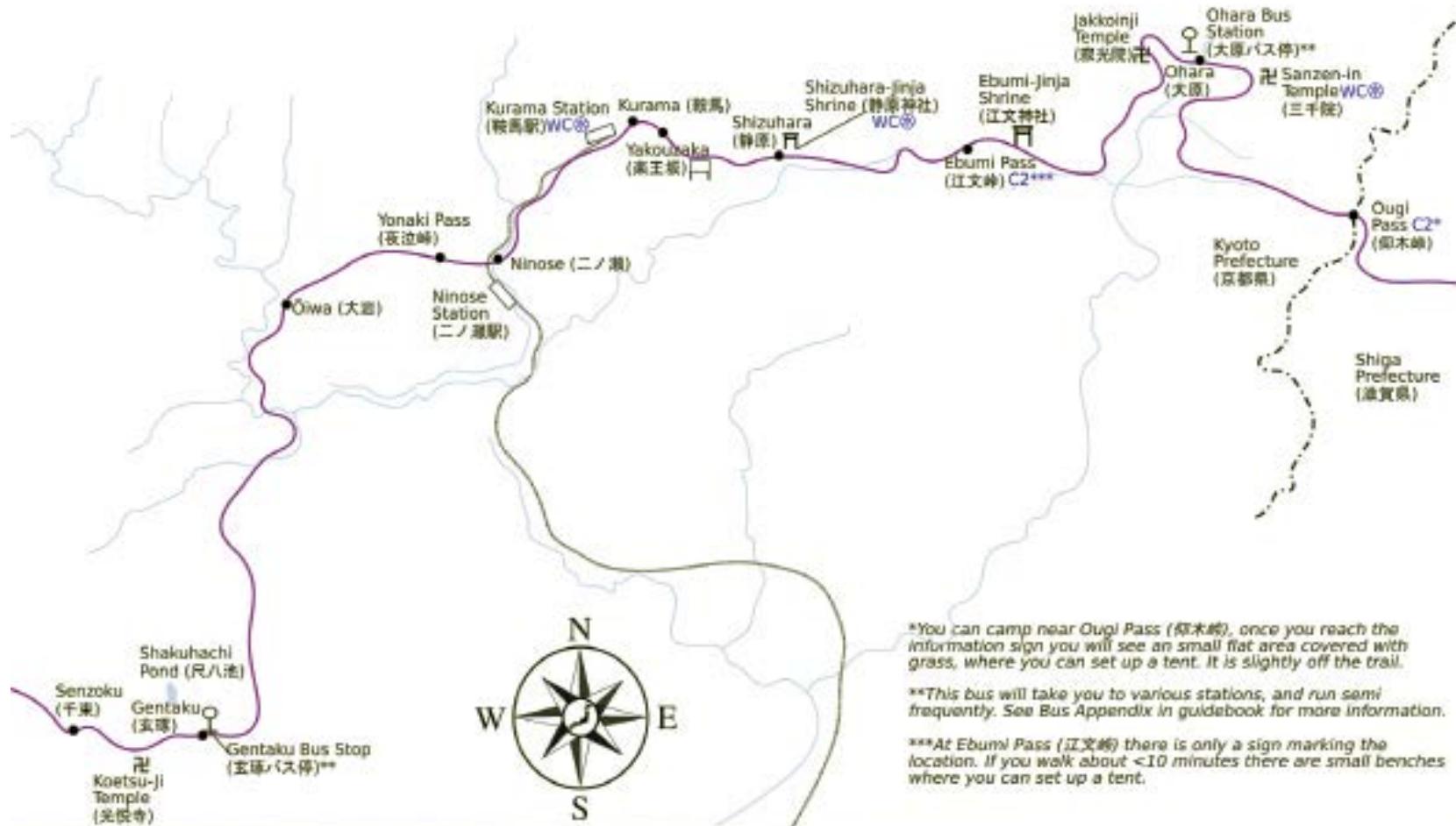


*Tengu Statue by Kurama Station (鞍馬駅)
Artist: Patricia McPheron*

Map 81 Ougi Pass (仰木峠) to Senzoku (千束)

Prefecture: Kyoto (京都県)

Distance: 23 km



	← 0:15 1.0 km → 0:15	← 1:30 6.6 km → 1:30	← 1:00 Oiwa → 1:00	Ninose → 0:40 → 0:40	Kurama → 0:40 → 0:40	Yakouzaka → 0:10 → 0:10	Shizuhara → 1:00 → 1:00	Ebumi Toge Pass → 1:00 → 1:00	Ohara Bus Station → 1:00 → 1:40	Ougitouge Pass → 1:20 3.2 km → 1:40
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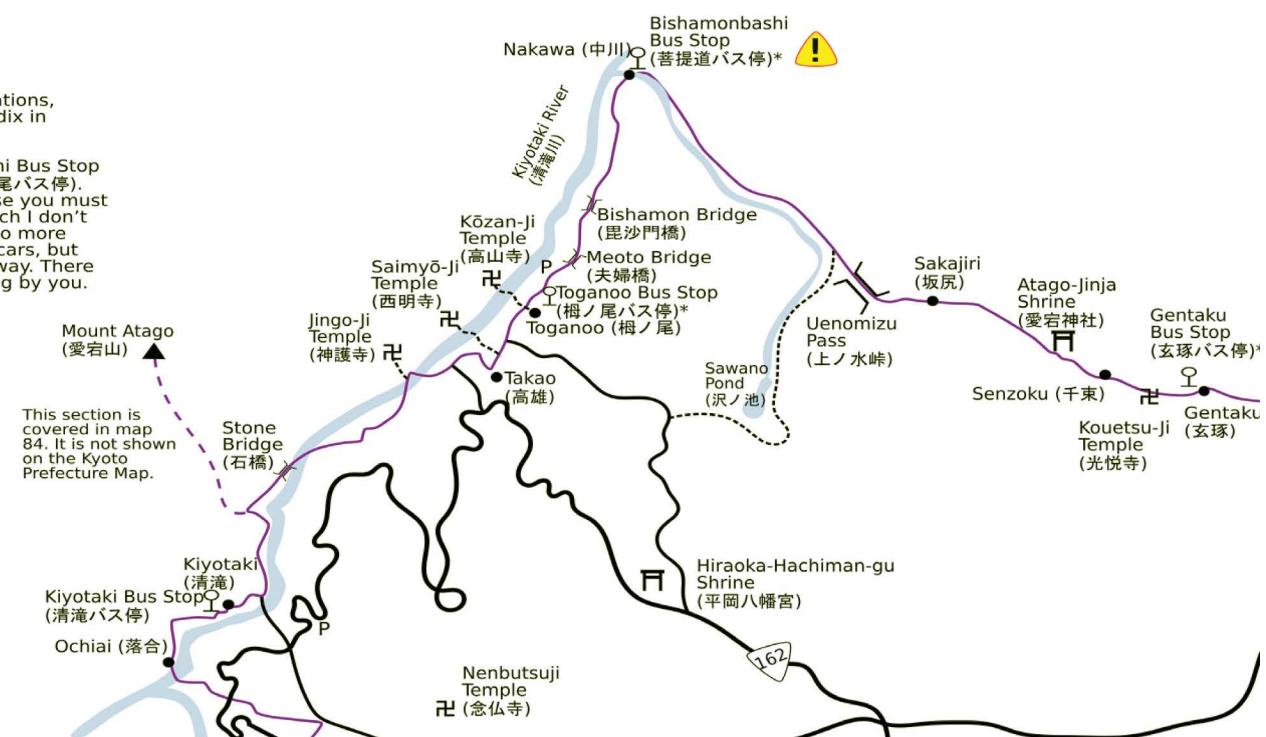
Map 82 Senzoku (千束) to Ochiai (落合)

Prefecture: Kyoto (京都県)

Distance: 13.5 km

*These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

**I advise taking the bus from Bodaimichi Bus Stop (菩提道バス停) to Toganoo Bus Stop (梅ノ尾バス停). This is a very short bus ride but otherwise you must walk a long an extremely busy road, which I don't think is safe. The Tokai does take you into more populated areas, where there are some cars, but this road seemed to be more like a highway. There were multiple semi trucks and cars racing by you.

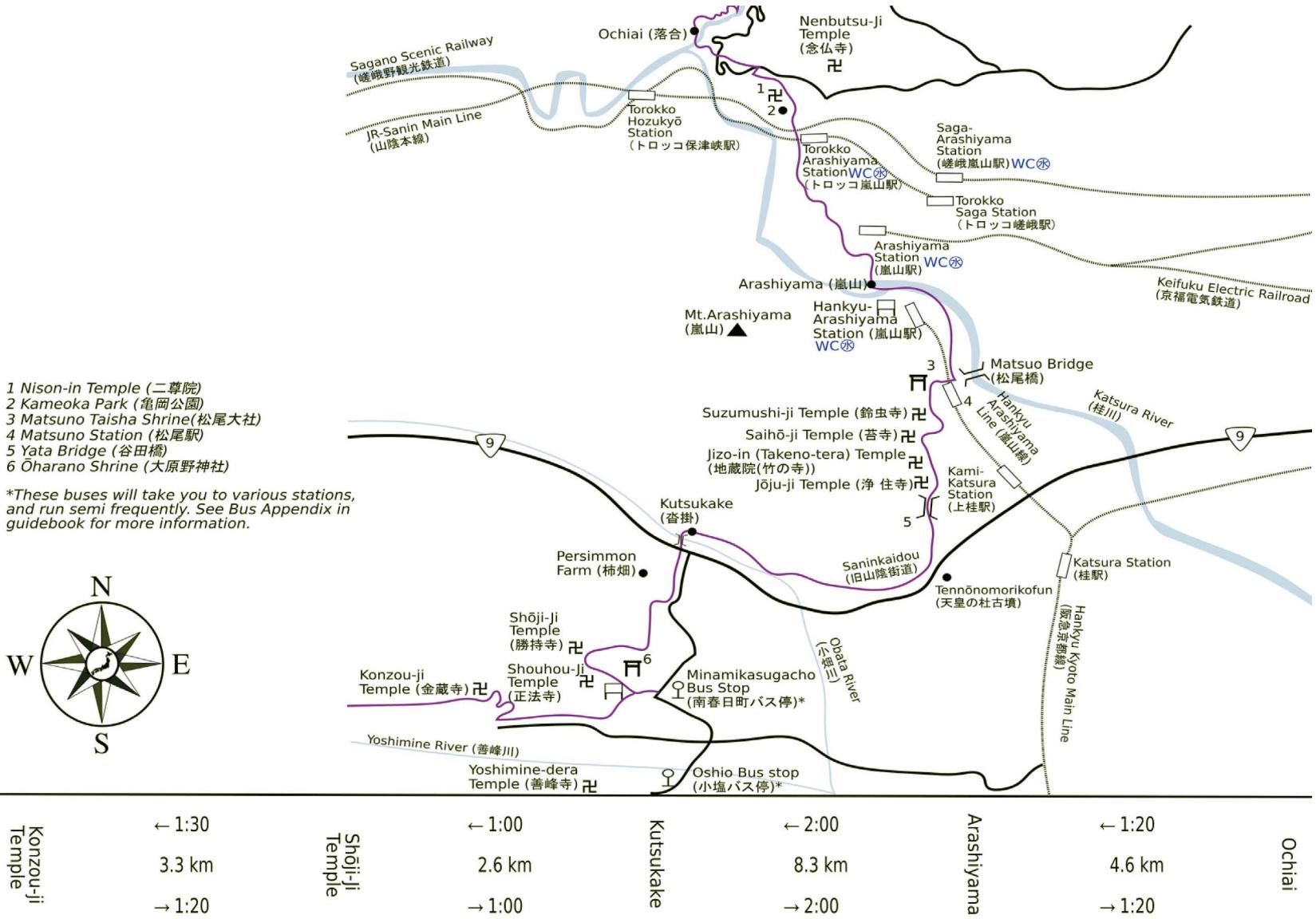


	Ochiai	Kiyotaki	Takao	Nakakawa	Nakawa	Sakajiri	Gentaku	Senzoku
← 0:25		← 1:40		← 1:00		← 1:00	← 0:50	
1.3 km		4.0 km		3.6 km		3.4 km	1.2 km	
→ 0:25		→ 1:20		→ 1:00		→ 1:00	→ 0:40	

Map 83 Ochiai (落合) to Konzou-ji Temple (金藏寺)

Prefecture: Kyoto (京都県)

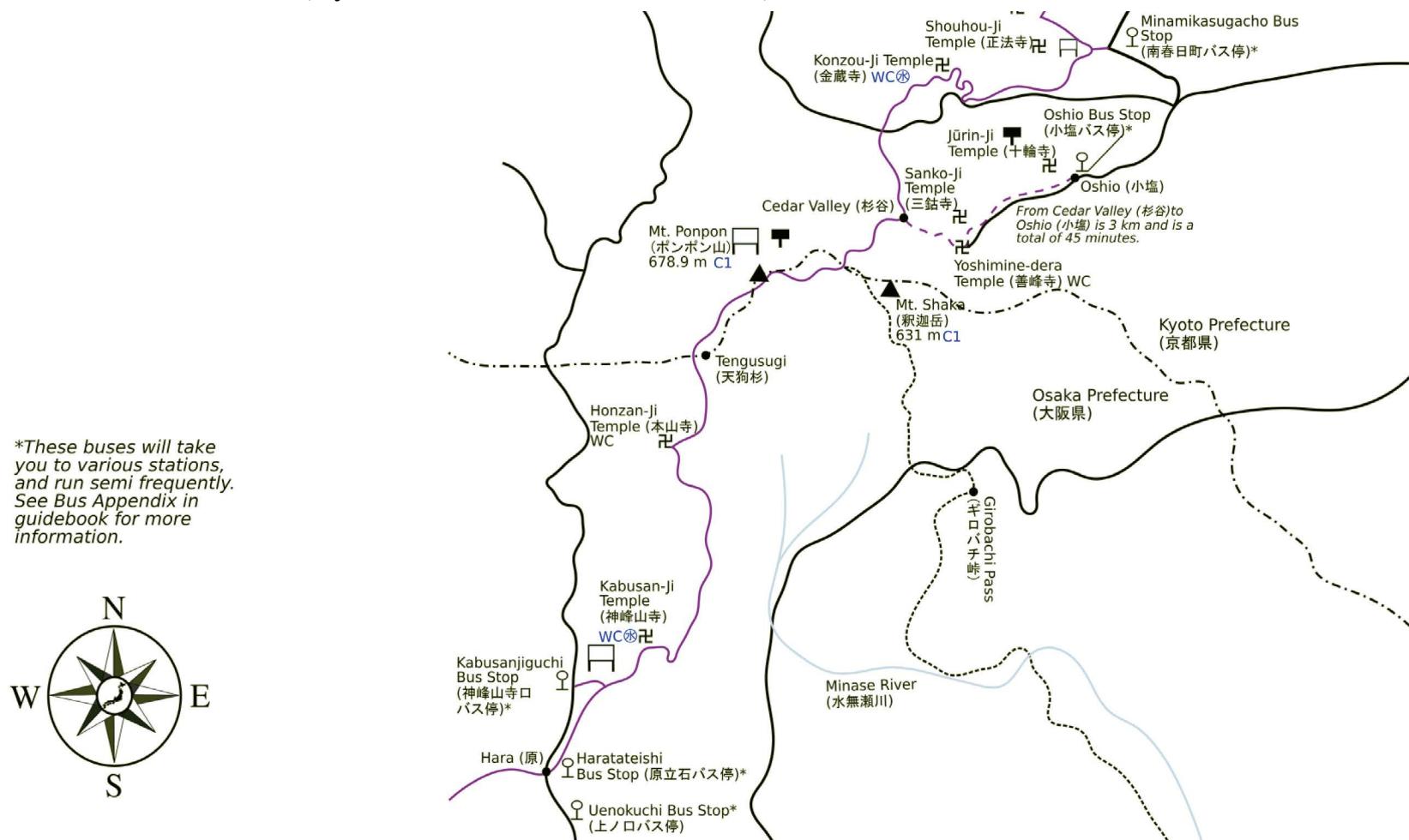
Distance: 18.8 km



Map 84 Konzou-ji Temple (金藏寺) to Hara (原)

Prefecture: Kyoto (京都県) and Osaka (大阪県)

Distance 11.9 km (Kyoto 4.2 km, Osaka 7.7 km)



Hara

← 0:50
2.0 km
→ 1:00

Kabusan-ji
Temple

← 1:10
3.4 km
→ 1:00

Honzan-ji

← 0:50
2.3 km
→ 1:10

Mt. Ponpon

← 1:00
2.2 km
→ 0:30

Cedar Valley

← 1:00
2.0 km
→ 0:50

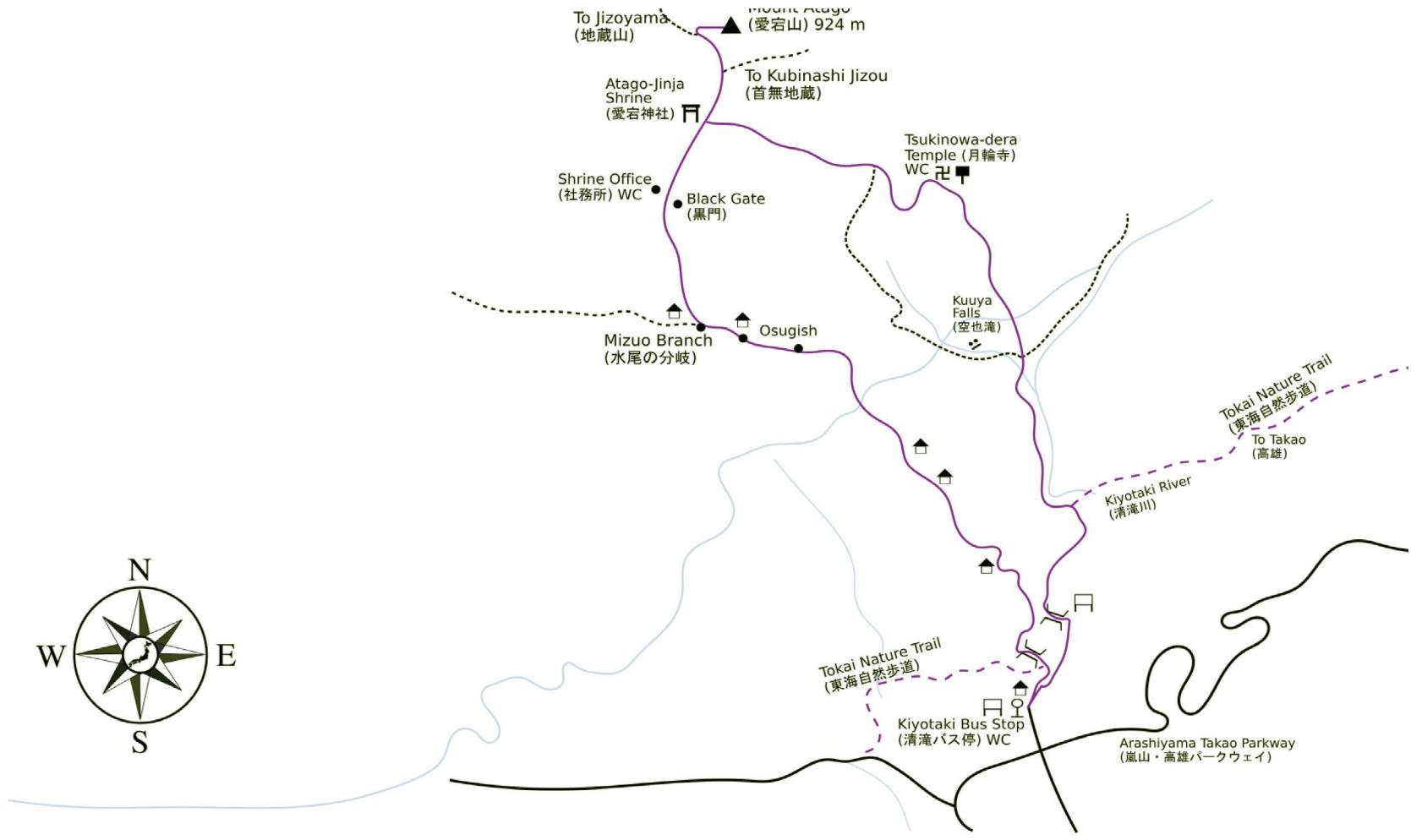
Konzou-ji
Temple

Map 85 Mount Atago Course (愛宕山 コース)

122

Prefecture: Kyoto (京都県)

Distance 12 km



Kiyotaki
Bus Stop

← 1:20

3.0 km

Tsukinowa-dera
Temple

← 1:00

2.0 km

Mount Atago

← 0:15

.5 km

Atago-jinja
Shrine

← 0:30

1.5 km

Mizuo Branch

← 0:30

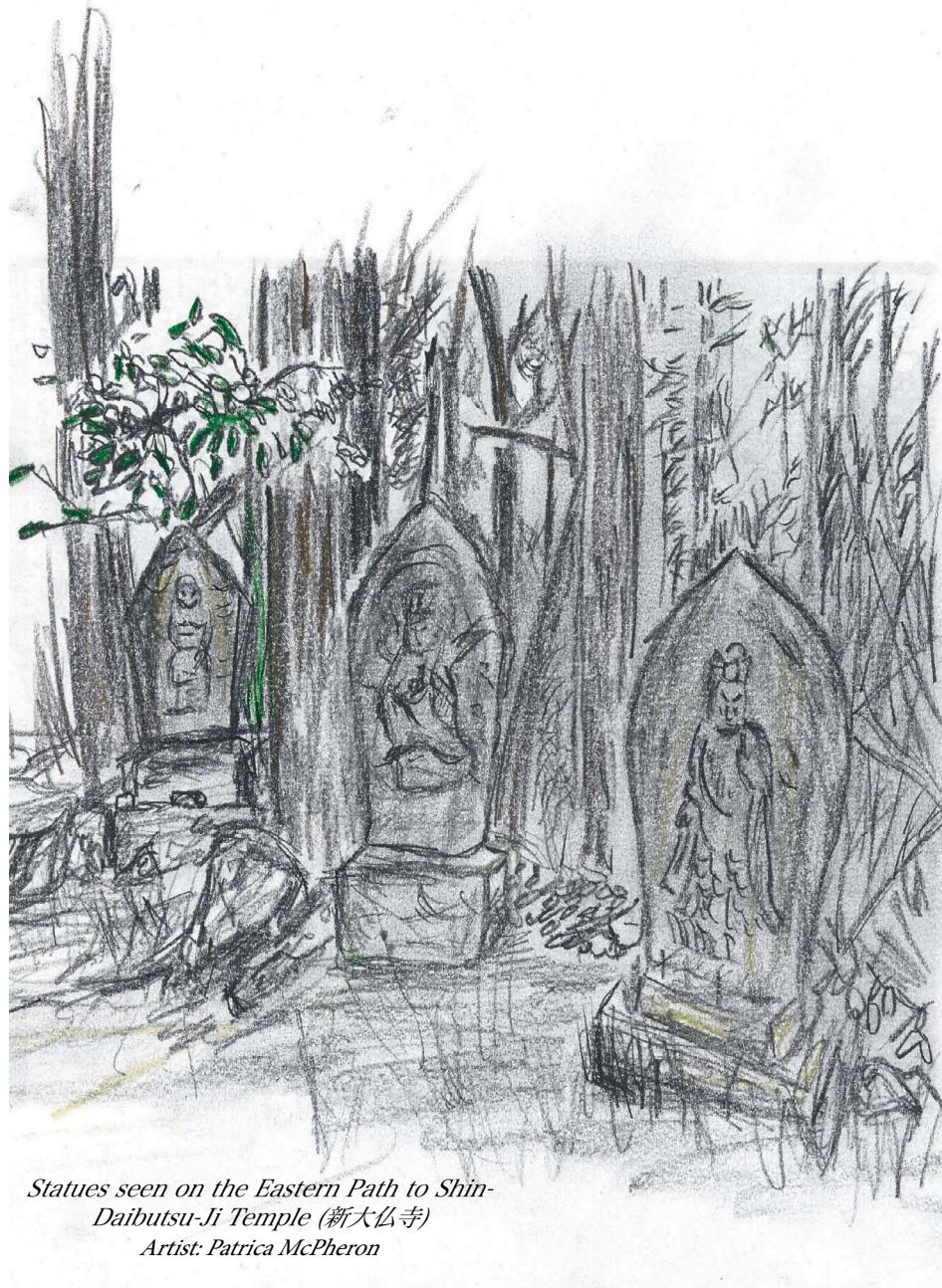
1.5 km

Ousugisha

← 1:20

3.5 km

Kiyotaki
Bus Stop



Statues seen on the Eastern Path to Shin-Daibutsu-Ji Temple (新大仏寺)
Artist: Patricia McPheron

Mountain Course (山野辺コース)

The Mountain Course covers a total of 235.7 km according to my book. You will spend 70.6 km in Mie Prefecture, 77.4 km in Nara Prefecture, 81.5 km in Kyoto Prefecture and 6.2 km in Shiga Prefecture.

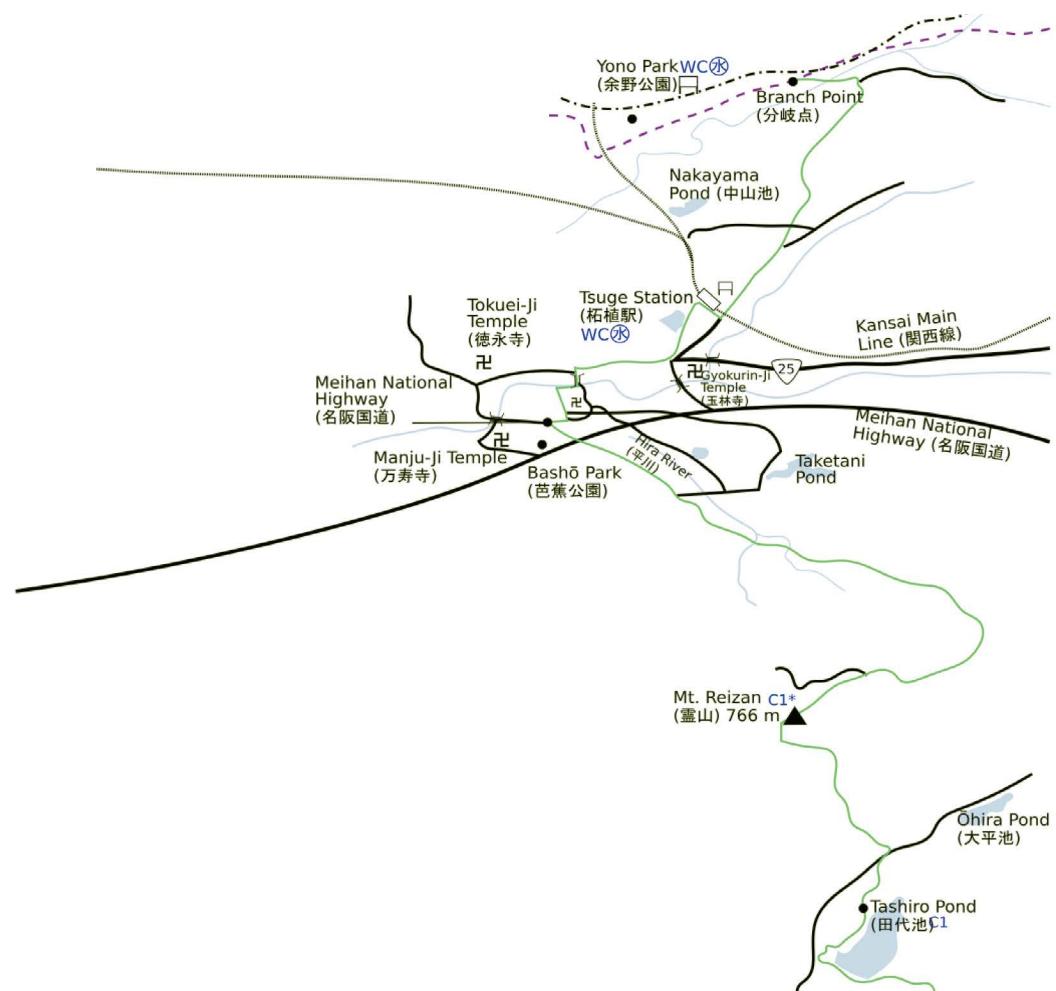
The Official Kyoto Prefecture Map states the total distance as 92.1 km, however when you add up the distances on the map you come out to 81.5 km.

Map 86 Branch Point (分岐点) to Tashiro Pond (田代池)

124

Prefecture: Mie (三重県)

Distance: 12.5 km



*Mt. Ryozen has space for camping, but because it is covered by beautifully manicured grass unlike most mountains I suggest going .5km down the path. There is a bench and space to set up camp, and you won't ruin the grass. The mountain top has the feel of a well kept park more than that of a mountain.

Tashiro Pond	← 0:50 2.3 km → 1:05	Mt. Reizan	← 0:40 4.3 km → 1:00	Meihan National Highway	← 0:40 3.7 km → 0:40	Tsuge Station	← 0:25 2.2 km → 0:30	Branch Point
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Map 87 Tashiro Pond (田代池) to Furotani Forest Road (風呂谷林道)

Prefecture: Mie (三重県)

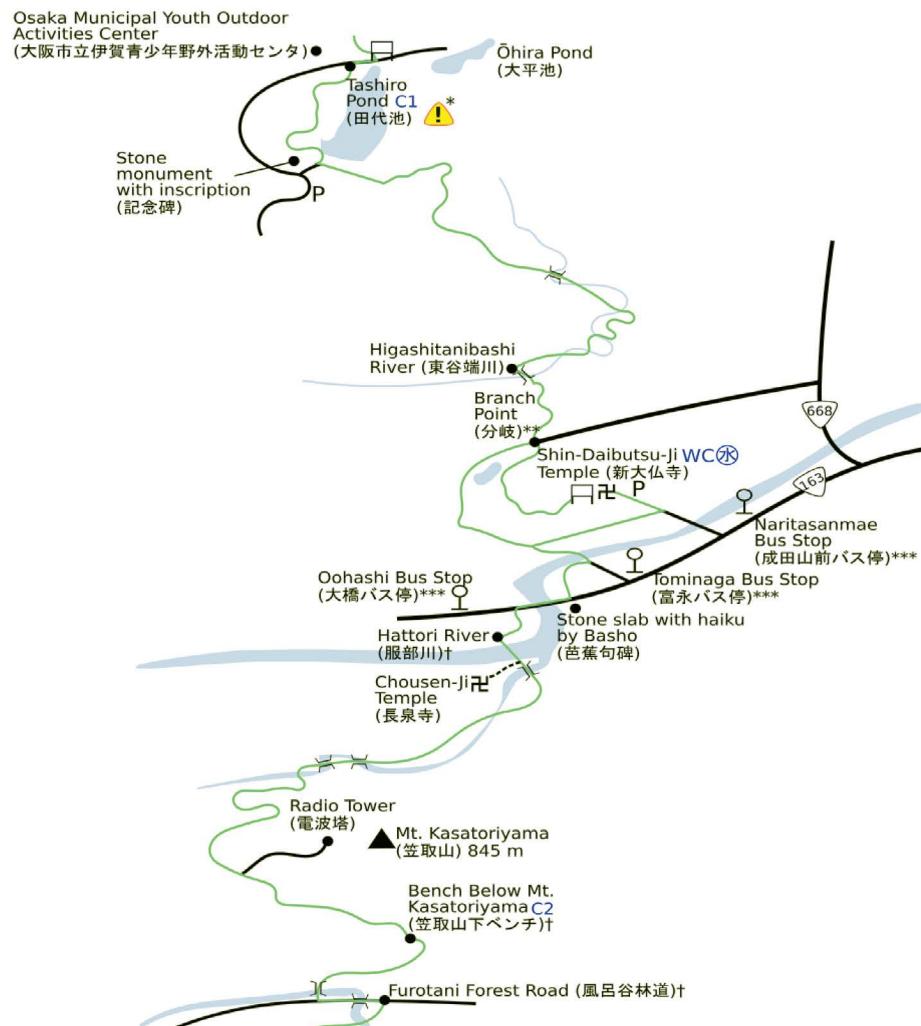
Distance: 13.9 km

* The section from Tashiro Pond (田代池) to Shin-Daibutsu-ji Temple (新大仏寺) is closed. No detour is provided. See guidebook for more information.

** From the branch point you can take the Eastern path that is .8 km or the Western path that is .9 km. The Eastern path is lined with small stone Buddhist statues.

*** These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

† These points are not on the Mie Prefectural Map. They come from Gakken Mook Walking Guide and Pictorial Map Guide. The Mie Prefectural Map does not list any points only dots with out places listed.

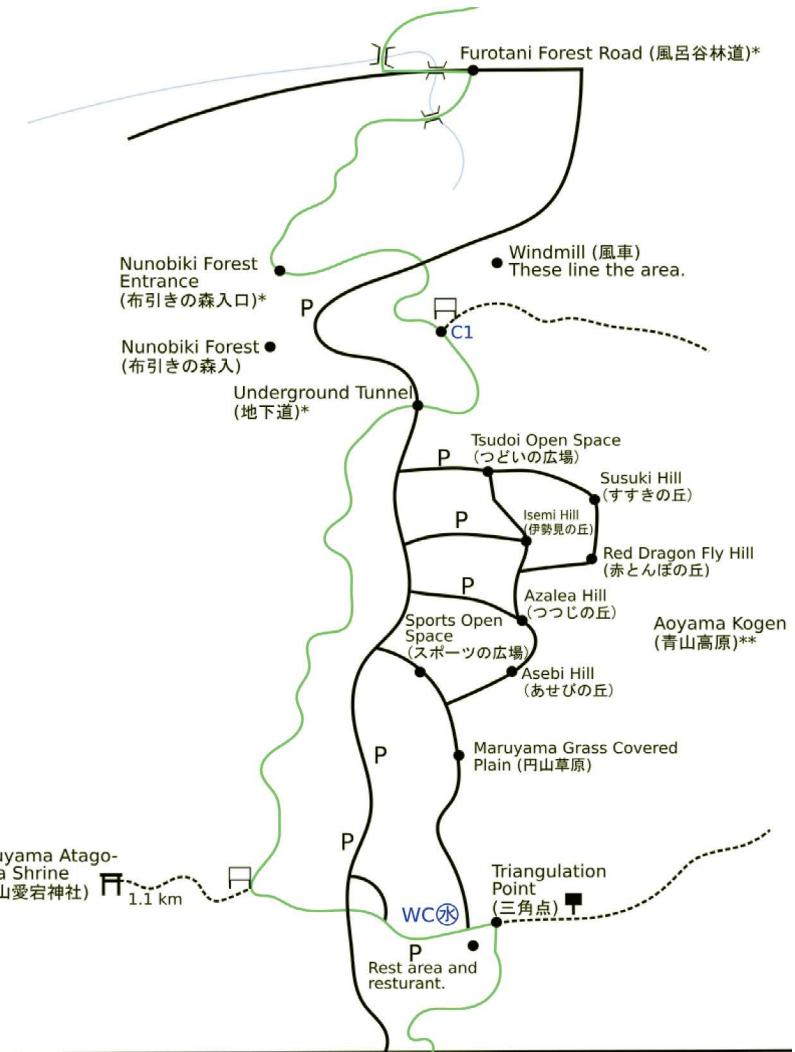


	Furotani Forest Road	Bench Below Mt. Kasatoriymama	Hattori River	Shin-Daibutsu-ji Temple	Branch Point	Higashitanibashi River	Tashiro Pond
← 0:20		← 1:30	← 0:35	← 0:15	← 0:15	← 0:55	
.3 km		5.1 km	2.0 km	.8 km	1.3 km	4.4 km	
→ 0:20		→ 1:50	→ 0:35	→ 0:15	→ 0:15	→ 1:05	

Map 88 Furotani Forest Road (風呂谷林道) to Triangulation Point (三角点)

Prefecture: Mie (三重県)

Distance: 6.2 km



* These points are not on the Mie Prefectural Map. They come from Gakken Mook Walking Guide and Pictorial Map Guide guides. The Mie Prefectural Map does not list any points only dots without places listed.

** Aoyama Plateau (青山高原) refers to the area, and you can walk along the different paths to reach different areas. You will see the plateau from the Triangulation Point (三角点).



Triangulation Point

← 1:25

3.4 km

→ 1:25

Underground Tunnel

← 0:15

1.0 km

→ 0:15

Nunobiki Forest Entrance

← 0:30

1.8 km

→ 0:30

Furotani Forest Road

Map 89 Triangulation Point (三角点) to Isemi (伊勢見)

Prefecture: Mie (三重県)

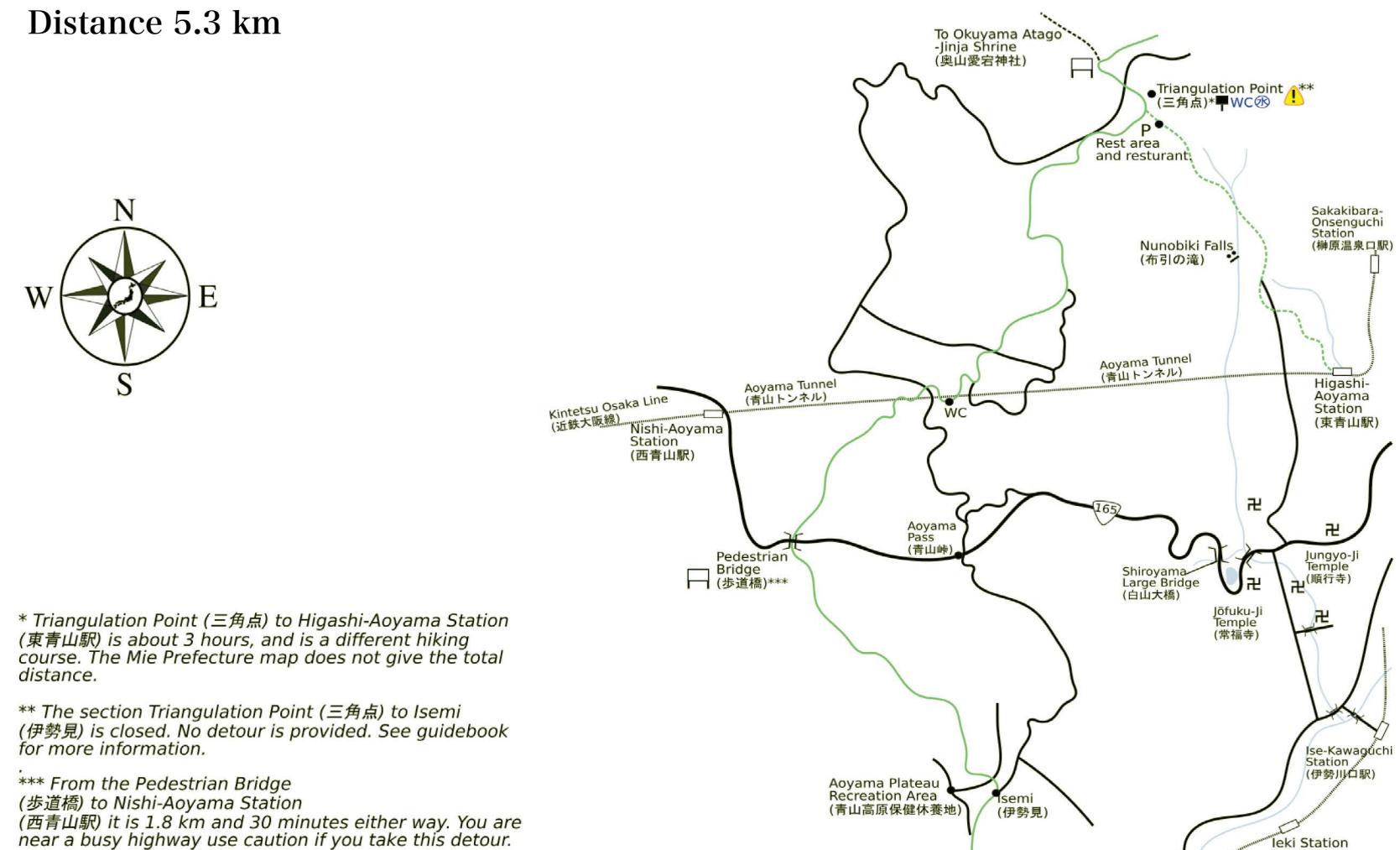
Distance 5.3 km



* Triangulation Point (三角点) to Higashi-Aoyama Station (東青山駅) is about 3 hours, and is a different hiking course. The Mie Prefecture map does not give the total distance.

** The section Triangulation Point (三角点) to Isemi (伊勢見) is closed. No detour is provided. See guidebook for more information.

*** From the Pedestrian Bridge (歩道橋) to Nishi-Aoyama Station (西青山駅) it is 1.8 km and 30 minutes either way. You are near a busy highway use caution if you take this detour.



Isemi

← 0:50

2.1 km

→ 0:50

Pedestrian Bridge

← 1:20

3.2 km

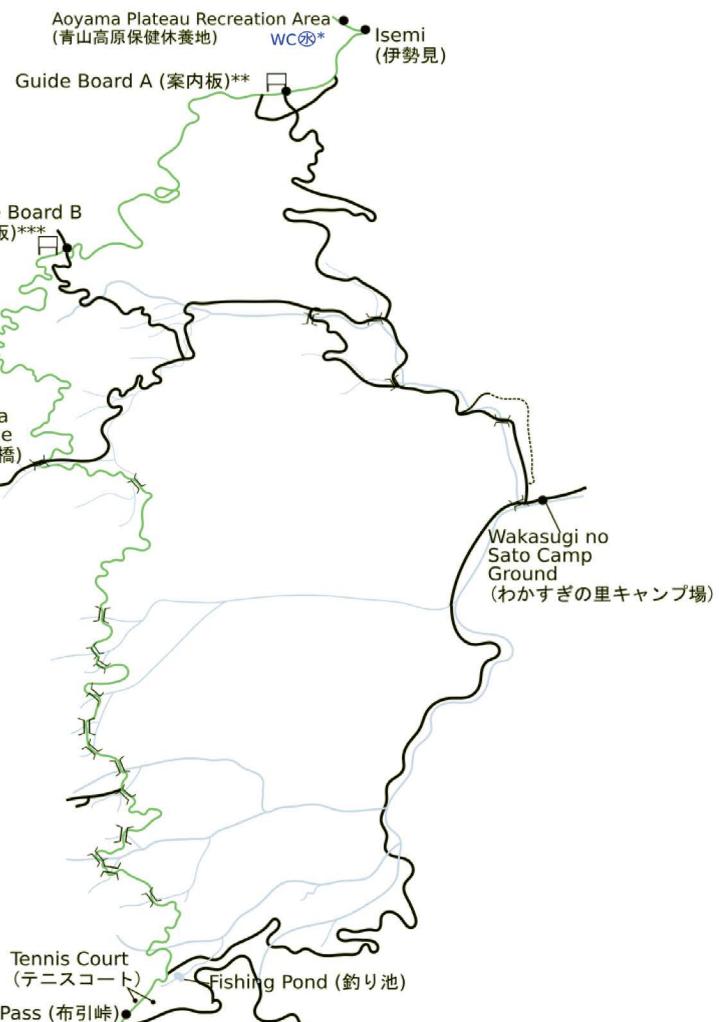
→ 1:20

Triangulation Point

Map 90 Isemi (伊勢見) to Nunobiki Pass (布引峠)

Prefecture: Mie (三重県)

Distance 12.9 km



* If you can't get water at Aoyama Plateau Recreation Area (青山高原保健休養地), there are a few houses in the area that you might be able to ask for water.

** The Mie Prefectural guide lists this spot as Guide Board (案内板) I added A to differentiate the Guide Boards.

*** The Mie Prefectural guide lists this spot as Guide Board (案内板) I added B to differentiate the Guide Boards.

Nunobiki Pass	← 1:35 5.5 km → 1:35	Ohara Bridge	← 0:55 3.6 km → 0:55	Guide Board B	← 0:25 1.5 km → 0:25	Guide Board A	← 0:40 2.3 km → 0:40	Isemi
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Map 91 Nunobiki Pass (布引峠) to Kameyama Pass (亀山峠)

Prefecture: Mie (三重県)

Distance 19.8 km

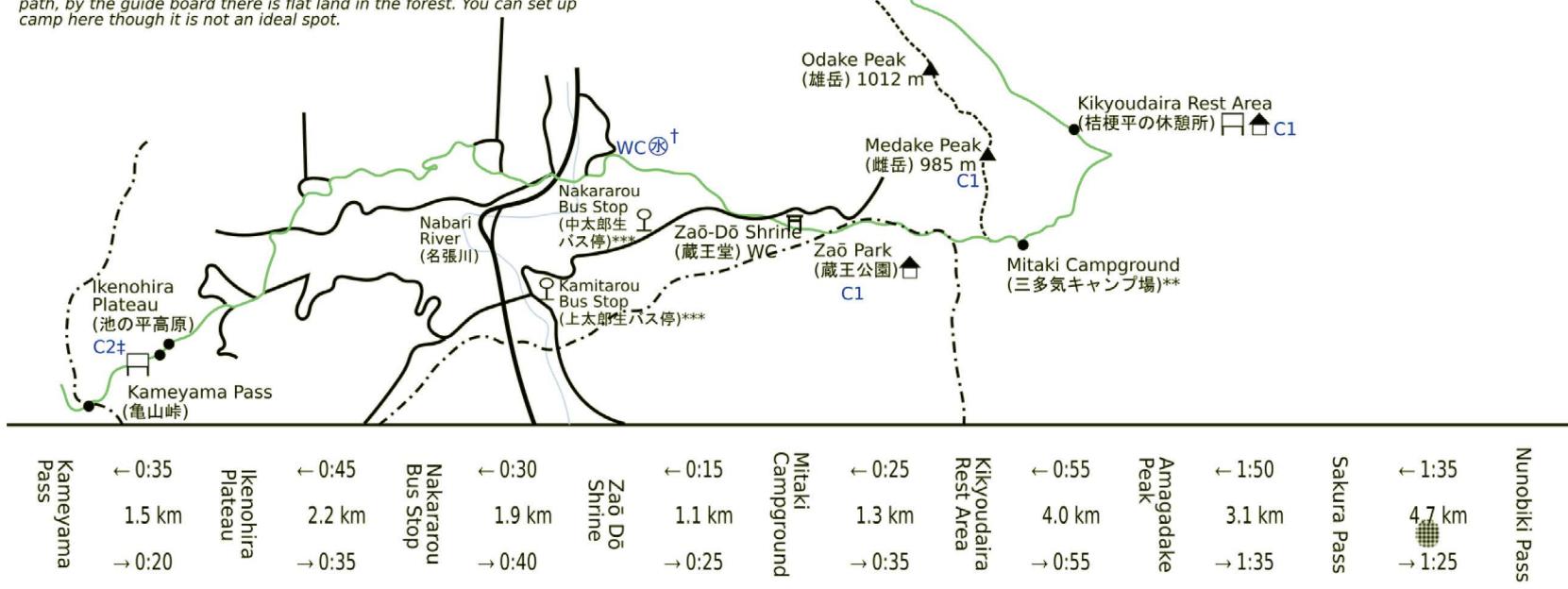
* There is a small detour set up after Amagadake Peak (尼ヶ岳) but before reaching Kikyoudaira Rest Area (桔梗平の休憩所). There is not a better landmark to refer to in relation to the closure. It is clearly marked. Follow the signs, which say detour in Japanese,迂回路. See the guidebook for more information.

** Mitaki Campground (三多氣キャンプ場) seems to be a former campground, it is listed on the Mie Prefecture Map but I have been unable to find any information about this location.

*** These buses will take you to various stations, and run semi-frequently. See Bus Appendix in guidebook for more information.

† When you enter this area around Nakararou Bus Stop (中太郎生バス停) there small local shops, restaurants and homes. You should be able to get water in this area.

‡ After leaving Ikenohira Plateau (池の平高原) you will enter a forest path, by the guide board there is flat land in the forest. You can set up camp here though it is not an ideal spot.



Map 92 Kameyama Pass (亀山峠) to Murō-ji Temple (室生寺)

130

Prefecture: Nara (奈良県)

Distance 13.6 km



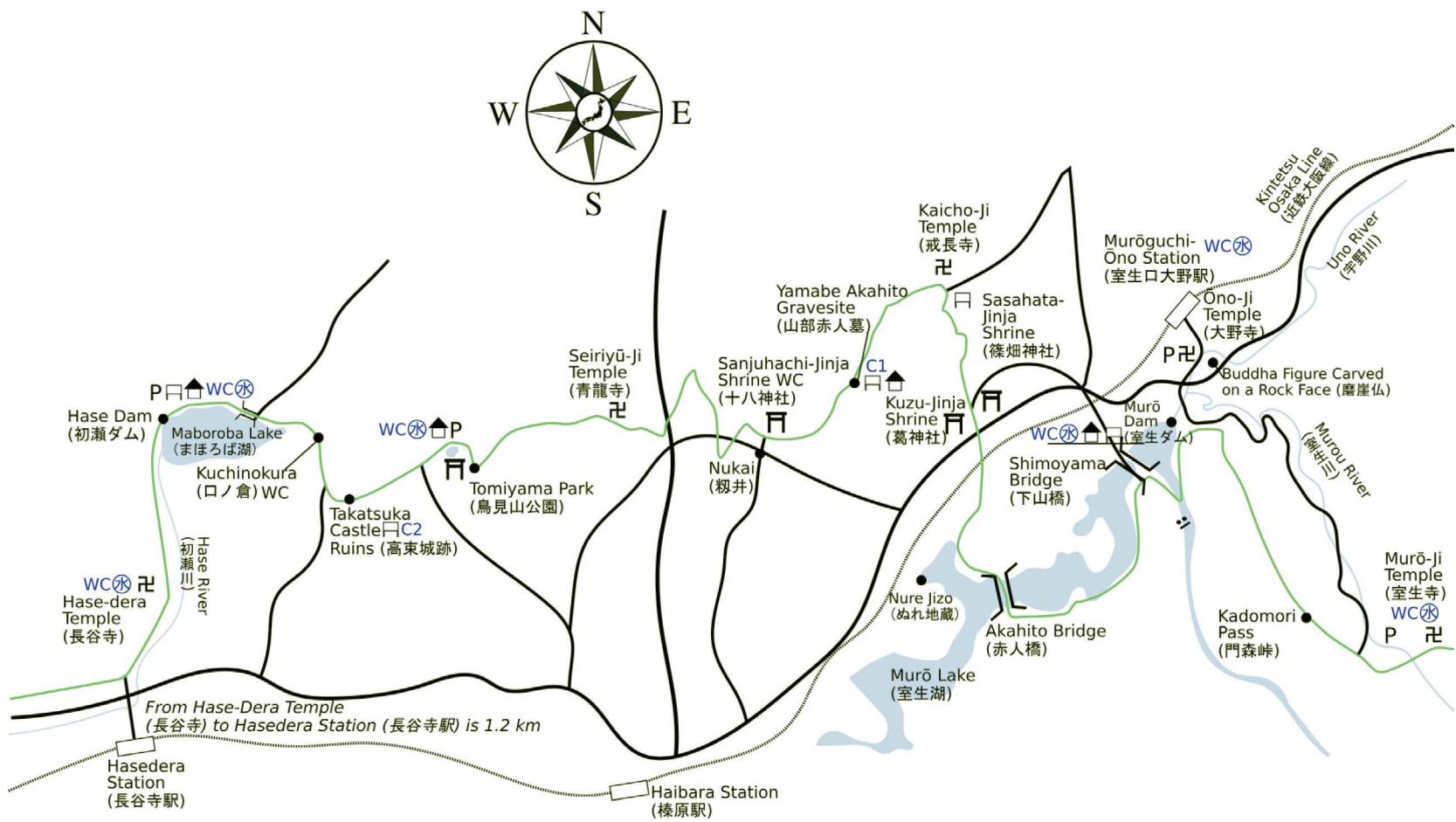
*These buses will take you to various stations, and run semi frequently. See the Bus Appendix in guidebook for more information.

	Murō-ji Temple	Unokawa Bridge	Kumatawa Pass	Saijōbō Falls	Nagabashiri Falls	Taroji Bus Stop	Kameyama Pass
← 0:30	2.0 km	← 1:30	← 1:20	← 0:10	← 1:10	← 1:20	← 1:20
→ 0:35	→ 1:40	→ 1:10	→ 0:10	→ 1:10	→ 1:10	→ 1:30	→ 1:30

Map 93 Muro-ji Temple (室生寺) to Hase-dera Temple (長谷寺)

Prefecture: Nara (奈良県)

Distance 17 km



Hase-dera Temple	← 0:20 1.0 km → 0:20	Hase Dam	← 1:25 4.0 km → 1:25	Tomiyama Park	↓ 0:20 1.0 km ↑ 0:20	Seiryū-ji Temple	← 1:40 2.4 km → 1:40	Yamabe Akahito Gravesite	← 0:45 4.6 km → 0:45	Murō Dam	↓ 1:50 4.0 km → 1:50	Murō-ji Temple
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Map 94 Hase-dera Temple(長谷寺) to Chogaku-Ji Temple (長岳寺)

Prefecture: Nara (奈良県)

Distance 10.9 km



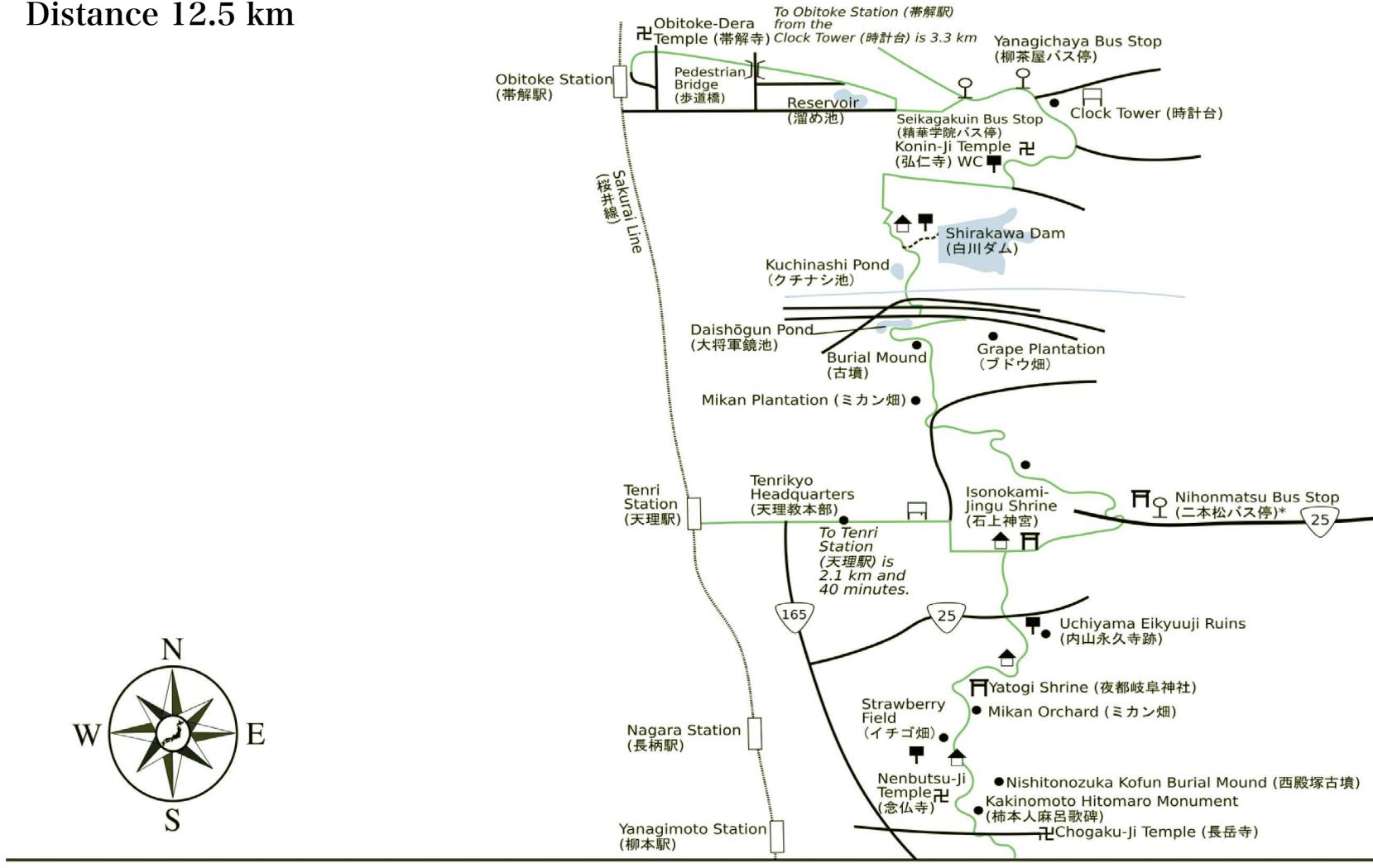
- 1 Hashihaka Burial Mound (箸墓古墳)
 2 Mausoleum of Emperor Sujin (崇神天皇陵)
 3 Kurodzuka Burial Mound (黒塚古墳)

Temple	Distance	Time	Distance	Time	Distance	Time	Distance	Time
Chogaku-ji Temple	→ 0:20	1.4 km	→ 0:20	—	Mausoleum of Emperor Keikō	→ 0:40	2.5 km	→ 0:40
					Hibara-Jinja Shrine	→ 0:30	1.5 km	→ 0:30
					Ōmiwa-Jinja Shrine	→ 2:00	5.5 km	→ 2:00
					Hase-Dera Temple	→ 2:00		

Map 95 Chogaku-Ji Temple (長岳寺) to Clock Tower (時計台)

Prefecture: Nara (奈良県)

Distance 12.5 km

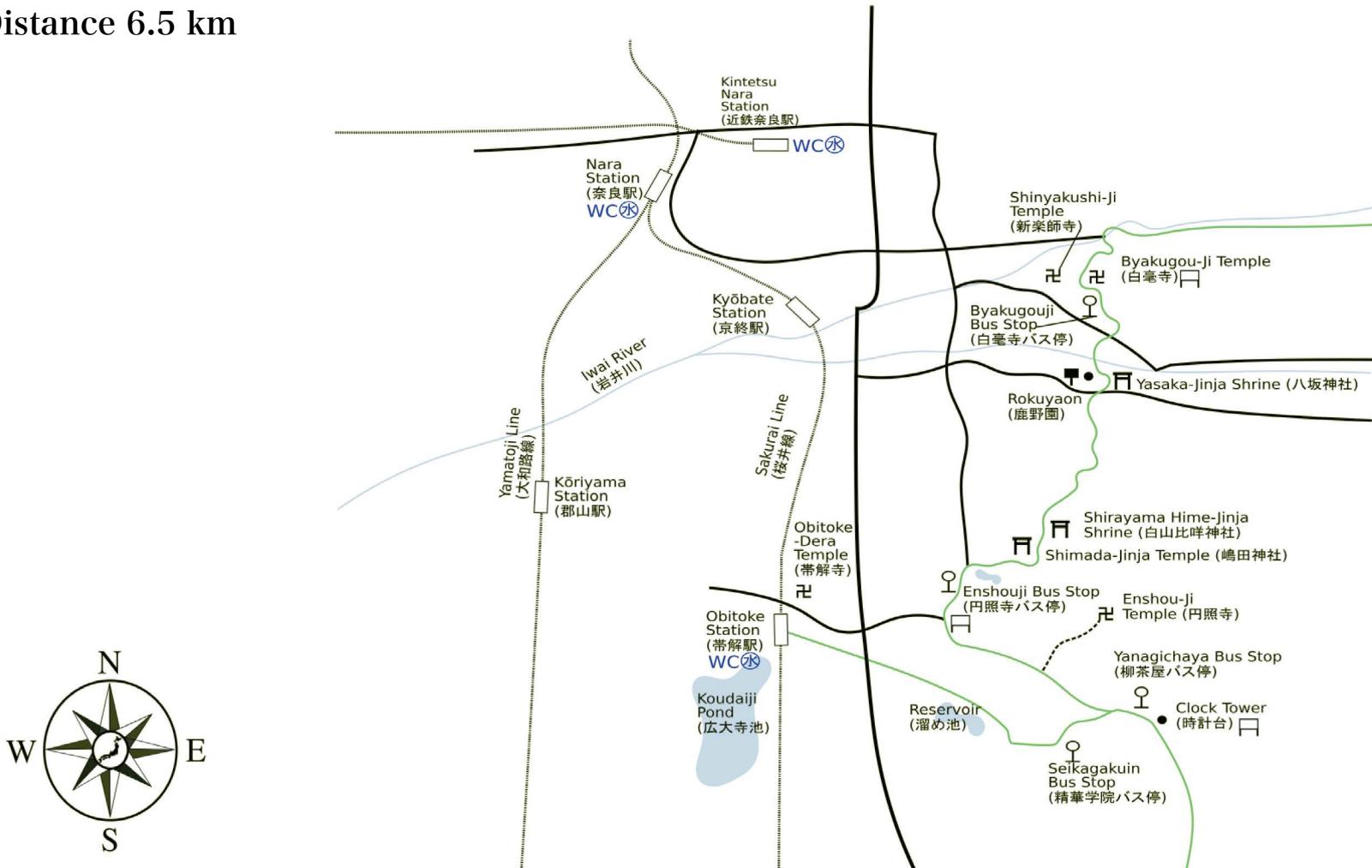


Clock Tower	← 0:15 .8 km → 0:15	Konin-ji Temple	← 0:20 1.5 km → 0:20	shirakawa Dam	← 1:40 4.8 km → 1:40	sonokami-jingu Shrine	← 1:00 2.5 km → 1:00	Yatogi Shrine	← 0:50 2.9 km → 0:50	Chogaku-ji Temple
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Map 96 Clock Tower (時計台) to Byakugou-Ji Temple (白毫寺)

Prefecture: Nara (奈良県)

Distance 6.5 km



Byakugouji
Temple

← 0:25
1.5 km
→ 0:25

Yasaka-jinja
Shrine

← 0:30
1.9 km
→ 0:30

Shirayama Hime
Shrine

← 0:15
1.1 km
→ 0:15

Enshouji
Bus Stop

← 0:30
2.0 km
→ 0:30

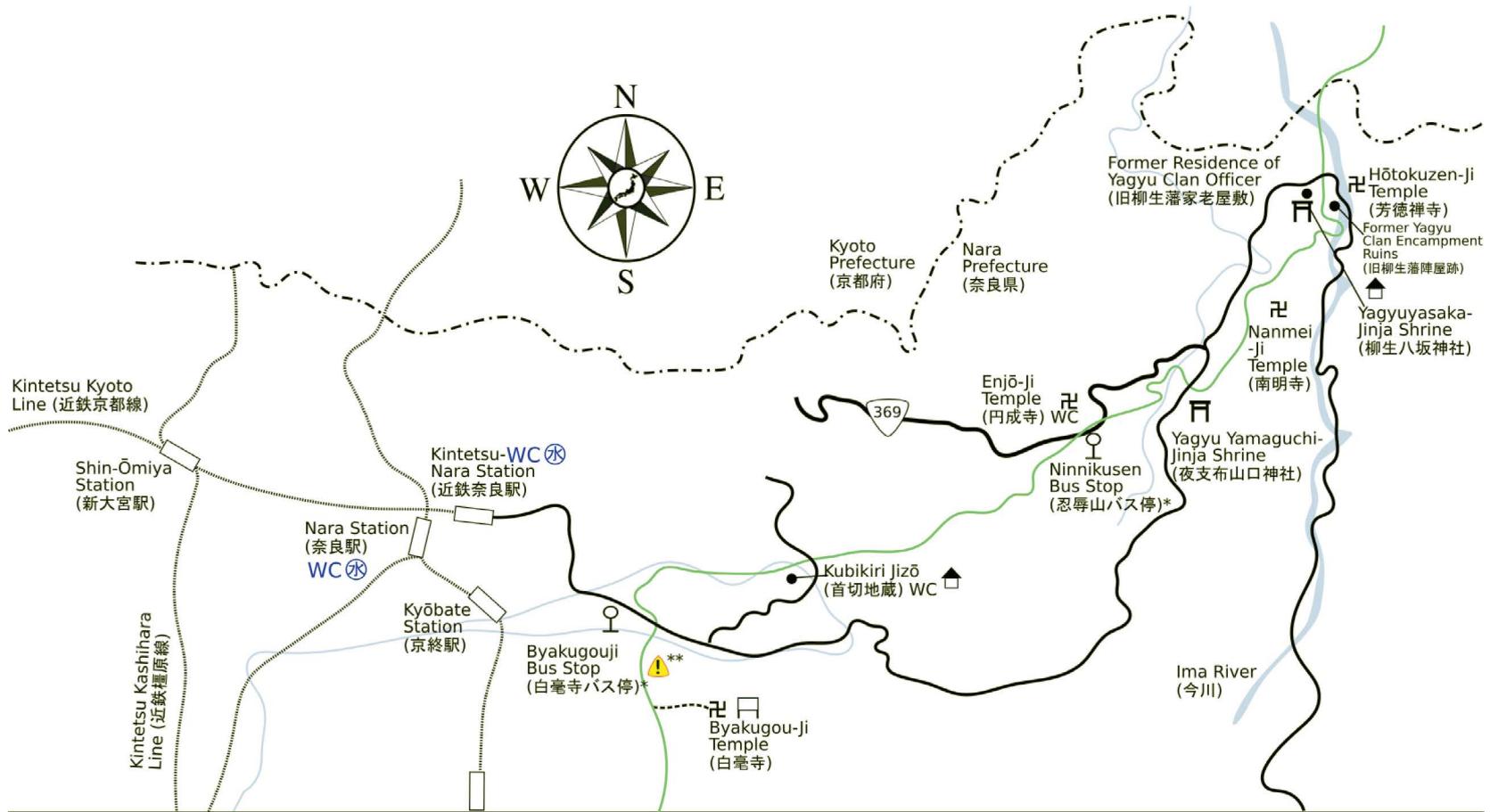
Clock Tower

Map 97 Byakugou-Ji Temple (白毫寺) to Former Yagyu

Clan Encampment Ruins (旧柳生藩陣屋跡)

Prefecture: Nara (奈良県)

Distance 16.9 km



* These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

** The section in the area around the Rokuya ward in Nara City (奈良市鹿野園町 岩井川橋梁) is closed. No detour is provided. See guidebook for more information.

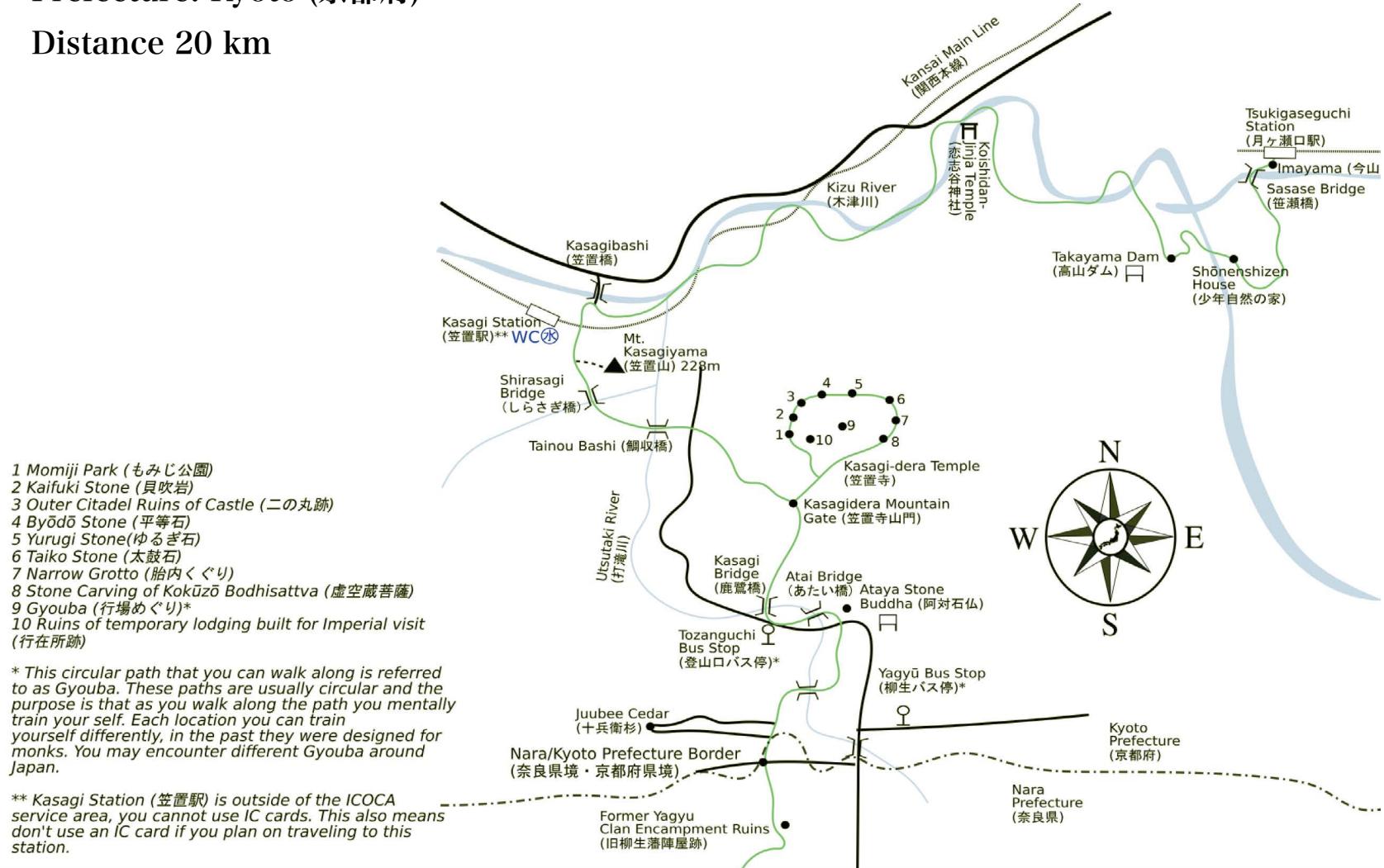
Former Yagyu Clan Encampment Ruins	← 1:00 → 1:00	2.8 km	Byakugouji Temple	← 0:45 → 0:45	2.4 km	Yagyuuyamaguchi-jinja Shrine	← 0:45 → 0:45	2.9 km	Enjō-Ji Temple	← 1:35 → 1:35	6.1 km	Kubikiri Jizō	← 0:55 → 1:30	2.7 km
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Map 98 Former Yagyu Clan Encampment Ruins (旧柳生藩陣屋跡) to Imayama (今山)

136

Prefecture: Kyoto (京都府)

Distance 20 km

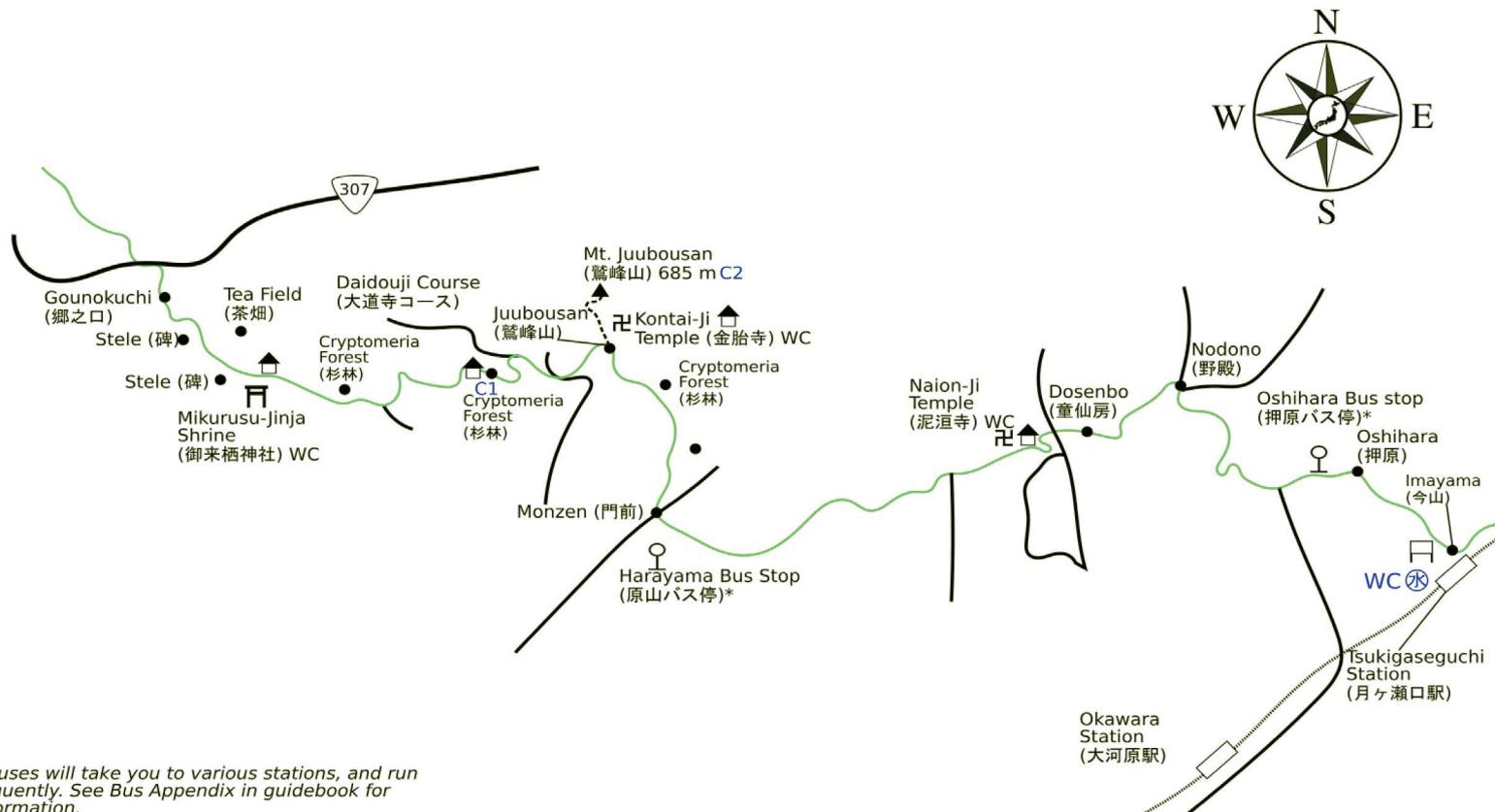


Imayama	↓ 1:00 2.0 km → 1:00	Takayama Dam	↓ 3:10 10.5 km → 2:50	Kasagi Bridge	↓ 1:30 1.3 km → 1:20	Kasagidera Mountain Gate	↓ :50 1.0 km → :50	Nara/Kyoto Prefecture Border	Former Yagyu Clan Encampment Ruins
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Map 99 Imayama (今山) to Gounokuchi (郷之口)

Prefecture: Kyoto (京都県)

Distance 36.8 km



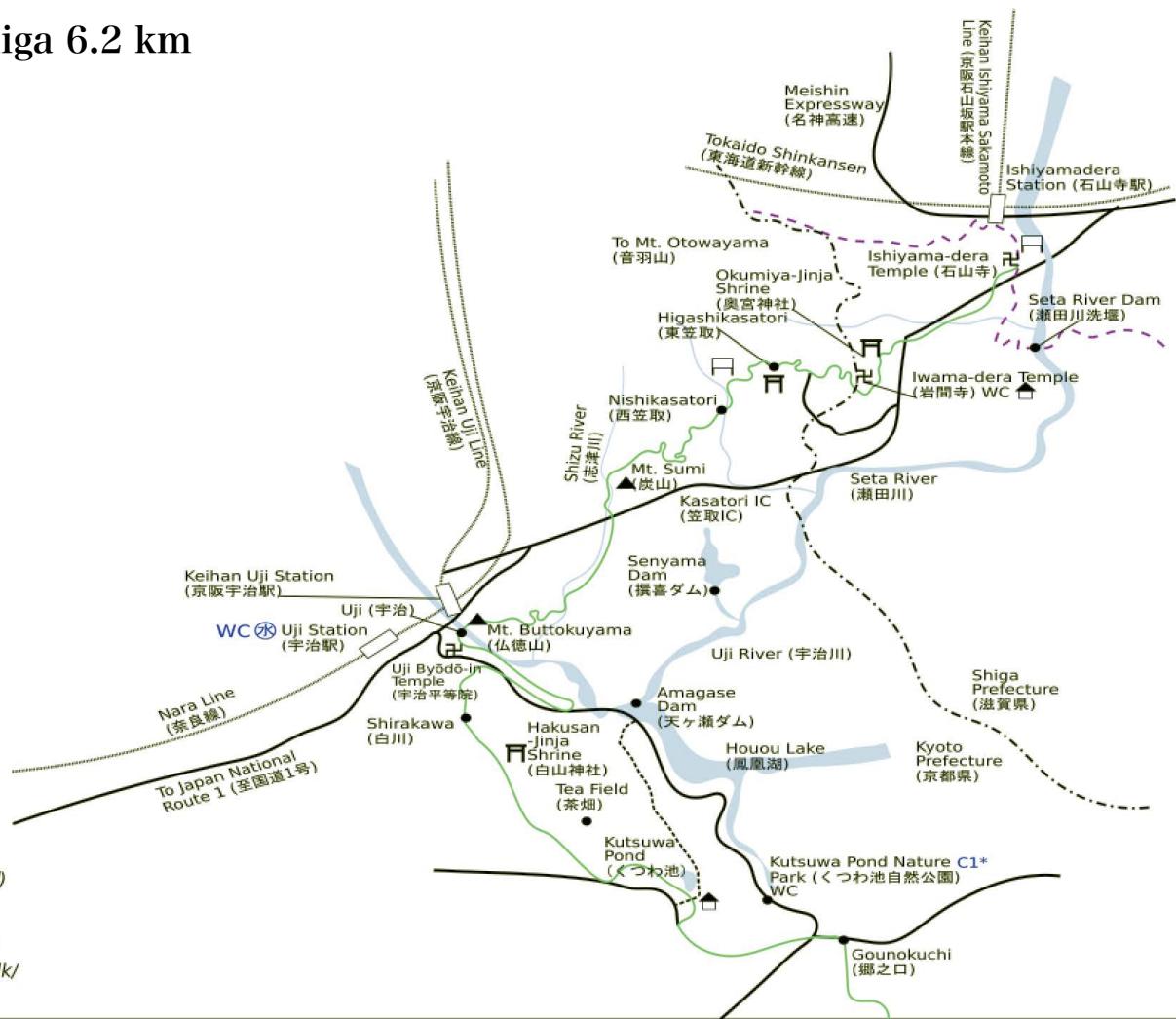
*These buses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

Gounokuchi	← 0:40 3.0 km → 0:40	Mikurusu-jinja Shrine	← 1:15 5.0 km → 1:30	Daidouji Course	← 0:20 1.0 km → 0:25	Juubousan	← 1:30 4.4 km → 1:25	Monzen	← 2:10 8.5 km → 2:10	Dosenbo	← 1:10 3.0 km → 1:20	Nodono	← 2:00 8.2 km → 2:40	Oshihara	← 1:00 3.7 km → 1:00	Imayama
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Map 100 Gounokuchi (郷之口) to Ishiyama-dera Temple (石山寺)

Prefecture: Kyoto (京都県) and Shiga (滋賀県)

Distance: Kyoto 28, Shiga 6.2 km



*Kutsuwa Pond Nature Park (くつわ池自然公園) requires reservations. Reservations must be made by phone. You do need reservations, these can be made by calling 0774-88-3895. Updated information can be found at: <http://www.town.ujitawara.kyoto.jp/sightseeing/walk/p03.html>

Ishiyama-dera Temple	← 1:10 6.2 km → 1:10	Iwama-dera Temple	← 0:25 2.2 km → 0:35	Higashikasatori	← 0:50 3.4 km → 0:50	Nishikasatori	← 3:00 13.6 km → 3:20	Uji	← 1:10 3.2 km → 1:10	Shirakawa	← 0:50 3.4 km → 0:50	Kutsuwa Pond	← 0:50 2.2 km → 0:40	Gounokuchi
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Osaka Course (大阪県コース)



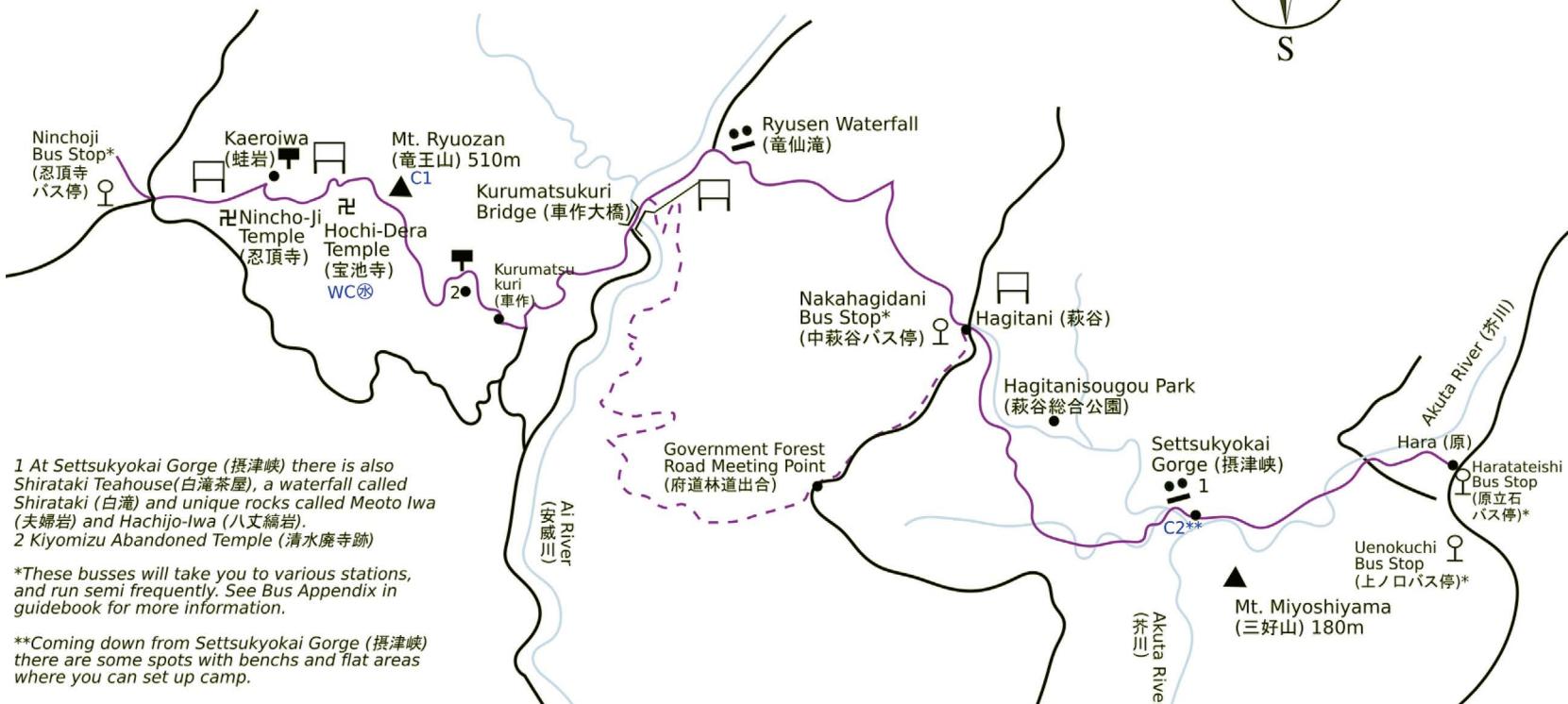
Mt. Ponpon (ポンポン山)
Artist: Patricia McPheron

The Osaka Course covers a total of 40.1 km according to my book. The Official Osaka Prefecture website does not list the distance, but the official map lists the distance as 35.5 km. The difference comes from the fact that I list the distance from Minoo Visitor Center (ビジターセンター) to Minoo Station (箕面駅), which is 4.6 km. Some maps list the end of the trail as Minoo Visitor Center (ビジターセンター), and others as Minoo Station (箕面駅). I consider Minoo Station (箕面駅) to be the end, because it has a large board marking the start or end of the trail!

Map 101 Hara (原) to Ninchoji Bus Stop (忍頂寺バス停)

Prefecture: Osaka (大阪県)

Distance 12.3 km Route: General Course (一般コース)



1 At Settsukyokai Gorge (攝津峠) there is also Shirataki Teahouse (白滝茶屋), a waterfall called Shirataki (白滝) and unique rocks called Meoto Iwa (夫婦岩) and Hachijo-Iwa (八丈縞岩).

2 Kiyomijo Abandoned Temple (清水廃寺跡)

*These busses will take you to various stations, and run semi frequently. See Bus Appendix in guidebook for more information.

**Coming down from Settsukyokai Gorge (攝津峠) there are some spots with benches and flat areas where you can set up camp.

Ninchoji
Bus Stop

← 0:35
1.2 km
→ 0:30

Mt. Ryuozan

← 1:50
2.3 km
→ 1:10

Kurumatsukuri
Bridge

← 1:20
2.6 km
→ 1:15

Hagitani

← 1:20
2.0 km
→ 1:10

Settsukyokai
Gorge

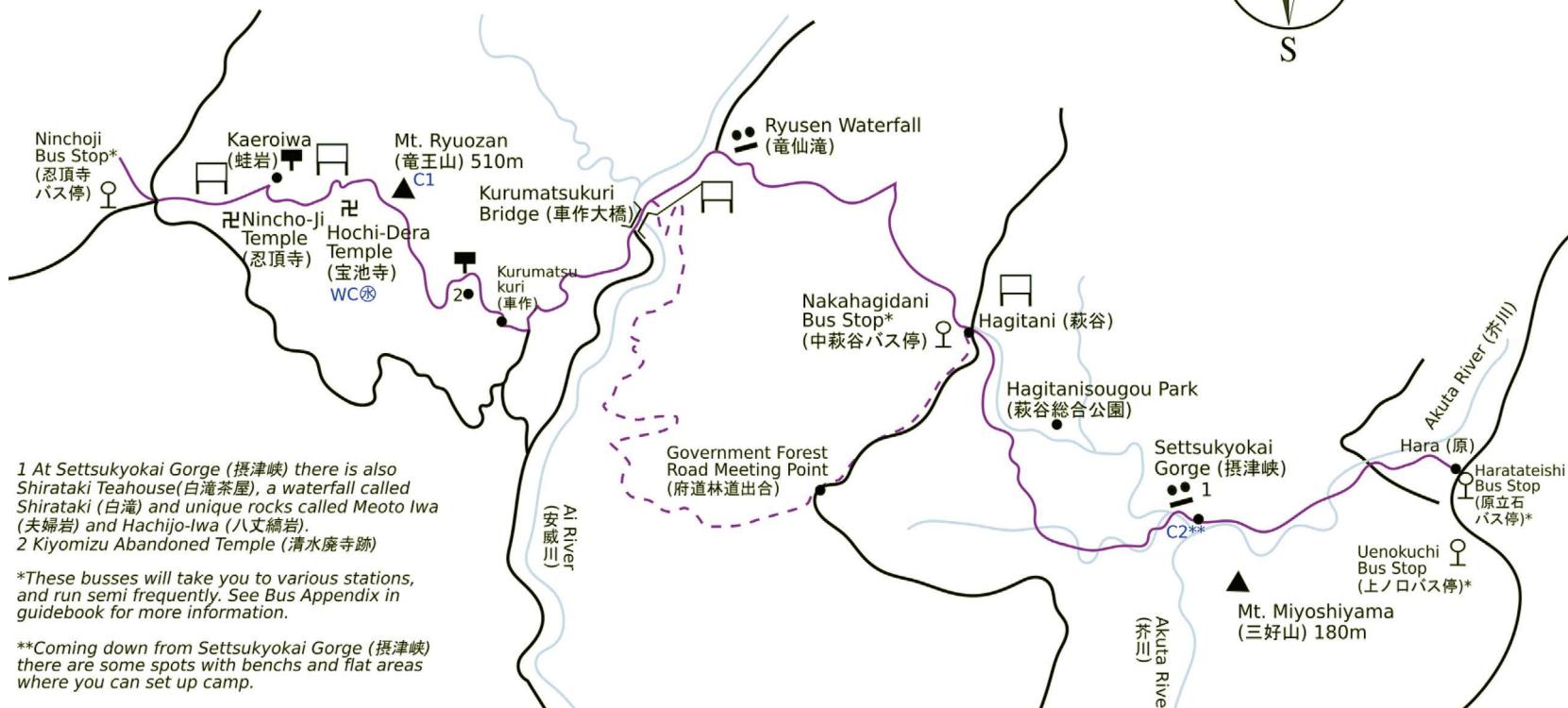
← 0:20
1.4 km
→ 0:20

Hara

Map 101 Hara (原) to Ninchoji Bus Stop (忍頂寺バス停)

Prefecture: Osaka (大阪県)

Distance 9.5 km Route: Good Walker Course (健脚コース)



Ninchoji Bus Stop	← 0:35 1.2 km → 0:30	Mt. Ryuozan	← 1:50 2.3 km → 1:10	Kurumatsukuri Bridge	← 1:20 2.6 km → 1:15	Hagitani	← 1:20 2.0 km → 1:10	Settsukyokai Gorge	← 0:20 1.4 km → 0:20	Hata
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Map 102 Ninchoji Bus Stop (忍頂寺バス停) to Minoo Station (箕面駅)

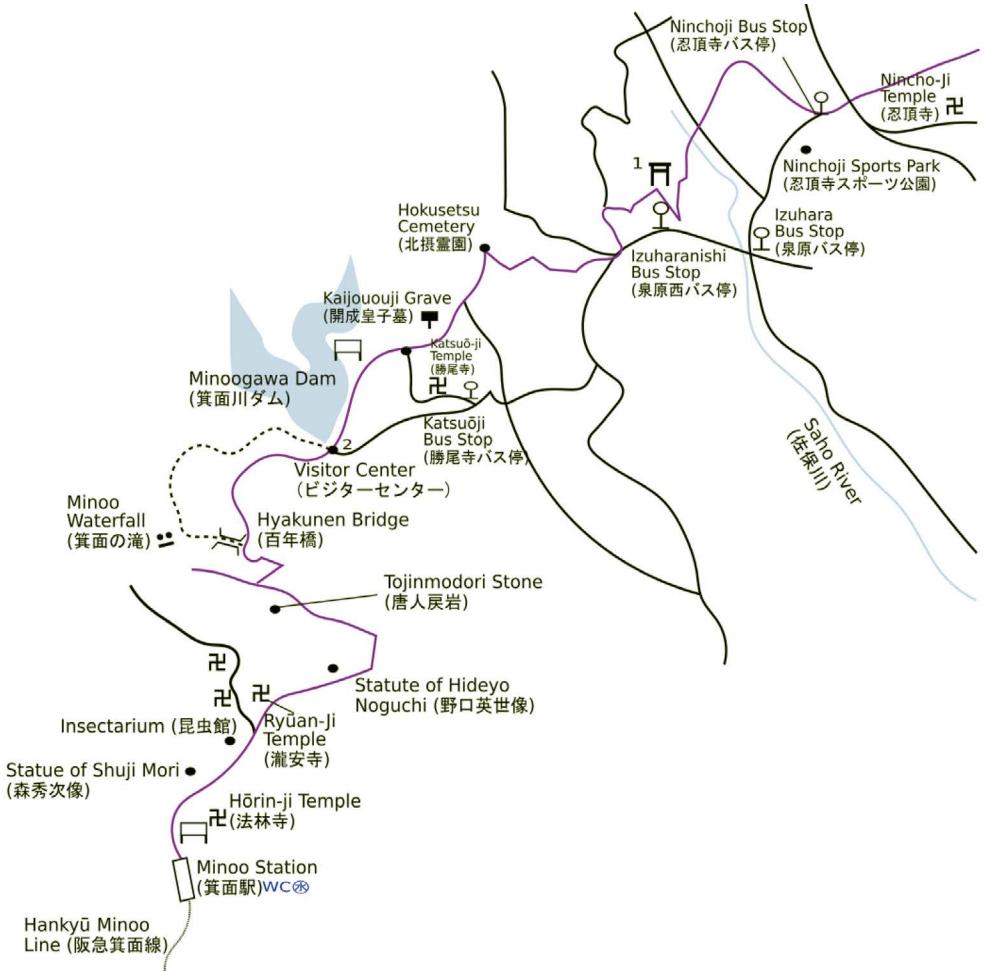
Prefecture: Osaka (大阪県)

Distance 17.5 km



1 Susanoo-jinja Shrine (素戔鳴尊神社)

2 At the visitors center there is also the Tea House Garden (政の茶屋園地). Some maps consider this point to be starting point of the trail not Minoo Station (箕面駅). This starting point is listed as (出発点) on some maps.



Minoo Station

← 0:50

4.6 km

→ 0:50

Visitor Center

← 1:40

3.7 km

→ 1:25

Hokusetsu Cemetery

← 1:40

5.5 km

→ 1:30

Izuharanishi Bus stop

← 1:30

3.7 km

→ 1:30

Nincho-ji Bus Stop

My goal is that these maps are helpful, and are much clearer than the ones I used! I have tried my best to make the information accurate and be clear about any areas I am unsure about. I hope you have a wonderful journey on the trail!!!

-Catlin



