

# TOKYO HIKING MOUNTAIN GRADING GUIDE

(\*DIFFICULTY LEVEL BASED ON FINE WEATHER CONDITIONS)

Japan is one of the world's premier hiking destinations. It has old-growth forests, rugged mountains, wilderness and plenty of wildlife. A great place to start exploring this nature is on the outskirts of Tokyo. This mountain climbing guide rates the hiking difficulty of 26 day walks and 5 overnight treks within the Tokyo Metropolis. **Note:** due to damage caused by Typhoon 19 (Hagibis) some popular trails remain closed. For the latest information (in Japanese) check: <https://www.tokyo-park.or.jp/nature/okutama/area/>

		Level 1	Level 2	Level 3	
STRENUOUS	OVERNIGHT HIKES		<ul style="list-style-type: none"> <li><b>Mt. Mito</b> 三頭山 Wada BS→Tomin no mori BS. <b>12 hrs 50 mins</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Mt. Kumotori</b> 雲取山 Mitsumine Shrine→Okutama sta. <b>11 hrs</b></li> <li>※ <b>Mt. Kumotori</b> 雲取山 Omatsuri BS↔ <b>12 hrs</b></li> </ul>	
			<ul style="list-style-type: none"> <li><b>Mt. Takanosu</b> 鷹ノ巣山 Nippara→Kuratoguchi BS <b>6 hrs 40 mins</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Mt. Tenmoku</b> 天目山 Seitobashi BS→Nippara <b>9 hrs 35 mins</b></li> </ul>	
			<ul style="list-style-type: none"> <li>※ <b>Mt. Mitsuishiyama</b> 六ツ石山 Okutama Sta.↔ <b>5 hrs 40 mins</b></li> <li>※ <b>Mt. Nanatsuishiyama</b> セツ石山 Kamosawa BS↔ <b>5 hrs 30 mins</b></li> <li><b>Mt. Gozenyama</b> 御前山 Sakaibashi BS→Lake Okutama <b>4 hrs 55 mins</b></li> <li><b>Mt. Kawanori</b> 川乗山 Kawanori-bashi BS→Hatonosu Sta. <b>5 hrs 40 mins</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Mt. Mito</b> 三頭山 Lake Okutama→Kazuma BS. <b>5 hrs 30 mins</b></li> </ul>	
			<ul style="list-style-type: none"> <li><b>Mt. Hinodeyama</b> 日の出山 Musashi-Itsukaichi Sta.→Mitake Shrine <b>4 hrs 35 mins</b></li> <li><b>Mt. Jinba</b> 陣馬山 Wada Tōge→Lake Sagamiko <b>3 hrs 40 mins</b></li> <li><b>Mt. Iwatakeishiyama</b> 岩茸石山 Mitake Sta.→Ikusabata Sta. <b>4 hrs 25 mins</b></li> <li>※ <b>Mt. Kariyoseyama</b> 刈寄山 Musashi-Itsukaichi Sta.↔ <b>3 hrs 50 mins</b></li> <li><b>Mt. Sengenrei</b> 浅間嶺 Hossawa Falls→Kamigawanori BS <b>2 hrs 55 mins</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Mt. Kuroyama</b> 黒山 Kawai Sta.↔ <b>6 hrs 20 mins</b></li> <li><b>Mt. Odake</b> 大岳山 Mitake Shrine→Okutama Sta. <b>5 hrs 15 mins</b></li> <li>※ <b>Mt. Mitake</b> 御岳山 Hatonosu Sta.→via Onara Pass <b>3 hrs 35 mins</b></li> <li><b>Tsuzuraiwa Rock</b> つづら岩 Hossawa Falls→Odake Cave BS <b>4 hrs 25 mins</b></li> <li><b>Mt. Mito</b> 三頭山 Kazuma BS.↔ <b>4 hrs</b></li> <li>※ <b>Mt. Odera</b> 大寺山 Miyamabashi BS.↔ <b>2 hrs 20 mins</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Mt. Bonomine</b> 棒ノ峰山 Lake Naguri↔via Sengaku Ridge <b>4 hrs 40 mins</b></li> <li>※ <b>Mt. Odake</b> 大岳山 Unazawa Waterfalls→Odake Cave BS. <b>5 hrs 25 mins</b></li> <li><b>Mt. Honita</b> 本仁田山 Hatonosu Sta.→Okutama Sta. <b>3 hrs 50 mins</b></li> <li>※ <b>Mt. Sengenrei</b> 浅間嶺 Hossawa Falls→via Mt. Matsubaeyama <b>3 hrs 30 mins</b></li> <li><b>Mt. Hinodeyama</b> 日の出山 Mitake Sta.→via Hinodeyamakita Ridge <b>3 hrs 50 mins</b></li> </ul>
			<ul style="list-style-type: none"> <li><b>Mt. Takao</b> 高尾山 Inariyama Trail↔ <b>3 hrs</b></li> <li><b>Three Waterfalls of Unazawa</b> Shiromaru Sta.→Kori Sta. <b>4 hrs 30 mins</b></li> <li><b>Okutama Mukashi Michi</b> Okutama Sta.→Lake Okutama <b>4 hrs</b></li> </ul>		
FITNESS	DAY HIKES	<ul style="list-style-type: none"> <li>※ <b>Hatonosu Ravine</b> 鳩ノ巣溪谷 Hatonosu Sta.→Okutama Sta. <b>1 hr 30 mins</b></li> </ul>			
EASY					

- Tokyo Metropolis
- Kanagawa (border)
- Saitama (border)
- ※ No hike report on [ridgelineimages.com](http://ridgelineimages.com)

## DIFFICULTY

### Level 1

Suitable for novice hikers who want a bit of a challenge. Some hiking experience recommended on longer day outings. Tracks maybe steep in sections with minor water crossings. Distances up to 20km.

### Level 2

Previous hiking experience and a good level of fitness is required for these trips. Tracks may be long, rough and very steep. Directional signage maybe lacking. Possibility of occasional use of the hands.

### Level 3

High level of fitness and stamina. Maybe deemed "strenuous" because of the elevation gain. Recommended for experienced hikers. Tracks often very rough, steep and poorly marked.

