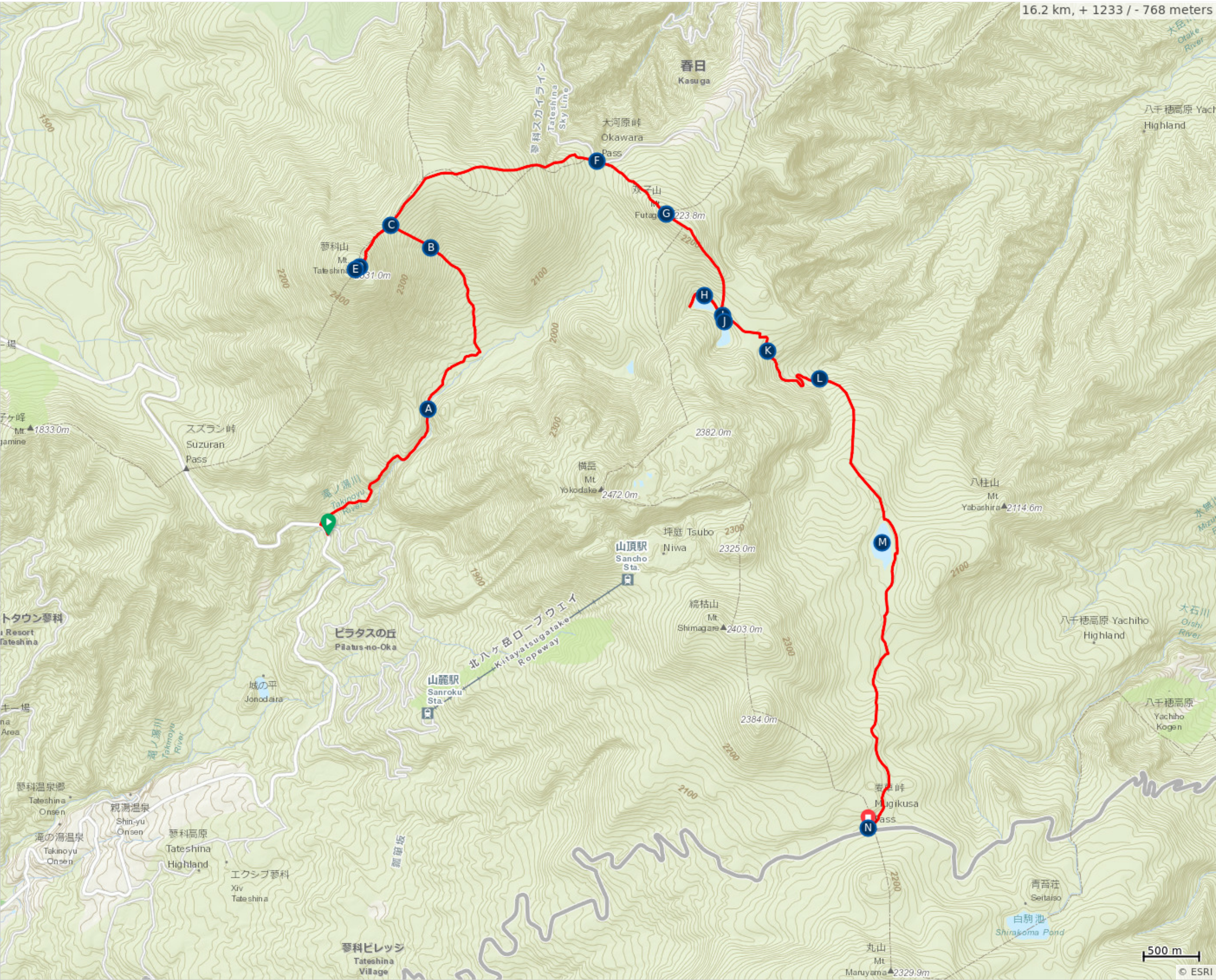


Mt. Tateshina - Hiking Trail (Nagano Prefecture, Japan)



A.	Water available
B.	Steep rocky trail
C.	Tateshina Sansou
D.	Tateshina Huette
E.	Mt. Tateshina
F.	Ogawaratoge Pass
G.	Mt. Futago
H.	Lake Futagoike campsite
I.	Futagoike Huette
J.	Only drink water from this lake
K.	Look out for a sign on your right
L.	Water available
M.	Lake Ameike
N.	Bus stop for Chino Station in front of Mugikusa Huette