

LEGEND

- Shin-etsu Trail
- Road
- Municipal border
- Prefectural border
- Shin-etsu Trail Visitor Center
- Tent site
- Accommodation
- Onsen/bathing

Trail Rules

1. Stay on the designated trails.
2. Respect the plants and wildlife.
3. Pack out all waste.
4. Use the established toilet facilities.
5. Follow the posted rules and regulations.
6. Be considerate of others.
7. Gather information and make plans in advance.

Trekking Season

Sections 1-2: end-May to early November
Sections 3-9: end-June to early November
Section 10: end-June to end-October

Note: For each section, the opening and closing dates may change, depending on weather and other conditions



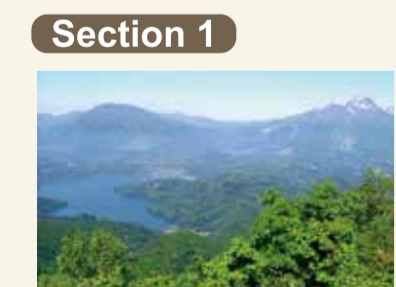
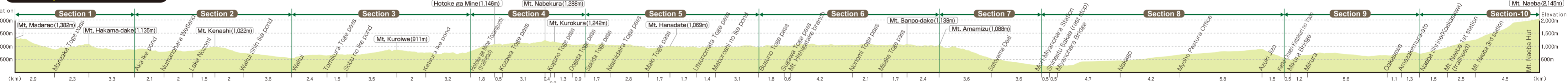
Difficulty of sections

Section	Physical requirement	Technical requirements
1	★★★★★	Can safely climb up and down long, steep slopes
2	★	Can safely walk up and down light ascents and descents
3	★★★★	Can safely negotiate steep slopes, rough ridges, small ascents and descents
4	★★★★	Can safely hike steep slopes, steep ups and downs, and negotiate fallen trees along the Trail
5	★★★★★	Can safely hike steep slopes, steep ups and downs, and negotiate fallen trees along the Trail
6	★★★★	Can safely walk up and down slippery sections of the Trail
7	★★★	Can safely walk paved roads and gentle slopes over a long period of time
8	★★★	Can safely walk paved roads and gentle slopes
9	★★	Can hike on steep and rocky slopes, sometimes requiring the use of hands and feet
10	★★★★★	Can hike on steep and rocky slopes, sometimes requiring the use of hands and feet

Note: the indicated difficulty levels are only a guide. A hiker's experience will depend on both the individual's experience and fitness levels. Please hike at your own discretion.

Degree of difficulty (Change in elevation over a one-day hike)
★: 200m ★★: 400m ★★★: 700m ★★★★: 800m ★★★★★: 1,000m

Elevation profile of the entire trail



Section 1

Start: Mt. Madarao
Finish: Aka Ike pond

Enjoy magnificent views from Mt. Daimyojin and Mt. Hakama-dake, close to Mt. Madarao, and walking in the beech forest.

○Total distance 8.5 km
○Highest elevation... 1,382 m
○Lowest elevation..... 910 m

Note: the distance of the approach trail leading to the summit of Mt. Madarao is not included in the above.



Section 2

Start: Aka Ike pond
Finish: Wakui

This course is rich with a variety of forests, wetlands, lakes, mountain peaks, and farm roads. Because of the mild elevation changes, it is recommended for first-time hikers.

○Total distance 10.7 km
○Highest elevation... 1,022 m
○Lowest elevation..... 563 m

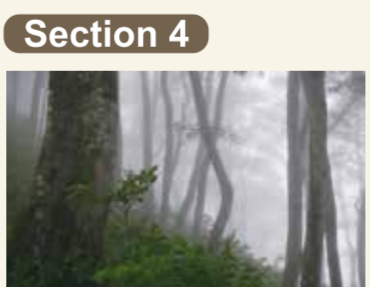


Section 3

Start: Wakui
Finish: Hotoke ga Mine Tozanguchi

This course features historic sites such as the Tomikura Toge pass and Taishojin Ato, Mt. Kuroiwa, which is designated as a national natural monument, and Katsura Ike pond, with its beautiful autumn leaves.

○Total distance 12.7 km
○Highest elevation..... 938 m
○Lowest elevation 563 m



Section 4

Start: Hotoke ga Mine Tozanguchi
Finish: Sekida Toge pass

Hike through the beautiful beech forests surrounding Mt. Nabekura. Along the trail, there are many points where the Japan Sea and Iiyama Basin can be seen.

○Total distance 8.2 km
○Highest elevation... 1,288 m
○Lowest elevation 830 m



Section 5

Start: Sekida Toge pass
Finish: Busuno Toge pass

Along this part of the Shin-etsu Trail, areas that have particularly heavy snowfall feature beech trees with bent roots due to the weight of the snow. This course has many low ridges.

○Total distance 12.4 km
○Highest elevation... 1,140 m
○Lowest elevation 970 m



Section 6

Start: Busuno Toge pass
Finish: Mt. Amamizu

Hike through beech forests. This trail gives hikers a beautiful view of the mountainside below. This course has many low ridges that require physical fitness to traverse.

○Total distance 12.8 km
○Highest elevation... 1,151 m
○Lowest elevation... 1,015 m



Section 7

Start: Mt. Amamizu
Finish: Mori-Miyahara Station

This trail leaves the Sekida Mountains and crosses into the foothills of Mt. Naeba. There are many villages along this course. Note that the hiking time will vary for this section depending on whether an individual is moving Eastbound or Westbound.

○Total distance 7.2 km
○Highest elevation... 1,088 m
○Lowest elevation... 289 m



Section 8

Start: Mori-Miyahara Station
Finish: Ketto

Experience hiking a river terrace. Hikers will have a view of the Sekida Mountains and Mt. Naeba. This course has both the longest section of paved road and overall hiking distance.

○Total distance 17.2 km
○Highest elevation..... 938 m
○Lowest elevation 252 m



Section 9

Start: Ketto
Finish: Koakasawa

Hike the secluded region of Akiyama-go. Cross a suspension bridge, pass through villages, and follow an old path that was walked by Bokushi Suzuki, a literary figure of the Edo period.

○Total distance 9.7 km
○Highest elevation 773 m
○Lowest elevation 494 m



Section 10

Start: Koakasawa
Finish: Mt. Naeba

Near the summit of Mt. Naeba is a high-altitude marshland. The large difference in elevation requires preparation and physical strength for a full-scale climb.

○Total distance 8.5 km
○Highest elevation... 2,145 m
○Lowest elevation 759 m

Note: the distance of the approach trail leading to the summit of Mt. Naeba is not included in the above.



We refer to hiking directions as... Mt. Madarao Mt. Naeba