



Map Code  
613 781 311

Map Code  
613 793 053

### Mt. Mashu (Kamui-nupuri) Blue Line

Lake Mashu Observatory1 → Mt. Mashu → Lake Mashu Observatory1  
 Distance One Way about 7.2 km  
 Uphill about 2 hr 30 min  
 Downhill about 2 hours  
 Vertical drop about 311m  
 Total time about 4 hr 30 min / Distance about 14.4km

### Mt. Nishibetsu Green Line

Mr. Nishibetsu Hut → Mt. Nishibetsu → Mt. Nishibetsu Hut  
 Distance One Way about 3.2 km  
 Uphill about 1 h 30 min  
 Downhill about 1 hours  
 Vertical drop about 464m  
 Total time about 2 hr 30 min / Distance about 6.4km

### Notes for trekkers

- Set up a reasonable climbing plan.
- Be sure to add your name to the Notes for trekkers at the trailhead.
- Prepare for sudden weather change.
- Plan to avoid to bump into Brown bears.
- Check on restrooms in advance.
- Be sure to take litter and cigarette butts home with you.