

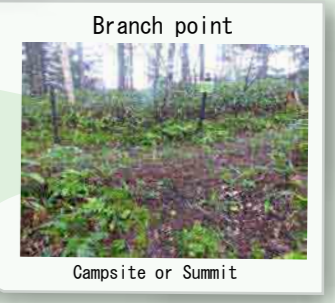
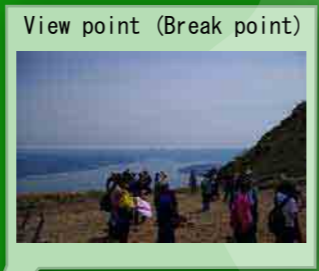
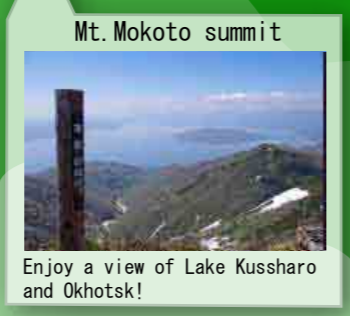
コースタイム

<p>Skyline Trail Course (スカイライン遊歩道)</p> <p>Highland Koshimizu 725 → Summit → Highland Koshimizu 725 Distance One Way about 2 km Uphill about 60 min Downhill about 45 min</p>	<p>Mountaineering Course (登山道)</p> <p>Ginreisui → Summit → Ginreisui Distance One Way about 1.16 km Uphill about 30 min Downhill about 20 min Vertical drop about 200 m</p>
<p>Ginreisui Trail Course (銀嶺水遊歩道)</p> <p>Ginreisui ⇄ Todo fir Distance One Way about 2.04 km One Way about 60 min Vertical drop about 200 m</p>	<p>Todo fir Trail Course (トドマツ遊歩道)</p> <p>Ginreisui Trail Course ⇄ Campsite Distance One Way 1.32 km One Way about 30 min Vertical about 100 m</p>
<p>Bougakudai Trail Course (望岳台遊歩道)</p> <p>Skyline Trail Course ⇄ Todo fir Trail Course Distance One Way 2.37 km One Way about 60 min Vertical drop 140 m</p>	<p>Campsite Trail Course (野営場遊歩道)</p> <p>Walking Trail ⇄ Todo fir Trail Course Distance One Way about 0.98 km One Way about 20 min Vertical drop about 50 m</p>
<p>Walking Trail (散策路)</p> <p>Road ⇄ Campsite Distance One Way about 0.7 km One Way about 20 min Vertical drop about 80 m</p>	<p>Long Trail Course (ロングトレイルコース)</p> <p>Ginreisui Trail → Todo fir Trail → Bougakudai Trail → Skyline Trail → Summit → Mountaineering Course → Ginreisui Round Distance about 6.5 km about 3 hr 30 min Vertical drop about 350 m</p>

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.

- Caution**
- Do not hunt animals and plants, and do not take stones home with you.
 - Horse-Fly • Mite, Tick • Hornet • Lacquer tree



Caution! These road shoulder blocks are vulnerable.