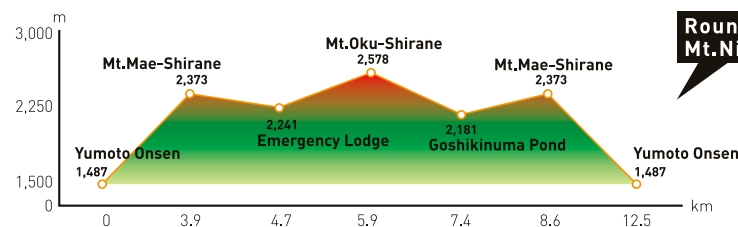


# Mt. Nikko-Shirane

日光白根山 (2578m)



Round trip of Mt. Nikko-Shirane

A Course

Mt. Nikko-Shirane(日光白根山), an active volcano, is known as the highest mountain in the Kanto region, and has been selected as one of the 100 famous mountains in Japan. It is just located on the west side of Oku-Nikko Yumoto Onsen (奥日光湯元温泉), and its body stays on the prefectural border of Gunma and Tochigi. The name of this mountain means white-snowy peaks. The highest peak named Mt. Oku-Shirane(奥白根山), 2578m, is a lava dome which has been formed during the past volcanic activity. The four trails lead us to the top of Mt. Oku-Shirane, and show us beautiful alpine plants and flowers blooming besides the trails in summer time. The trail from Nikko Shiranesan ropeway (日光白根山ロープウェイ) in Gunma Prefecture is also a very popular way to visit quickly upon the highland of 2000m above sea level. The course from Yumoto Onsen is one of the best ways which is long and steep, but you will definitely enjoy the splendid scenery during your hiking. It takes about 5 hours to Mt. Oku-Shirane via Mt. Mae-Shirane(前白根山).

\*Available season: early June to late October.

Techniques and experiences are required when you climb winter mountains or do activities in snow.

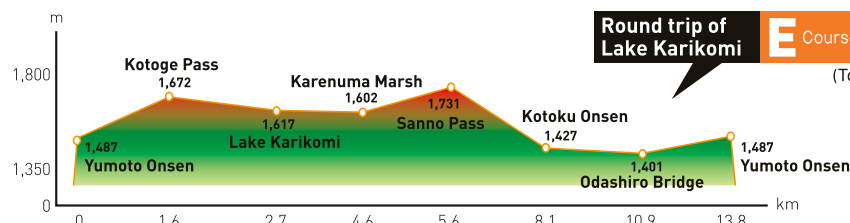
\*Level of difficulty: Advanced in the Nikko mountain range  
(Intermediate in mountaineering of all Japan)

We advise you to carry sufficient drinking water and foods.

Attention: The toilet facility is not established in a mountain.

# Lake Karikomi

刈込湖 (1617m)



Round trip of Lake Karikomi

E Course & F Course

(Together)

Lake Karikomi (刈込湖) and Lake Kirikomi (切込湖) are twin lakes between Nikko mountain range. These lakes were naturally dammed by cutting a stream with lava flow from an ancient eruption of Mt. Mitsudake (三岳). Lake Karikomi is 1617m above sea level, and its depth is about 15m. Mysteriously, no mountain streams flow out from these two lakes. There are several beautiful lakes and ponds besides the trail around Mt. Mitsudake. This trail takes you 4 hours hiking from Yumoto Onsen to Kotoku Pasture (光徳牧場). (About 8km) It is also a good idea to keep going to Senjogahara Wetland (戦場ヶ原) and Yudaki Falls (湯滝) from Kotoku Pasture for longer hiking. It is splendid course of Oku-Nikko surrounded by a variety of nature. (E and F course together : About 6hours.14km)

\*Recommended season: Early May to late November. Trekking into mountains in winter time is not recommended around this area, because of heavy snowfall.

\*Level of difficulty: Intermediate in the Nikko mountain range  
(Beginner in mountaineering of all Japan)

We advise you to prepare suitable hiking shoes, rainwear and drinking water because the course is long.

Attention: The toilet facility is available at Kotoku Pasture and Yudaki Falls.

# Round trip of Mt. Shirane from Yumoto Onsen

Yumoto Onsen

210min

Mt. Mae-Shirane

90min

Mt. Oku-Shirane

60min

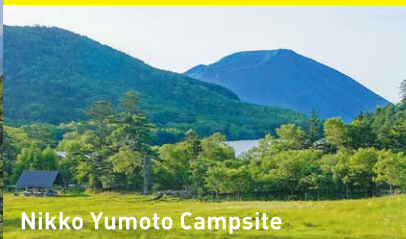
Goshikinuma Pond

40min

Mt. Mae-Shirane

120min

Yumoto Onsen



Nikko Yumoto Campsite



Summit of Mt. Mae-Shirane



Summit of Mt. Oku-Shirane.



Midagaik pond



Goshikinuma Pond



Lake Yunoko

# Oku-Nikko Yumoto Onsen

奥日光湯元温泉 (1487m)



Sengen (The source of the hot spring)



Footbath (Anyo-no-yu)



Senjogahara Wetland



Yudaki Falls

Yumoto Onsen town is located beside Lake Yunoko(湯ノ湖), and Senjogahara Wetland and Yudaki Falls stay on its south. The first hot spring (Onsen) was found in AD788, and had been named Yakushino-yu (薬師の湯). The main component of spring water is hydrogen sulfide. The temperature of the water is from 49.3 to 78.9 degrees Celsius, and the flow rate is 1788.5 liters per minute. Now there are more than 20 hotels and Japanese style inns (Ryokan).

## Nikko Yumoto Visitor Center(日光湯元ビジターセンター)

The Ministry of the Environment opened Nikko Yumoto Visitor Center in 1994 to provide nature information and hiking routes for visitors



- Admission : Free
- TEL 0288-62-2321
- Opening Hours (Regular)  
9:00am to 4:30pm

## Nikko Yumoto Campsite(日光湯元キャンプ場)

The weather in Nikko Yumoto is cool and comfortable in summer. This campsite of a broad lawn is a ski ground in winter. It is certainly a perfect location to stay for a while beside Lake Yunoko.



- Advance reservations are not accepted. Please finish signing in at Nikko Yumoto Visitor Center during its opening hour before the use.
- TEL 0288-62-2461

Issue: NATURAL PARKS FOUNDATION  
(発行:一般財団法人 自然公園財団)



# MOUNTAINS MAP OF AROUND YUMOTO ONSEN



## Mountain Climbing Course

<b>A</b> →	Level <b>Advanced</b>	Distance <b>12.5km</b>	Reqd. Time <b>8hrs.40min.</b>
Yumoto Onsen (210min) ⇒ Mt. Mae-Shirane (90min) ⇒ Mt. Oku-Shirane (60min) ⇒ Goshikinuma Pond (40min) ⇒ Mt. Mae-Shirane (120min) ⇒ Yumoto Onsen			
<b>B</b> →	Level <b>Advanced</b>	Distance <b>5.9km</b>	Reqd. Time <b>4hrs.35min.</b>
Yumoto Onsen (140min) ⇒ Kokkyodaira (40min) ⇒ Mt. Goshiki (35min) ⇒ Midagaikae Pond (60min) ⇒ Mt. Oku-Shirane			
<b>Difficult Pass</b>			
<b>C</b> →	Level <b>Advanced</b>	Distance <b>3.4km</b>	Reqd. Time <b>3hrs.10min.</b>
Sugenuma (130min) ⇒ Midagaikae Pond (60min) ⇒ Mt. Oku-Shirane			
<b>D</b> →	Level <b>Moderate</b>	Distance <b>3.1km</b>	Reqd. Time <b>2hrs.30min.</b>
Nikko Shiranesan Ropeway (150min) ⇒ Mt. Oku-Shirane			

## Hiking Course

<b>E</b> →	Level <b>Moderate</b>	Distance <b>8.1km</b>	Reqd. Time <b>3hrs.40min.</b>
Yumoto Onsen (70min) ⇒ Lake Karikomi (70min) ⇒ Karenuma Marsh (25min) ⇒ Sanno Pass (55min) ⇒ Kotoku Onsen			
<b>F</b> →	Level <b>Beginner</b>	Distance <b>5.7km</b>	Reqd. Time <b>2hrs.10min.</b>
Kotoku Onsen (35min) ⇒ Kotoku Iriguchi (25min) ⇒ Odashiro Bridge (30min) ⇒ Yudaki Falls (40min) ⇒ Yumoto Onsen			



**Azuma Shakunage**  
*Rhododendron degranianum*  
Carrière

The place: Lake Yunoko  
The time of bloom: May



**Shiraneaoli**  
*Glaucidium palmatum*  
Siebold et Zucc.

The place: Mt. Shirane  
The time of bloom: June



**Zumi**  
*Malus toringo* (Siebold)  
Siebold ex de Vriese

The place: Kotokunuma Pond  
The time of bloom: June



**Rengetsutsuji**  
*Rhododendron molle* (Blume)  
G. Don subsp. japonicum (A. Gray) K. Kron

The place: Lake Yunoko  
The time of bloom: June



**Hakusan Shakunage**  
*Rhododendron brachycarpum*  
D. Don ex G. Don

The place: Mt. Shirane  
The time of bloom: July



**Hozakishimotsuke**  
*Spiraea salicifolia* L.

The place: Senjogahara Wetland  
The time of bloom: August

## Park etiquette



## Legend

