



Hiking trail difficulty ratings

The local areas in Nagano and Gifu Prefectures evaluate the geographical features of their main hiking routes and set the grades of mountains based on the degree of physical strength required and level of technical difficulties. Details of these gradings can be found on the websites given below. The routes in each section are graded among 5 levels of technical difficulties, and since the information indicates the conditions of the hiking trail and the necessary technique and ability for hikers, you can use it as reference for making plans. Especially, the hiking route between Mt. Yarigatake and Mt. Hotakadake, one of the most difficult routes in Japan, passes over steep ascents and descents, and rock ridges requires to use chains and ladders. There is always the fear of slipping down in these dangerous areas, plus weather conditions can be severe, climbing should not be attempted without enough knowledge, experience, or equipment.

Regarding degree of physical strength considered necessary

for each course, refer to course times and altitude measurements.

Not only experienced climbers in other countries, but for those who climb mountains in Japan for the first time, we recommend choosing courses with degree of difficulty up to B and requesting a guide for any course over that level of difficulty. First, becoming familiar with Japan's mountain-climbing culture is the key to enjoy the Northern Alps. We strongly recommend that only then, you set yourself to challenge raising the level in accordance with your familiarity with the mountains of Japan with your own ability and strength. Climbing mountains that are not suitable for you leads to great risk, not just for you and your party, but also for other climbers and the mountain huts. Plan the time well and enjoy the Northern Alps always safety as a priority.

Technical level

The sections of hiking trails on this map that have been given mountain grading are shown by their technical levels within the 5 ratings of A, B, C, D, and E, represented in different colors. Other possible hiking trails are shown in purple.

Technique, ability	
A	● Trekking equipment necessary
B	● Trekking experiences necessary ● Map-reading ability desirable
C	● Map-reading ability and physical strength to climb a ladder/chain necessary
D	● Map-reading ability, balance and technique to steadily go across rocky and snowy sections necessary ● Route-finding technique necessary
E	● Map-reading ability, balance and technique to steadily go across rocky and snowy sections necessary ● Route-finding technique and sound judgment necessary ● Some trekkers need to use a rope for safe climbing in some sections
— Refurbished trail with no climbing grade	



Gifu Prefecture
Grades of Mountain Trails (Japanese)



Nagano Prefecture/Shinshu
Grades of Mountain Trails (English)