Walking Map



Partial cross section

Ichinotanidou-Shishigabana

★★★ **4 km** ⇧3 hrs ⇩2 hrs 30 mins

Hiking course from Midagahara to Tengudaira. This course is a former pilgrimage route where you can feel Tateyama's religious history..

Tengudaira walking (flat)

★☆☆ **1.7 km** 1hrs

From Tengudaira to Murodo. Walking through meadows of flowers. This is a good route from which to see Mt. Tsurugidake.

Mt. Murodo view point

★★☆ **2 km** ⇧1hrs 30mins ⇩1hrs

Hiking course from Murodo Terminal to Mt. Murodo and Mt. Jyodo. You can look down on the magnificent caldera from the view point. The most distinctive peak of Japan Alps, Mt. Yarigatake, is also visible.

Climbing Mt. Tateyama

★★★ **2.5 km** ⇧2hrs ⇩1hrs 40mins

Hiking course from Murodo Terminal to Mt. Oyama (3,003m), which is one of the summits of Mt. Tateyama. There is a shrine at the summit with panoramic views and the possibility of seeing Mt. Fuji on a clear day.

H.yamasato

3 Murodo 室堂

The highlight of the Alpine Route. You can see many beautiful sights including Mikurigaike pond.

Sitting above the clouds and surrounded by the peaks of Mt. Oyama (3,003 m), Mt. Jyodo (2,831 m) & Mt. Bessan (2,880 m).

Autumn foliage: end of September to beginning of October

Chocolate lily (June-July)



This is a unique lily whose dark purple flowers bloom downwards. This flower has much folklore associated with it. It is said that if you send this flower to someone you love and they accept the gift, then your relationship will also bloom!

Erman's birch



This tree grows only in highland areas. It has grey bark and its leaves turn a vivid yellow in autumn before falling.





Somen (absolution) Falls

Jigokudani (Hell Valley)

There is a walking path around Jigokudani, but it is closed due to the danger of accidents caused by eruptions of volcanic gas.

Tateyama Renpo Lodge

Both huts have a hot spring.

path closed

Raicho zawa Hut

Camp site

Watch your step on the steep stairs.

Six Jizo (child) statues

Blacksmith's Hell

Raicho Hot Spring Raichoso (hut)

Emmadai (Jigokudani viewpoint)

Rindoike

Mikurigaike Hot Spring

Path closed

Chinoike (Blood Pond)

Murododaira

Mikurigaike

These ponds are volcanic crater lakes.

Midorigaike

Memorial to lost mountaineers

Tateyama Murodo Hut

Many image of Buddha statues

"Gods lead us to Heaven" Waterfall

Image of Buddha (#32)

Watch your step on the steep stairs.

Path closed

Hotel Tateyama

START

Delicious spring water

Murodo Terminal P

Nature Protection Center

← Tengudaira walking (flat)

← Mt. Murodo view point

Climbing Mt. Tateyama →



Tateyama Murodo



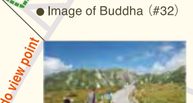
This hut is the oldest mountain hut in Japan, built 2-300 years ago. It is an important cultural site as there was thought to be a hut located here as early as the 12th century.

Snow corridor



Tateyama has some of the heaviest snowfalls in the world. An average of 7m accumulates every year. In heavy years up to 20m can accumulate! That's as high as a 10 story building! You can walk 500m between the walls of snow and enjoy sledding in April. You can also watch the snow being removed from the road.

Impressive views can be seen just after the road is opened in mid April until May. After June the walls of snow become shorter but some snow remains even in August. You can play in the snow.



A less hilly walking course for a more gentle pace.

----- Mikurigaike pond return

★☆☆ **600 m** 30 mins

----- Mikurigaike pond loop

★☆☆ **1.7 km** 1 hr

----- Raichozawa return

★★☆ **2.4 km** 2 hrs 30 mins

1 Bijodaira 美女平

Stroll through a primeval forest containing 1,000 year old cedars and beech trees

Around 60 species of native birds.

Autumn foliage: end of October to beginning of November









Beautiful Woman Cedar (see reverse)



Information board



Japanese antelope

If you are lucky you may be able to see the wild animals that inhabit the Alpine Route.

Sendo Cedar

One of Japan's 100 biggest trees

----- Short loop

★☆☆ **2 km** 1 hr

----- Medium loop

★☆☆ **2.5 km** 1 hr 50 mins

----- Long loop

★☆☆ **4 km** 2 hrs 30 mins

Legend Information · Restaurant · Toilet · Wheelchair access toilet · Observation deck · ★★★ Difficulty

2 Midagahara 弥陀ヶ原

Wetland situated 2,000 m above sea level

Pretty flowers can be enjoyed here from June to September and Autumn foliage from September to October.

Autumn foliage: end of September to beginning of October

Asian skunk cabbage (June)



This white flowering plant only grows in clean, flowing water and blooms during snowmelt.

Daylily (July-August)



This flower is a type of lily that blooms in the morning, painting the highlands yellow, before closing in the evening. Different flowers bloom each day.

Cottongrass (June-August)



The cotton from this grass turns the wetlands white during summer.













A caldera formed by the eruption of Mt, Tateyama. You can see the shape of a former natural hot spring used by pilgrims at the bottom of the caldera.

The boardwalk allows you to walk through this vast wetland area. Panoramic views and abundant alpine plants.

----- Tateyama caldera viewpoint

★☆☆ **600 m** ⇧20 mins ⇩15 mins

----- Boardwalk short loop

★☆☆ **1 km** 40 mins

----- Boardwalk long loop

★☆☆ **2 km** 1 hrs 20 mins

4 Kurobe Dam 黒部ダム

The highest dam in Japan (186 m) was a historically difficult construction project.

You can see impressive plumes of high pressure water being discharged from the dam between late-June and mid-October.

Autumn foliage: October

Dam observation deck



Climb 220 stairs to see the finest view of the dam. Also a great view of the water discharge. 10 tons of water shoot out of the dam every second producing a beautiful rainbow.

Can be seen from late-June to mid-October

Monument to workers who lost their lives during construction.

A monument to the 171 workers who lost their lives during construction of the dam.







----- Quick course

★☆☆ **500 m** 45 mins

----- Scenic course

★★☆ **1.9 km** 1 hr 50 mins

----- Cruise course

★★☆ **2.5 km** 2 hrs 30 mins