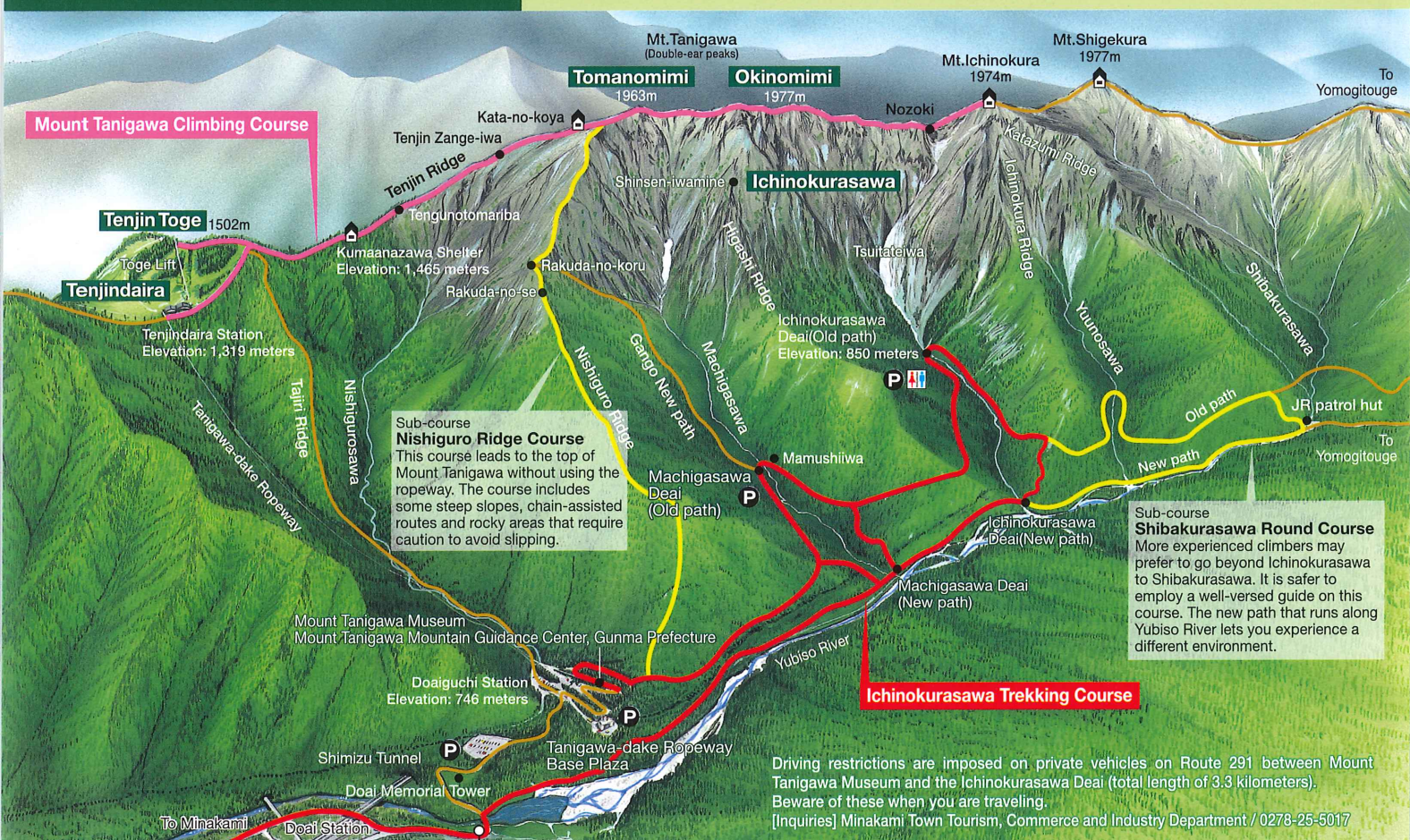


Mount Tanigawa

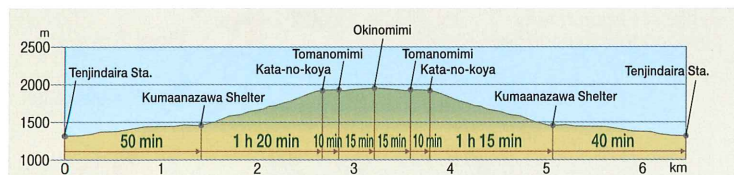
Cautions

- ① Weather conditions on Mount Tanigawa often change suddenly. Promptly take shelter or proceed down the mountain if you see signs of approaching storms.
- ② There are no water sources on the route to the top of Mount Tanigawa. In order to prevent dehydration make sure you carry sufficient water and rehydrate regularly.
- ③ In autumn, temperatures on Mount Tanigawa can fall to zero or below. Always dress appropriately and carry extra warm and waterproof layers.
- ④ During the hiking season a caretaker is stationed at the Kata-no-koya hut close to the peak of Mount Tanigawa. Feel free to ask for assistance or help.

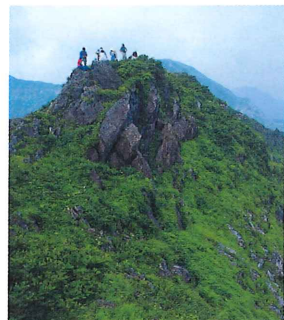


Ropeway – A relatively easy and enjoyable way to climb Mount Tanigawa Climbing Course

■ Walk time: 4 hours 55 minutes ■ Distance: 6.4 kilometers ■ Elevation change: 771 meters



Taking the ropeway for around 10 minutes from Doaiguchi Station will bring you to Tenjindaira. From there you can take the lift to Tenjin Toge Pass. From Tenjin Toge, you can reach the top of the mountain by walking for around three hours along mountain ridges. Since this route has some steep downhill slopes and wooden paths along the way, caution is needed to avoid slipping, especially after rain has fallen. After you pass the Kata-no-koya hut, the ridges leading to the twin peaks of Tomanomimi and Okinomimi are a treasure trove of alpine flora. The panoramic view of the spectacular mountain especially from the peak is spellbinding.

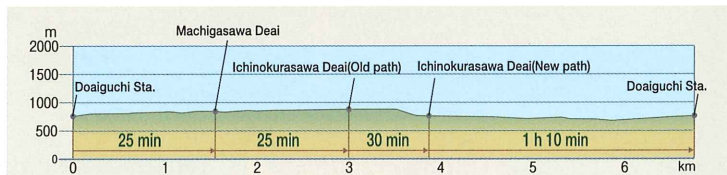


Top of the Mountain

Alpine mountain scenery, massive cliffs, and deep snowy gorges even at the height of summer

Ichinokurasawa Trekking Course

■ Walk time: 2 hours 30 minutes ■ Distance: 6.9 kilometers ■ Elevation change: 307 meters



Even trekking beginners and people who aren't so confident in their stamina can fully enjoy Ichinokurasawa, which offers the best views of Mount Tanigawa. This round course, which is based around the Tanigawa-dake Ropeway Doaiguchi Station, offers a wealth of scenic diversity. The landscapes that spread before you are superb and you will be overwhelmed by the towering ridges and expanses of powerful cliffs as they suddenly come into view. Beware of flooding at confluences of mountain streams and points where rivers become narrow.



Looking towards the top of Ichinokurasawa from the Ichinokurasawa Deai

Train and Bus Schedule

[Train]

■ Up train from Doai Sta. to Minakami

12:39 ⇒ 12:52 / 15:34 ⇒ 15:46

■ Down train from Doai Sta. to Nagaoka

13:49 ⇒ 15:29 / 17:58 ⇒ 20:02

■ Up train from Minakami Sta. to Takasaki

11:35 ⇒ 12:38 / 14:19 ⇒ 15:24

15:53 ⇒ 16:56 / 16:47 ⇒ 17:50

17:44 ⇒ 18:48

[Bus] ¥750

■ From Tanigawa-dake Ropeway Sta. to Minakami Sta.

13:15 ⇒ 13:38 / 14:05 ⇒ 14:28

14:55 ⇒ 15:18 / 15:50 ⇒ 16:13

16:10 ⇒ 16:33 / 17:03 ⇒ 17:26

CONTACT

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www.enjoy-minakami.jp

Mount Tanigawa

Mount Tanigawa Climbing Course / Ichinokurasawa Trekking Course

