









**LEGEND**

-  Shin-etsu Trail
-  Road
-  Municipal border
-  Prefectural border
-  Shin-etsu Trail Visitor Center
-  Tent site
-  Accommodation
-  Onsen/bathing

**Trail Rules**

1. Stay on the designated trails.
2. Respect the plants and wildlife.
3. Pack out all waste.
4. Use the established toilet facilities.
5. Follow the posted rules and regulations.
6. Be considerate of others.
7. Gather information and make plans in advance.

**Trekking Season**

- Sections 1-2: end-May to early November
- Sections 3-9: end-June to early November
- Section 10: end-June to end-October

Note: For each section, the opening and closing dates may change, depending on weather and other conditions



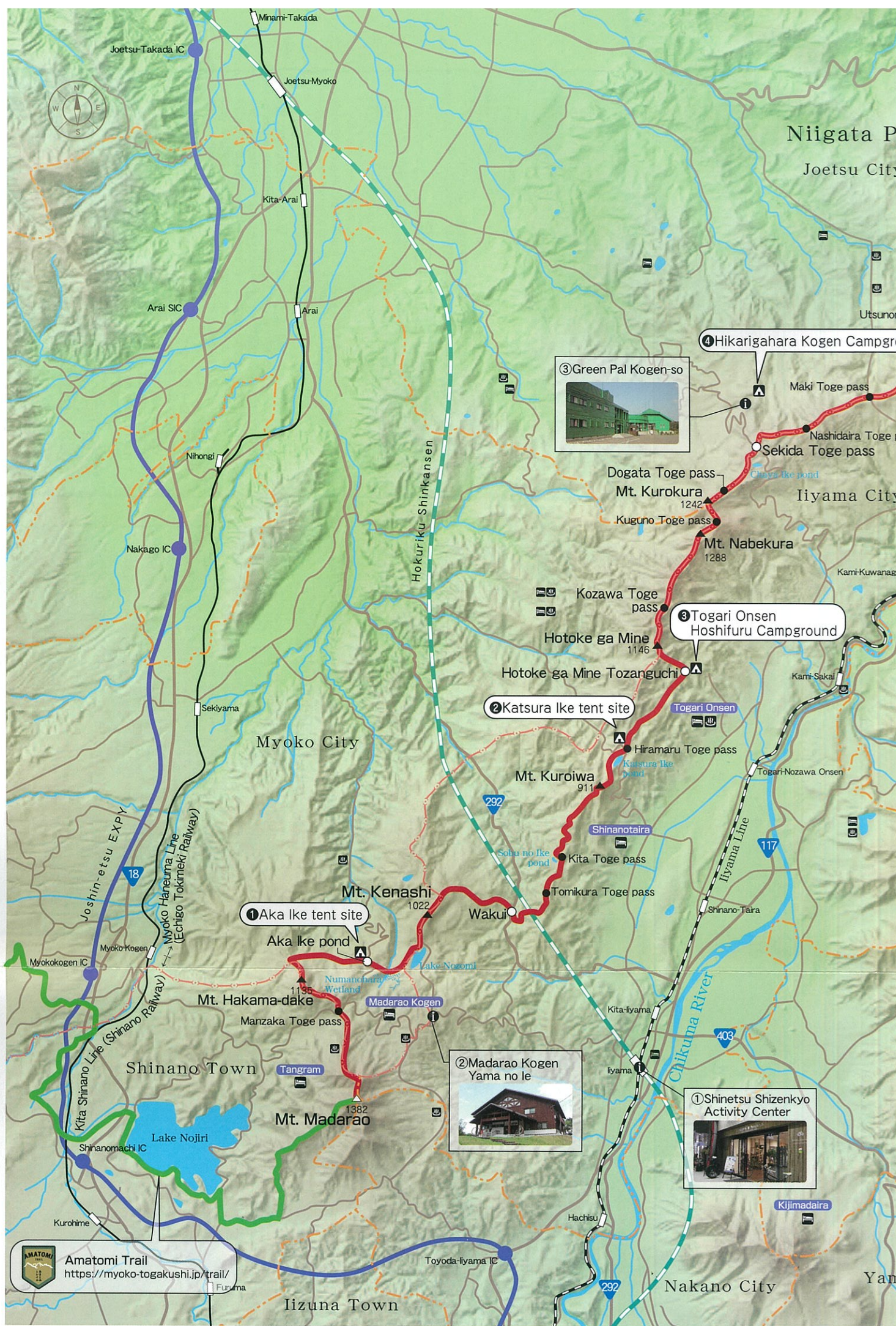
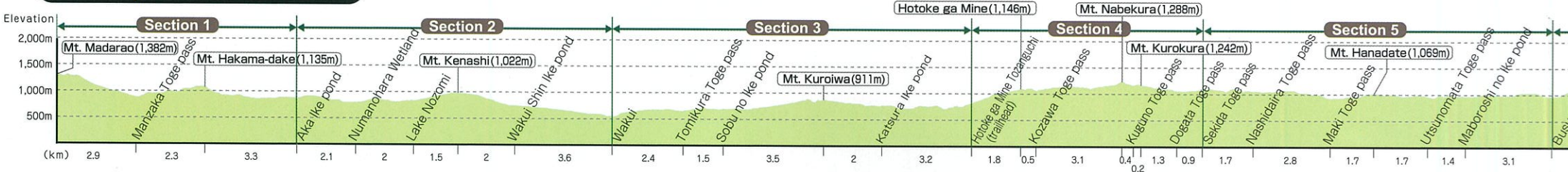
**Difficulty of sections**

Section	Physical requirement	Technical requirements
1	★★★★★	Can safely climb up and down long, steep slopes
2	★	Can safely walk up and down light ascents and descents
3	★★★★	Can safely negotiate steep slopes, rough ridges, small ascents and descents
4	★★★★	Can safely hike steep slopes, steep ups and downs, and negotiate fallen trees along the Trail
5	★★★★★	Can safely walk up and down slippery sections of the Trail
6	★★★★★	
7	★★	
8	★★★★	Can safely walk paved roads and gentle slopes over a long period of time
9	★★	Can safely walk paved roads and gentle slopes
10	★★★★★	Can hike on steep and rocky slopes, sometimes requiring the use of hands and feet

Note: the indicated difficulty levels are only a guide. A hiker's experience will depend on both the individual's experience and fitness levels. Please hike at your own discretion.

Degree of difficulty (Change in elevation over a one-day hike)  
★ : 200m ★★ : 400m ★★★ : 700m ★★★★ : 800m ★★★★★ : 1,000m

**Elevation profile of the entire trail**



**Section 1**



Start : Mt. Madarao  
Finish: Aka Ike pond

Enjoy magnificent views from Mt. Daimyojin and Mt. Hakama-dake, close to Mt. Madarao, and walking in the beech forest.

- Total distance ..... 8.5 km
- Highest elevation... 1,382 m
- Lowest elevation..... 910 m

Note: the distance of the approach trail leading to the summit of Mt. Madarao is not included in the above.

**Section 2**

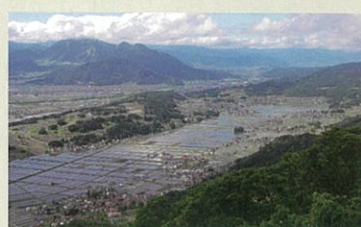


Start : Aka Ike pond  
Finish: Wakui

This course is rich with a variety of forests, wetlands, lakes, mountain peaks, and farm roads. Because of the mild elevation changes, it is recommended for first-time hikers.

- Total distance ..... 10.7 km
- Highest elevation... 1,022 m
- Lowest elevation..... 563 m

**Section 3**



Start : Wakui  
Finish: Hotoke ga Mine Tozanguchi

This course features historic sites such as the Tomikura Toge pass and Taishojin Ato, Mt. Kuroiwa, which is designated as a national natural monument, and Katsura Ike pond, with its beautiful autumn leaves.

- Total distance ..... 12.7 km
- Highest elevation... 938 m
- Lowest elevation ..... 563 m

**Section 4**

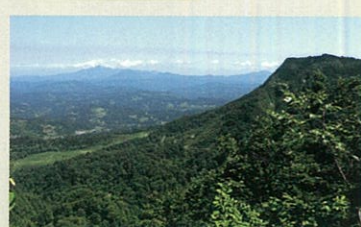


Start : Hotoke ga Mine Tozanguchi  
Finish: Sekida Toge pass

Hike through the beautiful beech forests surrounding Mt. Nabekura. Along the trail, there are many points where the Japan Sea and Iiyama Basin can be seen.

- Total distance ..... 8.2 km
- Highest elevation... 1,288 m
- Lowest elevation ..... 830 m

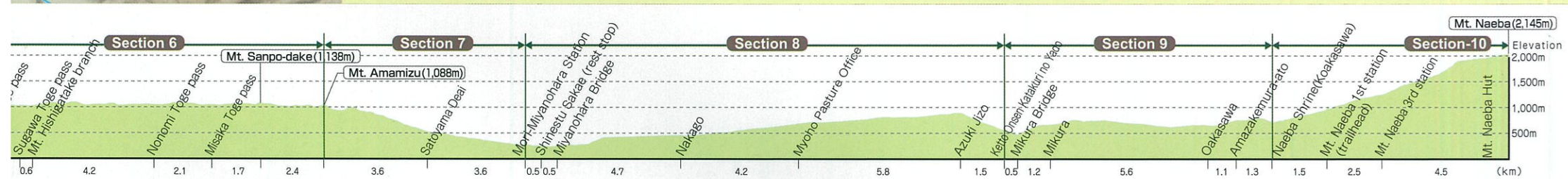
**Section 5**



Start : Sekida Toge pass  
Finish: Busuno Toge pass

Along this part of the Shin-etsu Trail, areas that have particularly heavy snowfall feature beech trees with bent roots due to the weight of the snow. This course has many low ridges.

- Total distance ..... 12.4 km
- Highest elevation... 1,140 m
- Lowest elevation ..... 970 m



### Section 6

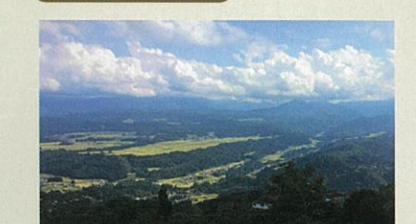


**Start :** Busuno Toge pass  
**Finish:** Mt. Amamizu

Hike through beech forests. This trail gives hikers a beautiful view of the mountainside below. This course has many low ridges that require physical fitness to traverse.

○Total distance ..... 12.8 km  
○Highest elevation ... 1,151 m  
○Lowest elevation ... 1,015 m

### Section 7

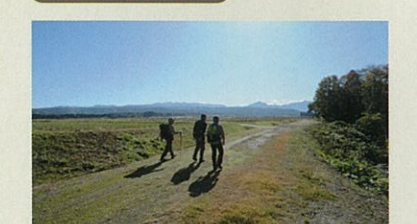


**Start :** Mt. Amamizu  
**Finish:** Mori-Miyahara Station

This trail leaves the Sekida Mountains and crosses into the foothills of Mt. Naeba. There are many villages along this course. Note that the hiking time will vary for this section depending on whether an individual is moving Eastbound or Westbound.

○Total distance ..... 7.2 km  
○Highest elevation ... 1,088 m  
○Lowest elevation ... 289 m

### Section 8

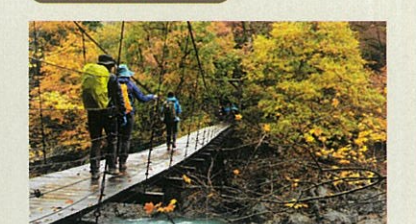


**Start :** Mori-Miyahara Station  
**Finish:** Ketto

Experience hiking a river terrace. Hikers will have a view of the Sekida Mountains and Mt. Naeba. This course has both the longest section of paved road and overall hiking distance.

○Total distance ..... 17.2 km  
○Highest elevation ..... 938 m  
○Lowest elevation ..... 252 m

### Section 9

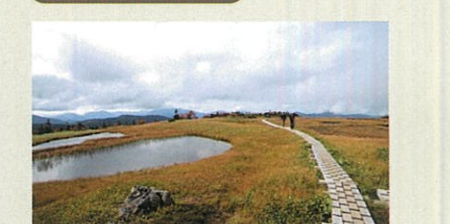


**Start :** Ketto  
**Finish:** Koakasawa

Hike the secluded region of Akiyama-go. Cross a suspension bridge, pass through villages, and follow an old path that was walked by Bokushi Suzuki, a literary figure of the Edo period.

○Total distance ..... 9.7 km  
○Highest elevation ..... 773 m  
○Lowest elevation ..... 494 m

### Section 10



**Start :** Koakasawa  
**Finish:** Mt. Naeba

Near the summit of Mt. Naeba is a high-altitude marshland. The large difference in elevation requires preparation and physical strength for a full-scale climb.

○Total distance ..... 8.5 km  
○Highest elevation ... 2,145 m  
○Lowest elevation ..... 759 m

*Note: the distance of the approach trail leading to the summit of Mt. Naeba is not included in the above.*