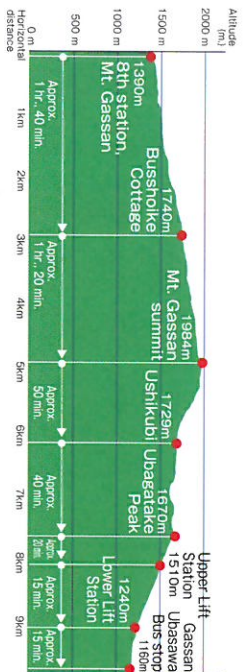
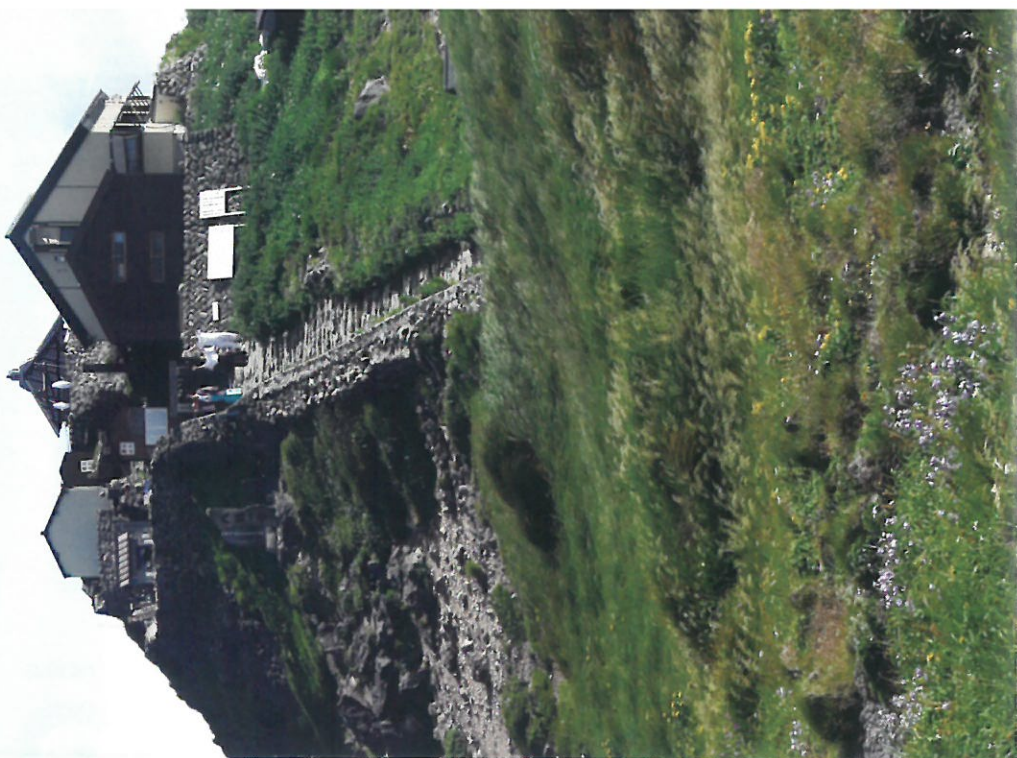


[Gassan Climbing Course] from Midagahara

The route from Midagahara to the summit is the most popular climbing course. Climbers can eat at Gassan Rest House, located at the 8th station of Mt. Gassan. The descent is made along a course heading toward Ubasawa in the town of Nishikawa. A chair lift can be used partway down the course.



■ Time Required: Approx. 5 hrs., 20 min.
■ Distance: Approx. 9.8 km. ■ Variation in Altitude: 820 m.

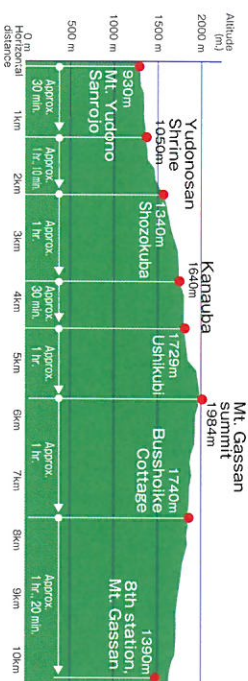


Mt. Gassan

Dewa Sanzan
【出羽三山】

[Gassan Climbing Course] from Yudonosan

Climbers can eat at the rest house near Mt. Yudono Sanrojo (a place where priests pray) starting point. A little way from Yudonosan Shrine is a steep slope that can be climbed using a metal ladder. There is a shelter at Shozokuba with restrooms.



■ Time Required: Approx. 6 hrs., 30 min.
■ Distance: Approx. 10.7 km. ■ Variation in Altitude: 1,050 m.



Emergency Contact Information

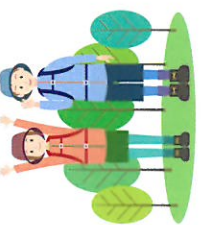
- Haguro Fire Department
Tel. 0235-62-2119
- Asahi Fire Department
Tel. 0235-53-2126

Haguro Tourist Association

72 Inju-minami, Toge Aza, Haguro-machi Tsuruoka City, Yamagata Prefecture 997-0211
TEL: 0235-62-4727 FAX: 0235-62-4729 Website: <http://www.hagurokanko.jp/cn/>

Dewa Sanzan Shrine

7 Toge, Toge Aza, Haguro-machi Tsuruoka City, Yamagata Prefecture 997-0292
TEL: 0235-62-2355 FAX: 0235-62-2352 Website: <http://www.dewasanzan.jp>



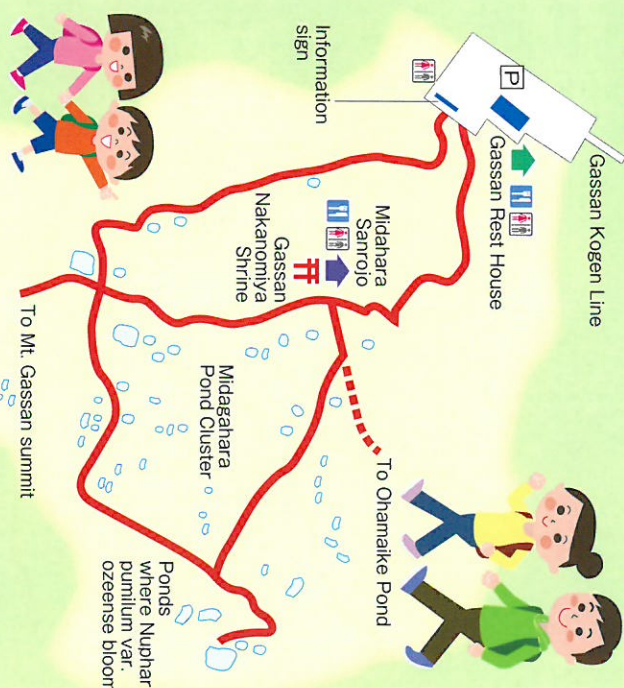
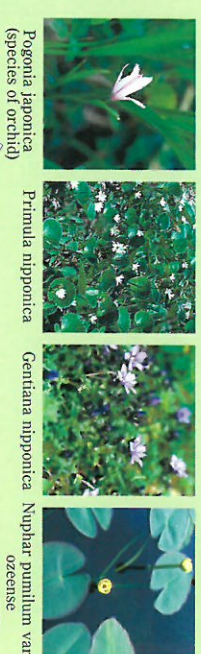
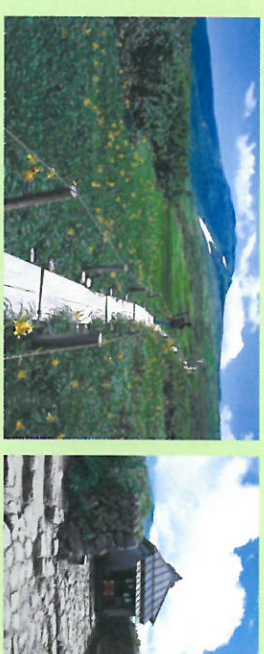
Inquiries About Mt. Gassan

- Gassan Shrine
Tel. 090-8921-9151
- Gassan Rest house
Tel. 090-2607-5111
- Gassan Visitor Center
Tel. 0235-62-4321
- Yamagata Prefectural Educational Nature Park
Tel. 0237-75-2010
- Tsuruoka City Office
Tel. 0235-25-2111
- Haguro Branch Office
Tel. 0235-62-2111
- Asahi Branch Office
Tel. 0235-53-2111
- Shonai Town Office
Tel. 0234-43-2211
- Nishikawa Town Office
Tel. 0237-74-2111
- Okura Village Office
Tel. 0233-75-2111

Cottages & Hotels

- Mt. Gassan Summit Cottage
Tel. 090-8781-7731
- Busshoike Cottage
Tel. 090-8783-9555
- Midahara Sanrojo
Tel. 090-2367-9037
- Kyukamura Haguro
Tel. 0235-62-4270
- Mt. Yudono Sanrojo
Tel. 0235-54-6131

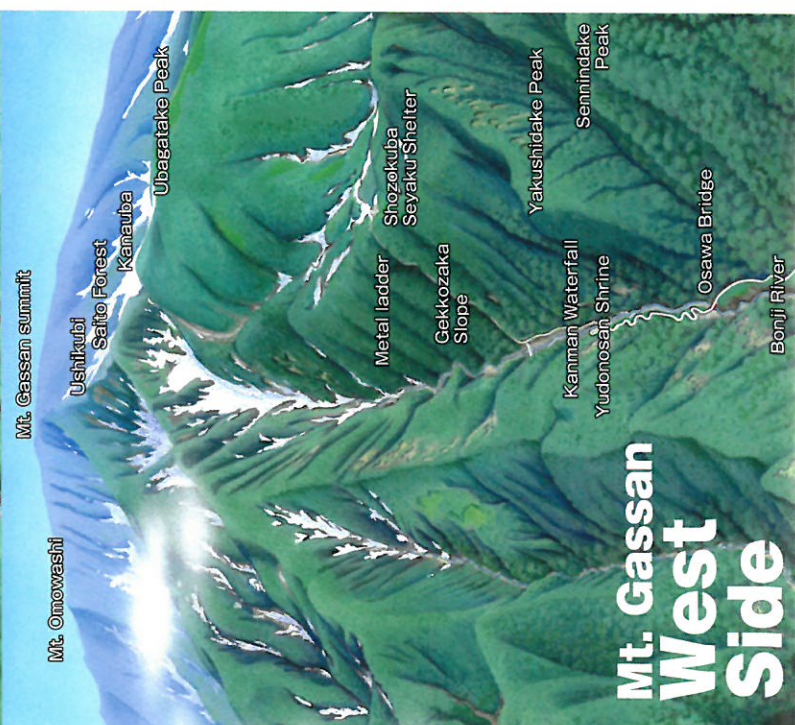
Information



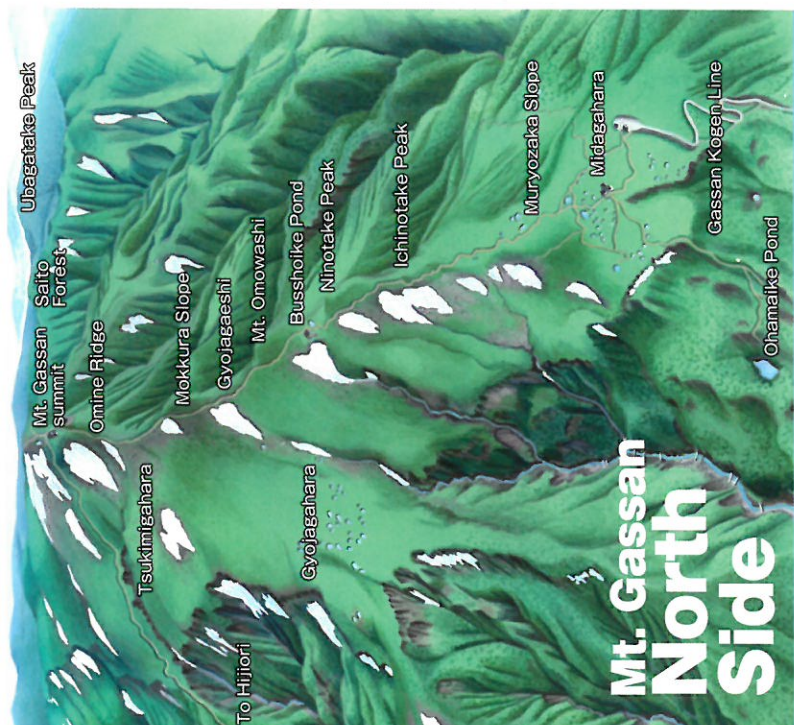
around Midagahara

Midagahara at the 8th station on Mt. Gassan is a gently-sloping wetland area. Nicknamed the "48 characters of the Japanese syllabary" after the fact that there are numerous small and large marshes scattered here and there, it is known as a treasure trove of alpine flora. From July to August, the area is full of many different species of alpine flora in bloom.

■ Time Required: Approx. 1 hr. ■ Distance: Approx. 2.2 km.



Mt. Gassan West Side



Mt. Gassan North Side



Gassan Climbing Course Guide

The climbing season for Mt. Gassan begins on July 1st and ends in mid September.

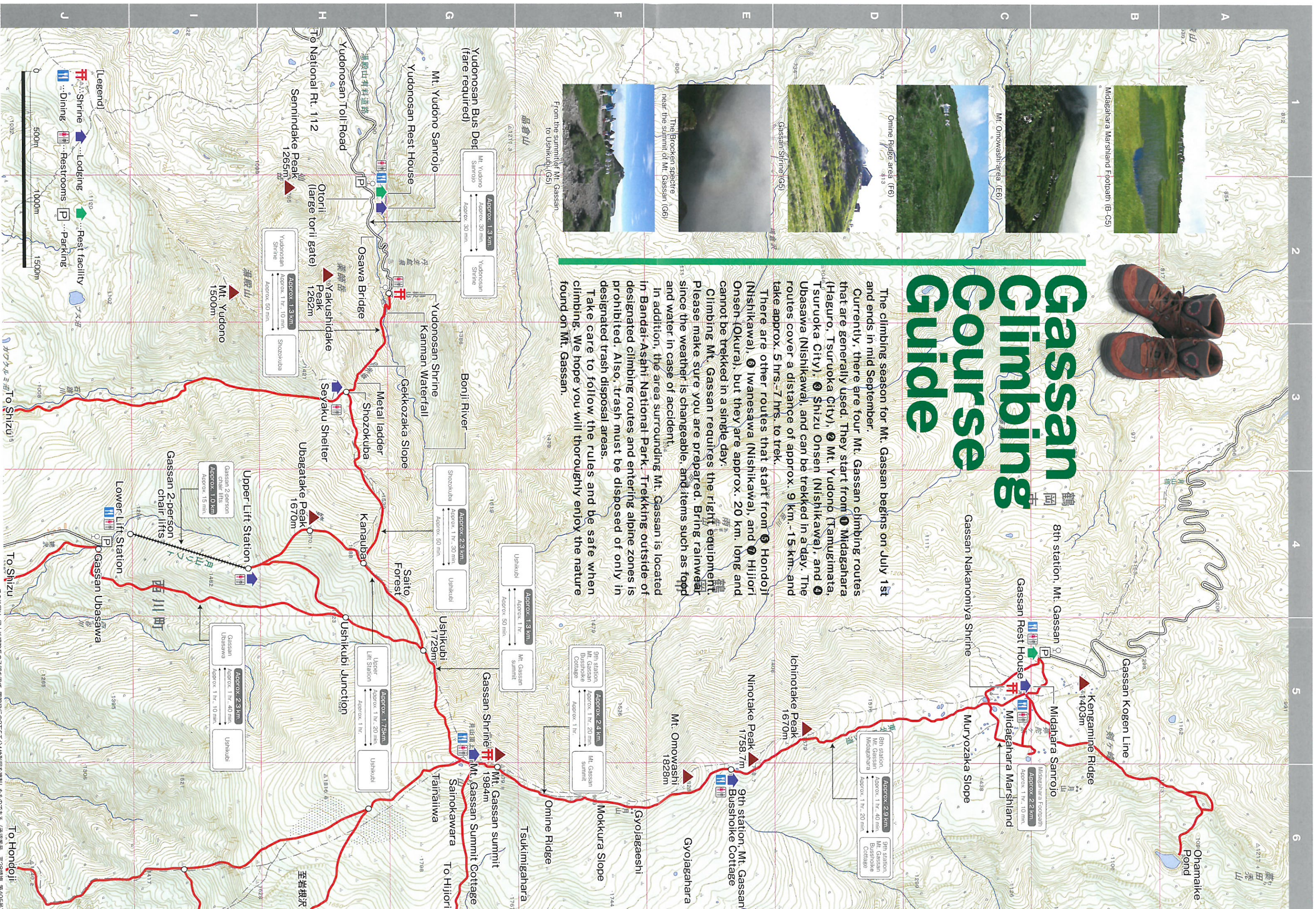
Currently, there are four Mt. Gassan climbing routes that are generally used. They start from ① Midagahara (Haguro, Tsuruoka City), ② Mt. Yudono (Tamugimata, Tsuruoka City), ③ Shizu Onsen (Nishikawa), and ④ Ubasawa (Nishikawa), and can be trekked in a day. The routes cover a distance of approx. 9 km.-15 km.- and take approx. 5 hrs.-7 hrs. to trek.

There are other routes that start from ⑤ Hondoji (Nishikawa), ⑥ Iwanasawa (Nishikawa), and ⑦ Hijiori Onsen (Okura), but they are approx. 20 km. long and cannot be trekked in a single day.

Climbing Mt. Gassan requires the right equipment. Please make sure you are prepared. Bring rainwear since the weather is changeable, and items such as food and water in case of accident.

In addition, the area surrounding Mt. Gassan is located in Bandai-Asahi National Park. Trekking outside of designated climbing routes and entering alpine zones is prohibited. Also, trash must be disposed of only in designated trash disposal areas.

Take care to follow the rules and be safe when climbing. We hope you will thoroughly enjoy the nature found on Mt. Gassan.



この地図は、国土地理院の承認を得て、国院発行の2万5千分1地形図を複製したものである。(承認番号 平28第報 第405号)