Enjoy mountain walking!

Hiking and trekking are great ways to forget daily life and enjoy nature. However, you cannot be careless when you are about to climb a mountain. Please read and comply with the precautions below, observe manners and be prepared, so as to enjoy a safe hiking experience.

Before hiking

- If you are a beginner, try easier trails first or hike together with experienced hikers.
- Read a hiking guide to learn what kind of clothes, tools, etc. to bring with you and how to use them.
- Weather is very capricious in the mountains, so the weather forecast is not always reliable. Please plan to start your trip back around 3 p.m. and not run out of time. Do not go hiking in bad weather or when your physical condition is poor.
- Let your friends or family know about your hiking plans.

Easy mountain walking tips

- Shorten your stride. Do not pick up pace when going downhill and do not lean forward when climbing steep slopes. Walk so as the sole of your shoes is completely in contact with the ground. This is will help prevent loosing your footing.
- Keeping a constant pace will help prevent fatigue. When in a group, go at the pace of the weakest person. Set rules, such as "Walk for 30 minutes and rest for 5" and take plenty of rest.

Manners on the mountain

- When passing other people on mountain trails, priority is usually given to people going up. Say hello to all people you encounter.
- When climbing dangerous area with chains or ladders, line up one by one.
- Do not harvest mountain flora or fauna. Do not trespass into areas protected by ropes and fences or leave the trail and boardwalks.
- Do not litter. Take all your garbage back with you.
- Before you start, check the location of toilets. You may also want to bring a portable toilet.

In case of emergency

- If you are lost, stay calm and try to retrace your steps to the trail. When you don't know your current location, climb to a high ridge and check. Do not go into valleys.
- Do not approach wild animals.
- In case of injury or accident, find a safe place and call for help. To prevent battery discharge of your mobile phone, keep your phone switched off during the hike.
- We recommend joining a mountain and hiking insurance to prepare for unforeseeable circumstances.

Higashi-agatsuma Spa Guide

Spa and Accommodation Facility

Conifer Iwabitsu Resort Hotel

Tel.0279-68-5338 Fax.0279-68-5417
http://www.iwabitsu.co.jp
4399 Hara-machi, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0801

- Spring quality: calcium, sodium / chloride, sulfate hot spring
- Recommended for: neuralgia, joint pain, muscle pain, frozen shoulder, bruises, etc.
- Rates: One night stay (weekdays) & two meals from 9,438 yen
- Bathing only: 500 yen

Kayabuki No Sato, Yakushi Onsen "Hatago"

Tel.0279-69-2422 Fax.0279-69-2843
http://www.yakushi-hatago.co.jp
(See our homepage for special plan deals)
3330-20 Motojuku Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0933

- Spring quality: sodium, calcium / chloride, sulfate hot spring
- Recommended for: neuralgia, muscle pain, chronic digestive diseases, chronic female diseases, fatigue, etc.
- Rates: One night stay & two meals from 21,600 yen
- Bathing only: 1,200 yen (Kayabuki No Sato entrance fee included)

Hato No Yu Onsen "Sankyuro"

Tel.0279-69-2421 Fax.0279-69-2778
3314 Motojuku Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0933

- Spring quality: sodium, calcium / chloride, sulfate hot spring (carbonate containing saline spring)
- Recommended for: hemorrhoids, sciatica, gastrointestinal disease, neuralgia, gynecological disorders, etc.
- Rates: One night stay & two meals from 10,800 yen
- Bathing only: 800 yen

Kawanaka Onsen "Kadohan Inn"

Tel.0279-67-3314 Fax.0279-67-3153
http://www.kawanaka-kadohan.com
2432 Matsuya Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0814

- Spring quality: calcium / sulfate hot spring
- Recommended for: poor circulation, enhance the beauty of skin, chronic skin disease, neuralgia, arteriosclerosis, etc.
- Rates: One night stay & two meals from 12,030 yen

Matsu No Yu Onsen "Shokeikan"

Tel.0279-67-3210 Fax.0279-67-3153
377-0814, 973-3 Matsuya Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture

- Spring quality: calcium / sulfate (gypsum) hot spring
- Recommended for: rheumatic diseases, gout and uric acid diathesis, lesions, hypertension, arteriosclerosis, etc.
- Rates: One night stay & two meals from 7,650 yen

Day spa facility

Iwabitsu Castle Onsen "Kutsurogi No Kan"

Tel.0279-68-2601 Fax.0279-68-2199
http://www1.town.higashiagatsuma.gunma.jp/iwabitsu_onsen
1046 Hara-machi, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0801

- Spring quality: simple sulfur hot spring
- Recommended for: neuralgia, muscle pain, joint pain, frozen shoulder, motor paralysis, etc.
- Rates: Adults 3 hours/ 400 yen, children 3 hours/ 300 yen, disabled 3 hours/ 300 yen. Private room rate: 3 hours from 3,000 yen
- Business hours: 10:00a.m. to 9:00p.m. Closed every fourth Tuesday (and every fourth Tuesday and Wednesday in March, June and September)

Agatsuma Gorge Onsen "Tengu No Yu"

Tel.0279-67-2683 Fax.0279-67-2683
6441 Mishima, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0813

- Spring quality: calcium, sodium/ sulfate, chloride hot spring
- Recommended for: neuralgia, muscle pain, joint pain, frozen shoulder, motor paralysis, stiffness of joints, bruises, sprains, chronic digestive diseases, hemorrhoids, poor circulation, illness recovery, fatigue recovery, enhancement of health, arteriosclerosis, cuts, burns, chronic skin disease, physical weakness in children, chronic female diseases, etc.
- Rates: School age children 3 hours/ 400 yen, 3 years old and under school age children 3 hours/ 200 yen, under 3 years old/ free.
  Private room rate: 2 hours from 2,000 yen (priority given to reservations)
- Business hours: 10:00a.m. to 9:00p.m. Closed every second Tuesday

Hot spring distribution in Higashi-agatsuma

Azuma Onsen "Kikyoukan"

Tel.0279-59-3533 Fax.0279-59-3360
http://www.kikyoukan.com
325-1 Aramaki, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0303

- Spring quality: sodium/ chloride hot spring
- Recommended for: neuralgia, joint pain, muscle pain, frozen shoulder, motor paralysis, etc.
- Rates: Adults 3 hours/ 500 yen (admission after 6:30p.m. is 400 yen), children 3 hours/ 300 yen
- Business hours: 10:00a.m. to 9:00p.m. Closed every month on the 21st (or the following say if the 21st is a holiday), December 31 and January 1.

Agatsuma Onsen (Negoya Castle Onsen) "Negoya No Yu"

Tel.0279-59-3361
309-1 Okazaki, Higashi- agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0302

- Spring quality: sodium/ chloride hot spring
- Recommended for: neuralgia, joint pain, muscle pain, frozen shoulder, motor paralysis, etc.
- Rates: Adults 400 yen, children 250 yen
- Business hours: 11:00a.m. to 10:00p.m. Closed every Monday & Tuesday
  From November to March, open only Saturdays, Sundays and public holidays.

HIGASHIAGATSUMA TREKKING GUIDE

東吾妻 山歩来

Higashi-agatsuma Yama Aruki

Higashi-agatsuma-machi, Gunma

ACCESS to HIGASHIAGATSUMA TOWN

Higashi-agatsuma-machi Contact Details

Higashi-agatsuma Town office, Regional Policy Division

594-3 Hara-machi, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0892

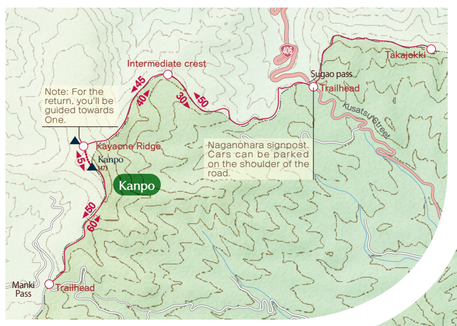
TEL●0279-68-2111 FAX●0279-68-4900

URL● http://www1.town.higashiagatsuma.gunma.jp/

Higashi-agatsuma-machi Tourism Association

TEL●0279-70-2110

URL● http://www.tohgoku.or.jp/~aysk/



Kanpo Difficulty level Beginner

Kayaone Ridge extending north from the summit is what sets this mountain apart. From this point we recommend the view of the shimmering snow covered peaks of the Joshin'etsu Range between Mt. Shirane all the way to Mt. Shirasuna. There aren't many signposts, but there are also few bushes, which makes the mountain quite easily accessible.

Altitude	1474m
Trekking time	About 3h from the trailhead
Location	Borderline between Ooaza Sugao and Naganohara-machi
Access	●From JR Gunma Haramachi Station on the Agatsuma Line take bus bound for Ooto. Change at Ooto and get off at Shimizu, then walk about 90 min. to the trailhead (Sugao-tooge)

In preparing this map, the following were used upon approval of the director of the Geospatial Information Authority of Japan: Digital Map 25000 (Spatial Data Infrastructure) issued by the same authority, Digital Map (basic geological information) electronic geological basic map (map information), Digital Map (basic geological information) electronic geological basic map (place name information), and Digital Map (basic geological information) basic map information (digital elevation model). (Authorization number: 2015, No. 294)

- The time it takes to complete each course is an approximate, so please allow for extra time when planning.
- Refrain from climbing without any preparation or planning or without appropriate equipment.

Asama Kakushiyama Difficulty level Medium

Japan's 200 famous mountains

Gunma's 100 famous mountains

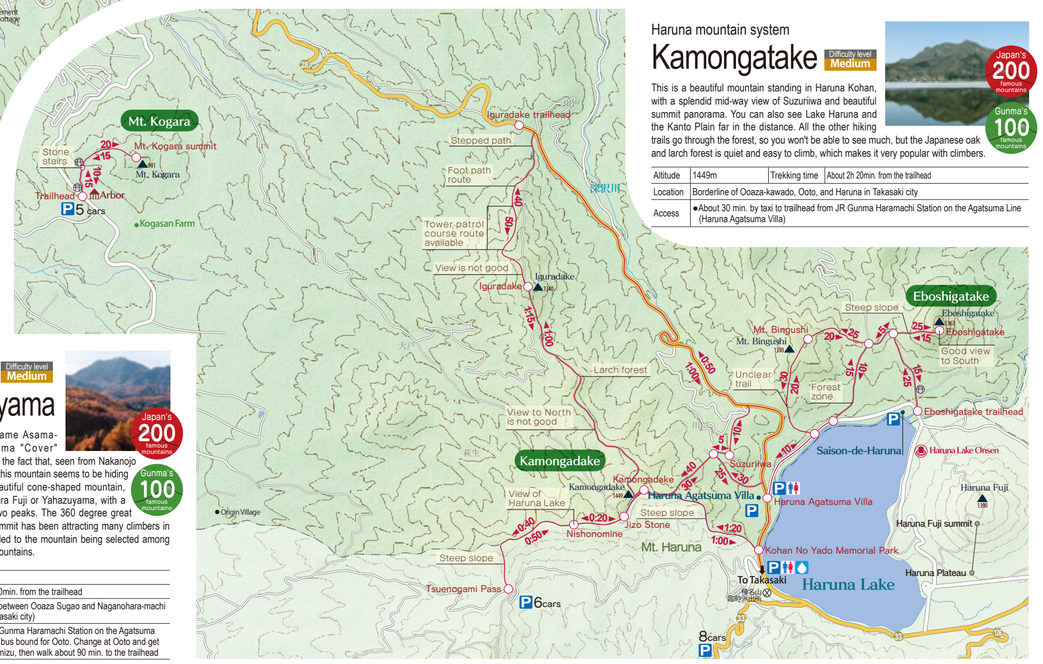
The origin of the name Asama-kakushiyama (Asama "Cover" Mountain) comes from the fact that, seen from Nakanojo or Higashi-Agatsuma, this mountain seems to be hiding Mt. Asama. It is a beautiful cone-shaped mountain, also known as Kawaura Fuji or Yahazuyama, with a summit divided into two peaks. The 360 degree great panorama from the summit has been attracting many climbers in recent years and has led to the mountain being selected among Japan's 200 famous mountains.

Altitude	1757m
Trekking time	About 4h 30min. from the trailhead
Location	Borderline between Ooaza Sugao and Naganohara-machi (near Takasaki city)
Access	●From JR Gunma Haramachi Station on the Agatsuma Line take bus bound for Ooto. Change at Ooto and get off at Shimizu, then walk about 90 min. to the trailhead

Mt. Kogara Difficulty level Beginner

The trailhead is also the beginning of the approach to Kogara Shrine where festivals are held in May and November and lion dance are performed. Pass under the stone torii and climb the stone steps to reach the shrine. Keep climbing for about another 20 min. to the summit on a trail marked by Japanese beautyberry on both sides. Mt. Haruna is visible from the top.

Altitude	982m	Trekking time	About 1h from the trailhead
Location	Ooaza Ooto area		
Access	●About 20 min. by taxi to trailhead from JR Gunma Haramachi Station on the Agatsuma Line		



Haruna mountain system

Eboshigatake Difficulty level Beginner

Located on the north side of Harunafuji, this mountain has the shape of the noble's headgear known as Eboshi as its name suggests. The trip to the top and back does not take long, but as there are few signposts, caution is necessary. From the summit outlook you can see Lake Haruna, overlooks and Haruna Mt.

Altitude	1363m	Trekking time	About 1h 20min. from the trailhead
Location	Ooaza-okazaki area		
Access	●About 30 min. by taxi to trailhead from JR Gunma Haramachi Station on the Agatsuma Line		

Haruna mountain system

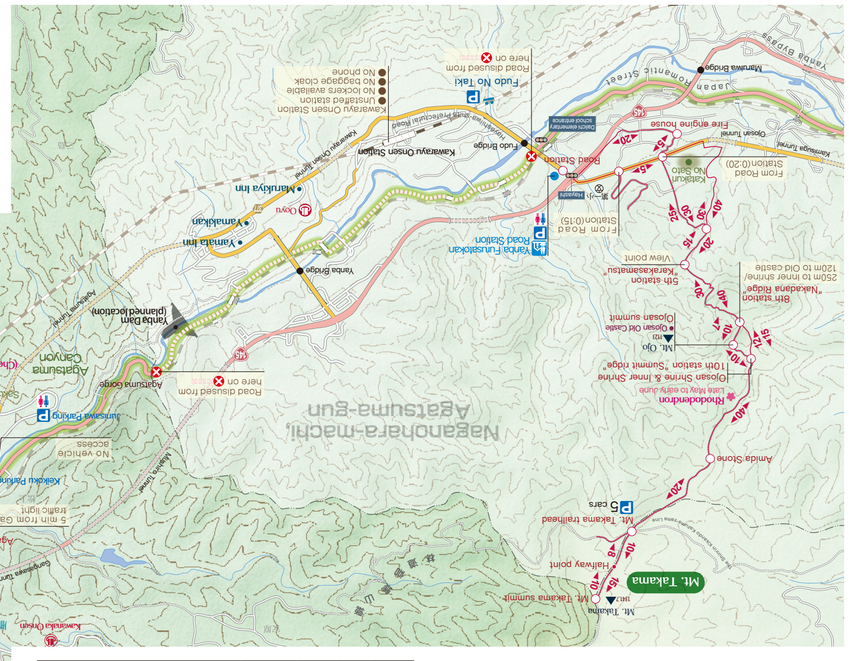
Kamongatake Difficulty level Medium

Japan's 200 famous mountains

Gunma's 100 famous mountains

This is a beautiful mountain standing in Haruna Kohan, with a splendid mid-way view of Suzuriiwa and beautiful summit panorama. You can also see Lake Haruna and the Kanto Plain far in the distance. All the other hiking trails go through the forest, so you won't be able to see much, but the Japanese oak and larch forest is quiet and easy to climb, which makes it very popular with climbers.

Altitude	1449m	Trekking time	About 2h 20min. from the trailhead
Location	Borderline of Ooaza-kawado, Ooto, and Haruna in Takasaki city		
Access	●About 30 min. by taxi to trailhead from JR Gunma Haramachi Station on the Agatsuma Line (Haruna Agatsuma Villa)		


Mt. Tsukuba
Mt. Takana summit
Mt. Takana
Railway point
Mt. Takana trailhead
P5cars
Amida Stone
Rhododendron
Late May to early June
Oiosan Shrine & Inner Shrine
Oiosan Shrine
Mt. Oja
Oiosan old castle
Oiosan summit
8th station "Nakadana Ridge"
250m to Inner Shrine/ 120m to Old castle
5th station View point
Road closed from here on
Agatsuma Gorge
Yanba Dam (planned location)
Yanba Bridge
Yanba Furusato-kan Road Station
From Road Station (0:15)
Yamaiki Inn
Yamaiki Inn
Mandaya Inn
Kawarayu Onsen Station
Fudo Bridge
Road closed from here on
Fudo No Taki
Road Station
From Road Station (0:20)
Kabuto-yama No Sato
Fire engine house
Naganohara-machi
Agatsuma-gun
Yanba Bypass
Mamma Bridge
Japan Railway Company
Shimmachi Street
Kusatsu Street
Kusatsu Line
Agatsuma Gorge Entrance
Agatsuma Gorge Road Station
Agatsuma Gorge Trailhead
Kawaku Bridge
Trailhead
Tengu Inn Ko
Parking space
Trail parking
Trail Inn Ko
Gate closes from mid December to early April.
Agatsuma Gorge Road Station
5 min from Dangaswa traffic light
Mt. Kazuma trailhead
P5cars
2 2km to summit from here (1:30)
Gate closes from mid December to early April.
Mt. Kazuma
Mt. Kazuma summit
Yakushidake Ridge
Mt. Kazuma trailhead
Jinbaehara-Kazuma Parking
Enter left hiking trail from Sawarari forest path.
No drafting posts. Beware of closing the trail.
Sawarari forest path
Danger ahead!
Danger! Course ahead
Stone lantern
Yakushidake
Yakushidake
Forest Road Pass
Trailhead
Mt. Tenguyama
Mt. Tengu
Sakura Hiroba (Cherry blossoms)
Sakura Hiroba Car park
Sakura Hiroba Car park
Sakura Hiroba Car park
Mt. Tengu summit
Carp streamers displayed in May
Mt. Tengu
Washina Government branch
Washina
Aquatic Nature Museum Market Square
Aquatic Nature Museum Market Square
Aquatic Nature Museum Market Square