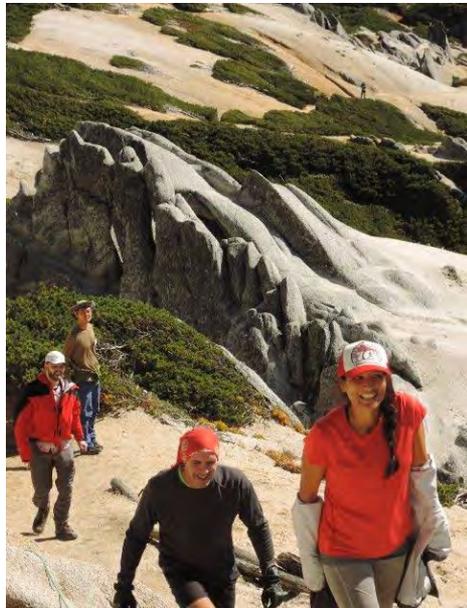


アルプスパノラマ銀座 登山モニター報告

プランA : 燕岳コース 2016年10月1日(土)~3日(月) 3日間
プランB : 蝶ヶ岳コース 2016年10月1日(土)~4日(火) 4日間







2) 参加者

Aコース 燕岳3日間

(観光)

そば打ち、サイクリング体験、農場、神社見学
+(登山) 北アルプス 燕岳登山(山小屋泊)

性別	年齢	国籍	居住地	日本語	ハイキング 経験
男	60	米国	米国(10月日本滞在)	×	豊富
女	56	米国	米国(10月日本滞在)	×	〃
女	25	米国	米国(10月日本滞在)	×	〃
男	25	米国	米国(10月日本滞在)	×	〃
男	42	カナダ	日本・世田谷	○	中級
男	43	豪州	日本・文京区	○	なし
男	39	カナダ	日本・川崎市	△	豊富
女	45	米国	日本・沖縄	△	豊富
男	42	米国	日本・沖縄	△	トレイルランニング
女	22	英国	日本・横浜市	×	若干(富士山)
男	37	ドイツ	香港	△	若干(富士山)
女	34	マレーシア	香港	△	ハイキング、ランニング

Bコース 蝶ヶ岳4日間

(観光)

美術館、酒蔵見学、工芸体験

+(登山) 北アルプス 蝶ヶ岳縦走登山(山小屋泊)

性別	年齢	国籍	居住地	日本語	ハイキング 経験
男	48	フィリピン	日本・世田谷	×	豊富・
男	41	フランス	日本・横浜市	○	中級
男	26	韓国	日本・文京区	○	豊富
女	44	豪州	香港	×	豊富
女	38	アイルランド	香港	×	豊富
男	48	英国	香港	○	豊富
男	49	米国	日本・渋谷区	○	豊富
男	38	ルウェイ	日本・中区	○	ハイキング程度
女	57	韓国	韓国	×	山岳雑誌社勤務
男	34	韓国	韓国	△	フォトジャーナリスト
女	24	韓国	韓国	×	クライミング

8) 安曇野市の特徴についての評価

【安曇野市の観光についての感想や提案】

- ・英語のウェブサイトは作ってほしい。
- ・この地域を旅するのに言語が大きな障害になると思う。海外のガイドブック『ロンリープラネット』なしで公共交通機関を利用するのは不可能に近いだろう。
- ・安曇野や穂高の駅の近くにビジターセンターを作り、山小屋などの予約ができるようにすると良いのでは。
- ・あらかじめ交通機関や宿の予約ができ、支払いも済ませられれば、安心して旅行できると思う。
- ・山小屋や宿の中でのルールの説明が必要。
- ・入山する前に、大きな荷物を預けられる場所があると便利。
- ・海外から日本に来る旅行で大切になるのは「コスト」。新幹線は高いし、山小屋の料金も高く感じるバックパッカーもいるのでは。山小屋の近くにキャンプ場があることの情報があれば解決する。
- ・「北アルプスの玄関」として売り出せば、安曇野市は多くの海外の人が食料や道具を買って準備する場所となると思う。
- ・安曇野市が有名になって観光客が増えると、いま歩くことができるコースの現状を維持するのは難しくなるのでは。登山道が混んでしまったときに紹介できる代替コースを紹介するなどの情報が必要となるだろう。

これまで日本アルプスについて聞いたことがなかった。とても美しく、もっと世界に知られてもよいと思う。

「いままで歩いた登山道のなか
で一番きれいだった」

要所要所にあるはしごや、わかりやすい方向指示のペイント、笹などの刈り払いなど、細かい部分まで気を配っているところが日本らしい。Good!

ノルウェーとアイスランドでよい山小屋に泊まったが、燕山荘も同じくらいよかった。

厳しい自然条件に建つ山小屋で暖かい夕食、朝食が摂れることは驚きだ。このサービス内容のロツジで約100ドルは安い。

どのように安曇野に行くのか、チケットはどう買うのか、どの電車に乗るのか、英語が話せるガイドはどの宿にいるのか、トイレはどう使うのか、山小屋のマナーは、などの情報が多言語での情報が必要になるのでは。

沢山の日本人登山客がいて、彼らの行動を見ていたが、とてもいい印象を持った。

日本アルプス登山の英文ガイド&マップの制作

Northern Japan Alps Pano

Northern Japan Alps Panorama-Ginza Azumino City

Hiking Guide & Map 2018

Contact Information

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Introduction to the Northern Japan Alps

The "Japan Alps" is made up of three large mountain ranges that include many of the highest peaks in Japan. While each range has a Japanese name, the Hida Mountains (Northern Alps), Kiso Mountains (Central Alps) and Akaishi Mountains (Southern Alps) they are more commonly and collectively referred to as the "Japanese Alps", a term that was first coined by British mountaineer William Doolittle back in 1903 when referring to the Hida mountain range.

The Northern Japan Alps consists of the Utsunomiya, Tama-yama and Tama-yama mountain ranges to the north and the Iiyama and Hida mountain ranges to the south. The hiking and mountaineering routes along these mountain ranges widely to some of the best but one of the most popular and highly recommended areas for an excellent introduction to the Northern Alps is the "Northern Alps" to the south.

The Plants & Animals of the Northern Japan Alps

The Northern Alps is a treasure trove of alpine plants. One plant that is representative of this area is the pretty pink flower called "Kusatsuzakura" which blooms between mid-July to mid-August particularly near Mt. Tsubakuro. If you're lucky you may also encounter the rare "Red-tail" grouse. It's said that there are only 3000 - 4000 grouse left in the Japan Alps and location of its nesting has been designated as a nationally protected system.

Climb to the south. Named after the glaciologist "Clare" (Clayton) who discovered this beautiful alpine area is packed with amazing panoramic views and is a great mountain for hikers. It's also popular among hikers because of its well established network of mountain huts that provide rest and accommodations that will be part of the amazing experience of hiking in the Northern Japan Alps.

The five famous mountains in The Panorama Ginza & The Omote Ginza

- Mt. Tsubakuro (2874m)**: The eastern panoramic viewpoint, is also the symbol of Azumino City.
- Mt. Chugatake (2874m)**: Known as the "Innery" ("Inn") along the approach to a scenic valley on the way.
- Mt. Tsubakuro (2874m)**: Popular for its unusual granite rock formations and beautiful peak along Iiyama.
- Mt. Tsubakuro (2874m)**: The present peak of "Japan's Mountains" is one of the most dramatic in the Northern Alps.

A Mt. Tsubakuro

Using Climb

F	Wakitsunaka Mt. Tsubakuro (Midland / Kurogane Mountain Hut / Mt. Tsubakuro (according to a summit))	Dr. Iiyama
E	Kurogane Mountain Lodge / Mt. Tsubakuro (Midland)	Dr. Iiyama

During 2018s there was limit, the climbing route passes mountain called Mt. Tsubakuro. It also known as the Queen of the Northern Alps. As you walk along the ridge towards the summit, highlights include natural rock formations called glacial rock in English and alpine flowers called Kusatsuzakura which bloom abundantly in this area. The "Kusatsuzakura" Mountain Hut built in 1903 is one of the most popular mountain huts in Japan, offering lodging in a very basic as well as a scenic view.

From the trailhead, the Kurogane Ridge trail ascends 1200m up to the top and is considered one of the most longer routes in the Alps. The trail is long and steep but well maintained, making it a good to make any route in the Northern Alps for hikers or mountaineers alike. Stop by Route No. 7, 23 and National Route 151 along the way as well as the Kurogane Hut, which although it doesn't have accommodations, offers food including a local "mountain" specialty - mountain Udon, making delicious Udon and make our own peak up to the summit and back.

NOTE Kurogane Ridge is long and steep. Mountain Hut is open year and day. The Hida-Ginza route is the recommended route only. Hida-Ginza and Iiyama-Ginza (happening on Iiyama side) are not recommended.

The beautiful alpine "Tsubakuro" valley along Kurogane Ridge.

NOTE The summit of Mt. Tsubakuro is 2874m. The highest peak in the area is Mt. Tsubakuro (2874m). The highest peak in the area is Mt. Tsubakuro (2874m).

B The "Omote Ginza"

Using Climb

F	Wakitsunaka Mt. Tsubakuro (Midland / Kurogane Mountain Hut / Mt. Tsubakuro (according to a summit))	Dr. Iiyama
E	Kurogane Mountain Hut / Kurogane Mountain Hut	Dr. Iiyama
D	Kurogane Mountain Hut / Kurogane Mountain Hut	Dr. Iiyama
C	Kurogane Mountain Hut / Kurogane Mountain Hut	Dr. Iiyama
B	Kurogane Mountain Hut / Kurogane Mountain Hut	Dr. Iiyama
A	Kurogane Mountain Hut / Kurogane Mountain Hut	Dr. Iiyama

Mt. Tsubakuro (2874m) is the 23rd highest peak in Japan and known as Japan's Mountains because of its beauty. The first day hike called the "Omote Ginza" is one of the most popular routes in the Northern Japan Alps.

Take the Kurogane Ridge up to Kurogane Mountain Hut. From there, it's a relatively easy up to the summit of Mt. Tsubakuro. On the second day, pass Mt. Chugatake and Mt. Tsubakuro and then head to Mount Tsubakuro Mountain. How many you'll be meeting the night. On day three you'll be back to the summit Mt. Tsubakuro. From Tsubakuro Mountain Hut, the trail is a very easy route with a series of steep ledges to the summit. The route is very easy even as the route is steep and very steep. The fourth day consists of a long descent down to Kurogane. After passing Kurogane Ridge and Chugatake, it's a scenic view from Kurogane.

NOTE After your summit, the trail is very steep and the trail is very steep. The trail is very steep and the trail is very steep. The trail is very steep and the trail is very steep.

Beautiful view of Tsubakuro from the Omote Ginza, the best.

NOTE The highest peak in the area is Mt. Tsubakuro (2874m). The highest peak in the area is Mt. Tsubakuro (2874m).

日本アルプス登山の英文ガイド&マップの制作

Hiking Gear

Recommended gear for summer hiking

In the Northern Japan Alps, the weather can change suddenly and temperatures can drop quickly even during the summer. Having appropriate gear with you is therefore important to enjoy a safe and comfortable hike.

1 Underwear
Choose a breathable synthetic or wool material. Synthetic quickly wicks moisture away from your skin and dries faster than wool.

2 Socks
A synthetic quick-dry sock is recommended. It wicks away long fibers and wicks away moisture from your feet.

3 Hiking Pants
Durable, light weight hiking pants or trousers are recommended. Hiking pants are comfortable especially during the hot summer months.

4 Hiking Boots
High-top hiking boots with good water protection are recommended. In the Northern Japan Alps where you'll often be hiking along rocky ridges.

5 Trekking Poles
Trekking poles will help you with balance and take some pressure off your knees. Using one double aluminum pole is recommended for beginners.

6 Backpack
A backpack with a 30-35L capacity is sufficient for day hikes. A 30-35L backpack if using a mountain bag with 30-35L capacity.

Hiking Gear List

Name	Check
Hiking shoes	<input type="checkbox"/>
Hiking pants	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Warm clothing/socks	<input type="checkbox"/>
Hiking shoes/boots	<input type="checkbox"/>
Gloves	<input type="checkbox"/>
Change of clothes	<input type="checkbox"/>
Trail jacket & pants	<input type="checkbox"/>
Backpack	<input type="checkbox"/>
Backpack cover	<input type="checkbox"/>
Headlamp	<input type="checkbox"/>
Special flashlight	<input type="checkbox"/>
Trekking poles	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Swiss cheese	<input type="checkbox"/>
Sunblock	<input type="checkbox"/>
Knife	<input type="checkbox"/>
Map	<input type="checkbox"/>
Compass	<input type="checkbox"/>
Walking stick (pole)	<input type="checkbox"/>
Emergency first aid kit	<input type="checkbox"/>
Water purifier	<input type="checkbox"/>
Camping stove & fuel	<input type="checkbox"/>
Dishes & cutlery	<input type="checkbox"/>
First-aid kit	<input type="checkbox"/>
Trekking poles	<input type="checkbox"/>
Change bag	<input type="checkbox"/>
Trekking poles	<input type="checkbox"/>
Mobile phone	<input type="checkbox"/>

7 Rainwear
A waterproof breathable rain jacket and pants are essential when hiking in Japan where you'll encounter a lot of rain and humidity.

8 Warm jacket
A windproof or water-resistant or a light down jacket is recommended when hiking in the mountains and meeting when the temperature drops.

9 Hat
Wearing a light weight, breathable sun-protective hat is recommended when hiking in the Northern Japan Alps for your safety.

10 Other small items
Bring sunglasses and a wide-brimmed hat to protect your face from the strong sun. It is also important to bring a small emergency first aid kit as well.

