

Mt. Mashu Mt. Nishibetsu Trail Map



Akan-Mashu National Park

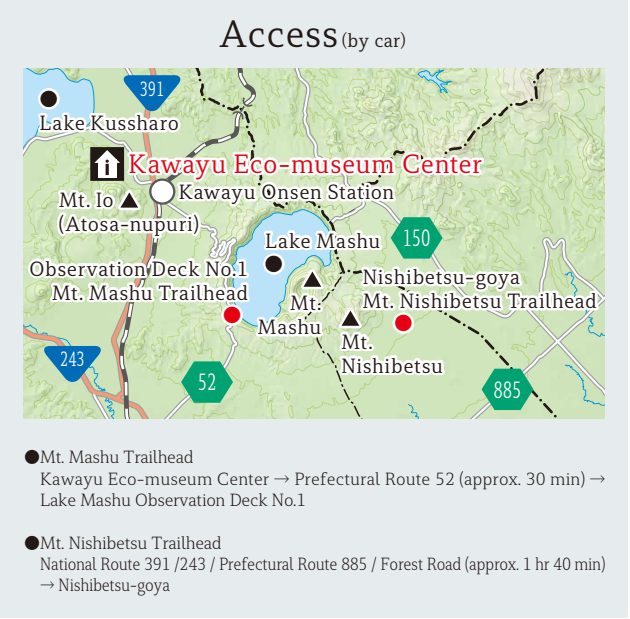
Mt. Mashu Profile

Mt. Mashu is located on the eastern edge of Lake Mashu, one of the world’s clearest lakes. From the mountain’s 857-meter summit, you can view this spectacular caldera lake and the surrounding volcanic terrain, including Mt. Shari, a 1,547-meter peak located halfway between Lake Mashu and Shiretoko National Park. A fork in the trail—located at the beginning of the ascent to Mt. Mashu’s summit—leads east to Mt. Nishibetsu. Determined hikers can scale both mountains in one trek.



Mt. Nishibetsu Profile

Mt. Nishibetsu (799.5 m) is southeast of Lake Mashu and commands fantastic views of the lake from its summit, including the jagged volcanic landscape of Akan-Mashu National Park and a section of Shiretoko National Park, the peninsula that juts out into the Sea of Okhotsk. The brilliant alpine flowers that bloom across the slopes of Mt. Nishibetsu in June and July include bright pink Kamchatka Rhododendrons and delicate, purple woolly geraniums.



Mt. Mashu Hiking Trail



The trailhead begins at Lake Mashu Observation Deck No. 1 and follows the ridge of the Mashu Caldera. There are viewing points along the route with uninterrupted views of the lake, and in summer, alpine flowers bloom in meadows not far from the trail-head. Just past the junction that branches off to Mt. Nishibetsu, a large explosion crater comes into view. Experienced hikers will find this trail relatively easy, however the final section requires a good level of fitness due to the steep incline.

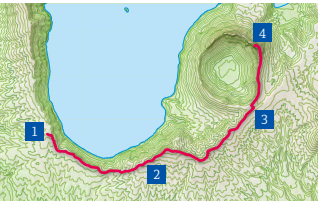
Lake Mashu

Lake Mashu is a caldera lake formed by the buildup of rainwater and snowmelt inside the hollow crater, which was created by a massive volcanic eruption. The lake is one of the world’s most transparent bodies of water; its deep, distinctive blue color is known as “Mashu blue.” No rivers feed into or flow out from the lake, and steep caldera walls surround it on all sides.

Distance	approx. 7.2 km one-way	Elevation Gain	311 m
Time	[Ascent] 2.5 hr [Descent] 2 hr [Total] 4.5 hr		

Grade3 Full-day mountain hiking or long-distance hiking. Pay attention to the weather! Are you fully equipped?

1	Lake Mashu Observation Deck No.1	45 min ↓	40 min ↑
2	Fusho-sogen	45 min ↓	35 min ↑
3	Mt. Nishibetsu Junction	60 min ↓	45 min ↑
4	Peak of Mt.Mashu		



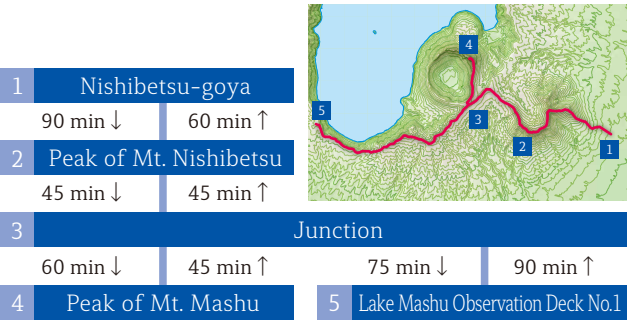
Mt. Mashu・Mt. Nishibetsu Traverse Trail



This course is for those wishing to fully enjoy the different scenery of Mt. Mashu and Mt. Nishibetsu. Starting from Lake Mashu Observation Deck No.1, the trail crosses gentle hills until you reach the junction of the Mt. Mashu and Mt. Nishibetsu trails. Head toward Mt.Mashu and climb the steep slopes to reach the peak. Then, you can return to the junction to take the relatively flat trail to one large slope which will lead you to the peak of Mt. Nishibetsu. If you start from the Nishibetsu-goya hut, you'll climb a steep slope known as Gamanzaka, before hiking a fairly gentle trail upwards. The area is filled with alpine plants, offering a view down on flowering fields spreading out below. On reaching the peak of Mt. Nishibetsu, you see the next goal of Mt. Mashu, over Lake Mashu, and enjoy a view of the Konsen plateau and Shiretoko mountains. The slope down to the Mt. Mashu junction is quite steep, so please walk carefully. The trail is not a loop course, so please make sure to prepare transportation back from whichever end point you choose.

Distance	approx. 14.7 km one-way	Elevation Gain	522 m
Time	[Nishibetsu-goya~] 5 hr 15 min [Lake Mashu Observation Deck No.1~] 5 hr		

Grade3 Full-day mountain hiking or long-distance hiking. Pay attention to the weather! Are you fully equipped?



Mt. Nishibetsu Hiking Trail



The Mt. Nishibetsu Trekking Trail is a relatively easy trek for experienced hikers, but has some steep slopes and narrow, rocky paths that require a good level of fitness to climb.

The path from the Nishibetsu-goya (mountain hut) runs uphill through a forest of Japanese larch and broad-leaved trees. There is a break in the forest called Ugusudani around 10 minutes from the trailhead. This takes its name from the Japanese bush warblers (uguisu) that inhabit the area. Ugusudani also marks the beginning of a very steep section of the trail known as Gamanzaka, or “tough-it-out slope.”

After reaching the top of Gamanzaka, the path levels out slightly before winding up the mountain slope for another 600 meters. A vast meadow of alpine flowers can be found at the end of this 600-meter stretch. The meadow ends around 500 meters from the summit. From here, the trail narrows and winds as it approaches the mountaintop.

Distance	approx. 3.3 km one-way	Elevation Gain	465 m
Time	[Ascent] 1.5 hr [Descent] 1 hr [Total] 2.5 hr		

Grade3 Full-day mountain hiking or long-distance hiking. Pay attention to the weather! Are you fully equipped?

1	Nishibetsu-goya	40 min ↓	25 min ↑
2	Gamanzaka	20 min ↓	15 min ↑
3	Mt. Risuke Junction	30 min ↓	20 min ↑
4	Peak of Mt.Nishibetsu		






Before You Go

Your safety and the decisions you make while hiking the trails are your responsibility.

You must understand that there are hazards and risks of accidents when in nature. You should only enter the wilds after thorough preparation, including that of your physical condition, and with the understanding that you take full responsibility for any accidents that may happen. With bad weather, the risks of landslides or falling rocks, trees, and branches increase, so please be ready to change or cancel your plans when necessary.

- Choose an appropriate course for your physical ability, condition, and outfitting.
- Mountain weather is prone to variability, so make sure to gather as much information as possible in advance. Also, be sure to bring rain gear.
- The mountains of Hokkaido can see sudden temperature drops even below 1,000 meters, so bring cold-weather gear even in summer.
- There are no drinking water supplies on the hiking trails, so you must bring your own drinking water.
- There are no toilets on the hiking trails. Bring a portable toilet. Keep in mind that there are no stalls for portable toilets, either.
- Be sure to write your information in the Hiker Register located at the trailhead.
- Do not deviate from the trails.
- Take your trash home with you.
- Do not approach or feed any wild animals.
- When driving on forest roads, it's best to use a high-clearance 4WD. Be aware that forest roads can be closed according to season or road conditions.

- **Dangerous Animal Information**
- Brown Bears** : Carry a bear bell and bear spray. It's important to avoid meeting brown bears. Bears tend to avoid humans, so try to announce your presence by making noise in order to ward them off.
- Ticks/Mites & Biting flies** : Wear long sleeves and long pants, and try to avoid baring skin. Also, bring insect repellent.
- Hornets** : Avoid wearing black or very dark clothing. If a swarm approaches, wrap a white towel around your head and neck, and back up slowly to escape the area.
- Red Foxes** : To avoid echinococcosis (from tapeworms spread by foxes), do not drink any un-boiled water from rivers, etc.

■ Course Grading:		
 Grade 1 Walking	 Grade 2 Light hiking	 Grade 3 Day-long hiking
<ul style="list-style-type: none">-For those wanting to enjoy an easy walk through nature for about an hour-For those with little or no hiking experience	<ul style="list-style-type: none">-For those who want to enjoy mountain hiking for about a half-day-For those with some mountain hiking experience	<ul style="list-style-type: none">-For those wanting to enjoy a day-long mountain hike-For those with mountain hiking and long-distance hiking experience
Hat·Comfortable clothes ·Athletic shoes	Hat·Hiking clothes·Hiking boots	
Backpack·Trash bags·Water bottle·Map·Rain Gear		
—	Provisions Cold weather gear	Provisions·Cold weather gear Headlamp·Portable toilet·Compass

This trail grading system is used only inside the Akan-Mashu National Park.

Published by:
Akan-Mashu National Park Administrative Office, Ministry of the Environment 2020.Oct

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About this map

The Ministry of the Environment has created this map to introduce the regularly accessible walking trails within Akan-Mashu National Park. Each trail and facility is owned and maintained by different organizations, so they are not all the property or responsibility of the Ministry of the Environment. Every trail and facility is available for use based on the understanding that users accept full responsibility for their actions and understand the risk of accidents, and that no organizations are obligated to accept any responsibility for accidents that may happen when using these trails or facilities.

※The Ainu design on this map is certified by the General Corporate Judicial Person Akan Aynu Konsarun

Mt. Mashu & Mt. Nishibetsu Hiking Trails



Marsh Grass of Parnassus
Parnassia palustris
(Blooming period: Aug. - Sept.)



Hodgson's Ragwort
Ligularia hodgsonii
(Blooming period: Aug. - Sept.)



Woolly Geranium
Geranium erianthum
(Blooming period: June - Aug.)



Japanese Tousewort
Pedicularis japonica
(Blooming period: June - Aug.)



Kamchatka Rhododendron
Therorhodion camtschaticum
(Blooming period: July - Aug.)



Wild Flag Iris
Iris setosa
(Blooming period: June - Aug.)

Plants & Flowers

