

PICK UP NEW SPOT

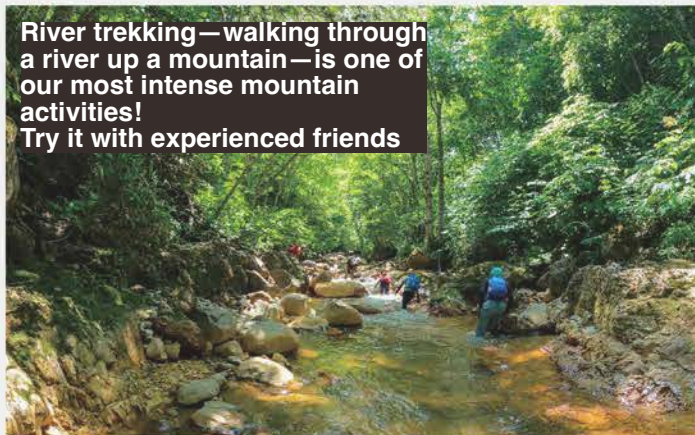
River Trekking

– SHIRAMIZU RIVER

ROUTE SUMMARY

Roughly 1km from the Mt. Muine trailhead on the Nakayama Pass side is the Shiramizu Bridge. This is a good place to enter the Shiramizu mountain stream, which runs along the Shiramizusawa forest trail. This course is well suited to those who are new to river trekking, but it is best to go with someone experienced and bring the proper equipment. Walking upstream in a river takes about twice the amount of energy required for a standard mountain hike. When you're planning how much time you'll spend river trekking, it's best to halve the amount of time you usually spend mountain hiking (for example, if you can handle a 4 to 5-hour round-trip hike, then only spend around 2 hours river trekking). Don't overdo it!

River trekking—walking through a river up a mountain—is one of our most intense mountain activities!
Try it with experienced friends



ROUTE OUTLINE & ⚠ ATTENTION

Unlike mountain hiking, river trekking has no defined route. As you trek, you'll find see clear streams flowing through crevices between rocks and beautiful gorges covered in greenery. The route we will introduce is recommended because it runs along a forest trail, you'll come to a change in scenery within just 2-3 hours, and it has a natural pool. You'll need a good amount of knowledge and experience in hiking if you want to stray off this course—don't try it unless you've had proper training. Also, be sure to tell someone how long you plan to go river trekking in case you get lost or injured.



ITEMS

- ▶ **River trekking shoes:** Do not go barefoot —stones or other features of the riverbed may injure your feet. As it is slippery in the water, it's best to wear special river trekking shoes such as those with felt on the sole.
- ▶ **Socks:** It is a good idea to wear neoprene socks in early spring and autumn when the water is cold.
- ▶ **Shin guards:** Wear these in order to avoid injuring yourself on the rocks.
- ▶ **Clothing:** Wear clothing made from quick drying synthetic fibers. If you're wearing shorts, wear synthetic leggings underneath to protect your skin.
- ▶ **Gloves:** We recommend gloves with an anti-slip grip to help you hold onto rocks.
- ▶ **Helmet:** This could save your life. Wear a helmet to protect your head in case you fall.
- ▶ **Backpack:** Prepare a waterproof bag (a Ziplock bag is okay) inside and fill it with a towel, rain jacket and pants, fleece, food etc. The backpack will act as life buoy.
- ▶ **Bear bell and whistle:** A whistle is a must in case you encounter a bear or get separated from the people you are trekking with. The sound of the water is louder than you think, and calling or a bear bell might go unheard.
- ▶ **Other:** Compass, river map, cell phone. Bring a rope and harness if you will stray off the beginner course



▲ Check dam



Special thanks to Outdoor Specialists Shugakuso (Shiroishi shop)