



 $01 \mid \mathbf{JZK} \mid 02$



Hiking Safety Tips

Jozankei is designated as part of Shikotsu-Toya National Park and is blessed with abundant hot springs and bountiful nature. We want as many people as possible to experience this nature and embrace all its living creatures in their glorious beauty. To this end, to pass on this natural environment and beautiful scenery of Jozankei to the next generation, we ask for your understanding and cooperation.

Nature can be very dangerous. Please act responsibly.

[How to avoid getting lost]

- Mountain hiking is, in principle, something you do at your own risk.
- Please do not enter restricted areas.
- •Please refrain from entering the forest during poor weather conditions
- •When entering the forest, we recommend bringing a map to avoid getting lost.
- At vantage points and junctures, check your current location on the map. If you are unsure of your location, turn around and go back the way you came.
- •If you get lost, find a place with a good view, such as a ridge or summit.

[Falls and slips]

- •Wear trekking shoes with non-slip soles and ankle support.
- •Be careful of slipperv surfaces, such as wet rocks, loose rocks, moss, and fallen leaves.
- •Walk slowly when walking over loose rocks, tree roots, or other areas that may lead to tripping.
- Slow down on downward slopes.

[Crossing streams]

- •Currents in the stream can be stronger than they appear, so please be careful.
- •Find an area where the water is shallow so you can walk across more safely

Stealing wild plants, damaging and cutting down trees are prohibited.

[Protection of animals and plants]

•Cutting down or removing trees without permission is a punishable offense by law. In addition, damaging trees and collecting undergrowth are prohibited in forest reserves (about 90% of the national forests are forest reserves).

[Fires]

- •Make sure to put out fires including cigarette butts completely.
- •Do not light bonfires.

Please take any garbage home

[Garbage and waste disposal]

- •Please take any garbage home with you.
- •Please use the toilets before entering the mountains.
- •There are no toilets on the trail. If you may need to use one while hiking, bring a portable toilet with you.

Clothing and equipment for mountain hiking

- Weather conditions in the mountains can change suddenly. so bring necessary clothing to adapt to changing weather conditions
- •Since Hokkaido is located at a high latitude, please come prepared for cold weather. Even in summer, the temperature can reach low numbers
- •Depending on the course, trekking poles, gloves, and gaiters
- •Bring enough water, drinks, and snacks to keep you going.

Beware of dangerous animals and plants that you may encounter in the mountains.

Brown bears

- •In most cases, trouble can be avoided if you act carefully in the brown bear habitat.
- Carry radios, whistles, bear bells, and other noise-making devices to alert brown bears to your presence.
- •If you find fresh brown bear droppings or tracks, turn back.
- •Do not feed the bears or throw away garbage.
- •Many places in Jozankei have a high brown bear population. Be sure to carry bear repellant spray in case of an encounter.
- •If you encounter a brown bear, do not make any noise. Leave the area quietly and slowly while keeping an eye on the situation.





[Hornets]

- •Hornets react violently to the color black. Avoid wearing black clothes and wear a hat.
- . Hornets are also attracted to the smell of cosmetics, such as hairspray and perfume.
- •If you see a hornet, stand completely still, and wait for it to fly away
- olf you are attacked by a hornet, stay as low to the ground as possible

[Ticks]

•Be careful of tick bites in the forest.

[Poisonous plants]

- •When hiking in the mountains, wear clothing that exposes as little skin as possible
- •Do not touch poisonous plants, such as poison ivy.
- •Do not pick unidentifiable mushrooms.

[Foxes (flatworms)]

 You can become infected with flatworms if you touch a fox or its feces, eat with hands that have touched wild plants or soil contaminated with flatworm parasites, or drink untreated stream water. Flatworms are transmitted when eggs enter the mouth





Provision of information: Hokkaido Regional Forest Office



There are two trails: the steep Toyotaki Course and the relatively flat Hivamizusawa Course. The Toyotaki Course is challenging with a forest trail and a steep climb. The Hiyamizusawa Course features refreshing breezes and the gentle sounds of the flowing river. But the second half of the course changes to a steeper climb. The summit is wide and offers a great view of the city of Sapporo and the surrounding mountains.



▶ Trailhead: Mt. Sapporo Trailhead (Hiyamizusawa Course) /

(Ascent): approx. 3 hours and 15 minutes / (Descent): approx. 2 hours and 20 minutes At the Hiyamizu Hut midway through the course

►Cell phone: Trailhead 🛜 , Summit 🤝

*Please note that phone signals may be affected by the weather

- ▶ Be careful of slippery ground near the stream. The ascent is steep and slippery with no ropes, so trekking poles are recommended, especially for the descent.
- ► Check with Hokkai-Gakuen University Toyohira Campus for the opening davs and hours o
- ▶ The trail to Mt. Soranuma is unmaintained, so be careful not to get lost



05 | **JZK** *The climbing time is a rough guide and includes a break. Take it easy and climb at your own pace.



Currently, the Higashione Course is closed, so you can only walk on the Kuma-no-sawa Course. This mountain climbing course includes walking along the forest road since both ends of the forest road to the Mt. Jozankei Tengu entrances are gated off, and no vehicles are allowed to enter. The way to the summit is very steep as you will walk through streams, rock faces, dry streams, and finally, a gully trail. From the summit, you can see Lake Sapporo, the mountains surrounding Sapporo, and Mt. Yotei.





ROUTE OUTLINE

▶Trailhead: Tengu Hut

▶Climbing (Ascent): approx. 3 hours / (Descent): approx. 2 hours and 10 minutes

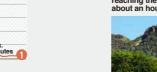
▶Toilet: None

▶Cell phone: Trailhead 🥱 Summit 🛜
*Please note that phone signals may be affected by the weather.



▲ ATTENTION

- ▶ Many of the steeper slopes have safety ropes, so gloves are recommended
- ▶ Waterproof footwear is recommended as you
- will be crossing streams. ▶ On rocky terrains, keep a good distance from the person in front of you as there may be falling rocks.
- ► The trail is challenging to follow in places. Follow the pink tape markers to not stray from the route.



ROUTE SUMMARY

The Hyakumatsu Bridge used to be accessible by car, but is now closed to vehicles due to aging problems. It is now part of a mountain climbing course, which includes the Hyakumatsuzawa Forest Road. An uphill climb follows from the end of the forest road, and the latter half of the course is a bit hard, with some paddling through bushes. You can see Mt. Teine and downtown Sapporo from the summit, Mt. Kamui shares the same traverse route to Mt. Eboshi before reaching the summit. To get to Mt. Eboshi, it takes about an hour from the juncture before the summit.

ROUTE OUTLINE

► Climbing (Ascent): approx. 3 hours and 25 minutes / (Descent): approx. 2 hours and 25 minutes

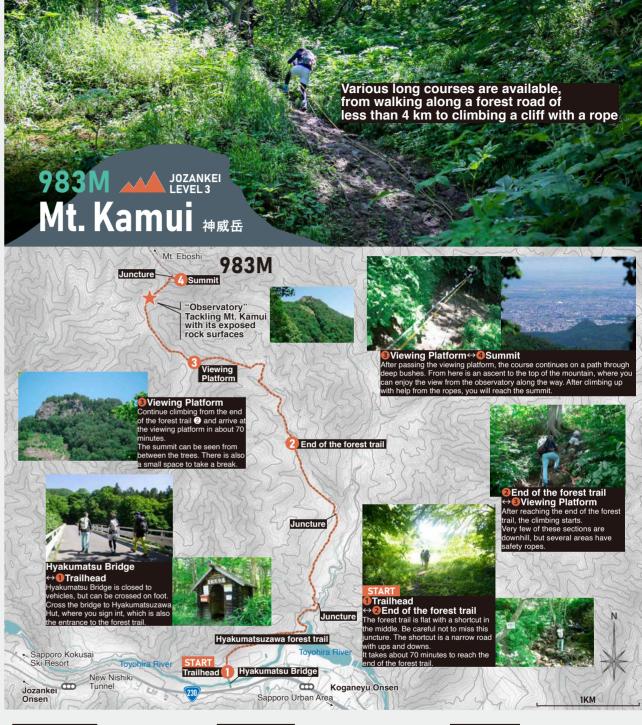
None

▶ Cell phone: Trailhead 🛜 Summit 👨
*Please note that phone signals may be affected by the weather.

▲ ATTENTION

- ▶ Be careful not to miss the signs at each juncture.
- ► The trail is very steep and slippery, so trekking poles are recommended.
- ► Gloves are recommended since several areas are equipped with safety ropes.







The trail is relatively steep and uphill, but many are steps, making it easier to walk. Ropes are attached to the steep slopes and steps, making it a well-maintained course. Near the summit, you can see the top of the dam, the lake, the hot spring resort, and the mountains in the





ROUTE OUTLINE

▶Trailhead: Next to Jozankei Dam Museum

(Ascent): approx. 1 hour and 25 minutes / (Descent): approx. 1 hour

First parking lot of Jozankei Dam Dow

▶Cell phone: Trailhead 🛜 、Summit 🤶

► No entry after 14:30, as the park entrance gate closes at 17:00. (Garden entry from 9:00)

AATTENTION

► Old steps with screw piles popping out are located along the course, so watch your step to avoid tripping.

► Climbing ropes get dirty, so it is convenient to bring gloves.



ROUTE SUMMARY

A climbing course that is easy to complete in about an hour, but has a certain degree of difficulty and thrill factor. The course is rich in variety, with safety ropes and steep slopes in the latter half of the course. The 360-degree panoramic view from the summit is breathtaking. This mountain will give you a great sense of accomplishment and satisfaction.

Sapporo Urban Area -



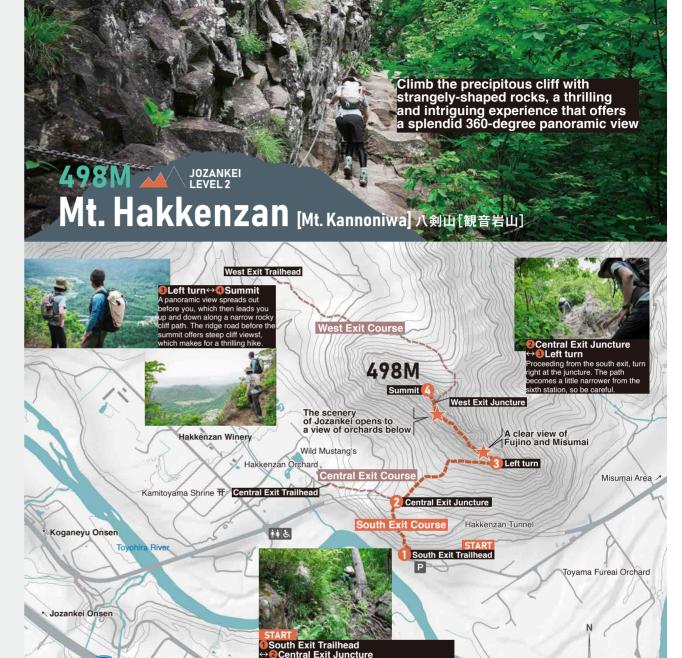
ROUTE OUTLINE

▶Trailhead: South Exit / Central Exit / West Exit

Climbing (Ascent): approx. 1 hour / (Descent): approx. 30 minutes

▶Cell phone: Trailhead 🛜 , Summit 🤶

400M 300M approx. 1.75KM 0.25KM 0.75KM 1KM 1.25KM 0KM 0.5KM Distance (KM)



nediately after the start of the trail is an area with tree ots sticking out that uses safety ropes. The path is steep

and you will be using your hands as you work your way u but the trail gradually becomes wider and easier to walk.

▶Toilet: near the Central Exit Trailhead

Please note that phone signals may be affected by the weather

▲ ATTENTION ► The trail is narrow in places. It is important to give way to oncoming climbers.

▶ Be very careful along the summit area as it is narrow and has a sheer precipice.





The trail is relatively steep and uphill, but many are steps, making it easier to walk. Ropes are attached to the steep slopes and steps, making it a well-maintained course. Near the summit, you can see the top of the dam, the lake, the hot spring resort, and the mountains in the





ROUTE OUTLINE

▶Trailhead: Next to Jozankei Dam Museum

(Ascent): approx. 1 hour and 25 minutes / (Descent): approx. 1 hour

First parking lot of Jozankei Dam Dow

▶Cell phone: Trailhead 🛜 、Summit 🤶

► No entry after 14:30, as the park entrance gate closes at 17:00. (Garden entry from 9:00)

AATTENTION

► Old steps with screw piles popping out are located along the course, so watch your step to avoid tripping.

► Climbing ropes get dirty, so it is convenient to bring gloves.



ROUTE SUMMARY

A climbing course that is easy to complete in about an hour, but has a certain degree of difficulty and thrill factor. The course is rich in variety, with safety ropes and steep slopes in the latter half of the course. The 360-degree panoramic view from the summit is breathtaking. This mountain will give you a great sense of accomplishment and satisfaction.

Sapporo Urban Area -



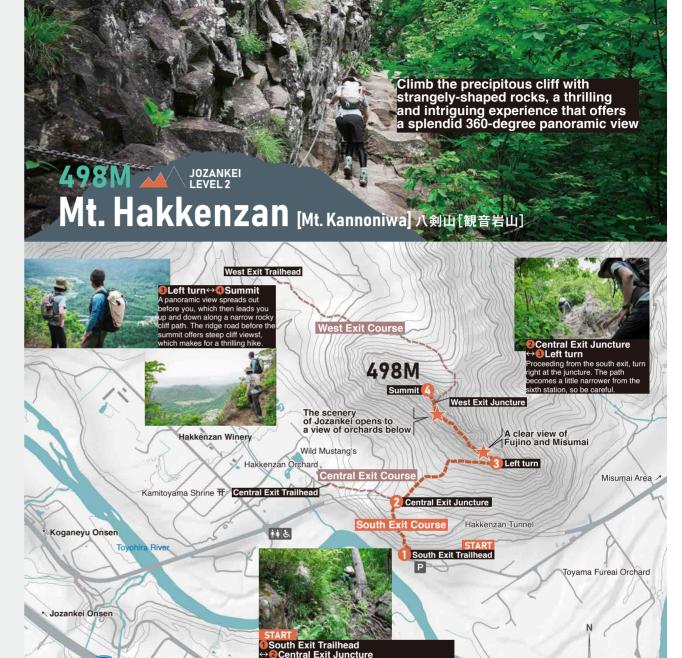
ROUTE OUTLINE

▶Trailhead: South Exit / Central Exit / West Exit

Climbing (Ascent): approx. 1 hour / (Descent): approx. 30 minutes

▶Cell phone: Trailhead 🛜 , Summit 🤶

400M 300M approx. 1.75KM 0.25KM 0.75KM 1KM 1.25KM 0KM 0.5KM Distance (KM)



nediately after the start of the trail is an area with tree ots sticking out that uses safety ropes. The path is steep

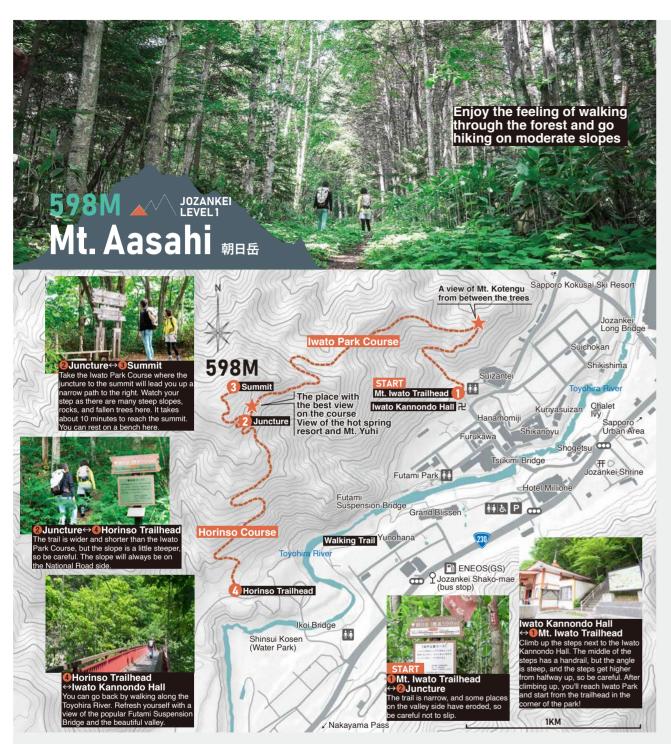
and you will be using your hands as you work your way u but the trail gradually becomes wider and easier to walk.

▶Toilet: near the Central Exit Trailhead

Please note that phone signals may be affected by the weather

▲ ATTENTION ► The trail is narrow in places. It is important to give way to oncoming climbers.

▶ Be very careful along the summit area as it is narrow and has a sheer precipice.



Trees surround the summit, but a clear view of the hot spring town and mountains can be seen from the middle of the course. There are two trails: the Iwato Park Course and the Horinso Course. It is recommended to try each route on either the ascent or descent, before returning via the path at the foot of the mountain





The colored leaves along the valley are beautiful in autumn

ROUTE OUTLINE

▶ Trailhead: Iwato Park Trailhead / Horinso Trailhead

▶Climbing (Ascent): approx. 1 hour / (Descent): approx. 40 minutes

▶ Toilet: In Iwato Park

OKM

▶Cell phone: Trailhead 🛜 Summit 🤶 Please note that phone signals may be affected by the weather.

€ 600M 500M 400M 300M 1KM

▲ ATTENTION

▶ Be careful not to miss the sign at the juncture.

2KM

Distance (KM)

► The trail is steep in places and covered with

A mountain stream flows from the trailhead for 300m, allowing you to enjoy the fresh air on your way to and from the mountain. The viewing vegetation, so be careful as the path is unstable platform near the 6th station is a great place to rest and enjoy the view of the distant mountains towards Jozankei hot spring resort. The climb is relatively gentle, making it easy for beginners, and highly recommended



ROUTE SUMMARY



ROUTE OUTLINE

▶Trailhead: Next to Jozankei Shrine

(Ascent): approx. 1 hour and 10minutes ▶ Climbing (Descent): approx. 40 minutes

▶ Toilet: None

▶Cell phone: Trailhead 🛜 Summit 🛜

600N 500M Viewing Platforn /nnn 1KM ОКМ 2KM 3KM 4KM

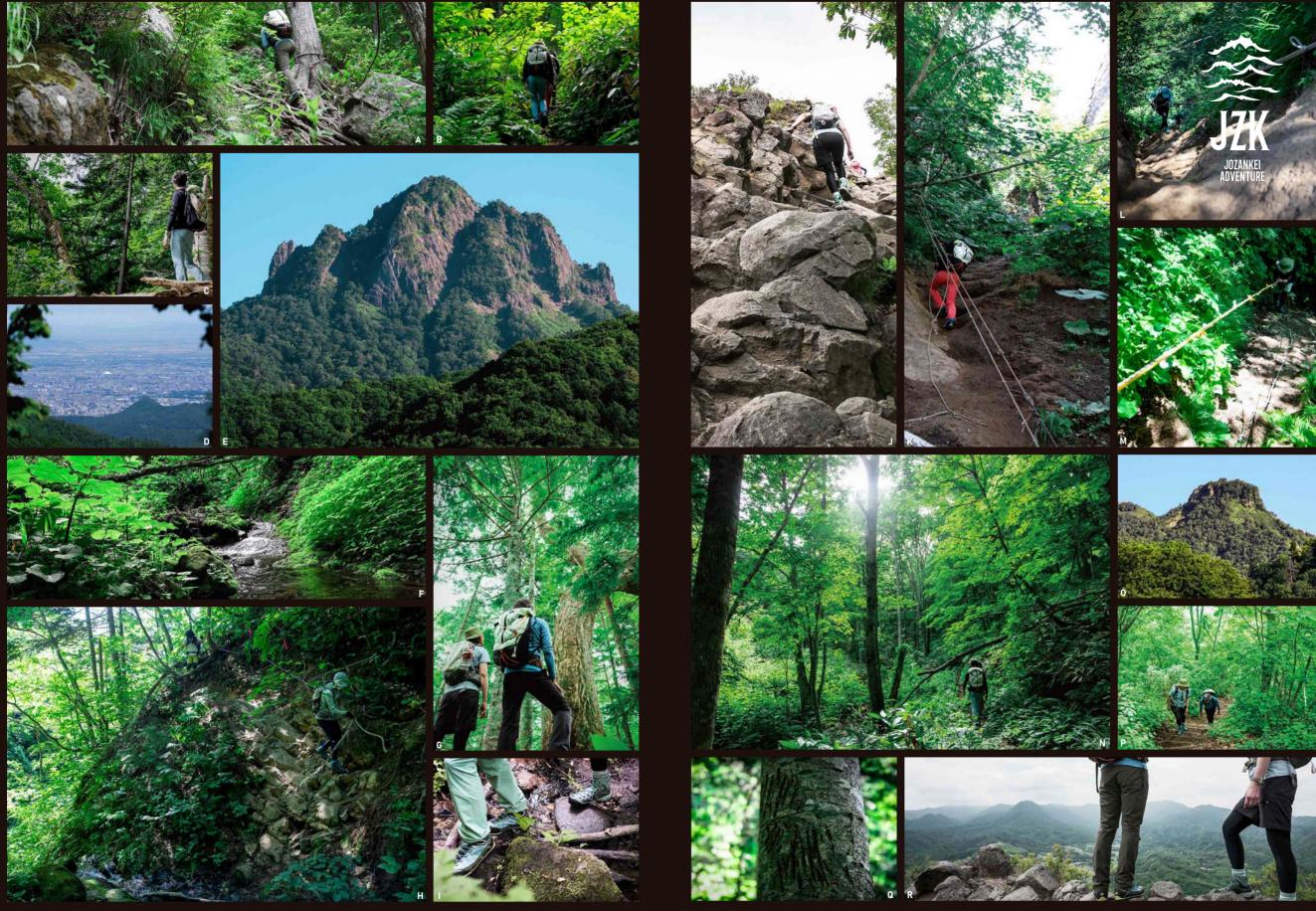
▲ ATTENTION

► The soil near the stream is muddy, so watch your step to avoid slipping.

▶ Be careful of tree roots, rocks, and fallen trees

The wildflowers, deep greenery, and autumn foliage are a feast for the eyes. And a moderate climb for a good workout. Shiraito Tunnel Long Br Sapporo Urban Area → Iwato Park Viewing Platform
small space overlooking the Jozanke Family Mart
Lawson 卍 Iwato Kannondo Hall not spring resort. You'll see an area where the overgrown trees have opened up along with Mt. Kotengu in the foreground and Mt. Jozankei Tengu Jozankei nformation Center 1 Trailhead iii & P oo Nakayama Pass Viewing Platform⇔<mark>®</mark>Summi takes about 25 minutes from the ewing platform to the summit. The slope is a little steep in certain areas. Follow the path where you will reach the summit! **2**Viewing Platform ollow the path along the stream ms. On the way is an area wher ou have to cross the stream, but 594M ou can use the stepping stones lt's slipperv, so be car Jozankei Shrine↔ 1 Trailhead The trailhead is located in the precinct of Jozankei Shrine mb up the steps along the highway and go through the orii gate. Enter the trail from the left side of the small tori ate next to the shrine building and walk for about 100m, you will see a sign for the trailhead.

*Please note that phone signals may be affected by the weather.





17 | **JZK**