

Oshidomari Climbing Course

Course overview (suitable for intermediate level climbers)

- 3rd Station 270m above sea level. This is the only place where you can fill your water supply from Kanrosensui Spring.
- 4th Station 390m above sea level. Walk through a forest where wild birds sing.
- 55th Station 610m above sea level. The place name is based on an old legend and there are no actual thunderbirds. It gradually becomes a sloped zigzag
- 66th Station 760m above sea level. When you go up to the ridge and the view opens up, you can see Rebun Island, Oshidomari City, Himenuma, etc. Take a deep breath before heading out!
- 77th Station 895m above sea level. A challengingly steep and winding climb to the second observation deck with dynamic views below.
- 88th Station 1218m above sea level. The view opens up and you can see the summit in front of you. If it has taken you over 4 hours to reach this point, you may want to descend and take a rest.
- 9th Station 1410m above sea level, Includes a steep climb to the summit with poor footing, so be sure to stay hydrated. Flower fields are visible from this area.

Trailhead

The trailhead is at the Rishiri Hokuroku campsite, about 5km from Oshidomari City. There is a shoe-washing area and a collection box for used portable toilets.

Course Time

With a difference in elevation of 1490m, the ascent takes about 6 hours and the descent takes about 4 hours. Considering a short break at Choukanzan and about 1 hour at the summit, allow for at least 11 hours to complete the course even in good weather.



Himenuma Ponyama **Trekking Route**

It takes about 30 minutes to climb Ponyama from Kanrosensui Spring and about 2 and a half hours to get to Himenuma.



Clumps of Botan Kinbai and other plants. Best viewed from July - August

Rippu-chan

Choukanzan 8

Second Observation Deck

Square rock. Take a break here to get your strength back

35min. %

20min.

20min.

Munatsuki Hatcho

Walk through a forest of tall pines

There is a toilet booth five minutes from the 6th

station. When travelling in a group, please wait at the

station when not using the toilet as the booth is small

50min

and downy birch scrub

First Observation

Deck

Raichou No

Michishirube

Wild Bird Forest

Forests of Todo pine and

other coniferous trees

Kanrosensui

Beware of poison ivy underfoot!

% 35min.

\$35min.

₺ 20min.

continue

₽35min.

\$ 20min.

Spring

J10min

Mt. Rishiri Refuge Hut Unmanned station with

9245min.

₫35min.

no facilities. 30 people can be evacuated here in case of emergency

Kitamine 1719m▲

Junction



Lingenberries. juniper, Ezo Gozen Tachibana and other plants bloom from the rocky ground

Refuge Hut (Gazebo)

Higher ground with sea and city

views. Unmanned, no facilities or

Mt. Rishiri

▲Minamine 1721m

4 90min.

9

Ja 35min.

(No climbing / No passage)

35min.

Sanchouyama

(3) Uma No Se

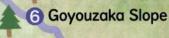
Rebun Rock

See reverse side

for more details

10min.

Groups of tall pines and downy birch



20-minute drive or 90-minute

walk from Kutsugata town center

Yoakashi No Saka

the night here.

A steep climb where dogs get tired

and start to look like guardian statues

Komainu No Saka

A mountain trail survey team once

lost their way in thick fog and spent

Walk through thick forests filled with alpine plants

4 60min. St 40min.

A Mixed forest of Todomatsu, Ezo Pine and Dakekamba. You can see wildflowers such as Ezo Yuzuriha and Zazen Grass

Car Park











Important

(in front of Rishiri Town Hall). Mikaeridai Park Observation Deck

Vending machines available. About 50m to the trailhead from the car park



rules that help to preserve the environment of Mt. Rishiri and prevent the destruction

of the mountain trails.

- There are three important

 Use a portable toilet
 - Limit the amount of items you bring onto the mountain
 - O not sit or step on any plants

Kutsugata Climbing Course

Follow the 'Rishiri Rules'!

Course overview (for advanced climbers)

- 5th Station 450m above sea level. The trailhead is 50m before the observation deck car park.
- 66th Station 650m above sea level. After walking through the forest of five-leaf pine trees, you will arrive at the observation deck.
- 77th Station 875m above sea level. Along the path is Rebun Rock, from where you can see Rebun Island. Even more flowers can be seen as you reach the ridge line at Komainu no Saka.
- 8th Station 1160m above sea level. Walking along a scenic ridge known as the Horse's Back (Uma No Hai) will lead you to a spectacular location and beautiful flowers.
- 99th Station From the magnificent view of Mt. Sankei (altitude 1461m) to the junction with the Oshidomari course, there are a series of difficult places to climb. Recommended not to use until after the snow has melted in July.

Trailhead

The trailhead is at Mikaeridai Park, about 5km from Kutsugata City. A collection box for used portable toilets has been installed.

Course Time

With an altitude of 1280m, the ascent takes about 6 hours and the descent takes about 4 hours. It takes at least 11 hours, allowing for an hour break at the summit. A hard course with many steep climbs and difficult points.

Mikaeridai Park

Trailhead

Water fountains are not available, so prepare drinking water in advance



Request to Climbers

The "Oshidomari Mountaineering Course", "Mt. Kutsugata Mountaineering Course", and "Himenuma Ponyama Trekking Route" have several points where they cross the river which cannot be crossed if the rivers rise due to heavy rain. For this reason, the Rishiriyama Mountain Trail Maintenance and Management Liaison Council may announce a request to refrain from climbing depending on weather conditions. We ask for your understanding and cooperation in order to maintain safe climbing.

Protect the plants of Mt. Rishiri!

Kanrosensui Spring. This delicious water

has been selected as one of the 100 best

in Japan by the Ministry of the Environment

Mats for washing shoes have been installed at the trailhead to prevent the introduction of non-native plant species.

10 minutes by car or 60 minutes on foot from Oshidomari Ferry Terminal

Rishiri Hokuroku Yeijo (Tel: 0163-82-2394)

Climbers' base located at the entrance to the trailhead. Administration building, tent site, cooking area and shower facilities available.

Rishirifuji town tourist Information Rishirifuii

Campsite

Hot Spring









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