



Meakan-dake Loop

Akan-Mashu National Park

雌阿寒岳 Hiking Map 1:25000



0 250 500 750 1000 m

1cm on the map equals 250m on the ground
Magnetic declination: 9° 15' W

Map by hokkaidowilds.org CC BY SA 2020/02/19

Symbol Key (some may not be present)

	Route (time between points)		Contour lines (100m, 10m)
	National Highway		Power transmission lines
	Prefectural Road		Trees/shrubs
	Municipal Road		Rocks/cliffs
	Minor Municipal Road		Onsen (hot spring)
	Walkway		Fumerole
	Bus route (bus stop)		Highway number
	Designated campsite		Water
	Hut		



ONLINE ROUTE GUIDE - Please visit the full route guide for route description, GPS file, and safety notes: <https://hokw.jp/meakan>

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Japanese Map Glossary

Romaji	Kanji	English
bunki	分岐	junction
cho	町	town
dake/mine	岳/峯	peak
eki	駅	station
goya/koya	小屋	hut
hinangoya	避難小屋	shelter
ike	池	pond
kawa/gawa	川	river
kako	火口	crater
ko/mizumi	湖	lake
kyo	峡	gorge
numa	沼	pond
onsen	温泉	hot spring
sawa	沢	stream
taira/daira	平	plateau
tani/dani	谷	valley
taki	滝	waterfall
toge	峠	pass
yama/san/zan	山	mountain

この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の基盤地図情報及び電子地形図（タイル）を使用した。（承認番号平30情使、第867号）。また、1/25,000植生GISデータ（環境省生物多様性センターも使用し、hokkaidowilds.orgが作成・加工したものである）。

We created this map using the Geospatial Information Authority of Japan digital basemap (tiles) and basemap data, with the Authority director's permission (no. Hei-30-joshi, dai-867go). We also modified 1:25,000 scale vegetation map data created by the Biodiversity Center of Japan (<http://gis.biodic.go.jp/>).



Meakan-dake Loop Hike



6hrs
Time



1030m
Total Climb



1499m
Highest point



12km
Distance



6/10
Difficulty



May-Oct
Best season

The centerpieces of the Akan-Mashu National Park are the two volcanic peaks of Meakan-dake (one of Japan's 100 Famous Mountains) and Oakan-dake. Separated by Lake Akan with its popular resort, in Ainu they were known respectively as the Female Mountain and the Male Mountain, and this nomenclature has carried over into their Japanese names as well. Of the two, Meakan-dake (雌阿寒岳, 1499m) is perhaps the more interesting with its spectacular active volcanic crater providing a thrilling airy traverse. The circular route includes the bonus option of climbing the perfect subsidiary cinder cone of Akanfuji (阿寒富士, 1476m) on the way.

LOCATION

The Akan-Mashu National Park (阿寒摩周国立公園) is in east Hokkaido, midway between the major cities of Kushiro on the Pacific coast and Abashiri on the Okhotsk coast. Meakan-dake lies at the southern edge of the park above



Meakan (Nonaka) Onsen (雌阿寒温泉 野中温泉) accessed by a minor road turning off Route 241 about 20kms from Akan Lakeside village (阿寒湖畔). The trailhead is just north along the road from the public parking area (with public toilets).

GENERAL NOTES

In Ainu the mountain is called mat-neshiri, 'woman mountain'. Meakan-dake is an active volcano and is closely monitored. In recent years there have been occasional temporary restrictions on hiking due to increased activity – please check locally. There is a campsite, Onneto Campground (オンネトー国立野営場, open 1 May – 31 October) by the small Lake Onneto at the trailhead for the descent route. The nearby resort of Akan Lakeside 阿寒湖畔 has shops, onsen, accommodation and a campsite. The lake is famous for its spherical green balls of algae known as marimo. There is also an Ainu Kotan (village) with regular dance performances and shops selling woodcarvings. Despite the touristy nature of the place, behind the scenes it is an important centre for the transmission and development of contemporary Ainu culture. Some of the upmarket tourist hotels have displays of the work of the talented woodcarvers based here. The summer hiking season is from mid-May into October.

ROUTE NOTES

The trail is well defined with signposts at junctions. The trailhead (*meakan-dake onsen tozanguchi*, 雌阿寒岳温泉登山口) is at 710m elevation by the road just north of the onsen buildings, a couple of hundred meters from the car park. The path climbs steadily up through a forest of large pines that eventually thin out into open rocky ground and haimatsu dwarf pines after 30-40 minutes. From here it climbs up to the crater rim, then follows it round with the crater on your right to the summit in about two hours total. Continue on the path around

the crater edge, passing a trail that comes in from the left after a few minutes at a signposted junction, and drop round and down to a col below Akanfuji (阿寒富士, 1476m) in about 20 minutes. From here an obvious path climbs up the cone and will take about an hour for the return trip. The descent then enters pine forest and in an hour or so you should be at the campsite trailhead by Lake Onneto (オンネトー). Turn right and go through the campsite to pick up the trail that follows the lakeshore for a short while before entering the forest to return back to the car park at Meakan Onsen (雌阿寒温泉) in about 45 minutes.

TRANSPORT

By car: Turn off Route 241 to onto Route 949 towards Meakan (Nonaka) Onsen (雌阿寒温泉). There is a large car park with a toilet just past the small complex of onsen buildings.

Public transport: There are no public transport options for this route.

SAFETY NOTES

Check to see if there are any restrictions on climbing due to volcanic activity. Warning signs will be posted at the trailhead if restrictions are in place (this does not actually happen very often). The upper slopes, summit and crater trail are very exposed to the wind and the appropriate bad weather gear should be taken. The usual bear precautions should be followed.

ONSEN NEARBY

Nonaka Onsen by the trailhead is cheap and cheerful and a good place to soak away the exertions of the climb. There are plenty more onsen facilities back at Akan Lakeside. ■

ONLINE ROUTE GUIDE

Please visit the full route guide for GPS file, interactive map, and extra safety notes: <https://hokw.jp/meakan>



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PRINTING INSTRUCTIONS

STEP 1

Load your printer with A4 printer paper (210mm x 297mm). If you've only got Letter size (215.9mm x 279.4 mm), just follow the instructions below. You'll achieve an accurate scale, but the map will be clipped a little at the top and bottom.

STEP 2

Open the print window by clicking on File > Print (or hitting Ctrl + P on your keyboard).

STEP 3

Make sure "Actual Size" is selected.

STEP 4

For double-sided printing, select "Print on both sides of paper".

STEP 5

For best results, select the highest quality print option available on your printer (settings will vary).

STEP 6

You won't need this instructions page, so just select the pages that don't include this instruction sheet.

STEP 7

Click "Print".

PLEASE PRINT AT 'ACTUAL SIZE' (NO SCALING)

The 1:25,000 scale used in the map is accurate if the PDF is printed without scaling (i.e., ACTUAL SIZE). Follow the instructions on this page to ensure an accurate rendering of the scale.



Figure 1. Ensure "Actual Size", and Pages 1-4 are selected (Windows).

ORIGAMI INSTRUCTIONS

