



# Asahidake to Numa-no-hara Traverse

旭岳～沼ノ原縦走

Hiking Map

1:25000





3 days

Time



1842m

Total Climb



2291m

Highest point



45km

Distance



8/10

Difficulty



Jul-Sep

Best season

This three-day high-level alpine traverse cuts across the Daisetsuzan Range in the Daisetsuzan National Park in central Hokkaido from west to east. Access to the remote south-east end of the route is difficult, but is rewarded by dramatic mountain tarns, still above the treeline. Cutting across the impressive Takanegahara Plateau (高根ヶ原, 1757m), there are a number of camping and basic hut options for extending the trip if desired.

LOCATION

This three-day hike crosses diagonally across the northern half of the Daisetsuzan Range in central Hokkaido. At the northwest end of the route, there's the bustling Asahidake Ropeway, easily accessed by bus from Asahikawa City. At the southeast end of the route is the Numa-no-hara trailhead. The latter is a lonely, quiet, difficult-to-access trailhead, which will require some careful transfer arrangements well ahead of time (see the Transport Options section below). For most hikers, it may make more sense to do the route in reverse.

GENERAL NOTES

We only ended up doing this west-east traverse route due to bad weather scuttling plans for a five-day Daisetsuzan Grand Traverse from Asahidake to Tokachi-dake. On day three we made a

hasty retreat from Hisago-numa Campsite east down to the lonely, recently re-opened Numa-no-hara trailhead. Three days of strong wind and rain, along with plummeting temperatures were forecast, despite the two previous days of scorching, crystal-clear weather. Such is the reality of hiking in the Daisetsuzan Range – despite the relative low altitude of the alpine here, being near the 45th Parallel North means any weather is on par with 3,000m high peaks elsewhere in the world. Despite all this, the recently re-opened Numa-no-hara trail was breath-taking, even in moody, misty, rainy weather. The numerous tarns on the alpine marshland were really quite spectacular.

The main season for summer hiking in Daisetsuzan is from July into September; before and after this you need to be prepared and equipped for snow on the ground and/or falling from the sky. On this hike you will need to spend two nights in a hut, or camping next to one, so you need to take all your food, bedding and cooking equipment. The huts may be crowded during the summer holiday season and at weekends. It can be cold at night; expect temperatures close to freezing. By September it can become more difficult to find water at the campsites and huts, especially at Hisagonuma. All water must be boiled or filtered.

The trailhead for this circuit is at Asahidake Onsen, a small collection of lodgings and hot springs below the ropeway up the mountain. Accommodation options include a youth hostel and a campsite as well as local Japanese style pensions and hotels. The upper ropeway



HAKUUN-DAKE REFUGE

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**Details:** Large, basic two-story hut, 1 hour from Hakuun-dake summit. Hutkeeper present in summer. Also has official campsite nearby. Hut available in winter, but no heating.

**Capacity:** 60 persons.

**Cost:** 1000yen per night (free in winter).

**Contact:** Kamikawa Development Bureau (上川振興局), TEL: 0166 46 5922.

**Booking details:** No need to book, but the hut is very busy in the high season (August).

station at Sugatami has toilets and a small restaurant. There are no safe water sources beyond this point. In high season (June-late October) the ropeway operates every 15 minutes from 06:30 up to 17:30 down (08:00 – 17:00 later in the season – be sure to check the schedule) and costs 1800 yen one way (asahidake.hokkaido.jp).

On the final day you drop down to the lonely Numa-no-hara Trailhead. Recently re-opened after six years of the approach road being closed, this is a very remote trailhead. The group we were with had arranged transport from the trialhead ahead of time, but most hikers will probably find it easier to get transport to this triallhead and start the traverse from there.

ROUTE TIMING AND NOTES

Like most traverse routes in the Daisetsuzan Range, this route requires multiple 6hr-plus days. The route is well-defined, but rocky and steep in places, so allow plenty of time each day for leisurely stops.

**Day 1 - Asahidake to Hakuun-dake Hut (6hr 30min):** Start from the upper Asahidake Ropeway station (Sugatami Station 姿見駅) and follow the signposted route to the summit of Asahidake in about 2.5 hours. Drop down east from the summit to the Uraasahi Campsite, and carry on east to the dramatic Ohachi-daira Crater (御鉢平). At the junction, head right around the crater to Hokkai-dake (北海岳, 2149m), and carry on to the right (southeast) towards Hakuun-dake (白雲岳, 2230m). At the Hakuun-dake Junction, drop your heavy pack, grab just some essentials, and enjoy the quick sub-1 hour walk to the summit of Hakuun-dake and back. When back at the junction, carry on another 20 minutes or so to the Hakuun-dake Refuge Hut and campsite.

**Day 2 - Hakuun-dake Hut to Hisago-numa Hut (7hr 30min):** From Hakuun-dake Refuge Hut to Chubetsu-dake is, arguably, the highlight of this short three-day alpine foray into the roof of Hokkaido. This Takanegahara Plateau (高根ヶ原) allows dramatic views east towards the Ishikari mountains and beyond, as well as the vast high plateau ahead of you. At around the 4.5hr mark, hikers will have the option to descent 15 minutes down to the Chubetsu Refuge Hut (忠別岳避難小屋). Staying at the Chubetsu-dake Hut will make the last day shorter by about 50 minutes (and avoid back-tracking), but the Hisago-numa Tarn is quite impressive, as is Kaun-dake (化雲岳, 1954m), so our recommendation would be to head on

another 2 hours or so to Hisago-numa.

**Day 3 - Hisago-numa Hut to Numa-no-hara Trailhead (7hr 30 min):** Retrace your steps back up to the Kaun-dake Junction, and head east back towards Goshiki-dake (五色岳, 1868m) through the head-high creeping pine tunnel and open boardwalks. From Goshiki-dake continue east and descend for about 2.5 hours to the large Numa-no-hara mountain tarn area. The highlight of this area is the large Onuma Tarn (大沼). Camping is permitted on the Onuma ‘beach’, but there’s no facilities. From the Ishikari-dake Junction (石狩岳分岐), head northeast down the steep and rocky trail to the trailhead. Note that if the river water level is high, there’s an alternative (but longer) detour route.

TRANSPORT

**By car:** Both ends of the route are accessible by private car, with plenty of parking at both the Asahidake Ropeway (旭岳ロープウェイ) and the Numa-no-hara Trailhead (沼の原登山口). With only one car, however, shuttling will be time-consuming. Realistically, it would be better to do this trip in reverse: leave a car at Asahidake, return to Asahikawa by bus, then to Sounkyo by bus, then to the Numa-no-hara trailhead by taxi (see public transport options above) – this may be the most effective (but time-consuming) option. Or, just use public transport from Asahikawa (as per the public transport options below).

**Public transport:** To/from JR Asahikawa Train Station, there is a bus (Ideyugo, いで湯号), operated by the Asahikawa Denki Kido Bus company (TEL: 0166 23 3355), that runs to the Asahidake-Onsen spa area. See the timetable (No. 66 Asahidake Line) here: [http://www.asahikawa-denkikidou.jp/asahidaek\\_line/](http://www.asahikawa-denkikidou.jp/asahidaek_line/). The fare is around 1430yen one way, and it takes around 1 hour 40 minutes. There are no public transport options to the Numa-no-hara Trailhead (沼の原登山口) on the other side of the range. If using public transport for this traverse, it would make more sense to start from the Numa-no-hara Trailhead – get a bus from Asahikawa JR train station to Sounkyo (see timetable and fare here), and then taxi from there. A taxi will likely cost about 13,000yen one way from Sounkyo to the Numa-no-hara Trailhead. Note that there’s a gate on the Numa-no-hara Trailhead access road, but it’s unlocked – users just need to unhook a chain from a hook. Also note that the Numa-no-hara Trailhead access road was closed for six years due to typhoon damage, and only re-opened in summer 2020.

SAFETY NOTES

This route takes you into the wild, high-altitude interior of the mountain range away from more popular day hike areas and on to quieter and more isolated trails. Daisetsuzan is a dangerous place in bad weather with real risks of hypothermia for poorly equipped hikers. The Tomuraushi Disaster of 2009 is a sobering case in point. Conditions can change quickly, it is very exposed to the wind and the upper slopes can be much colder than down at the trailhead. Carry appropriate gear and enough emergency supplies to sit out bad weather in a hut if necessary. The ridges are broad and featureless and it is possible to become dis-oriented in mist. There are no escape routes once you start the second day of the hike apart

DAISETSUZAN GRADE SYSTEM



**Grade 3 - Trails to experience beautiful nature** | Trails with good access to and from the trailhead, which can be done as a day-walk. Grade-3 trails have a priority to conserve a natural atmosphere rather than provide of comfort underfoot. A certain level of risk management ability is necessary.



**Grade 4 - Trails with challenging terrain** | Trails with difficulties in predicting sudden changes of weather due to topography. Grade-4 trails require an overnight stay in the mountains due to long-distance from the trailhead to the nearest hut, of from one hut to another. The trails require hikers/trekkers to have a high-level of skill in negotiating storming winds on trails above the timberline and crossing torrents along valley. Grade-4 trails have a priority to conserve a natural atmosphere, so hikers/trekkers need to have risk management ability and a high-level of risk assessment ability.



**Grade 5 - Trails with extremely challenging terrain** | Trails with difficulties in predicting sudden changes of weather due to topography. Grade-5 trails are long-distance trails from trailhead to the nearest hut or from one hut to another. The trails require hikers/trekkers to have a high-level of skill in crossing torrents and rock surfaces. Grade-5 trails have a priority to conserve a natural atmosphere, therefore hikers/trekkers need to have risk management ability and extremely high-level of risk assessment ability.

(From <http://bit.ly/daisetsu-g>)

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

from one trail (often closed due to bears) that drops off the main Takanegahara ridge east to Daisetsu Kogen Onsen (大雪高原温泉, accommodation available, tel: 01658 2 1211). Bears are numerous; take care when coming across fresh droppings and tracks. There are usually park rangers at the upper ropeway station at Sugatami at the start of the hike, or at the Sounkyo information center who can offer advice who can offer advice.

ONSEN NEARBY

Asahidake Onsen has a number of hot springs that take day visitors, including the youth hostel Daisetsu Shirakabaso (白樺荘) a few hundred meters down the road (800yen per person). ■



HISAGONUMA REFUGE HUT

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**Details:** A very basic, unmanned, emergency-use only hut. There is a campsite nearby.

**Capacity:** 30 persons.

**Cost:** No charge.

**Contact:** Tokachi Sogo Shinkokyoku (十勝総合振興局), TEL: 0155 26 2977

**Booking details:** Not possible to book. The hut can be very busy in the high season (August).

ONLINE ROUTE GUIDE

Please visit the full route guides for GPS files, interactive maps, and extra safety notes: <https://hokw.jp/centrv>



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TEXT | Rob Thomson, Rick Siddle

MAP, PHOTOS | Rob Thomson

[hokkaidowilds.org](http://hokkaidowilds.org) 2020/09/08

MAP FOLD & LAYOUT CONCEPT | Dominika Gan

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Symbol Key

(some may not be present)

0:30→

Route (time between points)

—

National Highway

—

Prefectural Road

—

Municipal Road

—

Minor Municipal Road

---

Walkway

●●●●●

Bus route (bus stop)

▲

Designated campsite

600

Contour lines (100m, 10m)

—

Power transmission lines

■

Trees/no trees

⚡

Rocks/cliffs

♨

Onsen (hot spring)

🔥

Fumerole

1022

Highway number

🏠

Hut

ONLINE ROUTE GUIDES

- Please visit the full route guides for route description, GPS files, and safety notes: <https://hokw.jp/centrv>

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- Download the free Avenza Maps® app for iPhone and Android to see your location in real time: <https://hokw.jp/geocntrv>

This topographic map illustrates the Asahidake to Numa-no-hara Traverse, a hiking route in Hokkaido, Japan. The route is marked with a red line and includes time estimates for various segments: 0:20, 0:15, 2:30, 1:50, 1:00, 1:40, 0:50, 1:20, 0:30, 0:40, 0:20, 0:30, 1:00, 1:20, and 2:00. The route starts at Sugatami-eki (姿見駅) and ends at Takanegahara Bunki Junction (高根ヶ原分岐). Key peaks along the route include Asahi-dake (旭岳), Mamiya-dake (間宮岳), Arai-dake (荒井岳), Matsuda-dake (松田岳), Hokkai-dake (北海岳), Hakun-dake (白雲岳), Shohakun-dake (小白雲岳), Midori-dake (緑岳), and Koizumi-dake (小泉岳). The map also shows various other peaks, valleys, and geographical features such as Jigoku-daki (地獄滝), Meotoike (夫婦池), and the Yubetsusawa-gawa (ユウゼツ沢川). A magnetic north arrow indicates a declination of 9° 4' West. A warning in the bottom right corner states: "Trail closed from July 7月以降登山道閉鎖".



# 2 Asahidake to Numa-no-hara Traverse

旭岳～沼ノ原縦走 Hiking Map 1:25000

0 250 500 750 1,000 m

1 cm on the map equals 250m on the ground  
Magnetic declination: 9° 37' W | Map by hokkaidowilds.org CC BY SA 2020/09/06

## Symbol Key (some may not be present)

- |  |                             |  |                           |
|--|-----------------------------|--|---------------------------|
|  | Route (time between points) |  | Contour lines (100m, 10m) |
|  | National Highway            |  | Power transmission lines  |
|  | Prefectural Road            |  | Trees/no trees            |
|  | Municipal Road              |  | Rocks/cliffs              |
|  | Minor Municipal Road        |  | Onsen (hot spring)        |
|  | Walkway                     |  | Fumerole                  |
|  | Bus route (bus stop)        |  | Highway number            |
|  | Designated campsite         |  | Hut                       |

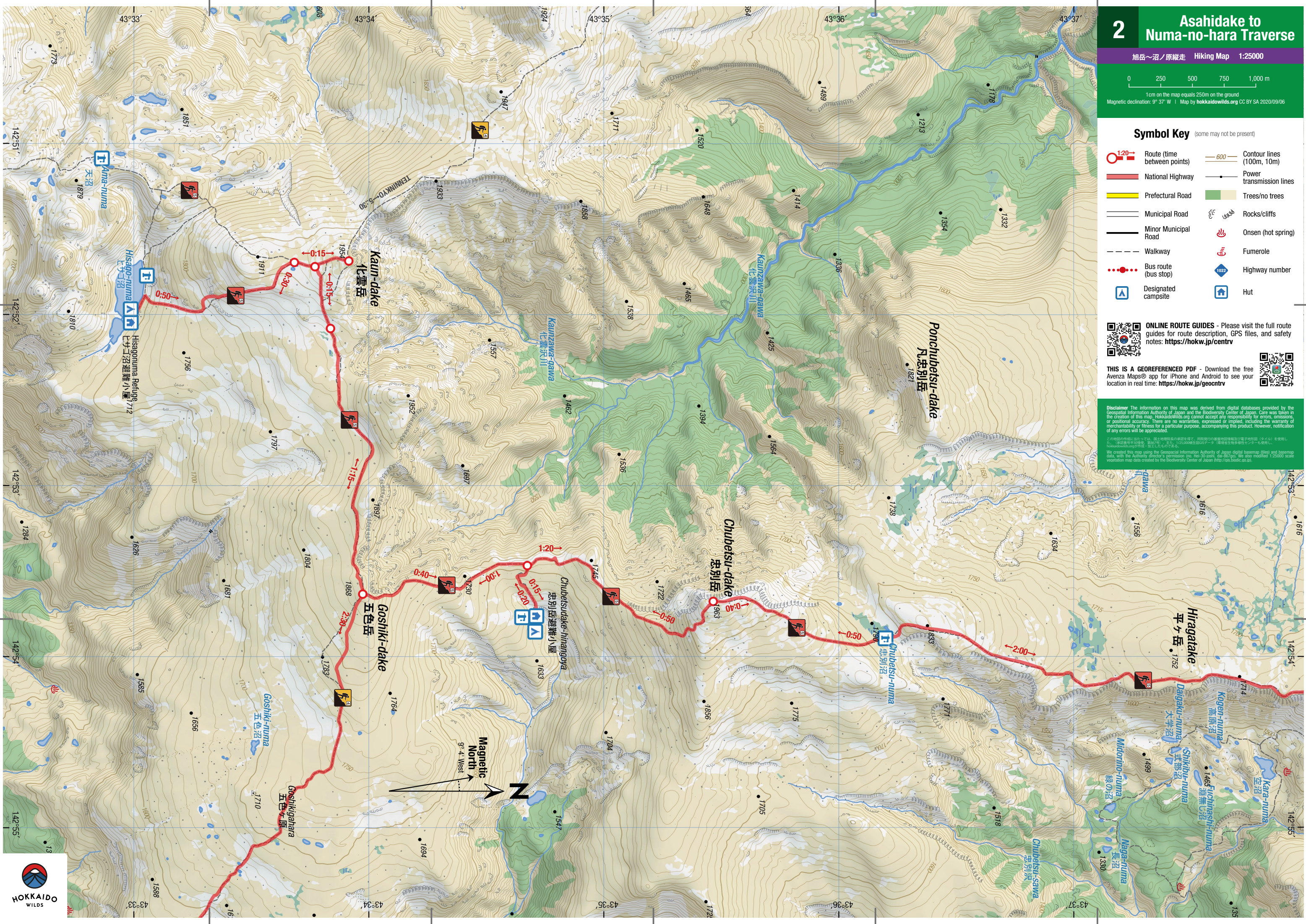
**ONLINE ROUTE GUIDES** - Please visit the full route guides for route description, GPS files, and safety notes: <https://hokw.jp/centrv>

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We created this map using the Geospatial Information Authority of Japan digital basemap (tiles) and basemap data, with the Authority director's permission (no. Hs-30-pss, 04-08/04). We also modified 1:25000 scale vegetation map data created by the Biodiversity Center of Japan (<http://www.biodiv.jp/>).





# Asahidake to Numa-no-hara Traverse

3

旭岳～沼ノ原縦走 Hiking Map 1:25000

0 250 500 750 1,000 m

1cm on the map equals 250m on the ground  
Magnetic declination: 9°37' W | Map by [hokkaidowilds.org](http://hokkaidowilds.org) CC BY SA 2020/09/06

## Symbol Key (some may not be present)

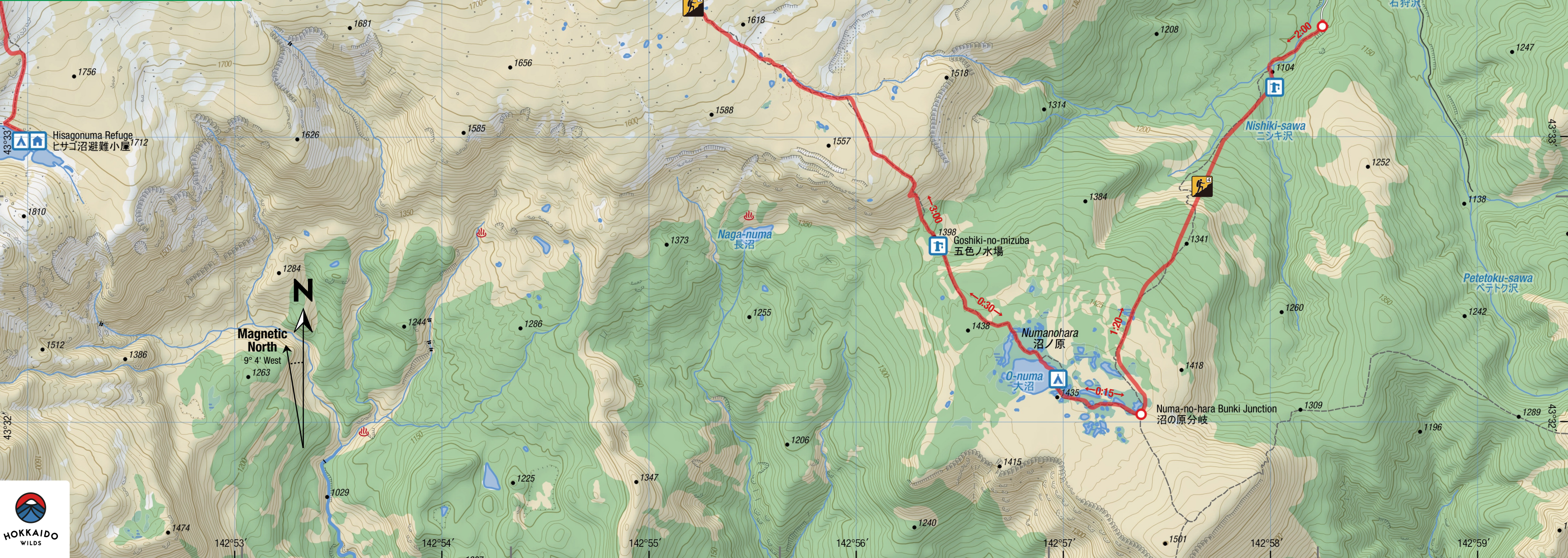
- |  |                             |  |                           |
|--|-----------------------------|--|---------------------------|
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|  | Minor Municipal Road        |  | Onsen (hot spring)        |
|  | Walkway                     |  | Fumerole                  |
|  | Bus route (bus stop)        |  | Highway number            |
|  | Designated campsite         |  | Hut                       |

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## PRINTING INSTRUCTIONS

### STEP 1

Load your printer with A3 printer paper (297mm x 420mm). If you've only got Tabloid or Ledger size (279mm x 432 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.



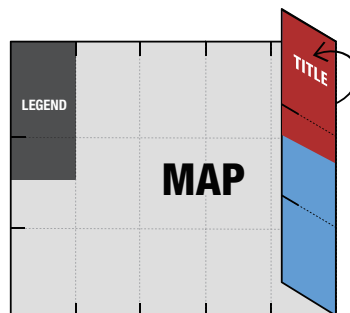
Figure 1. Ensure "Actual Size" is selected (Windows).

## ORIGAMI INSTRUCTIONS

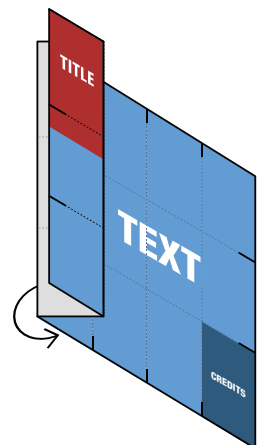
1



2



3



4



5



6



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