



# Pinneshiri to Apoi-dake Traverse

ピンネシリ〜アポイ岳 Hiking Map 1:25000





7hrs  
Time



625m  
Total Climb



958m  
Highest point



11km  
Distance



6/10  
Difficulty



Jun-Oct  
Best season

The Apoi-dake アポイ岳 (810m) to Pinneshiri ピンネシリ (958m) traverse is easily the best high-level ridge-line dayhike in the southern Hida-ka Range 日高山脈. Hikers traverse the pronounced north-south ridge-line through the specially-protected Apoi-dake Alpine Plant Area アポイ岳高山植物群落, with spectacular views for the duration of the hike. The ridge is surprisingly rocky and rugged in places, with an incredible diversity of



flora along the way. This is arguably the best bang-for-your-buck when it comes to tasting what the Hidaka Range offers in views, geology, and terrain.

LOCATION

The Pinneshiri to Apoi-dake ridge is a low-level alpine ridge in the southern Hidaka Range in south-central Hokkaido, just a stone’s throw from Cape Erimo. It’s within the Apoi-dake Geopark area. In this post we describe hiking from the remote Pinneshiri trailhead in the north to the Apoi-dake trailhead near the coast in the south. This traverse can be done either

way, however. That said, starting in the north means overall less ascent.

GENERAL NOTES

Apoi-dake is a very popular hike in its own right. Approximately 10,000 people climb to the peak in any given year, with the vast majority simply bagging the peak from the southern trailhead and then returning the way they came. The up-and-back hike is about four hours return. For hiking groups with two vehicles (or a willing non-hiking driver), however, it is well worth considering hiking the full north-south traverse along the length of the Apoi-dake Alpine Plant Area from the Pinneshiri trailhead all the way south to Apoi-dake – a one-way hike of around seven hours. This will allow for a full experience of the vast diversity in plant life, topography, and geology of the area.

ROUTE TIMING AND NOTES

The full north-to-south traverse takes around seven hours to complete. If hiking from south to north, you’ll have about 400m of extra ascent to deal with, so hikers should add another hour or so to compensate for this extra time climbing.

Starting from the north, at the Pinneshiri trailhead (437m), start hiking south up to the Pinneshiri summit (958m), about 2.5 hours. The trail is narrow and a little overgrown in places, but clear. This same narrow trail continues another 2.5 hours or so to Yoshida-dake (758m), a minor peak not named on the Japan government topomaps. This section of

HIDAKA RANGE

the hike includes walking through beautiful low-lying sasa bamboo-grass fields. From Yoshida-dake it’s just under an hour to Apoi-dake (810m) along a much more defined trail, bounded by ropes running either side of the trail. This section of the trail is completely different in nature again. In places you’ll be flanked by high rocky bluffs and bare rocks.

Apoi-dake will no doubt be a shock to the system after almost five hours of hiking in relative solitude. You’re likely to see a number of hikers at the spacious Apoi-dake peak, sitting and resting near the summit shrine. The descent from Apoi-dake is one of the main highlights of the hike. For the majority of the descent you’ll be hiking down towards the Pacific Ocean, the expanse of which is always in view. From the 5th-station hut, you’ll be hiking in the cool shade of broad-leaf trees all the way to the Apoi-dake trailhead.

TRANSPORT

**By car:** At the Pinneshiri Trailhead, there’s room for about five cars to park. The gravel road to access the trailhead is narrow in places, but is suitable for 2WD vehicles. The Apoi-dake Trail-head is replete with an information center, car parks, onsen, outdoor faucets etc – it’s very well appointed, with plenty of parking.



**Public transport:** The southern end of the traverse, the Apoi-dake trailhead, is accessible by local bus – Apoi-sanso Bus Stop アポイ山荘バス停 is near the trailhead. Google Maps has timetabling information.

SAFETY NOTES

Note that the northern half is quite remote, and doesn’t see much foot traffic. Also, this is most certainly bear country, so make sure to take

precautions.


ONSEN NEARBY

Apoi-sanso アポイ山荘 (500yen) has a beautiful onsen available for day visitors. There are expansive views across to the Pacific Ocean from the outdoor bath. They have an attached restaurant and hotel. ■

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
numa	沼	gorge
onsen	温泉	pond
sawa	沢	hot spring
taira/daira	平	stream
tani/dani	谷	plateau
taki	滝	valley
toge	峠	waterfall
yama/san/zan	山	pass
		mountain

ONLINE ROUTE GUIDE

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




**Disclaimer** The information on this map was derived from digital data-bases provided by the Geospatial Information Authority of Japan and the Biodiversity Center of Japan. Care was taken in the creation of this map. HokkaidoWilds.org cannot accept any responsibility for errors, omissions, or positional accuracy. There are no warranties, expressed or implied, including the warranty of merchantability or fitness for a particular purpose, accompanying this product. However, notification of any errors will be appreciated.

**MAP, TEXT, PHOTOS** | Rob Thomson  
hokkaidowilds.org 2023/11/08

MAP FOLD & LAYOUT CONCEPT | Dominika Gan

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HOKKAIDO  
WILDS



**Apoi-dake to Pinneshiri**

**Apoi-dake Geopark**

Hiking Map 1:25000

0 250 500 750 1,000 m

1cm on the map equals 250m on the ground

Magnetic declination from GRID NORTH: 9°17' W | Zones: 54TQM (MGRS), 54N (UTM)  
Grid: 11km | Projection: WGS 84 | Map by [hokkaidowildlife.org](https://hokkaidowildlife.org) CC BY-SA 2023/11/03

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**Apoi-dake Geopark**

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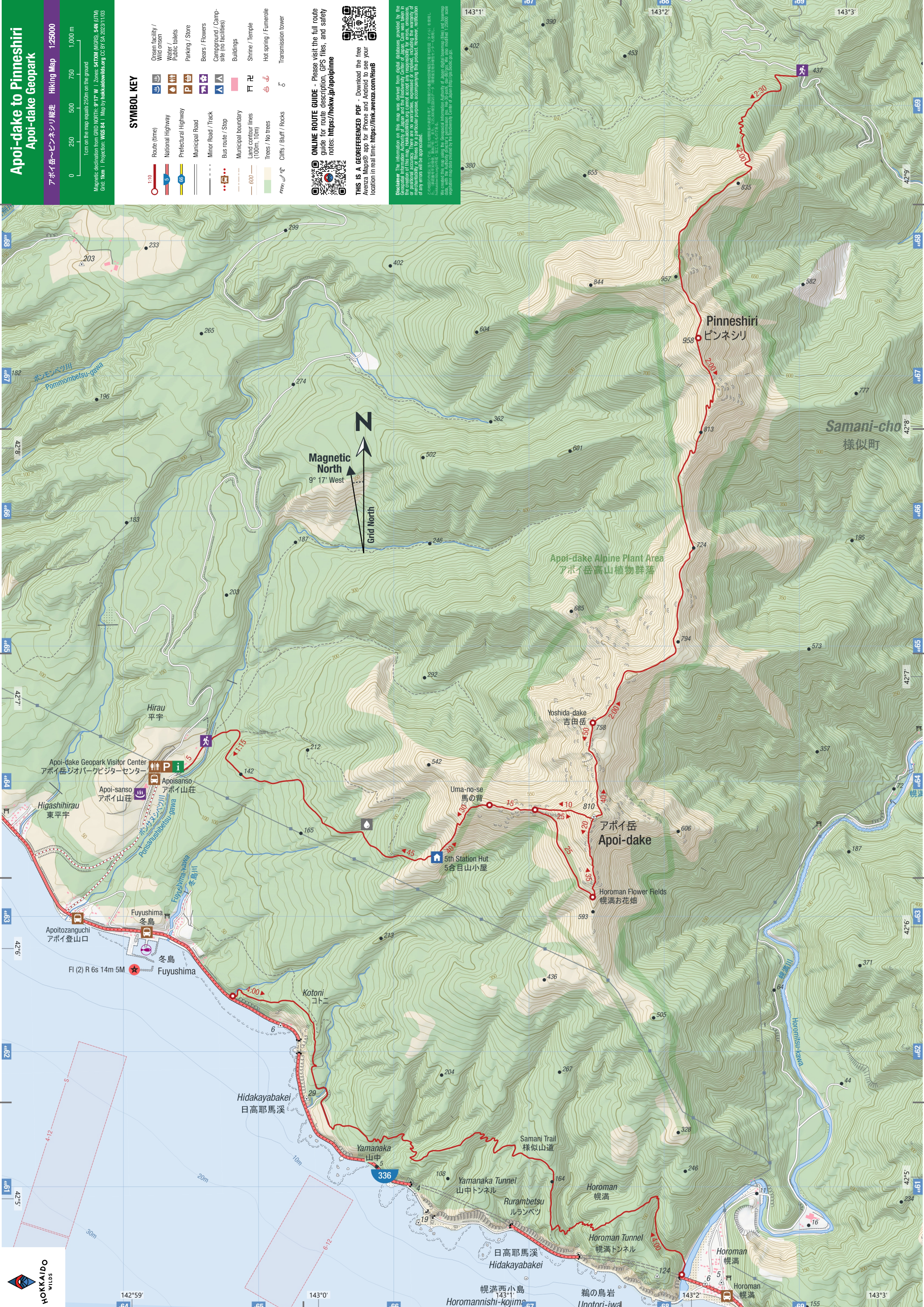
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## PRINTING INSTRUCTIONS

### 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.



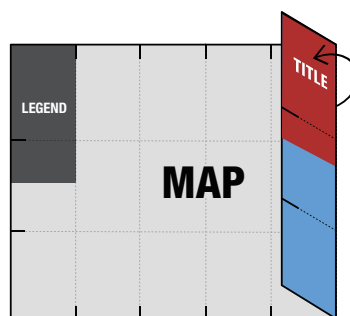
Figure 1. Ensure "Actual Size" is selected (Windows).

## ORIGAMI INSTRUCTIONS

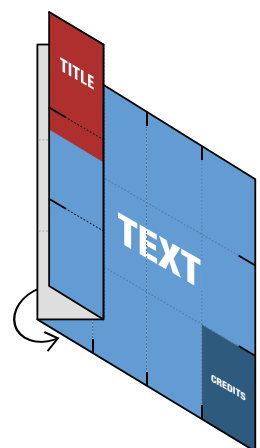
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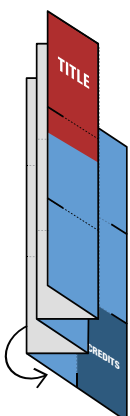
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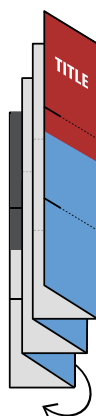
3



4



5



6



7

