

Enjoying Trekking

Recommended gear for trekking & mountain climbing in Katashina

Katashina Village offers diverse mountain trails for enjoying the great outdoors. You can reach Oze National Park or Nikko National Park and scale some of the 100 Famous Mountains in Japan, including Mt. Hotaka, Mt. Nikko-Shirane, and Mt. Shibutsu. When making such a trip, please put together a plan suited to your physical fitness and range of activity and prepare the appropriate equipment. Please also remember to submit a climbing plan at the trailhead.



Rainwear
Mountain weather can change quickly. Rainwear will protect you from unexpected rain, wind, and other inclement weather, and will keep your body temperature from falling too low. You should always bring rainwear even if the weather is clear at the start of the climb.

Warm Clothing
There is a large temperature difference in the mountains between the daytime and the early morning and night. You will need warm clothing to keep you warm no matter the conditions. Something light, warm, and compact is recommended, such as a down jacket.

Gaiters
Rain gaiters are leg protectors worn above your shoes. They will prevent you from spilling mud and water into your shoes when the trail is muddy, or when the grass is slippery with dew in the morning and evening. A must-have item.

Cautions for Mountain Climbers

- Take trash home**
There are regulations against littering and leaving trash on the mountains. There are no trash cans on the mountain trails. Take all of your trash home with you.
- No pets**
Pets may pose a threat to resident wildlife and could transmit contagious diseases. They may also be a nuisance to other climbers.
- No campfires**
Open campfires are prohibited. Stoves and similar devices should only be used in safe places and where they will not cause a nuisance to others.
- No hunting animals or picking plants**
In order to maintain the natural ecosystem and preserve the natural landscape, the hunting of animals or picking of plants is prohibited by law. You must also not use fallen branches as walking sticks or pick up fallen leaves.

- Bring a portable toilet**
There are stretches of the mountain trails that do not have toilet access. Purchase a portable toilet from one of the visitor centers or other stores and bring it with you.
- Do not throw money around**
Throwing coins into ponds or rivers is a nuisance to nature, and nothing more. If you wish to give money away, please place it into one of the donation boxes.
- Cap walking Trekking Poles**
Put caps on the ends of your walking Trekking Poles to prevent damage to mountain trails and wooden paths.
- Camp in designated areas only**
All permitted campsites are strictly designated. All camping outside of designated areas is prohibited.
- Do not leave the wooden paths or mountain trails; no running**
Do not leave the wooden paths or mountain trails. Do not enter the marshlands or vegetation alongside the trails.

Trekking Poles

Trekking Poles are reassuring walking companions on any trip, helping to prevent falls on steep slopes and reducing the stress on knee and leg muscles when climbing up and down the mountain. A rubber cap should be placed on the tip of the Trekking Poles when using them on the wooden paths in Oze.

Rucksack

It is important to select a rucksack that matches the purpose of your trip, be it for a single day hike or overnight stay in a mountain hut. It is important to carry as little as possible, and as compactly as possible. Choose a rucksack with just a little extra capacity over what you think you will need.



Other items to bring
A map, guidebook, and compass for climbing. Sunscreen and sunglasses to protect your skin and eyes from UV rays. It is also worth carrying a headlamp, even if you are only planning a day trip.



Hat

Hat is vital not only for mountain climbing but also trekking. Select a type of hat that matches the season, from keeping the sun off to keeping you warm, and protect your head from temperature and sunlight.

Water Canteen

There are many water canteens available, including those for keeping drinks cold or warm and collapsible canteens. A thermos to keep drinks warm is highly prized to prevent a drop in body temperature, such as when facing a sudden deterioration of weather conditions or low temperatures in the morning or evenings.

Shirt & Pants

A long-sleeved shirt should be worn, with adjustments made using underwear or a T-shirt depending on the season. Pants should be made of a stretchy, comfortable material. Quick-drying garments are recommended for both, to prevent perspiration from cooling you down.

Climbing shoes

When climbing or trekking it is important to choose shoes appropriate to the trail being taken. If there is a certain degree of change in elevation then you may fall or hurt your feet. High-cut shoes that provide good ankle protection are recommended.

*[Note] The recommended equipment and personal belongings for activities such as mountain climbing and trekking will vary depending on the season. Please consult with an outdoor store or similar retailer in advance to confirm what you need and to ensure a safe trip.

All prepared? Predeparture checklist

- ☐ Rucksack
- ☐ Trekking Poles
- ☐ Climbing shoes
- ☐ Socks (extra socks)
- ☐ Underwear (extra underwear)
- ☐ Shirt & pants
- ☐ Hat
- ☐ Rainwear
- ☐ Warm clothing
- ☐ Gloves
- ☐ Towel / hand towel
- ☐ Water canteen / thermos
- ☐ High-energy food
- ☐ Headlamp (spare batteries)
- ☐ Map / guidebook
- ☐ Compass
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Wallet / health insurance card
- ☐ First aid kit
- ☐ Bear bell
- ☐ Watch
- ☐ Climbing plan
- ☐ Cellphone

Points of contact for various inquiries

Inquiries about Oze private car regulations:

- Gunma Prefecture**
Katashina Village Oze Traffic Countermeasure Liaison Council (Secretariat: Katashina Village Murazukuri Tourism Division) 0278-58-2112 027-226-2881
- Oze Conservation Promotion Office, Nature Environment Division, Gunma Prefecture**
- Fukushima Prefecture**
Fukushima Prefecture Liaison Council for Appropriate Use of Vehicles in Oze (Secretariat: Hinoemata Village General Affairs Division) 0241-75-2500 Prefectural Citizen Environment Division, Minami Aizu Regional Promotion Bureau, Fukushima Prefecture 0241-62-2061

Inquiries about Oze in general:

- Oze Preservation Foundation** 027-220-4431 <https://www.oze-fnd.or.jp/en/>

Inquiries about Oze:

- Katashina Village Development and Tourism Division 0278-58-2112 Katashina Village Tourism Association 0278-58-3222
- Oze Tokura Tourism Association (Oze No.1 and No.2 Parking Area)** 0278-58-7263 0278-58-7511
- Oze Kogen Hotel (Snow Park Oze Tokura) 0278-58-7511
- Oze Forestry Office, Tokyo Power Technology Ltd. (Hatomachitoge Pass, Oshimizu) 0278-58-7311
- Miike Lodge (Miike, Nanaini) 080-2844-8873

Inquiries about alternative transportation in Oze and the vicinity of trailheads:

- Around Hatomachitoge Pass, Oshimizu (Gunma Prefecture)**
Numata Office, Kan-etsu Transportation Co., Ltd. 0278-23-1111 0278-58-3152 0278-22-4018 0278-56-3222
- Oze Kanko Taxi Y.K.**
Marunuma Taxi Co. 0278-22-4018
- Oigami Tourism Co., Ltd.**
Katashina Kanko Taxi Y.K. 0278-58-2041
- Around Numayamatoge Pass, Miike (Fukushima Prefecture)**
Tashima office, Aizu Passenger Vehicle Co., Ltd. 0241-62-0134
- Around Kozo-daira, Okutadami Lake (Niigata Prefecture)**
Uonuma City Tourist Association 025-792-7300

- Inquiries about Mt. Nikko Shirane (parking, ropeway, other inquiries):**
Marunuma Kogen General Information 0278-58-2211

- Inquiries about Mt. Hotaka (parking, other inquiries):**
Katashina Hotaka Farm Campground 0278-58-3757

One of the largest highland marshes in Honshu

Oze Trekking Map

Climb to the heights of unforgettable sights.

Oze is one of the largest marshlands in Honshu, stretching 2 km from north to south and 6 km from east to west.

Surrounded by two of The 100 Famous Mountains in Japan, Mt. Shibutsu and Mt. Hiuchi, this sprawling marshland offers incredible vistas and beautiful alpine flower. The flora includes white skunk cabbage, as sung about in the famous song "Memories of Summer", and the broad dwarf day lily, with bright yellow flowers that cover the marshlands when in bloom.

Guide to Mountain Huts in Oze National Park

Mountain Hut Location	Mountain Hut Name	Contact	Mountain Hut Location	Mountain Hut Name	Contact	Mountain Hut Location	Mountain Hut Name	Contact
Ozenuma	Ozenuma-sanso Lodge	0278-58-7311	Miharashi	Yashiro-goya Lodge	090-8316-2864	Ryugu	Ryugu-goya Lodge	0278-58-7301
	Chozo-goya Lodge	0278-58-7100		Oze-goya Lodge	090-8821-8342		Oze Lodge	0278-58-4158
	Ozenuma Hütte	080-5734-7272		Hiuchi-goya Lodge	090-8749-1319		Yamanohana-goya Lodge	0278-58-7311
	Ozenuma Campsite	080-5734-7272		Harano-koya Lodge	090-8821-8314		Shibutsu-sanso Lodge	0278-58-7311
				Miharashi Campsite	090-8749-1319		Yamanohana Campsite	0278-58-7311
Miharashi	DAI-NI Chozo-goya Lodge	0278-58-7100	Akatsukihiro	Motouy-sanso Lodge	0278-58-7311	Hatmachi Pass	Hatmachi-sanso Lodge	0278-58-7311
	Hinoemata Hut	0278-58-7050						
Yoshiyori Tashiro	Touden-goya Lodge	0278-58-7311			Onsen-goya Lodge		080-6601-3384	Miike
*H"atmachi-sanso Lodge" and "Motouy-sanso Lodge" are closed due to circumstances. Please check in advance.								

The mountain huts listed below may be difficult at certain times, either during or outside of season. If you cannot get through, please feel free to contact the Katashina Village Tourist Association.

*[Note] Hatmachi-sanso Lodge and "Motouy-sanso Lodge" are closed due to circumstances. Please check in advance.

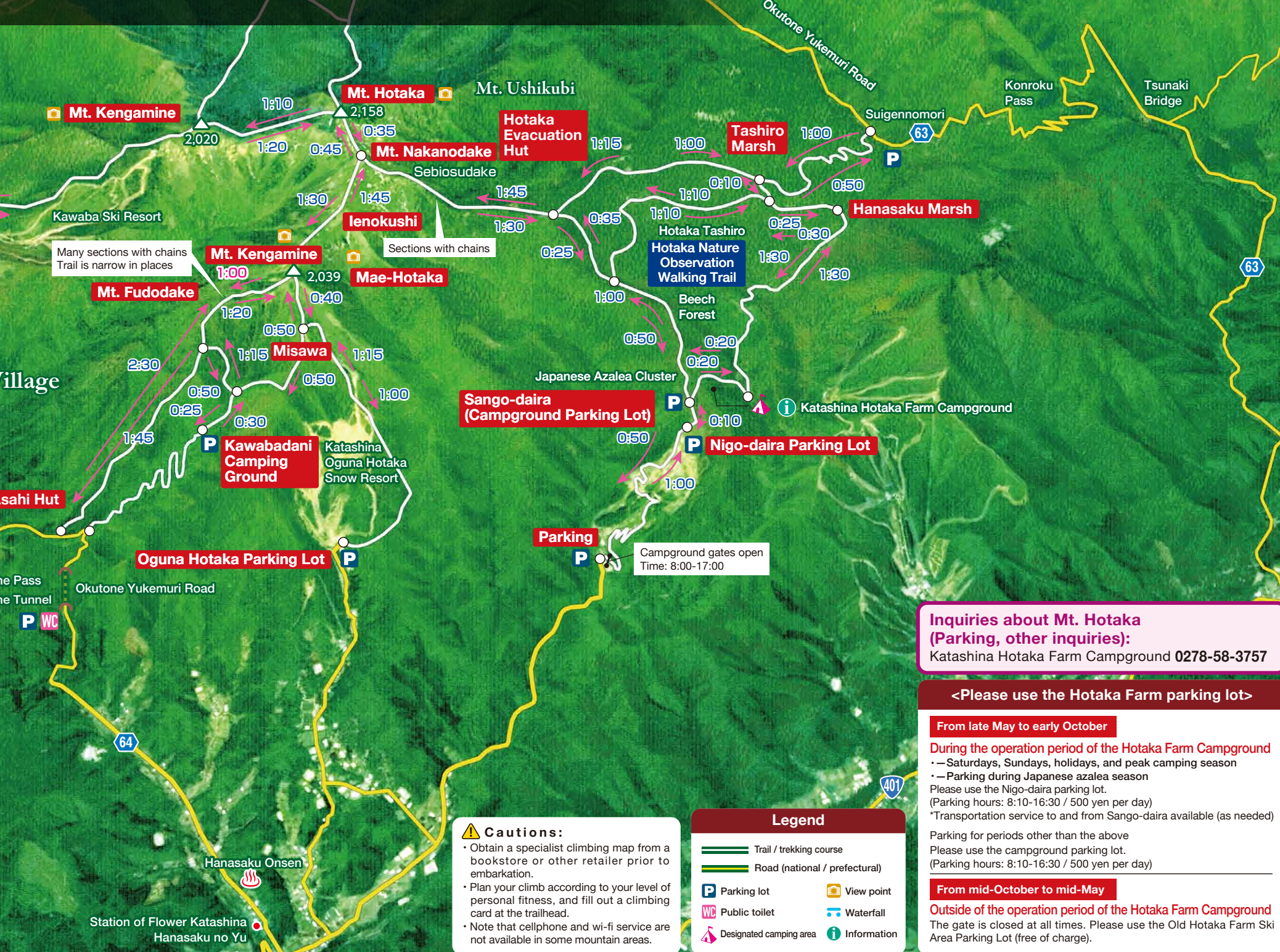


A famous mountain for spiritual training.

Mt. Hotaka Trekking Map

Echoing back the crimson bustle of the mountainside.

Mt. Hotaka has long been known as a sacred place of mountain worship. From the top of the mountain, where a statue of Yamato Takeru can also be found, climbers are rewarded with a 360-degree view of the surrounding mountains. From around mid-June, more than 15,000 Japanese azaleas, a natural treasure of Gunma Prefecture, bring a sea of red to Hotaka Farm at the foot of the mountain. In the surrounding area you can also enjoy trekking amid nature or camping at the Katashina Hotaka Farm Campground.



An Active Mountain Climbing Experience

Mt. Nikko-Shirane Trekking

Before you know it, you'll be in the sky!

The highest peak north of the Kanto region, rising to 2,578 meters above sea level. You can take a cable car up to 2,000 meters and enjoy a footbath in the sky with a wonderful view. Between the impressive array of surrounding mountains, beautiful lakes and marshes such as Goshikinuma and Midagaika can also be seen. There's an incredible contrast with the magnificent scenery of the Nikko-Shiranesan rock garden, including the queen of the wild flowers, the Japanese wood poppy, or "Shirane-aoi", which bears the name "Shirane" in Japanese.

