

# Hiking and Trekking Trails in Tokyo and Vicinity

## 東京及び近郊のハイキング・トレッキングトレイル



\* Fitness level, distance and duration written below are those of the most popular trail. There may be more than one trail in each destination.

\* The following website is also available for experienced hikers, providing information for hiking destinations in other parts of Japan.

"HIKES IN JAPAN" <https://hikesinjapan.yamakei-online.com/>

\* Please visit local information centers or visitor centers for more information and get detailed maps before you go.



Region	Pref.	Category	Destination	Area	Fitness Level	Distance / Elevation	Duration	Access	URL
Tokyo 東京	Tokyo 東京	Hiking	Akigawa Valley 秋川渓谷	Western Tokyo (東京西部)	★	7.7km	2hrs	JR Itsukaichi Line to Musashi-Itsukaichi Sta.	<a href="https://www.akirunokanko.com/?p=1750">https://www.akirunokanko.com/?p=1750</a>
Tokyo 東京	Tokyo 東京	Trekking	Mt. Takao 高尾山	Meiji no Mori Takao Quasi-National Park (明治の森高尾国定公園)	★	6km / 599m	2hrs	Keio Line to Takaosanguchi Sta.	<a href="https://www.takaotozan.co.jp/course/">https://www.takaotozan.co.jp/course/</a> <a href="https://hikesinjapan.yamakei-online.com/course/1.php">https://hikesinjapan.yamakei-online.com/course/1.php</a>
Tokyo 東京	Tokyo 東京 (Kanagawa 神奈川)	Trekking	Mt. Takao to Mt. Jinba Traverse 高尾山・陣馬山縦走コース	Meiji no Mori Takao Quasi-National Park (明治の森高尾国定公園)	★★	19.1km / 855m	7.5hrs	Keio Line to Takaosanguchi Sta.	<a href="https://www.takaotozan.co.jp/course/">https://www.takaotozan.co.jp/course/</a> <a href="https://hikesinjapan.yamakei-online.com/course/3.php">https://hikesinjapan.yamakei-online.com/course/3.php</a>
Tokyo 東京	Tokyo 東京	Trekking	Mt. Mitake 御岳山	Chichibu Tama Kai National Park (秩父多摩甲斐国立公園)	★	7.8km / 929m	3.5hrs	JR Ome Line to Mitake Sta., and then take bus to Cable-shita Bus Stop	<a href="https://www.ces-net.jp/mitakevc/downloads.html">https://www.ces-net.jp/mitakevc/downloads.html</a> <a href="https://hikesinjapan.yamakei-online.com/course/4.php">https://hikesinjapan.yamakei-online.com/course/4.php</a>
Tokyo 東京	Tokyo 東京	Hiking	Okutama 奥多摩	Chichibu Tama Kai National Park (秩父多摩甲斐国立公園)	★	7km	2hrs	JR Ome Line to Okutama Sta.	<a href="https://www.okutama.gr.jp/site/walking/">https://www.okutama.gr.jp/site/walking/</a> <a href="https://www.ces-net.jp/okutamavc/trekking">https://www.ces-net.jp/okutamavc/trekking</a>
Kanto 関東	Ibaraki 茨城	Trekking	Mt. Tsukuba 筑波山	Suigo Tsukuba Quasi-National Park (水郷筑波国定公園)	★★	6.9km / 877m	4.5hrs	Tsukuba Express to Tsukuba Sta., and then take shuttle bus to Tsukubasan-jinja-iriguchi Bus Stop	<a href="https://www.mt-tsukuba.com/global/en/trekking/">https://www.mt-tsukuba.com/global/en/trekking/</a> <a href="https://hikesinjapan.yamakei-online.com/course/181.php">https://hikesinjapan.yamakei-online.com/course/181.php</a>
Kanto 関東	Tochigi 栃木 Gunma 群馬 (Niigata 新潟 Fukushima 福島)	Hiking	Oze 尾瀬	Oze National Park (尾瀬国立公園)	★★	15.8km	6hrs	JR Joetsu Line to Numata Sta. From there, take bus to Oze-Tokura Bus Stop, and then change to shuttle bus to Hatomachi-toge Bus Stop	<a href="https://www.oze-fnd.or.jp/en/rg/">https://www.oze-fnd.or.jp/en/rg/</a> <a href="https://hikesinjapan.yamakei-online.com/course/16.php">https://hikesinjapan.yamakei-online.com/course/16.php</a>

Region	Pref.	Category	Destination	Area	Fitness Level	Distance / Elevation	Duration	Access	URL
Kanto 関東	Tochigi 栃木	Hiking	Senjogahara Plateau 戦場ヶ原	Nikko National Park (日光国立公園)	★	5km	3hrs	JR Nikko Line to Nikko Sta. or Tobu Nikko Line to Tobu-Nikko Sta., and then take bus to Akanuma Bus Stop	<a href="http://www.nikkoyumoto-vc.com/english/hiking/">http://www.nikkoyumoto-vc.com/english/hiking/</a> <a href="https://www.visitnikko.jp/en/itineraries/beginner-hike-to-senjogahara-plateau-and-lake-chuzenji/">https://www.visitnikko.jp/en/itineraries/beginner-hike-to-senjogahara-plateau-and-lake-chuzenji/</a>
Kanto 関東	Chiba 千葉	Trekking	Mt. Nokogiri 鋸山	Boso Peninsula (房総半島)	★★	4km / 329m	2.5hrs	JR Uchibo Line to Hamakanaya Sta.	<a href="https://nokogiriyama.jp/nokogiriyama-map/">https://nokogiriyama.jp/nokogiriyama-map/</a> <a href="http://www.mt-nokogiri.co.jp/pc/p130000.php">http://www.mt-nokogiri.co.jp/pc/p130000.php</a>
Kanto 関東	Chiba 千葉	Hiking	Yoro Valley 養老溪谷	Boso Peninsula (房総半島)	★	7.4km	2hrs	Kominato Tetsudo Line to Yoro-Keikoku Sta.	<a href="http://www.youroukeikoku.com/download/">http://www.youroukeikoku.com/download/</a>
Kanto 関東	Kanagawa 神奈川	Trekking	Tanzawa-Oyama 丹沢-大山	Tanzawa Oyama Quasi-National Park (丹沢大山国定公園)	★	8.4km / 1,252m	4hrs	Odakyu Line to Isehara Sta., and then take bus to Oyama-Cable Bus Stop	<a href="https://www.ooyama-cable.co.jp/map/">https://www.ooyama-cable.co.jp/map/</a> <a href="https://hikesinjapan.yamakei-online.com/course/5.php">https://hikesinjapan.yamakei-online.com/course/5.php</a>
Kanto 関東	Kanagawa 神奈川 (Shizuoka 静岡)	Trekking	Mt. Kintoki 金時山	Fuji Hakone Izu National Park (富士箱根伊豆国立公園)	★★	4.6km / 1,212m	2.5hrs	Hakone Tozan Tetsudo Line to Hakone-Yumoto Sta., and then take bus to Kintoki-jinja-iriguchi Bus Stop	<a href="https://www.env.go.jp/nature/nationalparks/list/fuji-hakone-izu/course/06/">https://www.env.go.jp/nature/nationalparks/list/fuji-hakone-izu/course/06/</a> <a href="http://hakonevc.sunnyday.jp/english-info/">http://hakonevc.sunnyday.jp/english-info/</a>
Kanto 関東	Kanagawa 神奈川	Hiking Trekking	Tenen Course 天園コース	Kamakura (鎌倉)	★	4km	3hrs	JR Yokosuka Line to Kita-Kamakura Sta.	<a href="https://www.trip-kamakura.com/article/hiking-modelcourse/210.html">https://www.trip-kamakura.com/article/hiking-modelcourse/210.html</a>
Chubu 中部	Yamanashi 山梨	Trekking	Mt. Mitsutoge 三ツ峠山	Fuji Hakone Izu National Park (富士箱根伊豆国立公園)	★★	11km / 1,785m	4.5hrs	Fujikyuko Line to Kawaguchiko Sta., and then take bus to Mitsutoge-tozanguchi Bus Stop	<a href="http://www.mitsutoge-info.jp/root/rootmap.php">http://www.mitsutoge-info.jp/root/rootmap.php</a> <a href="https://www.yamanashi-kankou.jp/english/discover/mount-mitsutoge.html">https://www.yamanashi-kankou.jp/english/discover/mount-mitsutoge.html</a>
Chubu 中部	Yamanashi 山梨	Hiking	Shosenkyo Gorge 昇仙峡	Chichibu Tama Kai National Park (秩父多摩甲斐国立公園)	★	6km	1.5hrs	JR Chuo Honsen Line to Kofu Sta., and then take bus to Shosenkyo-guchi Bus Stop	<a href="https://www.shosenkyo-kankoukyokai.com/en/">https://www.shosenkyo-kankoukyokai.com/en/</a> <a href="https://www.yamanashi-kankou.jp/english/discover/shosenkyo-gorge.html">https://www.yamanashi-kankou.jp/english/discover/shosenkyo-gorge.html</a>
Chubu 中部	Yamanashi 山梨	Hiking	Nishizawa Gorge 西沢渓谷	Chichibu Tama Kai National Park (秩父多摩甲斐国立公園)	★★	10km	4hrs	JR Chuo Honsen Line to Yamanashi-shi Sta., and then take bus to Nishizawa-keikoku-iriguchi Bus Stop	<a href="https://www.yamanashishi-kankou.com/nature/nishizawa_keikoku/">https://www.yamanashishi-kankou.com/nature/nishizawa_keikoku/</a> <a href="https://www.yamanashi-kankou.jp/english/recover/nishizawa-gorge.html">https://www.yamanashi-kankou.jp/english/recover/nishizawa-gorge.html</a>

All information is based on data as of September 2023 and is subject to change without notice. Be sure to check the current trail conditions on each website.