

# 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	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 (明治の森高尾国立公園)	★	6km	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 (明治の森高尾国立公園)	★★	19.1km	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	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 (水郷筑波国立公園)	★★	6.9km	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>

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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	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 養老渓谷	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	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	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/en/nature/nps/park/guide/hakone/recommend/05.html">https://www.env.go.jp/en/nature/nps/park/guide/hakone/recommend/05.html</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)	★	5.5km	2hrs	JR Yokosuka Line to Kita-Kamakura Sta.	<a href="https://www.trip-kamakura.com/life/13/4/193/">https://www.trip-kamakura.com/life/13/4/193/</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	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	4.5hrs	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 2022 and is subject to change without notice. Be sure to check the current trail conditions on each website.