

# 八丁湯 Hiking Map

The listed course times and difficulty levels are for reference only.  
It's important to turn back if your condition or the weather requires it. Enjoy your hike at a comfortable pace and stay safe.

## Hiking Routes



### Gozaike Falls

Time: 1 hour round trip  
Difficulty: ★☆☆

A peaceful waterfall near Haccho-no-yu. Stroll along the green trail and enjoy mossy rocks and flowing water. Perfect for a morning walk or after check-in.



### Buna-daira

Time: 1.5 hour round trip  
Difficulty: ★☆☆

A beautiful beech forest trail. Gentle ups and downs offer seasonal views and forest tranquility. Stunning autumn foliage.



### Oro-osoroshi Falls

Time: 2.5 hour round trip  
Difficulty: ★★☆☆

A powerful waterfall in Oku-Kinu. The trail along mossy rocks and streams leads to roaring falls. Some sections are rugged; bring proper gear.



### Hinata-osoroshi Falls

Time: 2 hours 10 min round trip  
Difficulty: ★★☆☆

A quiet waterfall spot. Follow a gentle forest path to an observation deck with peaceful views. Trail may be muddy; wear shoes with good grip.



### Kinunuma Marshland

Time: 6 hours round trip  
Difficulty: ★★★

High-altitude marsh at 2,020m. Autumn turns the grass golden with breathtaking views. Rocky and steep sections; for experienced hikers.

## Recommended Gear

### May – October



Wear light, breathable clothing that handles sun and temperature changes. Long sleeves, leggings, a hat, and sunglasses are good for sun protection. Bring water, snacks, and rain gear.

### November – April



Dress warmly in layers: base layer, mid-layer, and windproof jacket. A hat, gloves, and neck warmer help in the cold. In snowy areas, use crampons or other traction gear.

## Safety Notes



### Watch the Weather

Mountain weather can change rapidly. Check the forecast.



### Manage Your Time

Plan to descend before sunset and make sure you return safely.



### Carry Out Your Trash

Please take all trash with you to protect the nature.



### Stay Hydrated and Rest

Drink water frequently and take breaks as needed.



### Protect Plants & Wildlife

DO NOT touch, disturb, or collect plants or wildlife.



### Mobile Phones

Most areas have little to no signal. Carry a paper map with you.



### Watch for Dangerous Areas

There are slippery rocks and steep slopes. Watch your step carefully.



### Act at Your Own Risk

You are responsible for your own safety.