



Mt. Rishiri Mountaineering Guide

Take on the Hundred Famous Mountains!



Rippu-chan

Oshidomari Climbing Course

Course overview (suitable for intermediate level climbers)

- 3rd Station** 270m above sea level. This is the only place where you can fill your water supply from Kanrosensui Spring.
- 4th Station** 390m above sea level. Walk through a forest where wild birds sing.
- 5th Station** 610m above sea level. The place name is based on an old legend and there are no actual thunderbirds. It gradually becomes a sloped zigzag path.
- 6th Station** 760m above sea level. When you go up to the ridge and the view opens up, you can see Rebun Island, Oshidomari City, Himenuma, etc. Take a deep breath before heading out!
- 7th Station** 895m above sea level. A challengingly steep and winding climb to the second observation deck with dynamic views below.
- 8th Station** 1218m above sea level. The view opens up and you can see the summit in front of you. If it has taken you over 4 hours to reach this point, you may want to descend and take a rest.
- 9th Station** 1410m above sea level. Includes a steep climb to the summit with poor footing, so be sure to stay hydrated. Flower fields are visible from this area.

Trailhead

The trailhead is at the Rishiri Hokuroku campsite, about 5km from Oshidomari City. There is a shoe-washing area and a collection box for used portable toilets.

Course Time

With a difference in elevation of 1490m, the ascent takes about 6 hours and the descent takes about 4 hours. Considering a short break at Choukanzan and about 1 hour at the summit, allow for at least 11 hours to complete the course even in good weather.

Himenuma Poyama Trekking Route

It takes about 30 minutes to climb Poyama from Kanrosensui Spring and about 2 and a half hours to get to Himenuma.



Oshidomari (Rishirifuji Town)

Kitamine 1719m ▲
 Junction
 Minamine 1721m ▲ (No climbing / No passage)
 Sanchouyama
 20min. ↑
 90min. ↓
 50min. ↑
 35min. ↓
 35min. ↓
 35min. ↓
 50min. ↓

See reverse side for more details

Clumps of Botan Kinbai and other plants. Best viewed from July - August

Choukanzan 8

Second Observation Deck

Square rock. Take a break here to get your strength back

Mt. Rishiri Refuge Hut

Unmanned station with no facilities. 30 people can be evacuated here in case of emergency



Lingonberries, juniper, Ezo Gozen Tachibana and other plants bloom from the rocky ground

Mt. Rishiri Refuge Hut (Gazebo)

Higher ground with sea and city views. Unmanned, no facilities or water points

7 Munatsuki Hatcho

Walk through a forest of tall pines and downy birch scrub

8 Uma No Se

Yoakashi No Saka

A mountain trail survey team once lost their way in thick fog and spent the night here.

Komainu No Saka

A steep climb where dogs get tired and start to look like guardian statues

7 Rebut Rock

Groups of tall pines and downy birch

6 Goyouzaka Slope

Walk through thick forests filled with alpine plants

A Mixed forest of Todomatsu, Ezo Pine and Dakekamba. You can see wildflowers such as Ezo Yuzuriha and Zazen Grass

6 First Observation Deck

Beware of poison ivy underfoot!

5 Raichou No Michishirube

35min. ↑
20min. ↓

4 Wild Bird Forest

Forests of Todo pine and other coniferous trees continue

35min. ↑
20min. ↓

3 Kanrosensui Spring

10min. ↑
Trailhead

Protect the plants of Mt. Rishiri!

Mats for washing shoes have been installed at the trailhead to prevent the introduction of non-native plant species.

Rishiri Hokuroku Yeijo

Climbers' base located at the entrance to the trailhead. Administration building, tent site, cooking area and shower facilities available.

P Car Park

Public Telephone

Public Lavatory

Portable Toilet Booth

Portable Toilet Collection Box

! Important

20-minute drive or 90-minute walk from Kutsugata town center (in front of Rishiri Town Hall).

Mikaeridai Park Observation Deck

Vending machines available. About 50m to the trailhead from the car park

Water fountains are not available, so prepare drinking water in advance

Follow the 'Rishiri Rules'!

There are three important rules that help to preserve the environment of Mt. Rishiri and prevent the destruction of the mountain trails.

- 1 Use a portable toilet**
- 2 Limit the amount of items you bring onto the mountain**
- 3 Do not sit or step on any plants**

Kutsugata Climbing Course

Course overview (for advanced climbers)

- 5th Station** 450m above sea level. The trailhead is 50m before the observation deck car park.
- 6th Station** 650m above sea level. After walking through the forest of five-leaf pine trees, you will arrive at the observation deck.
- 7th Station** 875m above sea level. Along the path is Rebun Rock, from where you can see Rebun Island. Even more flowers can be seen as you reach the ridge line at Komainu no Saka.
- 8th Station** 1160m above sea level. Walking along a scenic ridge known as the Horse's Back (Uma No Hai) will lead you to a spectacular location and beautiful flowers.
- 9th Station** From the magnificent view of Mt. Sankei (altitude 1461m) to the junction with the Oshidomari course, there are a series of difficult places to climb. Recommended not to use until after the snow has melted in July.

Trailhead

The trailhead is at Mikaeridai Park, about 5km from Kutsugata City. A collection box for used portable toilets has been installed.

Course Time

With an altitude of 1280m, the ascent takes about 6 hours and the descent takes about 4 hours. It takes at least 11 hours, allowing for an hour break at the summit. A hard course with many steep climbs and difficult points.

Kutsugata (Rishirifuji Town)

Request to Climbers

The "Oshidomari Mountaineering Course", "Mt. Kutsugata Mountaineering Course", and "Himenuma Poyama Trekking Route" have several points where they cross the river which cannot be crossed if the rivers rise due to heavy rain. For this reason, the Rishiryama Mountain Trail Maintenance and Management Liaison Council may announce a request to refrain from climbing depending on weather conditions. We ask for your understanding and cooperation in order to maintain safe climbing.

Rishirifuji town tourist information

