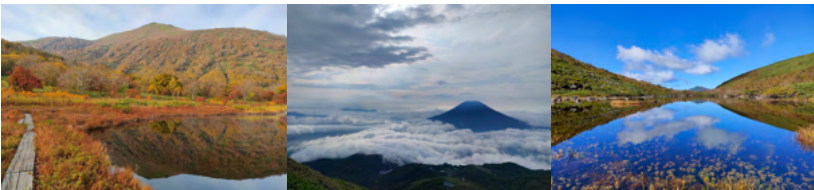




ガイドマップ Guide Map



NisekoTrail Section 1

①雷電海岸～②朝日温泉～③雷電山

①Raiden Coast～②Asahi Onsen～③Mt. Raiden



①-3.6km-②-5.5km-③ 9.1km
①-1h(1h)-②-3.5h(3h)-③ 4.5h(4h)

雷電海岸から道路を歩き朝日温泉へ。朝日温泉から湯内川を渡渉し、登山道へ入る。標高640mに天狗岩があり、さらに登ると中山(840m)へ着く。海を眺めつつ尾根を登るとやがて台地状となり、前雷電山を越えて歩いて行くと、雷電山へ着く。

Walk on the road from Raiden Coast to Asahi Onsen. From Asahi Onsen, cross the Yunai River and enter a mountain trail. There is a Tengu Rock at an elevation of 640 meters, and climbing further will take you to Mt. Nakayama (840 meters high). Climb up the ridge with a view of the sea, and the trail will eventually become a plateau. Pass Mt. Maeraiden and you will get to Mt. Raiden.

※急登・ロープ場があるコースです。
※This course includes steep climbs and ropes.

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NisekoTrail Section 2

③雷電山～④岩内分岐～⑤岩内岳

③Mt. Raiden～④Iwanai Junction～⑤Mt. Iwanai



③-4.1km-④-0.5km-⑤ 4.6km
③-2h(2h)-④-20min(10min)-⑤ 2h5min(2h10min)

雷電山から五色沼やお花畑を見つ、緩やかに下り、岩内分岐へ。岩内分岐から標高差約100mを登ると岩内岳山頂へ至る。

From Mt. Raiden, descend slowly and go to the Iwanai Junction while marveling at Goshikinuma and a flower garden. From the Iwanai Junction, climb up at about 100 meters in elevation difference and you will reach the summit of Mt. Iwanai.

※雷電山～岩内岳間は、残雪期に道迷いしやすく、注意が必要です。

*From Mt. Raiden to Mt. Iwanai, you need to be careful because it is easy to get lost during the lingering snow season.

Another route
②岩内岳登山口～⑤岩内岳
②-3h(2.5h)-⑤ 3h(2.5h)
地元の人に大切にされている展望の良いルート

Another route
②Mt. Iwanai Trailhead～⑤Mt. Iwanai
②-3h(2.5h)-⑤ 3h(2.5h)
A route with a great view that is cherished by the locals

NisekoTrail Section 3

⑤岩内岳～⑥パンケメクンナイ湿原～⑦目国内岳～⑧前目国内岳～⑨新見峠

⑤Mt. Iwanai～⑥Pankemekunnai Wetlands～⑦Mt. Mekunnai～⑧Mt. Maemekunnai～⑨Niimi Pass



⑤-2km-⑥-1.2km-⑦-2km-⑧-1.2km-⑨ 6.4km
⑤-1h(1h)-⑥-1h(40min)-⑦-1h(1h30min)-⑧-35min(45min)-⑨ 3h35min(3h55min)

岩内岳から下り、岩内分岐を目国内岳方面に向かうと、パンケメクンナイ湿原に着く。湿原から登っていくと、岩場となり目国内岳山頂へ着く。前目国内岳を越えて、新見峠へ至る。

Descend from Mt. Iwanai and when you get to the Iwanai Junction, head in the direction of Mt. Mekunnai to Pankemekunnai Wetlands. Climb up from the wetlands and the road will become rocky, and then you will reach the summit of Mt. Mekunnai. Pass Mt. Maemekunnai and you will reach Niimi Pass.

※パンケメクンナイ湿原は、雪解け時期(6月頃)や大雨時に登山道が水没することがあります。湿原周辺は、残雪期に道迷いしやすく、注意が必要です。
※パンケメクンナイ湿原は、ヒグマへの注意が特に必要な場所です。
※At Pankemekunnai Wetlands, the mountain trail may get flooded during snow melting season(around June) and due to heavy rain. Be careful around the wetlands because it is easy to get lost during the lingering snow season.
※You need to be extra careful of brown bears at Pankemekunnai Wetlands.

NisekoTrail Section 4

⑨新見峠～⑩白樺山～⑪シャクナゲ岳～⑫ビーナスの丘

⑨Niimi Pass～⑩Mt. Shirakaba～⑪Mt. Shakunage～⑫Venus Hill



⑨-2km-⑩-2.5km-⑪-1km-⑫ 4.5km
⑨-50min(35min)-⑩-1h45min(1h30min)-⑪-30min(40min)-⑫3h5min(2h45min)

新見峠から森林浴を楽しみながら登る。稜線に出ると視界が開け、景色を楽しみながら白樺山山頂へ。白樺山から緩やかな登山道を歩き、目国内岳が望めるシャクナゲ沼経由で、シャクナゲ岳へ。シャクナゲ岳周辺は岩場となっている。ビーナスの丘へ。

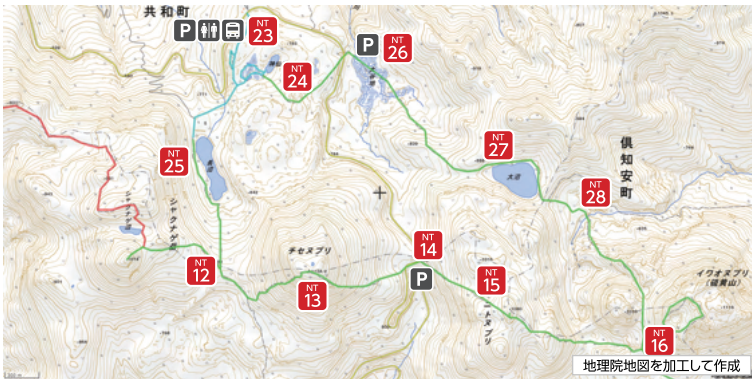
Climb from Niimi Pass while enjoying forest bathing. When you get to the ridge line, the view opens up and you will reach the summit of Mt. Shirakaba while enjoying the scenery. Walk along a gentle trail from Mt. Shirakaba to Mt. Shakunage via the Shakunagenuma Pond, from where you can see Mt. Mekunnai. Mt. Shakunage has rocky roads. Go to Venus Hill.

※シャクナゲ沼は、雪解け時期(6月頃)、大雨時に登山道が水没することがあります。
※At the Shakunagenuma Pond, the mountain trail may get flooded during snow melting season (around June) and due to heavy rain.

NisekoTrail Section 5

⑫ビーナスの丘～⑬チセヌプリ～⑭登山口～⑮ニトヌプリ～⑯イワオヌプリ分岐

⑫Venus Hill～⑬Chisenupuri～⑭Trailhead～⑮Nitonupuri～⑯Iwaonupuri Junction



⑫-1km-⑬-0.9km-⑭-1km-⑮-1.2km-⑯ 4.1km
⑫-55min(45min)-⑬-45min(1h)-⑭-45min(35min)-⑮-40min(50min)-⑯3h5min(3h10min)

ビーナスの丘からジグザグの登山道を登り、チセヌプリ山頂へ。下りは岩場やガレ場もあり、注意しながら下り、パノラマラインへ。道路を渡り、ニトヌプリ山頂へ。ニトヌプリからイワオ分岐間は、一部足場が悪い箇所あり。

From Venus Hill, climb up the zigzag trail to the summit of Chisenupuri. There is a rocky stretch and a scree area in the descent, so go down to the Panorama Line with caution. Cross the road to the summit of Nitonupuri. There are areas between Nitonupuri and Iwaonupuri where it is hard to walk.

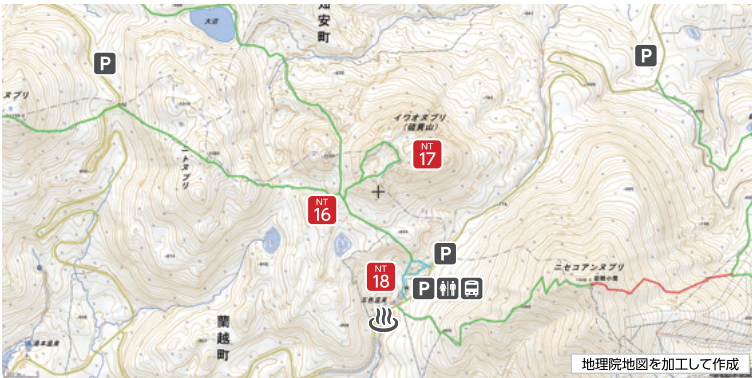
※雪解け時期(6月頃)の長沼周辺、ビーナスの丘～チセヌプリ間の一部箇所は、登山道が水没することがあります。
※During snow melting season (around June), the trail may get flooded in some areas around Naganuma, and between Venus Hill and Chisenupuri.

Another route
②神仙沼駐車場～②神仙沼～②長沼～②大谷地駐車場～②大沼～②硫黄鉱山跡～⑯イワオヌプリ分岐
②Shinsennuma Parking Lot～②Shinsennuma Marsh～②Shinsennuma Marsh～②Naganuma Pond
②Oyachi Parking Lot～②Onuma Marsh～②Sulfur mine ruins～⑯Iwaonupuri Junction
②-25min-②-15min-② 40min(40min)-②-50min(40min)-②-20min(25min)-②-45min(35min)-②1h55min(1h40min)

NisekoTrail Section 6

⑯イワオヌプリ分岐～⑰イワオヌプリ～⑱五色温泉

⑯Raiden Coast～②Asahi Onsen～③Mt. Raiden



⑯-0.7km-⑰-2.1km-⑱ 2.8km
⑯-35min(25min)-⑰-55min(1h15min)-⑱ 1h30min(1h40min)

イワオヌプリ分岐から岩場や砂場を登り、イワオヌプリ山頂へ。イワオヌプリは周回できる。

From the Iwaonupuri Junction, climb up a rocky and sandy terrain to the summit of Iwaonupuri. You can go around Iwaonupuri.

※イワオヌプリ周辺は、残雪期や霧の日に道迷いしやすく、注意が必要です。
※You need to be careful because it is easy to get lost in the Iwaonupuri area during the lingering snow season or on foggy days.

NisekoTrail Section 7

⑱五色温泉～⑲ニセコアンヌプリ～⑳分岐～㉑ヒラフ登山口

⑱Goshiki Onsen～⑲Niseko Annupuri～⑳Junction～㉑Hirafu Trailhead



⑱-2.5km-⑲-1.5km-⑳-3.2km-㉑ 7.2km
⑱-1h40min(1h10min)-⑲-1h10min(1h20min)-⑳-1h20min(1h50min)-㉑4h10min(4h20min)

登るにつれて視界が開け、ニセコ連山や昆布岳を眺められる。ニセコアンヌプリ山頂からは羊蹄山が目の前に見える。ニセコアンヌプリ山頂からガレ場を慎重に下り、スキー場内を歩いて比羅夫へ下山。

As you climb, the view opens up and you will be able to see the Niseko mountain range and Mt. Kombu. Mt. Yotei will be visible from the summit of Niseko Annupuri. From the summit of Niseko Annupuri, carefully descend the scree area and walk through the ski area, down to Hirafu.

Another route
②鏡沼登山口～②鏡沼
②-35min(35min)-② 35min
静かな鏡沼を堪能できる森林浴ルート
①花園ゴルフルート入口～②鏡沼
①-40min(40min)-②

Another route
②Kagaminuma Trailhead～②Kagaminuma Pond
②-35min(35min)-② 35min
Forest bathing route to enjoy the quiet Kagaminuma Pond
①Hanazono Golf Route Entrance～②Kagaminuma Pond
①-40min(40min)-②