

Ichinokura Hiking Guide, By Tenjin Lodge

- From the front door, cross the road and walk down the dirt road. Yubiso river will be on your right hand side and you will be walking parallel to it
- After a couple of kilometers, you will reach a car park at the end of the dirt road.
- Continue straight, the trail narrows and almost immediately, begins to climb uphill toward the mountains.
- After 30m you will reach a junction with a sign and the option to continue straight or turn right across a river bed - Turn right
- On the other side of the river bed is a small scramble up
- At the top is a junction to turn left or continue straight - Continue straight so that you're once again, walking parallel to Yubiso river. Follow the trail
- The path is now a proper mountain trail and rocks are occasionally marked with yellow paint. The trail will lead you back down to Yubiso river, continue straight
- At any junctions, don't turn left toward the mountains, continue straight, walking parallel to Yubiso river on your right hand side.
- You will cross another couple of river beds including one with a small bridge, continue straight until you reach a junction with the option to go straight or turn left. The sign to the left reads 一ノ倉沢 and shows the distance as being 800m, Turn left
- The trail now moves sharply uphill. At the top you will get a great view of Ichinokura from a distance. Continue until you hit another dirt road and turn left to Ichinokura and the glacier.
- You can take the same trail back down to Tenjin Lodge or you can walk back along the bitumen road which takes you past Machigasawa (another impressive mountain face)
- When you are nearly at Tanigawadake ropeway, you will pass a climbing museum on the right hand side which is worth a look. The guy who runs it climbed Everest many years ago and is always welcoming.