

Tanigawadake Hiking Guide, By Tenjin Lodge

- From the front door, turn left onto the road and walk up the hill a few hundred meters to Tanigawadake Ropeway.
- For those that would prefer to hike up, you will cross a small bridge one hundred meters before you reach the ropeway. There is a wide trail on your left just after the bridge, walk straight up there
- Ride the ropeway (Y1200 one-way)
- At the top of the ropeway as you are looking up at the ski lifts, Tanigawadake is the big mountain to your right.
- There is a trail to your right hand side. Take the trail and follow it straight to the top of Tanigawadake (谷川岳).
- There is a mountain lodge, just below the peak of Tanigawadake run by a local mountaineer named Baba-san. You can buy drinks, beers, food and you can even stay in the hut overnight.
- Note that there are two peaks which make up Tanigawadake, just continue on the same trail you used to get to the 1st peak and you'll reach the second.
- Continuing further along the trail takes you above Ichinokura for some amazing views and continuing further still for about an hour will give you fantastic mountain ridge top views.
- Unless you are an experienced hiker with appropriate gear and a high level of fitness, Tenjin Lodge strongly suggests you take the same trail back down. There are other options however they are significantly more difficult (ie. much steeper and much longer) and they can take a long time to complete.