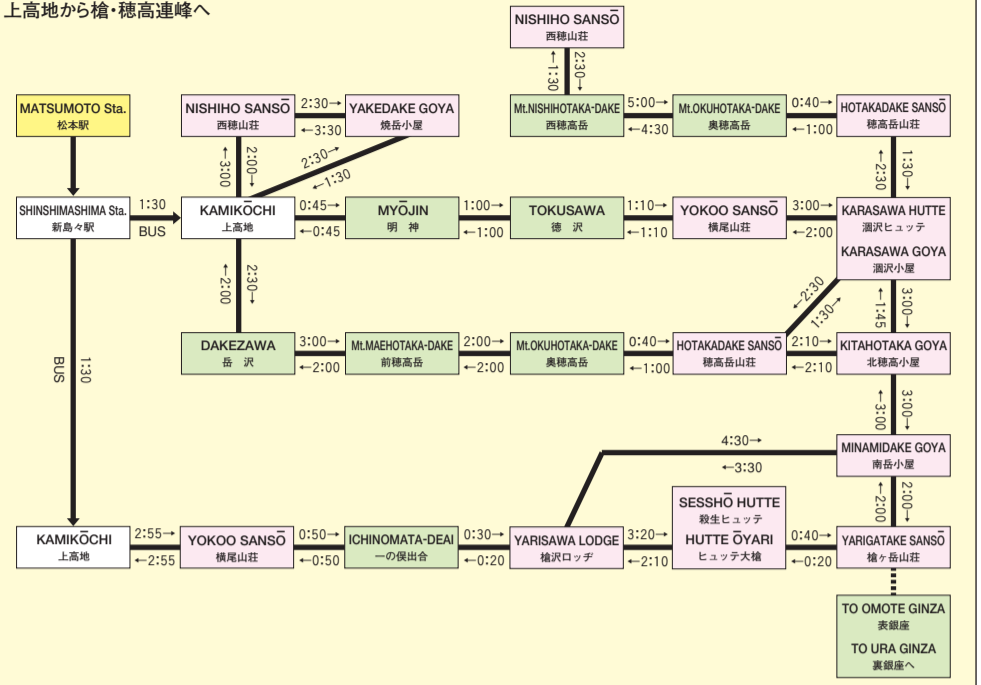


# Summer season hiking distance times

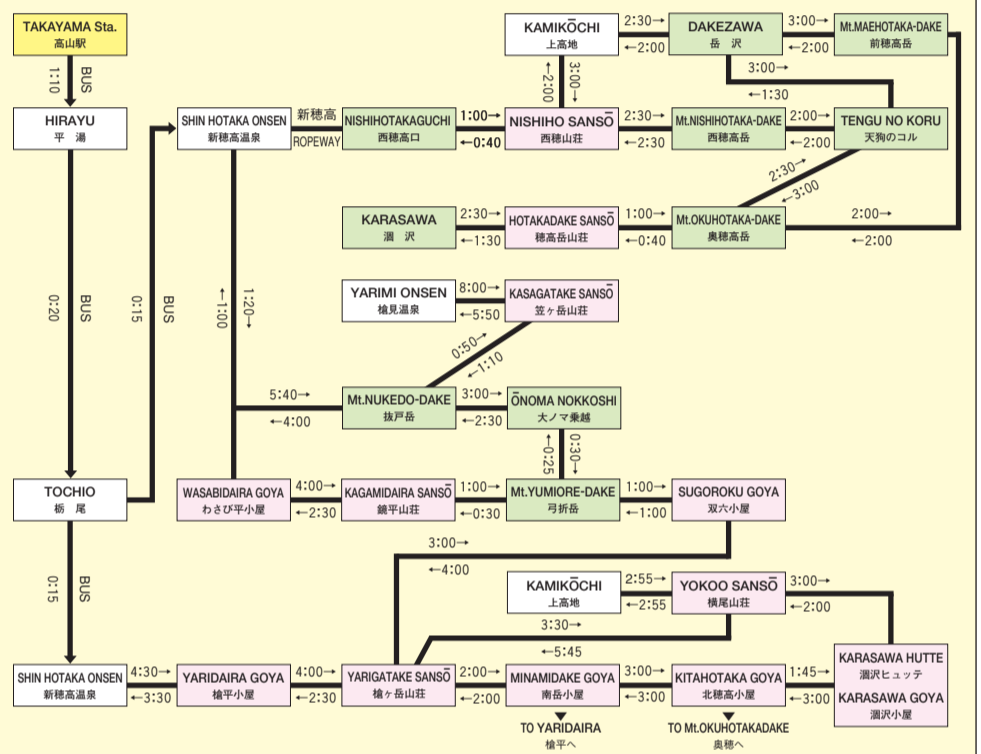
## KAMIKŌCHI to Mt.YARIGATAKE to HOTAKA mountain range

上高地から槍・穂高連峰へ



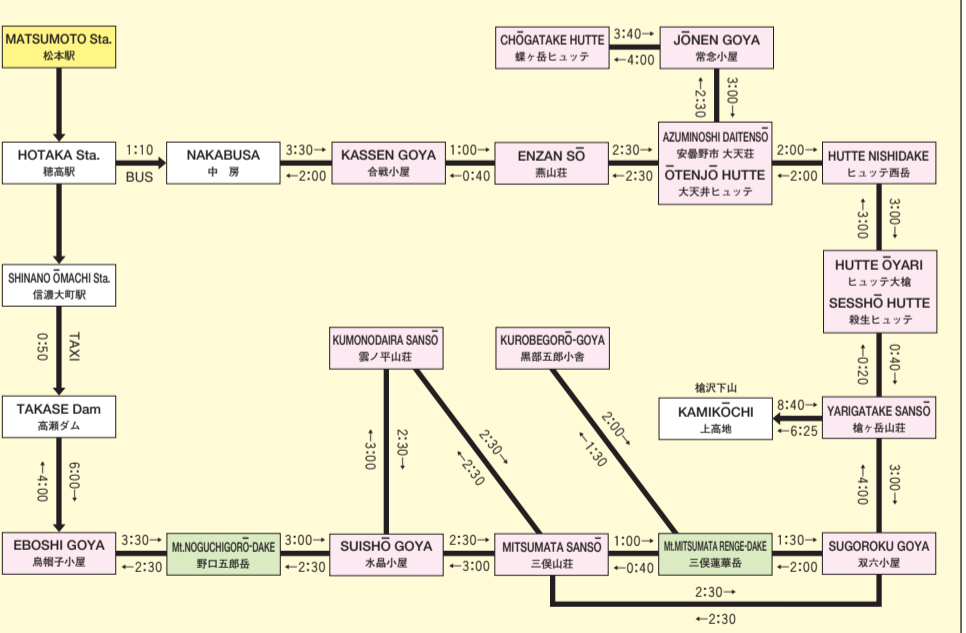
## SHINHOTAKA ONSEN to YARI & HOTAKA mountain range & HIDA'S mountain

新穂高温泉から槍穂高連峰、ひだの山へ



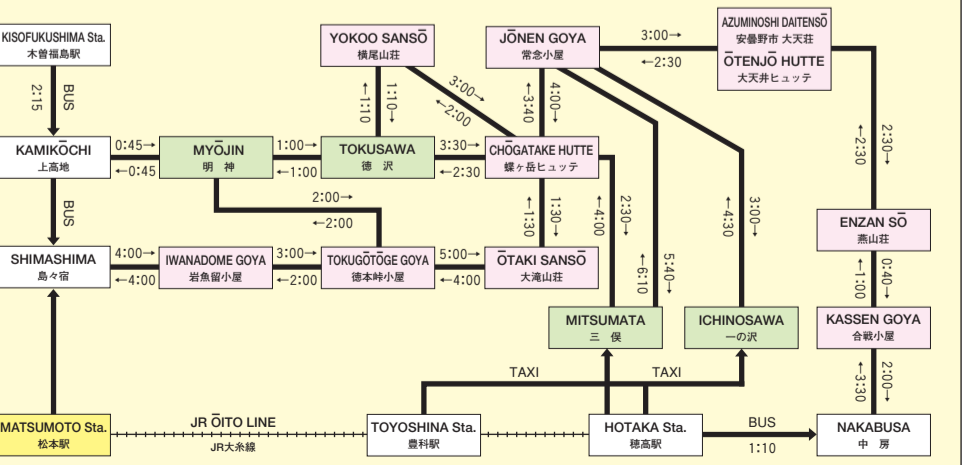
## OMOTE-GINZA & URA-GINZA course

表銀座コースと裏銀座コース



## JŌNEN mountain range course

常念山脈登山コース



所要時間には個人差があります。Course time differs from person to person.  
 所需时间因人而异。所需時間因人而异。 소요시간은 개인차가 있습니다.