

Kurikoma National Park Mt. Kurikoma Guide to Etiquette in Nature Parks

Please refrain from entering the area from Taikadai to Tengudaira on the Sukawa course during winter (late October to late May), as volcanic gas levels cannot be measured due to snow accumulation.

The period of restricted access varies each year depending on snow conditions. For more information, please contact the Nature Preservation Division at the Iwate Prefectural Government.

Use the restrooms at the foot of the mountain before climbing!!

Do not:
PICK
STEP ON
or TOUCH
Alpine plants!

Bring your own toilet kit!

The refuge shelter is not a lodging facility.

Restrooms are here!!

Parking lot is cramped!
Road through forest (rough terrain) up to this point
Capacity: About 10 cars



Make sure to take your trash home!

- Legend**
- Restrooms
 - Parking lot
 - Alarm system
 - Warning sign
 - Area with high concentration of volcanic gas
 - Access Restricted

The area around Jigoku-dani and Showa Lake experiences dangerously high concentrations of volcanic gas. Follow on-site instructions and proceed with caution.

If high concentrations of volcanic gas continue to be measured, you may be asked to refrain from entering the Sukawa course.

Mt. Kurikoma (Kurikoma-yama)

Mt. Kurikoma is the highest peak in Kurikoma National Park at an elevation of 1,626 meters. It is also referred to as Mt. Sukawa in Iwate, Mt. Dainichi in Akita, and Mt. Komagatake in Miyagi. Climbing courses run through each of these prefectures, and on the Iwate side the ascent begins from the Sukawa Onsen trailhead. In mid-May, when the mountain opens, you can trek through the lingering snow. In June and July, you can view the lovely alpine plants, and from late September to mid-October you can enjoy the radiant fall colors which make the mountain appear as if set ablaze. It takes around 1 hr 40 min~2.5 hrs from the Sukawa Onsen trailhead to the peak, and around 4 hrs 15~30 min from the Zarumori trailhead.

Precautions for Climbing

Self-Management and Self-Responsibility

- There is always danger when mountain climbing.
- Take responsibility for your own actions, and don't leave climbing plans and safety precautions to others.
- It's important to monitor changes in your physical condition and the weather, and make decisions as quickly as possible. Depending on the situation, it is necessary to have the courage to call off the hike or turn back.
- Don't drink water from springs or streams, as this area experiences volcanic activity.

Proper Equipment

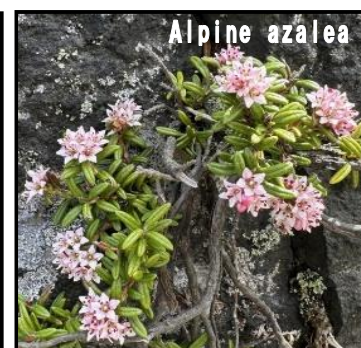
- Mountain weather can change suddenly, so make sure to always be well-equipped.

Main equipment: toilet kit, trashbags, toilet paper, water, emergency food, first-aid kit, map, compass, flashlight, raingear, warm clothing, etc.

Proper Planning

- Gather sufficient information from maps and mountaineering magazines.
- Allocate time in proportion to your stamina and skillset.
- Make sure to put your climbing plan in the submission box at the entrance to the Visitor Center, or alternatively submit it at the nearest police station. (Don't forget to send it to your family and workplace as well.)

Flowers on Mt. Kurikoma



○Contact Information

Ichinoseki Tourism and Local Products Division,
Department of Commerce,
Industry, and Labor-----0191-21-8413
Sukawa Visitor Center-----070-3826-4918
(9:00~16:00)

※From early May to early November, please contact the
Tourism and Local Products Division listed above.
Iwate Prefecture Nature
Preservation Division-----019-629-5372

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