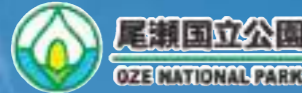


# Oze Hiking Guide

English



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Oze Preservation Foundation

## Equipment and clothes



**Climbing shoes**  
Wear those which don't slip on wet boardwalks but have slightly soft soles and grip performance. Pay attention to the soles of old shoes, which can fall off easily. When you climb Mt. Shibutsu or Mt. Hiuchi, wear middle-cut or high-cut climbing shoes that can protect up to your ankles.

**Rain gear**  
In order to be able to navigate comfortably stay calm even in the rain, rainwear and sack covers are must-carry items. Rainwear of a separate type made of waterproof-breathable fabric is better.

**Sack**  
Also in order to be prepared for the possibility of falls, do not carry a handbag, but a rucksack that can be held on your shoulders. In order to reduce the burden on your shoulders, fit your rucksack to your body by adjusting the belts.

List of what to wear		
Item	Day trip	Lodging
Underwear (quick-dry)	●	●
Long-sleeved shirt	●	●
Sweater/Fleece	●	●
Protections against cold (down jacket, etc.)	△	△
Pants	●	●
Socks	●	●
Hat	●	●
Gloves	●	●
Spats	△	△
Changing clothes	○	○
Climbing shoes	●	●
Sack (including sack cover)	●	●
Poles	○	○
Rainwear	●	●

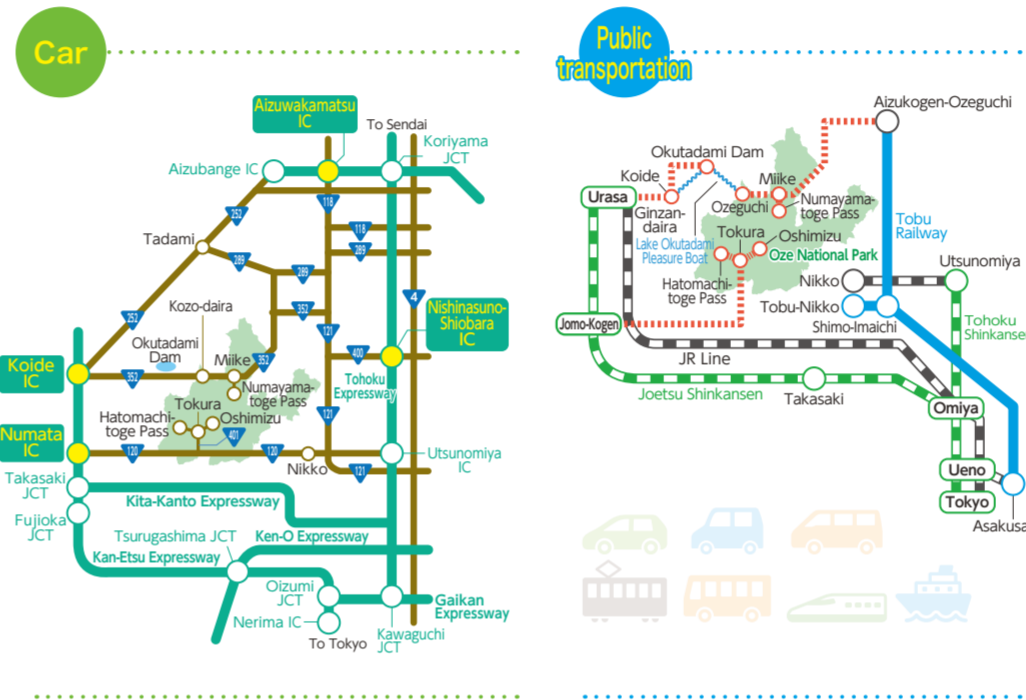
List of what to bring		
Item	Day trip	Lodging
Map and compass	●	●
Water bottle	●	●
Garbage bag	●	●
Towel, handkerchief and tissue paper	●	●
Folding umbrella	○	○
Toiletries (The use of soap and toothpaste is not allowed.)	○	○
Memo paper and writing tools	●	●
Sunglasses	△	△
Knife	○	○
Eating utensils	○	○
Stove	○	○
Headlamp (including spare batteries)	●	●
Bear-avoiding bell (Make consideration at places where the bell is unnecessary.)	●	●
Emergency food	●	●
First-aid kit	●	●
Small money (for tip toilets)	●	●
Portable toilets	△	△
Health insurance card	●	●

● Essentials ○ Handy if you wear/bring △ To be prepared depending on season or course

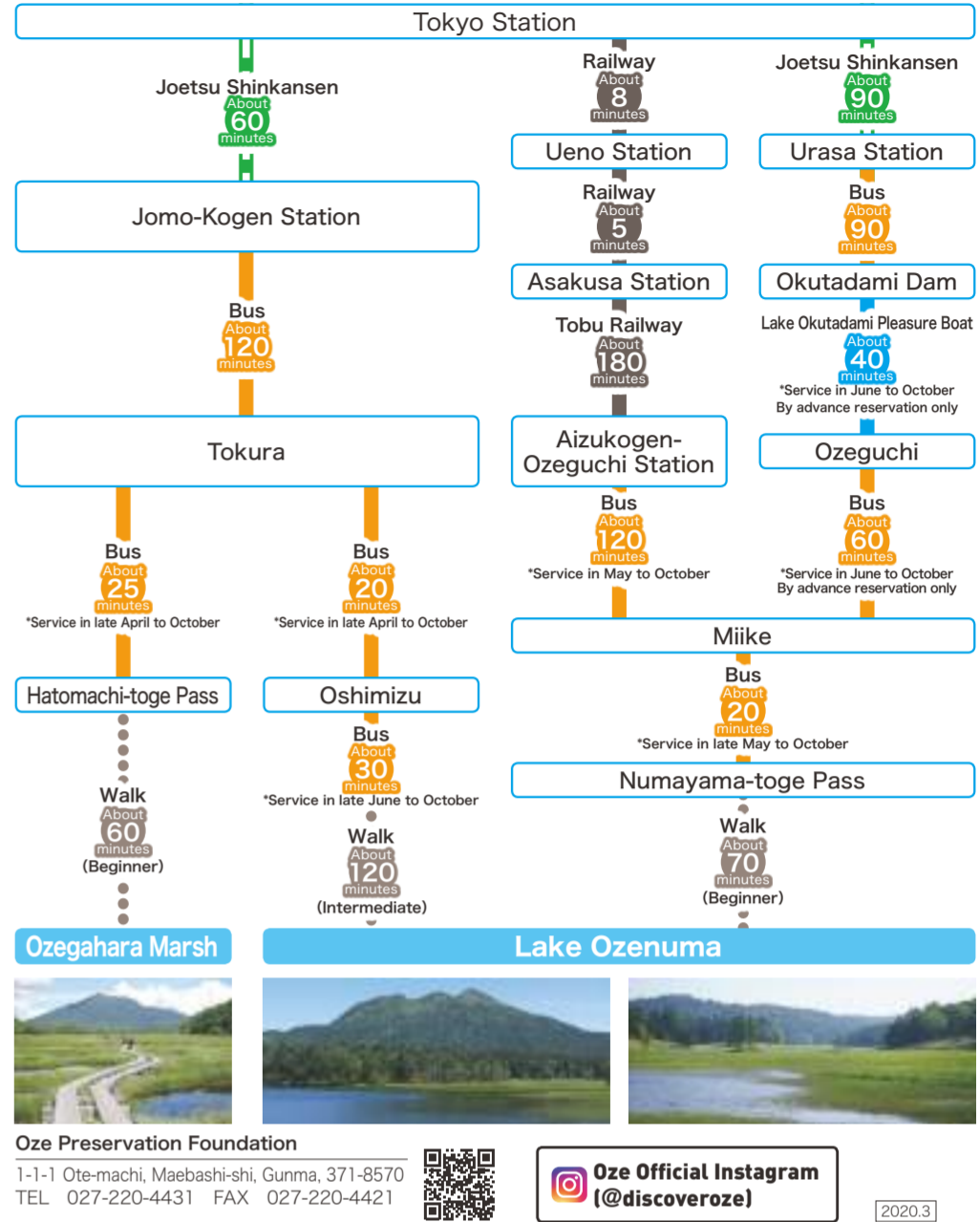
## Access

### Car

- Route 1 Hatomachi-toge Pass** (A 60-minute walk to Ozegahara Marsh: Beginner)  
Numata IC, Kan-Etsu Expressway → National Route 120 → National Route 401 → Tokura, Katashina Village → Hatomachi-toge Pass  
\*Traffic regulation dates: Tokura, Takashina Village (Parking at the Oze-daiichi parking space) → 30-minute bus travel → Hatomachi-toge Pass
- Route 2 Oshimizu** (30-minute bus travel and a 120-minute walk to Lake Ozenuma: Intermediate)  
Numata IC, Kan-Etsu Expressway → National Route 120 → National Route 401 → Tokura, Katashina Village → Oshimizu
- Route 3 Miike** (20-minute bus travel and a 70-minute walk to Lake Ozenuma: Beginner)  
1 | Nishinasuno-Shiobara IC, Tohoku Expressway → National Route 400 → National Route 121 → National Route 352 → Miike  
2 | Aizuwakamatsu IC, Ban-Etsu Expressway → National Route 118 → National Route 121 → National Route 352 → Miike  
3 | Koide IC, Kan-Etsu Expressway → National Route 352 → Miike



### Public transportation



## Welcome to Oze National Park

As represented by mizubasho (Asian skunk cabbages), which comes out in wetlands when the thaw progresses, and nikkokisuge (Nikko day lily) whose vivid yellow color shines in wetlands when the surrounding mountains become green, a lot of beautiful flowers bloom over Oze. The natural environment in Oze, represented by beautiful flowers, is not created until the mountains, lakes and marshes, rivers, forests, and animals living there are combined, which is invaluable and irreplaceable. Although about 130 years have passed since Mr. Hirano Chozo established Oze, the natural environment in Oze has been preserved keeping the beauty, so it is said "Oze is the symbol of natural conservation in Japan." In Oze, the natural environment, which shows different expressions according to the season, and everything surrounding it fascinate us.

## Areas of Oze National Park

Oze National Park, straddling the four prefectures of Gunma, Fukushima, Niigata and Tochigi, is composed of the following three areas: 1) "Oze area" constituted of the extensive Ozegahara Marsh, Lake Ozenuma, and beautiful mountains representing Japan such as Mt. Shibutsu and Mt. Hiuchi, 2) "Mt. Aizukoma area" with Mt. Aizukoma, in which hakusankozakura (Primula cuneifolia var. hakusanensis) blooms over marshes around the summit, and 3) "Mt. Tashiro/Mt. Taishaku area" constituted of Mt. Tashiro whose summit marsh is well known and Mt. Taishaku, in which you can find a community of osabagusa (Pteridophyllum).



## Seasons in Oze

**●Spring (Mid-May to June)**  
When the remaining snow in the marshes disappears, mizubasho starts to bloom. The flowers blooming in the hay-colored marshes looks like white fairies flying down into the marsh. The mizubasho in Ozegahara Marsh, backed by Mt. Shibutsu with the remaining snow, is one of the natural landscapes representing Japan. Moreover, a lot of flowers, including ryukinka (marsh marigold) starts to bloom.  
\*Though depending on the location, snow may remain during this season.



**●Summer (July to early August)**  
This is the brightest season when various flowers bloom. Nikkokisuge, representing Oze in summer, blooms as amazing communities in Ozegahara Marsh and Oe Marsh around Lake Ozenuma. Moreover, alpine flowers including ozeso (Japonolirion osense) in Mt. Shibutsu and hakusankozakura in Mt. Aizukoma start to bloom.



**●Late summer to autumn (Mid-August to October)**  
After the flowery summer season ends, autumn flowers, including ezorindo (Gentiana triflora var. japonica), as well as "kusa-momiji," or shiny golden grass, turning colors peak in the marshes. Surrounding mountains also turn color and receive the first snow soon. In October, lodges suspend business, and the long and hard winter season comes in Oze.

## Manners in Oze Protect and enjoy everyone's Oze together

- Do not step onto marshes.**  
In order to protect marshes, don't step into a marsh off a boardwalk, set your tripod in a marsh when you take photos, or put your foot on a marsh in a sitting position on a boardwalk or around a rest house.
- Do not remove animals and plants.**  
In order to maintain the ecosystem and preserve the natural landscapes in Oze, removal of animals and plants is prohibited by law. Moreover, don't pick up a branch to use as a cane or pick up fallen leaves.
- Take your garbage home with you.**  
Littering or leaving garbage is regulated in Oze. There are no disposal points in Oze, so take your garbage home with you.
- Do not bring pets.**  
Pets may become a threat to wild animals living in Oze or transmit infectious diseases. Moreover, they can bother other visitors.
- Prevent intrusion by alien species.**  
Prevent alien species intrusion by scraping the mud off your shoes using the mat to remove seeds at the trailhead. If an alien species intrudes in a marsh, plants originally living in the marsh will be threatened.
- Do not stray from boardwalks or trails.**  
Don't stray from boardwalks or trails to step onto marshes or vegetation at the side of a trail. Keep to the right and the ascending person has the right of way on boardwalks and trails. No smoking while walking.

- Use restrooms appropriately.**  
Maintenance of public restrooms in mountains requires considerable labor, so use the restrooms appropriately for subsequent visitors, using the provided toilet paper. We request your cooperation with donation to the donation box at the entrance of a public restroom, to get visitors to bear part of the cost.
- Observe designated camping areas.**  
Observe designated camping areas. Camping outside the designated areas is not allowed.
- Fires are not permitted.**  
Fires are not permitted. Use stoves at safe places where trouble cannot be caused.
- Do not throw coins.**  
Throwing coins into a pond or river is nothing but a nuisance to the natural environment in Oze. We ask you to kindly put coins in the donation boxes if you throw coins at all.
- Bring portable toilet facilities with you when you climb the mountain.**  
There are no restrooms in Mt. Shibutsu and Mt. Hiuchi, so bring portable toilet facilities sold in stands at the trailhead with you.
- Cap the tips of your poles.**  
In order not to damage boardwalks and trails, use pole caps.

Oze National Park is designated as Special Protection Zone and Special Zone by the Natural Parks Act, and the ecosystem and landscapes are strictly conserved. In addition, it is designated as a national special natural treasure because it has high academic value, which requires high-standard preservation as a precious cultural site. Moreover, Oze is a registered wetland under the Ramsar Convention, so living things, including migratory birds, as well as the precious ecosystem in Oze, are internationally protected.