



Enjoy mountain walking!



Hiking and trekking are great ways to forget daily life and enjoy nature. However, you cannot be careless when you are about to climb a mountain. Please read and comply with the precautions below, observe manners and be prepared, so as to enjoy a safe hiking experience.

Before hiking

- If you are a beginner, try easier trails first or hike together with experienced hikers.
- Read a hiking guide to learn what kind of clothes, tools, etc. to bring with you and how to use them.
- Weather is very capricious in the mountains, so the weather forecast is not always reliable. Please plan to start your trip back around 3 p.m. and not run out of time. Do not go hiking in bad weather or when your physical condition is poor.
- Let your friends or family know about your hiking plans.

Easy mountain walking tips

- Shorten your stride. Do not pick up pace when going downhill and do not lean forward when climbing steep slopes. Walk so as the sole of your shoes is completely in contact with the ground. This is will help prevent loosing your footing.
- Keeping a constant pace will help prevent fatigue. When in a group, go at the pace of the weakest person. Set rules, such as "Walk for 30 minutes and rest for 5" and take plenty of rest.



Manners on the mountain

- When passing other people on mountain trails, priority is usually given to people going up. Say hello to all people you encounter.
- When climbing dangerous area with chains or ladders, line up one by one.
- Do not harvest mountain flora or fauna. Do not trespass into areas protected by ropes and fences or leave the trail and boardwalks.
- Do not litter. Take all your garbage back with you.
 - Before you start, check the location of toilets. You may also want to bring a portable toilet.

In case of emergency

- If you are lost, stay calm and try to retrace your steps to the trail. When you don't know your current location, climb to a high ridge and check. Do not go into valleys.
- Do not approach wild animals.
- In case of injury or accident, find a safe place and call for help. To prevent battery discharge of your mobile phone, keep your phone switched off during the hike.
- We recommend joining a mountain and hiking insurance to prepare for unforeseeable circumstances.

Higashi-agatsuma Spa Guide

Spa and Accommodation Facility

Conifer Iwabitsu Resort Hotel

Tel.0279-68-5338 Fax.0279-68-5417
<http://www.iwabitsu.co.jp>
4399 Hara-machi, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0801

- Spring quality: calcium, sodium / chloride, sulfate hot spring (carbonate containing saline spring)
- Recommended for: rheumatism, joint pain, muscle pain, frozen shoulder, bruises, etc.
- Rates: One night stay (weekdays) & two meals from 9,438 yen
- Bathing only: 500 yen



Kayabuki No Sato, "Hatago"

Tel.0279-69-2422 Fax.0279-69-2843
<http://www.yakushi-hatago.co.jp>
(See our homepage for special plan deals)
3330-20 Motojuku Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0933

- Spring quality: sodium, calcium / chloride, sulfate hot spring
- Recommended for: neuralgia, muscle pain, chronic digestive diseases, chronic female diseases, fatigue, etc.
- Rates: One night stay & two meals from 21,600 yen
- Bathing only: 1,200 yen (Kayabuki No Sato entrance fee included)



Hato No Yu Onsen "Sankyuro"

Tel.0279-69-2421 Fax.0279-69-2778
3314 Motojuku Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0933

- Spring quality: sodium, calcium / chloride, sulfate hot spring (carbonate containing saline spring)
- Recommended for: hemorrhoids, sciatica, gastrointestinal disease, neuralgia, gynecological disorders, etc.
- Rates: One night stay & two meals from 10,800 yen
- Bathing only: 800 yen



Kawanaka Onsen "Kadohan Inn"

Tel.0279-67-3314 Fax.0279-67-3153
<http://www.kawanaka-kadohan.com>
2432 Matsuya Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0814

- Spring quality: calcium / sulfate hot spring
- Recommended for: poor circulation, enhance the beauty of skin, chronic skin disease, neuralgia, arteriosclerosis, etc.
- Rates: One night stay & two meals from 12,030 yen



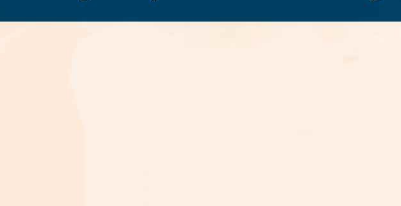
Matsu No Yu Onsen "Shokeikan"

Tel.0279-67-3210 Fax.0279-67-3213
377-0814, 973-3 Matsuya Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture

- Spring quality: calcium / sulfate (gypsum) hot spring
- Recommended for: rheumatic diseases, gout and uric acid diathesis, lesions, hypertension, arteriosclerosis, etc.
- Rates: One night stay & two meals from 7,650 yen



Day spa facility



Agatsuma Gorge Onsen "Tengu No Yu"

Tel.0279-67-2683 Fax.0279-67-2683
6441 Mishima, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0813

- Spring quality: calcium, sodium / chloride hot spring
- Recommended for: neuralgia, muscle pain, joint pain, frozen shoulder, motor paralysis, stiffness of joints, bruises, sprains, chronic digestive diseases, hemorrhoids, poor circulation, illness recovery, fatigue recovery, enhancement of health, arteriosclerosis, cuts, burns, chronic skin disease, physical weakness in children, chronic female diseases, etc.
- Rates: School age children 3 hours / 400 yen, 3 years old and under school age children 3 hours / 200 yen, under 3 years old free.
- Private room rate: 2 hours from 2,000 yen (priority given to reservations)
- Business hours: 10:00a.m. to 9:00p.m. Closed every second Tuesday



Hot spring distribution in Higashi-agatsuma

Azuma Onsen "Kikyoukan"

Tel.0279-59-3533 Fax.0279-59-3360
<http://www.kikyoukan.com>
325-1 Aramaki, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0303

- Spring quality: sodium / chloride hot spring
- Recommended for: neuralgia, joint pain, muscle pain, frozen shoulder, motor paralysis, etc.
- Rates: Adults 3 hours / 500 yen (admission after 6:30p.m. is 400 yen), children 3 hours / 300 yen
- Business hours: 10:00a.m. to 9:00p.m. Closed every month on the 21st (or the following day if the 21st is a holiday), December 31 and January 1.

Agatsuma Onsen (Negoya Castle Onsen) "Negoya No Yu"

Tel.0279-59-3361
309-1 Okazaki, Higashi-agatsuma, Agatsuma-gun, Gunma Prefecture, 377-0302

- Spring quality: sodium / chloride hot spring
- Recommended for: neuralgia, joint pain, muscle pain, frozen shoulder, motor paralysis, etc.
- Rates: Adults 400 yen, children 250 yen
- Business hours: 11:00a.m. to 10:00p.m. Closed every Monday & Tuesday From November to March, open only Saturdays, Sundays and public holidays.





Access	From Kizuna Furusato Kan Road Station walk about 3 hours to the trailhead. (Via Oyasean Line.)
Location	About 25 min. by taxi to trailhead from JR Gunma Kawagoya Onsen Station on the Agatsuma Line.
Altitude	1342m
Trail length	About 45min. from the trailhead

Higashi-agatsuma-machi, Gunma