

Hiking Trails and Running Routes around Camp Zama

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Updated as of May 2021

Difficulty Ratings:
1 – 4 = Everyone, easy hike
5 – 7 = Intermediate, more difficult
8 – 10 = Advanced, very difficult

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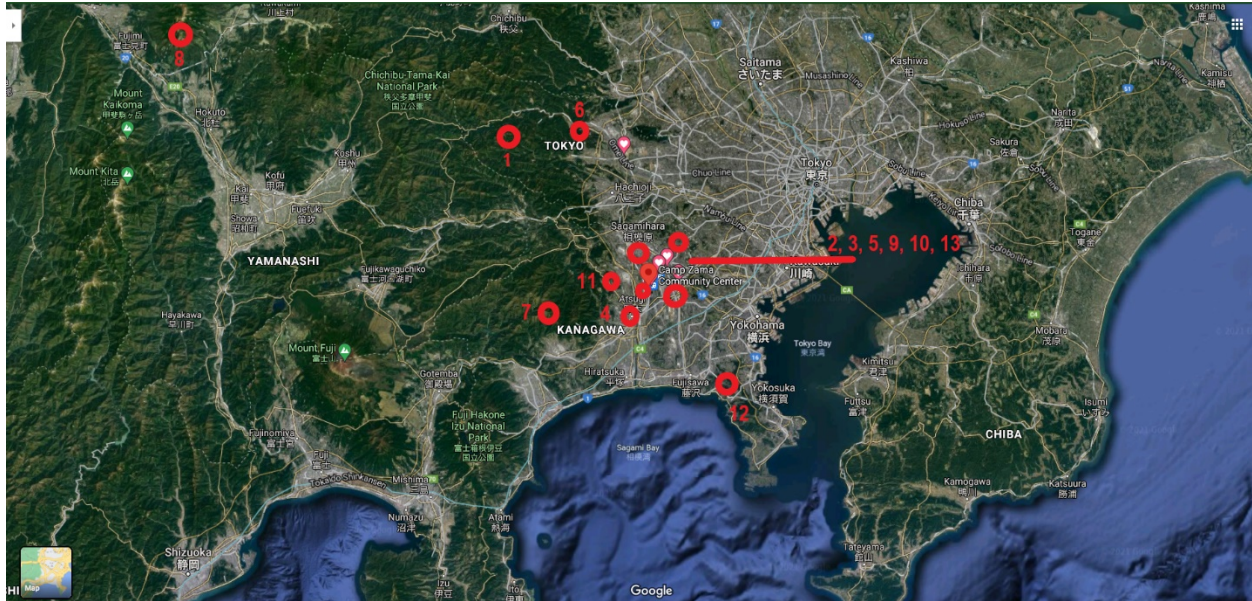
I have added QR Codes that can be scanned that take you to a Hiking/Running or Driving link. If the codes do not work, I have also included Bit.ly links that can be copy pasted or typed in.

If you have any questions/comments/concerns, feel free to email me at:
ethanosborne06@gmail.com

Thank you!

* This packet was compiled as an Eagle Scout Service Project for the Boy Scouts of America, Troop 34, Camp Zama, Far East Council, Japan

Map of the Camp Zama area



Points on map:

- Tsuzara Rock – 1
- SHA to Sagamihara Park – 2
- SHA to Grandberry Park – 3
- SHA to Atsugi to Camp Zama – 4
- Sagami River Running Route – 5
- Mt. Takao – 6
- Mt. Oyama – 7
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- Inside Perimeter of Camp Zama – 10
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Ishinomaki Hill Trail

Trail Length: 0.16 Miles

Difficulty: 1 out of 10

Intro

This trail is on Camp Zama, an easy trail that is short, and highly recommended for families.

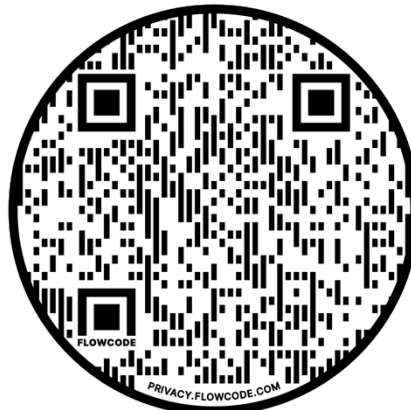
Trail Description

Across from high school tennis courts, behind power boxes in the trees across from housing. Trail is kind of difficult to spot, but easy to climb. Goes above the hill so you can see traffic.

Important Links

<https://www.mapmyrun.com/routes/view/4276891708>

Map My Run QR Code
(Must be logged with a free account in to view)



Inside perimeter of Camp Zama

Trail Length: 3.8 Miles (Full Loop)

Difficulty: 3 out of 10

Intro

Camp Zama is a relatively flat base except for 2 or 3 hills. This route is pretty easy.

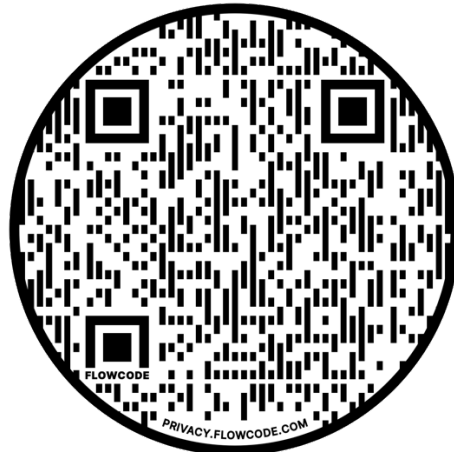
Trail Description

Start at Gate 7 and go down the golf course road, until you get to the Walking Gate, Gate 4. Then go left down Pine Tree Rd, and go down the road, down to the Chapel. Then cross the roundabout and go straight until the end of the road, where you turn right. You keep following this road until you reach the Middle High School, where you go left. Go down the road until you arrive at Ishinomaki Avenue, up the hill, and then down on the other side to Gate 7. That is the full Camp Zama loop.

Important Links

<https://www.mapmyrun.com/routes/view/4294321063>

Map My Run QR Code
(Must be logged with a free account in to view)



Camp Zama to Aeon Mall

Distance: 6 miles (there and back)

Difficulty: 2 out of 10

Intro

This trail starts from gate 7, the gate you usually leave from to get to SHA (by the golf course)

Trail Description

Directions: Start from leaving gate 7, turning left on the road to go around the base. In a few minutes, you should run into a trail along the right side of the road, if you follow the trail, it takes you all the way down to the Aeon mall with a pretty direct route. It's 3 miles there and 3 miles back. There is a shorter way, but this is longer for scenery and more exercise. I strongly recommend using Mapmyrun to find this route, it can be difficult without.

Link to the route

Mapmyrun link: <https://www.mapmyrun.com/routes/view/4254824740>

Map My Run QR Code
(Must be logged with a free account in to view)



Sagami River Running Route from Camp Zama

Trail Length: 4, 6, 12 miles (Based on turn-around point)

Difficulty: 3 out of 10

Intro

The trail is pretty close to Camp Zama, it is easy to find and easy to run. It is a smooth trail with well marked paths and public necessities.

Trail Description: Sagami River path

Start at the Gate one entrance running down the hill until you hit the stop light at the bottom of the hill taking a left after you cross the street. From there run to the next stoplight taking a right and follow the road until you get to the river. At the river, there is a nice flat running trail that runs with the river and follows it north and you can choose your distance. Stopping at the public bathroom makes it about a 4-mile round trip route. Follow it to the pedestrian bridge further north brings it to about a 5/6 mile loop, or you can continue to the much further vehicle bridge across the river to make the route 10-12 miles depending how far you want to run.

Things along the trail

Things along the trail include stores nearby, public bathrooms, and vending machines.

Important Links

<https://www.mapmyrun.com/routes/view/4276883779>

Map My Run QR Code
(Must be logged with a free account in to view)



SHA to Atsugi to Camp Zama

Trail Length: 14 Miles

Difficulty: 8 out of 10

Intro

This trail is pretty difficult. Only for experienced runners. This trail is relatively flat, the only big hills are the hills on Camp Zama.

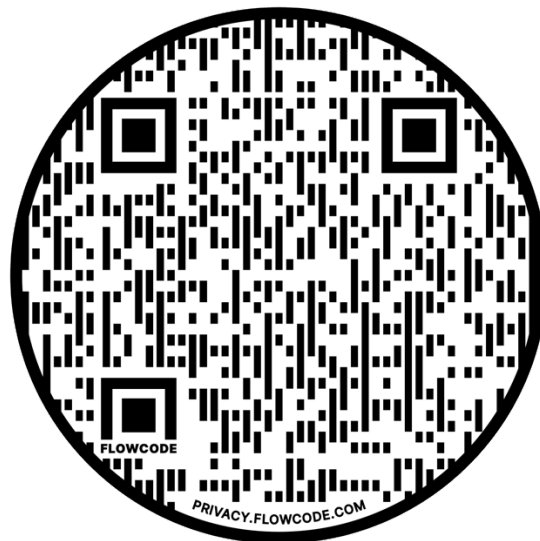
Trail Description

Follow the Strava Route, (It was easier to keep it in Strava)
Route is difficult but doable.

Important Links

<https://www.strava.com/routes/2821702949077982178>

Map My Run QR Code
(Must be logged with a free account in to view)



SHA to Sagamihara Park

Trail length: 2.5 miles there, 5 miles round trip

Difficulty: 2 out of 10

Intro

The Sagamihara Park (also known as the tower park) is a popular park in Zama, with a children's playground and a field.

Trail Description

Go out the SHA gate and go right along the perimeter of the fence. Go on your first right to keep circling the base and go down that trail. Keep going until you turn with the trail and the base and go until you hit the road. Cross the street and keep following the trail as needed until you get to the final road. Then go to your left and then right and cross. Then dead ahead is the park, along the trail.

Note:

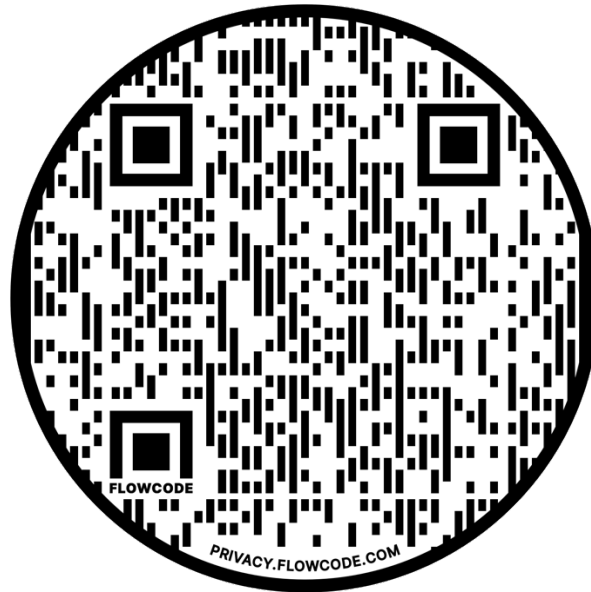
There are parking lots at the park.

Important Links

<https://www.mapmyrun.com/routes/view/4278485479>

Map My Run QR Code

(Must be logged with a free account in to view)



SHA to Grandberry Park Trail

Trail length: 3 miles there (6 miles round trip)

Difficulty: 3 out of 10

Intro

The Tsuruma area has a few popular attractions, including the large park, the Snoopy Museum, and the Mall, all popular places.

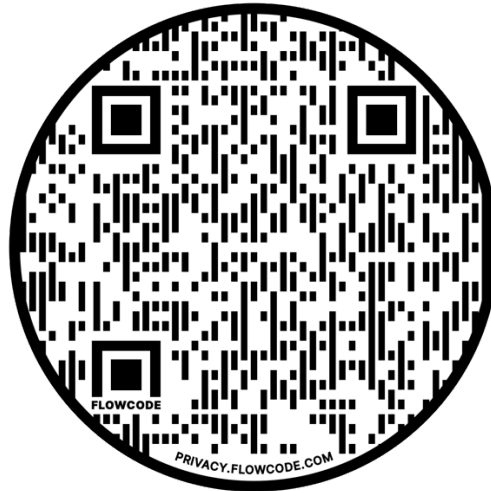
Trail Description

Go out the SHA gate and take your first left to go onto some backstreets. Take your second right, then your first right, then right, then your first left, then right to get onto the trail. Details in [mapmyrun.com](https://www.mapmyrun.com/routes/view/4276948789) route. Follow the trail all the way down, crossing streets as needed to get to the river. Go left until you get to the bridge to cross over to the park dead ahead. Grandberry Park and the Snoopy Museum are in front of you.

Important Links

<https://www.mapmyrun.com/routes/view/4276948789>

Map My Run QR Code
(Must be logged with a free account in to view)



Hasugesanikoinomori Park Trail

Trail length 1-2 miles

Difficulty: 2 out of 10, highly recommended for families.

Intro

Trail is 30 mins from SHA. Trail is 15-20 mins from Camp Zama. Trail is rated 2-10 on the difficulty scale. Mt. Hasuge is a relatively small mountain, but fun for families and an easy walk. The trail goes through multiple parks and is made for families. There are multiple shrines along the way.

Things along the trail

There are free bathrooms and free parking with an obstacle course and a park for children.

Trail Description

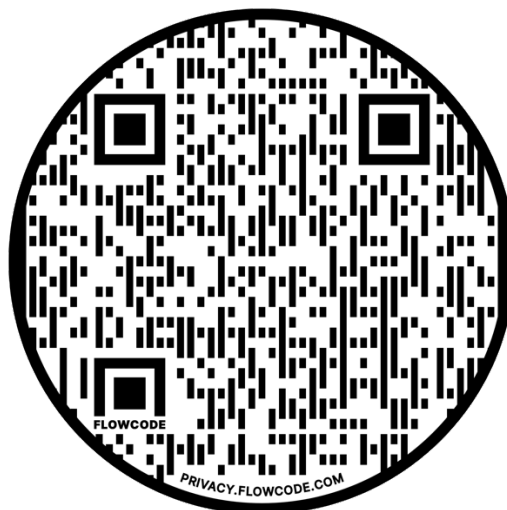
The trail goes up a lot of stairs to a shrine. If you walk to the left of the shrine, it brings you up to the obstacle course, a few picnic tables, and bathrooms with running water. The trail goes on past the park and onto another park a few minutes away. This also has a picnic area and an observation tower at the top. The trail starts out immediately with a lot of stairs. There is free parking, so do not worry about money. Free bathrooms are also there. After ascending for 10-20 minutes, you arrive at the shrine. There is a trail to the left once you arrive. Take this trail and it leads you up and to a rest area with bathrooms and an obstacle course. These are the only bathrooms on the trail. After, if you ascend further it levels out and takes you to an observation tower and a nice park.

Link to the route

Driving route: <https://bit.ly/2Q2j1pN>

Mapmyrun link: <https://www.mapmyrun.com/routes/view/4276907974>

QR Code to Google Maps Driving Route



Mt. Takao Hiking Route

Trail length: 4 miles.

Difficulty: 4 out of 10

Intro

Mount Takao is a relatively small mountain, but it is a fun experience for whoever you are hiking with. There are a few different trails, but the most popular and easiest to get to is the Omotesando Trail. All trails start from the same spot, the [Takao 599 Museum](#). Link down below. The other trails are forest trails, popular but not as busy. The mountain is very busy year round, especially in the spring and summer.

Trail Description: Omotesando Trail

The Omotesando trail is 3.8 Kilometers, or 2.3 miles. There is a cable car starting near the museum that takes you about 6 minutes, shaving you off about 1/3rd to half of the trail distance. The price is around 500 Yen for adults, and around 200 Yen for children. Both tickets are one-way only, so keep that in mind. The cable car operates from 0800 to 17-1800, varying on season for 17-1800.

Things of Note

Mount Takao is very tourist friendly, meaning that there are signs in English, at the visitor center most employees speak English. Meaning that you should be ok if Google Translate doesn't work. But as a person who has lived in Japan for 4+ years, I recommend always carrying a small tourist book with basic phrases and words to get around.

Things along the trail

Mount Takao is very friendly to the young and old, with many benches, bathrooms, and places to visit. Some things include: a Monkey Park, multiple temples, and many food stands at and near the top.

Stats

On average, taking the cable car makes your hike 60 mins to the summit, and taking it down makes it 50 mins. If you don't take the car, it's about 110 mins up, and 90 mins down.

Link to the route and website

Takao 599 Museum Website: <http://www.takao599museum.jp/?lang=en>

Mt Takao Driving Route: <https://bit.ly/3a8oMJh>

QR Code to Google Maps Driving Route



Tsuzara Rock Hiking/Running route

Trail length: 3.5 miles

Difficulty: 8 out of 10 (depends on running or hiking)

Intro

Tsuzara Rock is a popular tourist spot because of its village and waterfalls, as well as being a rock climbing spot. This trail is a real burner, with fantastic views and stunning scenery around.

Trail Description

Follow the trail head signs toward Tsuzara Rock - つづら岩 (signs are in Japanese only) or simply take the left at the first fork. Then, runners should proceed along whichever route increasing in elevation. The hike is extremely steep, but well defined. Its steep portions have cut in steps that assist in covering the dramatic change in elevation. But the route is well worth it and offers wonderful opportunities to view the forest east of Tokyo. Most spectacularly, the route has three prominent waterfalls each with distinct character. At the peak, climbers can take advantage of a sharp 30 meter cliff face with pre-installed bolts. Alternatively, runners can use a side trail to make the final ascent. Atop the peak, runners have a fantastic view of Mt. Fuji along with torched legs; burning with pride from the stair-master-from-hell the runner scaled in order to reach the top.

Things along the trail

The signs are in Japanese only so make sure to follow the signs that have つづら岩 on it.

Note:

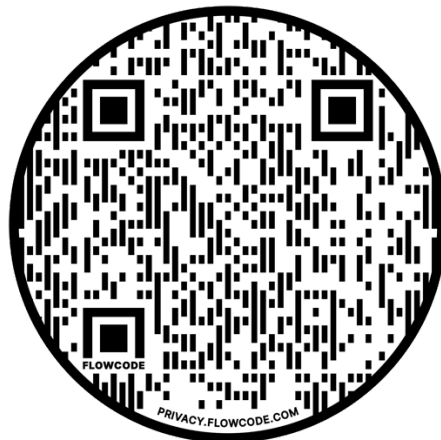
There is parking, but it is crowded sometimes and can be hard to find.

Link to the route

35.7443182, 139.1473736 (Approx. 1 hr. drive northeast of Camp Zama)

Driving Route: <https://bit.ly/3mUS8Qs>

QR Code to Google Maps Driving Route



Mt. Oyama Hiking Route

Trail length: Roughly 10 miles (Taking the Cable car down and back makes it about 5.7 miles)
Difficulty: 6 out of 10

Intro

Mount Oyama is a fairly large mountain, with a cable car and is an exerting trail that will leave you with a great hike, and a good workout. The mountain is located in the Tanzawa Mountain Range. It is popular for beautiful scenery, and is very popular for this reason. Oyama is not as busy as Mount Takao or Mount Mitake, but it is still somewhat busy, but a nice place to R & R. The mountain is best to visit in the summer or fall, but it tends to rain more in this mountain range, so bring a raincoat/umbrella. The mountain is hard to go up but after two or three checkpoints you begin to see the city below and the harbor. The views are great but smaller children might have a harder time getting up the large stone steps. As you go up there are many great spots for pictures, but the bathroom options are somewhat limited. For hikers not looking to walk all the way up the mountain there is a cable car station to take you up half of the way.

Things along the trail

The mountain is covered in many shrines, the most popular being the Oyama Temple. The Oyama Temple is the main spot where most of the trails converge. The summit of the mountain is nothing too grand, but a great view with a few shrines and a covered rest area. There are multiple picnic tables to reward you with a well-earned rest. There are bathrooms along the trail, so don't panic, but they are spaced out and busy.

Trail Options/Description

There are two main trails, the men's trail and the women's trail. The men's trail is steeper and more rugged, while the women's trail is not as steep and has many more shrines and spiritual landmarks. There is a cable car that saves you about half the route.

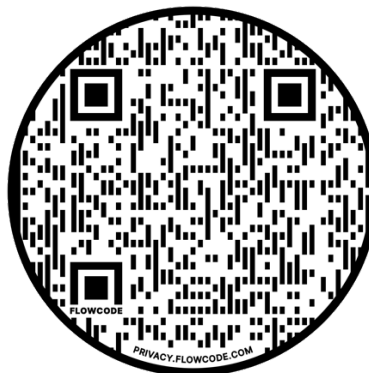
Stats

On average, it takes 120 - 180 minutes to climb without the cable car, and with the cable car it takes about 90 minutes, cutting off about half your hiking time.

Link to the route and website

<https://jw-webmagazine.com/mt-oyama-hike-on-the-sacred-mountain-near-tokyo-af4ac2195e09/>
Mt Oyama Driving Route: <https://bit.ly/3dhJbgX>

QR Code to Google Maps Driving Route



Tenen Hiking Courses

There are various different routes in the Tenen Hiking area. These two trails take about 90 minutes, but there are multiple, so lengths are not added.

Intro

The Tenen Hiking trails are popular but take a while to drive to from Zama, it takes about an hour.

Trail Description

We were able to see various temples, shrines, and also a cave we could go into along the path. There are quite a few stairs in some places and a view of Mt. Fuji on a clear day near a rest area with tables and benches. Depending on where you start you can begin or end near the Big Buddha.

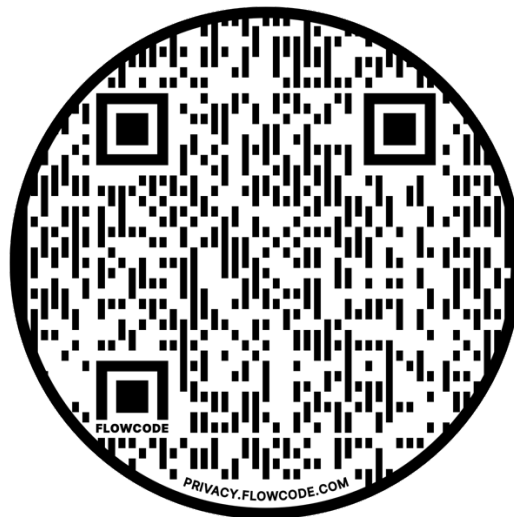
Link to the Route

Daibutsu Hiking Trail

1418 Yamanouchi, Kamakura, Kanagawa 247-0062

Driving Route: <https://bit.ly/3dPsuJW>

QR Code to Google Maps Driving Route



Mt. Akadake Hiking Route

Trail length: 13 miles.
Difficulty: 8 out of 10

Intro

The Yatsugatake mountain range is a volcanic mountain range in the Nagano area that is famous for scenery and it's great hikes.

Trail Description

The course starts at Yatsugatake Sansou. You can either drive there or take a bus. You then hike up a mountain road to Akadake Sanou. (You can also drive to Akadake Sansou, but I recommend 4 wheel drive) You continue down the mountain road and the trail splits. I usually take the left trail. Keep hiking this trail until you reach Akadake Kosen. This is a great spot to camp, refill on water, use the restroom, ice climbing etc. From there take the trail to Akadake, it will go past a Helicopter landing area. You will then go over a ridge and hit another camp area. From that camp area, take the trail going up the mountain. Once you hit the Jizone Ridgeline, go right. This will take you past another Yamagoya and eventually to the summit. Akadake summit is 2,899M and the highest peak in the Yatsugatake mountain range. It is considered by many to be one of the best winter hiking courses in Japan since Akadake Kosen is open year round.

Link to the route

Driving Route to Akadake: <https://bit.ly/3sFb6fm> (2-3 Hour drive)

QR Code to Google Maps Driving Route

