

Japan's Long-Distance Nature Trails

Long-distance nature trails can be found across all of Japan's four main islands. First developed in 1970, there are over 26,000 kilometers of paths to explore, with several national nature trail routes easily accessible from main regional centers. It is estimated that at least 1,600 kilometers of Japan's long-distance nature trails are found in the country's most densely inhabited regions.

From nature lovers to avid hikers, local people and visitors can experience these trails over months or even years. Many of Japan's natural sights can be explored by foot, offering a splendid counterpoint to the bustling, modern cities.

Japan offers an almost endless variety of trails at all levels of difficulty, from flat paths through coastal villages, rural areas, and towns to challenging hikes in the mountains.