

Mt. Senjogatake

Queen of the Minami Alps

Mt. Senjogatake is located around 5.5 kilometers northwest of Mt. Kitadake. At 3,033 meters, it is one of the more than 10 peaks in the Minami Alps over 3,000 meters in height. Despite that, it is considered the easiest mountain to climb in Minami Alps National Park and is recommended even for inexperienced hikers and children. The relative ease of the climb and Senjogatake's gentle, elegant outline have earned it the nickname "Queen of the Minami Alps."

There are three routes up Senjogatake: the Kitazawa Pass route, the Tankei Shindo route, and the Senjogatake–Jizo Ridge route. At the top are three cirques—Sotaku, Daisenjosawa, and Kosenjosawa—that form a dramatic panorama of glacial landscapes, as well as an abundance of alpine flowers and open walks to enjoy along broad green ridges.