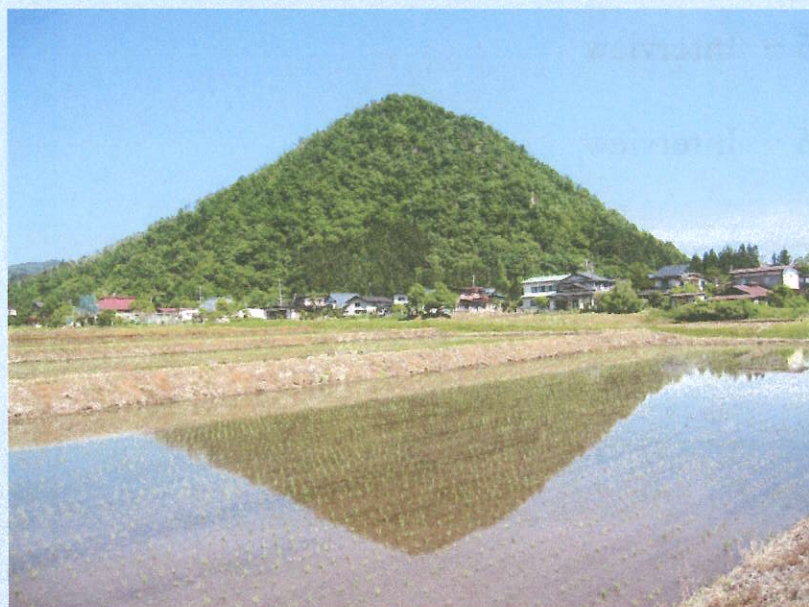


Mt. Tokami

Pamphlet



Edited by 6th graders, (2026)

Nishi Yamagata Elementary School

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[Interview with Members of the Mountain Club]

We interviewed members of the Mountain Club.

Q: How many times have you climbed Mt. Tokami?

A: (Resident of Nishi Yamagata)

12,000 times.

Q: Why do you climb it so many times?

A: Because it's our mountain, so we climb it often.

Q: What events does the Mountain Club hold?

A: "Spring Wild Vegetable Picking," "Mt. Gassan Climb," "Group Hiking,"
"Mushroom Gathering," and more.

The Mountain Club is a group that climbs the mountain on the 10th of every month and maintains the hiking trails.

Q: What is the charm of Mt. Tokami?

A: You can easily enjoy a panoramic view of the cityscape and the Ōu Mountain Range.

Q: What efforts are being made so that more people will climb the mountain?

A: We cut grass along the trails and carry benches up the mountain. We also maintain the parking area for Mt. Tokami.



Tokyo Station



Tohoku Shinkansen: about
2 hours and 30 minutes
from Tokyo station.

Yamagata Station



Car: about 20 minutes
from Yamagata Station
to Mt. Tokami.

Mt. Tokami

[Trivia]

- Mt. Tokami is 412 meters tall.
- Mt. Tokami has the nickname of “Tōkami yama”. When the Uesugi army tried to attack, the fog around Mt. Tokami did not clear, so they could not confirm the location of Yamagata Castle. Because they tried to observe Mt. Tokami for ten days, this legend was born.

[Mt. Tokami Guide Map]



【Main Trailheads】

- ① Shindō Entrance
- ② North Trailhead … slightly steep
- ③ South Trailhead

[Things to Do at Mt. Tokami]



There is a small postbox at the summit. When you open it, you'll find a notebook and a pen. Please write the date and your impressions of the climb in the notebook.



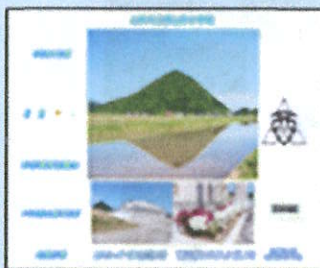
This is a photo of a swallowtail butterfly that my friend took at Mt. Tokami.

They were able to take it from Very up close.

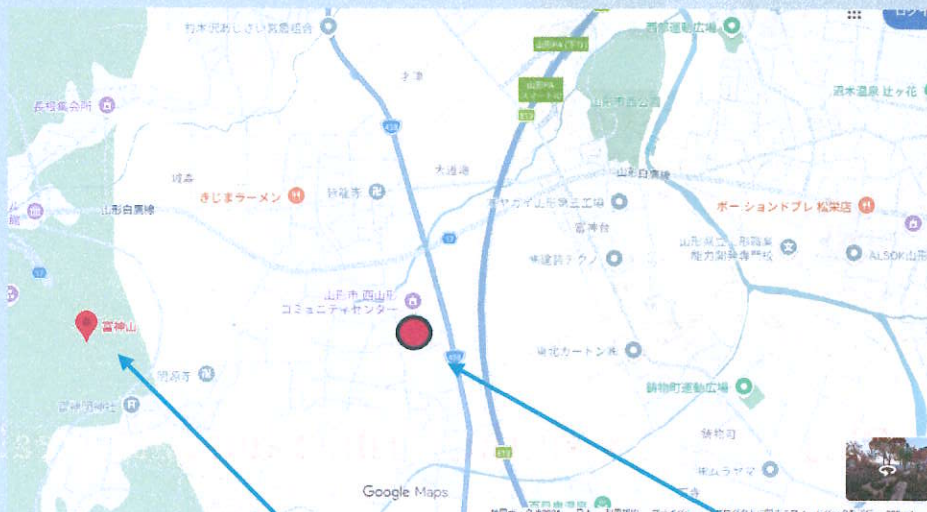
Please come visit the Nishi Yamagata area!

Location of Mt. Tokami

Yamagata Prefecture, Yamagata City



Go to the Nishi Yamagata Elementally School HP!



8 Nishi-Yamagata Area – Mt. Tokami Nishi-Yamagata Elementary School