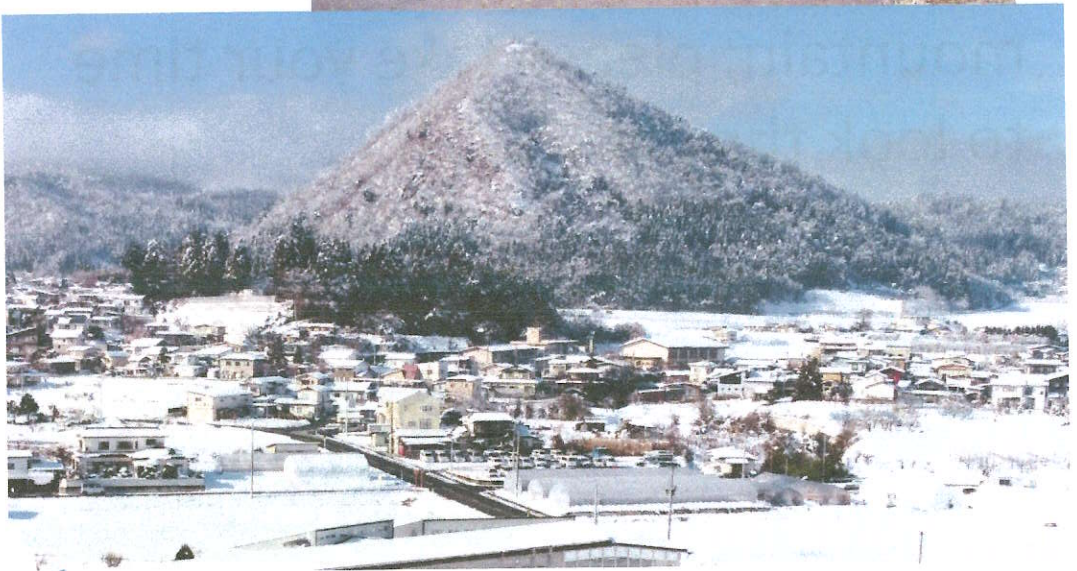
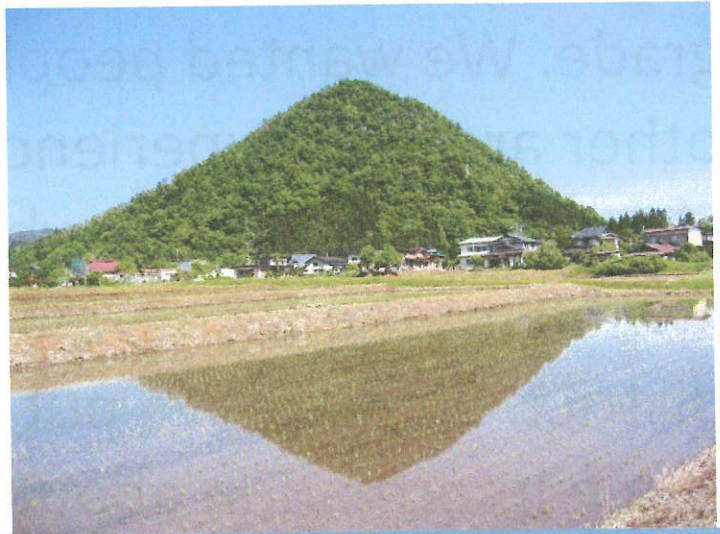


Mt. Tokami





We have been climbing Mt. Togami since we were in second grade. We wanted people from other areas to experience climbing Mt. Tokami, which is a symbol of the Nishi-Yamagata district. So, we have put together some information about the mountain; please take your time to look through it.



About Mt. Tokami

It spans three district in Yamagata City: Kashiwagura, Monden, and Murakizawa. Mount Tokami is 412 meters high. You can enjoy the view from the summit.



The view from the summit



When is the best time to climb

Spring and autumn are cool, and
you can see flowers and wildlife.
You can also enjoy beautiful
scenery



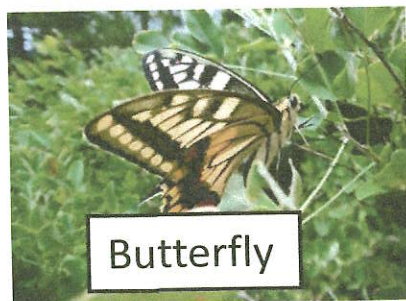
This is Mount
Tokami.

What kind of flowers and creatures can you see there?

Flowers such as *Himesayuri* lilies and hydrangeas bloom on Mount Fugami.

You can also see creatures, such as butterflies, Japanese serows, snakes, and dragonflies.

Mid-May to June



Butterfly



Hydrangea



Himesayuri lily

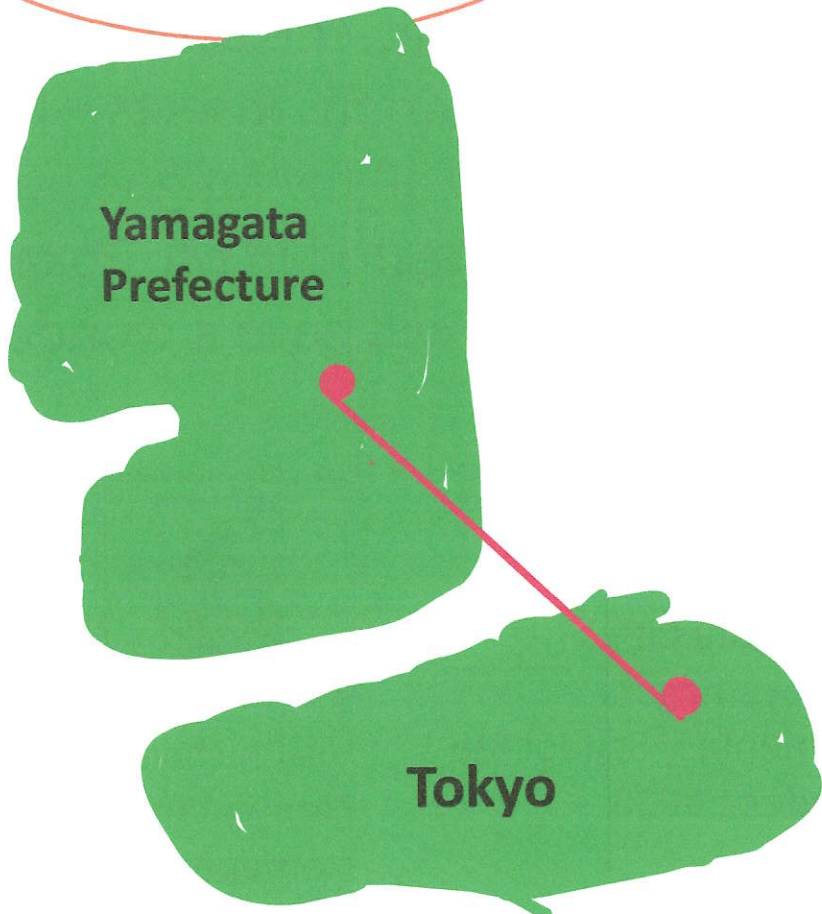
Items to bring when climbing...

- Small-to-medium-sized backpack(approx.25liters)
- Beverage
(approx.500ml)
- Towel
- Work gloves
- Smartphone Tissues
- watch
- Bearbell



Route from Tokyo to Yamagata;

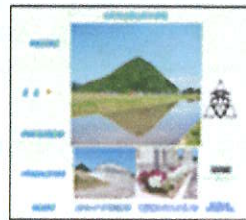
① Tokyo to Yamagata
Station (2 hours 20 minutes
by Shinkansen) ② Yamagata
Station to Mt. Togami
(approximately 15-20
minutes) (Accessible by
Yamako Bus)



Aftier my research • • •

At first,I thought climbing Mt. Tokami was easy, but I started to feel very tired along the way. However, the moment I reached the summit, the cool breeze and the sight of various insects—like butterflies—blew all my fatigue away. If you become interested in Mt. Tokami, give it at try. You will have a wonderful experience!

Yamagata City
Nishiyamagata
Elementary School 6th
Graders, 2026



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