

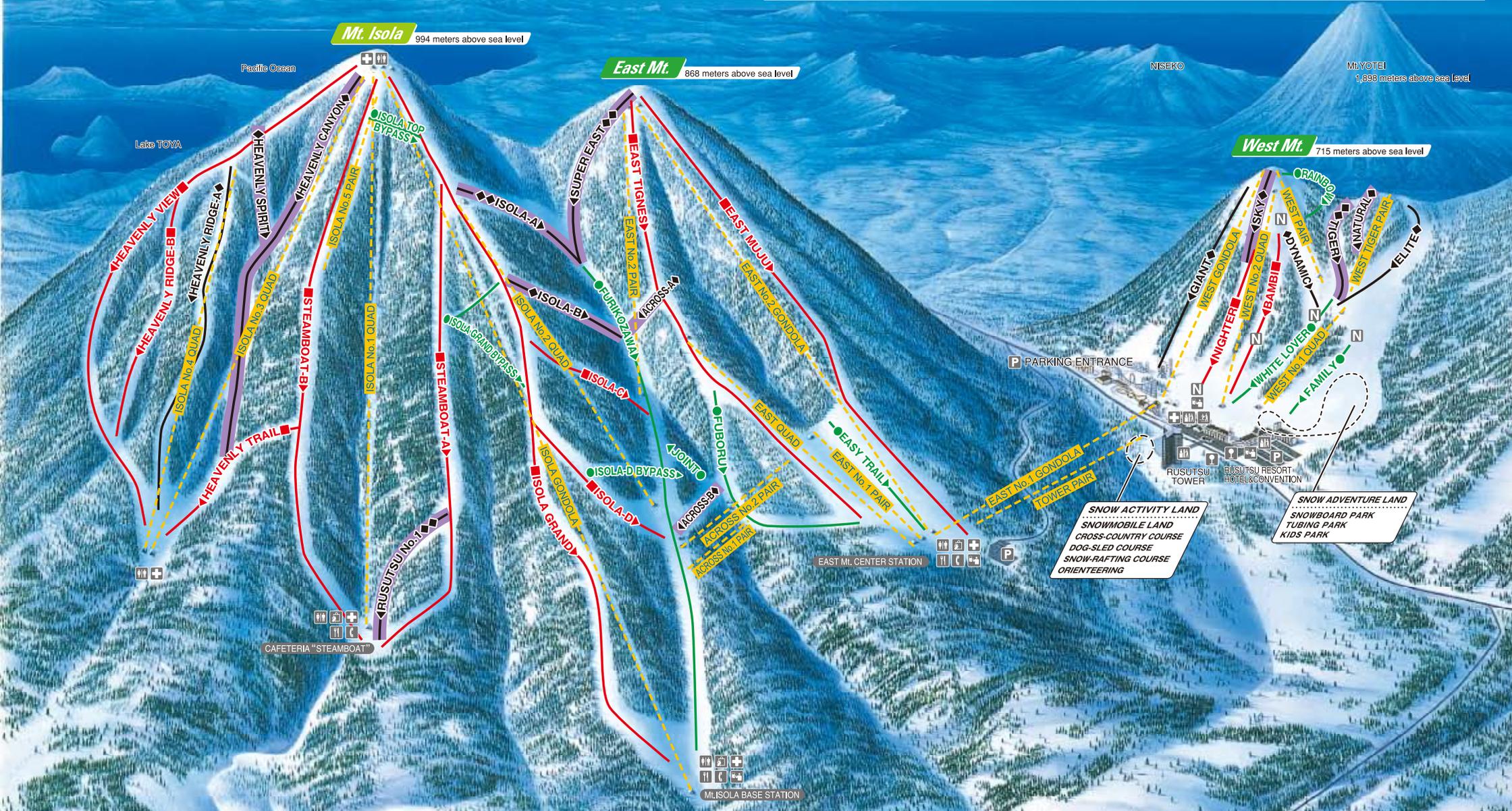
# Trail Map



HOKKAIDO NO.1

## TRIPLE Mt. TRAIL GUIDE

	Mt. Isola	East Mt.	West Mt.
<b>EXPERT</b>	◆◆ ISOLA-A ◆◆ RUSUTSU No.1	◆◆ SUPER EAST	◆◆ TIGER
<b>ADVANCED</b>	◆ HEAVENLY SPIRIT ◆ HEAVENLY CANYON ◆ ISOLA-B ◆ HEAVENLY RIDGE-A	◆ ACROSS-A ◆ ACROSS-B	◆ GIANT ◆ SKY ◆ NATURAL ◆ DYNAMIC ◆ ELITE
<b>INTERMEDIATE</b>	■ ISOLA-C ■ ISOLA-D ■ STEAMBOAT-A ■ HEAVENLY TRAIL ■ HEAVENLY RIDGE-B ■ ISOLA GRAND ■ HEAVENLY VIEW	■ EAST MUJU ■ EAST TIGNES	■ BAMBI ■ NIGHTER
<b>BEGINNER</b>	● FURIKOZAWA ● ISOLA-D BYPASS ● ISOLA GRAND BYPASS ● ISOLA TOP BYPASS	● EASY TRAIL ● FUBORU ● JOINT	● RAINBOW ● FAMILY ● WHITE LOVER



## Rusutsu 37 Course Guide

Level : Beginner(\*) Intermediate (\*\*) Advanced (\*\*\*) Expert (\*\*\*\*)

Recommended for : Skiers (1) Snowboarders (2) Moguls (3) Night Skiing Trail (4)

	No.	Trail Name	Level	Recommended for	Grooming	Length (m)	Width (m)	Steepest Drop(°)	Average Drop(°)
West Mt.	1	Family	*	1, 4	Yes	650	30-40	12	10
		Close to North Wing. Crowded morning, night & bad weather. Use is limited during events and parties.							
	2	White Lover	*	1, 4	Yes	650	40-70	11	10
		Wide run is ideal for beginners, however, it may be one of the busiest runs at Rusutsu.							
	3	Bambi	**	1, 2, 4	Yes	650	40-50	21	18
		Starts off steep at 20°, then after 50m tapers off to 18°.							
	4	Nighter	**	1, 2, 4	Yes	650	40-70	21	14
		Starts off steep at 21° for 100m, then tapers out to 10° for 100m, then drops off for 150m at 19° before continuing on a more gentle 7° to 11°.							
	5	Elite	***	1, 2	Yes	600	50-70	26	16
		200m of steep 26° and deep gets this course going. This course will challenge your skills as you pick up speed going downhill over the 11° to 17° course.							
	6	Natural	***	1	No	750	60	26	16
	Starting off between the West Tiger Pair & the Tiger Course at 26°, tapering off to 20°. Watch out for all the trees!								
7	Tiger	****	3	No	300	50-70	29	22	
	The steepest run on the West Mt. Moguls! Moguls! Moguls!								
8	Rainbow	*	1	Yes	2,000	10-16	13	8	
	A favorite with beginners who have taken the gondola to the top of West Mt. and those who like their runs long!								
9	Dynamic	***	1, 2, 4	Yes	650	40-70	25	17	
	The signature run of the West Mt. A thrilling mix of gentle, medium and steep drops make this a very popular course and it is often used for large scale races.								
10	Sky	***	1, 2	No	500	50-80	27	15	
	Those with confidence in their ability will enjoy this steep rough course.								
11	Giant	***	1, 2	Yes	1,200	20-80	26	13	
	This long steep course is also used for races. Challenge yourself!								
East Mt.	12	East Muju	**	1, 2	Yes	2,300	100-120	24	11
		This course is located on the far right of East Mt. It starts off tough but those who are up to the challenge will be rewarded by a nice gentle finish.							
	13	Easy Trail	*	1, 2	Yes	750	30-70	8	3
		A gentle course ideal for beginners and those who want to warm up their legs.							
	14	Fuboru	*	1, 2	Yes	1,200	50-80	16	8
		This run links up with Mt. Isola, for those heading out and for those skiing home. This gentle run is ideal for beginners but may leave some boarders carrying their gear and walking.							
	15	East Tignes	**	1, 2	Yes	2,500	60-100	19	11
		Starts off quite bumpy, but then tapers off and the last 1km is a nice and easy leg burner!							
	16	Super East	****	2	No	500	50-70	40	32
	Steeper than an FIS Ski Jump! Strictly for experts! May be closed due to avalanche risk.								
17	Across-A	***	2	No	300	60-150	33	29	
	Only for experts!								
18	Across-B	***	1	No	200	100-150	33	22	
	This is also only for experts! Links up with Mt. Isola.								
19	Joint	*	1	Yes	200	10	8	7	
	Provides great access between Mt. Isola and East Mt.								

	No.	Trail Name	Level	Recommended for	Grooming	Length (m)	Width (m)	Steepest Drop(°)	Average Drop(°)
Isola Mt.	20	Furikozawa	*	1	Yes	2,100	50	10	7
		This scenic long run travels through the valley between Mt. Isola and East Mt. Take care not to lose too much speed on the lower half otherwise you'll be walking!							
	21	Isola Grand	**	1, 2	Yes	3,500	50-80	20	12
		A wide open intermediate level course. The longest run at Rusutsu!							
	22	Isola-A	****	3	No	1,000	60-170	27	24
		Mogul Madness!							
	23	Isola-B	***	1	No	800	60-90	25	22
		This advanced level course starts off quite bumpy. Ideal for practicing your skills.							
	24	Isola-C	**	1, 2	Yes	550	20-40	25	17
		Adventurous course for the intermediate level skier.							
	25	Isola-D	**	1, 2	Yes	800	50-80	21	13
		The wide free open course will put a smile on your face. Serves those heading home to East Mt.							
	26	Isola-D Bypass	*	1	Yes	380	20	14	12
		Ideal for beginners with access to East Mt. & the Across Pair Lifts.							
	27	Isola Grand Bypass	*	1	Yes	690	15-30	16	10
		Designed for beginners and those who wish to avoid the 20° drops on Isola Grand. Links to Steamboat-A.							
	28	Steamboat-A	**	1, 2	Yes	2,200	50-210	26	12
		The most popular run at Rusutsu.							
	29	Steamboat-B	**	1, 2	Yes	2,100	60-120	26	12
		Steamboat-B is synonymous with Mt. Isola and fun. You have to try this run. Best quality snow anywhere!							
	30	Rusutsu No. 1	****	3	No	380	30	35	22
		Those with confidence in their skills, try this mogul minefield!							
	31	Heavenly Canyon	***	1, 2	No	1,850	20-70	29	13
		This bumpy course is a Deep Powder Bonanza after a snowfall.							
	32	Heavenly Spirit	***	1, 2	No	550	30-50	22	19
		Steep and Deep. This run will put your skills to the test.							
	33	Heavenly View	**	1, 2	Yes	2,700	30-50	16	9
		2.7kms of refreshing wide open runs. A sense of freedom abounds here and the incredible vista of the surrounding mountains and Lake Toya is nothing short of spectacular.							
	34	Heavenly Ridge-A	***	1, 2	Yes	1,250	30-60	30	14
		Steepest drops anywhere in the Heavenly area. This run is for advanced skiers. Great for snowboarders!							
	35	Heavenly Ridge-B	**	1, 2	Yes	1,000	40-60	20	12
		Wide runs make this perfect for beginners.							
	36	Heavenly Trail	**	1	Yes	350	30-50	18	15
		Links Mt. Isola with the Heavenly area.							
	37	Isola Top Bypass	*	1	Yes	300	10	14	12
		Designed for beginners and those who wish to head to Isola Grand from Steamboat-B.							