**Trekking Unzen: A Selection of Courses**

The Unzen-Amakusa National Park is one of Japan’s oldest national parks, established in 1934. The area has also been selected as a UNESCO Global Geopark for its particular geological importance. Among the central attractions are well-maintained trekking trails that lead to the summits of the volcanic mountains at the center of the Shimabara Peninsula. There are a number of trails in the Unzen Onsen area. The trails up Mt. Kinugasa and Mt. Takaiwa are short courses, while the one to the top of Mt. Fugen is considered an intermediate-level long course. (Climbing times can vary, depending on the location where you start. For example, using the ropeway on the climb to the peak of Mt. Fugen shortens the time required.)

The trails are clearly marked and easy to follow, and make the best of the natural habitat. The lush, natural forests host a wide variety of trees and other foliage, home to many birds, including tits, warblers, and flycatchers.

Please stay on the trails. There are some spots that are restricted to one-way traffic, and the volcano is still active. It is closely monitored, however, so if trekkers follow directions, climbing in the park is completely safe.

Finally, there’s no better place to recover from a good day of trekking than soaking any cares away in one of the hot spring baths, either at your hotel, or at one of several public facilities.