

Hiking Mt. Sasayama

The 1,065-meter Mt. Sasayama, located on the border of Kochi and Ehime prefectures, is one of Ashizuri-Uwakai National Park's top hiking destinations. The 1-kilometer trail from Parking Lot One to the summit can be walked in about an hour and is particularly beautiful from late April to early May, when *akebono* azaleas, rhododendrons, and many other flowers bloom along its route.

[Captions]

Akebono azaleas.

A 1,000-year-old cryptomeria tree.

Sasayama Shrine.

A giant *koyamaki* (Japanese umbrella-pine) tree.

Harimomi (Tigertail spruce) trees.