

## **Hiking Nametoko Gorge**

All hikers, regardless of age or experience, are likely to find a suitable trail to explore at Nametoko Gorge. Located in the upper reaches of the Meguro River, a tributary of the Shimanto River, the gorge is most popular in late spring, when locals and visitors alike come to admire the bright greenery, and during the fall foliage season. Trails range from a leisurely one-hour walk to a steep and challenging route that can take more than six hours to complete.

[Captions]

A flat riverbed in the gorge.

Water rushing 80 meters down along a smooth granite wall at Yukiwa Falls.

The greenery of spring reflected in the river.

Fall foliage.

Japanese andromeda shoots at their finest.

Rhododendrons in May.