

## Mountain Climbing on Mt. Aso

From the volcanic cones of Mt. Aso, including its five major peaks, walkers and hikers can follow a network of paths leading into the mountains. The trails on the western side of the peaks are relatively easy but the paths on the eastern side follow steep ridges, which should only be tackled by experienced climbers. To prevent accidents, climbers must take safety measures and be accompanied by an experienced guide.

Before beginning your trek, please be aware that due to the altitude, snow, rain, fog and sudden drops in temperature are common. As Mt. Aso is a volcano, there are few places to find water. In addition, the trails often cross grazing lands for cattle and horses, which can be confusing for hikers when they lose sight of the main trail.

Aso offers a range of hiking and climbing options, from family-friendly hikes to challenging courses for experienced climbers. With a little research you will find the perfect trail for your fitness and experience level.