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Mt. Nakadake/Sunasenri ga hama Trail
(Beginner's trail)

Mt. Takadake
Mt. Nakadake
Sunasenri ga hama crater basin
Sanjo Jinja Shrine

20 minutes
0.5 kilometers
20 minutes
50 minutes
1.5 kilometers
1 hour
40 minutes
2 kilometers
1 hour

This trail leads to one of Mt. Nakadake's crater walls, from which hikers can view Mt. Aso's iconic group of volcanoes and the Kusanenri grassland. Be careful to stay on the trail when volcanic gases are released from nearby Nakadake and drift to Sunasenri.

②

Hino Ridge Trail
(Advanced trail)

Miyaji
Hino Mountain Pass
Mt. Takadake

2 hours and 20 minutes
7.3 kilometers
2 hours
1 hour and 30 minutes
2.3 kilometers
1 hour

To access the trail, follow the road to the Hino Mountain Pass. From there, climb a steep mountain ridge covered by clumps of susuki (or eulalia; *Miscanthus sinensis*) and other grasses. This trail is deeply hollowed out and difficult to hike, but hikers are rewarded with views of bright colonies of snake berries and Miyama Kirishima azaleas.

③

Kyushu Nature Trail
(Hiking trail)

Miyaji
Koborimaki

Hino Mountain Pass
Nabe no Taira
Takamori

50 minutes
4 kilometers
50 minutes
3 hours
7.9 kilometers
2 hours and 30 minutes
50 minutes
3.1 kilometers
1 hour
2 hours
7 kilometers
2 hours

This trail was created in 1981 to encourage people to get closer to nature. The vegetation varies from bird's-foot trefoil plants in the Koborimaki area to tall susuki (or eulalia; *Miscanthus sinensis*) grass fields along the Hino Mountain Pass.

④

Hino Mountain Pass Trail
(Hiking trail)

Miyaji

Hino Mountain Pass
Nabe no Taira
Takamori

2 hours and 20 minutes
7.3 kilometers
2 hours
50 minutes
3.1 kilometers
1 hour
2 hours
7 kilometers
2 hours

For centuries, this route was used to travel between the Aso and Nango valleys. Near the northern ridge between Mt. Nekodake and Mt. Takadake is a field of susuki (or eulalia; *Miscanthus sinensis*) grass, which extends all the way to the Nabe no Taira campground.

⑤

Kamawari Ridge Trail
(Beginner's trail)

Maehara Ranch Entrance
Pastoral Road End Point
Wakudo Stone
Mt. Nekodake Eastern Peak

30 minutes
17 kilometers
25 minutes
50 minutes
0.7 kilometers
40 minutes
10 minutes
100 meters
5 minutes

The shortest trail to the summit of Mt. Nekodake, this route offers views of the Santo Field and Namino Plateau below. From the eastern peak of the mountain you can see the Tengu Stone and Mt. Takadake.

⑥

Mt. Nekodake Eastern Ridge Trail
(Intermediate trail)

Miyaji
Fork to Hino Mountain Pass
Yakatagaudo Entrance
Saogahara Watering Hole
Tengu Stone
Eastern Peak
Sakuragamizu
Miyaji

1 hour and 40 minutes
5.8 kilometers
1 hour and 30 minutes
30 minutes
1 kilometer
30 minutes
40 minutes
0.5 kilometers
30 minutes
40 minutes
0.4 kilometers
40 minutes
1 hour
1 kilometer
1 hour
1 hour and 40 minutes

3.5 kilometers
2 hours and 30 minutes
1 hour
4 kilometers
1 hour

This trail offers seasonal landscapes of spring greens and autumn hues, along with the chance to spot wild birds. The trail includes some potentially dangerous sections with rugged rocks and narrow mountain ridges, so first-timers should not hike alone, and preferably be accompanied by a more experienced hiker.

⑦

Futatsukamaki and Sensuikyo Gorge Trail
(Hiking trail)

Miyaji
Futatsukamaki
Sensuikyo Gorge

1 hour
3 kilometers
1 hour
1 hour and 40 minutes
50 minutes

Futatsukamaki is a popular campground for climbers, located along a rocky tract in an idyllic grassland with a watering hole. It is backed by a looming northern ridge.

⑧

Sensui Ridge Trail
(Intermediate trail)

Sensuikyo Gorge (Sensui Ridge)
Mt. Takadake

2 hours
2 kilometers
1 hour and 30 minutes

This trail's rugged terrain is covered with crushed volcanic gravel, and watch out for falling rocks as you hike. The steep ridges of Washigamine Gorge and Mt. Naraodake afford breathtaking views of the Aso Valley.

⑨

Koborimaki and Sensuikyo Gorge Trail
(Hiking trail)

Miyaji
Koborimaki

Sensuikyo Gorge

50 minutes
4 kilometers
50 minutes
1 hour
4 kilometers
50 minutes

This path follows part of the Kyushu Nature Trail to the pastures at Koborimaki, continuing to the Sensuikyo Gorge toll road. You can enjoy the view of Mt. Takadake directly in front of you, backed by Mt. Nekodake and Mt. Naraodake.

⑩

Mt. Kishimadake Trail
(Beginner's trail)

Kusasenri Parking Lot
Mt. Kishimadake

50 minutes
1.5 kilometers
40 minutes

This trail approaches the peak of the mountain and passes by the remnants of several craters on Mt. Ojodake, including one that measures 100 meters in diameter. The view of the Kusasenri grasslands and the central crater are well worth the hike.

⑪

Mt. Takadake General Trail
(Beginner's trail)

Sensuikyo Gorge
Crater East Station
Sanjo Jinja Shrine
Mt. Naraodake
Crater Lookout
Mt. Nakadake
Mt. Takadake

50 minutes
1.8 kilometers
40 minutes
1 hour
3.3 kilometers
1 hour and 20 minutes
20 minutes
0.3 kilometers
20 minutes

20 minutes
0.4 kilometers
20 minutes
40 minutes
1 kilometer
30 minutes
20 minutes
0.5 kilometers
20 minutes

A popular trail that follows an old sightseeing bus road to Sanjo Jinja Shrine. Watch your footing when climbing up Mt. Nakadake, as the trail can be slippery. As with all the trails in Aso, be careful not to stray from the path during periods when volcanic gases are being released.

⑫

Mt. Eboshidake Trail
(Beginner's trail)

Kusasenri Parking Lot
Mt. Eboshidake
50 minutes
1.5 kilometers
40 minutes

Offering some of the finest mountain views in Japan, in good weather this is a family-friendly trail. In spring, pink iwakagami flowers (fringe bell; *Schizocodon soldanelloides*) cover the mountainside. On the summit you can find a Class 1 triangulation station (used in surveying projects), one of only two in Aso.

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