

## **Mominoki Forest Park**

Located an hour and a half away by car from the city of Hiroshima, Mominoki Forest Park is a 400-hectare nature preserve. Entry is free, and the park has something for everyone. Exploring the dense forest is an excellent way to unwind, especially in autumn, when the seasonal foliage is turning, or in winter, when the trees are blanketed with snow. The mountainside park also offers snowshoeing, sledding, and a small ski run when the weather permits.

During the warmer months, the outdoor barbecue area and sports fields are popular spots, and the bicycle route around the mountain is ideal for cyclists. Accommodation is available at the on-site hotel, which offers both Japanese-style tatami mat rooms and Western-style rooms. For visitors wishing to get closer to nature, the park has three spacious campsites, including facilities for car camping.

Inside Mominoki Forest Park is Forest Adventure Hiroshima, a recreation area offering high ropes courses for adults and kids. The first course is set 8 meters above the ground, while the more challenging course is 14 meters high. After walking, and occasionally swinging, through the trees, visitors on both courses finish with a thrilling zip line back down to solid ground.