#### Mt. Aoba (nicknamed `Wakasa Fuji`) offers breathtaking Mt. Aoba Hiking Map views and an abundance of alpine flowers. At 693m, it's a great hike for novices and experts alike. 35 min MINISTOP Nobuko Osugi 20min Matsuno-dera 45min Junction 10min West 40min East 40min Observation 20min Junction 30min Nakayama Shrine 20min Temple 60min 14 15min Peak 30min Deck 15min 14 25min Temple Aonogo Station urahash Nishi Mitsumatsu **① Nelkayama Temple Ⅲ ○** ○ → Ocean view from Temple Gate Junction -0.8km 0 T 2 Aobayama Herbal Village 10min 15min Hanabanchi 1.2km 0.6km Takano • Kowada .... Junction JR Aonogo Station Akiokaya Old Pilgrimage Course (Approx. 1hr 20min one way) Nakayama Hiking Course (Approx. 3hrs one way) Tokuda Takeju 0 Aoba Shrine ■ Takahama coastline view 3 Observation Deck From start of From end of Forest Path 20min Ao-no-sato Vegetable stall (beside big Ash tree) **Old Pilgrimage Course** Wood Hill Golf Club Imadera • Junction Ą VIA Takano> 4 Horseback Ridge Time & Distance 20 min Zuikoji Temple JR Obama Line Kintsurugi Shrine Konpira Shrine Marional Highway No.27 6 Chain Ridge 10 Kumano Shrifne 7 Taicho's Cave Guidepost Fukui Prefecture Takahama Town Kemineril R Beech Fore Guidepost H Sugimori Shrine Western Peak 8 692m) Junction Kyoto Prefecture Maizuru City Koyasu-jizou (Guardian Diety of childbirth) \*(Opening hours may vary) o l Meisui Sugiyama Saibo Kumano Shrine 12 Osugi Shrine Matsuno-dera (Temple) ←JR Matsuno-dera Station 'Osugi no Shimizu' natural spring Convenience Store 200m O Photo Spot Japanese Sweets Sugiyama Carpark 👬 Toilet 🚻 Cafe

# Mt. Aoba Hiking Map

## 1 Nakayama Temple

Founded by Taicho Daishi at the request of Emperor Shomu in 736. The main hall which was built in the late Kamakura period, and the wooden statue of the Horse-headed Kannon which is only unveiled once every 33 years, are both important cultural assets of Japan.



## 2 Aobayama Herbal Village

Based at the foot of Mt. Aoba and surrounded by abundant nature, Aobayama Herbal Village is a healing space where one can learn about the world of medicinal plants. Offering herbal tea workshops and a cafe specializing in cuisine using medicinal plants.



# **3** Observation Deck

Take a breather and enjoy the beautiful view of Takahama's coastline.





# 4 Horseback Ridge

Cross over giant rocks and look out across Takahama and even as far as Maizuru Bay.





#### **5** Eastern Peak

Mt. Aoba's highest point, with benches and a rest space below the Shrine.





# **6** Chain Ridge

Along with Horseback Ridge, 'Chain Ridge' is one of the most challenging parts of the course. Enjoy the stunning views, but please take extra care when crossing this part.



#### **7** Taicho Daishi's Cave

through
Taicho's
cave, said to
have been
the training
ground of
this
renowned
Buddhist
monk.



## **8** Western Peak

Climb the giant rock behind the Shrine for a breathtaking panoramic view of Wakasa Bay's National Park, and on a clear day you can see as far as Cape Echizen and the Noto peninsula. The rest spot offers a sweeping view of Takahama.





### 9 Matsuno-dera Temple

Matsuno-dera is the 29th temple on the Saigoku 33 Kannon pilgrimage.

National treasures and many cultural assets tell of this temple's rich history, and it is also famous for its religious event "Hotoke Mai" which dates back to the Edo period and has been designated as an important intangible folk cultural property of Japan.



## **10** Kumano Shrine

Kumano Shrine is one of the entrances to Mt. Aoba's hiking course, and is noted for its two large ginkgo trees. The rice terraces and rural scenery of



Imadera village are also a must see.



### **Waminari** Rock



Kaminari is a huge rock of lava, with a stone guidepost on top of it. Erected in 1835, this guidepost reads "Right for Chikubu Island" "Left for Nakasendō", which is an old route connecting Kyoto and Tokyo. A small stone statue of Kobo Daishi is also enshrined on this rock.

# **12** Osugi Shrine

Known for its 800 year old Japanese Cedar tree and the pure spring water that gushes up beside it, this fresh water has been famous since the Edo period. Legend tells that long ago, a giant serpent who drank from the spring, received miraculous strength and wrapped itself around three cedar trees and made them into one big cedar. People still come from afar to draw water.



#### **Wakasa Takahama Tourism Association**

77-1-8 Miyazaki Takahama-Cho, Fukui Pref. 919-2225 JAPAN (Located inside Wakasa Takahama station) TEL +081-770-72-0338

E-Mail info@wakasa-takahama.jp

FAX +081-770-72-0774

website



