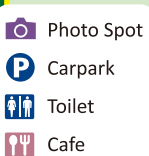


Mt. Aoba (nicknamed "Wakasa Fuji") offers breathtaking views and an abundance of alpine flowers. At 693m, it's a great hike for novices and experts alike.



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 4 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

Pass 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.



11 Kaminari 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.



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