

夏空の下で
楽しむ自然

山へ Mountain



脊振山

Mt. Sefuri

Mt. Sefuri, towering to a height of 1,055m at the southern end of Sawara Ward, has many natural attractions, including a forest of dawn redwood trees, and in July and August, visitors can enjoy okitsune-no-kamisori ("large fox razor") flowers. Hiking is also available, with a variety of courses to choose from.

脊振尾根歩きファミリーコース

起伏の少ない尾根沿いを歩きます。迷いやすい所や危険な場所も少ないため、初心者やファミリーにおすすめです。道中の「唐人の舞」は福岡市街から玄界灘までが一望できます。

Mt. Sefuri Ridge Walking Course for Families

This course follows along the mountain ridge, which has few ups and downs. It is recommended for beginners and families because it's easy to stay on the trail and there is not a very dangerous area. A waypoint along the trail called Tojin-no-Mai offers an unbroken view from Fukuoka City all the way to the Genkai Sea.

鬼ヶ鼻岩コース

初級・中級者の人におすすめです。鬼の鼻のように見える「鬼ヶ鼻岩」からの眺めは絶景で北側に早良の街が楽しめます。道中の天高くそびえ立っている林や足元を覆っているシダ類が、別世界にいるような気分にさせてくれます。

Onigahana-iwa Course

This course is recommended for beginners and intermediates. The view from Onigahana-iwa, a boulder that looks like a demon's nose, is picturesque, and visitors can enjoy the sight of the Sawara urban area to the north. The towering forests lining the trail and the ferns covering the ground give the impression of visiting another world.

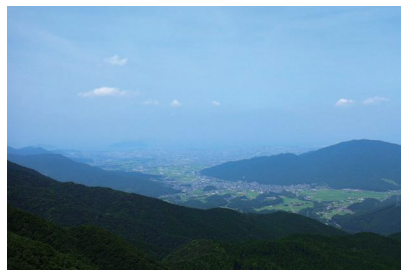
脊振山レスキューポイント

登山道にレスキューポイントを設置(コードを読み取ることで現在地が分かる地図が表示されます)。夜間にライトを当てるとポイントが光ります。緊急の際、ポイントに書かれたナンバーを「119番」へ伝えると迅速な救助につながります。

Mt. Sefuri Rescue Points

Rescue Points have been established along the mountain trail. (Scanning the codes provided at each Rescue Point will display a map showing your current location.) The Rescue Points are highly reflective when hit by light at night. In the event of an emergency, call 119 and convey the number displayed at the Rescue Point to the operator to request a speedy rescue.

問 早良区企画課 ☎833-4306 fax846-2864
Planning Section, Sawara Ward Office 833-4306



登山時の注意

Suggestions for
mountain hikes

体力、体調、登山の経験などに見合った山を選択し、明るいうちに下山できるよう余裕のある登山計画を立てましょう。

軽装は避け、脱ぎ着しやすいアウターや足を覆う服装で、登山靴は事前に慣らしましょう。予想外の事態も想定し、雨具や携行食、救急用品なども装備しましょう。

Select a mountain that matches your level of strength, physical condition, hiking experience, etc., and plan your hike so that you will have plenty of time to descend while it is still light out. Avoid light clothing. Wear overgarments that are easy to put on and take off, and wear clothing that covers your legs. Be sure to break in your hiking footwear in advance. In preparation for the unexpected, also be sure to bring rain gear, a packed meal, emergency supplies, etc.

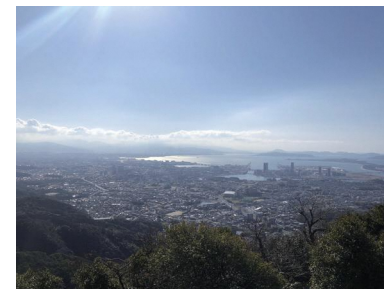
立花山・三日月山

Mt. Tachibana & Mt. Mikazuki

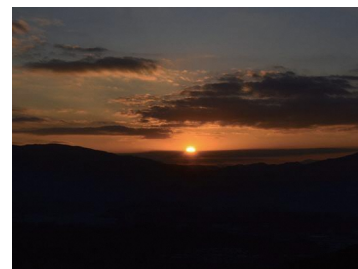
立花山 Mt. Tachibana

東区と糟屋郡新宮町、久山町の境にある標高367mの山です。立花城があった山頂付近には、当時の石垣が点在し、海の中道や博多湾、福岡市街を一望できます。

This 367m-tall mountain stands on the border between Higashi Ward and the towns Shingu and Hisayama in Kasuya District. Near the summit, where Tachibana Castle used to stand, stone walls from that time period can still be seen dotting the area, and the spot offers a view of the Umi-no-Nakami area, Hakata Bay and downtown Fukuoka City.



三日月山 Mt. Mikazuki



東区と糟屋郡久山町の境にある標高272mの山です。道のりが緩やかで手頃なハイキングコースとして親しまれています。山頂からほぼ360度見渡すことができ、明け方や夕方の景色もおすすめです。

This 272m-tall mountain stands on the border between Higashi Ward and Hisayama Town in Kasuya District. The hiking course follows a gentle route and is well-known for being easy. The summit offers a nearly 360-degree view of the surroundings, and the views at dawn and dusk are particularly recommended.

問 東区企画振興課 ☎645-1037 fax651-5097 Planning Promotion Section, Higashi Ward Office 645-1037

愛宕山

Mt. Atago



西区にある標高68mの小山で、シイやコナラなどの照葉樹林に覆われています。御神木のスダジイもあります。頂上には愛宕神社の本殿があり、福岡タワーや福岡PayPayドームなどが一望できます。

This 68m-tall mountain, located in Nishi Ward, is covered in laurel forests, including shii beech trees (Castanopsis) and konara oaks (Quercus serrata). There are Suda-jii trees as the goshinboku (sacred tree). The Main Hall of Atago Shrine is located at the summit, and visitors can see all the way to Fukuoka Tower and Fukuoka PayPay Dome.

愛宕神社 Atago Shrine



古い歴史をもつ神社で、日本三大愛宕として親しまれています。開運の破魔矢と熊手は特に名高く、桜と紅葉の名所としても知られ、縁結びのパワースポットで有名です。

This shrine has a long history and is considered one of the three main Atago Shrines in Japan. The good-luck charms available here – hamaya and kumade (ceremonial arrows and rakes that symbolize purging and cleansing evil) – are particularly well-known. The shrine precincts are considered a great place to view cherry blossoms and autumnal foliage, and are also thought to harbor powerful spiritual energy.

問 愛宕神社 ☎881-0103 fax883-9200
Atago Shrine 881-0103