

Mt. Takamine Flower Trekking

Mt. Takamine is one of Japan's Best 100 Mountains for Flowers, where you can enjoy alpine flowers in each season. A leisurely hike to the mountaintop takes one and a half hours. Enjoy spectacular views of Mt. Fuji and Yatsugatake Mountains from the ridgeway. Mt. Takamine is recommended for beginning trekkers and children.

July: *Leontopodium japonicum*, *Adenophora nikoensis*

August: *Scabiosa japonica*, *Solidago virga-aurea* var. *asiatica*

September: *Gentiana scabra* var. *buergeri*, *Patrinia triloba* var. *triloba*

October: Fall foliage of Japanese larch trees



Season	Mid-May~early November 9:00~11:30am, 1:00~3:30pm (tentative)
Location	Takamine Highlands Visitor Center (Takamine Highlands, Komoro City)
Fee	2,500 yen for adult, 1,500 yen for child
Contact	Mt. Asama International Nature School TEL: +81-267-23-3124
Website	http://npo-asama.jp/top.html (Japanese)
Access	By express bus: 4 hours from Shinjuku, Tokyo By local bus: App. 45 minutes from Komoro Station By taxi: App. 40 minutes from Komoro Station
Available Language	English