

Precautions When Climbing Mt. Unzen Volcanoes

1. Important Points for Your Safety

- Be in good condition and have a plan with lots of leeway.
- Bring emergency food and equipment such as an emergency blanket just in case.

2. Equipment and mountain-climbing experience

- Climbers should wear trekking shoes or mountain-climbing boots
- In winter, climbers need to have equipment such as climbing irons, etc.
- People climbing in winter need to have suitable experience in mountain-climbing.

3. Consideration of impact on the environment

- The climbing route of Unzen-Amakusa National Park is designated a Special Protection Area. Do not collect, capture or injure plants, animals, insects, soil or stones. Do not bring any foreign plants or living creatures into the park.
- Do not venture away from the climbing route. Not only may you damage the vegetation, but there is a danger of falling into rock crevices.
- The Climbing route is also habitats for birds. Please don't make any loud noises.
- Park visitors who do not obey rules shall be punished.

4. Climbing etiquette

- Do not damage facilities for mountain-climbers.
- Those climbing have right of way.
- Be aware that you must take your rubbish back with you, out of the park.