

Preparation for hiking Mt. Adatara



Numanodaira crater

Mt. Adatara is an active volcano continuously monitored and observed by the Japan Meteorological Agency.

As there is a possibility of sudden eruption, when you hike the mountain or visit it for sightseeing, make sure you are adequately prepared in case of an eruption.

Mt. Adatara

Elevation of 1699.7 m. One of Fukushima Prefecture's most famous peaks and selected as one of Japan's most famous 100 mountains. There are seven main trailheads, and you can enjoy different scenery on each of the courses. There is a record of it erupting in the Meiji era.

Preparation before hiking

Step 1 Obtain information about the mountain you intend to hike beforehand.

! You can obtain volcanic information from the Japan Meteorological Agency's homepage.



Check the following items

- *The latest volcanic information
- *Current alert items, etc.
- *Volcanic alert level



Japan Meteorological Agency homepage

<https://www.data.jma.go.jp/multi/index.html?lang=en>

Step 2 Equipment and carry-along items when mountain hiking

- ***Towel and mask**
(to prevent inhaling volcanic ash or gases)
- ***Head lamp and flashlight**
(to aid vision when ash is falling)
- ***Large backpack and helmet**
(to protect yourself from volcanic debris)
- ***Mobile phone and portable radio**
(to acquire information in an emergency)
- ***Emergency food and drinking water**
(to prepare for evacuation)



Step 3 Submit your hiking notification (hike plan).

The hiking notification form is used for rescue activities in the event you get lost or are affected by a volcanic disaster. Please fill in a hiking notification form as an important matter or hiking etiquette. Please submit your hiking notification at least 10 days prior to the day you plan on hiking the mountain. In addition to telling your family of your hike plan, please submit a hiking form in the box at the trailhead.

Fukushima Prefectural Police Headquarters
http://www.police.pref.fukushima.jp/07.anzen/-sangaku/-sounan/sangaku_todoke.html



A hiking notification form can be submitted in the following ways.

Post / Fax

Patrol and General Operation Division, Community Police Affairs Department, Fukushima Prefectural Police Headquarters
5-75 Sugitsuma-cho, Fukushima City 960-8686
Fax: +81-24-521-6480

*Download the hiking notification form from the homepage.

E-mail (online)

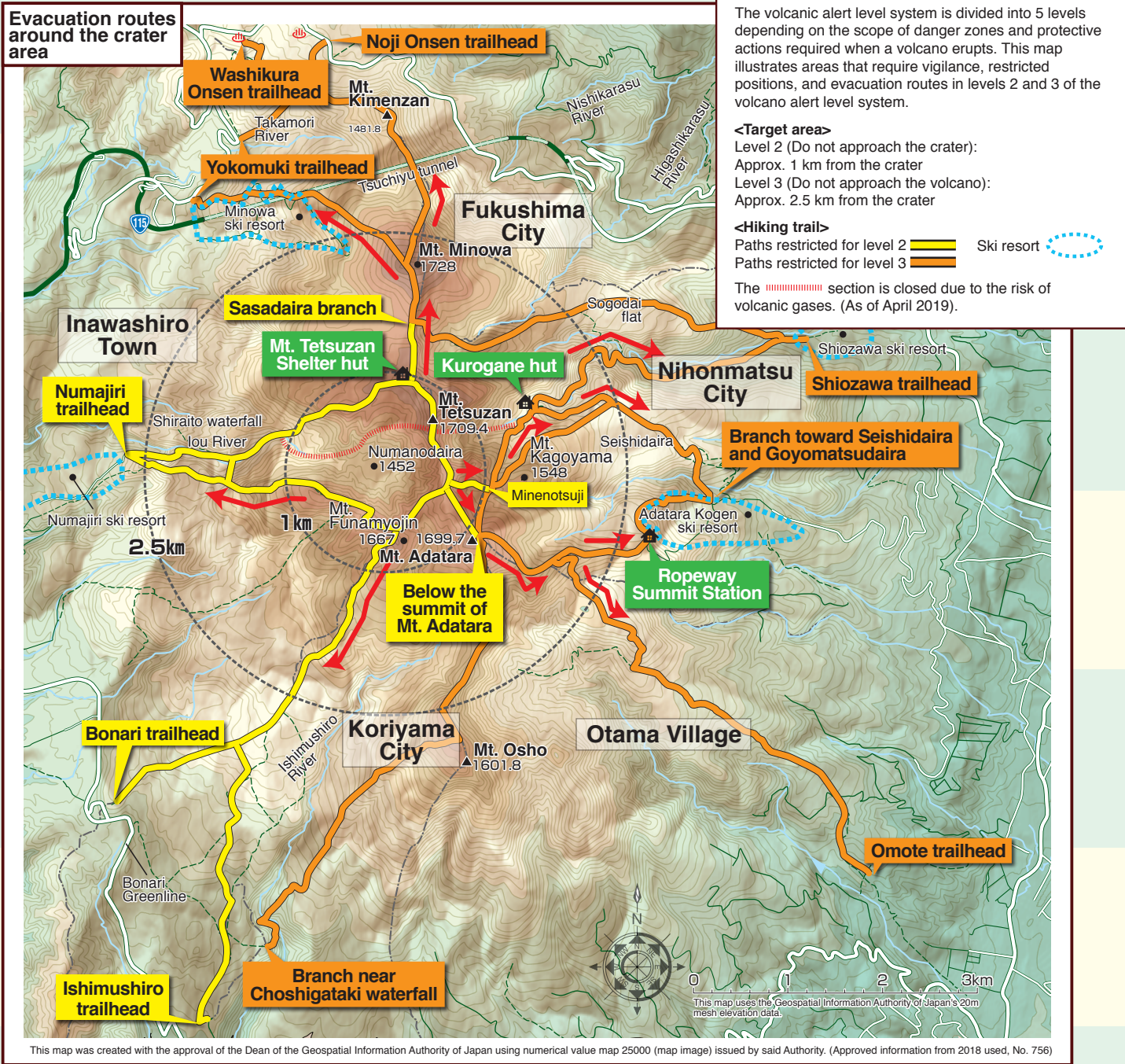
You can send an e-mail via a mail software in the web site of "Hiking notification submission", Fukushima Prefectural Police Headquarters.

Mountain and nature network "Compass"

You can use "Compass" to submit an online hiking notification form.

<https://www.mt-compass.com>





What to be mindful of while hiking

- *Be mindful of the area around the crater.
- *Be aware of the location of the crater and wind direction.
- *Pay attention to information coming in on your mobile phone and portable radio while hiking.
- *Do not get close to fumaroles or depressions or valleys where volcanic gases can easily accumulate.
- *If you discover any abnormal phenomena (such as fumes, odors, fissures, earthquakes, etc.), hiking down to a safe elevation and alert the local municipalities, police and meteorological observatory.



If there is an eruption while hiking

- *Confirm where the eruption has occurred and immediately evacuate in a direction away from the crater.
- *Use your backpack and helmet to protect yourself from volcanic projectiles and ash and take temporary shelter in a mountain hub or behind rocks.
- *Cover your mouth and nose with a mask or wet towel to prevent inhaling volcanic ash or gas.



Contact list/ Mt. Adatara Volcanic Disaster Management Council

Nihonmatsu City Hall Consumer and Environmental Protection Division
Phone no. 0243-55-5102

Fukushima Prefectural Government Disaster Prevention Division
Phone no. 024-521-7194

Motomiya City Hall Disaster Prevention Division
Phone no. 0243-24-5365

Fukushima City Hall Crisis Management Office
Phone no. 024-525-3793

Otama Village Hall Citizens' Affairs Division
Phone no. 0243-24-8091

Koriyama City Hall Disaster and Crisis Management Office
Phone no. 024-924-2161

Inawashiro Town Hall General Affairs Section
Phone no. 0242-62-2111