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.

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.

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

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.

Mt. Adatara Volcanic Disaster Management Council
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.