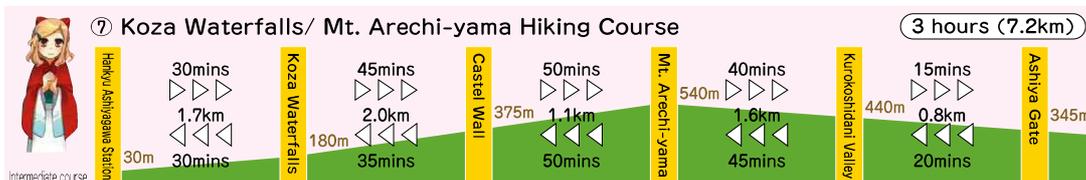
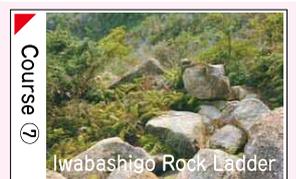
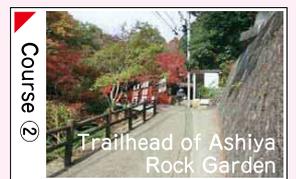
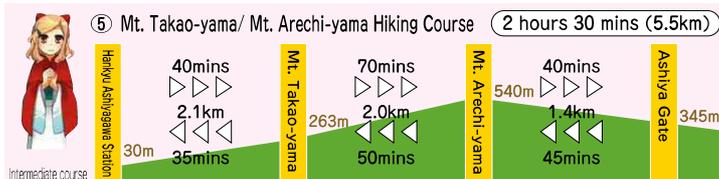
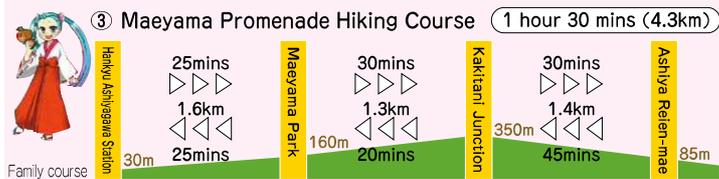
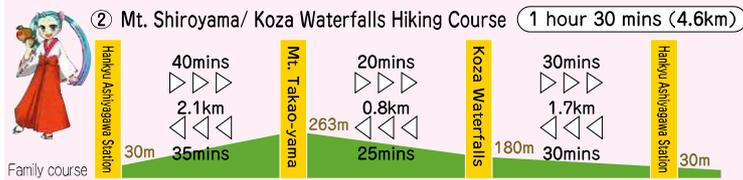
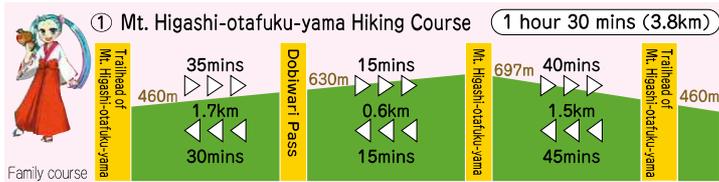


ASHIYA CITY GUIDE MAP

Take a saunter in relaxing forests in Mt. Rokko.



*Hiking time is based on the walking speed of the average adult man.

©Naomi Akamoto/Gakuso

Warnings for hiking

- About Mountain Fire Prevention
Take considerable care not to start mountain fires. Mountain fire are preventable with your attention. Pay close attention to fire during your hike.
- About Garbage
Garbage destroys nature. **PLEASE take all your garbage back home.**
- About Wild Animals
Feeding wild animals strongly influences the ecosystem. **PLEASE DO NOT feed.**
- Mountain Preservation
DO NOT pluck or break natural flowers or branches.

Hiking First Aid

Bruise/ Sprain/ Fracture

For bruises, sprains and fractures, support your injured limb to ease the pain and prevent aggravation.

If fractured, support your broken area and hold it steady.

■ Signs and symptoms of fracture

Severe pain, swelling, deformity, exposed bone, etc.

■ How to treat

- ① Make sure which part of the body you feel pain.
- ② Make sure whether the painful part is bleeding.
- ③ Prepare something which works as a splint to support your fractured area.
- ④ Put the splint along the injured part of the body to support.

Hemostasis (Stop bleeding)

■ Direct pressure hemostasis

How to stop bleeding by direct pressure.

Wear vinyl or rubber gloves so as not to touch the wounds directly to prevent infection.

■ The tourniquet method

This is a futher step when the bleeding doesn't stop by direct pressure hemostasis.

- ① Use a tourniquet wider than 3cm.
- ② Tighten the affected part of the body closer to the heart until the bleeding stops.
- ③ Record the time you begin arresting hemorrhage.
- ④ Loosen the tourniquet once every 30 min. to circulate the blood.
- ⑤ Tighten again if still bleeding.

Tourist information and guide of Ashiya city

Ashiya Tourism Association
Homepage
Mail address

tel 0797-38-2033
http://www.city.ashiya.lg.jp/
info@city.ashiya.hyogo.jp

Tourist information and guide of surrounding cities

Nishinomiya Tourism Association
Kobe City General Information Center

tel 0798-35-3321
tel 078-322-0220



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5-10 Kimmitsu-cho, Ashiya City
Ashiya Citizens' Livelihood Dept. Economics Section

The map is published by "The FY2011 Fund for Emergency Job Opportunity Creation Projects".

ASHIYA CITY GUIDE MAP

Take a saunter in relaxing forests in Mt. Rokko.



Legend

- 1 Mt. Higashi Otafuku-yama hiking course
- 2 Shiroyama/ Koza Waterfalls hiking course
- 3 Maeyama promenade hiking course
- 4 Kakitani Valley hiking course
- 5 Mt. Takao-yama/ Mt. Arechi-yama hiking course
- 6 Rokurokuso/ Mt. Gorogoro-dake hiking course
- 7 Koza Waterfalls/ Mt. Arechi-yama hiking course
- 8 Kazafuki-iwa Rock/ Ishi-no-Houden Shrine hiking course
- View Point
- Public Lavatory

Tips for Clothing & Equipment

- Hat, Globe, Sunglasses, Long-sleeved T-shirt and Long pants.**
- There is a plenty of Bamboo grass on hiking courses. You sometimes need to slash through them to step forward. So it is most preferable to wear a long-sleeved shirt and long pants to prevent cuts by grass and insect bites.
- Hiking boots or Trekking shoes**
- Choose light ones that can keep your ankle firmly and are water proof. Be careful of injuries such as sprains during descending a mountain.
- Essential Contents in your Backpack**
1. Rainwear
 2. Water & Hot drinks
 3. Sweater or Fleece Jumper
 4. Extra Shirts and Socks
Keep them in a plastic bag not to get wet.
 5. Toilet paper & Plastic bags
Put wastes in a plastic bag.
 6. Snack rations.
 7. Anti-UV sunglasses
Protect your eyes from UV light.
 8. Hiking stick
Length adjustable one is useful.
 9. Headlight
It is a must item for hiking.
 10. Garbage bag
Take care of the environment of mountains.



Emba Museum of Modern Chinese Art
The museum was established in 1980 to promote a friendship between Japan and China and Art and cultural scene. Porcelain, embroideries, paintings and artifacts from the periods of Mid-Qing Dynasty to contemporary all collected by Tojiro Ueno, the founder of the Japan-Emba Corporation.



Okuike Pond
Okuike Pond was made by Anji Sarumaru in the Edo Era as a reservoir to rescue residents from drought. It is marvelous when the sceneries of sky and mountains melt into the clear water of the pond.



Koza Waterfalls/ Relief of Kyuzo Fujiki
The Koza Waterfalls are a pair of 10-meter high falls. There is a relief of the climber Kyuzo Fujiki to the left of the waterfall rocks. Kyuzo Fujiki is known as the pioneer of Modern climbing technology and the one who gave Ashiya Rock Garden its name.



Egenoyama Ruins
The Egenoyama Ruins were unearthed in 1954. Vestiges of ancient residences, graves, ritual places and so on from the Yayoi Era of approximately 2000 years ago were found here. Some of the artifacts are now on display in the Ashiya City Museum of Art and History. The Egenoyama Ruins have been developed as an archaeological park. Designated as one of the national historic sites in 2011.