

A photograph of a mountain trail. In the foreground, three hikers with large backpacks are walking away from the camera on a rocky, gravelly path. The hiker on the left is wearing a blue jacket and a yellow helmet. The hiker in the middle is wearing a dark jacket and a red backpack. The hiker on the right is wearing an orange jacket. The background shows a valley with a river and steep, rocky mountains under a clear blue sky.

**自分の体力に  
見合った登山を!**

**50代以上の体力不足の  
山岳遭難多発!**

**神奈川県警察**