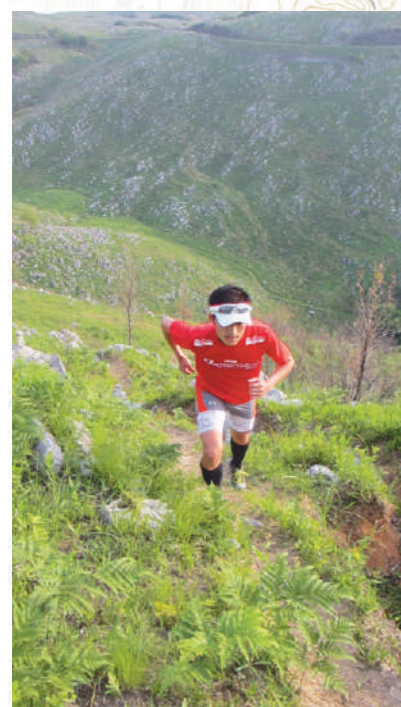


Akiyoshidai Trail Run Map

- Chojagamori P Course
- Karst Observatory Course
- Akiyoshidai Kazokuryoko-mura Course

※ You can enjoy the trail route shown as ●●●● on the map.
By linking each course you can plan your tailor-made courses.



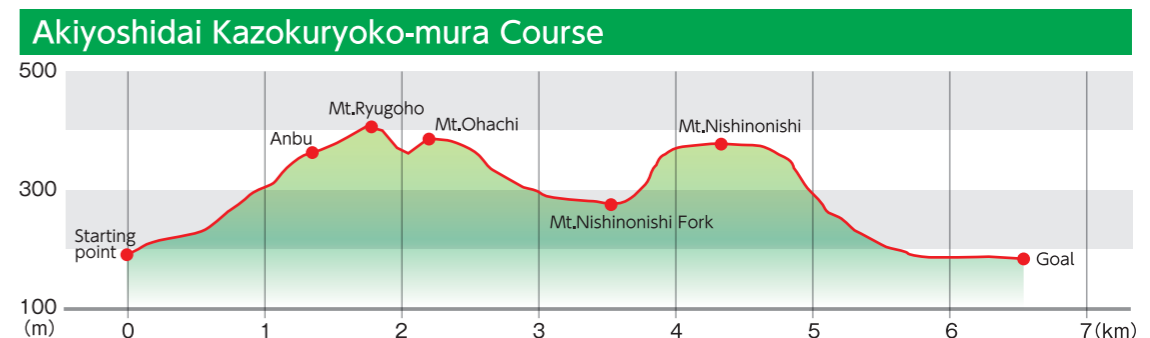
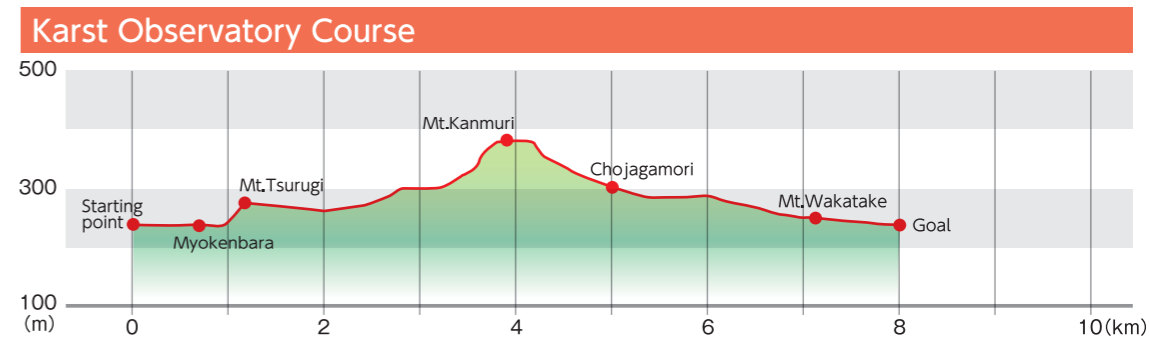
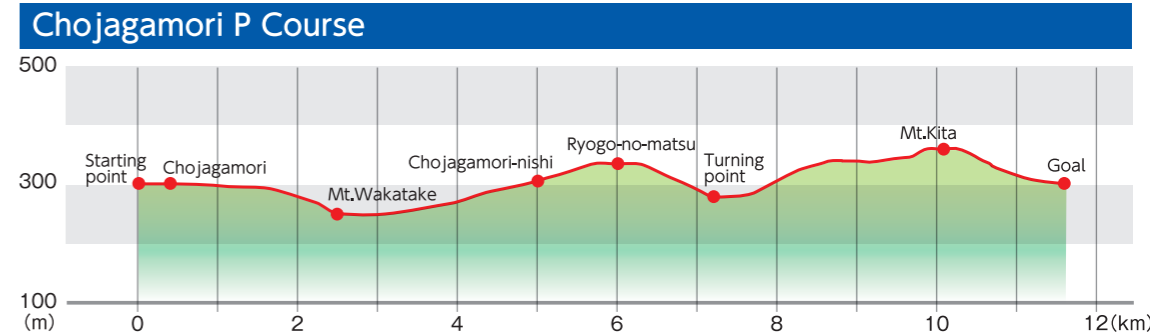
Chugoku Shizen-yuhodo: When grass grows the wide lawn promenade offers a great trail experience with its soft surface.

Route on Mt. Nishinonishi: Running up to the top of steep hill that seems to lead to the sky you'll encounter the superb view of Akiyoshidai.

Along Karst Road: The downward course. As the course makes your runs more enjoyable, it is the most suitable for runners who try trail run for the first time.



Elevation profile



When you sweat in Akiyoshidai

Akiyoshido Royal Hotel Shuhokan 1237-236 Akiyoshi, Shuho-cho, Mine city TEL.0837-62-0311 Day spa ¥500	Akiyoshi-dai Refresh Park 3108 Aka, Mito-cho, Mine city TEL.08396-2-2177 Kagekiyo Cave Tron Onsen ¥600
Akiyoshi-dai Kazokuryoko-mura 1237-553 Akiyoshi, Shuho-cho, Mine city TEL.0837-62-1110 Shower room ¥100/5min.	Tenjyukunomori Keigetsu 1071 Mana, Mito-cho, Mine city (Yunokuchi Hot Spring) TEL.083-965-0088 Day Spa Adults ¥1,000 Children ¥500

※Prices will be changed according to conditions and periods. Please make an inquiry in advance.

Foundation corporate judicial person Mine City Tourist Association promotes protection and utilization of the quasi-national park of Akiyoshidai.

- While enjoying trail running please watch your step and surroundings including limestone.
- Collecting animals, plants and stones are prohibited.
- Take your garbage home with you.

Be Akiyoshi-dai