



Nenouekogen Course map



JAPAN

JAPAN TRAIL RUN

Bike 12K
Long Distance 5 Laps
Full Distance 2 Laps
Duathlon 2Laps

Bike 5K
Light 2Laps
Light Duathlon 2Laps

Trail Run 16K
Trail Run 16K 1Lap
Trail Run Half Marathon 32K 2Laps

Run 8.5K
Long Distance 2Laps
Full Distance 1Lap
Duathlon 1Lap

Run 1K
Duathlon 1st Run 2Laps
Light Duathlon 1st Run 1Lap
Light 4Laps
Light Duathlon 4Laps
Kids 2Laps

Trail Run 3K
Trail Run 3K 1Lap
Trail Run 6K 2Laps

根の上高原

根の上湖
Nenoueko Lake

Race venue/Transition
レース会場 / トランジション

Bike Kids 1K
Kids 4Laps

WE PLAY WE PROTECT

Arrows, Cautions, Course tape

BIKE (Blue arrow)
RUN (Red arrow)
TRAIL RUN (Orange arrow)

Start (S)
Finish (F)
Check Point (C)
Aid Station (A)
Caution (W)

SLOW DOWN
DANGER