

# 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.

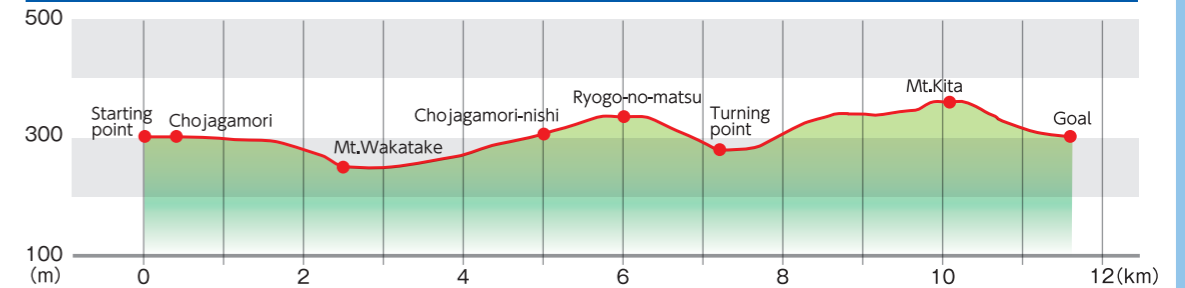
## Be Akiyoshi-dai

(Foundation corporate judicial person) Mine City Tourist Association [karusuto.com](http://karusuto.com)

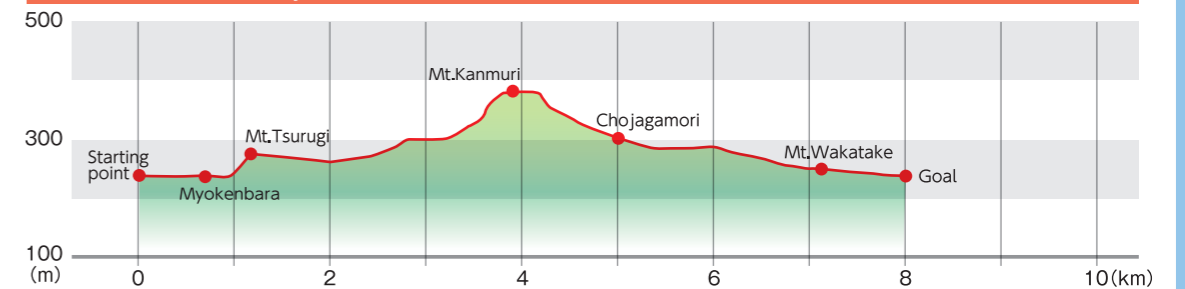


### Elevation profile

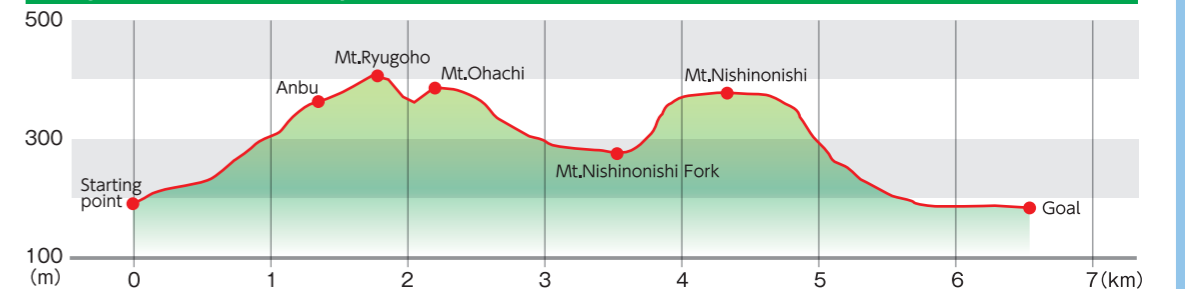
#### Chojagamori P Course



#### Karst Observatory Course



#### Akiyoshidai Kazokuryoko-mura Course



### 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 Kazokuryoko-mura

1237-553 Akiyoshi, Shuho-cho, Mine city  
TEL.0837-62-1110

Shower room ..... ¥100/5min.

#### Akiyoshi-dai Refresh Park

3108 Aka, Mito-cho, Mine city  
TEL.08396-2-2177

Kagekiyo Cave Tron Onsen .... ¥600

#### 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.