

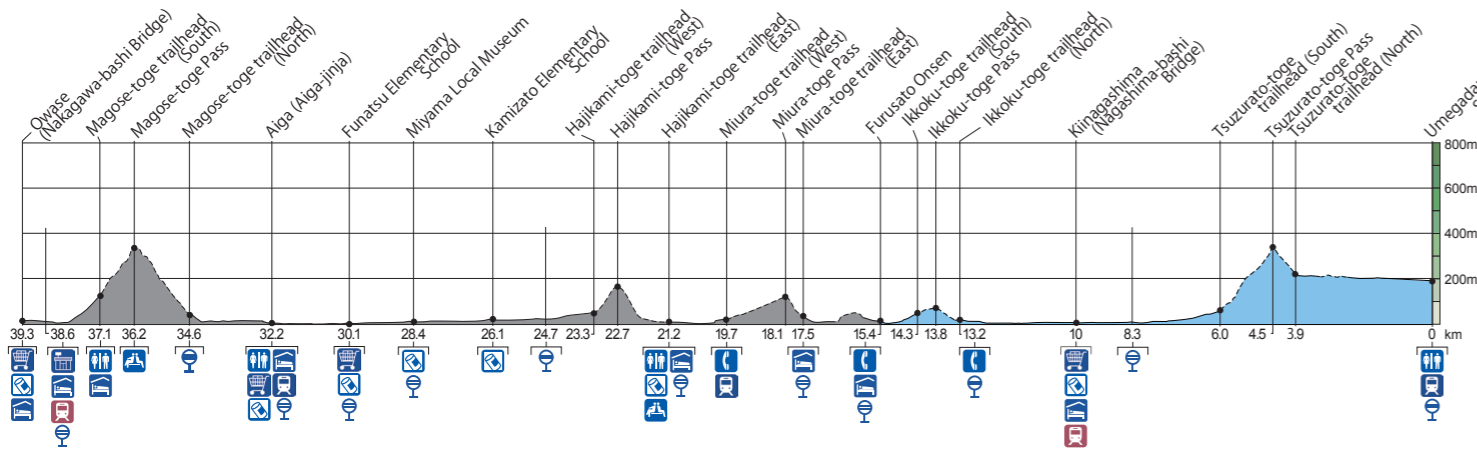
Furusato Onsen~Umegadani

古里温泉~梅ヶ谷



Distance (km) : ~16
 Time (hr) : 4.5~6
 Total Elevation Gain (m) : ~290
 Total Elevation Loss (m) : ~510

----- Unpaved trail
 ——— Paved trail



Nisaka-toge Pass 荷坂峠

Distance (km) : ~9
 Time (hr) : 2.5~3.5
 Total Elevation Gain (m) : ~70
 Total Elevation Loss (m) : ~270

