

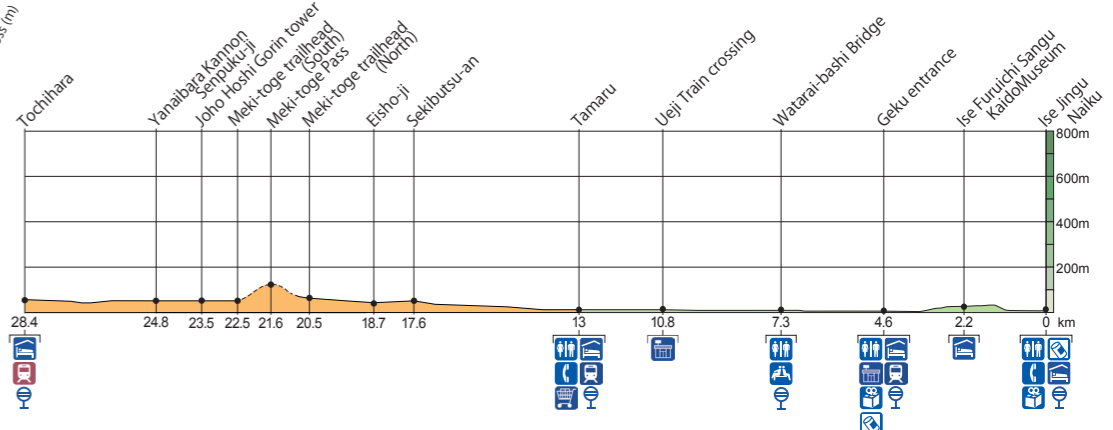
Overview



Tochihara~Tamaru

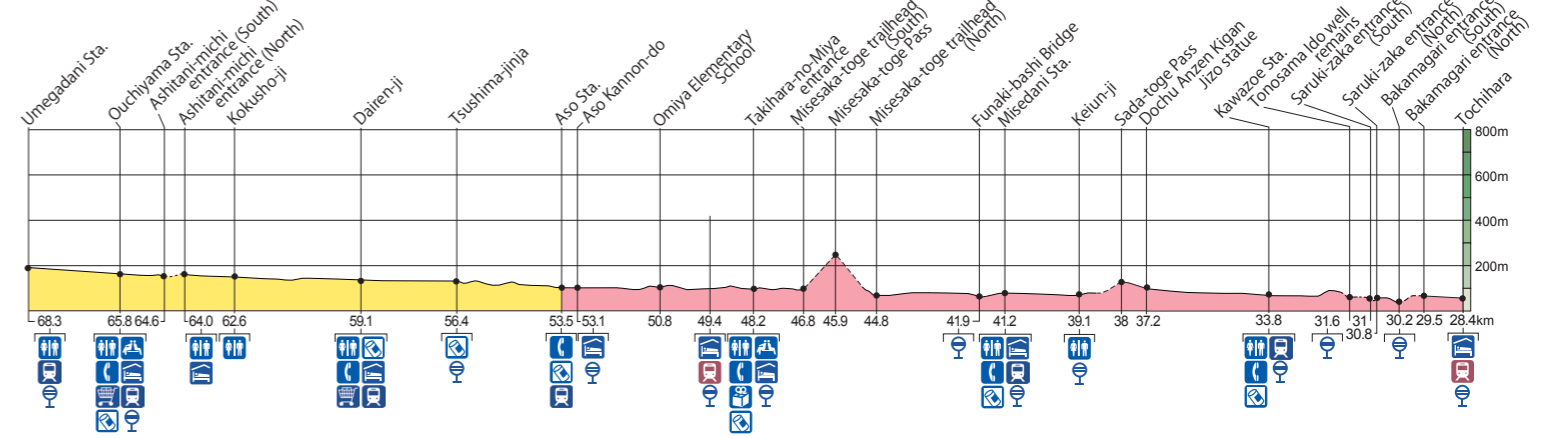
Tamaru~Ise Jingu Naiku

	Distance (km)	Time (hr)	Total Elevation Gain (m)	Total Elevation Loss (m)
Geku entrance ~ Ise Jingu Naiku	~5	1.5~2	~50	~70
Tochihara ~ Misedani Sta.	~13	3.5~4.5	~230	~200
Misedani Sta. ~ Aso Sta.	~13	4~5	~290	~280
Misedani Sta. ~ Dairen-ji	~19	5.5~7	~360	~320
Aso Sta. ~ Furusato Onsen	~31	8.5~11	~460	~610
Dairen-ji ~ Ouchiyama Sta.	~7	1.5~2	~70	~50
Ouchiyama Sta. ~ Furusato Onsen	~18	5.5~7	~320	~510

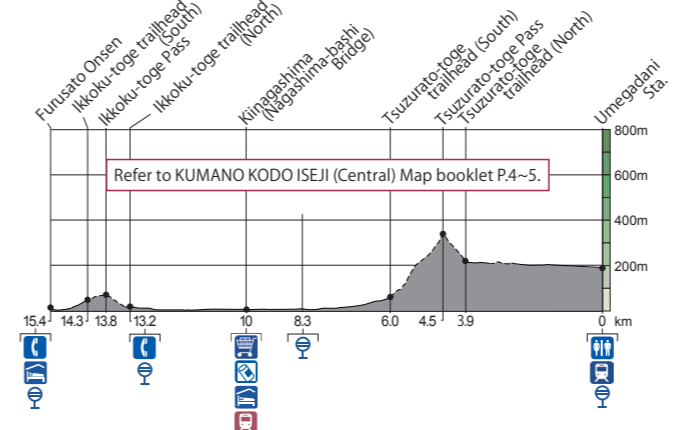


Umegadani~Aso

Aso~Tochihara



Furusato Onsen~Umegadani



	Distance (km)	Time (hr)	Total Elevation Gain (m)	Total Elevation Loss (m)	
Tamaru ~ Ise Jingu Naiku	~13	3~4	~130	~120	P.6~7
Tochihara ~ Tamaru	~16	4~5	~210	~180	P.8~11
Aso ~ Tochihara	~26	5.5~7	~510	~480	P.10~13
Umegadani ~ Aso	~21	5~7	~250	~170	P.14~15
Furusato Onsen ~ Umegadani	~16	4.5~6	~290	~510	Central P.4~5

----- Unpaved trail
 ——— Paved trail