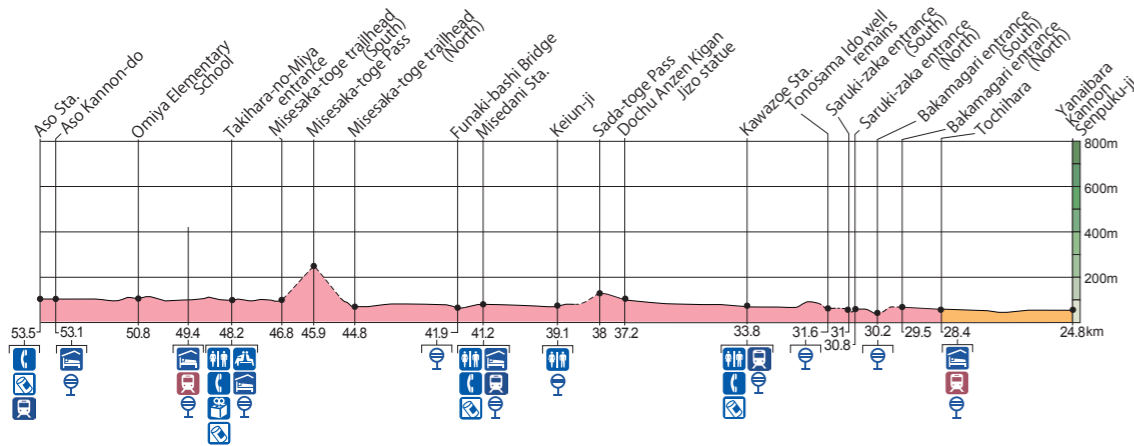


# Takana~Yanaibara

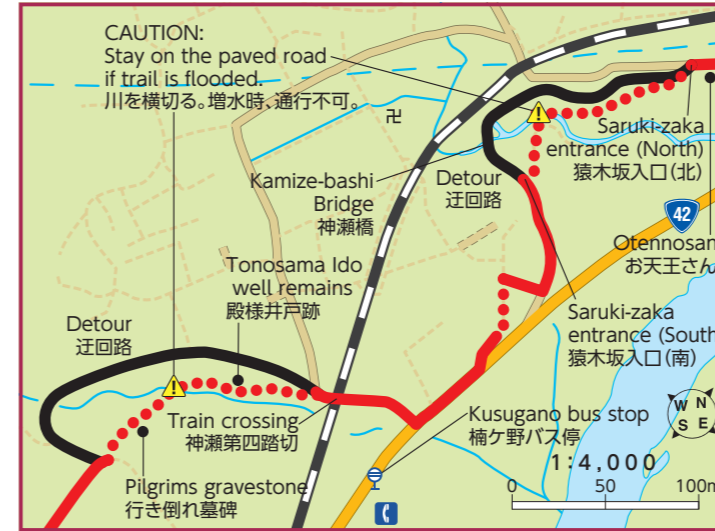
## 高奈~柳原



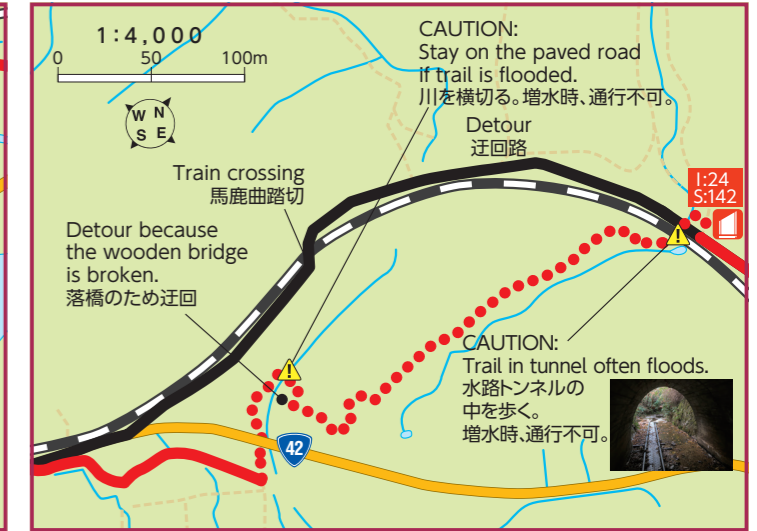
**Aso~Tochihara**  
 Distance (km) : ~26  
 Time (hr) : 5.5~7  
 Total Elevation Gain (m) : ~510  
 Total Elevation Loss (m) : ~480

----- Unpaved trail  
 ——— Paved trail

## Kamize



## Bakamagari



| Legend |  |  |  |
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