

# COURSE MAP

**100mile COURSE**  
**110km COURSE**

**100mile 69km CP2 Cut-off 9/22 7:30**

**SHIZEN-NO-IE**  
NATIONAL MYOKO YOUTH  
OUTDOOR LEARNING CENTER

**FULL**   
Pets(except service dogs)are not allowed.

**100mile 53km CP1 Cut-off 9/22 5:00**

**APA**  
APA RESORT JYOETSU MYOKO

**FULL**

**100mile 111km CP4 Cut-off 9/22 17:00**

**110km 60km CP4 Cut-off 9/22 17:00**

**SASAGAMINE**  
SASAGAMINE GREEN HOUSE

**FULL**

**HOKA Service Station**

**New-HALE Taping Care Station**

**SASAGAMINE AID  
SUB ASSISTANCE AREA**  
12:00 -18:00

**100mile 87km**

**IKENOTAIRA**  
IKENOTAIRA SPORT PARK

**FULL**

**100mile 83km**

**AKAIKE**

**FULL**

Mt.Myoko  
2454m

Myoko Kogen

Myoko Kogen IC

Mt.Hakama  
1135m

**100mile 19km**

**110km 19km**

**BANFF**

**FULL**

Madarao Kogen

Mt.Madarao  
1382m

**100mile 14km**

**110km 14km**

**ARASEBARA**

**WC**

**100mile START 9/21 18:30 START**

**110km START 9/21 5 :30 START**

**MADARAO KOGEN  
RESTAURANT HEIDI**

**100mile 121km**

**110km 70km**

**WEST TRAIL HEAD**

**WC**

Mt.Kurohime  
2053m

Kurohime Kogen

**100mile 99km CP3 Cut-off 9/22 14:00**

**110km 48km CP1 Cut-off 9/22 15:00**

**KUROHIME**

**FULL**

**New-HALE Taping Care Station**

**Palatinosa Palatinosa Station**

**Body Care Station**

**100mile 140km CP5 Cut-off 9/22 23:30**

**110km 89km CP3 Cut-off 9/22 23:30**

**TOGAKUSHI**  
TOGAKUSHI SKI AREA

**FULL**

**PETZL Headlamp Station**

**New-HALE Taping Care Station**

**Body Care Station**

**Special Coffee Station**

**100mile 127km**

**110km 76km**

**OHASHI**  
OHASHI FOREST ROAD

**FULL**

**patagonia Provisions Station**

Mt.Togakushi  
1904m

Togakushi Kogen

**100mile FINISH 163km Time Limit 9/23 3:30**

**110km FINISH 112km Time Limit 9/23 3:30**

**PLAZA AURORA**  
IIZUNA RESORT PLAZA AURORA

**100mile 151km**

**110km 100km**

**IIZUNA FOREST  
ROAD ENTRANCE**

**WC**

Mt.Menou  
1748m

Iizuna Kogen

Iizuna Higashi Kogen

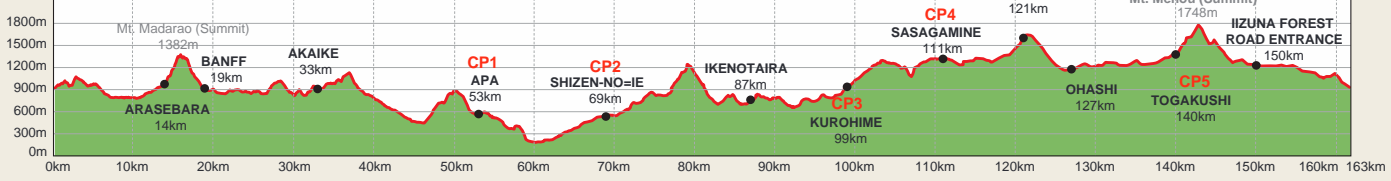
## MAP SIGN LIST

- Medical
- Water
- Food
- Drop Bag
- FULL** =
- Pacer Start
- Assistant Point
- Toilet
- Nap Area

**Course Preview Prohibited Area**

## 100mile Elevation Profile

Total Elevation Gain 7,100m / Trail Percentage: 90%



## 110km Elevation Profile

Total Elevation Gain 4,900m / Trail Percentage: 95%

