

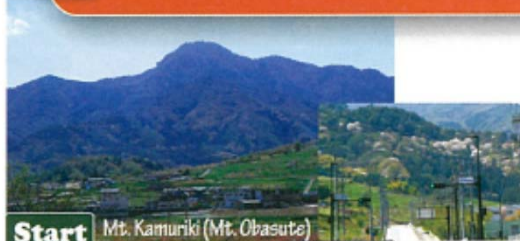
Ad-
vanced

Loop course around Mt. Obasute,
along the old Zenkoji Road, and
into the land of ancient legends.

Hill Climb



H Around the Mountain Course



Start Mt. Kamuriki (Mt. Obasute)

Kara-Koro Footbath wc

↓ 4min. **B-1** 0.9km 58kcal

Chikuma River Bike Path

↓ 20min. **A-3** 5.7km 294kcal

Heiwa Bridge (Turn left)

↓ 10min. **H-1** 1.3km 147kcal

Yawatamine Signal

start of 13km uphill

↓ 20min. **H-2** 2.0km 294kcal

Merge Rt. 403 **H-2**

★ Chikuma River Valley View Point Park

↑ Scenic Point 40 min. roundtrip

↓ Oike Pond option

90min. ★ Gazebo **H-3** 3.0km 294kcal

★ Lake Hijiril **H-4** 5.7km 220kcal

↓ 15min. **Downhil**

Omi Post Town Intersection **H-5**

★ Omi Post Town Site (Maruko-Shinshu Shinmachi Road)

↓ 8min. **H-6** 2.2km 117kcal

Chikuhoku Village Intersection

with sign for Kamiyamada

↓ 35min. **H-7** 4.4km 514kcal

Rt. 55 (Omachi - Omi IC - Togura Road)

Sakagami Tunnel **H-7** 8.5km 294kcal

↓ 20min. **Downhil**

★ Chishiki-ji Temple **C-3** 1.5km 73kcal

↓ 5min. **H-8**

Mezawa Bridge (Go straight)

10km from Sakagami Tunnel **H-7** 1.4km 88kcal

↓ 6min. **B-1**

Kara-Koro Footbath

Goal

H-1 Yawatamine Signal

Chikuma River Valley View Point Park



H-2



Scenic Point



H-3 Oike Pond



H-4 Lake Hijiril



H-5 Omi Post Town Site



H-7 Sakagami Tunnel

Time required to **H-8** **total**
02:30:00 3,239kcal
+tour and rest 40.8km