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# Trail Running in Japan

A new way to explore Kyoto or Tokyo



In recent years trail running has become increasingly popular.

With 70% of the country classified as mountainous terrain, Japan is the perfect trail running destination – beautiful sceneries, great food, historic temples and shrines, hot springs, and welcoming people.

Trail runners love the challenge of the mountain path, but we've designed running trails that deliver challenge at the level you want plus opportunities to learn the history and culture of the area, try local foods, and appreciate the environment we're running through.

There are fantastic trail running courses all across Japan, but we generally focus our trips either in the Kanto area (which covers Tokyo, Kamakura, Hakone, and the five lakes of Mount Fuji) or the Kansai area (which covers Osaka, Nara and Kyoto regions).

Both courses provide you beautiful scenery, rich history and culture, tasty local foods and hot springs. You can either take part in one tour or combine the two.



Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your Adventure, Expedition, or Event.

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## Detailed Itinerary – Kanto (Tokyo region)

### Day 1: Arrive Tokyo

Group meeting on the evening of day 1, followed by dinner.

### Day 2: Tokyo

We run around the Imperial Palace moat, the circuit of 5km, twice in the morning together, then continue to Hamarikyu garden, take water bus to Asakusa, where you can see the mix of modern and traditional part of Tokyo.

### Day 3: Kamakura

Leave in the early morning to Kamakura by local train. We are going to run two different courses today: Tenen course (6km) and Daibutsu/Kuzuharagaoka course (4.5km).

### Day 4: Hakone

Local train to Odawara. We visit Owakudani by bus, cable car, and ropeway. Hakone also offers various hiking / running courses as well as great hot springs and many museum.

### Day 5: Hakone

Big running day (3 ~ 4 hrs). We start to walk Mt. Kintoki and have breakfast at the top. The courses are up and down along the crest of 3 mountain tops (Mt. Kintoki, Mt. Nagao, & Mt. Marudake).

### Day 6: Fuji / Lake Kawaguchi

Bus to Lake Kawaguchi. You can either join your leader to do some activities such as hike near our accommodation, run along the Lake Kawaguchi (app. 23km flat course), or rent a bike.

### Day 7: Fuji / Lake Kawaguchi

15km ~ 20km running around Shoujinnko & Motosuko. About 80% of the course is surrounded by the beautiful virgin forest (1200 years old) in the Aokigahara extensive forest.

### Day 8:

Before heading back to Tokyo by bus, we run one of the most famous trail running courses in Japan (9.5km or 18km).

### Day 9:

Farewell!

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**Detailed Itinerary – Kansai (Kyoto region)**

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**Day 1 Arrive Osaka**

Group meeting on the evening of day 1, followed by dinner.

**Day 2 Osaka**

Today we are going to run along the Osaka castle moat, great place to start running on our tour.

**Day 3: Nara**

We travel from Osaka to Nara (2 train, app. 1hr). We run Kasugayama Virgin Forest (12km), then later we visit Todaiji temple and Yoshigi-en garden. Free time in the afternoon.

**Day 4: Asuka**

We take a local train to Tenri (15 mins), then we start to trace along the country's oldest transit route – Yamanobe Road (16km) – surrounded by the farms, rice paddies, & bamboo groves.

**Day 5: Asuka**

Free exploring day. Visit some seasonal places such as walking in Yoshino to see famous cherry blossom in spring, running through Diamond Trail (10 ~ 20km) with azalea in Mt. Katsuragi, or visiting some hot spring and beautiful gorge along the Mitarai Canyon trail in autumn.

**Day 6: Kyoto**

We will take 2 trains to Kyoto (app. 1.5 hrs). Surrounded by 4 different trail courses with over 70km total distances, Kyoto city attracts not only history and cultural sightseers, but also adventure seekers these days.

**Day 7: Kyoto**

We run either Mt. Daimonji course (app. 6km) or Mt. Hiei course (app. 8km).

**Day 8: Kyoto**

We cover the 10km Higashiyama trail course today, finishing by the heart of cultural center in Kyoto.

**Day 9: Kyoto**

Farewell!

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