



# Trail Running in Kyoto

## *Exploring the hills of Kansai*

### Kyoto Circuit Trail

Kyoto city nestles in a basin surrounded by several mountains, which are not too high and not too steep. There is a network mountain trails that enable us to tailor the route by length and intensity - all of which will enable us to admire some temples and shrines along the way.

#### **Option 1 - The Eastern Route**

- The Eastern route is about 15 km in length, starting at Fushimi-inari Taisha Shrine (3 stations south from JR Kyoto Station) and finishing at the foot of Mt. Hiei (on the Kyoto side of the border of Shiga Pref.). A lot of historical temples and shrines line this route.

#### **Option 2 - The Northern Route**

- The northern route, which totals about 35 km, is the longest trail route of all the others and is therefore divided into two parts: "the East-northern route", which starts at the foot of Mt. Hiei and finishes in the peaceful area of Ohara, and "the West-northern route", which finishes in the Kiyotaki area. Compared to the Eastern route, this route is surrounded by thick forests of Kitayama cedar, and so you will feel closer to nature.

#### **Option 3 - The Western Route**

- The Western route is better suited to hiking as there are a lot of opportunities to stop and enjoy the sights along these trails.
- The route will take us through Arashiyama and will finish in Kamikatsura.

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