

Hida Takayama Ultra Marathon



One of the toughest ultra marathon courses in Japan!

Run around "Takayama City", the largest city by area in Japan!

Admire the ancient history of Japan still alive today in Old Town Takayama, and enjoy the natural beauty of Mt. Norikura!

Special sensations and excitement that only those who participate in the race can experience!



Conquer the Ultra Marathon!

The best feature of the Hida Takayama Ultra Marathon is that it is one of the most challenging marathons in Japan.

The elevation difference of 800m and the cumulative elevation difference (the total of the elevation differences of the hills) of 2,707m are the most arduous in Japan. Enjoy the thrill of knowing that you conquered one of the toughest races in the country when you cross the finish line!

A historical legacy begins with the Hida Takayama Ultra Marathon!

Admire the view of Old Town, where the traditions of Japan are still alive amidst the natural beauty of Mt. Norikura.

Takayama City has preserved the atmosphere and feeling of both a castle town and a merchant town. It is a city in which the beauty and simplicity of Old Japan remains alive.

The course includes Old Town where the traditions of yesterday are still alive, Hida Takayama Ski Grounds from which you can look down upon a stunning natural landscape, and Senkoji Temple where the Mountain Buddhist ascetic practice is conveyed.

With Mt. Norikura as your backdrop, you'll never get tired of the views in this course.

Large in area, but quaint in atmosphere and design, experience Takayama and its many qualities firsthand.

Sport + Sightseeing, Summer hospitality

Because the city hosts approximately 4 million tourists every year from all over the country, it has many comfortable accommodation facilities. The region is already famous for its Hida Takayama Festival, one of the three most beautiful festivals in Japan, but now locals are adding a new dimension to their hospitality in opening up the city for a new sporting adventure.

We will strive to make sure that runners, administration staff, sponsors, and all other race participants experience the true essence of the Ultra Marathon.

Runner evaluation score of 92.4

The 2012 Ultra Marathon report showed that the runners evaluated it with an overall score of 92.4, even though it was the very first Ultra Marathon.

The runners particularly enjoyed the instruction and guidance they were provided. Other positives were the facilities and the easy access.

The enthusiastic roadside cheering is also a highlight of this event.

Surely Takayama's heart of hospitality reached the runners.

3rd Takayama Ultra Marathon (Draft)

① Date	Sunday, June 8, 2014 ※Saturday, June 7: Entry applications and information session
② Events	100km Section 72km Section
③ Host	Hida Takayama Ultra Marathon Executive Committee
④ Participant Limit	100km Section 72km Section Total of approximately 2,500 runners
⑤ Entry Fee	100km Section: 16,000 yen 72km Section: 12,000 yen
⑥ Entry Criteria	Participants must be healthy and 18 years of age or older on June 8th. Participants must have prior experience completing a full marathon.
⑦ Course	Start: Takayama City Hall Course: Old Private Houses→Bijo Kougen Heights→Hida Takayama Ski Ground→Senkoji Temple, etc. Goal: Kokufu Fukushi-no-sato

Course high-low map

