

## 7th Hida Takayama Ultramarathon Aid Station List

No.	Cut-off time (start group order)			medical	Location ※1	Distance		Sparkling water	fruit	food	specialty products	Turnips water	My cup My Bottle
	100km ①	100km ②	71km ③			100km	71km						
Start	4:45	5:00	5:15	●	Hida Takayama Big Arena	0.0	0.0		●	●	●		●
1					Takayama Shinyokinko Sanpukuji Branch	5.9	5.9			●			
2					Shioya Community Center	10.5	10.5			●			
3					Bijo Kogen	16.7	16.7		●	●	●		
4	8:00	8:15	8:40	●	Michino-eki Hida Asahi Village	21.8	21.8		●	●	●		●
5					Kamiaoya Community Center	25.2	25.2		●	●			
6					Kakureha Campground	29.5	29.5		●	●	●	●	
7					Dayoshi Forest Way Ridge	33.0	33.0			●			
8	10:40	10:55	11:30	●	Hida Takayama Ski Resort	39.2	39.2	●	●	●	●	●	●
9					Prefectural Road vacant lot	44.8	44.8			●			
10					Iwataki Community Center	49.5	49.5		●		●	●	
11					Agricultural Service Road vacant lot (Orano Danchi)	52.4	52.4			●			
12	12:45	13:00	14:10	●	Nyukawa Branch	57.2	57.2	●	●	●	◎ ※2	●	●
13					Nibari Community Center		61.7			●		●	
14					Senkoji	61.9			●		●	●	
15					End of Shimogashiwa Forest Way	65.8				●	●		
16					Miyaji Community Center	69.2				●		●	
17	15:05	15:20		●	Kokufu B&G Marine Center	74.1		●	●	●	●	●	●
18					Murayama Community Center	77.9						●	
19					Shimokiri Community Center		65.8			●		●	
20					In front of Green Pharmacy	82.8	68.3		●	●		●	
21					Yokamachi Fresh Vegetables Sales Office	87.4				●	●	●	
22					Vacant lot near Mechatronics Takayama Mega Solar Park	91.0				●			
23	17:45	18:00		●	Public Records Office	93.3		●	●	●	●	●	●
24					Yokamachi vacant lot	96.0			●	●		●	
finish	18:45	19:00	16:15		Hida Takayama Big Arena	100.0	71.0		●	●	●		

※1 Aid station locations and provisions are subject to change without notice.

※2 ◎ mark indicates an aid station at which grilled Hida beef will be available.

※3 ◎ All aid stations provide water ,isotonic drink pickled plums,salt

※4 ◎ Toilet is available at every aid station please use in good manners