

志賀高原 100



2A : RYUOO 32km
Elevation 845m
Time Limits 12:30
(Sand a half hours)

vending machine • toilet

1A : OKUSHIGA 12km
Elevation 1490m
Time Limits 14:00
(4hours)

3A : OKUSHIGA 46km
Elevation 1490m
Time Limits 16:00
(9hours)

1A : Forest road entrance 14km
Elevation 1345m

START/FINISH (ICHINOSE PARKING)

55km
START 7:00
FINISH Time Limits
18:00 (11hours)

21km
START 10:00
FINISH Time Limits
16:00 (6hours)

55km / Elevation gain 2000m

2025.7.5(7:00)-(18:00)
55km Route Directions

21km / Elevation gain 650m

2025.7.5(10:00)-(16:00)
21km Route Directions