

Physical standard

Expected physical level			Estimated course difficulty		
			Distance	Tour duration	others
R u n n i n g	Advanced	Having a habit of running	Over 10km	Over 4hr	The course might include long, steep parts.
	Inter- mediate	Having confidence in exercising	7~10km	2~4hr	The course might include steep parts.
	Beginner	Preferring to exercise	3~7km	1~2hr	The course might include steep parts.
	Intro- ductory	Hardly exercising in dairy life	3km below	1~2hr	We move with running and walking.
W a l k i n g	Long	O v e r 3 h r			
	Short	U n d e r 3 h r			

○A support car will accompany the tour. If you find it difficult to continue running or walking during the tour, you can get in the support car.