

Ogiura District Course 1

Highlight | Ogiura Beach



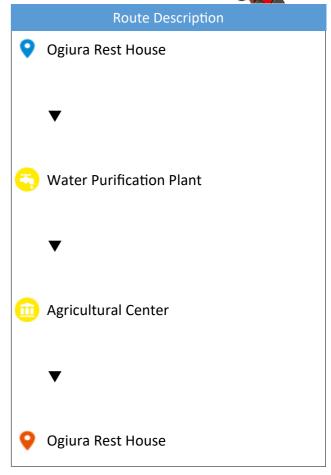
Q Route Description

This is a course that climbs the slope from Ogiura Rest House towards Susaki, passes the water purification plant, and comes back via the Agricultural Center. It has slopes with a height difference of approximately 60 meters and offers good training, although the entire course is comparatively short. The course is surrounded by mountains and is in a quiet environment with many trees, so you might be able to take a relaxing walk.



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walking 10 min.=30kcal, one step=70cm.