

**Fukushima Course 1:** approx. 70 km, 70,000 participants

**Starting Point: J-Village South Gate, Naraha** → southward on Route 6 → Hisanohamamachi Suetsugi → passing through 4 tunnels on Route 6 → Hattachi Kaigan → Kaniarai Hot Spring → Yotsukura Fishing Port → Yotsukura New Port → on Prefectural Road 382 → Shinmaiko Kaigan → Shoyazaki Lighthouse (Toyoma Fishing Port) → Kasso Cape → Ena on Local Road 15 → Ryugasaki → Misaki Park → Onahama Port (Aqua Marine/Lalamew) → Minato Sports Park → Terushima on Prefectural Road 239 → Ryugu Cape → Nakoso Thermal Power Plant on Route 6 → Nakoso Fishing Port → **Goal: Nakoso no Seki Park**

**Fukushima Course 2:** approx. 50 km, 50,000 participants

**Starting Point: Kaihama, Haramachi-district, Minami Soma** → northward on Prefectural Road 260 → northward on 74 passing by Haramachi Thermal Power Plant → Migitahama, Kashima-district → Kabaniwa Hot Spring → Isobe → Iwanoko → along the shoreline → Matsukawaura Fishing Port → Soma Thermal Power Plant → Shinchi → **Goal: Tsurushihama**

\*Please note that changes may occur due to the road conditions.