

Let's make your favorite running course!



Let's make a loop course that you can readily run around. Making a 1-2km loop course brings you to the starting point, so you don't have to worry. By regularly running along your favorite course, you can not only feel the change of the seasons but also you can easily recognize your improved running skills.

Running together with friends, your family and running enthusiasts is different from running alone, another appeal of running. Try to look for local races and events, and join them.



After you are getting accustomed to your run, try adding run ups and downs as a part of your course. Unpaved roads in parks and banks are proper for your training. Uneven grounds like cross-country skiing courses give less damage to your legs compared to asphalt roads, so they are suitable for your recovery run or long run.

Actually, You can run after it snows!

Is it difficult to run after it snows even when I have started running...? Not at all! It's effective to run along unstable snowy roads for your core training. Run with shorter strides than summer ones to prevent falling down.

Let's run during winter!

Recommendation: running wear made of breathable materials, cross-country skiing wear

You can run with summer shoes! If you have shoes with deep grooves or water-proof specification, you can run more safely.



Don't forget to wear a knit cap or a neck warmer to keep warm.



You can come empty-handed and run right away. Whether traveling, on business, or after work, because of its easy access.

Machi RUN Nakajima Park

It takes 5 minutes from Horohira Bashi Subway Station on the Namboku Line to get to the Nakajima Athletic Center which is popular among Sapporo citizens. "Machi RUN Nakajima Park" is set up at Nakajima Athletic Center for people who aim to do running or walking. Private lockers and showers are available.

Lockers and showers are fully equipped within this facility. A paid shoe rental and clothing service are available. So, you can run whenever you want.

Enjoy beautiful scenery while you are running, or run from the river bank of the Toyohira River to Makomanai Park to refresh yourself. Do training for a marathon race, and so on. It's up to you how to enjoy Machi RUN Nakajima Park.

■Business hours
9:00 ~ 21:00
(Last reception time 20:00)

■Regular days off
The 4th Monday of the month/the Year-End and New Year holidays

■Fee for using the facility
500 JPY (tax included)

■A book of 6 tickets
2,500 JPN (tax included)

■Fee for using the facility allows you to use as follows
private lockers, a changing room, showers, amenity goods and a face towel

Amenity Goods

Amenity goods
shampoo
conditioner
body soap
face towel

■Address
1-5 Nakajima Park Chuo-ku Sapporo

■Contact
Nakajima Athletic Center
Tel. +81-11-530-5906

■Access
Subway Namboku Line Horohira Bashi Station 5-min walk from No.1 Exit
NOTE: There is no parking lot for Machi RUN Nakajima Park. Please use public transportation.

Rental Service

Rental items	Price
shoes	100 JPY
T-shirt	150 JPY
shorts	150 JPY
windbreaker	200 JPY
woven pants	200 JPY



SAPPORO CITY RUNNING GUIDE

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Nakajima Park Course

For Beginner to Advanced

1 lap/about 1 km

Enjoy the beautiful scenery of the four seasons along this loop course even in the city.

You can enjoy viewing the beautiful scenery of the four seasons in Nakajima Park even in the heart of Sapporo. There is a 1-km course per lap. Beginners can enjoy running along this loop course stress-free. You will find distance display signboards every 250 meters, so it's easy to set up your goal.

For intermediate and advanced runners, solid training for half marathon or full marathon races is possible by running 20-40 laps.

If you are looking for an outdoor training place in midwinter, Nakajima Park is recommended because the snow along paths in the park are removed during the snowfall season. The cross-country skiing course is set up in front of the Nakajima Athletic Center between early January and early March every year. It's effective as cross training.

"Tokyo 2020" Marathon 5km point commemorative plaque

250m
1 km course

Distance display signboard

Start Point

It's perfect for walking.

MachiRUN Nakajima Park

Landmarks include: Hassoan (former Shanaimbosen), Hoheikan, Sapporo Concert Hall Kitara, Sapporo Nakajima Athletic Center, Sapporo Park Hotel, Shobu Pond, Hasegawa Park, and various stations like Sapporo Station and Horohira bashi Station.

NOTE: Distance display signboard are removed during the winter to prevent damage due to snow accumulation.

Olympic Memorial Course

For Beginner to Intermediate

about 12km

Why don't you experience the legacy of the Tokyo Olympic Games by running through commemorative plaques along this course?

You can experience the legacy of the Tokyo 2020 Olympic Games by running through the commemorative plaques at the 5 km and 10 km points which are in the first half of the course, and at the start/finish points along this course.

There is an uphill section, but it's a relatively flat course so you can easily run along this course.

The plaque at the 10 km point is along Hiragishikaido Road where you will find cafes and gourmet spots where takeout is available. This course is also recommended to beginners.

"Tokyo 2020" Marathon starting point commemorative plaque

"Tokyo 2020" Marathon finishing point commemorative plaque

"Tokyo 2020" Marathon 5km point commemorative plaque

"Tokyo 2020" Marathon 10km point commemorative plaque

Start Point

Landmarks include: Olympic symbol monument, MachiRUN Nakajima Park, Nakajima Athletic Center, and various stations like Odori Station and Susukino Station.

Munich-ohashi Bridge Course

For Intermediate to Advanced

about 10km

You can easily run even in winter so this course is recommended to serious runners who aim for record results.

You can enjoy beautiful natural scenery in all four seasons while you are running along the bank of the Toyohira River where there are no traffic lights and it's flat. So, you can easily run along this course. During winter, many runners enjoy running there and you can run in winter stress-free because the snow on the surface of track is mostly trodden. Munich-ohashi Bridge is named after Munich in Germany which has a sister city relationship with Sapporo city. It's recommended to night runners because it's lit up during night. Also, this course is popular for Machi RUN Nakajima Park runners.

For Advanced

about 20km

Enjoy the course for experienced runners, running along the Toyohira River flowing through the city and the sacred site of the Sapporo Winter Olympic Games.

You will run toward Makomanai Park, one of the venues of the Sapporo Winter Olympic Games, located south of Munich-ohashi Bridge. You will enjoy nature in Makomanai Park while running along a stress-free course without any traffic lights. It's over 20km distance in total so you can challenge this advanced course. Also, this course is a part of the Sapporo Marathon course. So, it is the most suitable for serious runners who aim for record results.

"Tokyo 2020" Marathon 5km point commemorative plaque

Start Point

MachiRUN Nakajima Park

Landmarks include: Toyohira River, Munich-ohashi Bridge, Makomanai Park, and various stations like Nakajima Station and Horohira bashi Station.