

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.

