

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**



Hassoan (former Shanaimosen)
Nationally designated important cultural property



Hoheikan
Nationally designated important cultural property



Sapporo Concert Hall Kitara



Sapporo Nakajima Athletic Center

**MachiRUN
Nakajima Park**



Shobu Pond



Distance display signboard

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



It's perfect for walking.