

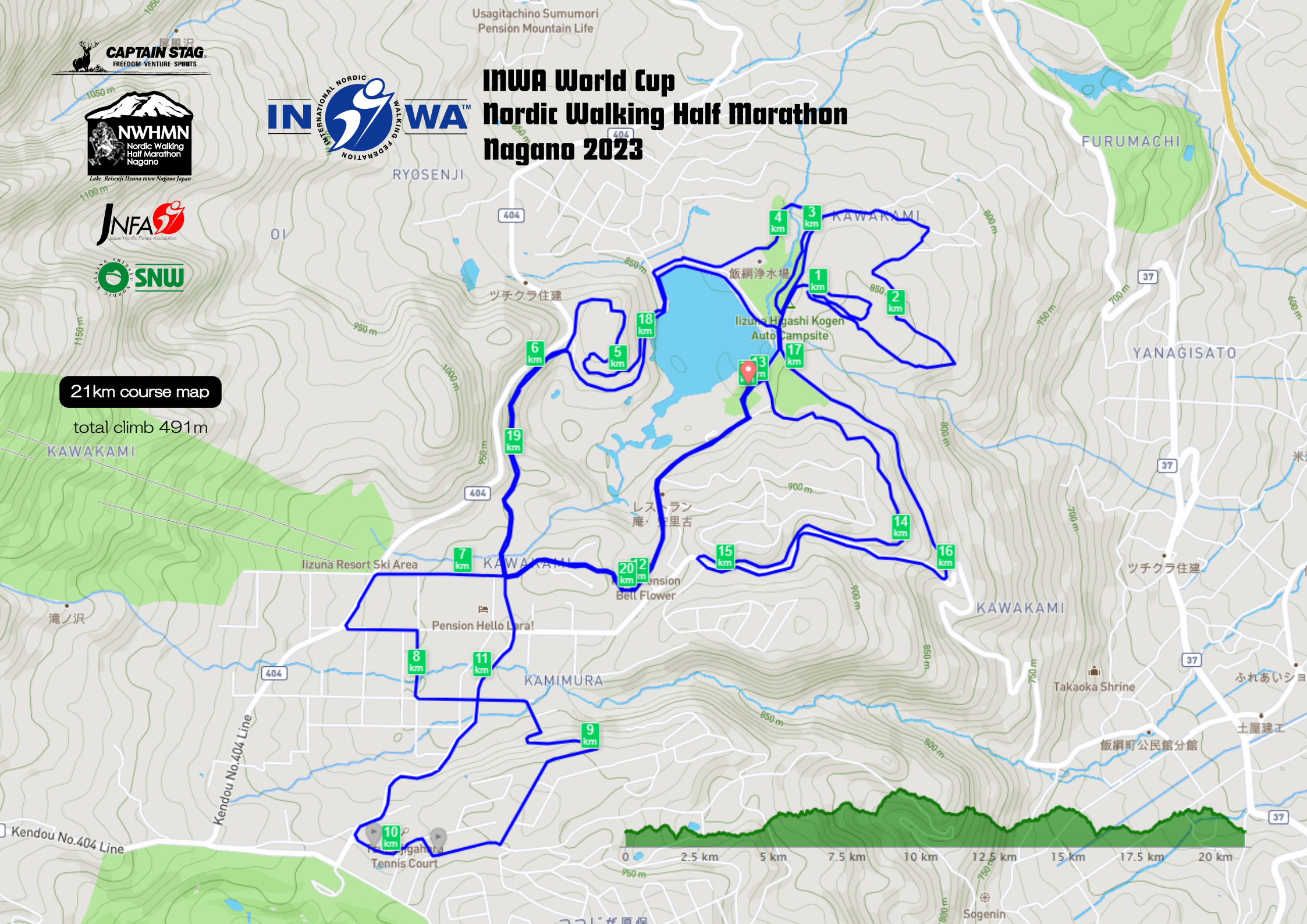
Usagitachino Sumumori  
Pension Mountain Life

# INWA World Cup Nordic Walking Half Marathon Nagano 2023



21km course map

total climb 491m



KAWAKAMI

lizuna Resort Ski Area

Pension Hello Lara!

KAMIMURA

KAWAKAMI

FURUMACHI

YANAGISATO

飯綱町公民館分館

飯綱町テニスコート

0 2.5 km 5 km 7.5 km 10 km 12.5 km 15 km 17.5 km 20 km

Sogenin