



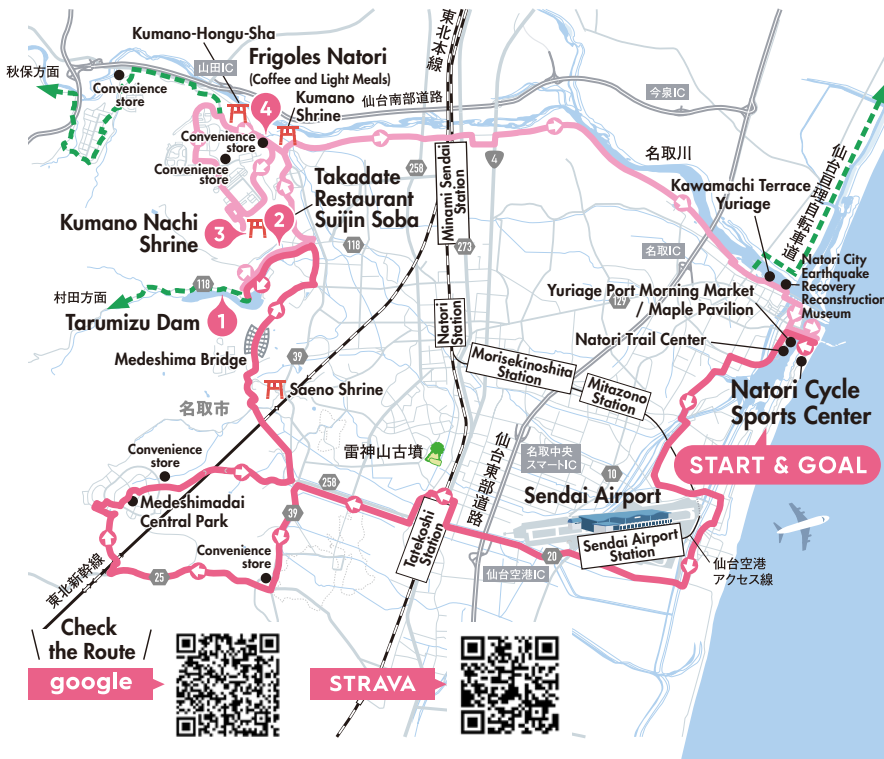
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Natori Round Trip Challenge Course

NATORI ROUND TRIP CHALLENGE COURSE

About **64**km

Time: 3hr
Altitude: 620m



Advanced Level



A full course route covering the entire Natori City from the sea to the mountains. An uphill from Sendai Airport to Medeshimadai, Tarumizu Dam, and a hill climb to the historical Kumano Nachi Shrine, a favorite local training course. A light ride along the Natori Riverbank to the estuary on the way back.



1 Tarumizu Dam
Completed in 1976 as a reservoir for citizens. It is uphill and the direction to Murata.



2 Takadate Restaurant Suijin Soba
The chewy soba noodles are the owner's pride. You can choose the size of noodles according to your preference.



3 Kumano Nachi Shrine
At the mountain top of Mt. Takadate, with a view of Natori City. A popular climbing course.



4 Coffee Roasting and Light Meals Frigoles
An authentic coffee shop that roasts more than 40 varieties of coffee beans upon order.

CHECK POINT

Sendai Airport

Medeshimadai Central Park

Tarumizu Dam

Kumano Nachi Shrine

Kawamachi Terrace Yuriage

Natori Cycle Sports Center