

Participation Guide



南阿蘇カルデラトレイル

Minamiaso Caldera Trail

Saturday, July 5, 2025 (Postponed to Sunday, July 6 in case of severe weather)
At ASPECTA ([4411-9 Hisaishi, Minamiaso Village, Aso District, Kumamoto, Japan](#))

Organized by:

Minamiaso Caldera Trail Executive Committee

Co-sponsored by:

Minamiaso Tourism Bureau

ASO Fields Running Executive Committee

Supported by:

Minamiaso Village

Kumamoto Prefecture

Kumamoto Prefecture Board of Education

In cooperation with:

Minamiaso Farm Camp

Minamiaso Sakura Park Management Association

Higo Geological Corporation

Planning and Management:

LocalGain Co.

Official Sponsors:

•McDonald's Japan Corporation

•KM Biologics Corporation

•Teradyne Corporation

•Sugi Apiaries

•Ni-No-Ni

•Minami Aso Roadside Station Asobo no Sato Kugino

•Calbee Corporation

•Abe Farm Limited

•Aso Marukichi Shoyu

•Sherpa

•PAAGO WORKS

•Itoix

•Earth Chemical Co.

•SEVEN'FES

•Coca-Cola Bottlers Japan Co.

Welcome Message

Thank you very much for your entry into the 10th Minamiaso Caldera Trail.

Since the first tournament was held in January 2021 with the goal of promoting tourism and revitalizing the region in Minamiaso Village, the race has been held twice a year—in summer and winter—and thanks to your continued support, we are now able to celebrate its 10th edition.

This year, we have received the largest number of entries to date, with 1,490 participants, including 30 runners from 14 countries overseas. The event takes place in the scenic mountains of Minamiaso, offering a thrilling trail running experience through Aso's magnificent caldera landscape. Our aim is to continue growing a race that is beloved by the trail running community for years to come.

We hope you will enjoy the breathtaking and ever-changing nature of Aso as you run through one of Japan's most spectacular landscapes.

阿蘇くじゅう国立公園

「阿蘇くじゅう国立公園」は
令和6年12月4日に指定90周年を迎えました

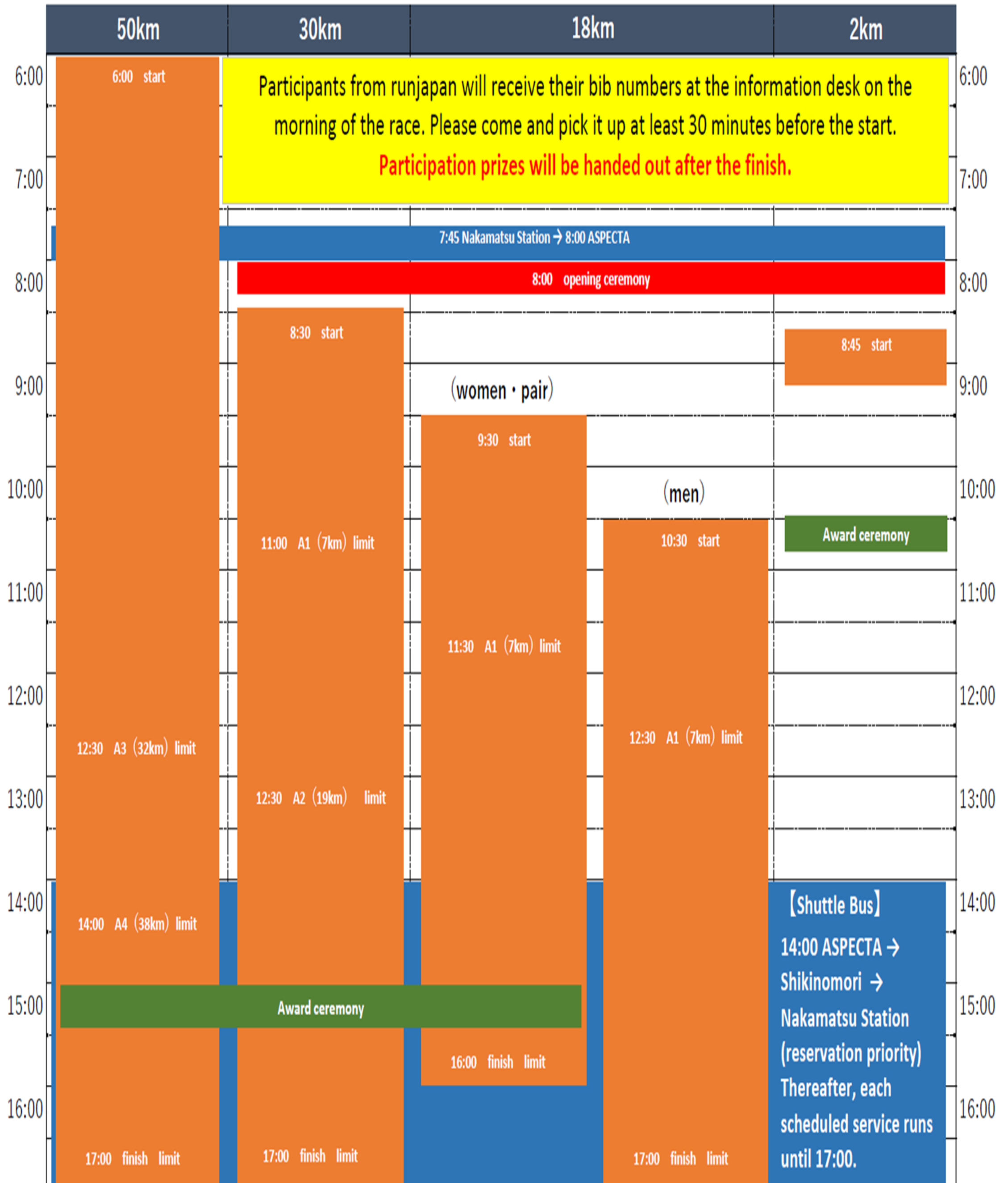


指定90周年記念



Schedule

(See official website for detailed race times)



● ACCESS



From Kumamoto IC: approx. 50 mins by car (35km)
From Aso Kumamoto Airport: approx. 35 mins by car (24km)



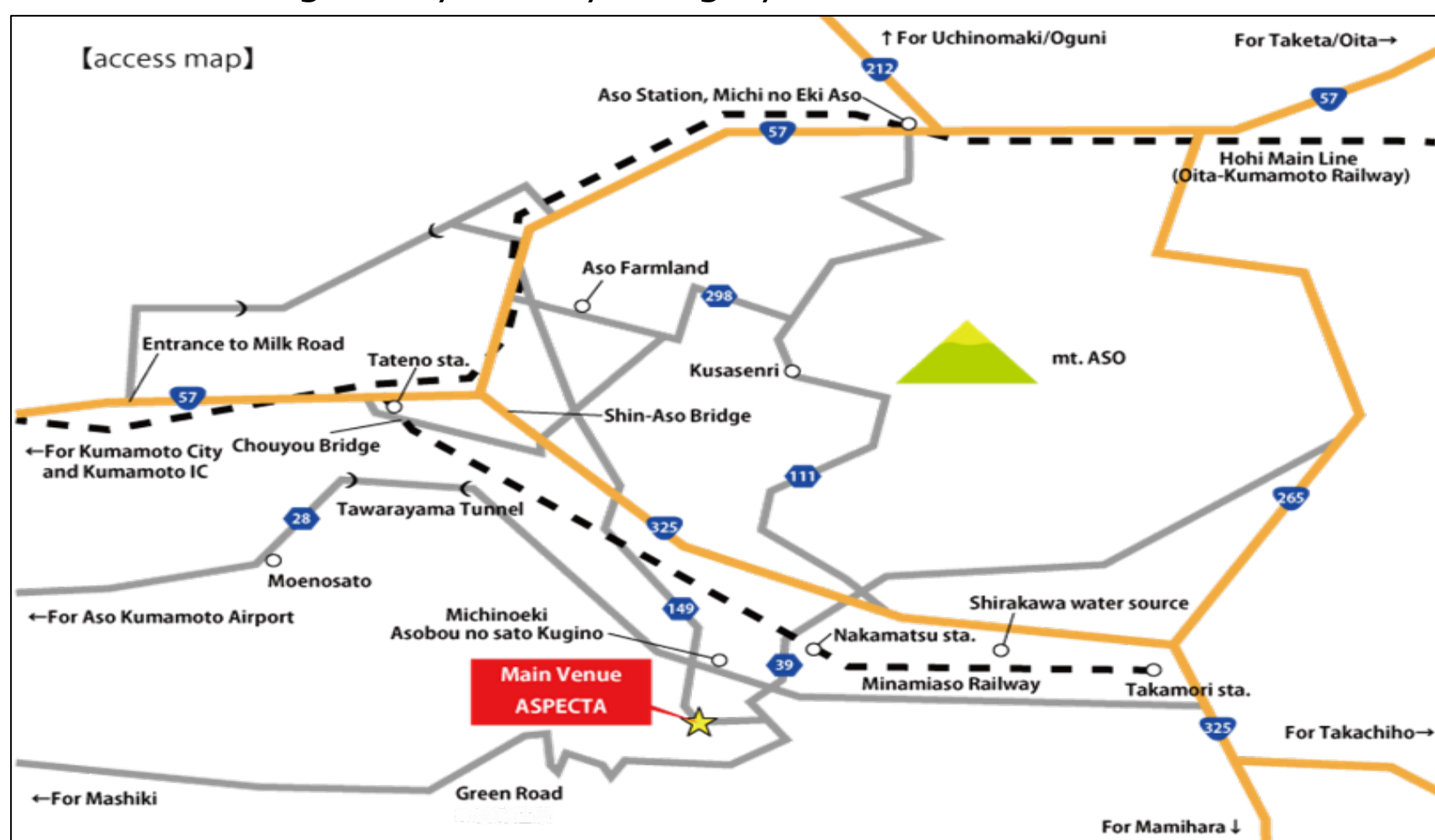
From Minamiaso Railway Nakamatsu Station: approx. 1 hour walk (4.5km) [train timetable](#)



From Shinmura (Kugino) Bus Stop: approx. 30 min walk (2.2km) [bus timetable](#)

Important

No public transportation arrives in time on race day.
An overnight stay nearby is highly recommended.



[Free shuttle bus service]

7:45 Departs Nakamatsu Station

→ 8:00 Arrives Aspecta

14:00 Departs Aspecta

→ 14:10 Shikinomori Onsen

→ 14:20 Arrives Nakamatsu Station

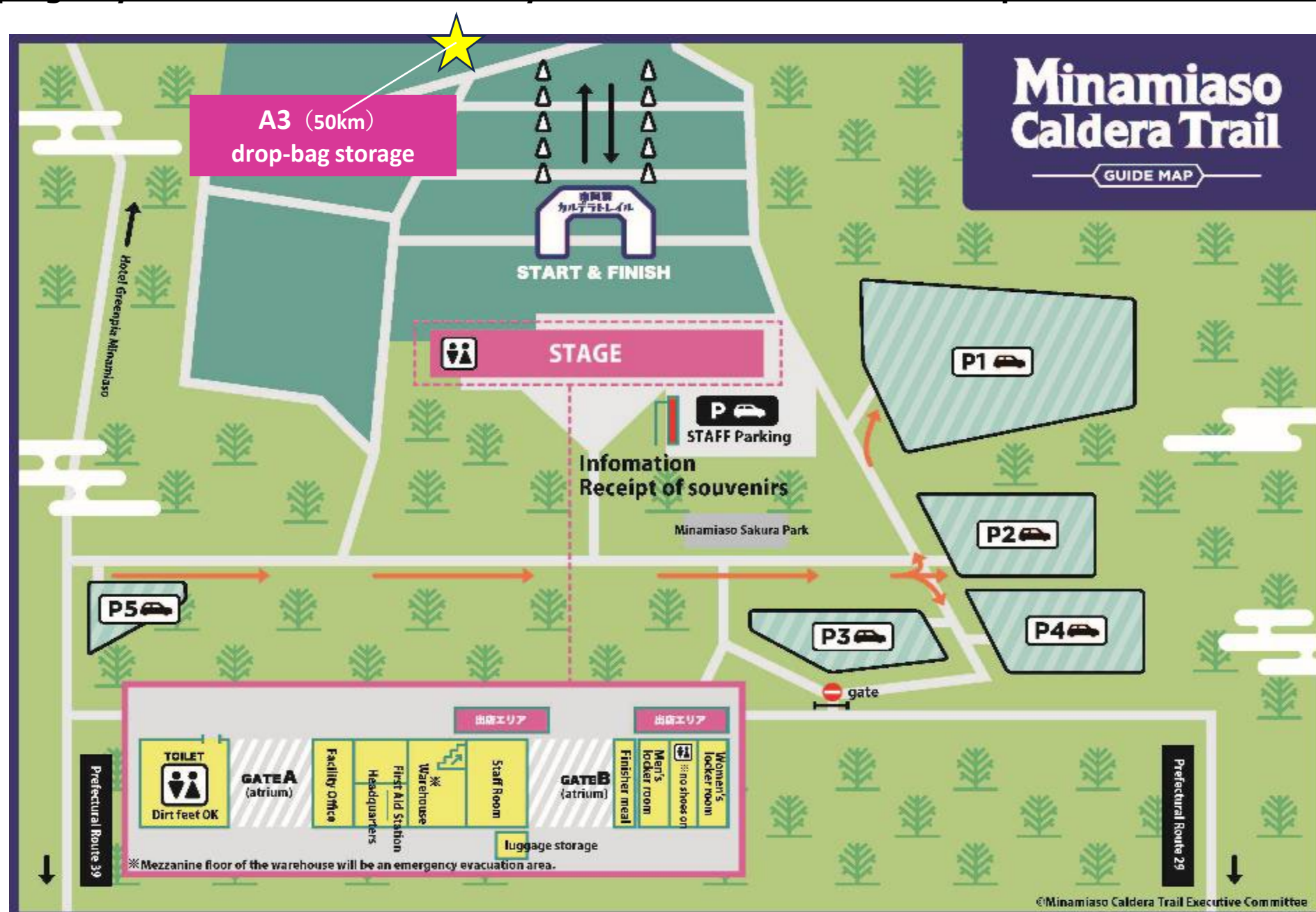
(All scheduled buses run until 17:00)

*Priority is given to those who make reservations in advance.

● Map of the Main Venue

Parking lots (P1-4, free of charge) are available from 4:30 AM.

*Sleeping in your car or in a tent is only available to those who have purchased tickets in advance.



● Reception

- Participants registered through RunJapan can collect their bib numbers at the information desk on the morning of the race. Please arrive and pick up your bib at least **30 minutes before the start time**.
- If you do not start the race (DNS), **you do not need to contact the race office or return your bib**.


● Luggage Storage

- Luggage storage will be available for a **fee of 500 yen**. (Refer to the main venue map for location.)
- Please **present your bib number** to staff when dropping off or collecting your luggage.








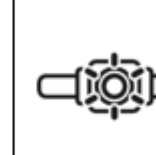

● Drop bags

- Drop bags can be left at the 50km mark** (Aid Station A3 at Aspecta) at your own risk.
- There are **no restrictions on bag type or size**, but please keep all items together in one bag. Ensure it is clearly marked for identification, and drop it off **at least 15 minutes before the race starts**.
- Please note that the event **assumes no responsibility for lost or damaged items**.

● Participation Prize

- Participation prizes** will be distributed **after the finish** between **10:00 and 17:00**. (Refer to the main venue map.) Free food will also be available at the finish area.
- If you are not running on the day but wish to receive your participation prize, please present your **bib number to a staff member during the above time**.
- Participation prizes will not be mailed at a later date**, even if you forget to collect them.
- Pre-purchased Regional Specialty Gift Sets** will also be distributed after the finish. A  mark on your bib will indicate your purchase.
* If you purchased a set but do not collect it on the day, it will be **shipped to you later via cash on delivery**.

● Must-have equipment

	1	2	3	4	5	6	7	8	9
	Water/active food	wind jacket	gloves	course map	my cup	mobile phone	Emergency sheet	headlight	mobile battery
Must-have item ●									
remarks	1 liter or more of water is recommended	The temperature at the summit is about 10°C lower than on the plains. This is necessary in case of rain or when retiring runners need to be transported.	palm protection	A smartphone app that imports a printed map or GPS log	There are no paper cups at the aid stations.	[Required - Fully charged] In the event of an emergency, please contact the emergency contact number (race headquarters) listed on your bib number.	130cm x 200cm or larger	Mobile phone lights are not permitted	5000mAh or more recommended
50K	●	●	●	●	●	●	●	●	●
30K	●	●	●	●	●	●	●		
18K	●	●	●	●	●	●	●		

※The use of walking sticks (trail running poles) is prohibited on all courses to protect vegetation.

● How to Wear Your Bib

▼ For 50km / 30km / 18km Races You will receive two bibs.

- Attach the bib labeled "Front" (with a timing chip) to the front of your body (chest or abdomen)
- Attach the bib labeled "Back" to your back or running pack, with both bibs positioned horizontal
- Incorrect placement may result in failure to record your time.**



wear abdomen Bib belt attached to pants Collapse



To help reduce waste, **safety pins are not included** in your race packet.

Please bring your own: Bib clips / Bib belt / Safety Pins

* If absolutely necessary, a limited number of safety pins will be available at the venue.

▼ For 2km

- Wear **one bib**, positioned **horizontally on the front of your body** (chest or abdomen).

● Course Guide

- Pink course tape** will be placed approximately every **100 meters** along the route. Additional tape, arrow signs, and course marshals will be positioned at junctions and areas that are difficult to follow. Please remain aware of your surroundings and be careful **not to miss the markers**.
- If you do not see any course tape for more than **5 minutes**, you may have strayed off course. In that case, **retrace your steps** and return to the marked route as soon as possible.
- Parts of the course pass through **specially protected areas** within the national park. Please help preserve the natural environment by **not littering or going off course**.

▼Actual photo of the course tape



●Aid Stations and Cut-Off Points (50km / 30km / 18km)

- Aid stations offering drinks and refreshments (including local specialties) will be set up along the course:
- 4 stations for the 50km, 2 for the 30km, and 1 for the 18km race.
- **Please note that paper cups** will not be provided—runners must carry their own cup or bottle.
- Each aid station has a designated cut-off time. Participants must depart the station by that time.
- Runners who arrive after the cut-off time or are unable to leave the station before the cut-off time will be disqualified at that point and transported back to the main venue by race vehicle.

●Timekeeping / Race Timing

- Timing will be done using an IC chip attached to your bib.
- Please follow the proper wearing instructions and do not remove the chip until you have finished the race.
- There is no need to return the IC chip or bib after the race.
 - You can download your completion certificate by entering your name on the "Web Completion Certificate" page on the competition website after finishing.
 - Please note that printed certificates will not be provided or distributed at the venue.

●Awards

- 50km, 30km, and 18km Races: The top 3 male and top 3 female runners in each category will be awarded prizes.
- 2km Race: The top 3 male and top 3 female runners in each age group—elementary school, junior high school, and high school and above—will be recognized. No prizes will be awarded.

●Withdrawal / Retire

- Since the course is mostly trail (mountain paths and walking trails), withdrawal and transport by vehicle are only possible at aid stations.
- If you are not confident that you can reach the next aid station or the finish, please do not push yourself and consider withdrawing.
- If you decide to withdraw, be sure to notify the aid station staff and hand over your bib.
Failure to report your withdrawal may result in a search and rescue operation, which will incur a fee.
- Withdrawal and transport are not possible at water stations.
- When boarding a withdrawal vehicle, please cooperate by covering yourself with an emergency blanket or jacket if you are dirty with sweat or mud.
- If you are injured or feeling unwell and cannot move on your own, contact race headquarters by phone and follow their instructions. The phone number is printed on your bib.
- *If you see another runner who is unable to move, please contact race headquarters and assist with the rescue if possible.*

●Injury Insurance

Injuries caused by falls during the event, as well as heatstroke, hypothermia, acute heart conditions, and similar incidents, are covered by the accident insurance taken out by the event organizers.

Compensation amounts:

Death or permanent disability: ¥2,000,000
Hospitalization allowance: ¥2,500 per day
Outpatient allowance: ¥1,500 per day

Medical treatment for pre-existing conditions and costs for search and rescue operations are **not covered**. Since search and rescue costs can be very high, we strongly recommend that those who regularly participate in trail running or mountain climbing purchase individual mountain insurance.

●Decision on Postponement or Cancellation of the Event

- If the organizers determine that holding or continuing the event is difficult due to any of the following reasons, the event may be canceled or postponed to the next day.
***If the event is postponed, the decision will be made by 4:00 p.m. on Friday, July 4th.**
- When a weather warning is issued
- If landslides, falling rocks, or other hazards along the course make it impossible to ensure runners' safety
- In the event of disasters such as earthquakes, infectious diseases, incidents, conflicts, or other situations where holding the event is deemed inappropriate

If cancellation is decided, the announcement will be posted on the official event website.

Please refrain from calling for inquiries.

If the event is canceled or altered during the race, information will be provided at each aid station.

Please understand that no refunds will be given if the event is canceled for reasons beyond the organizer's control.

▼Official Event Website

https://local-gain.com/minamiaso_trail/

▼Hot spring facility information

<https://minamiaso.info/blog/tachiyoriyu/>

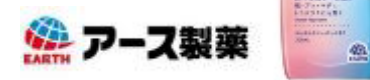
* Hotel Greenpia Minamiaso is closed. *

●Hot Spring Information

Minamiaso Village is home to a variety of unique hot spring facilities. Please consider visiting one after the event to relax and refresh yourself.

● Leech Prevention Measures

Earth Corporation's "Hadamamo" will be provided at the start area.
Please apply it evenly and thoroughly to help protect against leeches.



● Livestock Biosecurity Measures

- The event has special permission to pass through pastures and grasslands used for grazing and hay production. In addition, the area around the course is home to many wild animals such as deer and wild boars.
- To prevent the spread of livestock infectious diseases such as foot-and-mouth disease and classical swine fever (CSF) by runners, we kindly ask for your cooperation in taking preventive measures — not only during the event, but also whenever you enjoy trail running.

家畜防疫対策



CLEAN SHOES	STERILIZATION	CLEAN CLOTHES	DO NOT RELIEVE YOURSELF	DO NOT TOUCH
				
シューズは、必ず鞋底洗浄をお願いします。 ※携品チェック時に確認します。	コース上の消毒エリアは、必ず石灰を踏んでください。	衣類は、必ず洗濯をした清潔な物を着用してください。	牧野内での排泄は、できません。	牛には、近づかないでください。
Shoes must be sole washed	Disinfected areas on the course must be stepped on with lime.	Always wear clean clothing.	No defecation in the pasture	Stay away from the cows.

● Stage Event Information

There will be events held on the stage at the venue. Please enjoy them together with your family and friends!

Event Schedule

7:50 — Minamiaso Taiko Drum Performance
8:00 — Opening Ceremony
8:30 — Minamiaso Taiko Drum Performance
8:45 — Minamiaso Taiko Drum Performance & Awards Ceremony (2km race)
13:00–13:50 — Mugen (Taiko)
14:00–14:45 — Dance Performance
15:00 — Awards Ceremony (18km, 30km, 50km races)

● Information on Vendor Booths

Food and drink stalls will be available at the venue.
Please stop by and enjoy some local treats!

- Katarina kitchen (Japanese fried chicken)
- Farm Yoshida (Hot dogs, Curry, Croquettes, Steamed Pork buns)
- Okkun garden (Churros)
- Minamiaso Natural Soft (Soft serve ice cream, Crepes, Tapioca)

*Vendors and menu items are subject to change.



● Make a wish on a Tanabata Tanzaku!

A Tanabata bamboo display will be set up at the venue on race day.
We have included a Tanzaku (wish tag) with your bib, which was mailed to you in advance.
Please write your wish on it and bring it to the venue. Strings will be provided on site.
May all your wishes come true...



[Inquiries About the Race]
Minamiaso Caldera Trail Race Office
LocalGain Co., Ltd.
info@local-gain.com

When making an inquiry, please be sure to mention
"Minamiaso Caldera Trail."

SPONSORS

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