



Run/Terrain	Distance	Width(m)	Speed(kg)	Advanced	Intermediate	Beginner
M Shinkabe Run	1,000m	300~70	16~19	Wide open slope in front of APPI Resort Center for families and beginners. Also, there are "Kob Peak", "Snowpeak", and "Skill-Up Zone".		
H Hayashino Run	5,000m	70~30	10~19	One of the famous runs with certified dual chairlifts. Also, open for both freestyle and alpine skiers. Part of the ski school is available, and open as a field for freestyle lessons.		
O Oka Run	5,000m	70~30	11~16	Good view of the sea from Oka Pass. Best for movement analysis.		
L Kabe Run	1,500m	50~35	24~32	Good view of the sea from Oka Pass. Best for movement analysis.		
K Kabe Run	2,500m	50~30	10~14	Skiers & Snow only. There are steep and moderate parts.		
S Kabe Run	2,200m	50~30	28~32	Skiers only. Snow cruising.		
T Tsuruta Run	900m	50~20	32~23	It is one of the famous runs with chairlifts to the top. www.appi.com website.		
I Inuwashita Run	1,000m	80~25	10~16	One of light powder runs (2nd stage) (2nd stage).		
N Niho Run	5,000m	10~15	20~15	The topography of 100m from the peak of Mt. Maemori (the Shinkabe Run) is open for beginners.		
A Sakurai Run	1,000m	30~15	20~10	It is a run for advanced skiers only. It is a run for advanced skiers only.		

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K Kanagawa Run	1,200m	10~15	15~10	Subtle but excellent practice. It is connected to APPI Resort Villa.		
L Sakurai Run	4,000m	60~30	26~34	Lower slope continues to water basin of the mountain. One of APPI's symbol runs.		
M First Saker Run A	2,500m	60~25	22~10	Long run with various vertical changes. One of light powder runs.		
N First Saker Run B	1,500m	20~30	18~15	Open advanced run with moderate difficulty. It is connected to Sakurai Run.		
O First Saker Run C	2,700m	85~40	20~11	Straight run starting from Saker Long Run's intersection.		
P Second Saker Run A	2,500m	70~30	14~16	Open advanced run with powder snow and long bumps.		
Q Second Saker Run B	2,500m	60~30	20~11	This run leads from Second Stage to Saker Long Run's intersection with return to top of descent.		
R Second Saker Run C	2,000m	50~25	24~10	Regular level run with gradual steepness.		
S Second Slopes First Run	2,500m	100~30	28~15	Skiers run for all kinds of skiers with gradual steepness.		
T Second Slopes Second Run	1,000m	100~50	21~12	Wide open slope with big slope drops on the way.		
U Second Slopes Third Run	800m	50~33	32~15	Imagined slope on the lowest side of the mountain. Not good on the powder day.		

■ Groomed slope ■ Light powder run/In-groomed powder run ■ Skier's only ■ Groomed the run during day time on Sunday Ⓢ JSA Association of Japan Official Run