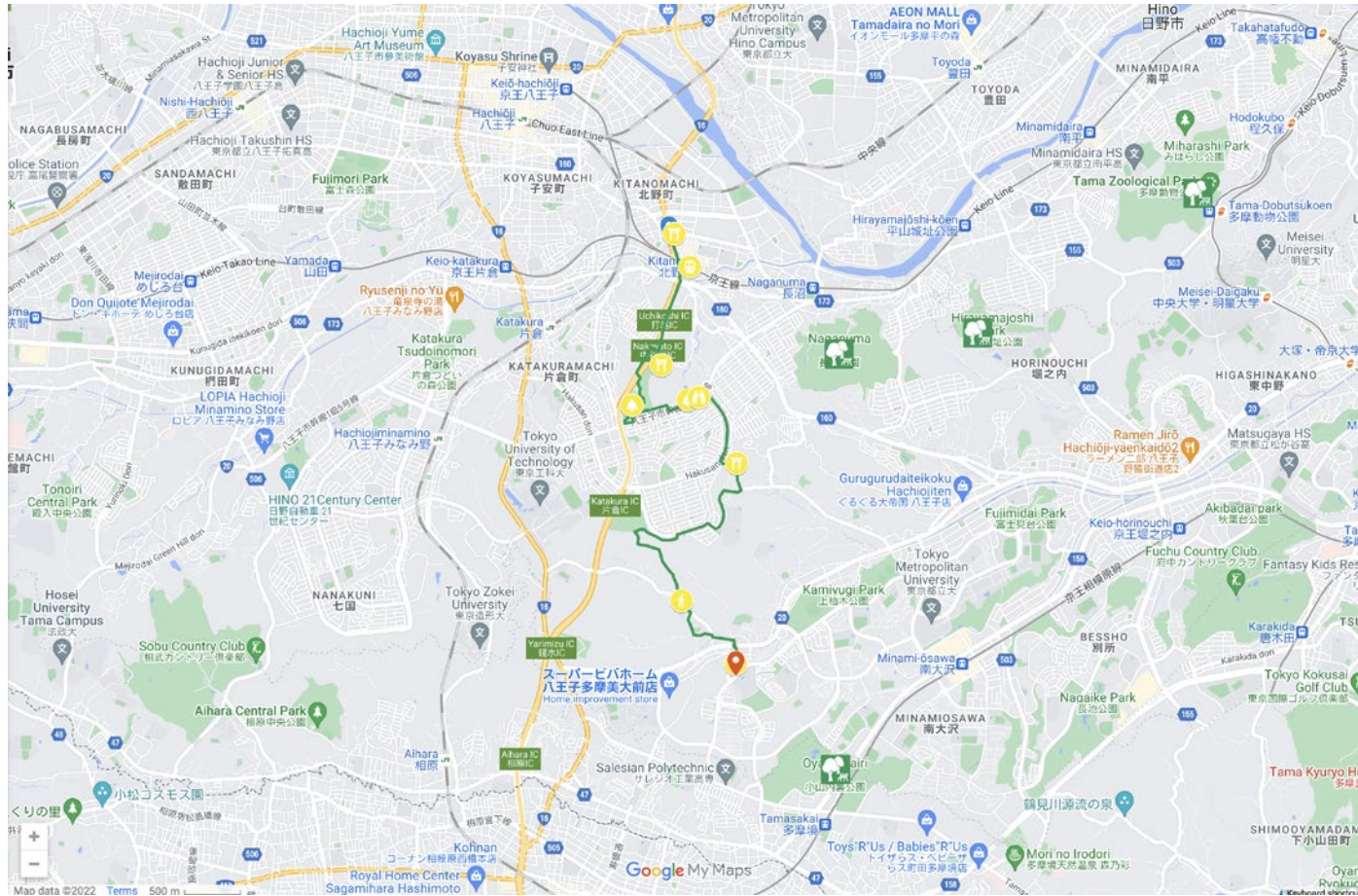


Hachioji
City

A course to walk the paths which trace the lines of the hills, shrines and Naganuma Park- Hakusan Jinja Shrine Course

Highlight | **Kinunomichi (Silk Road)**



©Google

Route Description

- Kitano-tenmansha Shrine
- ▼
- Kitano Sta.
- ▼
- Uchikoshi-benzaiten Shrine
- ▼
- Ishibashiiri Ryokuchi
- ▼
- Kitanodai-wakaba Park
- ▼
- Hakusan Jinja Shrine
- ▼
- Kinunomichi (Silk Road)
- ▼
- Koizumi residence

To enjoy walking safely

Let's do some warm-up exercises

Walking without first getting ready can lead to injuries. Be diligent in doing warm-up exercises. It is also important to do cool-down exercises after you have finished walking.



Recommended Site

Icons: Shrines and Temples Park Other

Hakusan Jinja Shrine



At the observatory, there is an information board showing Mt. Oyama to Mt. Iimori. There is also a bench in the plaza space. In spring, the cherry blossom around the shrines and lined streets is a must-see.

Kinunomichi (Silk Road)



A road to carry raw silk for export from Hachioji to Yokohama from the closing days of the Tokugawa government to the middle of the Meiji period. At the starting point of the ascent, you will find the Silk Road Museum.

Time allowed	around 100 minutes
Distance	around 6.8 km
Calorie consumption	around 300 kcal
Number of steps	around 9710 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

