

Walking Map

HINO City Walking Map

7 Original Hino landscape Course

Feel the change of seasons
by the scenery of the farms



8 Cherry blossom Course

Walk along the rows of cherry blossom trees



9 Green and yellow ginkgo Course

Enjoy the rows of ginkgo trees



10 Parks with greenery and rivers Course

Visit the clear streams and greenery
of the water capital, Hino



**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man

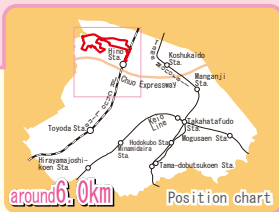


7 Original Hino landscapes Course

Feel the change of seasons by the scenery of the farms



Season	Spring, Summer, Autumn, Winter	Time Required	: around 105mins	Walking course	Hino Sta. around 8 mins, Yakuoji Temple around 25 mins, Yosomori Park around 15 mins, Nanatsuzuka Park around 15 mins, Hino Sta. around 15 mins
Distance	: around 6.9km	Calories burned	: around 315kcal		Tokoji Sports Ground around 15 mins, Lower Hino irrigation weir around 12 mins, Hino Sta. around 8 mins
Steps	: around 9,860steps	Difficulty	: ★★☆☆		



B Rice paddies
In the past, there was an unspoiled landscape which rice paddies and farms spread over, today, however, only faint traces remain.

C Japanese plum grass
In the past, Japanese plum grass bloomed in profusion along the banks of the Tama-gawa River. Today, it is still possible to see these untouched views of Japanese plum grass in some areas.

A Hinomiya Jinja Shrine
A shrine, which has its origins in dedication to the ancestors of Himatsuri no Muneyori, who were a group of samurai in the middle ages. In the parishioners of the shrine in the Yotsuya district, where the shrine is located, various customs such as not eating eels are retained.

Walk while reminiscing about the original landscapes of Hino!

Course	Universal design toilet (privately administered)	Supermarket	Police box	Post office
Traffic lights on course	Toilet	Gas service station	Fire Station (sub-branch)	Bus stop
Cherry blossom hotspot	Health equipment	Tearoom	School	Facility with AED
Paddling pond	Bench	Hill	Hospital	
Fountain	Water fountain	Stairs	Buddhist temple	
Universal design toilet (publicly administered)	Convenience store	Railway crossing	Shinto shrine	

* Toilets in the district centers can only be used during facility opening times.
* The automated external defibrillators (AEDs) are installed at fire stations, police boxes, schools and municipal facilities.

With the permission of the head of the Geospatial Information Authority of Japan for the making of this map, we have incorporated the Digital Map (Basic Geospatial Information), Digital Japan Basic Map (Map Information) and Digital Japan Basic Map (Location Information) published by that institution. (Permission number for use in 2018 No. 843) Chuo Geomatics Co., Ltd.

8 Cherry blossom Course

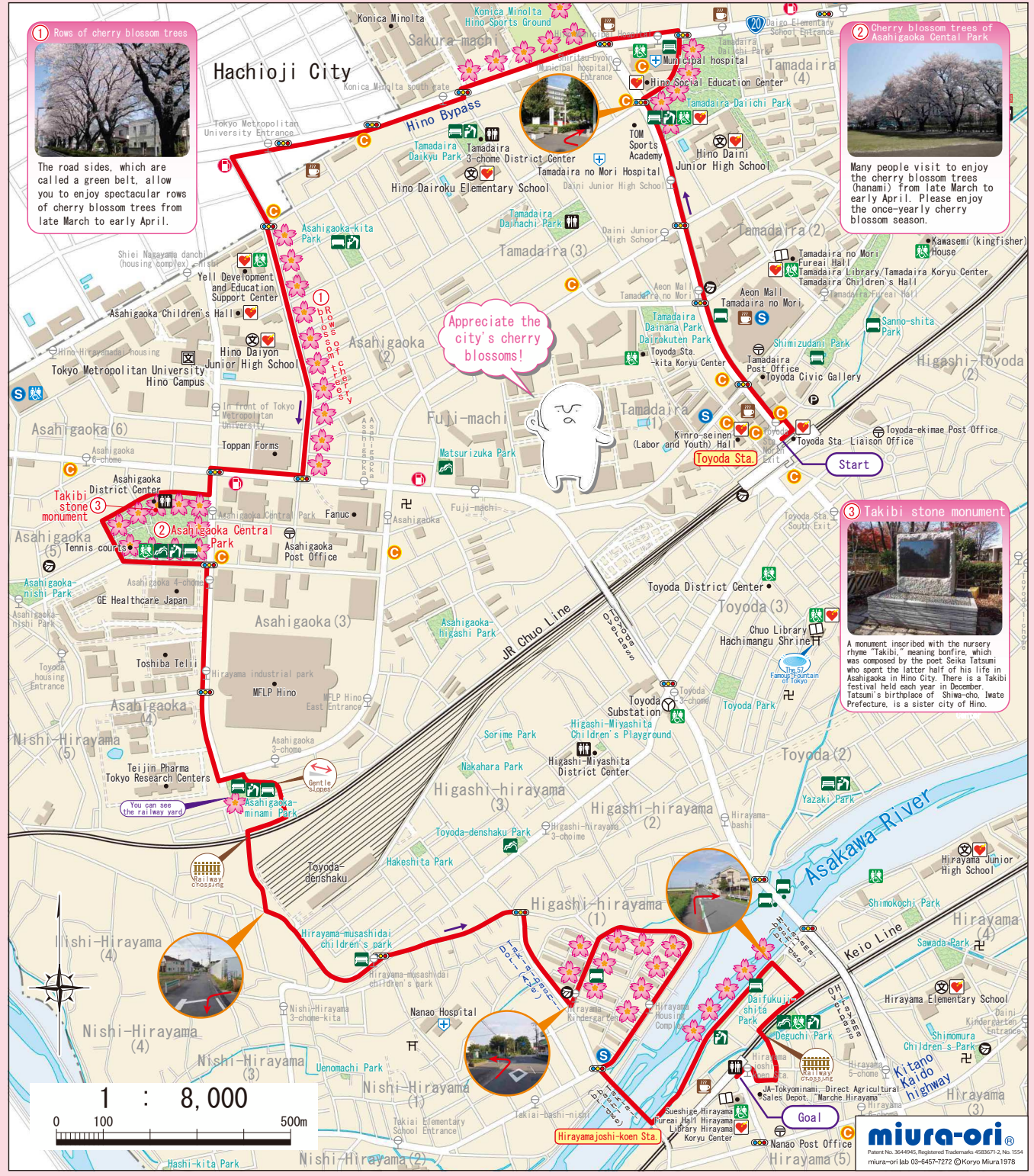
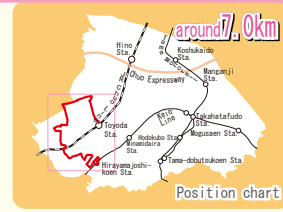
Walk along the rows of cherry blossom trees



Season	Spring	Time Required	: around 105mins
Distance	: around 7.0km	Calories burned	: around 315kcal
Steps	: around 10,000steps	Difficulty	: ★★☆☆

Walking course

Toyoda Sta. around 8 mins, Asahi gaoka Central Park around 12 mins, Asahi gaoka-minami Park around 15 mins, Takiai-bashi (bridge) around 15 mins, Hirayamajoshi-koen Sta. around 15 mins	Tamadaira Daiichi Park around 25 mins, Municipal hospital around 15 mins, Asahi gaoka Central Park around 12 mins, Asahi gaoka-minami Park around 15 mins, Hirayamajoshi-koen Sta. around 15 mins
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



1 Rows of cherry blossom trees
The road sides, which are called a green belt, allow you to enjoy spectacular rows of cherry blossom trees from late March to early April.

2 Cherry blossom trees of Asahi gaoka Central Park
Many people visit to enjoy the cherry blossom trees (hanami) from late March to early April. Please enjoy the once-yearly cherry blossom season.

3 Takibi stone monument
A monument inscribed with the nursery rhyme "Takibi," meaning bonfire, which was composed by the poet Seika Tatsumi who spent the latter half of his life in Asahi gaoka in Hino City. There is a Takibi Festival held each year in December. Tatsumi's birthplace of Shin-cho, Iwate Prefecture, is a sister city of Hino.

Appreciate the city's cherry blossoms!

1 : 8,000



9 Green and yellow ginkgo Course

Enjoy the rows of ginkgo trees



Season : Spring / Autumn
Time Required : around 85mins
Distance : around 5.6km
Calories burned : around 256kcal
Steps : around 8,000steps
Difficulty : ★★★

Walking course

Hino Sta. around 15 mins
 Shinin no mori Fureai Hall around 10 mins
 Central Civic Center around 25 mins
 Hino Central Park around 16 mins
 Aeon Mall Tamadaira no Mori around 6 mins
 Toyoda Sta. around 4 mins
 Tamadaira no Mori forest around 13 mins
 Tamadaira no Mori around 9 mins

1 Red pepper Jizo statue



In the past, many people suffered from eye trouble from the smoke coming from sunken hearths, and so they made wishes for curing eye diseases by offering red peppers to the Jizo statue. This is why, it has a name taken from the religious belief that it could cure eye diseases.

2 Kuwa House



This building, with typical silkworm farming features, which once thrived here, was the first nationally registered tangible cultural property in Hino City.

3 Chichi Ichou ginkgo tree



This is the "Chichi ichou" ginkgo tree, among the main branches of which the "Chichine" aerial roots hang down.

4 Two-color ginkgo tree



This is a large ginkgo tree, a symbolic tree in front of the central public hall. Every year at slightly varying times, the autumnal foliage appears in the yellows and greens are vividly outlined in the autumn skies. Please enjoy the "Art" you can only encounter at this time of year.

5 Kenkoro Jizoson



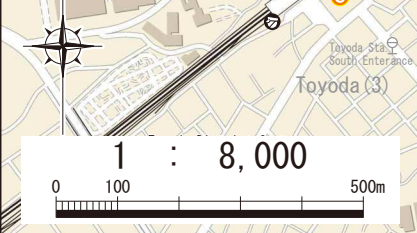
The formal name is "Kenko-choju Jizoson." This is a Jizo statue to which the people of Hinoshuku made offerings, wishing for a "Long and healthy life and to not be an inconvenience when it ended."

6 Rows of ginkgo trees



You can enjoy spectacular yellow coloring from the rows of ginkgo trees, in particular on Shiyakusho-Dori (Ave.) and the Hino bypass from the middle of November.

Let's go for an elegant walk through the rows of ginkgo trees!



- Course
- Guidepost
- Traffic lights on course
- Cherry blossom hotspot
- Paddling pond
- Fountain
- Universal design toilet (publicly administered)
- Universal design toilet (privately administered)
- Toilet
- Health equipment
- Bench
- Water fountain
- Convenience store
- Gas service station
- Tearoom
- Hill
- Stairs
- Police station
- Police box
- Fire Station (sub-branch)
- School
- Hospital
- Facility with AED
- Buddhist temple
- Shinto shrine
- Post office
- Bus stop
- Uguisu point

* Toilets in the district centers can only be used during facility opening times.
 * The automated external defibrillators (AEDs) are installed at fire stations, police boxes, schools and municipal facilities.

10 Parks with greenery and rivers Course

Visit the clear streams and greenery of the water capital, Hino



Season : Spring / Summer
Time Required : around 65mins
Distance : around 4.1km
Calories burned : around 195kcal
Steps : around 5,860steps
Difficulty : ★★★

Walking course

Toyoda Sta. around 25 mins
 Kurokawa Seiryu Park around 7 mins
 Shinmei-yacho no-mori Park around 15 mins
 Hino Central Park around 15 mins
 Yanoyama Park around 15 mins
 Hino Sta. around 15 mins

1 Kawasemi (kingfisher) House



This is an environmental information hub for Hino City. Please stop by during your break time.

2 Kurokawa Seiryu Park



This is a park which uses the fountains and sloping grounds of the thickly wooded areas. It is a popular park filled to the brim in summer with children playing in the water or trying to catch crawfish. In autumn,

3 Hino Central Park



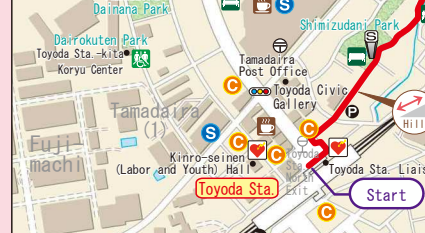
When you walk through the thickly wooded areas on the pedestrian paths, you can enjoy the seasonal flowers and there are also lawn meadows and an old thatched roofed house. The outdoor stage and the playground, which are used for events, are distinctive.

We recommend playing in the parks and the streams while taking a break!

4 Uguisu (Japanese bush warbler)



This is a place to view the uguisu (Japanese nightingale) in early spring. You will be soothed by the beautiful song of the uguisu.



- Course
- Guidepost
- Traffic lights on course
- Cherry blossom hotspot
- Paddling pond
- Fountain
- Universal design toilet (publicly administered)
- Universal design toilet (privately administered)
- Toilet
- Health equipment
- Bench
- Water fountain
- Convenience store
- Gas service station
- Tearoom
- Hill
- Stairs
- Police station
- Police box
- Fire Station (sub-branch)
- School
- Hospital
- Facility with AED
- Buddhist temple
- Shinto shrine
- Post office
- Bus stop
- Uguisu point

* Toilets in the district centers can only be used during facility opening times.
 * The automated external defibrillators (AEDs) are installed at fire stations, police boxes, schools and municipal facilities.

Walking procedures

Complete warmup and cooldown exercises before and after walking by stretching to prepare for and wind-down from your walk. It is also essential to ensure frequent intake of fluids.

Walking form

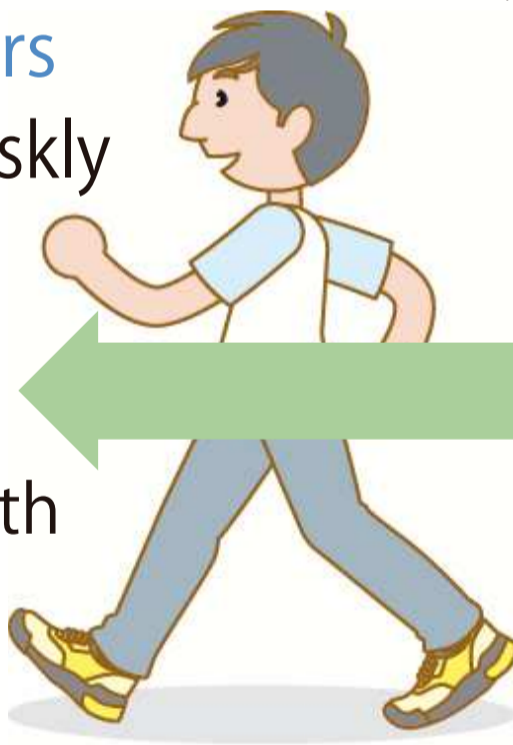
If you have poor posture, you will not gain all the benefits from exercise. Learn how to walk correctly without poor habits to achieve effective walking!

Relax your **shoulders**

Lightly circle and briskly shake your **arms**

Fully straighten the **spine**

Make firm contact with the walking surfaces from the heel of **foot** to the tip of the toes



Naturally align your **breathing** with leg movements

Pull in your **chin** and set your gaze 10 to 15 meters in front

Tighten your **belly** as if moving your waist from back to front

Make your **steps** wider than usual

Warming-up and cooling-down

Warming-up will gradually loosen your muscles and joints. Cooling-down will gently stretch your muscles.

