

HINO City

Ryokuchi
(Green area)
Guide

Walking Map

HINO City Walking Map

11 Mogusa tour/
Kurasawa Ryokuchi Course
Enjoy the nature and culture of Mogusa-Kurasawa



12 Minamidaira-kyuryo/
Katarai path Course
Walkway of Tama-kyuryo hill ridge



13 Nanao-kyuryo East Course
Try a rugged nature hike

14 Nanao-kyuryo West Course
Enjoy the seasons of the hills



**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man





11 Mogusa tour/Kurasawa Ryokuchi Course

Enjoy the nature and culture of Mogusa-Kurasawa

Season : Spring Summer Autumn

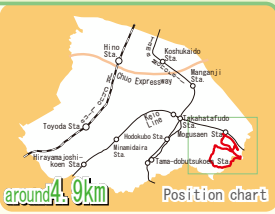
Distance : around 4.9km

Steps : around 7,000steps

Time Required : around 120mins

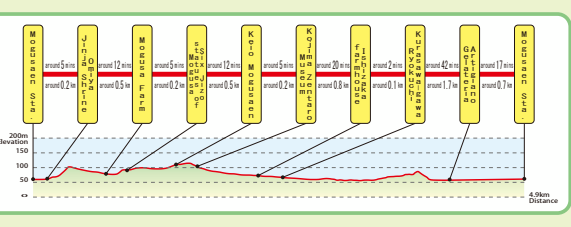
Calories burned : around 670kcal

Difficulty : ★★★



Walking course

Mogusaen Sta.	around 5 mins	Omiya Jinja Shrine	around 12 mins	Omiya Jinja Shrine	around 5 mins	Six Jizo statues of Mogusa	around 12 mins	around 0.5km
Keio Mogusaen	around 5 mins	Kojima Zentaro Museum	around 20 mins	Ishizaka farmhouse	around 2 mins	around 0.1km		
Kurasawa-gawa Ryokuchi	around 42 mins	Artigiano Gelateria	around 17 mins	Mogusaen Sta.	around 0.7km			



- Course
- Guidepost
- Traffic lights on course
- Viewing point
- Fountain
- Universal design toilet (publicly administered)
- Universal design toilet (privately administered)
- Toilet
- Health equipment
- Bench
- Water fountain
- Tearoom
- Hill
- Stairs
- Convenience store
- Supermarket
- Gas service station
- Polivice box
- Fire Station (sub-branch)
- School
- Buddhist temple
- Shinto shrine
- Post office
- Car Parking
- Bus stop
- Facility with AED

* 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.

12 Minamidaira-kyuryo/Katarai path Course

Walkway of Tama-kyuryo hill ridge

Distance : around 3.5km

Steps : around 5,000steps

Time Required : around 120mins

Calories burned : around 670kcal

Difficulty : ★★★

Katarai path course

Takahatafudo Sta.	around 7 mins	Takahata Fudosen Temple	around 43 mins	around 0.2km	around 1.2km	around 0.9km	around 1.2km	around 1.2km	around 20 mins
Minamidaira-higashi District Center	around 30 mins	Crossroads	around 40 mins	Goal (Kyu Tama Tech)	around 0.9km	around 1.2km	around 1.2km	around 1.2km	around 20 mins
Tama-dobutsukoen Sta.	around 20 mins	around 1.2km							

*Around 3.5km to goal/around 4.7km to Tama-Dobutsukoen Sta.

Minamidaira-kyuryo/Katarai path course

Minamidaira Sta.	around 20 mins	Minamidaira-kyuryo Park (administrative office)	around 30 mins	Crossroads	around 40 mins	around 0.4km	around 1.2km	around 1.2km	around 20 mins
Goal (Kyu Tama Tech)	around 20 mins	Tama-dobutsukoen Sta.	around 1.2km						

*Around 2.3km to goal/around 3.5km to Tama-Dobutsukoen Sta.

Method to calculate calories consumed

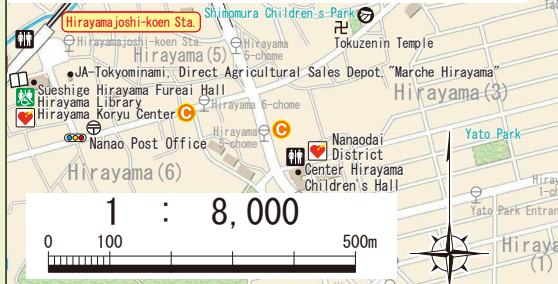
5.3 (METs) × Time spent exercising (hours) × Body weight (kg) × 1.05

The indicated calories consumed in courses ① and ② were calculated using the above formula using a male adult with an average body weight of 60kg as reference.

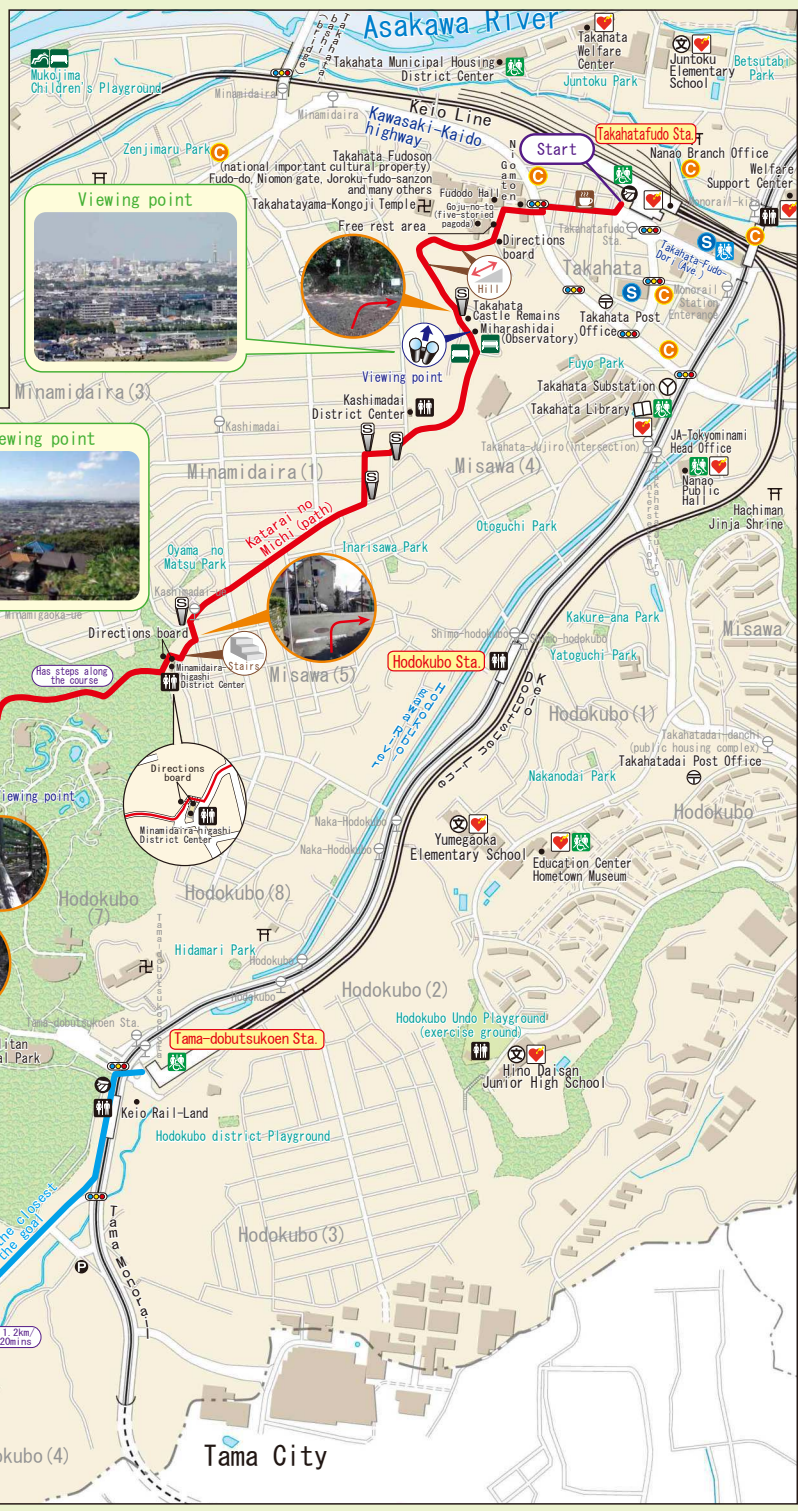
What are METs?...METs or Metabolic Equivalent of Task is an index of how many times energy consumption at the time of physical activity corresponds to energy consumption at rest. 5.3 METs is an indicator of hiking at a normal pace in fields, hills or slopes.

* Created on the basis of 2015 physical exercise standard guidelines to promote health of the Ministry of Health, Labour and Welfare

The figures for time required are published on the basis of real numbers of steps



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 (Locations Information) published by that institution. (Permission number for use in 2018 No. 843) Chujo Geomatics Co., Ltd.



13 Nanao-kyuryo East Course

Try a rugged nature hike

around 5.0km

Season : Spring, Summer, Autumn

Distance : around 5.0km

Steps : around 7,140steps

Time Required : around 120mins

Calories burned : around 670kcal

Difficulty : ★★★

Walking course

Mogusaen Sta. around 14 mins around 0.6km
 Mogusadaï Shizen Koen (natural park) around 26 mins around 1.1km
 Tama-dobutsukoen Sta. around 1.1km

Keio Mogusaen around 17 mins around 0.7km
 Yuzawa Welfare Center around 36 mins around 1.5km
 Meisei University around 22 mins around 0.9km
 Nanaoïdori Elementary School around 5 mins around 0.2km
 Meisei University around 36 mins around 1.5km

2 Tokyo Metropolitan Tama Zoological Park

The Tama Zoological Park, created using the topography and nature of Tama-kyuryo hills, make it a popular spot beloved of everyone from children to adults. Events are also held in the grounds.

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Be careful walking the complicated streets and ups and downs.

Viewing point

Mogusadaï Shizen Koen (natural park)

A park using the hillside trees, where you can encounter various flowers and creatures such as cherry blossom trees, wild grasses and flowers. If the weather is fine, a dazzling view of Shinjuku awaits you.

Method to calculate calories consumed

$5.3 \text{ (METS)} \times \text{Time spent exercising (hours)} \times \text{Body weight (kg)} \times 1.05$

The indicated calories consumed in courses (3) and (1) were calculated using the above formula using a male adult with an average body weight of 60kg as reference.

What are METS?-- METS or Metabolic Equivalent of Task is an index of how many times energy consumption at the time of physical activity corresponds to energy consumption at rest. 5.3 METS is an indicator of hiking at a normal pace in fields, hills or slopes. * Created on the basis of 2013 physical exercise standard guidelines to promote health of the Ministry of Health, Labour and Welfare

The figures for time required are published on the basis of real numbers of steps

1 : 8,000

14 Nanao-kyuryo West Course

Enjoy the seasons of the hills

around 4.2km

Season : Spring, Summer, Autumn

Distance : around 4.2km

Steps : around 6,000steps

Time Required : around 100mins

Calories burned : around 560kcal

Difficulty : ★★★

Walking course

Tama-dobutsukoen Sta. around 25 mins around 1.3km
 Tama Tech Entrance Intersection around 4 mins around 0.2km
 Sueshige Jinja Shrine around 3 mins around 0.1km
 Hirayamadai Health Support Center around 12 mins around 0.6km
 Souizenji Temple around 10 mins around 0.5km
 Hirayama-joshi-koen Sta. around 20 mins around 1.0km

2 Sueshige Jinja Shrine

This is a shrine to the forebears of Himatsuri no Minewori and is also referred to as Himatsuri Shrine. During the Genpei War, which was a series of battles between the Genji and the Heike clans from 1180, Sueshige Hirayama, who played a role as a samurai of the Minamoto clan, was descended from Tokyo Metropolitan Government and seated statue (cultural property designated by Hino City) of Sueshige Hirayama can be found here.

3 Souizenji Temple

A temple of the Soto sect of Buddhism founded in 1633. In addition to the Sentaï Jizo statue dating back to the early part of the Edo period (cultural property designated by Hino City), the grave (Historical site designated by Tokyo Metropolitan Government) and seated statue (cultural property designated by Hino City) of Sueshige Hirayama can be found here.

Be careful on the steep slopes and steps

Hirayamadai Health Support Center

Many groups are active here as a hub for civic health promotion and cultural activities. There are also restrooms and cafes, so please feel free to stop by during a break.

Be careful of traffic

Be careful of traffic (no footpath)

1 : 8,000

Legend

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What do we mean by health equipment?

This is a park facility with a major aim of helping people get healthy. They can be used for various things such as stretching or to stimulate your body's acupoints and working out.

Examples of main "health equipment"

Gentle steps

By climbing up and down steps, you can exercise to bend and stretch the knees.



Wakuwaku steps

Leaping exercises to jump from side to side. Grip the bar and jump from the center to either side at a decent tempo.



Push-up board

This is a push-up exercise completed from a standing position. You stand on a sloping platform to extend your arms while placing your hands on a board.



Spring bar

Try dangling or chin-up exercises. The spring will soften the impact when you seize the bar.

