

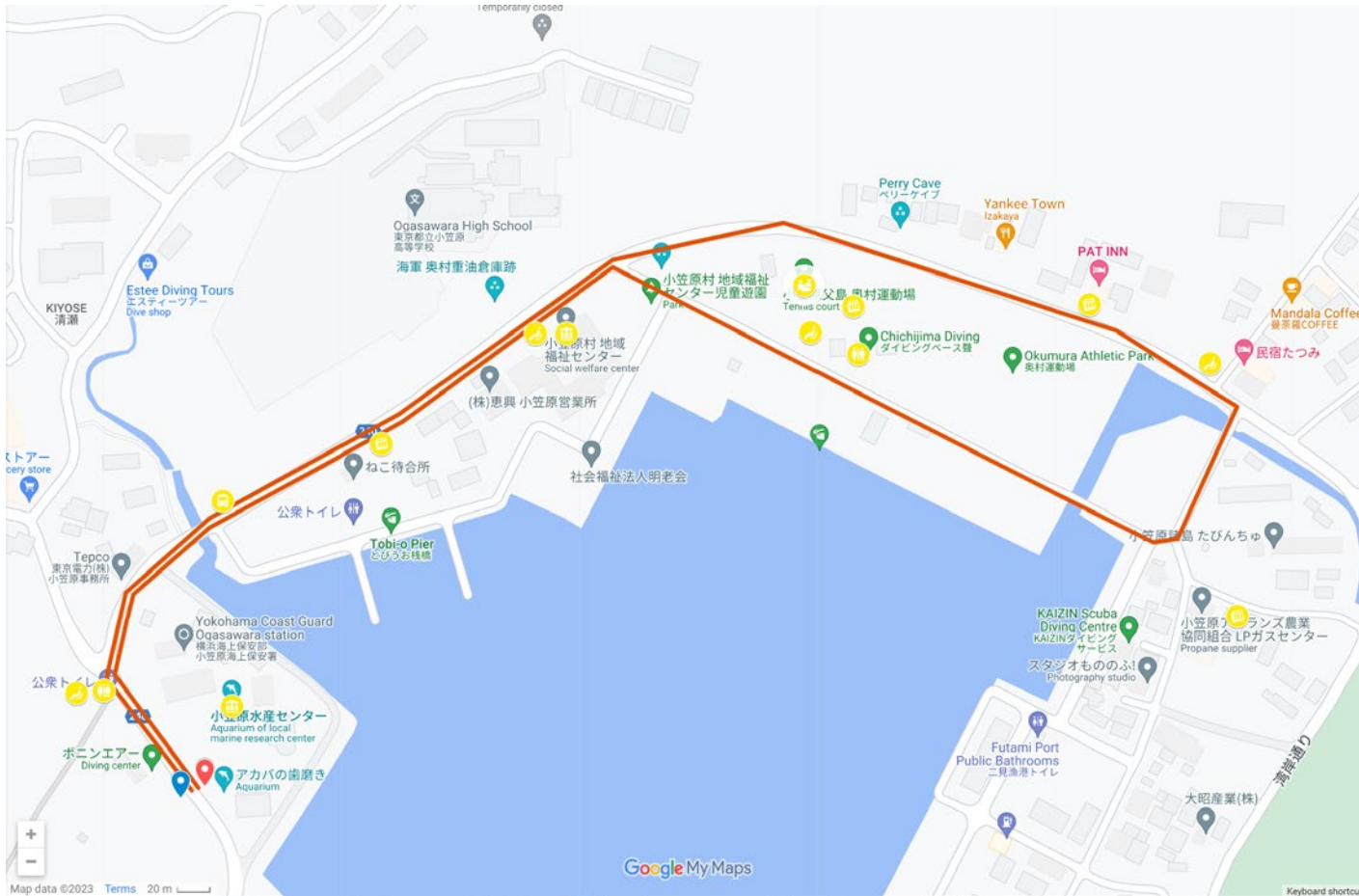
Ogasawara Village

Okumura District Course 1

Highlight | Tobiuo Pier



Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN



Route Description

- Ogasawara Fisheries Center
- Ogasawara Village Community Welfare Center
- Okumura Sports Ground
- Ogasawara Village Community Welfare Center
- Ogasawara Fisheries Center

Route Description

This is a course that starts from the Ogasawara Fisheries Center, circles the Okumura Sports Ground, and comes back is flat and easy to walk. It has many wide stretches of road and is suitable for walks in the early morning and evening as well.



Time allowed	around 27 minutes
Distance	around 1820 m
Calorie consumption	around 81 kcal
Number of steps	around 2600 steps

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