

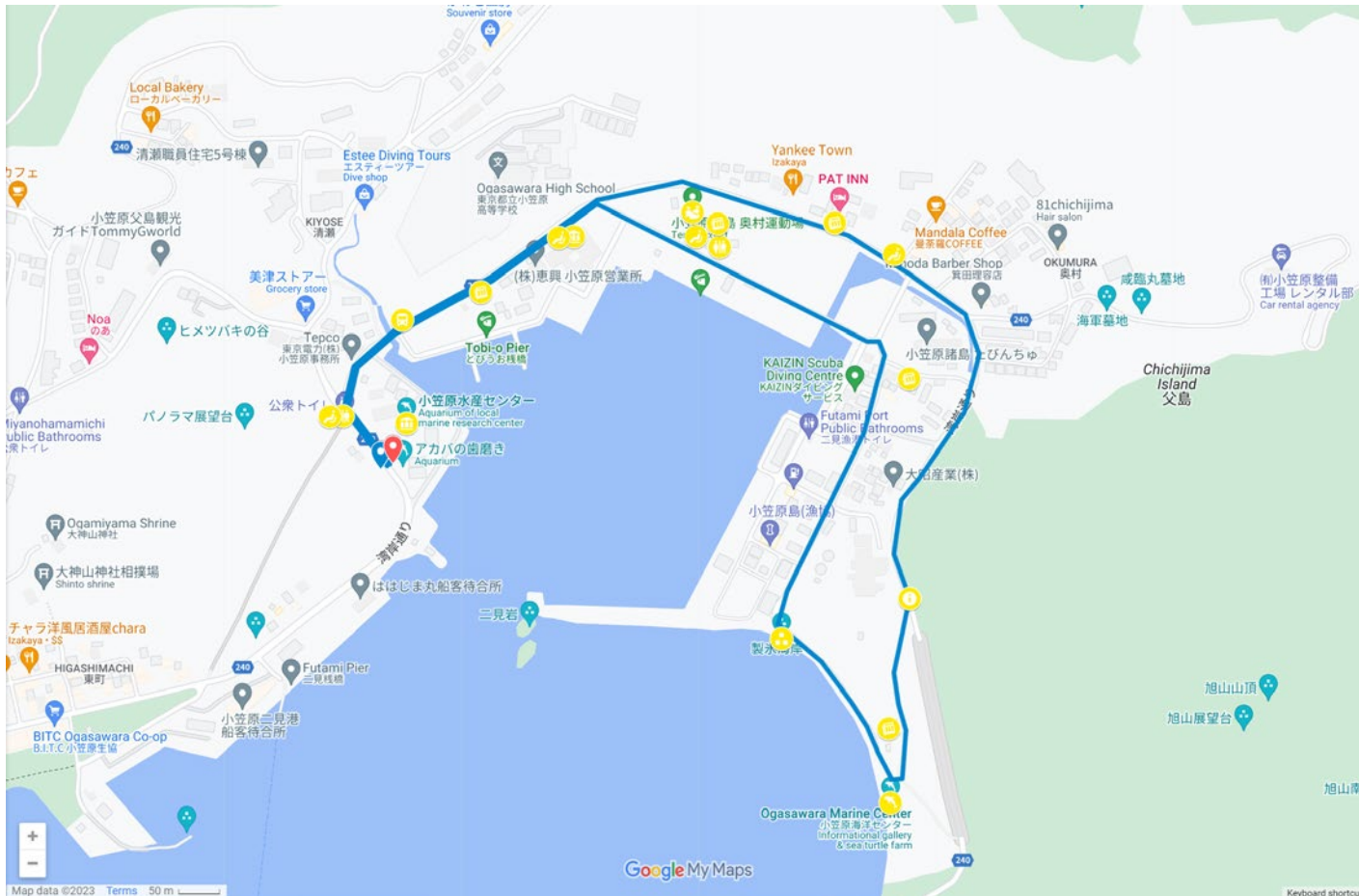
Ogasawara Village

Okumura District Course 2

Highlight | Seihyo Beach



Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN



Route Description

- Ogasawara Fisheries Center
- ▼
- Ogasawara Village Community Welfare Center
- ▼
- Okumura Sports Ground
- ▼
- Marine Center
- ▼
- Seihyo Beach
- ▼
- Okumura Sports Ground
- ▼
- Ogasawara Village Community Welfare Center
- ▼
- Ogasawara Fisheries Center

Route Description

This is a course that starts from the Ogasawara Fisheries Center, goes to Seihyo Beach, 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. We recommend seeing the sunset at Seihyo Beach in the evening.



Time allowed	around 44 minutes
Distance	around 2950 m
Calorie consumption	around 132 kcal
Number of steps	around 4214 steps

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