

Ogasawara Village

Ogiura District Course 1

Highlight | Ogiura Beach



Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN



Route Description

- Ogiura Rest House
- ▼
- Water Purification Plant
- ▼
- Agricultural Center
- ▼
- Ogiura Rest House

Route Description

This is a course that climbs the slope from Ogiura Rest House towards Susaki, passes the water purification plant, and comes back via the Agricultural Center. It has slopes with a height difference of approximately 60 meters and offers good training, although the entire course is comparatively short. The course is surrounded by mountains and is in a quiet environment with many trees, so you might be able to take a relaxing walk.



Time allowed	around 29 minutes
Distance	around 1950 m
Calorie consumption	around 87 kcal
Number of steps	around 2786 steps

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