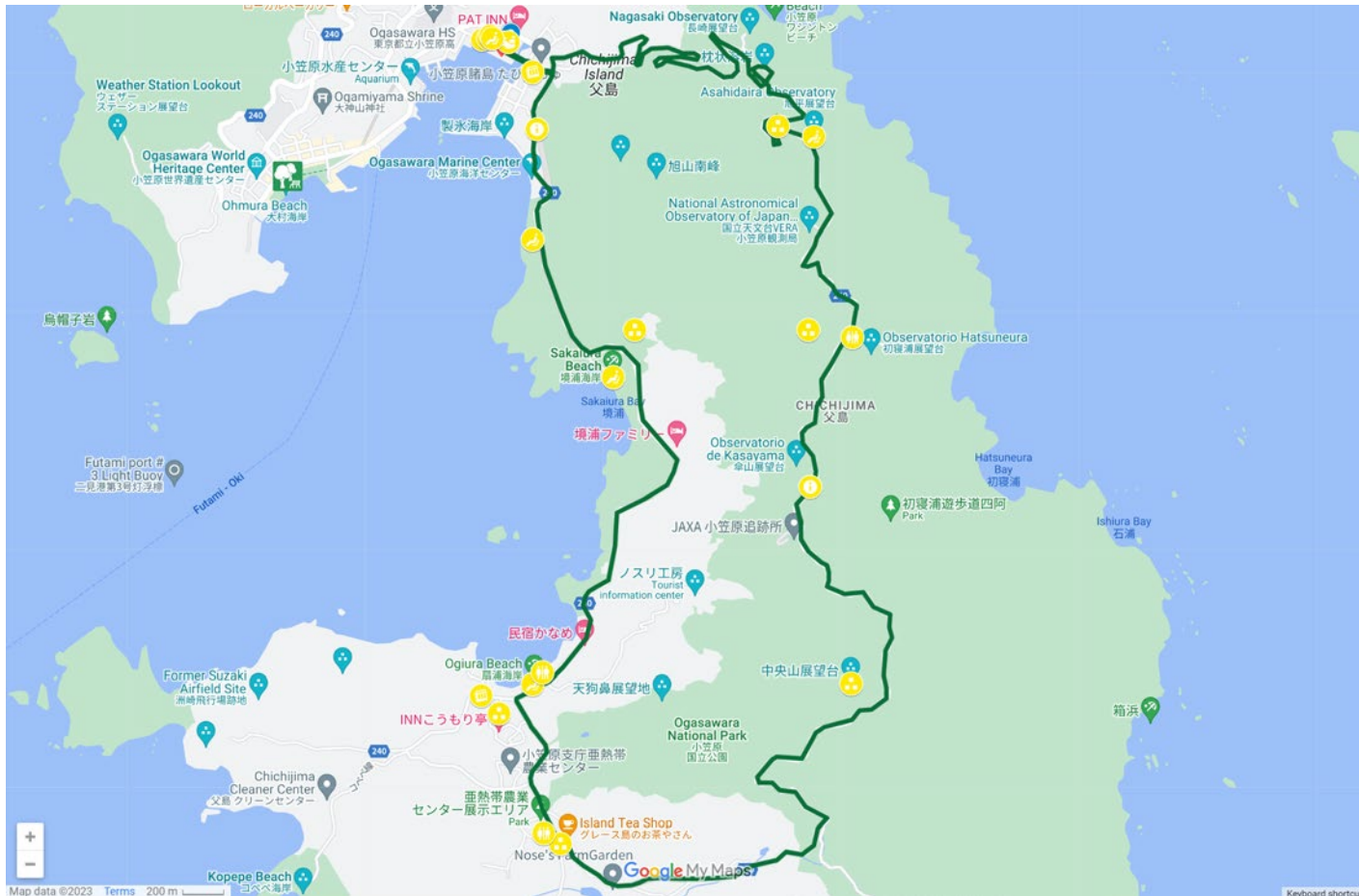




Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN



Route Description

- 📍 Okumura Sports Ground
- ▼
- 📍 Mt. Asahi
- ▼
- 📍 Mt. Yoake
- ▼
- 📍 Mt. Chuo
- ▼
- 📍 Komagari
- ▼
- 📍 Ogiura
- ▼
- 📍 Sakaiura
- ▼
- 📍 Okumura Sports Ground

Route Description

This is a course that starts from Okumura Sports Ground and loops around Yoake Road. Long distance; suited to experienced walkers. The course has few vending machines, so make sure you thoroughly prepare drinks and other supplies for walking. The course also offers a wide range of Ogasawara's nature, and a sense of accomplishment from finishing such a challenging course is like nothing else.



🕒 Time allowed	around 3 hour 35 minutes
📏 Distance	around 14340 m
📄 Calorie consumption	around 645 kcal
👟 Number of steps	around 20486 steps

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