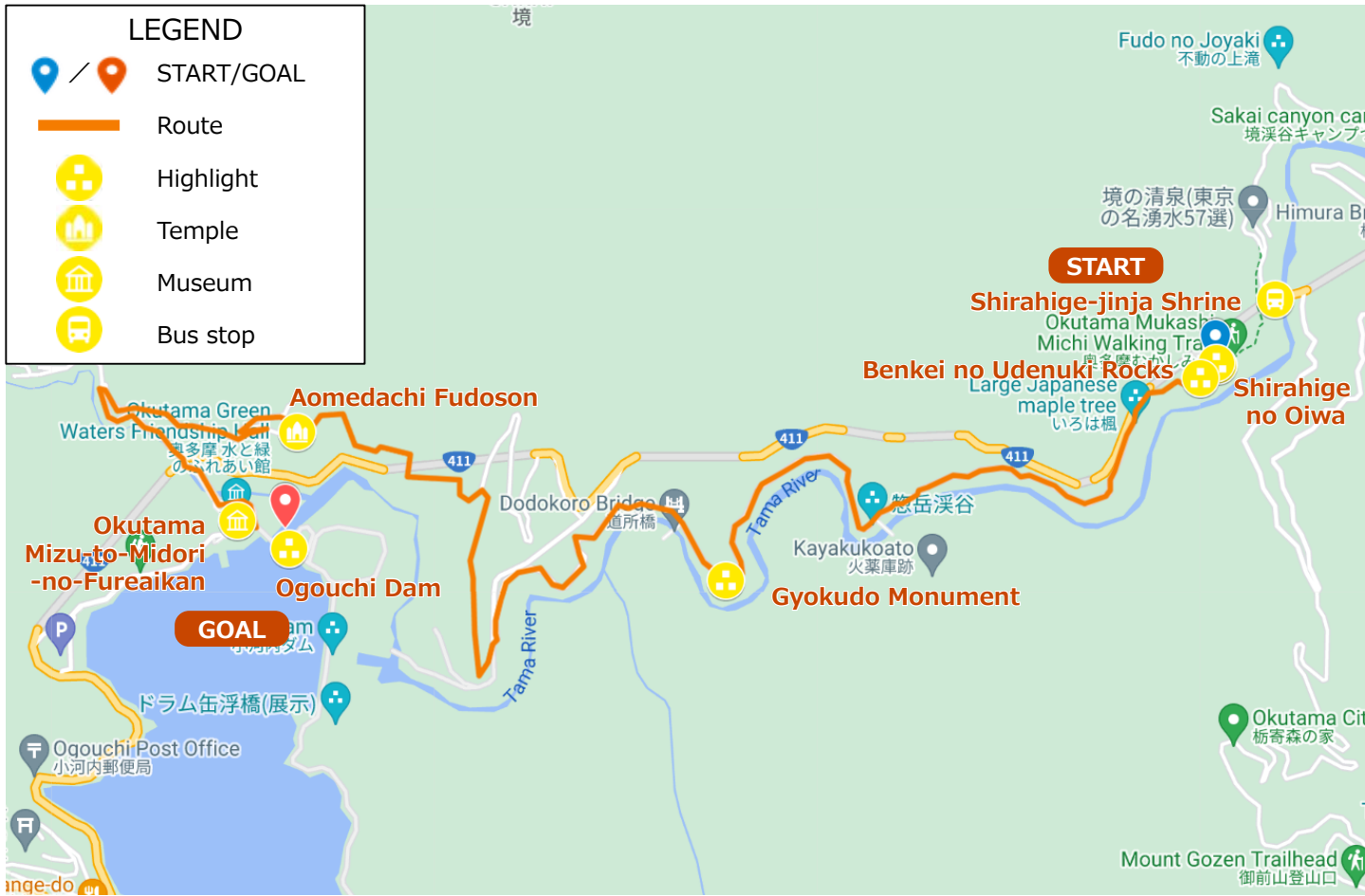


**Okutama machi**

**Let's walk around Hinohara, Okutama, and the Islands!**  
**The Okutama Mukashi Michi Course (Shirahige-jinja Shrine to Ogouchi Dam)**

**LEGEND**

- / START/GOAL
- Route
- Highlight
- Temple
- Museum
- Bus stop



**Route Description**

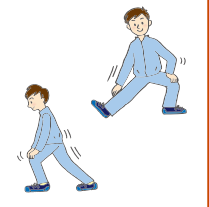
- Shirahige-jinja Shrine
- ▼
- Benkei no Udenuki Rocks
- ▼
- Gyokudo Monument
- ▼
- Aomedachi Fuduson
- ▼
- Ogouchi Dam

**Features of the course and cautions**

The Okutama Mukashi Michi is a route formerly known as Kyu-Ome-kaido Avenue that runs from Hikawa to Ogouchi. As the distance from Oku-Tama Station to Lake Okutama is about 10 km, the course is divided into two parts. Some parts have steep slopes or are not paved, so visit in appropriate clothing.

**Warming up**  
 Do some stretching or other light exercise to gradually warm up your body and promote circulation. Do this to prevent injuries and avoid knee pain and fatigue.

**Cooling down**  
 Suddenly stopping exercise is a burden on the heart, which is why it's important to stop gradually. This also increases the speed with which you'll recover from fatigue and prevents muscle soreness.



**Highlight**

Icons Shrines and Temples Park Other



**Shirahige no Oiwa**  
 The great stone beside Shirahige-jinja Shrine shows the fault in the limestone layer of the Chichibu Paleozoic stratum, and the fault line continues on the opposite bank of the Tama River. It has been designated as a natural monument by the Tokyo Metropolitan Government.



**Okutama Mizu-to-Midori-no-Fureaikan**  
 About 500 meters' walk after passing the dam management office on the way from the Okutama Mizu-to-Midori-no-Fureaikan is the Ogouchi Dam observation tower. The second floor of the observation tower displays dioramas of the dam and panels presenting the history of Ogouchi Dam. The third floor is an observation floor offering a full view of the dam.

<b>Time allowed</b>	around <b>120</b> minutes
<b>Distance</b>	around <b>5.3</b> km
<b>Calorie consumption</b>	around <b>360</b> kcal
<b>Number of steps</b>	around <b>5714</b> steps

As some sections have steep slopes, the required time shown here allows for visitors to walk safely.

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



Tokyo Metropolitan Government  
 Health Promoting character  
**KENKOUDESUKA-MAN**