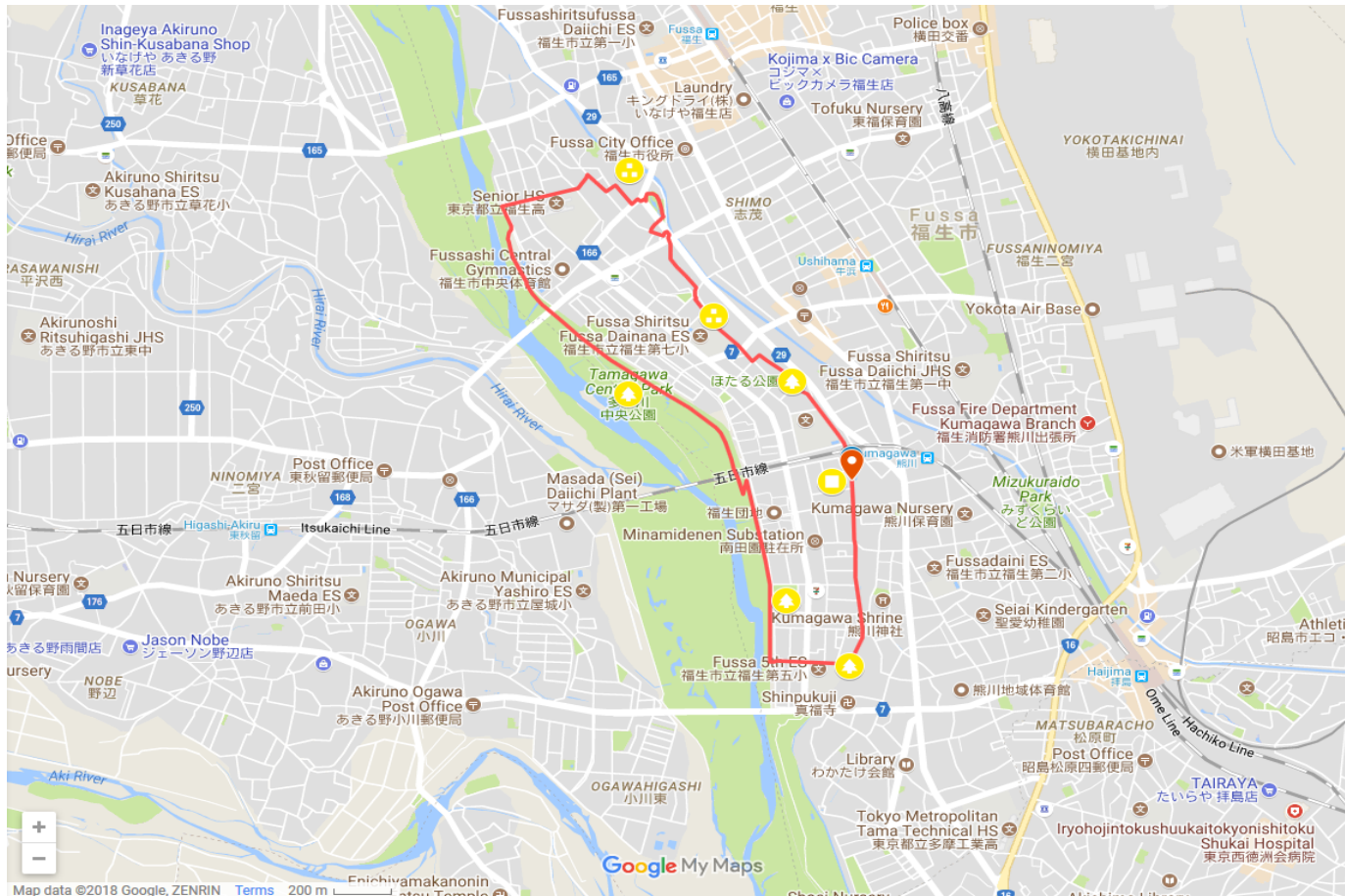


Fussa
City

Waterside course

Highlight | "Shimaya no taki waterfall" "Fountain of Seiganin Temple"



Route Description

- 📍 Welfare Center
- ▼
- 🌟 Hotaru Park
- ▼
- 🏯 Shimaya no taki waterfall
- ▼
- 🏯 Fountain of Seiganin Temple
- ▼
- 🌟 Tamagawa Central Park
- ▼
- 🌟 Myojin-shita Park
- ▼
- 🌟 Sesaragi Yuhodo Park
- ▼
- 📍 Welfare Center

Benefits of Walking

By keeping up the habit of walking, not only does this prevent lifestyle diseases such as obesity and diabetes, but it also confers various advantages such as anti-aging and stress-reduction.

🕒 Time allowed	around 73.5 minutes
📏 Distance	around 4.9 km
🔥 Calorie consumption	around 220.5 kcal
👣 Number of steps	around 7000 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.
Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

Hotaru Park

A firefly festival is held in June of each year in this park which was established in 1973 as a facility for the protection of fireflies.

Shimaya no taki waterfall

This is a small waterfall behind Fussa-Dainana Elementary School; it got its name from the name of the residence called "Shimaya" located near the waterfall.

Fountain of Seiganin Temple

Selected as one of the "Best spring water in Tokyo," which is excellent in water quality, volume, origin, views and others. It is also one of the 10 Views of Fussa.