

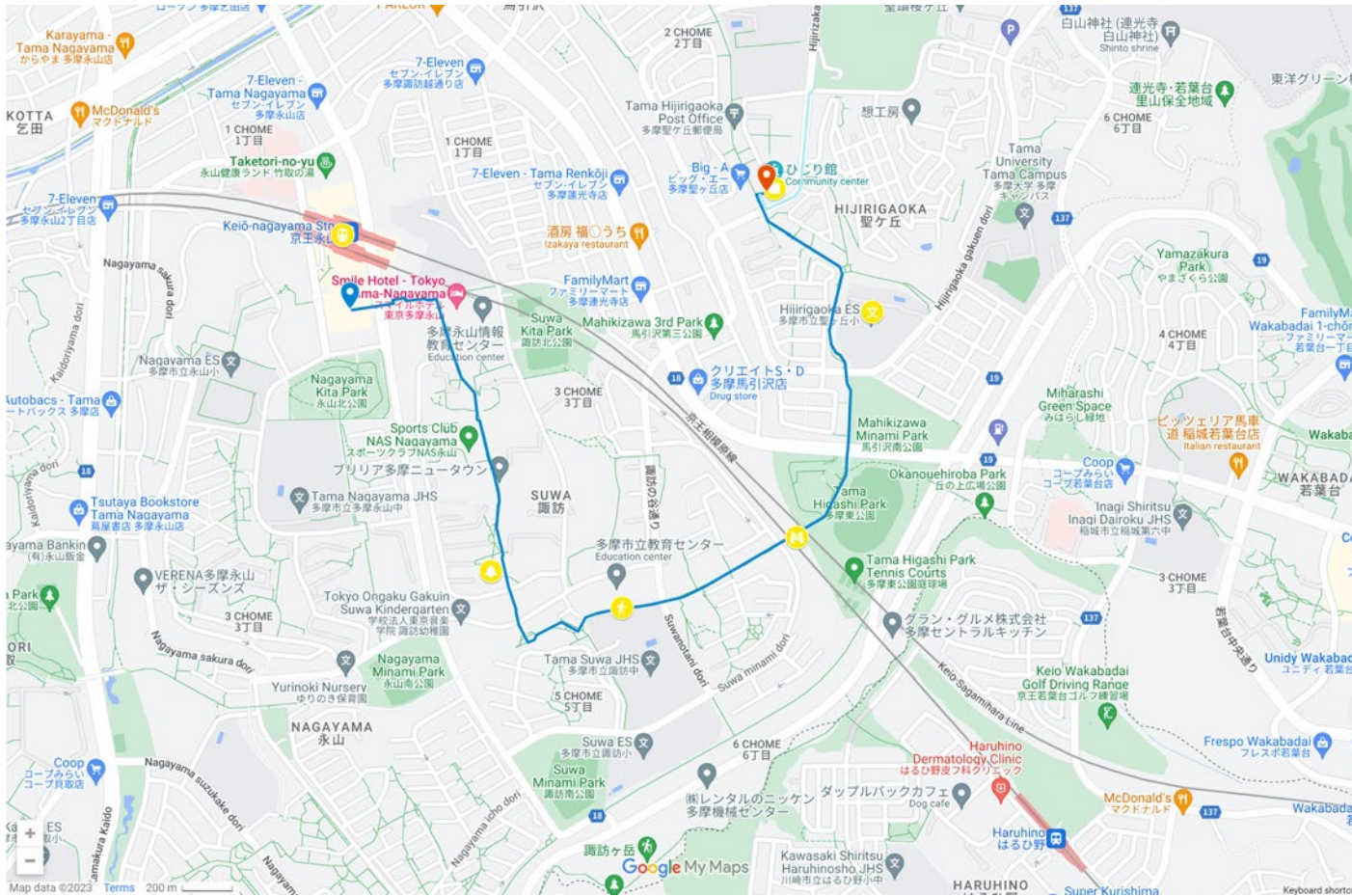


Denshami-bashi Bridge and Promenade Course

Highlight | Denshami-bashi Bridge



nagadon



Route Description

- Nagayama Sta.
- ▼
- Suwa Daisan Park
- ▼
- Denshami-bashi Bridge
- ▼
- Hijirigaoka Elementary School
- ▼
- Hijiri-kan (Community Center)

Don't forget to drink water

Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Time allowed	around 36 minutes
Distance	around 2.4 km
Calorie consumption	around 108 kcal
Number of steps	around 3430 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

Denshami-bashi Bridge



If you continue east on "Suwa Nagayama Fureai-no-michi Road," there is a bridge with an unusual name: "Denshami-bashi." This leads to the Tama-higashi Park and straddles the Keio and Odakyu Lines. Both the distance between "Nagayama and Wakabadaï" on the Keio Sagamihara Line and the distance between "Nagayama and Haruhino" on the Odakyu Tama Line are short distances between tunnels. It is a famous spot for train fanatics where both lines are visible running in parallel.

Suwa Nagayama Fureai-no-michi Road



When you walk south from Nagayama Sta. and pass "Suwa Keyakizaka hill," you will come upon "Suwa Nagayama Fureai-no-michi Road." This is a relaxing promenade with pedestrian bridges that traverse Suwa, Nagayama, Kaidori, and Toyogooka from Tama-higashi Park. There are kindergartens and nursery schools along the way, and passersby can hear the voices of children.

Toritsu Sakuragaoka Park



A little past the end point is Toritsu Sakuragaoka Park with its beautiful cherry blossoms and fall leaves. Visitors will want to walk the extra distance to see these seasonal wonders.