

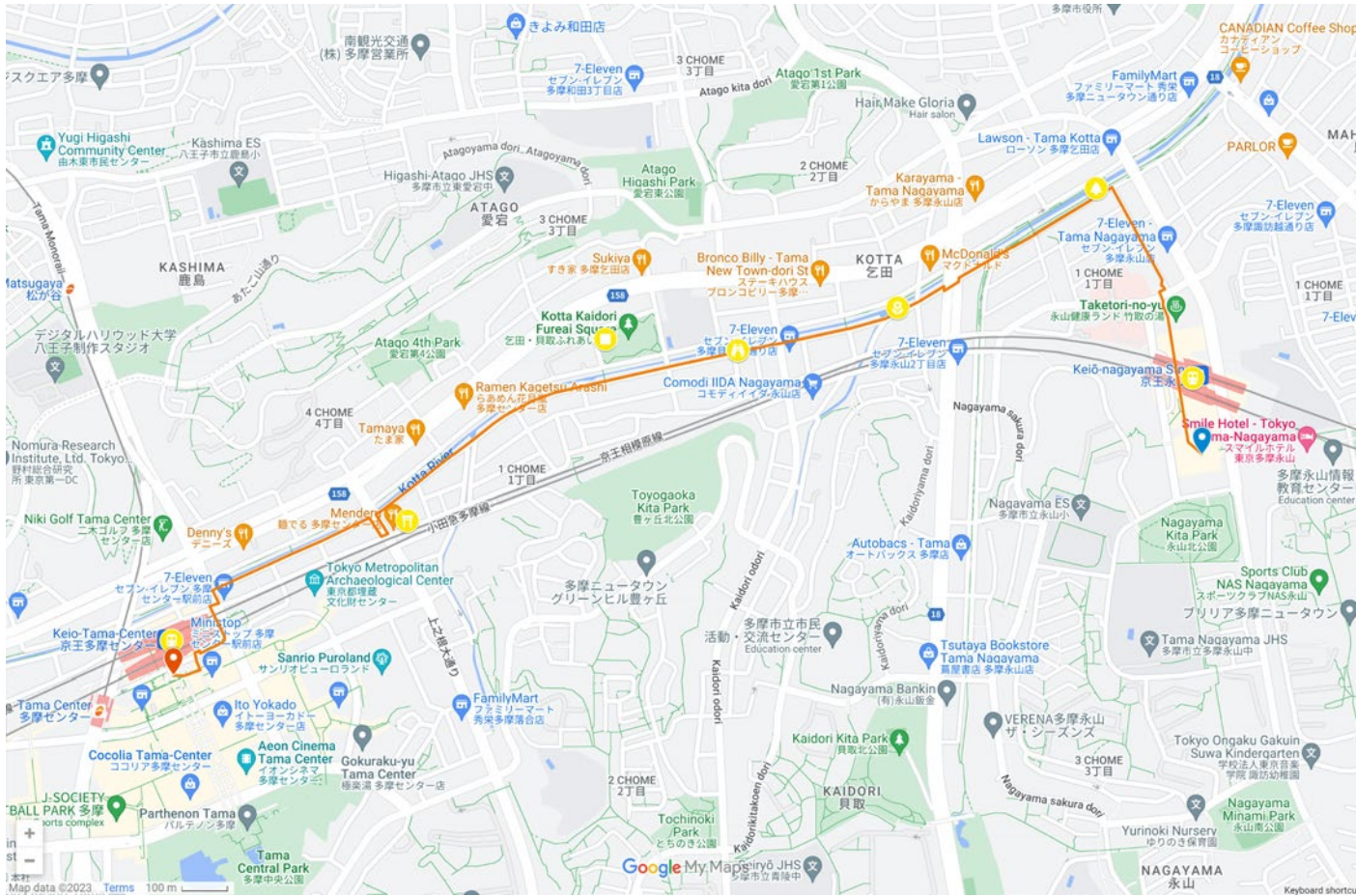


Kottagawa Cherry Blossoms and Spot-billed Duck Course

Highlight | Kottagawa River



nagadon




Route Description

- Nagayama Sta.
- ▼
- Kottagawa River
- ▼
- Kotta Kaitori Fureai-kan (Community Center)
- ▼
- Hachiman-jinja Shrine
- ▼
- Tama Center Sta.

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 47 minutes
Distance	around 3.1 km
Calorie consumption	around 140 kcal
Number of steps	around 4430 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



Icons: Shrines and Temples Park Other

Recommended Site

Kottagawa River Cherry Blossoms



From Nagayama Sta. to the Tama Center Sta., on the promenade of the Kottagawa River that flows north, there is a row of cherry trees that branch out beautifully over the river. Lanterns are lit when they are in bloom, a cherry blossom festival is held, and more, making it a special spot for enjoying the cherry blossoms. We recommend taking a slow walk down the promenade, which becomes a tunnel of cherry blossoms.

Kottagawa River Spot-billed Ducks



As you walk along the Kottagawa Promenade, it is possible to see many birds as well as carp and other fish. Of these animals, the spot-billed ducks have an icon-like presence. From the cherry blossom season to early summer, it is possible to see the charming sight of parent birds and their chicks marching along.

Kotta Kaitori Fureai-kan (Community Center)



This is a community center with an expansive hiroba plaza and exercise equipment installed along the Kottagawa River. There is also playground equipment for children, making this a great recreational area for people of all ages.