

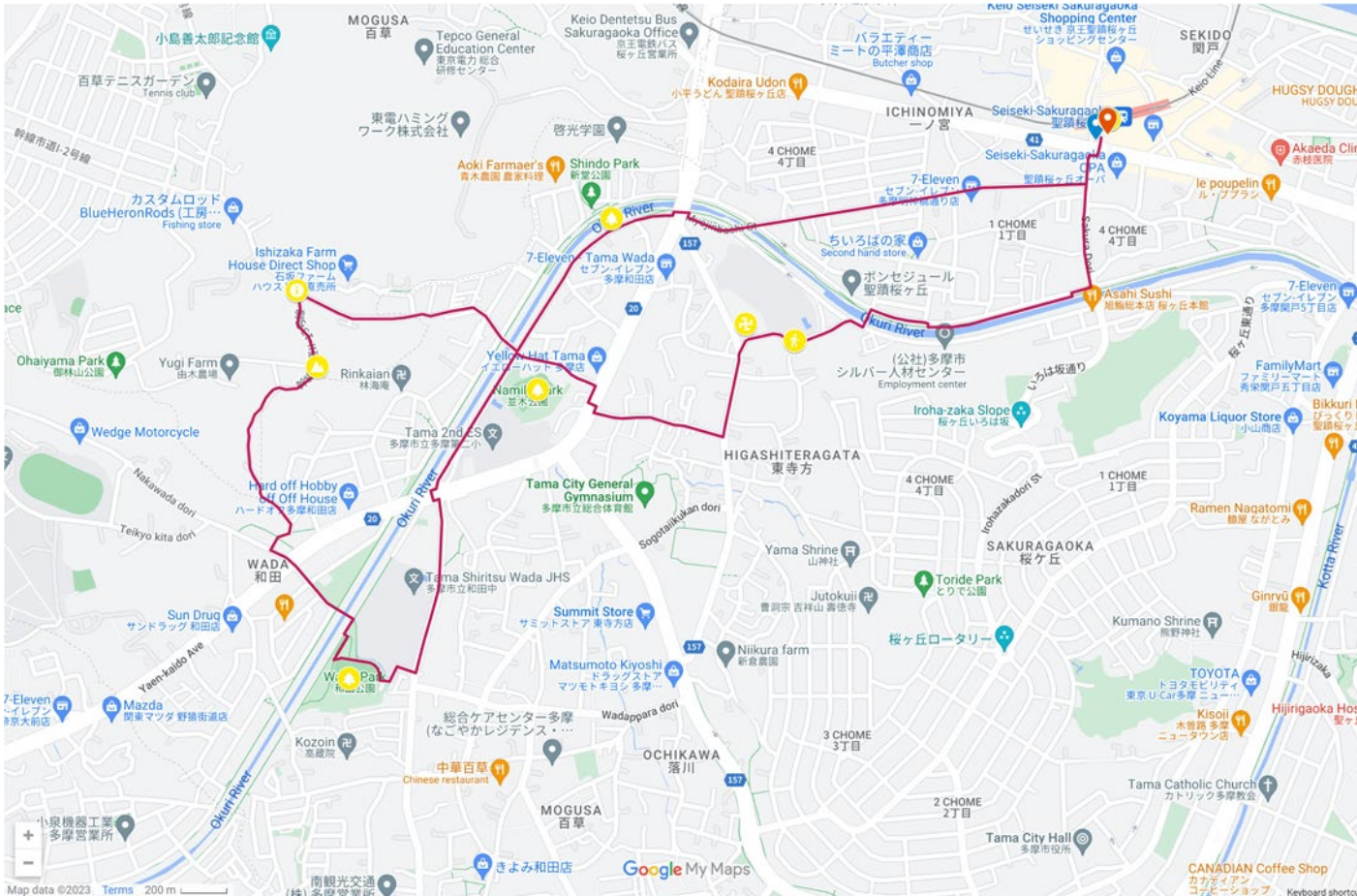
Tama City

Oguri-gawa River and Foothills Touring Course

Highlight | Oguri-gawa River



SAKUNYAN



Route Description

- Seiseki-sakuragaoka Sta.
- ▼
- 🌳 Oguri-gawa River
- ▼
- 📍 Yugi Farm Sign
- ▼
- 🌳 Wada Park
- ▼
- 🌳 Namiki Park
- ▼
- 🏯 Hosen-in Temple
- ▼
- 📍 Seiseki-sakuragaoka Sta.

Walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day (*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day (*2).

Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

*1 The Physical Activity Guidelines for Health (Active Guide) (Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.

*2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare)

[Updated survey on residents of Tokyo 2007–2009]

🕒 Time allowed	around 87 minutes
📏 Distance	around 5.8 km
🔥 Calorie consumption	around 261 kcal
👣 Number of steps	around 8290 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

Oguri-gawa River



The Class A Tamagawa river system, refurbished in Tama New Town-related development projects. It is a modern river with concrete seawalls, but features a lush green promenade. Visitors can enjoy the flowers on the greenway and the rows of seasonal cherry blossoms and flowering dogwoods.

Satoyama



Climbing the hill from Namiki-bashi, visitors will be surprised by the sudden view of Satoyama. Tree groves and farms cover the foothills from Wada to Mogusa, Hino. In the summer, visitors can enjoy picking blueberries.

Obake-zaka Hill



This steep slope, from Hosen-in Temple down to Oguri-gawa River, was once thick and dark with bamboo. There is a legend that says ghosts would appear, which is why it was called "Obake-zaka (ghost hill)." (From Tama City Historical Folklore)