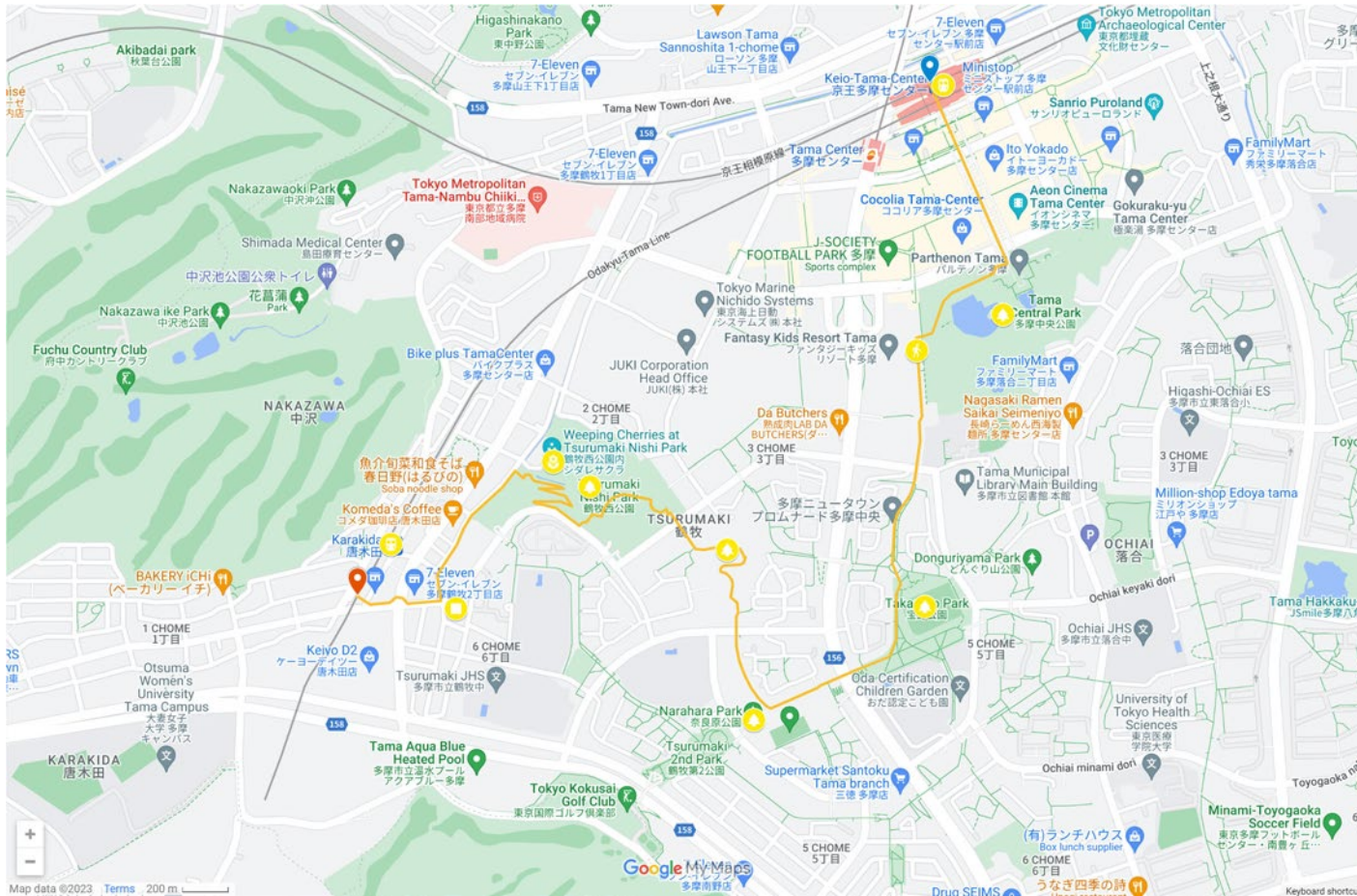


Tama
City

Park Course for Families

Highlight | Takarano Park, Narahara Park



HELLO KITTY'S TOWN

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Route Description

- Tama Center Sta.
- Renga-zaka Hill
- Takarano Park
- Tsurumaki-higashi Park
- Karakida Sta.

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around 51 minutes
Distance	around 3.4 km
Calorie consumption	around 153 kcal
Number of steps	around 4860 steps


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



Recommended Site


Icons: Shrines and Temples Park Other

Tama Central Park



Located immediately south of the station, it is a general park representative of the area encompassing a large pond and grassy hiroba space, and cultural facilities such as Parthenon Tama and "Kyu Tomizawa Family Private Residence."

Takarano Park, Narahara Park



Further south of Tama Central Park, both parks connected by a pedestrian bridge are famous cherry blossom viewing spots where cherry blossoms run along the hiroba space and promenade.

Karakida Shobu-kan (Community Center)



A well-designed community center that opened in 2011. The library, the children's combined facilities, and the rooftop lawn are landmarks. There is also the Nagomi Cafe.