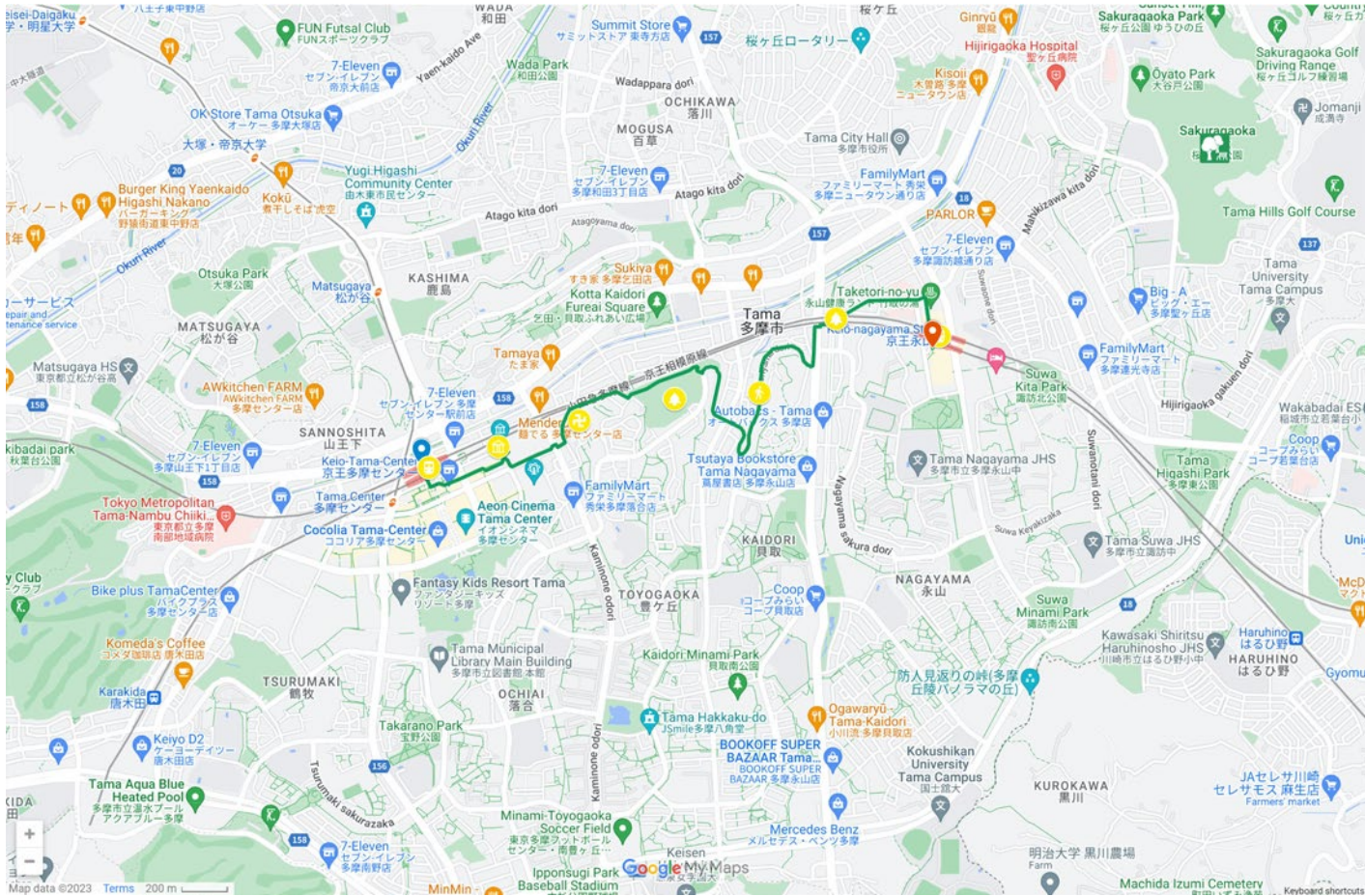


Tama City

Mountain Climbing Experience Course

Highlight | Kichijo-in Temple



HELLO KITTY'S TOWN

© '76, '88, '90, '93, '96, '01, '13, '17 SANRIO APPROVAL No.P08012412

Route Description

- Tama Center Sta.
- ▼
- Kichijo-in Temple
- ▼
- Toyogaoka-kita Park
- ▼
- Kaitoriyama-dori Ave.
- ▼
- Ohashi Park
- ▼
- Nagayama 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 54 minutes
Distance	around 3.6 km
Calorie consumption	around 162 kcal
Number of steps	around 5140 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

Tokyo Metropolitan Archaeological Center



A permanent exhibition centering around excavated items tells about 30,000 years of Tama foothill history, from the Paleolithic to the Jomon, Yayoi, Kofun, Nara, and Heian periods, feudal Japan, and early modern history. There are other special exhibits, a "Jomon village" ruins garden, and a hands-on area, as well as a related library and area for watching videos.

Kichijo-in Temple



There was said to be a Shidare-zakura Weeping Cherry Tree that lived for 600 years after Nitta Yoshioki planted it with his prayer for the suppression of the Hojo clan. This is a famous spot for cherry blossoms, including a 40-year-old Shidare-zakura Weeping Cherry Tree that succeeded the 600-year-old tree (designated as a metropolitan natural treasure), winter-flowering cherry trees, and Yoshino cherry trees. Guests can also enjoy seasonal flowers including peonies in early summer and Confederate roses in summer. The red hats of the jizo statues found at the bases of the cherry trees are also popular.

Toyogaoka-kita Park



This is a natural park covered in tree groves using the natural terrain of the Tama foothills. With the cherry blossoms in the spring and colorful leaves in the fall, visitors can enjoy the four seasons of the Tama foothills by walking its paths. Also, there is wisteria in the east and south hiroba spaces, and these create a spectacular view when in full bloom. Visitors can look out over Tama New Town from the elevated area inside the park.