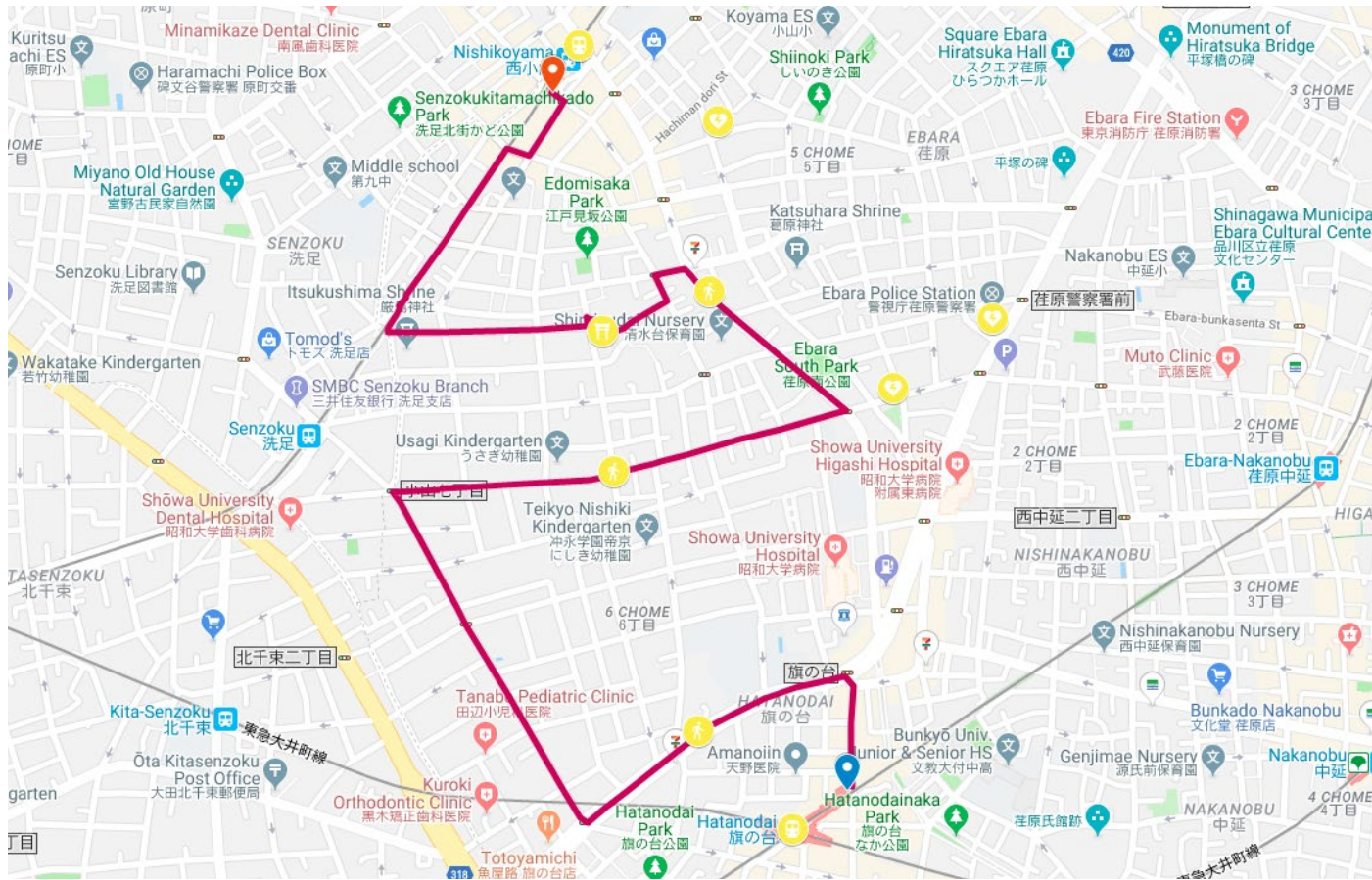


Saikachi-Saka Slope and Tachiai Road Course

Highlight | Tachiai Road

My walking trail



©Google

Route Description

- Hatanodai Station East Exit (Tokyu Electric Railway)
- ▼
- Saikachi-Saka Slope
- ▼
- Nobeyama Street
- ▼
- Tachiai Road
- ▼
- Koyama Hachiman Shrine
- ▼
- Nishi Koyama Station (Tokyu Electric Railway)

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 min.
Distance	around 3.4 km
Calorie consumption	around 153 kcal
Number of steps	around 4857 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

Saikachi-Saka Slope



The name of this slope may have originated from the "Saikachi trees" that used to grow along the side of the slope. Until Taisho era, there were many trees and weeds growing.

Tachiai Road



Along the Tachiai road running from Nakahara road to Nishi Koyama station, there are lines of cherry trees planted on both sides, and you can enjoy the cherry blossom tunnel when trees are in bloom.

Koyama Hachiman Shrine



This shrine has a long history of having alternative names, "Ikenoya Hachiman" and "Myoken Hachiman". Since the whole area around this shrine is on a small hill, the name of "Koyama" (small mountain) of this region is understood to have originated from this terrain.