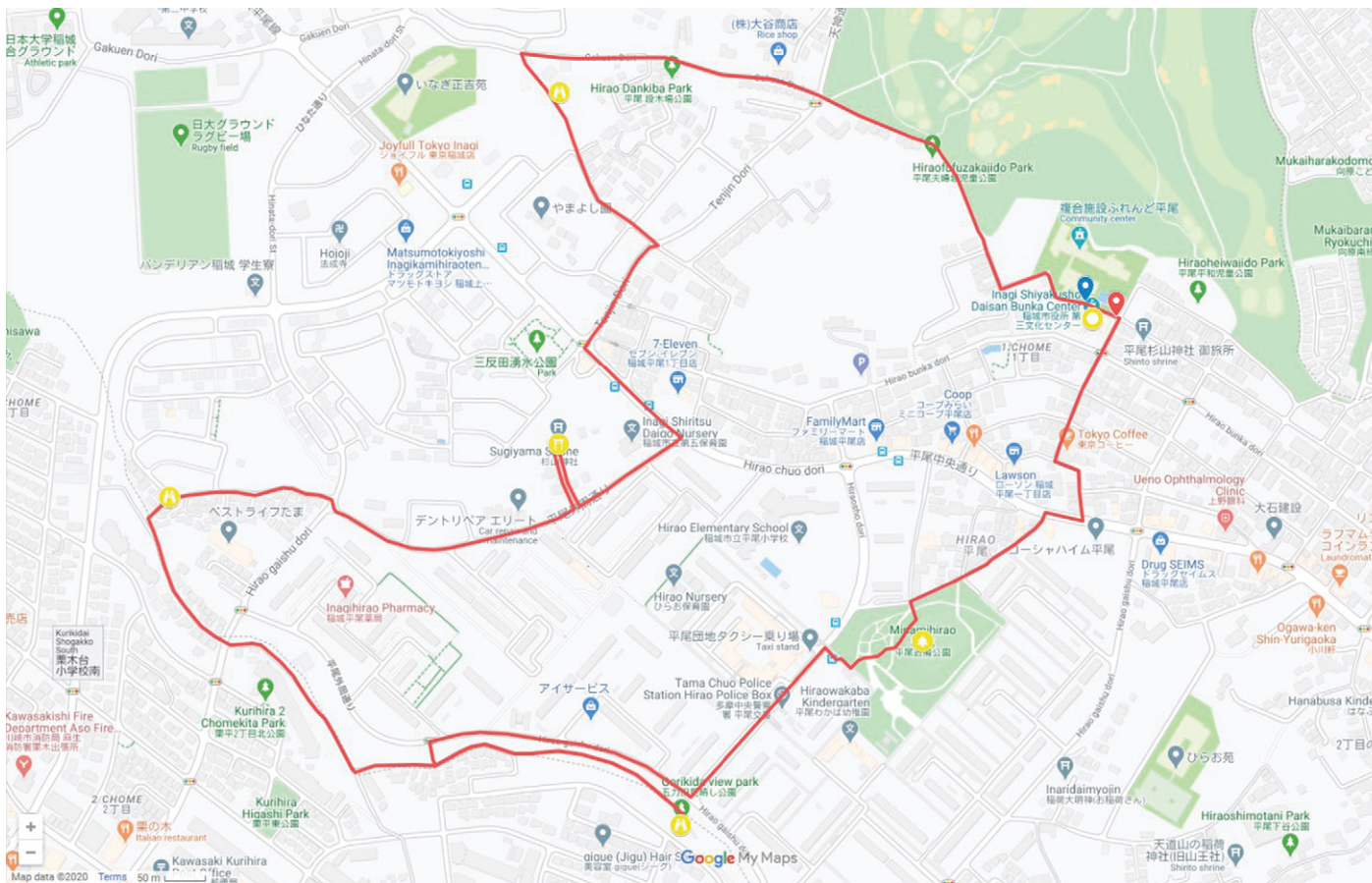




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Route Description

- Daisan Bunka (culture) Center
- ▼
- Spot where you can see Mt. Fuji ①
- ▼
- Sugiyama-jinja Shrine
- ▼
- Spot where you can see Mt. Fuji ②
- ▼
- Observation platform
- ▼
- Hirao Kinrin Park
- ▼
- Daisan Bunka (culture) Center

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 1 h 20 min.
Distance	around 4.6 km
Calorie consumption	around 240 kcal
Number of steps	around 6570 steps

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

Besides, the time allowed is the actual time when we walked the course.



Tokyo Metropolitan Government Health Promoting character KENKOUDEUSUKA-MAN

Recommended Site

Icons: Shrines and Temples Park Other

Observation platform



Sugiyama-jinja Shrine



The shrine situated in the hill behind Kamihiroo is said to have been built around 1676. Of the 72 Sugiyama-jinja Shrines distributed in the Tsurumi River watershed, it is located at the uppermost stream.

Hirao Kinrin Park



You can enjoy beautiful autumn leaves such as Momiji (maple) and Dodantsutsuji (Japanese enkianthus) in fall. Various trees such as Akamatsu (red pine), Konara (Quercus serrata) and Matebashii (Lithocarpus edulis) are also planted, so visitors can enjoy picking up conifer cones and acorns.