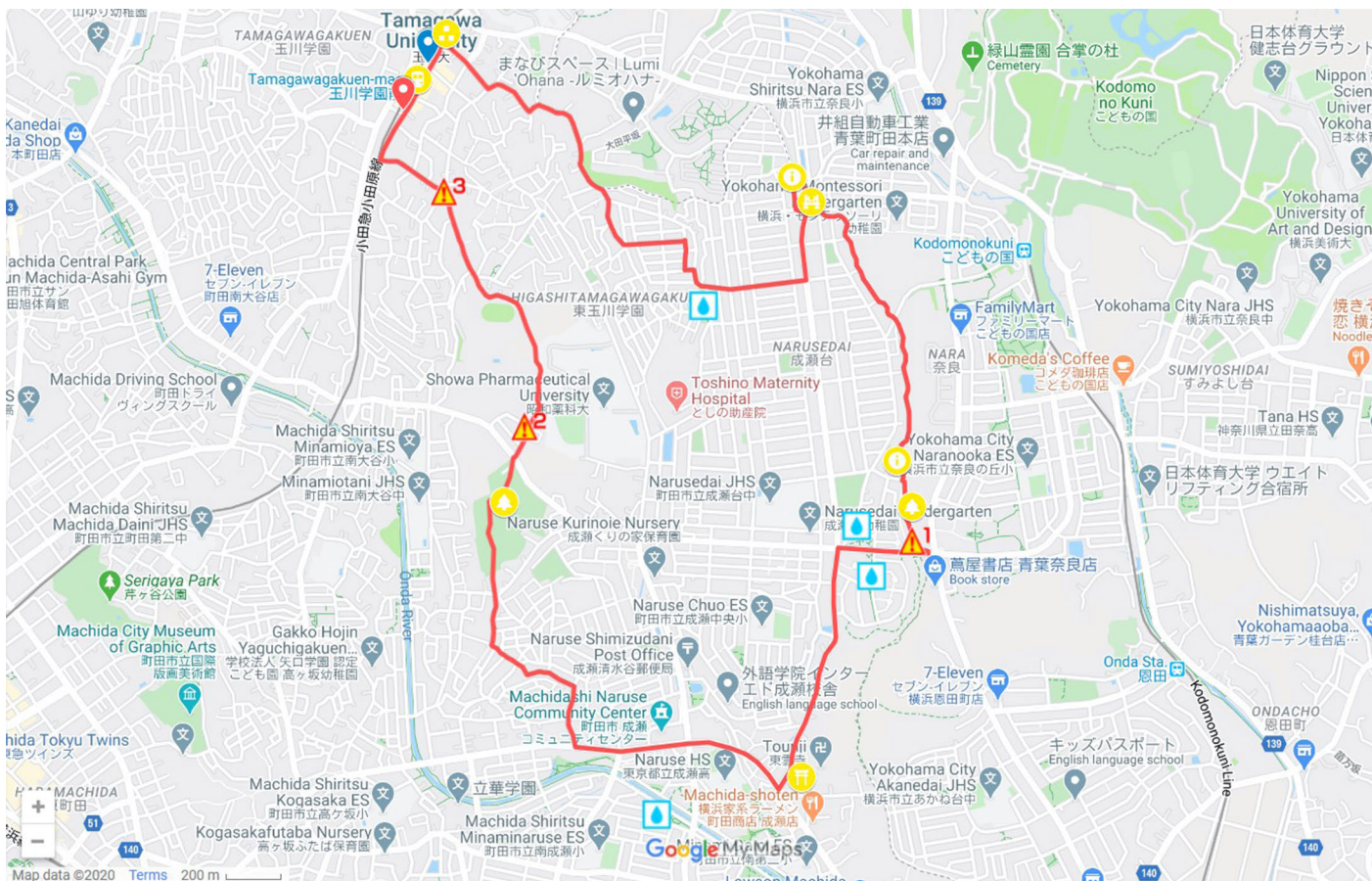


# Naruse-dai and Higashi-Tamagawa-gakuen area/ Naruse-dai overlooked from the ridge line

Highlight | Kashinokiyama Nature Park



© Google

## Route Description

- Tamagawa-gakuen-mae Station
- ▼
- Boshi Kannon (Mother-Child Deity of Mercy)
- ▼
- Narayato Bridge
- ▼
- Naruse Ridge Ichi-go Ryokuchi Park
- ▼
- Naruse-sugiyama-jinja Shrine
- ▼
- Kashinokiyama Nature Park
- ▼
- Tamagawa-gakuen-mae Station
- ▼
- 1 Point requiring attention
- ▼
- Water supply spot

### 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 <b>2 h 9 min.</b>
Distance	around <b>8.6 km</b>
Calorie consumption	around <b>387 kcal</b>
Number of steps	around <b>12290 steps</b>

\* 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 KENKOUESUKA-MAN

## Recommended Site

Icons: Shrines and Temples Park Other

### Kashinokiyama Nature Park



This is a green oasis extending to Naruse, Kogasaka and Minami-Oya. It has an abundance of wild birds and insects, and the part on the ridge is regarded as the Old Kamakura Road.

### Naruse Ridge Ichi-go Ryokuchi Park



In the thicket located on the boundary between Machida City and Yokohama City, where sawtooth oak and quercus serrata grow thick, the nature of Naruse has been preserved.

### Naruse-sugiyama-jinja Shrine



The year of its founding is unknown, but the shrine's building was established in 1668, and it was popularly known as "Tanaka no Myojin (a gracious deity)" at the time.