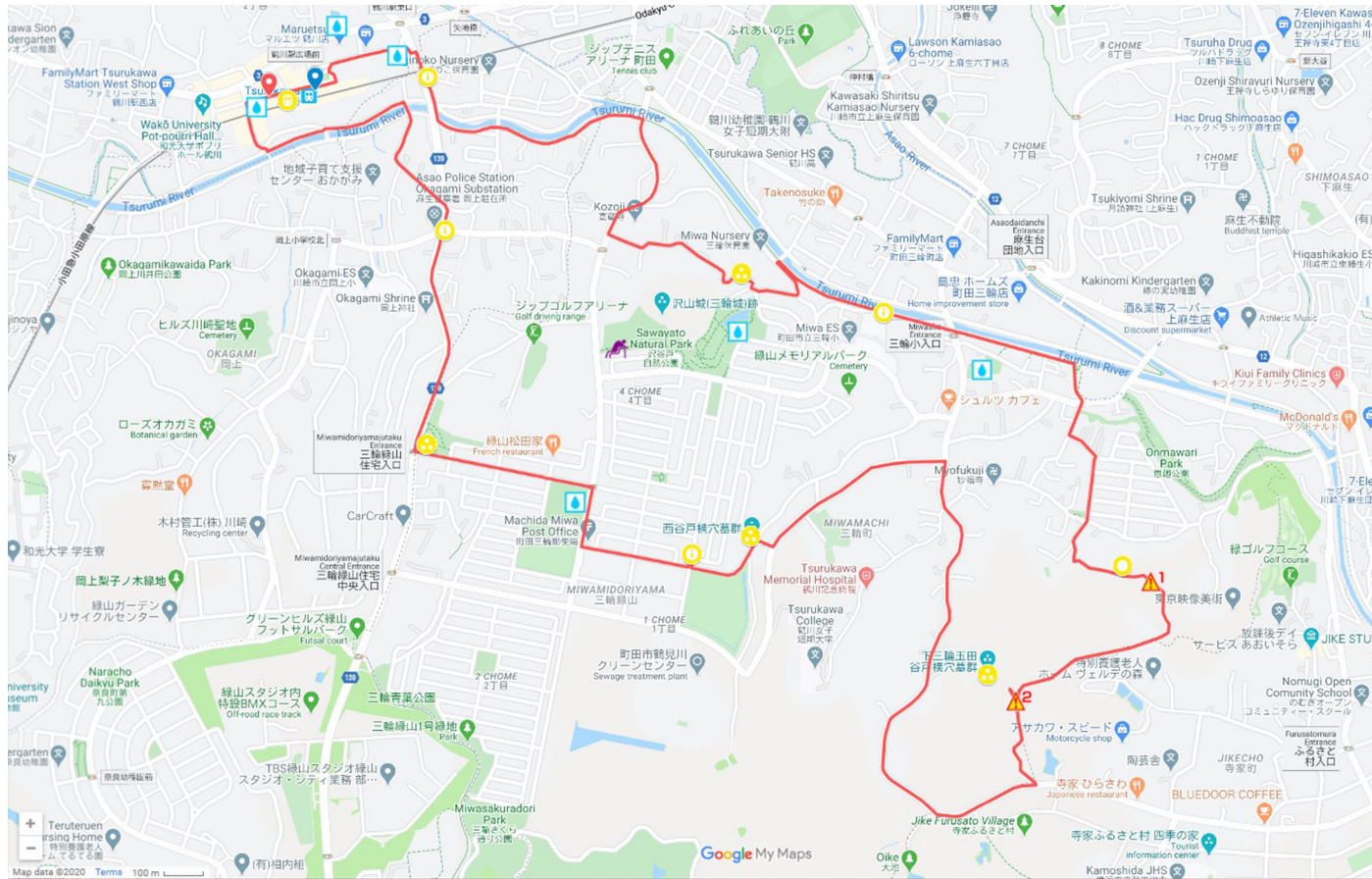


Miwa-machi and Miwa-midoriyama area/ Visiting cave tombs of the Kofun (tumulus) period

Highlight | **Miwa-no-Mori Visitor Center**



© Google

Route Description

- Tsurukawa Station
- ▼
- Miwa Shirasaka Cave Tombs
- ▼
- Miwa-no-Mori Visitor Center
- ▼
- Shimo-Miwa Gyokudayato Cave Tombs
- ▼
- Nishiyato Cave Tombs
- ▼
- Miwa Minami Ruins Group
- ▼
- Tsurukawa Station
- ▲¹
- Water supply spot
- Health appliances

Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)

Time allowed	around 2 h 12 min.
Distance	around 8.8 km
Calorie consumption	around 396 kcal
Number of steps	around 12570 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

Miwa-no-Mori Visitor Center



The center has a local history exhibition room, an information section, a rest place and other facilities, and the staff can give you advice on visiting surrounding areas. Restrooms are available.

Shimo-Miwa Gyokudayato Cave Tombs



Four cave tombs are thought to have been made during the period between the end of 6th century and the 7th century. Two tombs among them are "house-shaped," which is rare nationwide.

Nishiyato Cave Tombs



These are thought to have been made in the 7th century, and burial goods such as a Keito-no-Tachi sword and a glass ball were found in the nine tombs.