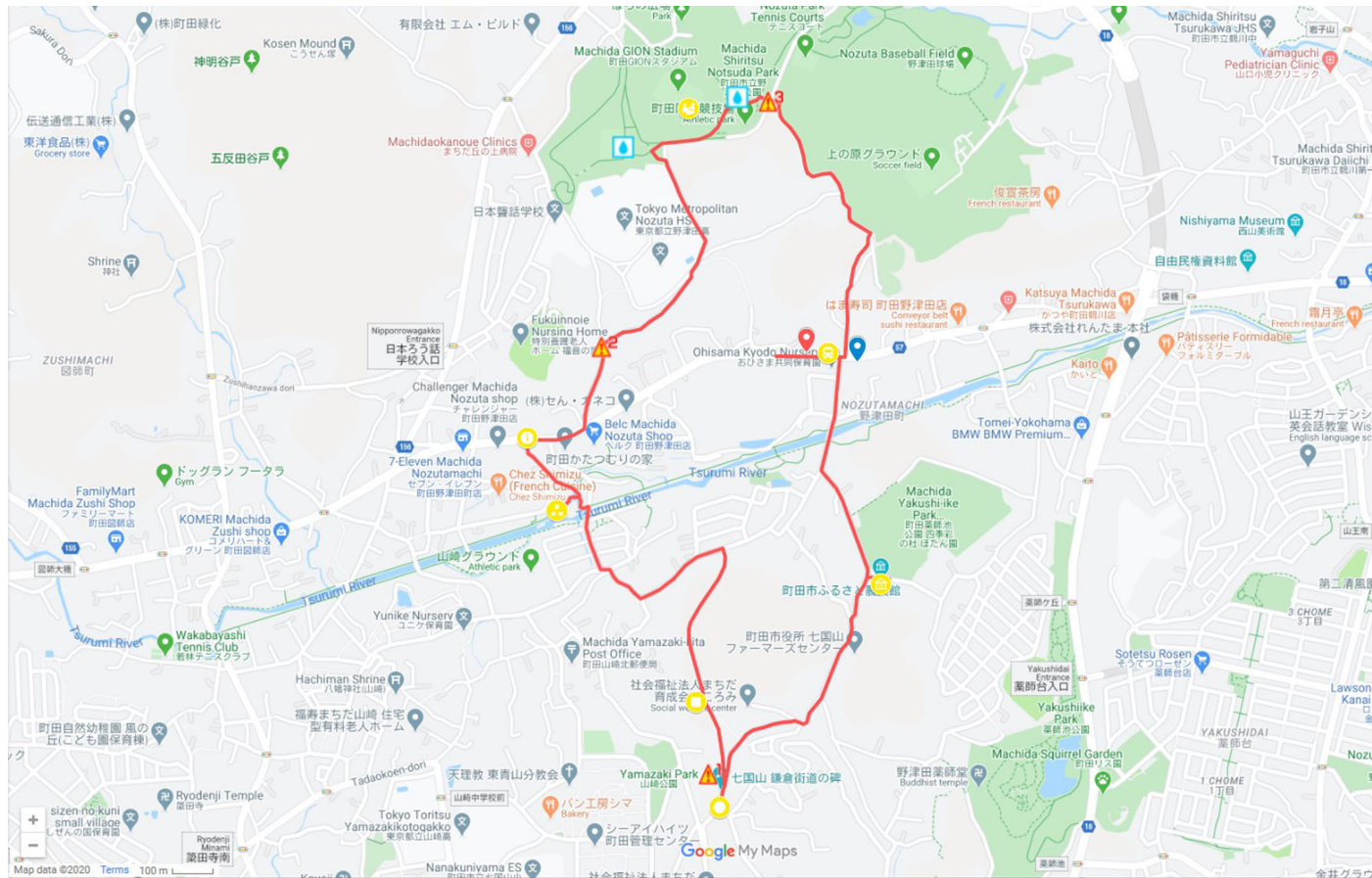


# Yamazaki-machi and Nozuta-machi area/ Mt. Nanakuni and Nozuta Park which are connected by the old road

Highlight | Athletic Stadium



©Google

## Route Description

- Nozuta Shako Bus Stop
- ▼
- Furusato Nogu-kan (museum of agricultural tools)
- ▼
- Kamakura Ido (well)
- ▼
- Old Kamakura Road Kami-no-michi
- ▼
- Yoroizeki Waterfront Square
- ▼
- Athletic Stadium
- ▼
- Nozuta Shako Bus Stop
- ▼
- Point requiring attention
- ▼
- Water supply spot

## 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 <b>1 h 12 min.</b>
Distance	around <b>4.8 km</b>
Calorie consumption	around <b>216 kcal</b>
Number of steps	around <b>6860 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 KENKOUDESUKA-MAN

## Recommended Site

Icons: Shrines and Temples Park Other

### Athletic Stadium



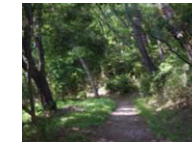
Around the athletic stadium of Nozuta Park, which has many exercise facilities, there is a jogging course with a length of 680 meters from start to finish.

### Furusato Nogu-kan (museum of agricultural tools)



This is a facility to help people inherit and deepen their understanding of agriculture in Machida City. Panels, agricultural implements, and tools for daily living are exhibited.

### Old Kamakura Road Kami-no-michi



It is said that the Old Kamakura Road was once a military road that connected Kamakura and Joshu. In the city, the road runs linearly from Minami-Machida to Onoji.