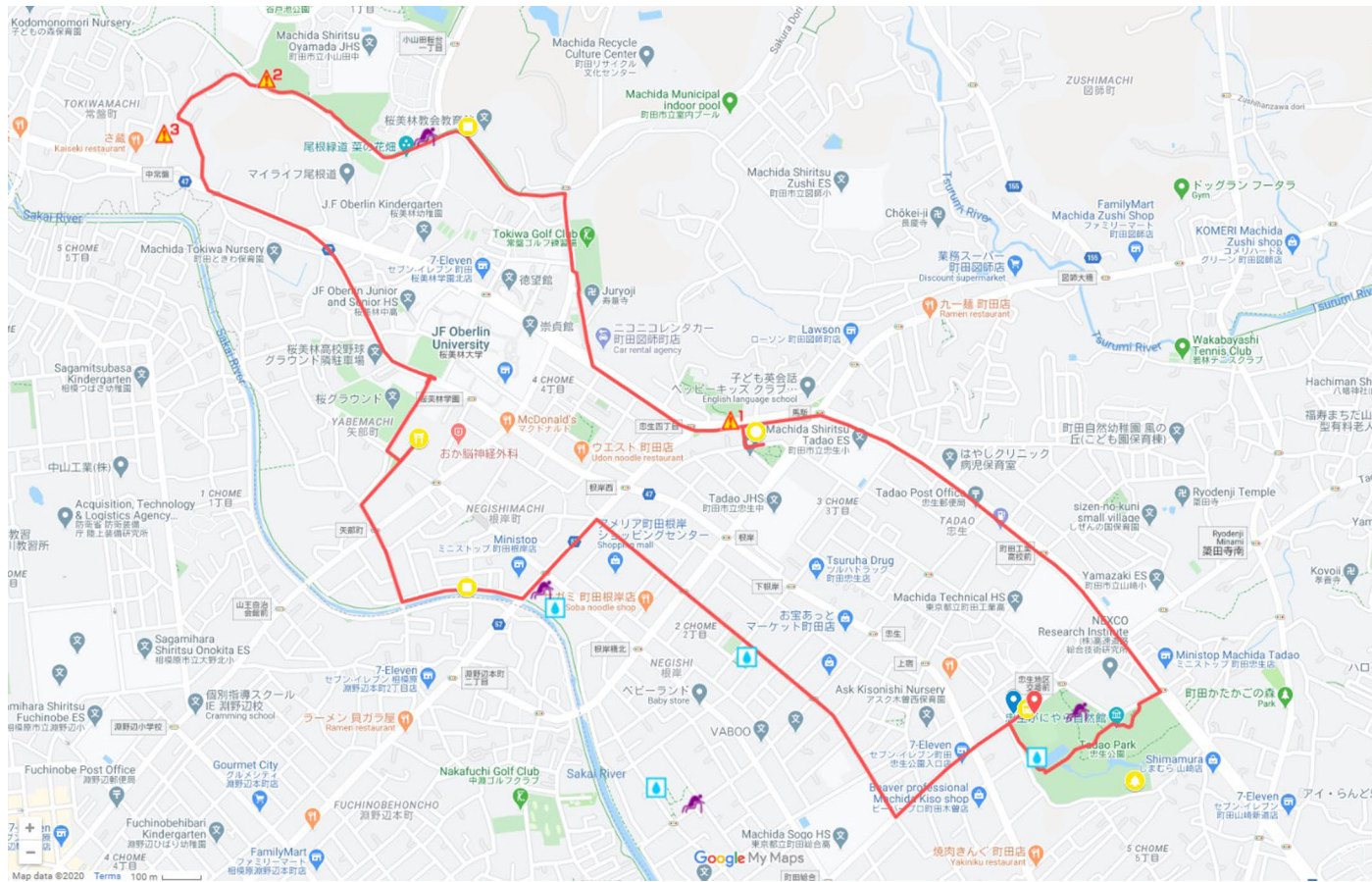


MACHIDA CITY

Tadao and Tokiwa-machi area/ Row of cherry trees on the One-ryokudo Road

Highlight | One-ryokudo Road



©Google

Route Description

- Tadao-koen-mae Bus Stop
- ▼
- Tadao Park
- ▼
- War Memorial Tower
- ▼
- One-ryokudo Road
- ▼
- Yagara-hachimangu Shrine
- ▼
- Sakaigawa Yukkuri Road
- ▼
- Tadao-koen-mae Bus Stop
- ▼
- Point requiring attention
- ▼
- 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 1 h 54 min.
Distance	around 7.6 km
Calorie consumption	around 342 kcal
Number of steps	around 10860 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

One-ryokudo Road



Various trees, mainly about 20 kinds of cherry trees, are planted along the road so that visitors can enjoy cherry blossoms for a long period.

Tadao Park



The park, which takes advantage of the topography of Yato (valley), includes the Nature Observation Park, paddy fields, and the riverhead of Yamazaki River, which is a branch of Tsurumi River.

Yagara-hachimangu Shrine



The zuijimon (shrine gate) of Yagara-hachimangu Shrine is designated as tangible cultural property by the city. In the precincts, there is a bell-tower that can be regarded as a remnant of the mixture of Shinto and Buddhism.