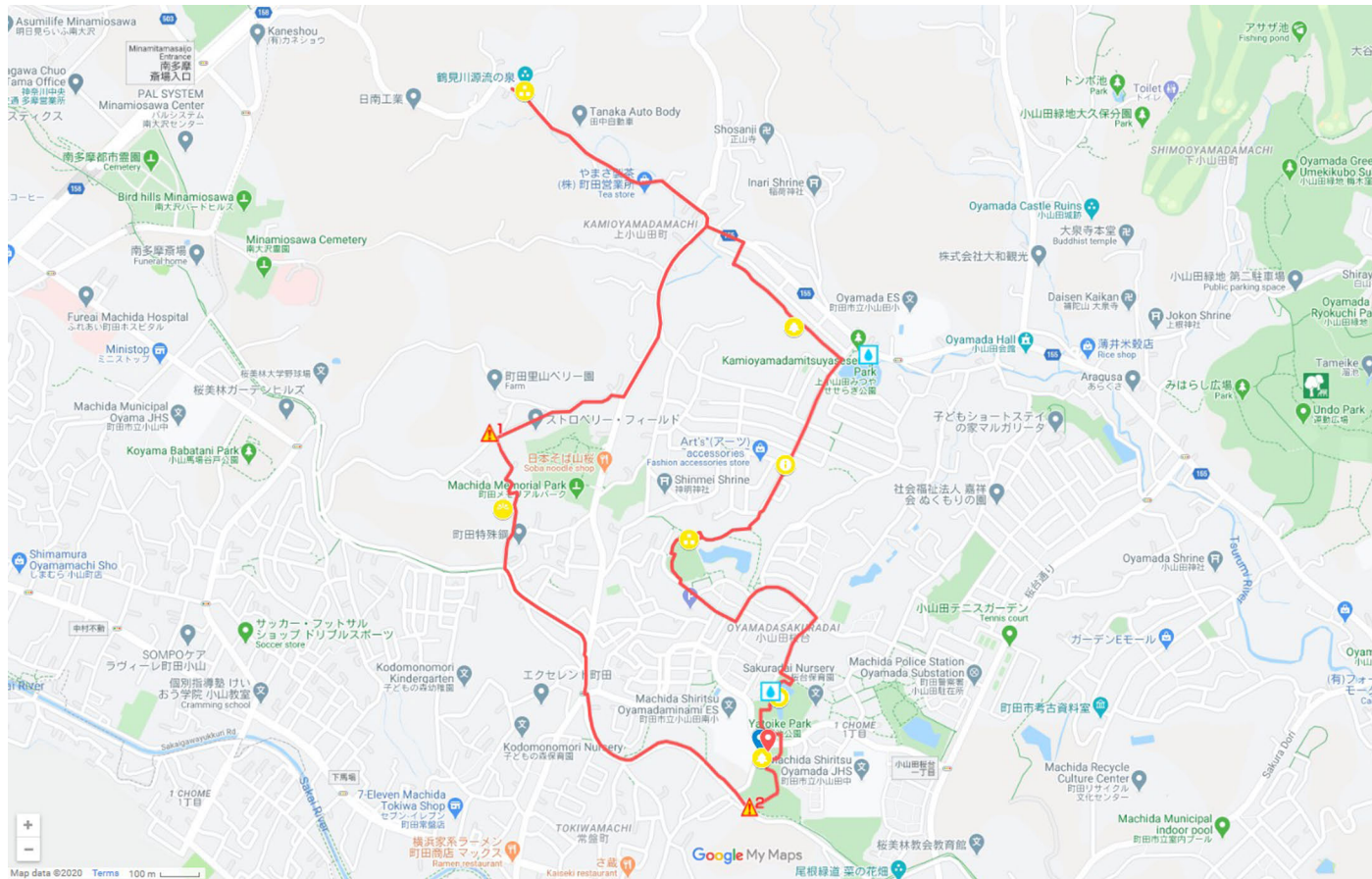


Oyamada-sakuradai and Kami-Oyamada-machi area/ To the place where the Tsurumi River begins

Highlight | Yato Pond



©Google

Route Description

- Yatoike Park
- ▼
- Yato Pond
- ▼
- Oyamada Ichi-go Ruins
- ▼
- Kami-Oyamada Mitsuya Seseragi Park
- ▼
- The Riverhead Spring of the Tsurumi River
- ▼
- Kami-Oyamada Heights
- ▼
- Yatoike Park
- ▼
- Point requiring attention
- ▼
- Water supply spot

Walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day, but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day. Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

Time allowed	around 1 h 24 min.
Distance	around 5.6 km
Calorie consumption	around 252 kcal
Number of steps	around 8000 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 **KENKOUDEUSUKA-MAN**

Recommended Site

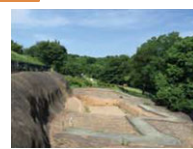
Icons: Shrines and Temples Park Other

Yato Pond



This is a pond that was constructed by developing an agricultural water reservoir. Spot-billed duck and other wild birds migrate here, and there is a walking path that has been developed in Yatoike Park.

Oyamada Ichi-go Ruins



This is the ruins of a house of a dominant samurai warrior during the period from the end of the Heian period to the Muromachi period. Now, it is covered by glass fiber and resin cement film.

The Riverhead Spring of the Tsurumi River



It is said that the Tsurumi River begins with spring water from Tanakayato in the Oyamada district and water squeezed from the surrounding valley.