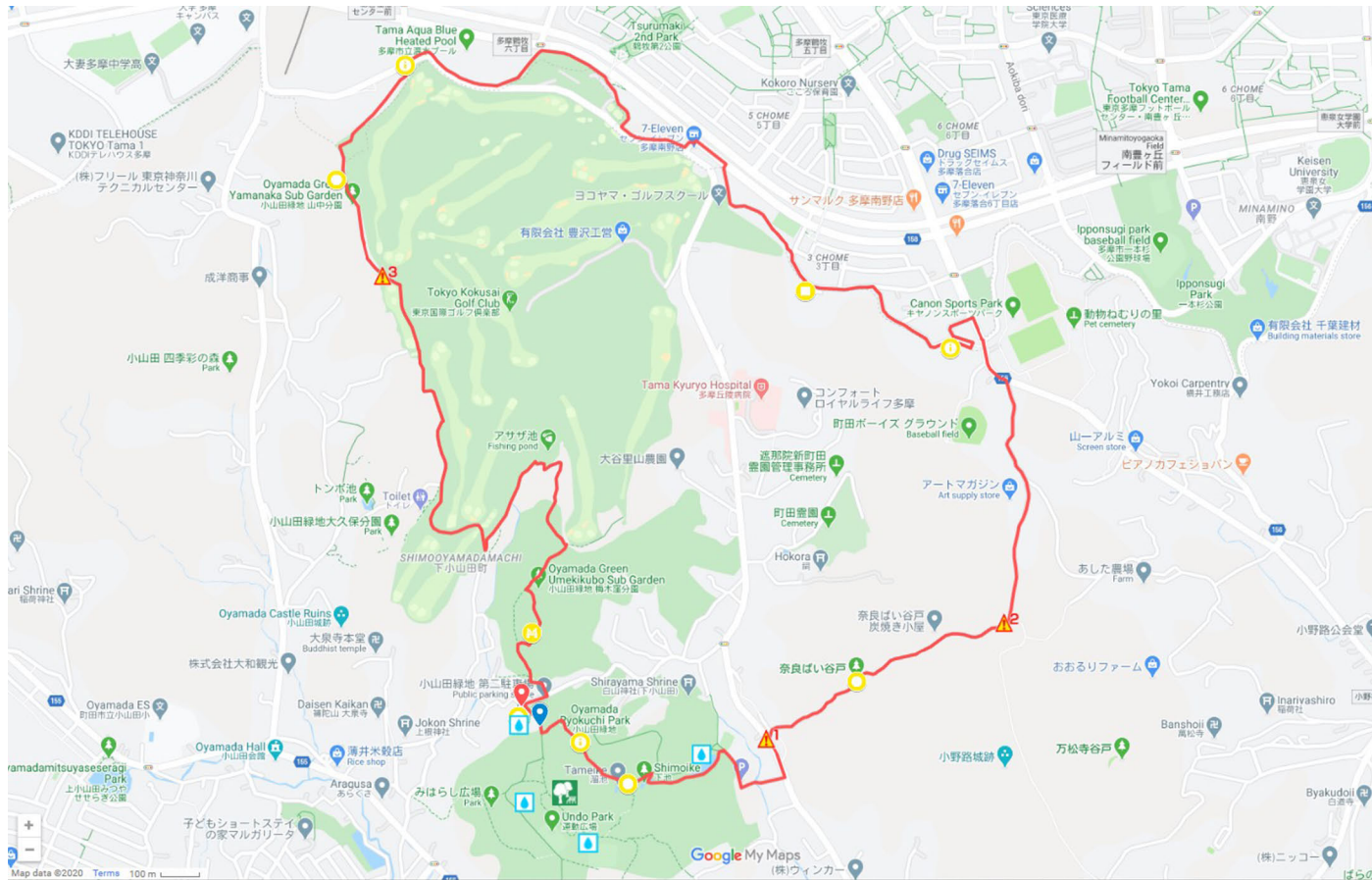


Shimo-Oyamada-machi area/ Peaceful valley area and Oyamada Ryokuchi Park

Highlight | Suspension bridge



Route Description

- Oyamada Ryokuchi Service Center
- ▼
- Reservoir, upper pond, lower pond and balancing reservoir
- ▼
- Narabai Yato
- ▼
- Tama Yokoyama-no-michi
- ▼
- Oyamada Ryokuchi Park Yamanaka Area
- ▼
- Suspension bridge
- ▼
- Oyamada Ryokuchi Service Center
- ▼
- 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 45 min.
Distance	around 7.0 km
Calorie consumption	around 315 kcal
Number of steps	around 10000 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 **KENKOUESUKA-MAN**

Recommended Site

Icons: Shrines and Temples Park Other

Suspension bridge



There is a bridge in the walking path in Umekikubo Park covered with Japanese cedar trees and the thicket. Marshes spread out below.

Narabai Yato



Rice is cultivated after regenerating abandoned paddy fields by hand. A deciduous broad-leaved forest spreads out in the surrounding area.

Tama Yokoyama-no-michi



This is a ridgeway in the Tama Hills, which was called "Tama-no Yokoyama" in a poem in Manyoshu (Collection of Ten Thousand Leaves). Tama New Town and the road in the thicket overlap.