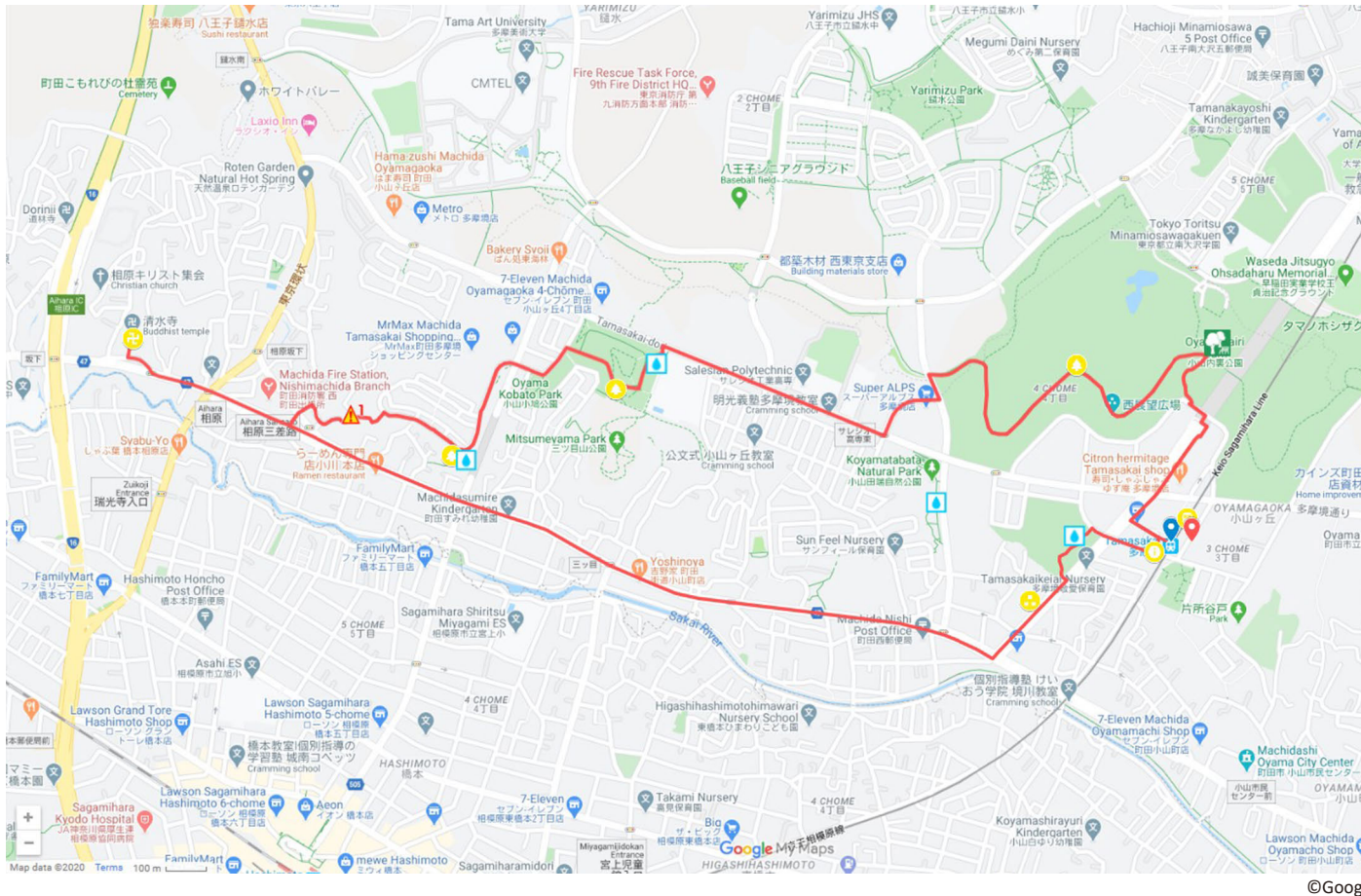


# Oyama-machi and Oyamagaoka area/ The great view of Machida-kaido Road and Tamasakai

Highlight | Tokyo Metropolitan Oyama Dairi Park



## Route Description

- Tamasakai Station
- ▼
- Tabata Stone Circle
- ▼
- Seisui-ji Temple
- ▼
- Mitsumeyama-nishi Park
- ▼
- Mitsumeyama Park
- ▼
- Tokyo Metropolitan Oyama Dairi Park
- ▼
- Tamasakai Station
- ▼
- 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 <b>1 h 42 min.</b>
Distance	around <b>6.8 km</b>
Calorie consumption	around <b>306 kcal</b>
Number of steps	around <b>9710 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 **KENKOUDEUSUKA-MAN**

## Recommended Site


Icons: Shrines and Temples Park Other

**Tokyo Metropolitan Oyama Dairi Park**




In the park, where the nature of the Tama Hills has been preserved, there is a closed-off "sanctuary" to protect and conserve plants and animals.

**Seisui-ji Temple**



Seisui-ji Temple is a temple of the Rinzaï sect. Its Kannon-do hall, which was rebuilt at the end of the Edo period, has many sculptural decorations.

**Mitsumeyama Park**



This is a park with a square which is also used as a storm water reservoir for flood control and the woodland of the hill. It is affectionately known among neighboring residents as a place for relaxation.