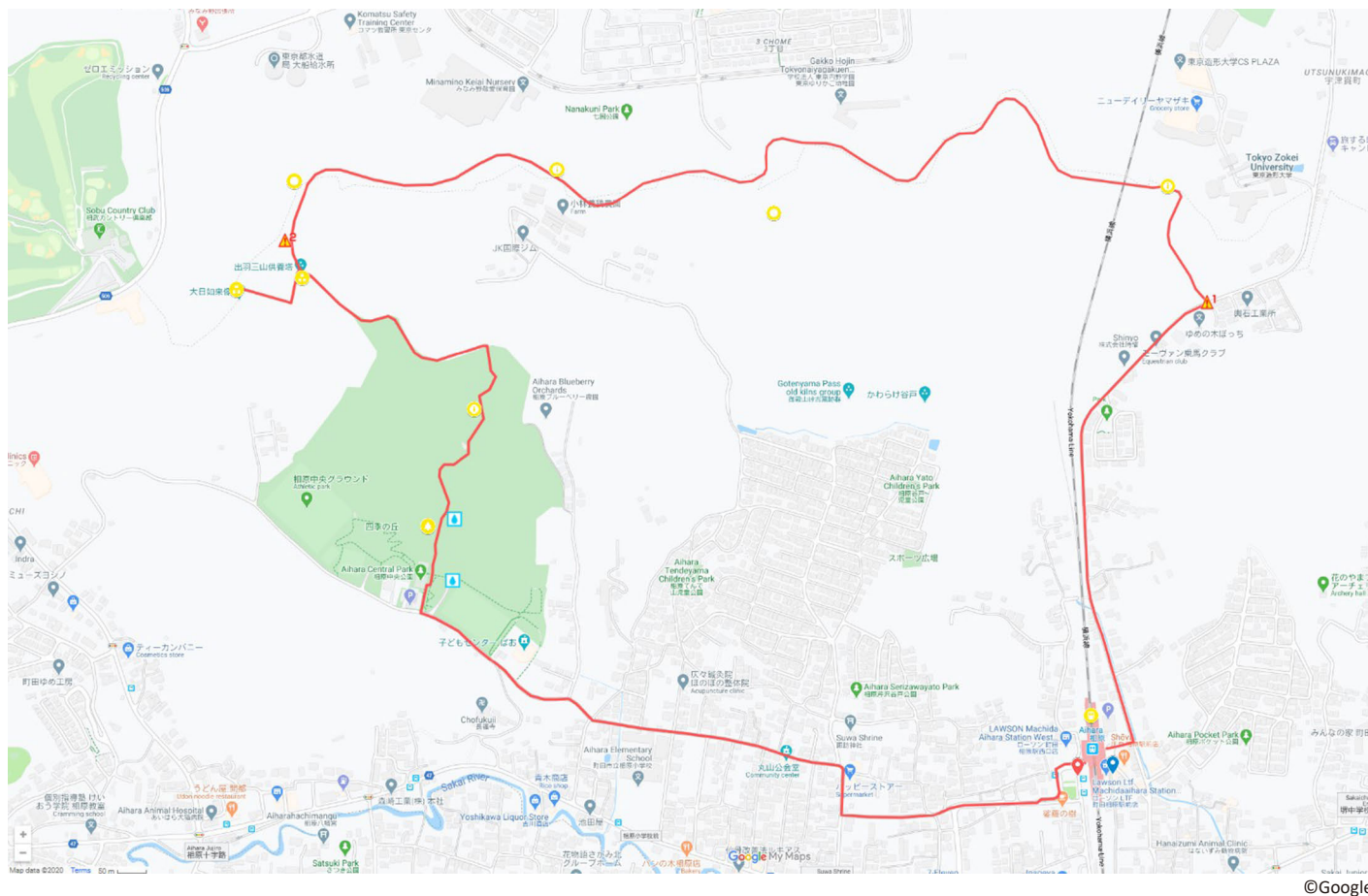


Aihara-machi (Umenokisawa)/ Follow the old road in Aihara and Nanakuni-toge Mountain Pass

Highlight | Aihara-chuo Park



Route Description

- Aihara Station
- ▼
- Nanakuni and Aihara Special Green Conservation Area
- ▼
- Nanakuni-toge Mountain Pass
- ▼
- Dainichi-do Temple
- ▼
- Dewa-sanzan Memorial Tower
- ▼
- Aihara-chuo Park
- ▼
- Aihara 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 1 h 21 min.
Distance	around 5.4 km
Calorie consumption	around 243 kcal
Number of steps	around 7710 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

Aihara-chuo Park




In the general park with an area of about 15.7 ha, there are a hill called Shiki-no-oka, where you can enjoy flowers of the season, a wide lawn area, and other facilities.

Nanakuni and Aihara Special Green Conservation Area



In the thicket, the ridgeway marking the division between Machida City and Hachioji City continues. You can see the townscape of Hachioji City between the trees.

Dainichi-do Temple



A statue of Dainichi Nyorai was enshrined on the top of the mountain around the time when an epidemic disease spread in the Meiji period, and it became the local guarding deity thereafter.