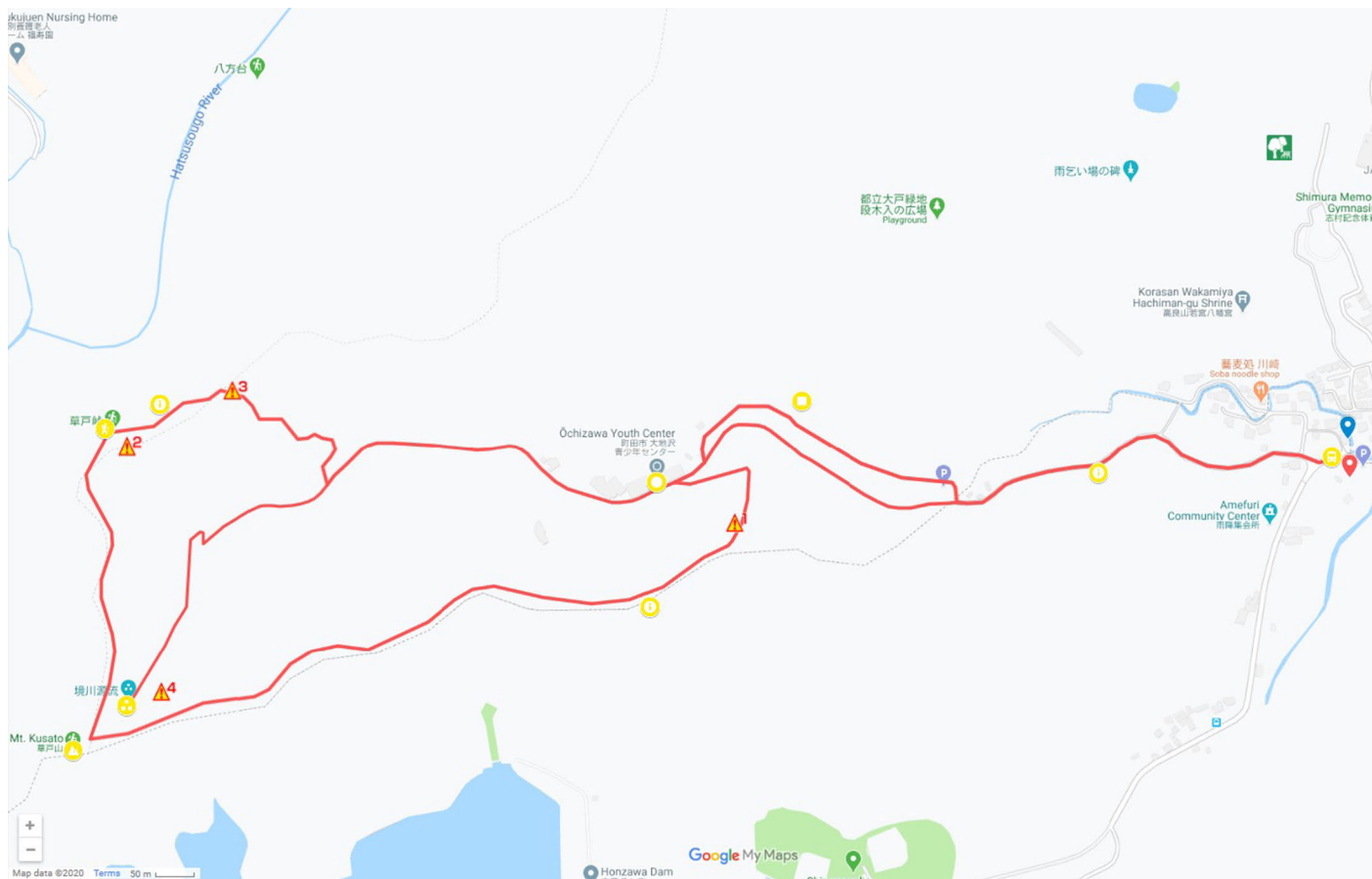


Aihara-machi (Ochisawa)/ The highest mountain in Machida City, Mt. Kusato

Highlight | **Mt. Kusato**



Route Description

- 📍 Seishonen Center Iriguchi Bus Stop
 - ▼
 - 🚶 Boardwalk
 - ▼
 - 👤 Ochisawa Youth Center
 - ▼
 - 🏔 Mt. Kusato
 - ▼
 - 👤 Kusato-toge Mountain Pass
 - ▼
 - 🌊 Riverhead of the Sakai River
 - ▼
 - 📍 Seishonen Center Iriguchi Bus Stop
- ⚠ 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 15 min.
📏 Distance	around 5.0 km
📄 Calorie consumption	around 225 kcal
👣 Number of steps	around 7140 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

🏔 Mt. Kusato



On the summit with an altitude of 364 m, you can enjoy views of the Hashimoto and Hachioji areas. The observation deck also offers a resting place.

🏠 Ochisawa Youth Center



It is a base for nature experiences in Ochisawa. You can enjoy camping, barbecue and other activities, and handcraft events are also held.

🌳 Riverhead of the Sakai River



The Sakai River is a Class-B river with a length of about 52 km from here to the Sagami Bay near Enoshima. Water gathers on the steep slope of the stream.