

Aogashima Village



Let's walk around Hinohara, Okutama, and the Islands! Okabe District and Oyama Observation Park Course



Route Description

- Aogashima Village Office-mae
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- Statue of the Return
- ▼
- Oyama Observation Park

Features of the course and cautions

This course has continuing steep and uphill slopes, so don't forget to hydrate properly on hot days. Mossy sections will be slippery, so wear shoes with sturdy soles and walk slowly after rain.

Warming up
Do some stretching or other light exercise to gradually warm up your body and promote circulation. Do this to prevent injuries and avoid knee pain and fatigue.

Cooling down
Suddenly stopping exercise is a burden on the heart, which is why it's important to stop gradually. This also increases the speed with which you'll recover from fatigue and prevents muscle soreness.

Highlight

Icons Shrines and Temples Park Other



Statue of the Return
This statue with a striking pose is known as the Statue of the Return. It conveys the history of the people who all evacuated Aogashima due to the Tenmei volcanic eruption of 1783 and then returned to live on the island despite difficulties.



Oyama Observation Park
Amazing views of the composite volcano and the Pacific Ocean that spreads out endlessly appear in view. The great wide ocean that extends right around is imposing. If the weather is fine, you can sometimes see as far as Hachijojima Island.

Time allowed	around 20 minutes
Distance	around 850 m
Calorie consumption	around 60 kcal
Number of steps	around 1214 steps

The required time shown here allows for the continuing steep slopes.

* These are estimates given for a person, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm, weight 60kg.



Tokyo Metropolitan Government
Health Promoting character
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