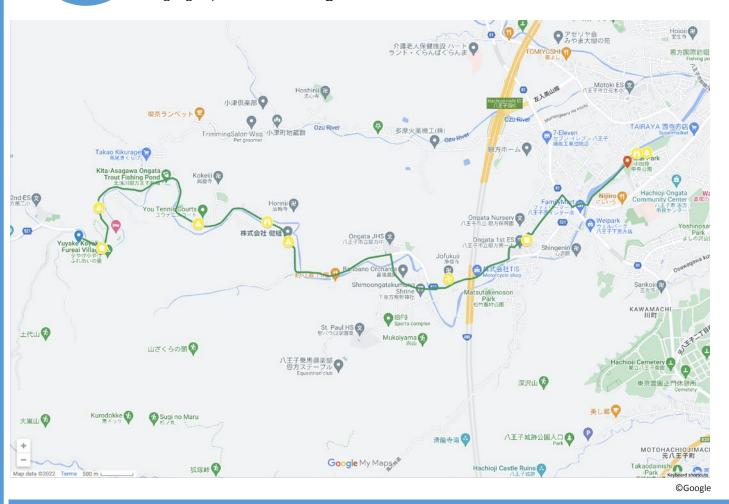


# Jinba-kaido Walking Course from Sato of sunset glow small self-abandon contact

Highlight | Sato of sunset glow small self-abandon contact





## **Route Description**

Sato of sunset glow small self-abandon contact

Jofukuji Temple

Hachioji Kuruma Ningyo Nishikawa Koryu Troup practice area

Odano-Chuo Park

#### To enjoy walking safely

#### Let's do some warm-up exercises

Walking without first getting ready can lead to injuries. Be diligent in doing warm-up exercises.

It is also important to do cool-down exercises after you have finished walking.

8	Time allowed	around 100 minutes	
్టి	Distance	around <b>6.5</b> km	١,
	Calorie consumption	around 300 kcal	6
D	Number of steps	around <b>9290</b> steps	

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

Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MA

## cons: A Shrines and Temples A Park

## Sato of sunset glow small self-abandon contact



A facility for various experiences including agriculture, forestry and recreation modeled on the nursery rhyme "Yuyake Koyake" (the red sunset sky and the after-sunset orange sky). The facility incorporates dining areas and accommodation (day-trip bathing also possible). In summer, you can also use the camping grounds.

Opening hours: 9:00-16:30 (close at 16:00 from November to March)
Admission fee: Adults 200 yen, Junior High School age and younger 100 yen, children ages under four free.

Free parking spaces available (200)

## Recommened Site



The entire belt including the temple and the hill behind encompass the remains of Jofukuji Castle remains, said to be the 14th to 15th century fortress. Magnificent weeping cherry trees blossom in spring.

## 础计

## Hachioji Kuruma Ningyo Nishikawa Koryu Troup practice area



A puppet theatre where puppets handled by a single puppeteer each sitting on a seat with roller wheels called Rokuro Kuruma conceived at the end of the Edo period. A practice area can be found here. (\* Tours require bookings)