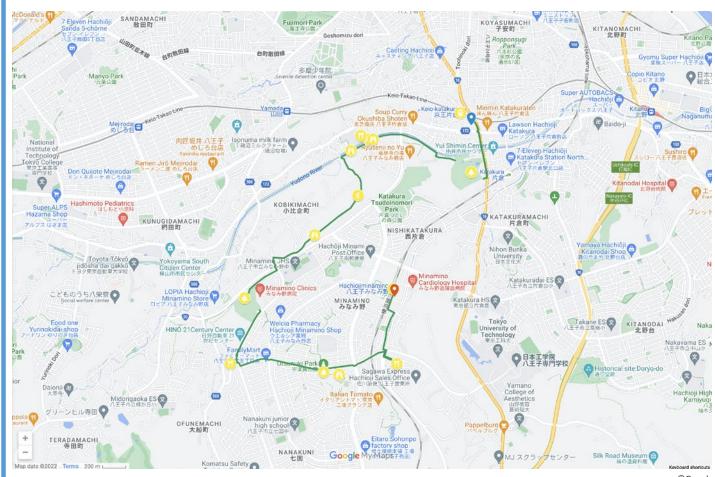
Hachioji City

Tochiyato Park

its peak on given days in winter.

A course get familiar with the new townscapes, as well as history and nature - A course on the paths through the farms of Kobiki-machi Town Highlight | Tochiyato Park





Route Description Keio-katakura Sta. Katakurajoseki Park Inari-bashi Bridge Farm path of Kobiki-machi Tochiyato Park Kasuga Jinja Shrine Utsunuki Park Kumano Jinja Shrine Hachiojiminamino Sta.

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.



☒	Time allowed	around 90 minutes
ů.	Distance	around 5.9 km
	Calorie consumption	around 270 kcal
D	Number of steps	around 8430 steps

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

Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN