

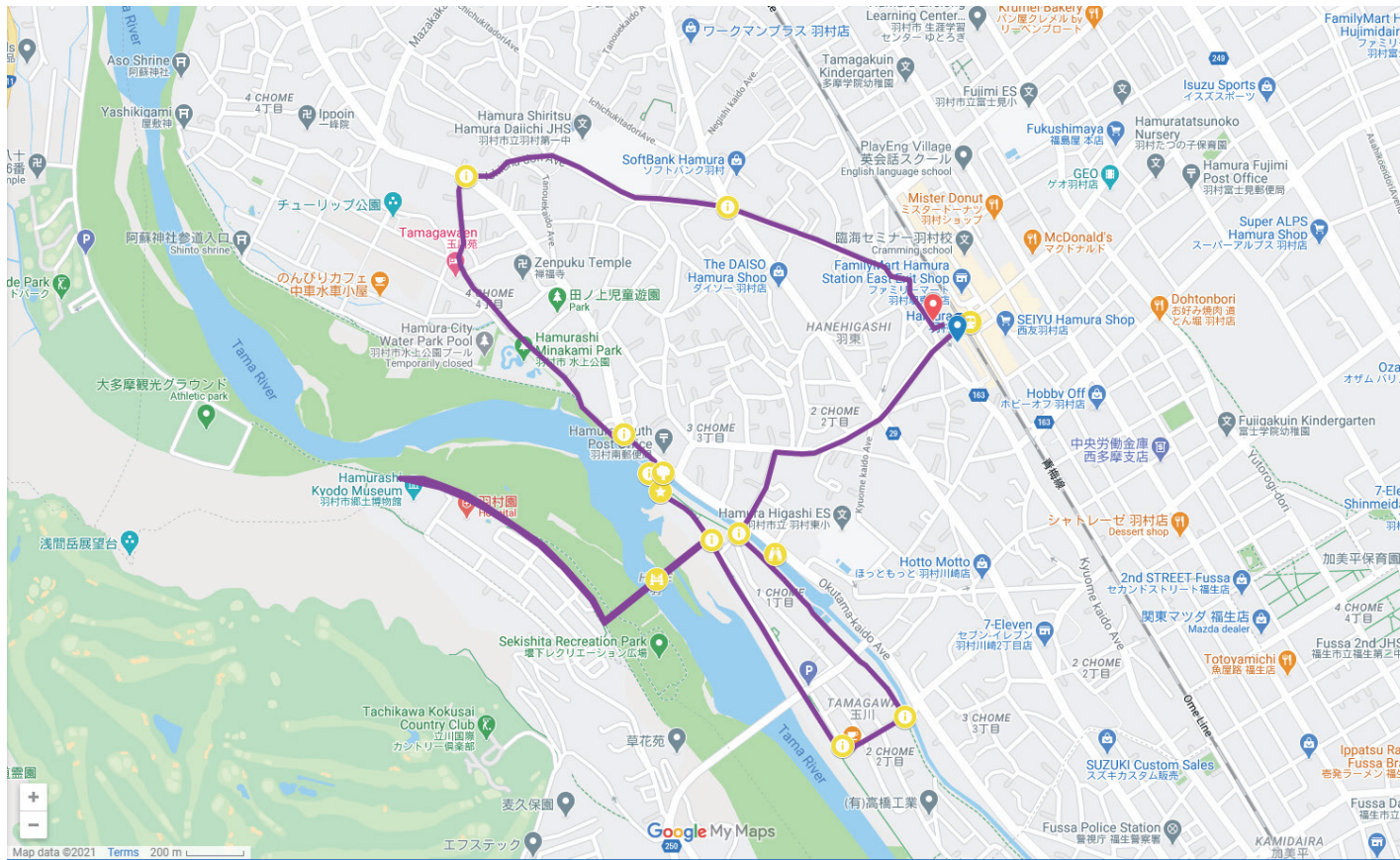
HAMURA CITY

# Hamura-no-seki (Avenue of Cherry Trees) Course

Highlight | Hamura Dam and Avenue of Cherry Trees



HAMURIN Hamura City Mascot



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## Route Description

- Hamura Sta.
- Tamagawa Josui
- Hamura Seki Shita Bridge
- Statue of the Tamagawa Brothers
- Hamura Dam cherry trees
- Hamura Sta.
- Transit Pont

## 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 <b>92</b> min.
Distance	around <b>6.1</b> km
Calorie consumption	around <b>276</b> kcal
Number of steps	around <b>8710</b> 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



### Hamura Dam cherry trees

In spring, some 200 cherry trees come into bloom in the area around the Hamura Dam, a sluice gate for the Tamagawa Josui. At night, the trees are lit up, and visitors can enjoy the fantastical scenery of the evening blossoms.