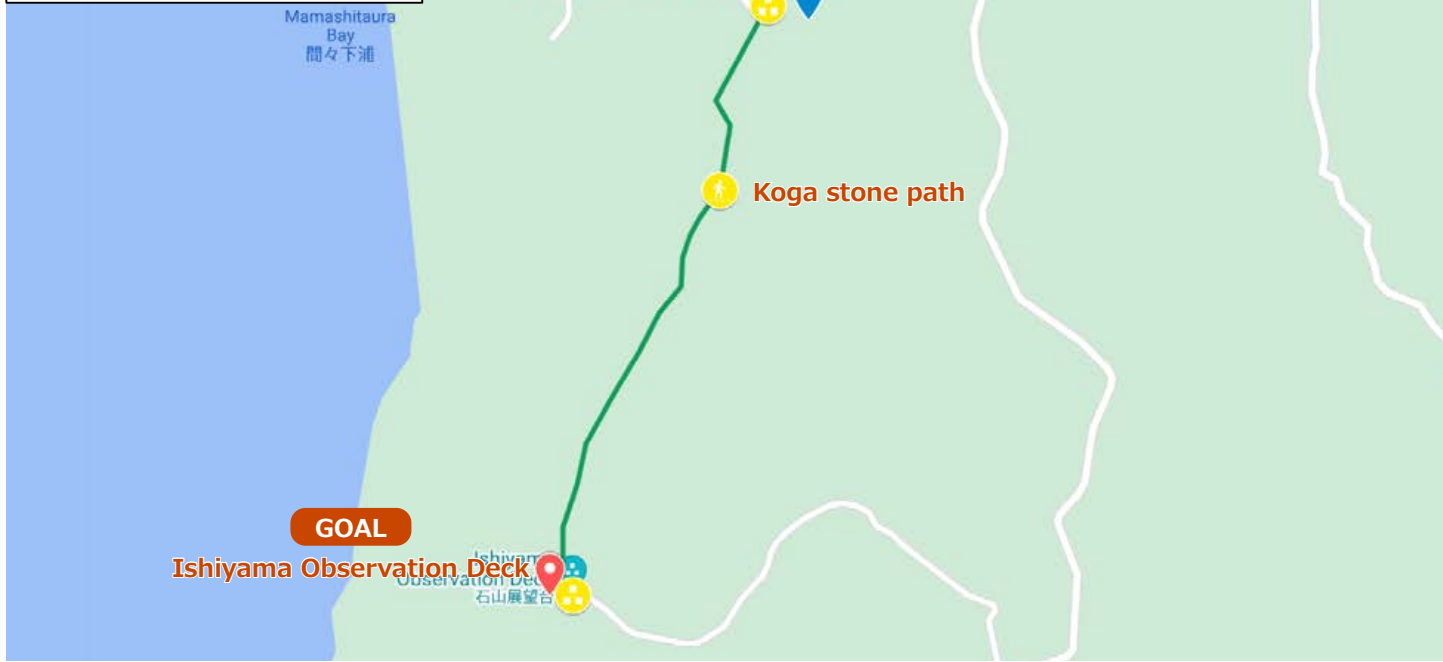


Niijima Village



LEGEND

- START/GOAL
- Route
- Highlight
- Trekking course



Route Description

- Ishiyama Trekking Course entrance
- Koga stone path
- Ishiyama Observation Deck

Features of the course and cautions

This trekking course looks over Mamashita Beach and Kurone Port. In the distance, you can see Izu Peninsula, and the Ishiyama Observation Deck at the end of the course gives views of islands to the south. As there are dead-ends and cliffs, do not enter any of the side routes other than the designated route. The route does not pass any toilets, so we recommend going there before walking.

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



Koga stone path
You can see Jinai Island and Shikine Island below. As the path consists of koga stone mixed in sand, wear sturdy shoes, such as trekking shoes.



Ishiyama Observation Deck
The view from the highest point around the middle of the course is worth seeing. Don't forget to look over the islands from the Ishiyama Observation Deck.

Time allowed	around 60 minutes
Distance	around 890 m
Calorie consumption	around 180 kcal
Number of steps	around 1271 steps

As some paths are sandy and difficult to walk, the required time shown here allows for visitors to walk safely.

* 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 **KENKOUDESUKA-MAN**