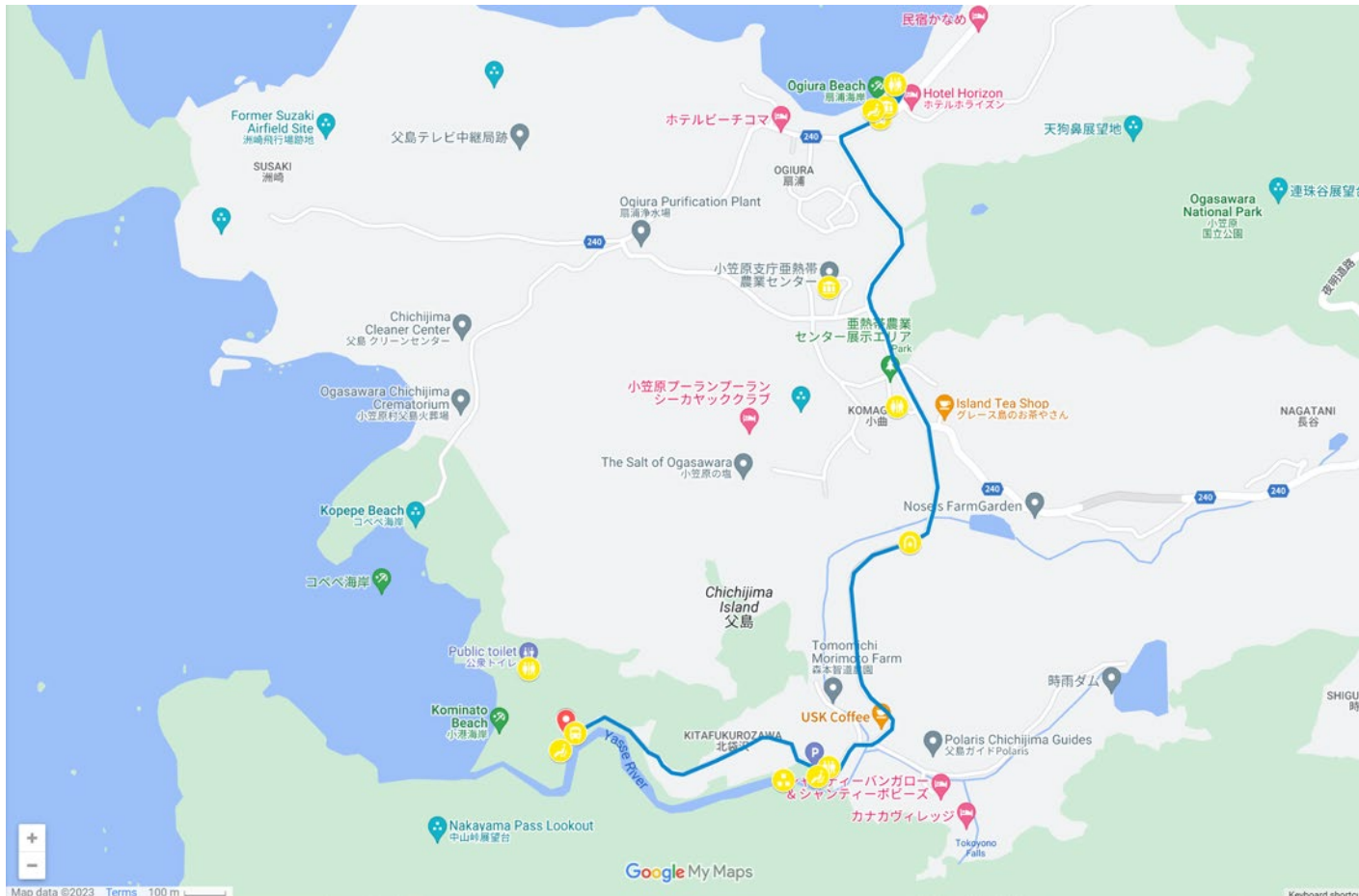




Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN



Route Description	
	Ogiura Rest House
▼	
	Agricultural Center
▼	
	Fukurozawa Tunnel
▼	
	Yatsuse River
▼	
	Kominato Beach bus stop

Route Description

This is a course that walks from Ogiura Rest House to Kominato Beach bus stop. It has slopes with a height difference of approximately 60 meters and offers good training, although the entire course is comparatively short. The course is surrounded by mountains and is in a quiet environment with many trees, so you might be able to take a relaxing walk. We also recommend walking along the Yatsuse River.



	Time allowed	around 39 minutes
	Distance	around 2580 m
	Calorie consumption	around 117 kcal
	Number of steps	around 3686 steps

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