

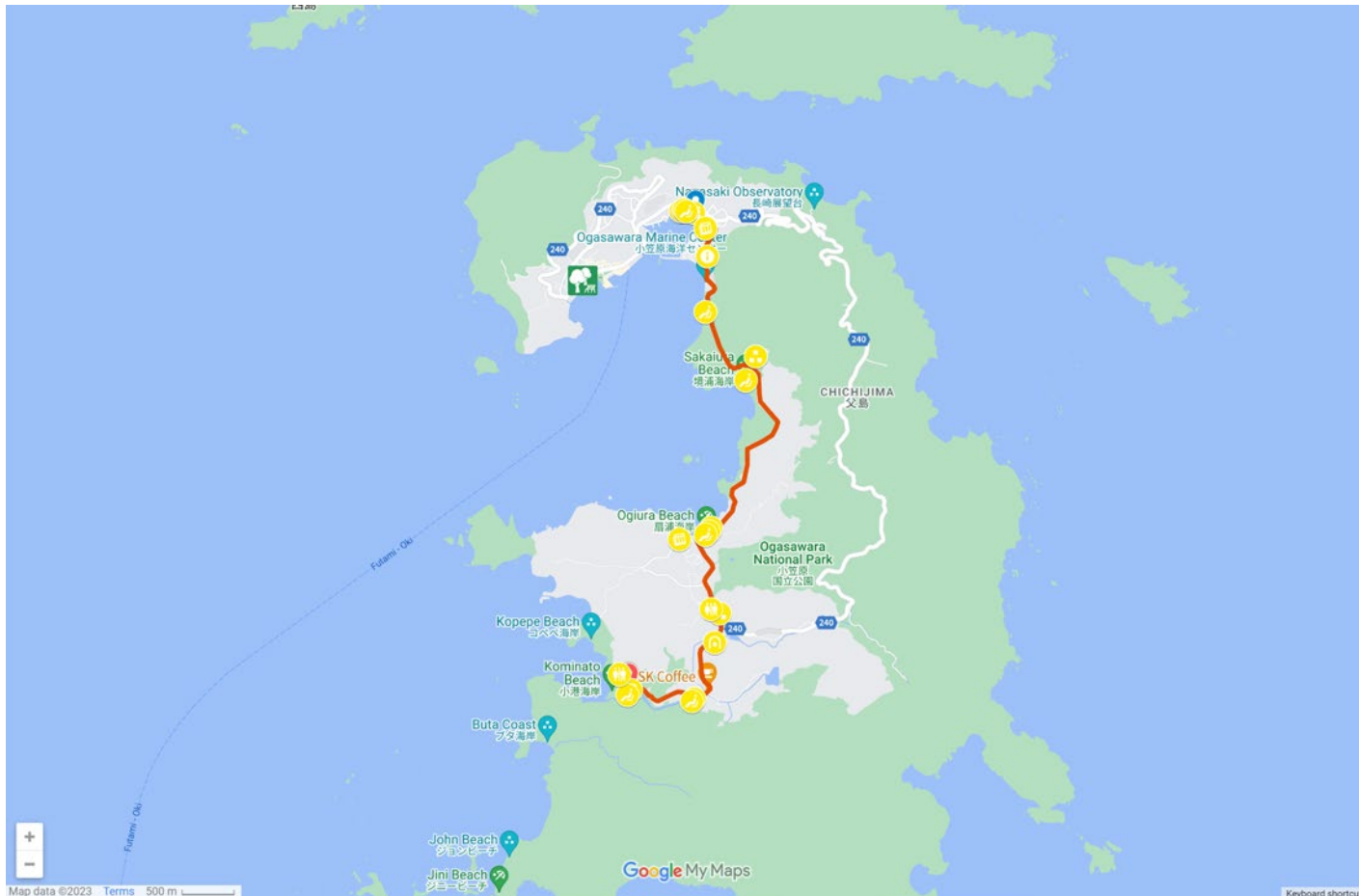
Ogasawara Village

Wide Area Course 1

Highlight | **Kominato Beach**



Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN



Route Description

- Okumura Sports Ground
- ▼
- Sakaiura Beach
- ▼
- Ogiura
- ▼
- Komagari
- ▼
- Fukurozawa Tunnel
- ▼
- Kominato parking area public toilets
- ▼
- Kominato Beach bus stop

Route Description

This is a course that starts from Okumura Sports Ground and heads to Kominato along the coast road. Long distance; suited to experienced walkers. The course has few vending machines, so make sure you thoroughly prepare drinks and other supplies for walking. The course also offers a wide range of Ogasawara's nature, and a sense of accomplishment from finishing such a challenging course is like nothing else.



Time allowed	around 1 hour 37 minutes
Distance	around 6460 m
Calorie consumption	around 291 kcal
Number of steps	around 9229 steps

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