

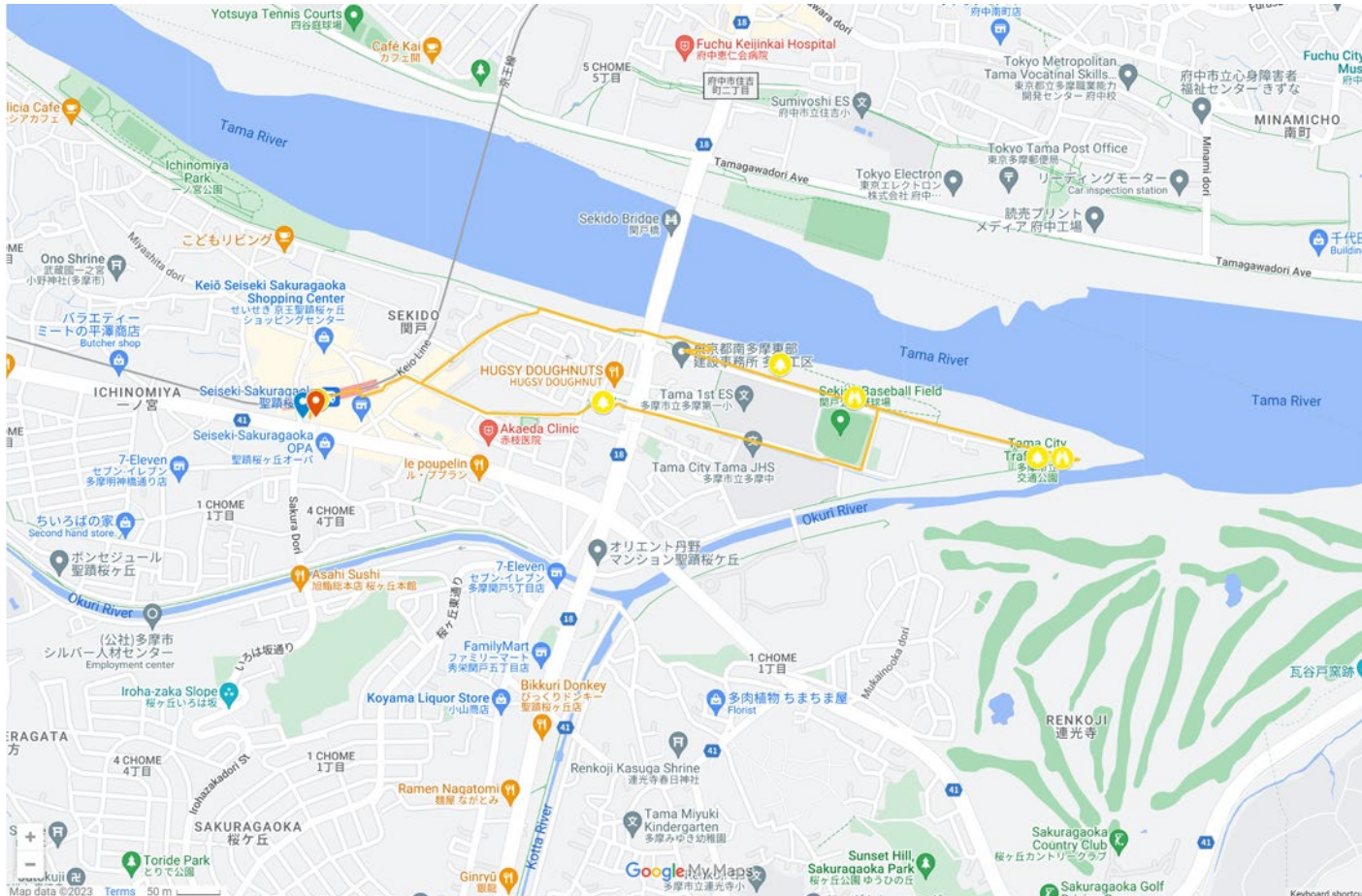
Tama
City

Bird Watching Course

Highlight | Nature of the Tamagawa River



SAKUNYAN



Route Description

- Seiseki-sakuragaoka Sta.
- ▼
- Tamagawa River Park
- ▼
- Bird Watching Platform
- ▼
- Ogawara Park
- ▼
- Seiseki-sakuragaoka Sta.

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 (*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day (*2).

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.

*1 The Physical Activity Guidelines for Health (Active Guide) (Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.

*2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) [Updated survey on residents of Tokyo 2007-2009]

Time allowed	around 56 minutes
Distance	around 3.7 km
Calorie consumption	around 167 kcal
Number of steps	around 5290 steps

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

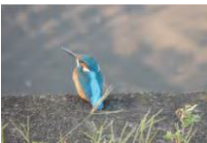
Tokyo Metropolitan Government Health Promoting character: KENKOUESUKA-MAN



Recommended Site

Icons: Shrines and Temples Park Other

Tamagawa Common Kingfisher



The riverbank from Sekido Park to the Kotsu Park near the confluence of the Oguri-gawa and Tamagawa rivers east of Seiseki-sakuragaoka Sta. is a famous spot for seeing kingfisher birds.

Bird Watching Platform



There is a bird watching platform where the Oguri-gawa and Tamagawa rivers join in a corner of the traffic park. Visitors can enjoy bird watching here. There is a grassland in the riverbed. Visitors can watch waterfowl and grassland birds. We recommend bringing binoculars, telephoto cameras, video cameras, and so on.

Kotsu Park



Inside the park are traffic lights, pedestrian crossings, railway crossings, road signs, and more. It is used frequently even by kindergartens and elementary school classes as a park where children can learn traffic safety rules. Motorized and foot-powered go-karts and bicycles are also available to rent for free. And in the back of the park is the "Bird Watching Platform" for bird watching.