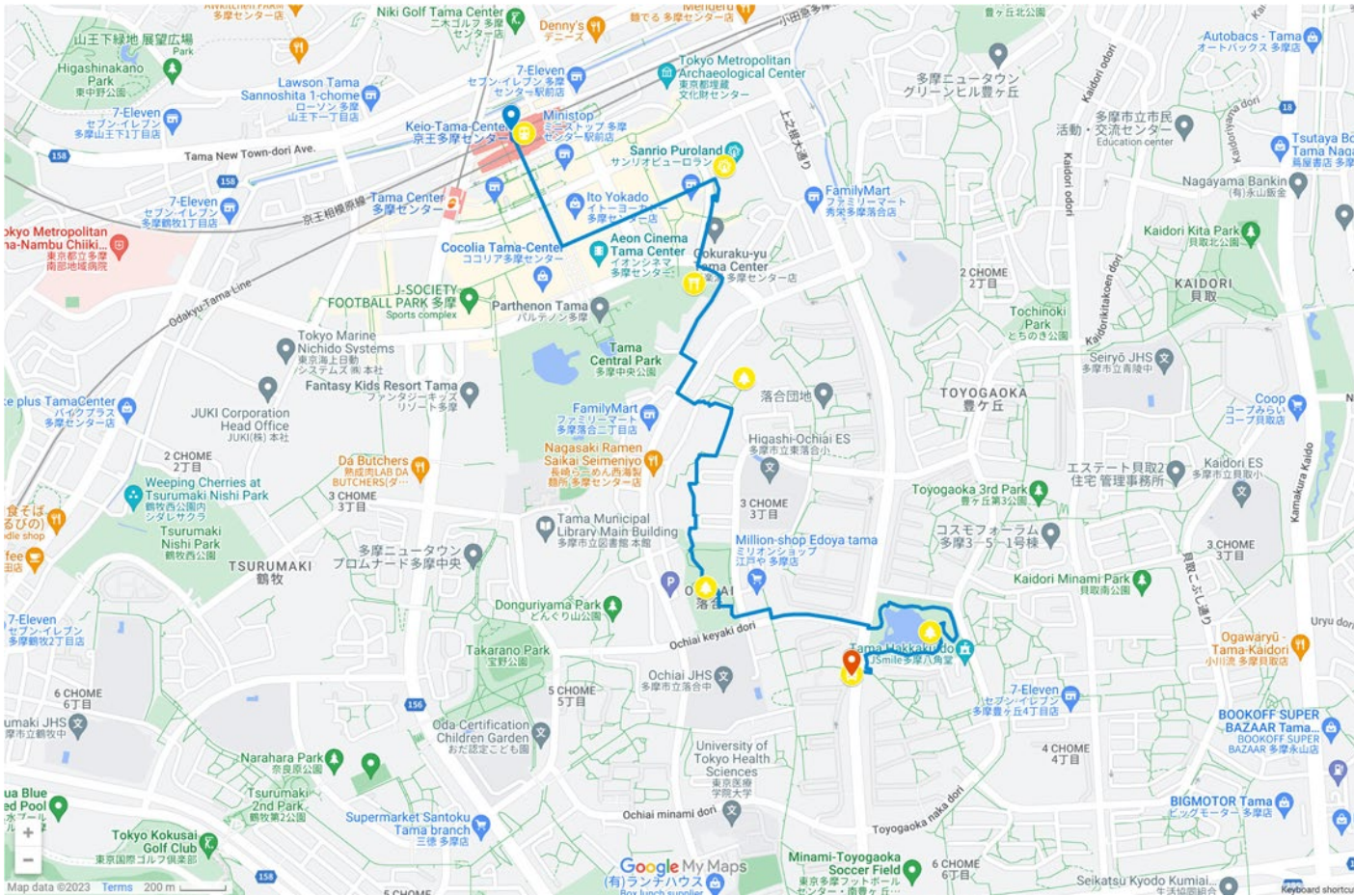


Tama City

# Course in Search of a Waterfowl Pond

Highlight | Toyogaoka-minami Park



HELLO KITTY'S TOWN

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## Route Description

- Tama Center Sta.
- ▼
- Hakusan-jinja Shrine
- ▼
- Ochiai-minami Park
- ▼
- Toyogaoka-minami Park
- ▼
- Ochiai Yon Chome Bus Stop

## Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



## Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



\* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around <b>41</b> minutes
Distance	around <b>2.7</b> km
Calorie consumption	around <b>122</b> kcal
Number of steps	around <b>3860</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

**Toyogaoka-minami Park**




This is a lush park with a large pond in the center. There is a jogging course around the pond, and it is possible to see spot-billed ducks and ducklings as well as carp swimming.

**Sanrio Puroland**



An indoor theme park where visitors can meet Hello Kitty and many other Sanrio characters. Full-scale musicals and parades are held that people of all ages can enjoy.

**Hakusan-jinja Shrine**



Hakusan-jinja Shrine, which borders the east side of Tama Central Park, is said to have been restored in 1618 by requesting the divine spirit of Shirayama Hime-jinja Shrine. A complete set of shishimai lion dance tools once used in the three lion dance are kept long-term, and are designated as tangible folk cultural assets of the city.