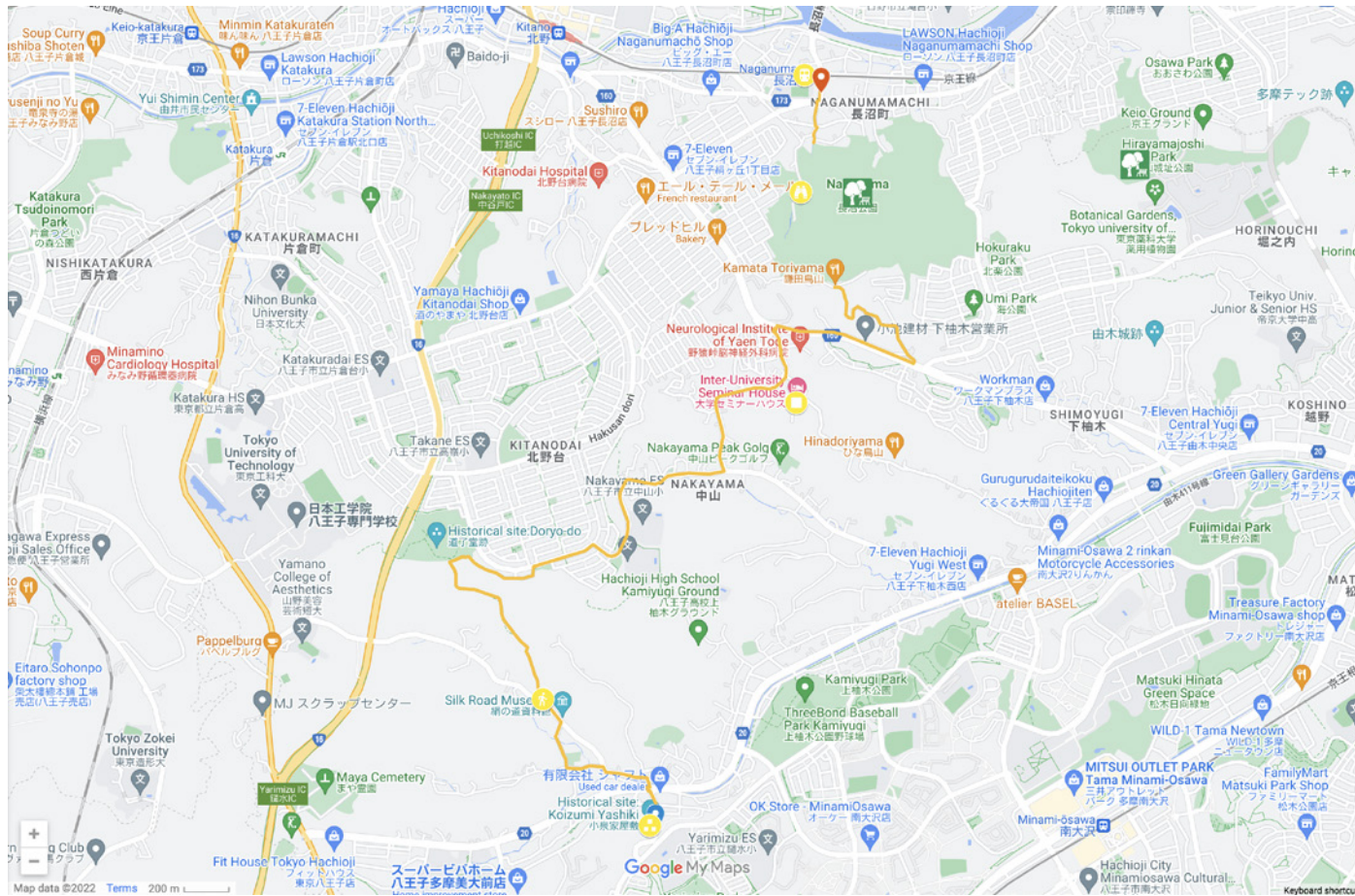


Hachioji
City

A course to walk the paths which trace the lines of the hills, shrines and Naganuma Park-Tokyo Metropolitan Naganuma Park Course

Highlight | **Kinunomichi (Silk Road)**



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Route Description

- Koizumi residence
- ▼
- Kinunomichi (Silk Road)
- ▼
- University seminar house
- ▼
- Tokyo Metropolitan Naganuma Park
- ▼
- Naganuma Sta.

To enjoy walking safely

Let's do some warm-up exercises

Walking without first getting ready can lead to injuries. Be diligent in doing warm-up exercises. It is also important to do cool-down exercises after you have finished walking.



Recommended Site

Icons: Shrines and Temples Park Other

Tokyo Metropolitan Naganuma Park



A nature-rich park using the geographical feature of the hills. From the top of the hills, you can look out over the mountain range of Okutama, and many wild birds can be found in the natural forests. Please freely stroll within the park grounds.

Kinunomichi (Silk Road)



A road to carry raw silk for export from Hachioji to Yokohama from the closing days of the Tokugawa government to the middle of the Meiji period. At the starting point of the ascent, you will find the Silk Road Museum.

Time allowed	around 90 minutes
Distance	around 5.7 km
Calorie consumption	around 270 kcal
Number of steps	around 8140 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**

