

Hinohara Village

Let's walk around Hinohara, Okutama, and the Islands! Hossawa Falls Relaxed Walking Course



Route Description

- Hinohara-village office Bus Stop
- Kasuga-jinja Shrine
- Hossawa Falls

Features of the course and cautions

The Hossawa Falls walking path is paved with woodchips, making it easier to walk. Some parts of the walking path are slippery, so please visit in sports shoes that you are used to wearing.

Warming up

Do some stretching or other light exercise to gradually warm up your body and promote circulation. Do this to prevent injuries and avoid knee pain and fatigue.

Cooling down

Suddenly stopping exercise is a burden on the heart, which is why it's important to stop gradually. This also increases the speed with which you'll recover from fatigue and prevents muscle soreness.



Highlight

Icons: Shrines and Temples, Park, Other



Kasuga-jinja Shrine
Kasuga-jinja Shrine (Motoshuku) is said to have been consecrated in Gen'ō 1 (1319). When the shrine was first built, it was celebrated in Takabatake, a subsection of Zoshi located in the unlucky northeast direction from the castle, but it later moved to the right bank of Hossawa the description on the building's historical plaque dates the enshrining in its current location to around Jokyo 4 (1687), almost one century after the fall of Hinohara Castle. Its annual festivals are held on March 2 and September 15, and the Oto Shinji ritual on March 2 has been designated as an intangible cultural asset of Tokyo Metropolis.



Hossawa Falls
Hossawa Falls have been selected as one of Japan's Hundred Best Waterfalls and is a tourist site in the village. The falls give a sense of the four distinct seasons.

Time allowed	around 30 minutes
Distance	around 1.0 km
Calorie consumption	around 90 kcal
Number of steps	around 1429 steps

As some sections are difficult to walk, the required time shown here allows for visitors to walk safely.

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



Tokyo Metropolitan Government
Health Promoting character
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