

Kozushima Village

Let's walk around Hinohara, Okutama, and the Islands! Haruka Observation Deck and Cross Course

LEGEND

- START/GOAL
- Route
- Highlight
- bus stop



Route Description

- Kozushima Port
- Haruka Observation Deck
- Arima Observation Deck

Features of the course and cautions

The course has many areas with spectacular views and allows you to savor the island's scenery. There are only limited shops on the way, so prepare beverages in advance.

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

Haruka Observation Deck
This course has fine views and you can enjoy the scenery as you walk.

Arima Observation Deck
Arima Observation Deck, known for being the location of Julia's Cross, is on the western side of the island and has sweeping views of Maehama Beach.

Time allowed	around 50 minutes
Distance	around 2.7 km
Calorie consumption	around 150 kcal
Number of steps	around 3857 steps

As some places have height differences, 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 KENKOUDESUKA-MAN