






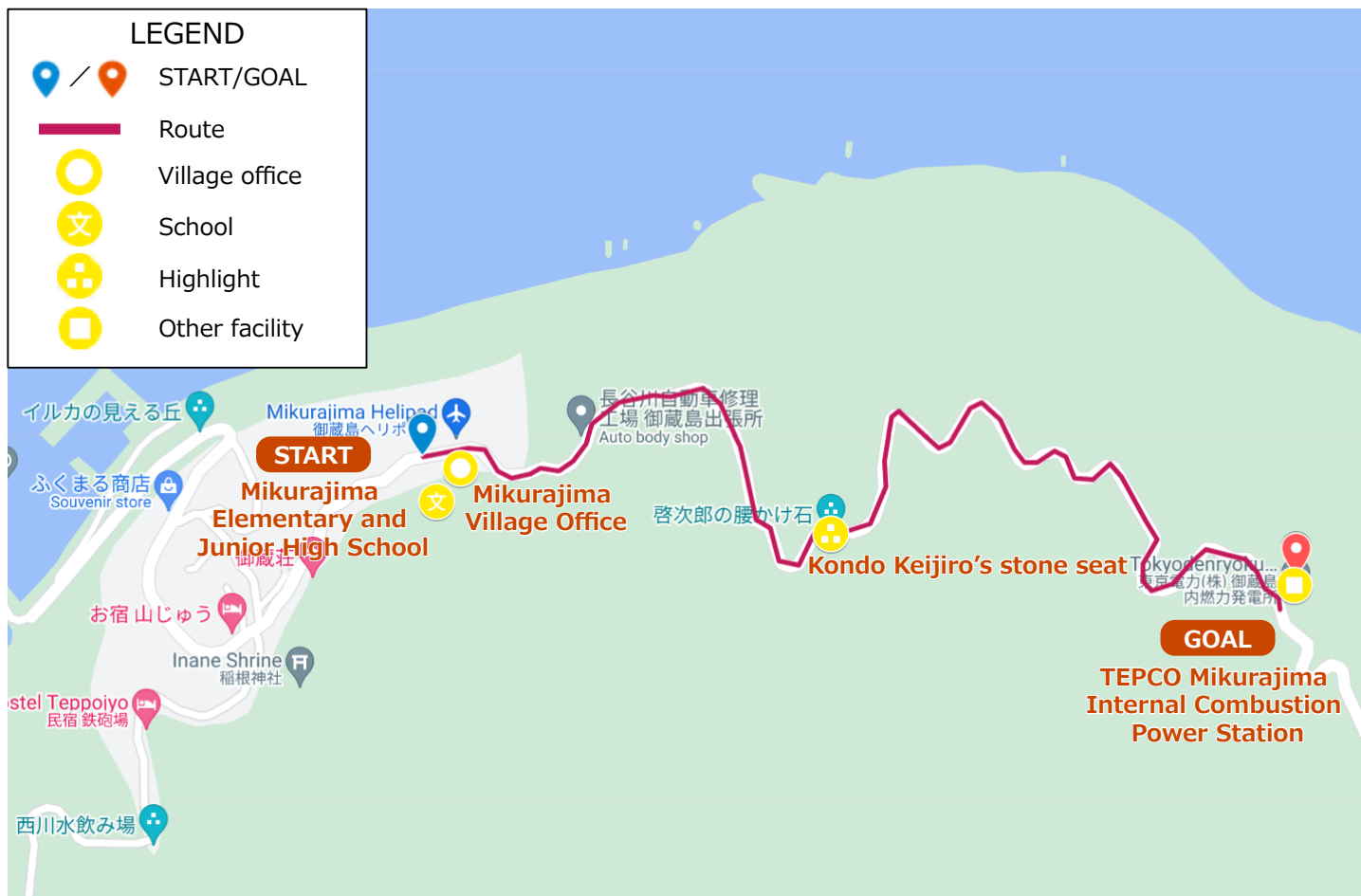


Mikurajima Village




Let's walk around Hinohara, Okutama, and the Islands! Mikurajima Municipal Road Steady Course

LEGEND

-  /  START/GOAL
-  Route
-  Village office
-  School
-  Highlight
-  Other facility



Route Description

-  Mikurajima Elementary and Junior High School
- ▼
-  Kondo Keijiro's stone seat
- ▼
-  TEPCO Mikurajima Internal Combustion Power Station

Features of the course and cautions

Looking at Mikura's forests from the municipal road gives glimpses of different types of flora and fauna.

The course has many steep slopes and has not been improved with walkways. You might want to use the toilet before going and take drinking water with you.

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



 Mikurajima Village Office
The village office has a unique dolphin postbox installed, which serves as the start and finish point for the walking course.



 Kondo Keijiro's stone seat
This stone is said to be where Keijiro, an exile who killed his master and sought to escape, was cornered and sat down to accept his fate.

 Time allowed	around 60 minutes
 Distance	around 2.0 km
 Calorie consumption	around 180 kcal
 Number of steps	around 2857 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
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