

Okutama machi

Let's walk around Hinohara, Okutama, and the Islands! The Okutama Mukashi Michi Course (Oku-Tama Sta. to Shirahige-jinja Shrine)

LEGEND

- START/GOAL
- Route
- Shrine
- Park
- Fall
- Station



Route Description

- Oku-Tama Sta.
- Okuhikawa-jinja Shrine
- Japanese honey locust
- Fudo-no-Uetaki Falls
- Shirahige-jinja Shrine

Features of the course and cautions

The Okutama Mukashi Michi is a route formerly known as Kyu-Ome-kaido Avenue that runs from Hikawa to Ogouchi. As the distance from Oku-Tama Station to Lake Okutama is about 10 km, the course is divided into two parts. Some parts have steep slopes or are not paved, so visit in appropriate clothing.

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



Oku-Tama Sta.
Oku-Tama Station is the last station on the Ome Line, located in Hikawa, Okutama Town, Nishitama County, Tokyo. It has been selected among Kanto's Hundred Best Stations.



Shirahige-jinja Shrine
The shrine building is located at the side of Shirahige no Oiwa, a great rock designated as a natural monument by the Tokyo Metropolitan Government. The shrine celebrates Shiotsuchi-no-okinakami, who is said to have recommended the beautiful land of Yamato to Emperor Jinmu and guided him there.

Time allowed	around 80 minutes
Distance	around 4.0 km
Calorie consumption	around 240 kcal
Number of steps	around 5714 steps

As some sections have steep slopes, 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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