

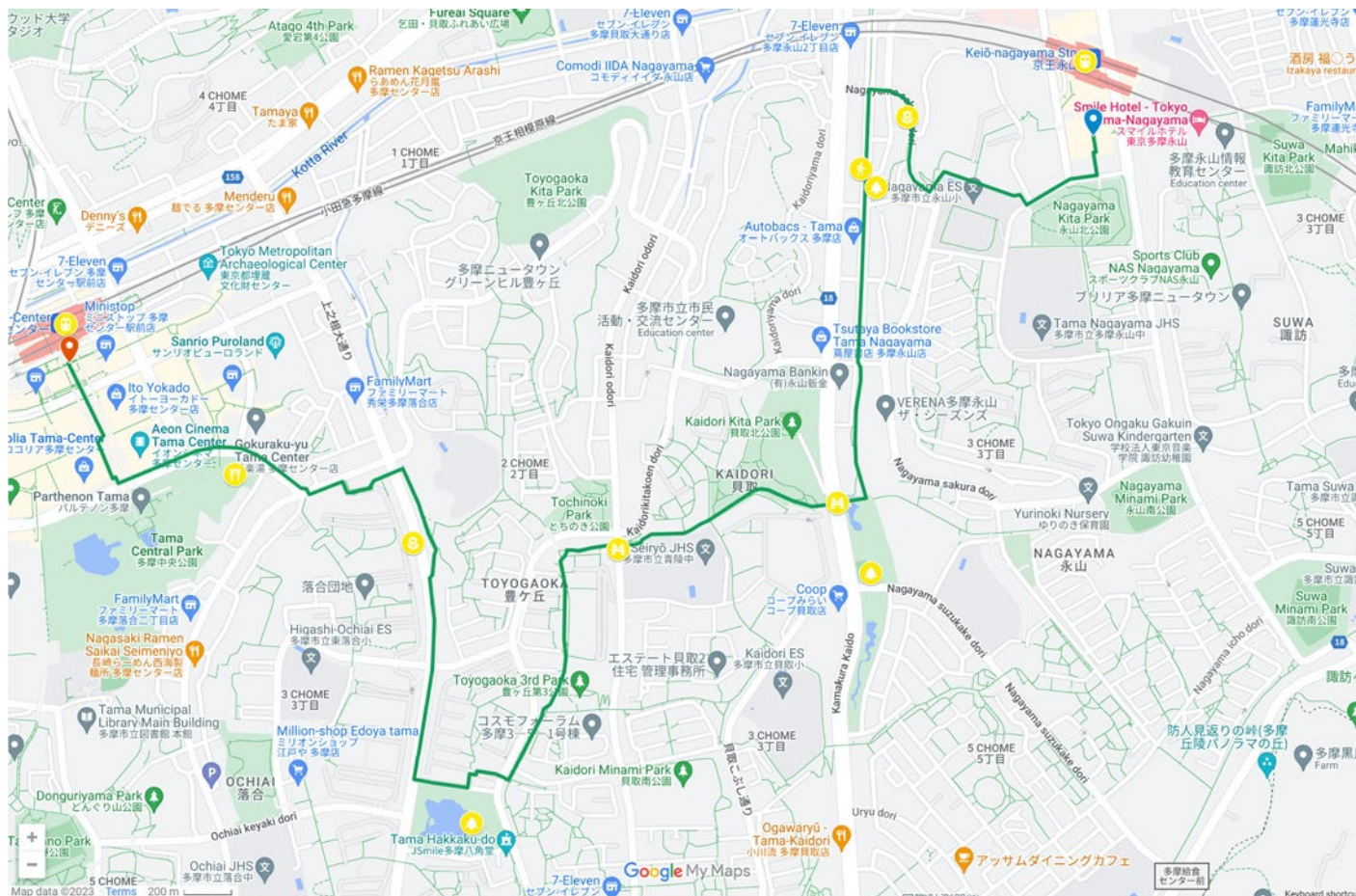


# Stream and Maple (Sweetgum) Course

Highlight | Kaminone O-dori Ave.



nagadon



## Route Description

- Nagayama Sta.
- Uryu Park
- Uryu Ryokuchi
- Toyogaoka-minami Park
- Hakusan-jinja Shrine
- Tama Center Sta.

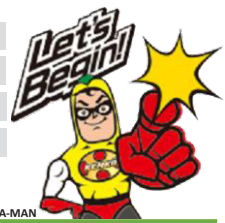
## Don't forget to drink water

Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Time allowed	around <b>71</b> minutes
Distance	around <b>4.7</b> km
Calorie consumption	around <b>212</b> kcal
Number of steps	around <b>6710</b> steps

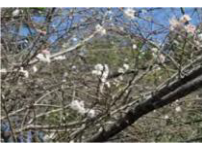
\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.  
Tokyo Metropolitan Government Health Promoting character: KENKOUDESUKA-MAN



## Recommended Site


Icons: Shrines and Temples Park Other

### Row of Jugatsu-zakura Cherry Trees




Visitors can see the row of rare Jugatsu-zakura cherry blossoms that bloom in the spring and fall on Nagayama Sakura-dori Ave., which stretches south from the west of Nagayama Sta. They are in full bloom in late March and late October.

### Uryu Seseragi Walking Path



A 1 km promenade that continues to Uryu Ryokuchi, maintained along with a waterway above the buried Uryu-gawa River. The aquatic animal artwork will dazzle you.

### Row of Sweetgum Trees on Kaminone Odori Ave.



The Kaminone Odori Ave. features a row of sweetgum trees that continues north from Toyogaoka-minami Park. Enjoy the beautiful fall colors here. The leaves turn red and yellow from late October to late November.