

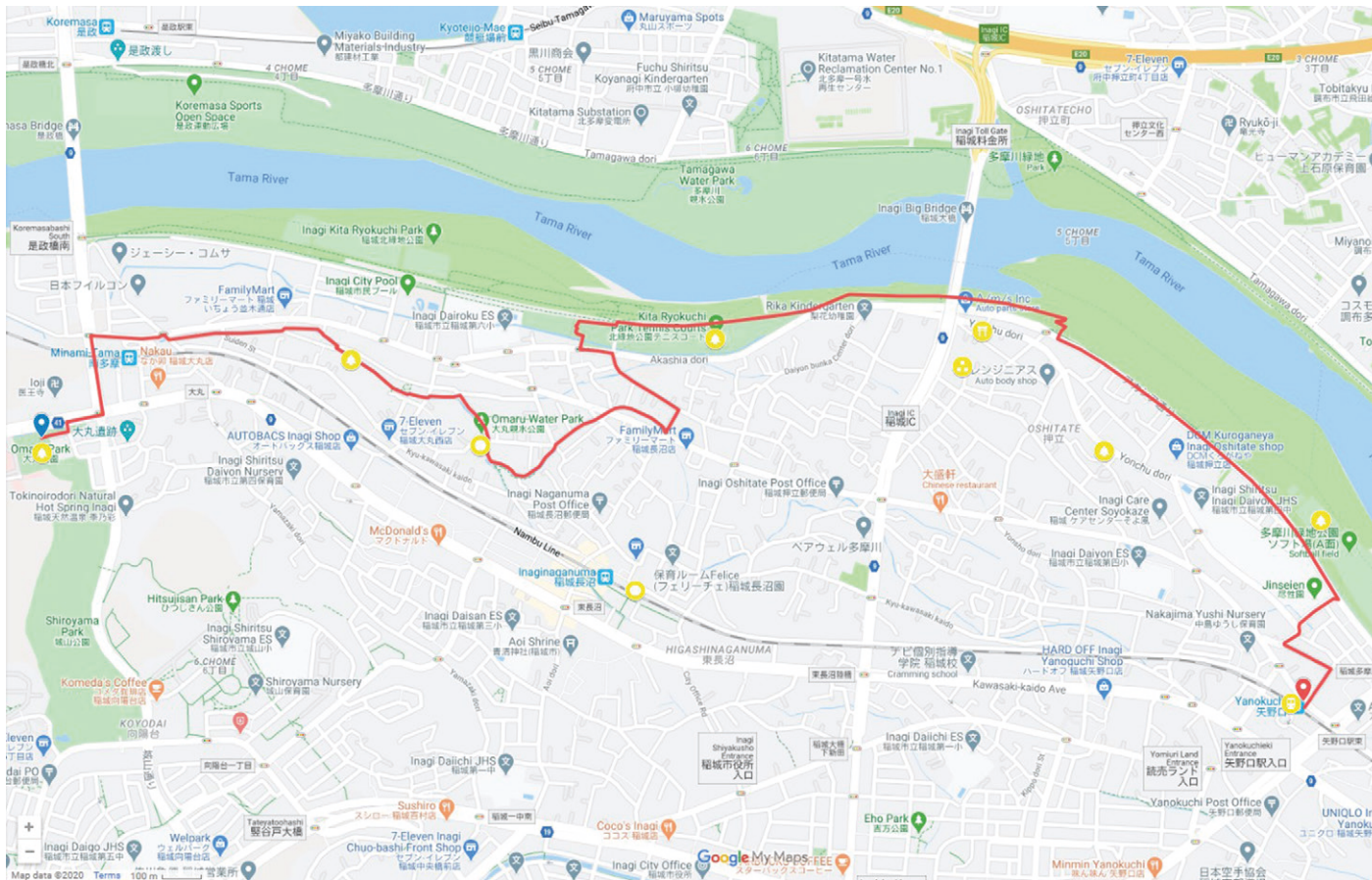


# Omaru Water Park-Tama River Course (Yanokuchi Station Course)

Highlight | Inagi Information center Pear Terrace



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## Route Description

- Omaru Park
- ▼
- Omaru Chiku Kaikan (district community house)
- ▼
- Kita Ryokuchi Park
- ▼
- Tamagawa Ryokuchi Park
- ▼
- Yanokuchi Station

### Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

### Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



\* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around <b>60</b> min.
Distance	around <b>5.0</b> km
Calorie consumption	around <b>180</b> kcal
Number of steps	around <b>7140</b> steps

\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm. Besides, the time allowed is the actual time when we walked the course.



Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN

## Recommended Site

Icons: Shrines and Temples Park Other

### Inagi Information center Pear Terrace



"Inagi sending base" looked for in August, 2015, and was selected as a result of the examination from the inside of 60 applications. With a wish to make it familiar to more people, we added "Pearterrace". We chose "Pearterrace" named after a cafe terrace stretched out to a sidewalk or garden and a pear which is one of the specialties of Inagi City.

### Oshitatebori Park



The park was created by the residents of Oshitate from 1996 to 1997. All processes from field survey, planning and designing, to construction were carried out by them. The residents of Oshitate still maintain the park.

### The tomb of Chogoro KOSHI



There is the tomb of Chogoro KOSHI in the public cemetery of Oshitate. Chogoro was a farmer born in Oshitate Village. He was known for his devotion to his mother, and given an award from the shogunate government in the middle of the Edo period.



# Omaru Water Park-Tama River Course (Inagi-Naganuma Station Course)

Highlight | Inagi Information center Pear Terrace



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## Route Description

- Omaru Park
- ▼
- Omaru Chiku Kaikan (district community house)
- ▼
- Kita Ryokuchi Park
- ▼
- Tamagawa Ryokuchi Park
- ▼
- Oshitatebori Park
- ▼
- Shimamori-jinja Shrine
- ▼
- The tomb of Chogoro KOSHI
- ▼
- Inagi-Naganuma Station

**Warm-up**  
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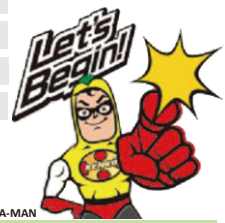
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Time allowed	around <b>80 min.</b>
Distance	around <b>7.0 km</b>
Calorie consumption	around <b>240 kcal</b>
Number of steps	around <b>10000 steps</b>

\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm. Besides, the time allowed is the actual time when we walked the course.




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