

Yomiuriland Station-Ozawa-jo Castle Ruins-Misawagawa Water Park

Highlight | Scenery from Ozawa-jo-shi Park



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Route Description

- Keio-Yomiuriland Station
- ▼
- Yomiuri Giants Stadium
- ▼
- Sugiyama-jinja Shrine
- ▼
- Ozawa-jo Castle Ruins
- ▼
- Entrance of Tama Nature Trail
- ▼
- Anazawa-tenjinsha Shrine
- ▼
- Misawagawa Water Park

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 1 h 10 min.
Distance	around 3.3 km
Calorie consumption	around 210 kcal
Number of steps	around 4710 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

Ozawa-jo Castle Ruins



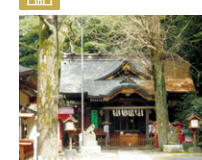
It is said that Ozawa-jo Castle in the early Kamakura period was the residence of Kotaro Ozawa, a son of Shigenari Saburo Inage, who was a senior retainer of Yoritomo Minamoto. It is now preserved as a green park, and ruins thought to be an empty moat, earthworks and a watchtower remain.

Yomiuri Giants Stadium



On "Yomiuri V-dori Street," running from Keio-Yomiuriland Station to Yomiuri Giants Stadium, the handprints of players, the manager, and coaches of the team in 2009 when the team won the Japan Series, welcome supporters of the team.

Anazawa-tenjinsha Shrine



It is recorded in "Anazawa Tenjin Engi (History of Anazawa-tenjinsha Shrine)" that a jito (lord of a manor) named Tarozaemon Kato restored the main building of the shrine, and enshrined Tenman-jinja Shrine together in 1694. There is a water spring under the shrine. The water is reputedly so delicious that many people visit the shrine from in and outside the city to drink it.