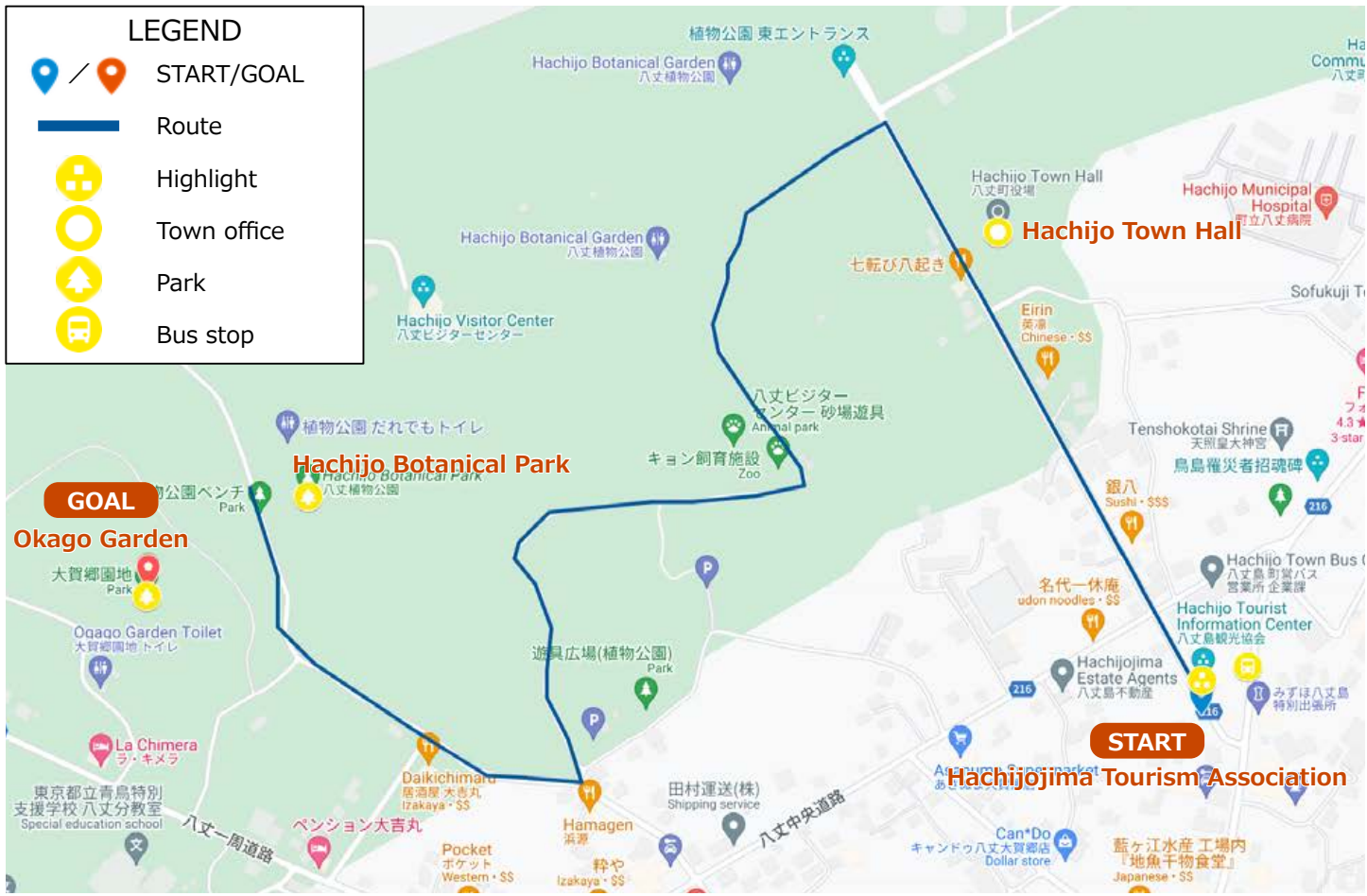


Hachijo machi



LEGEND

- START/GOAL
- Route
- Highlight
- Town office
- Park
- Bus stop



Route Description

- Hachijojima Tourism Association
- Hachijo Town Hall
- Hachijo Botanical Park
- Okago Garden

Features of the course and cautions

You walk in a park located in the center of the island where the island's nature is condensed. You may even encounter a cute muntjac along the way. Turn your senses to the voices of the wild birds and the scents of nature. The path does not have any large rises, so you can walk in casual clothing. The park has many small paths that are not shown on maps and are not surfaced. If you like taking side routes, we recommend that you wear sports shoes and walk.

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



Hachijo Botanical Park
Within the gardens with abundant nature, you may see muntjacs, and there is also a visitor center (with shop), greenhouse, observation deck, and more. Taking side routes while relying on a map of the gardens is also a pleasure.



Okago Garden
A natural park facility managed directly by Tokyo Metropolitan Government. It is provided with expansive lawns, play equipment, and strolling paths, and you may see strelitzia (bird-of-paradise), the town flower, from around September to May.

Time allowed	around 30 minutes
Distance	around 2.1 km
Calorie consumption	around 90 kcal
Number of steps	around 3000 steps



* 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 KENKOUDESUKA-MAN