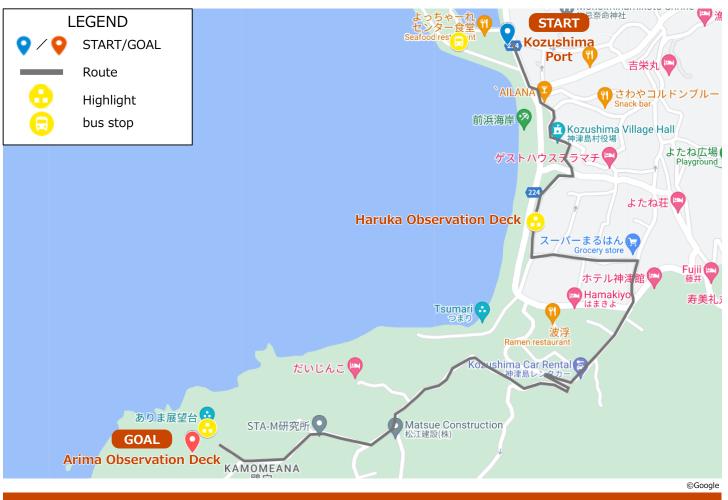


Let's walk around Hinohara, Okutama, and the Islands! **Haruka Observation Deck and Cross Course**



Route Description

Kozushima Port

Haruka Observation Deck

Arima Observation Deck

Features of the course and cautions

The course has many areas with spectacular views and allows you to savor the island's scenery.

There are only limited shops on the way, so prepare beverages in advance.

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 vou'll recover from fatigue and prevents muscle soreness.



🙎 Time allowed	around 50 minutes
පී Distance	around 2.7 km
Calorie consumption	around 150 kcal
Number of steps	around 3857 steps

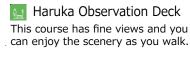
As some places have height differences, the required time shown here allows for visitors to walk safely.

*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 KENKOUDESUKA-MAN







Arima Observation Deck Arima Observation Deck, known for being the location of Julia's Cross, is on the western side of the island and has sweeping views of Maehama Beach.

Other

Shrines and Temples 🚛 Park