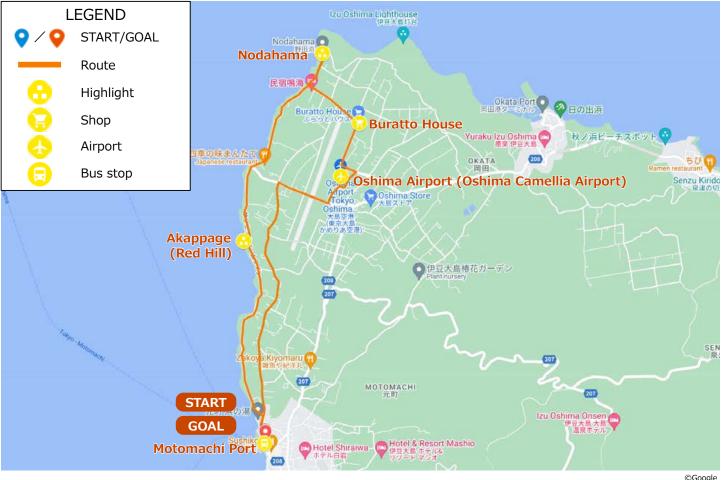


Highlight

Let's walk around Hinohara, Okutama, and the Islands! Sunset Palm Line Course



scoria came into contact with the air

sufficiently while it was still hot, it

oxidized into a rust color. The great

wide ocean you can look out over from

the hill is an amazing view.

Route Description

Motomachi Port

Akappage (Red Hill)

Nodahama

Buratto House

🔥 Oshima Airport (Oshima Camellia Airport)

Motomachi Port

Features of the course and cautions

The Sunset Palm Line along the seashore allows visitors to walk while enjoying views of Mount Fuji on fine days. Depending on the timing of your walk, you may encounter spectacular sunset views as you walk along the return route. It is a mostly flat route lined with camellias and other trees, but because the walkway is not separated from the road in some parts, beware of cars when you 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.



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Ic		Icons 🥋 Shrines and Temples 🚛 Park 🙌 Other		Time allowed	around 180 minutes
		ů	Distance	around 12.4 km	
Akappage (Red Hill), the hill at sunset Akappage is a scoria hill formed from an eruption, and because the ejected	4	Buratto House		Calorie consumption	around 540 kcal
		ratto House, which gathers Oshima's asonal vegetables is a direct-sales	8	Number of steps	around 17714 steps

store that sells fresh vegetables and

flowers, milk, butter, and other agricul-

tural products. The ice cream made

with local ingredients is also delicious.

* These are estimates given for a person, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm, weight 60kg.



Health Promoting character KENKOUDESUKA-MAN