

Oshima machi



**LEGEND**

- START/GOAL
- Route
- Highlight
- Shop
- Airport
- Bus stop



**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.



**Highlight**

Akappage (Red Hill), the hill at sunset Akappage is a scoria hill formed from an eruption, and because the ejected 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.	Buratto House Buratto House, which gathers Oshima's seasonal vegetables is a direct-sales store that sells fresh vegetables and flowers, milk, butter, and other agricultural products. The ice cream made with local ingredients is also delicious.
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Time allowed	around 180 minutes
Distance	around 12.4 km
Calorie consumption	around 540 kcal
Number of steps	around 17714 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