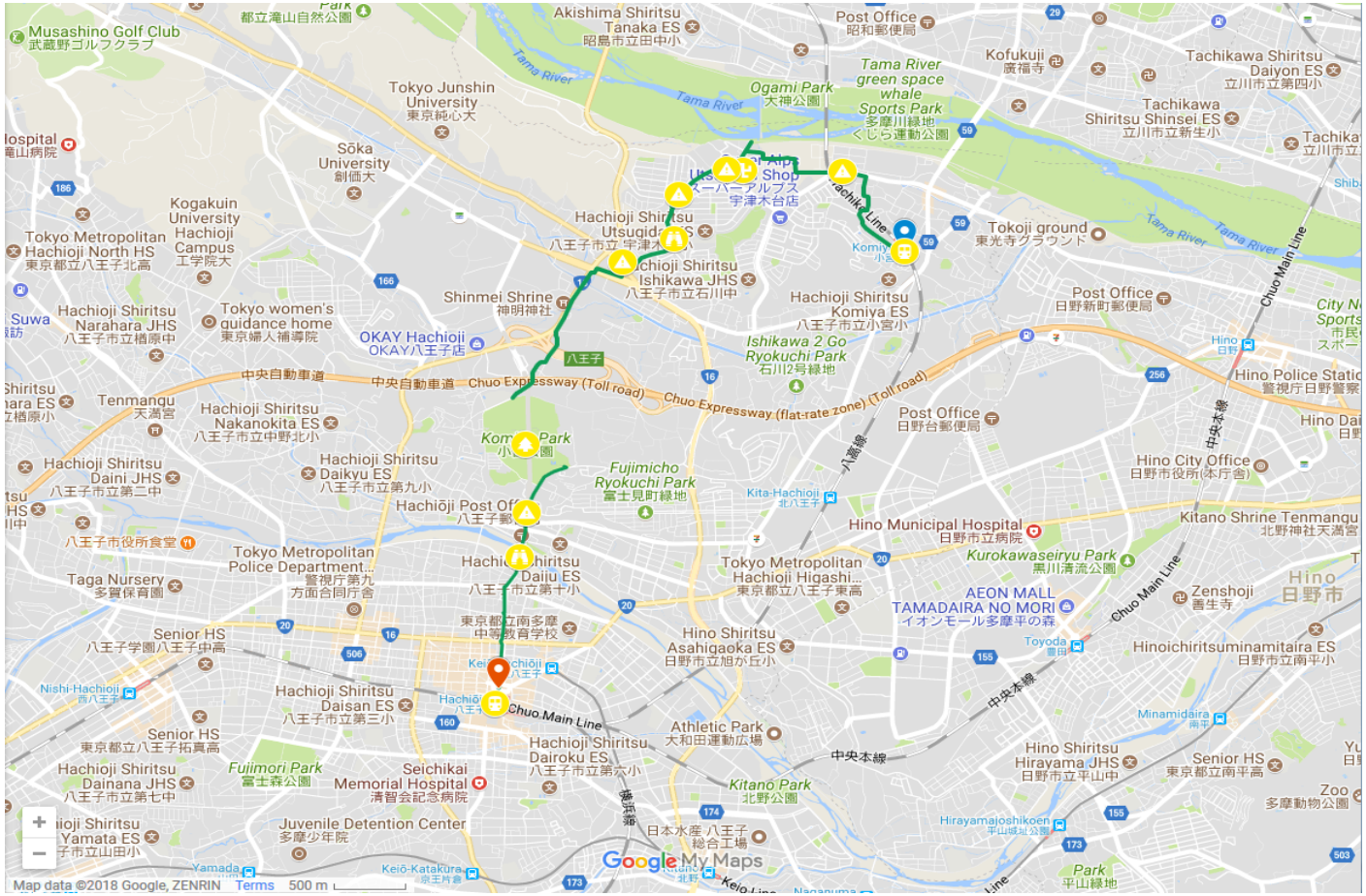
Hachioji City

Satoyama landscapes and Tokyo Metropolitan Komiya Park Walking Course

Highlight | **Tokyo Metropolitan Komiya Park**



©Google

Route Description

- Komiya Sta.
- ▼
- Daizoin Temple
- ▼
- Tokyo Metropolitan Komiya Park
- ▼
- Hachioji Sta.

To enjoy walking safely

Let's do some warm-up exercises

Walking without first getting ready can lead to injuries.
Be diligent in doing warm-up exercises.
It is also important to do cool-down exercises after you have finished walking.

Time allowed	around **100** minutes
Distance	around **6.6** km
Calorie consumption	around **300** kcal
Number of steps	around **9430** steps

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

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

Recommened Site

Icons: Shrines and Temples | Park | Other

Tokyo Metropolitan Komiya Park

You can tour the wood-thick hall with boardwalks and information signs on the south slope of the park in place.

Cherry blossoms of Asakawa River

The cherry blossoms are spectacular in spring.

Ichimori Jinja Shrine