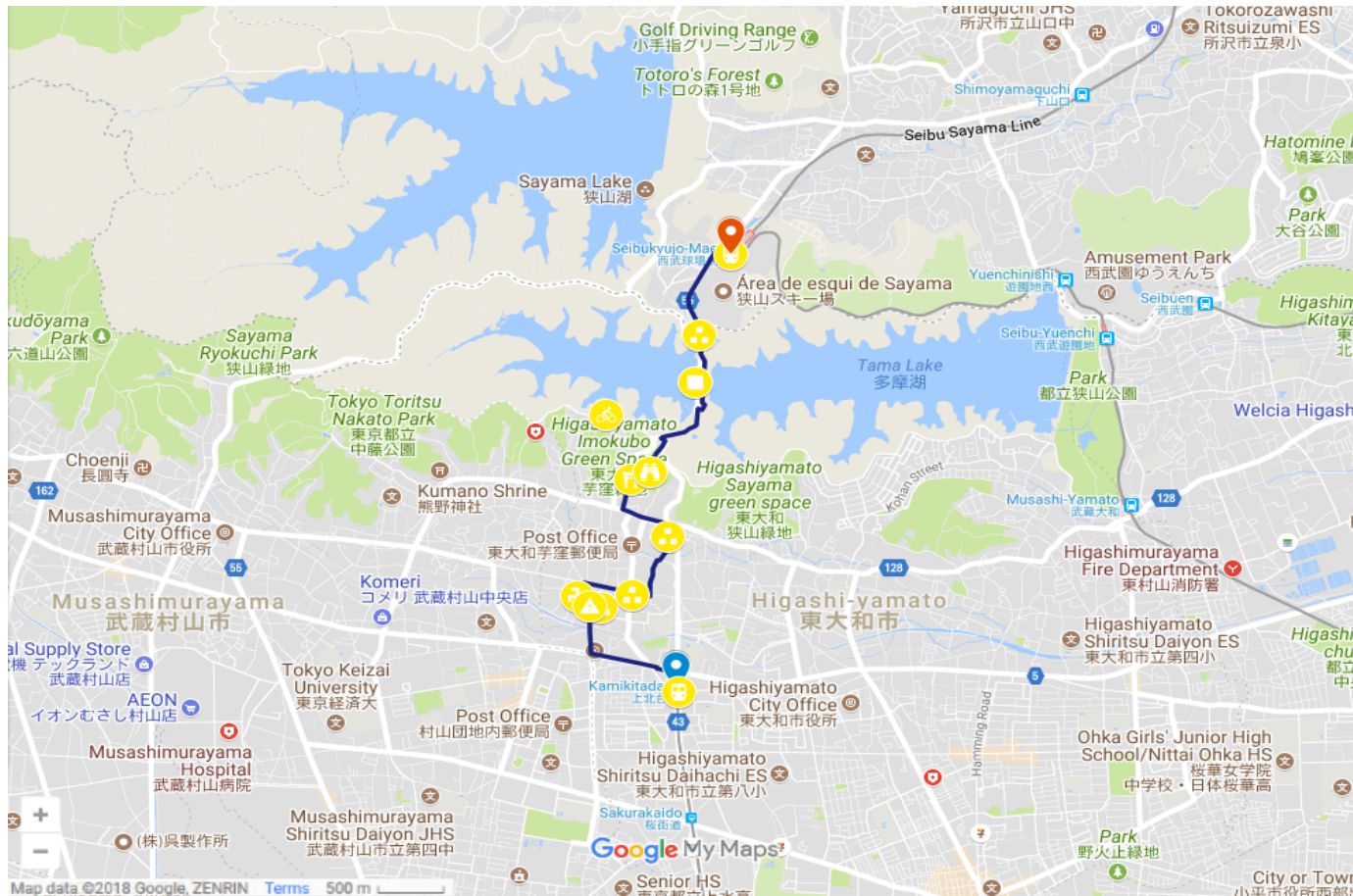


Tama Lake Panorama Course ~ Swing by when you go out to watch baseball games

Highlight | Panoramas of Tama Lake



Tourist mascot of
Higashiyamato City
Umabe



Route Description

- Kamikitadai Sta.
- ▼
- Keishoin Temple
- ▼
- Higashiyamato City Sayama Ryokuchi
- ▼
- Hayashi-do Temple
- ▼
- Kashima Rest Stop
- ▼
- Keisho-mon Gate
- ▼
- Seibukyujo-mae Sta.

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain. * Do not put too much strain on your body when you are sleep-deprived or sick.



Time allowed	around 69 minutes
Distance	around 4.6 km
Calorie consumption	around 207 kcal
Number of steps	around 6570 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**



Recommended Site

Icons: Shrines and Temples Park Other

Imokubo Bato Kannon Statue



Established in 1804 in the middle of the Edo period and the greatest Bato Kannon, a statue of Kannon with a human body and the head of a horse, in the city, standing at a height of around two meters. The statue was not swallowed up in the rezoning of town lots and road widening, and is basically in the same place at which it was initially established. It is a precious historical site, which is said to have been erected to relieve the people's worries and suffering and pray for safety on the road.

Murayama Upper Dam



Tama Lake (Murayama Reservoir) built between 1916 and 1927 consists of an upper and a lower reservoir. From the road, which runs above the Murayama Upper Dam or the dam of the upper reservoir between the two reservoirs, you can see magnificent views of the reservoir surrounded by nature.

Keisho-mon Gate



The main gate of Keishoin Temple, which used to stand on the western interior of Tama Lake (Murayama Reservoir). Keishoin Temple was moved to Imokubo when Murayama Reservoir was being constructed, but the gate was not relocated and fell into ruin in its original location. In 1954, the decision was made to conserve Keisho-mon Gate and it was again taken apart after being relocated and maintained and restored by Higashiyamato City in 1991 where they remain today.