

Tama City

Sakimori Mikaeri Path and Mt. Fuji Lookout Course

Highlight | Sakimori Mikaeri Path



nagadon



Route Description

- Nagayama Sta.
- ▼
- Uryu Ryokuchi
- Nagayama Daiyon Park
- ▼
- Sakimori Mikaeri Path Marker
- ▼
- Suwa-minami Park
- ▼
- Suwa Daisan Park
- ▼
- Nagayama Sta.

Don't forget to drink water

Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Time allowed	around 78 minutes
Distance	around 5.2 km
Calorie consumption	around 234 kcal
Number of steps	around 7430 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

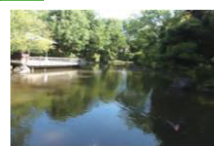
Icons: Shrines and Temples Park Other

Sakimori Mikaeri Path Marker



The Yokoyama-no-michi Walking Path stretches along the Tama foothills, the city boundary between Kawasaki and Machida. The Sakimori Mikaeri Path, found along this path, is named after the Man'yoshu poems written by the wife of a sakimori guard. This path is said to be where the sakimori guard reluctantly looked back on his hometown before heading for his dazaiфу post. This path looks out on Mt. Fuji, Mt. Tanzawa, Okutama, and the Chichibu mountain range.

Uryu Ryokuchi Pond



A long, narrow ryokuchi park facing the Kamakura Kaido Road. Lush and green, the stream flowing along the promenade and the ponds have a refreshing effect on the area. The flowers and trees of various colors are also appealing.

The Single Japanese Elm Tree in the Nagayama Daiyon Park



It has the mood of a friendly park in harmony with the town. Amidst the grassy lawns of the park is a hill where a single Japanese Elm tree grows. Its branches reach stunningly toward the sky.