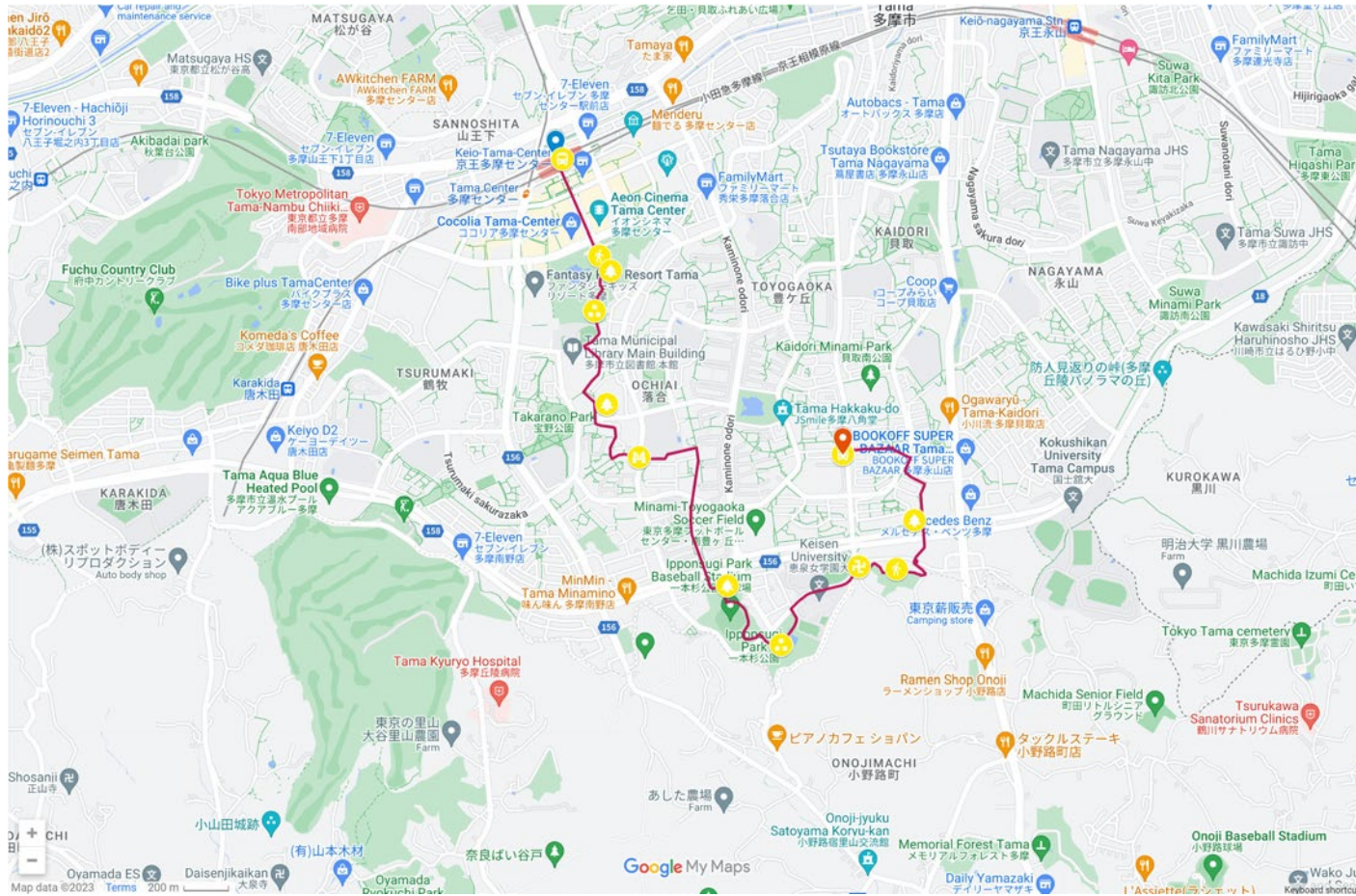


Tama  
City

# Fully-loaded Tama Sightseeing Course

Highlight | Yokoyama-no-michi Walking Path



HELLO KITTY'S TOWN

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## Route Description

- Tama Center Sta.
- ▼
- Donguri Yama Park
- ▼
- Ipponsugi Park
- ▼
- Myo'o-ji Temple
- ▼
- Kaitori Dairoku Park
- ▼
- Toyogaoka Yon Chome Bus Stop

**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.

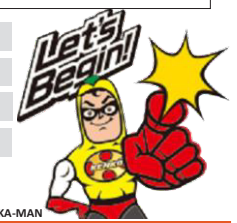


\* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around <b>71</b> minutes
Distance	around <b>4.7</b> km
Calorie consumption	around <b>212</b> kcal
Number of steps	around <b>6710</b> 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

**Yokoyama-no-michi Walking Path**



The "Tama no Yokoyama" found in the Man'yoshu poems is where the name comes from. It passed across the ridge of the Tama foothills and was used as a key transportation point beginning in ancient times. It was also recognized as one of the top 100 Shin-Nihon Aruku-Michi Tourism "Historical Roads."

**Parthenon Grand Stairs**



The Kirameki-hiroba space is at the top of the southern end of the Parthenon Odori Ave. Grand Stairs. The large pond and lawn of the expansive Tama Central Park are iconic. The park also features cultural facilities, including the "Kyu Tomizawa Family Private Residence" with its Japanese garden and the Parthenon Tama.

**Myo'o-ji Temple**



A Nichiren temple found along the Yokoyama-no-michi Walking Path that follows the ridge of the Tama foothills. Taking a side path leads to a path said to be the site of the Kamakura Kaido Kamitsumichi Road.