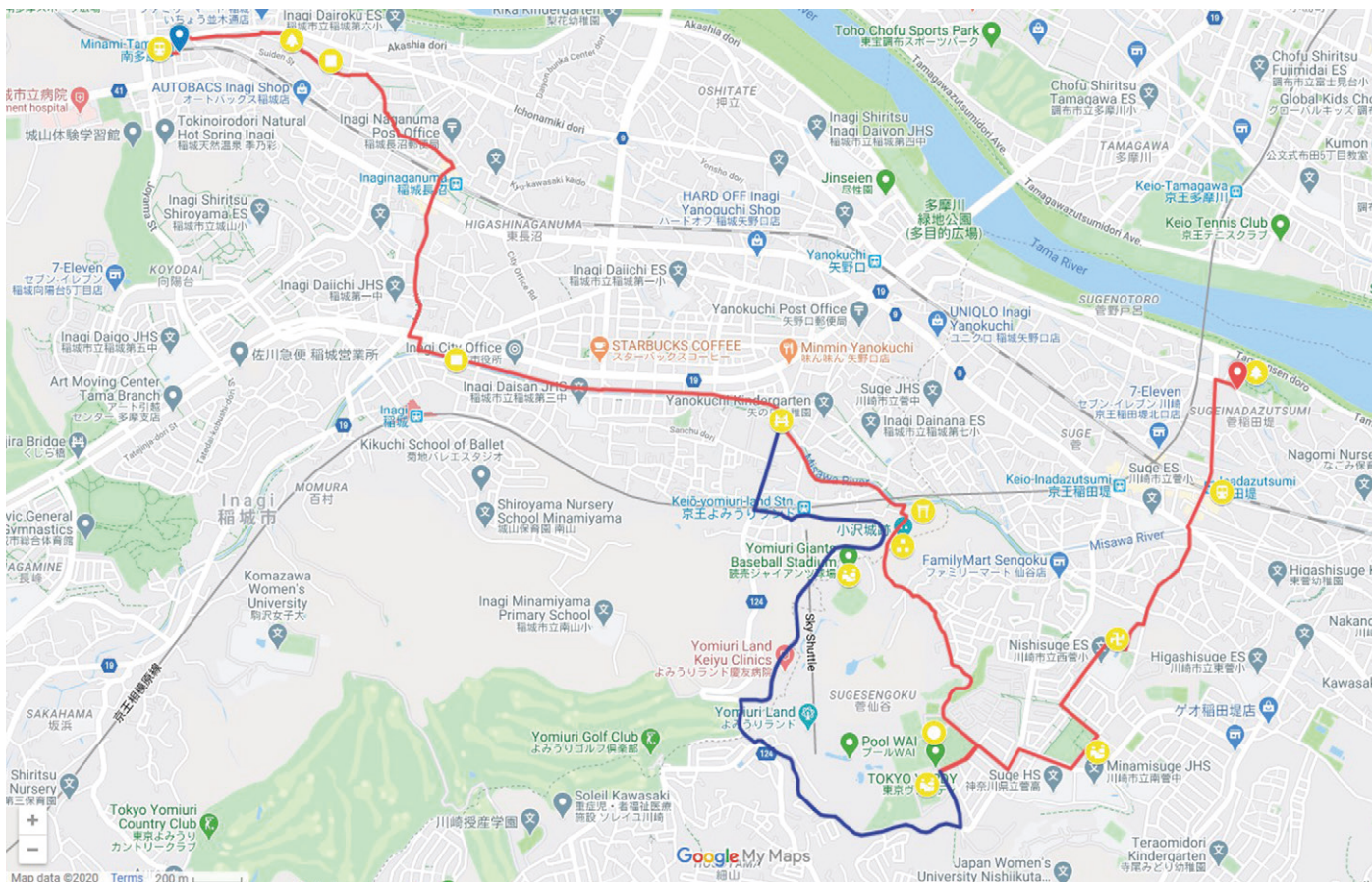


# Minami-tama-Inada Park Course

Highlight | Tokyo Verdy Ground



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## Route Description

- Minami-Tama Station
  - ▼
  - Omaru Water Park
  - ▼
  - Yanokuchi Bridge
  - ▼
  - Anazawa-tenjinsha Shrine
  - ▼
  - Ozawa-jo Castle Ruins
  - ▼
  - Tokyo Verdy Ground
  - ▼
  - Yakushido hall
  - ▼
  - Inadazutsumi Station
  - ▼
  - Inada Park
- Traffic roundabout (Yanokuchi Bridge-Tokyo Verdy Ground)

Time allowed	around <b>2 h 20 min.</b>
Distance	around <b>8.5 km</b>
Calorie consumption	around <b>420 kcal</b>
Number of steps	around <b>12140 steps</b>

\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm. Besides, the time allowed is the actual time when we walked the course.



Tokyo Metropolitan Government Health Promoting character KENKOUDEUSUKA-MAN

## Recommended Site

Icons: Shrines and Temples Park Other

### Tokyo Verdy Ground



Inagi City is the home town of Tokyo Verdy 1969 Football Club, and there is a large football ground where players practice. The whole of Inagi City supports Tokyo Verdy.

### Yakushido hall



The hall is said to have been built by Shigenari Saburo Inage, a military commander in the Kamakura period. Every September, Shishimai dance is performed to pray for a bountiful harvest and protection from evil. The dance is designated as intangible folk-cultural asset by Kanagawa Prefecture. On the same day, a children's sumo tournament is held.

### Inada Park



The park faces the river bed of the Tama River, and includes a youth baseball field, a cherry tree garden, a stream, a children's pool, and other facilities. A large whale artwork in the park has led to it being affectionately known as "Kujira (whale) Park" by local residents.