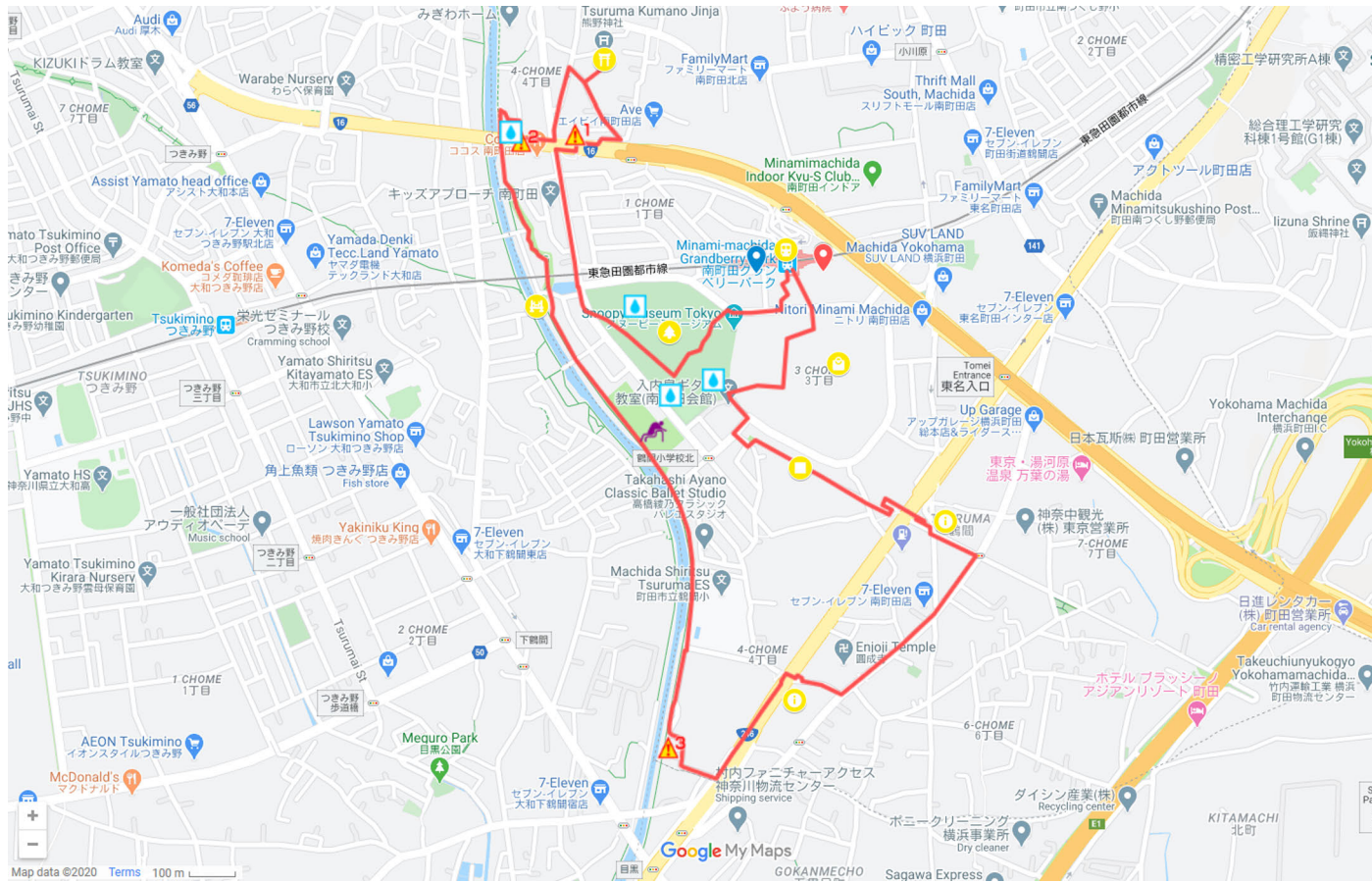


# Minami-Machida and Tsuruma area/ Minami-Machida Grandberry Park created

Highlight | Grandberry Park (commercial facility)



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## Route Description

- Minami-Machida Grandberry Park Station
- ▼
- Tsuruma Park
- ▼
- Tsuruma-kumano-jinja Shrine
- ▼
- Sakaigawa-suidokyo Aqueduct
- ▼
- Suido-michi (water supply path)
- ▼
- Grandberry Park (commercial facility)
- ▼
- Minami-Machida Grandberry Park Station
- ▼
- Point requiring attention
- ▼
- Water supply spot
- ▼
- Health appliances

### 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 1 h 18 min.
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

### Grandberry Park (commercial facility)



The new commercial facility in Minami-Machida contains about 240 shops, including a movie theater.

### Tsuruma Park



Along with the redevelopment of the park, an athletic field with natural grass, forest playground, an athletic field with artificial grass, and other facilities were created.

### Sakaigawa-suidokyo Aqueduct



The aqueduct consists of four water pipes, three of which are owned by Yokohama City and one by Kanagawa Water Supply Authority. Water is delivered to various places via these pipes.