



Culture  
Guide

# Walking Map

## HINO City Walking Map

### 1 Shinsengumi Course

Visit places associated with the Shinsengumi

### 2 Hino brick Course

Visit Hino's historical brick sites

### 3 Tokoji Temple East Course

Visit the farms in Hino PART 1

### 4 Tokoji Temple West Course

Visit the farms in Hino PART 2



**A little action;  
Always healthy.**

Tokyo Health Promotion Character  
**Kenko Desuka Man**







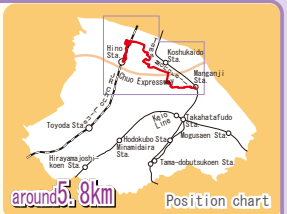




## ② Hino brick Course

Visit Hino's historical brick sites

**Season** : Spring Summer Autumn Winter  
**Distance** : around 5.8km  
**Steps** : around 8,290steps  
**Time Required** : around 90mins  
**Calories burned** : around 270kcal  
**Difficulty** : ★★★



### Walking course

Hino Sta. → Izunagongen Shrine → Upper Hino irrigation weir bridge → Lower Hino irrigation weir bridge → Tama-gawa Iron Bridge → Manganji Sta.  
 Nakada-no-mori Sanshi Park → Hino Daiichi Junior High School → Inuma Park → Manganji Central Park → Manganji Sta.

1 : 8,000  
 0 100 500m

Take in the Hino brick adventure where around 500,000 bricks were manufactured in around 2 years during the Meiji Period.

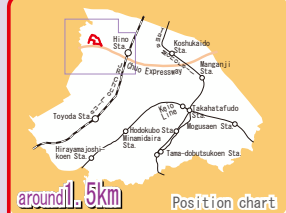


- Course
- Traffic lights on course
- Walking signs
- Viewing point
- Paddling pond
- Universal design toilet (publicly administered)
- Universal design toilet (privately administered)
- Toilet
- Health equipment
- Bench
- Water fountain
- Convenience store
- Supermarket
- Gas service station
- Tearoom
- Hill
- Stairs
- Police Station
- Police box
- School
- Hospital
- Buddhist temple
- Shinto shrine
- Post office
- Car park
- Bus stop
- Facility with AED

\* Toilets in the district centers can only be used during facility opening times.  
 \* The automated external defibrillators (AEDs) are installed at fire stations, police boxes, schools and municipal facilities.

## ③ Tokoji Temple Walking - East Course

Visit the farms in Hino PART 1



**Season** : Spring Summer Autumn Winter  
**Distance** : around 1.5km  
**Steps** : around 2,140steps  
**Time Required** : around 30mins  
**Calories burned** : around 95kcal  
**Difficulty** : ★★★

## ④ Tokoji Temple Walking - West Course

Visit the farms in Hino PART 2



**Season** : Spring Summer Autumn Winter  
**Distance** : around 1.2km  
**Steps** : around 1,710steps  
**Time Required** : around 25mins  
**Calories burned** : around 80kcal  
**Difficulty** : ★★★

### Calculation basis for calories consumed from walking the courses

Normal step = 3 METS Exercise = METS × time  
 Energy consumption (kcal) = 1.05 × exercise × body weight (kg)  
 Presumed for a body weight of 60kg

Course name	METS	Time	Exercise	Calories burned	Approximate amount
③ Tokoji Temple Walking - East Course (30mins)	3	0.5	1.5	94.5	→ around 95kcal
④ Tokoji Temple Walking - West Course (25mins)	3	0.416	1.248	78.624	→ around 80kcal

\* Exercise Guide 2016 Ministry of Health, Labour and Welfare



# Walking effects

Any exercise which involves taking in plenty of oxygen is referred to as aerobic exercise. Walking is one means of getting aerobic exercise. This is an exercise which can be recommended to anyone as it can safely and easily be undertaken at any time and any place.

Strengthens  
the legs and  
lower back

Improves  
cardiovascular  
function

Prevents  
lifestyle  
diseases

Prevents  
obesity

Soothes  
stiffness and  
relieves stress

Anti-aging

Persons with chronic diseases  
should only start after consulting  
with their regular physician.

