

HINO City

Ryokuchi
(Green area)
Guide

Walking Map

HINO City Walking Map

11 Mogusa tour/
Kurasawa Ryokuchi Course
Enjoy the nature and culture of Mogusa-Kurasawa



12 Minamidaira-kyuryo/
Katarai path Course
Walkway of Tama-kyuryo hill ridge



13 Nanao-kyuryo East Course
Try a rugged nature hike

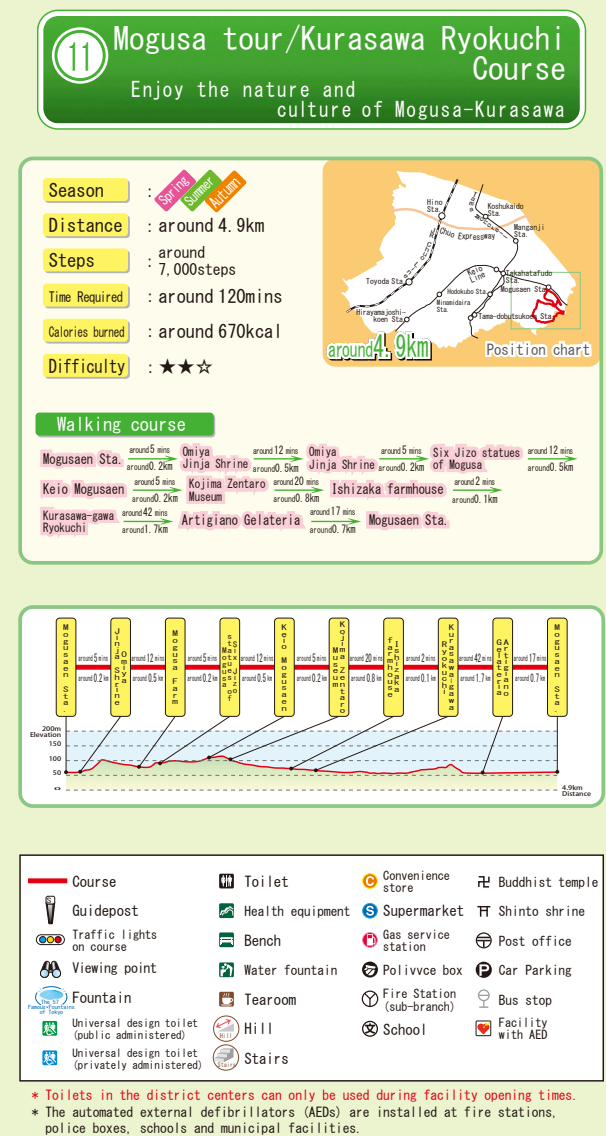
14 Nanao-kyuryo West Course
Enjoy the seasons of the hills



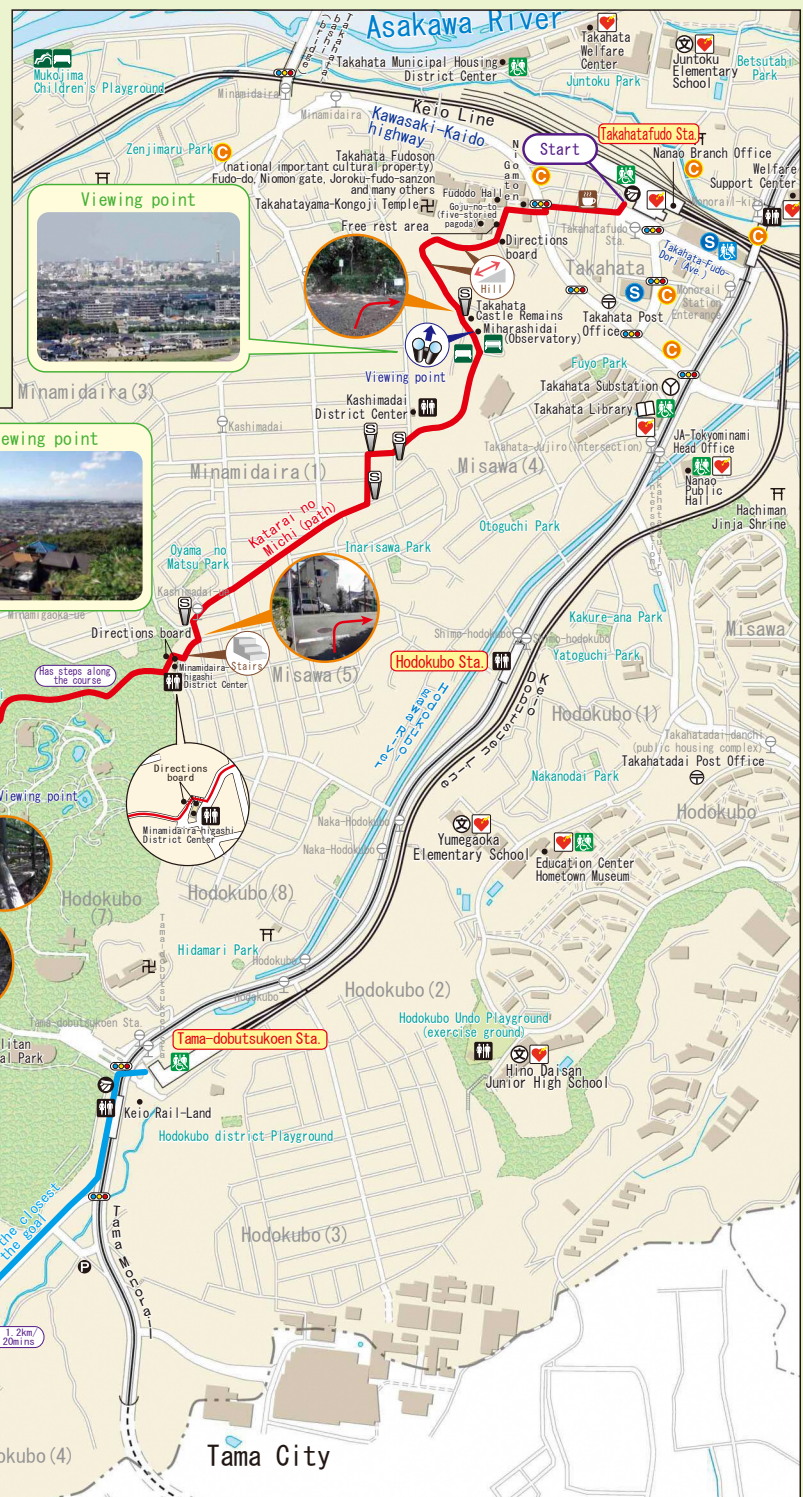
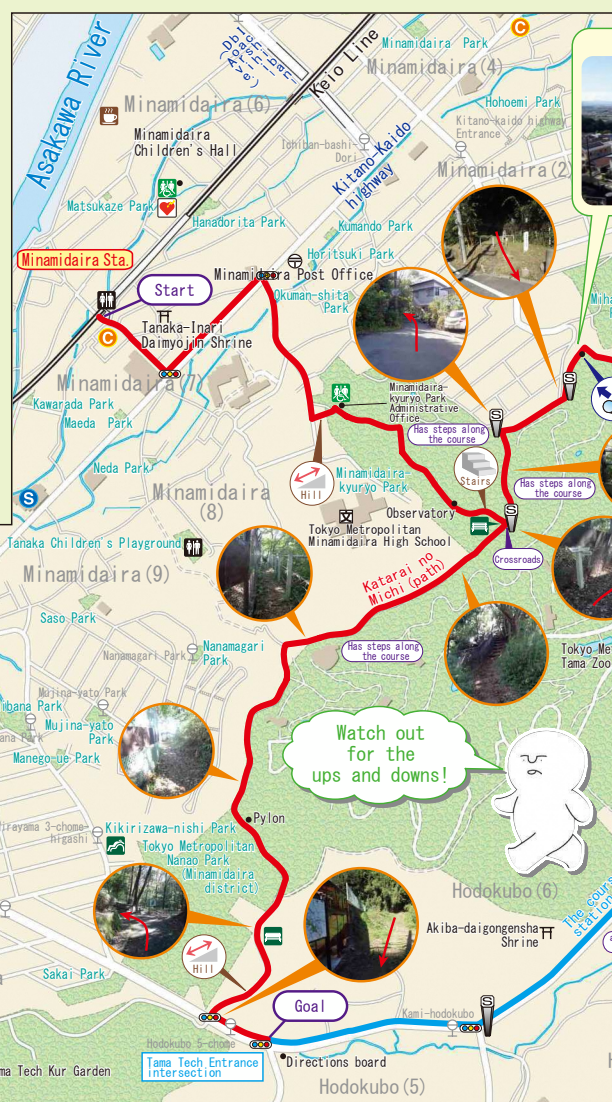
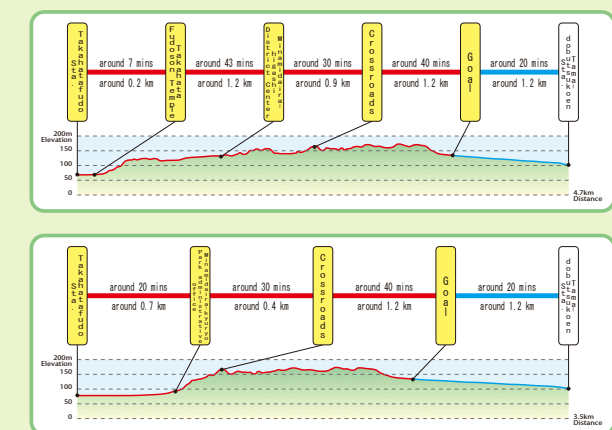
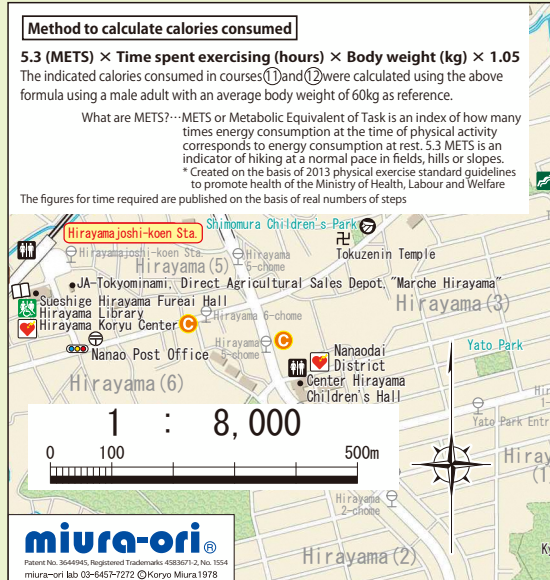
**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man



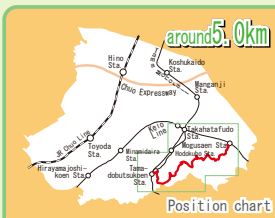


12 Minamidaira-kyuryo/Katarai path Course



13 Nanao-kyuryo East Course

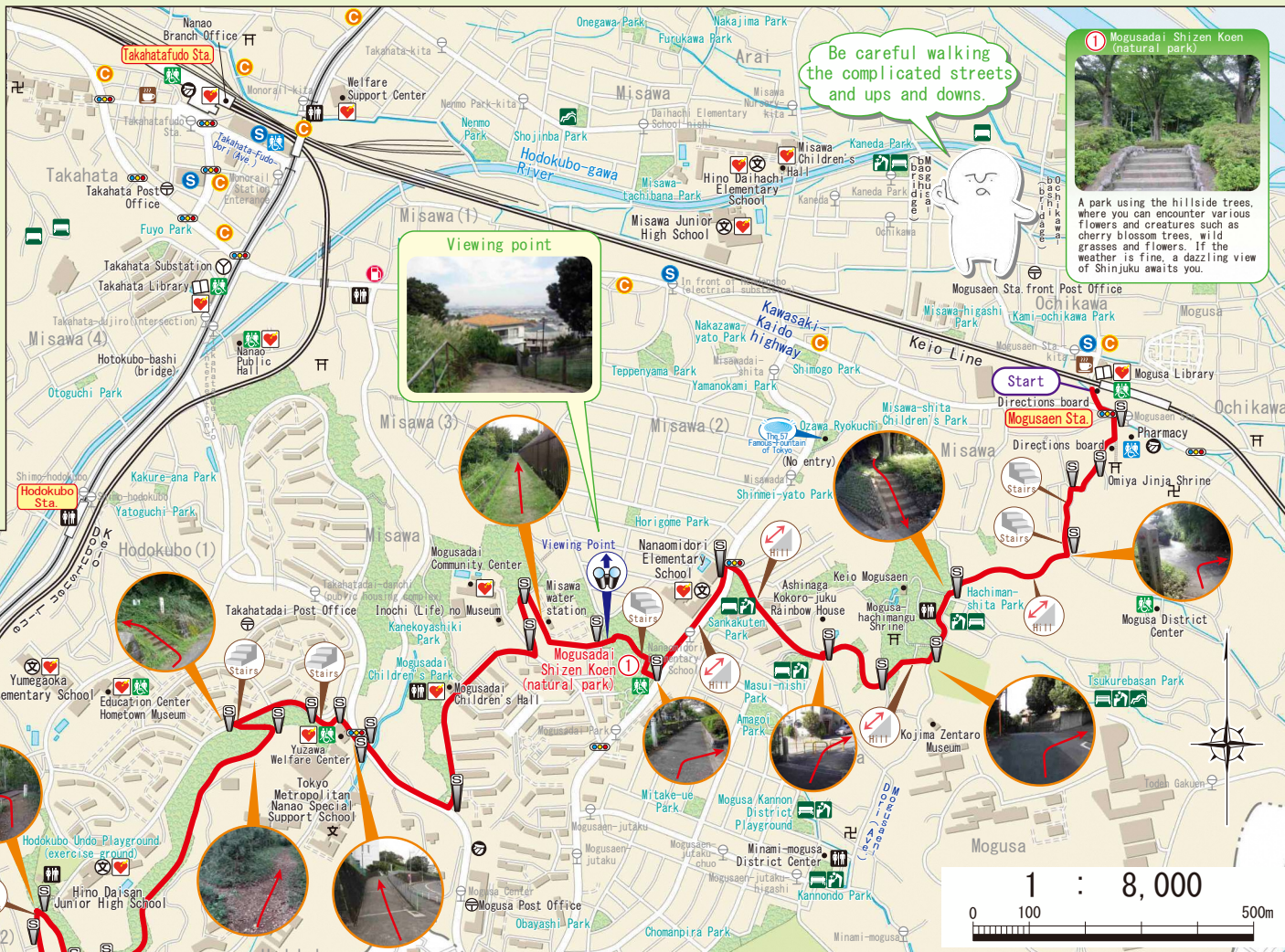
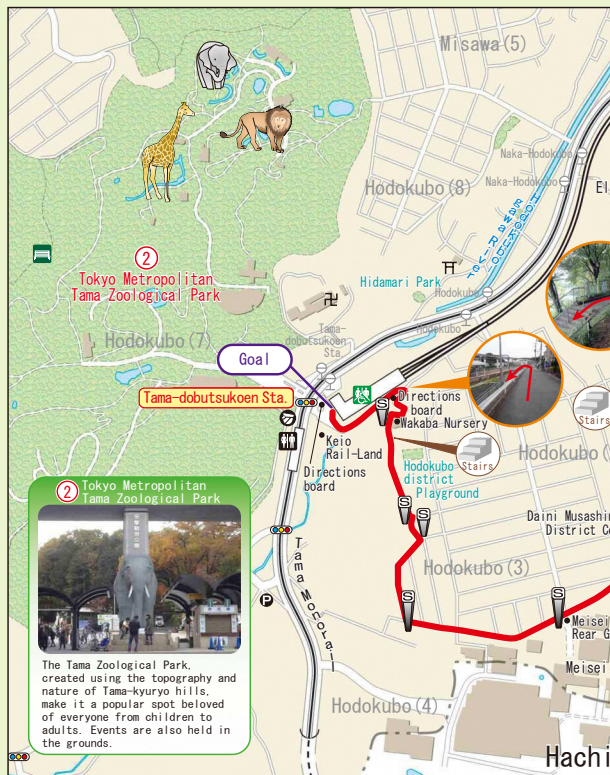
Try a rugged nature hike



Season : Spring Summer Autumn
 Distance : around 5.0km
 Steps : around 7,140steps
 Time Required : around 120mins
 Calories burned : around 670kcal
 Difficulty : ★★★

Walking course

Mogusaen Sta. around 14 mins
 Mogusada Shizen Koen (natural park) around 26 mins
 Tama-dobutsukoen Sta. around 1.1km
 Keio Mogusaen around 17 mins
 Yuzawa Welfare Center around 36 mins
 Nanaomidori Elementary School around 26 mins
 Meisei University around 22 mins
 around 5 mins
 around 0.2km
 around 0.5km
 around 0.9km

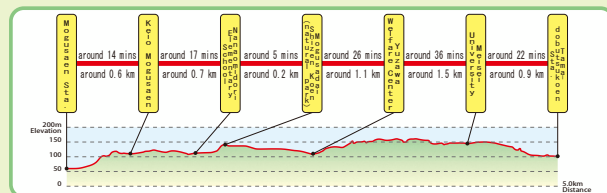


Method to calculate calories consumed

5.3 (METS) × Time spent exercising (hours) × Body weight (kg) × 1.05
 The indicated calories consumed in courses (13) and (14) were calculated using the above formula using a male adult with an average body weight of 60kg as reference.

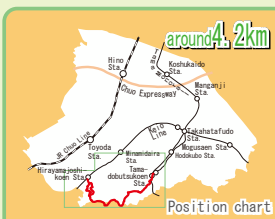
What are METS?--METS or Metabolic Equivalent of Task is an index of how many times energy consumption at the time of physical activity corresponds to energy consumption at rest. 5.3 METS is an indicator of hiking at a normal pace in fields, hills or slopes.
 * Created on the basis of 2013 physical exercise standard guidelines to promote health of the Ministry of Health, Labour and Welfare

The figures for time required are published on the basis of real numbers of steps



14 Nanao-kyuryo West Course

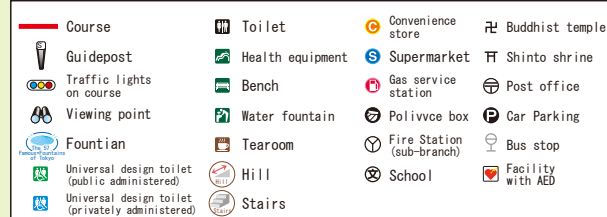
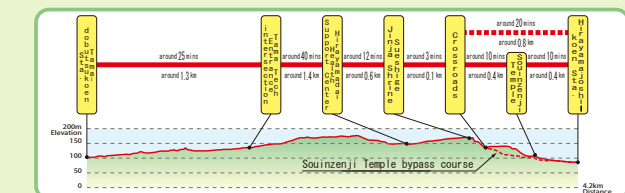
Enjoy the seasons of the hills



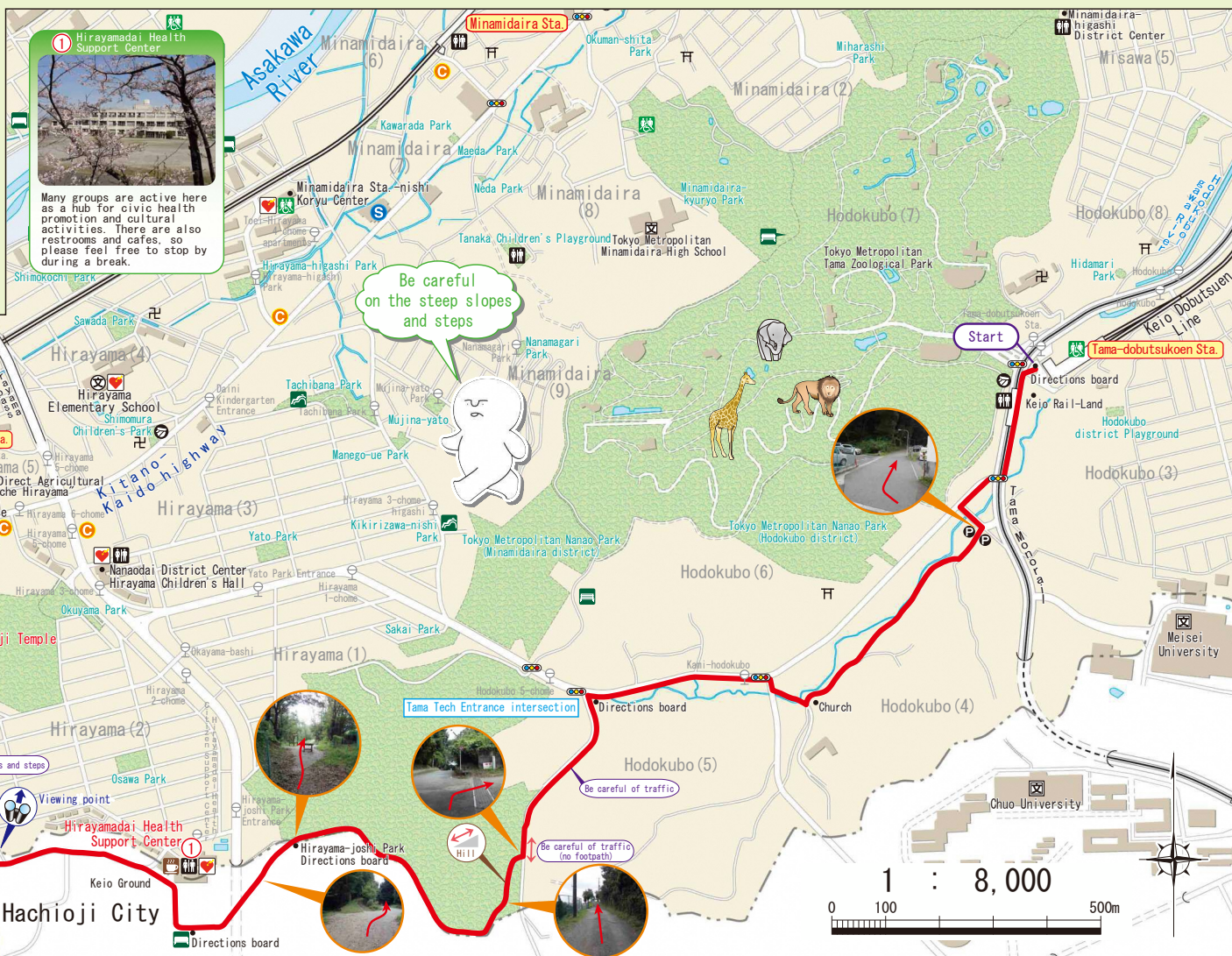
Season : Spring Summer Autumn
 Distance : around 4.2km
 Steps : around 6,000steps
 Time Required : around 100mins
 Calories burned : around 560kcal
 Difficulty : ★★★

Walking course

Tama Tech Entrance around 40 mins
 Sueshige Jinja Shrine around 3 mins
 Tama-dobutsukoen Sta. around 25 mins
 Hiramayama Health Support Center around 12 mins
 Souizenji Temple around 10 mins
 Hiramayama-joshi-koen Sta. around 20 mins
 around 4 mins
 around 0.4km
 around 0.4km
 around 0.4km
 around 0.8km



* 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.



What do we mean by health equipment?

This is a park facility with a major aim of helping people get healthy. They can be used for various things such as stretching or to stimulate your body's acupoints and working out.

Examples of main "health equipment"

Gentle steps

By climbing up and down steps, you can exercise to bend and stretch the knees.



Wakuwaku steps

Leaping exercises to jump from side to side. Grip the bar and jump from the center to either side at a decent tempo.



Push-up board

This is a push-up exercise completed from a standing position. You stand on a sloping platform to extend your arms while placing your hands on a board.



Spring bar

Try dangling or chin-up exercises. The spring will soften the impact when you seize the bar.

