

Walking Map

HINO City Walking Map

5 Let's walk the Asakawa River! Course

In search of the official city bird, the kingfisher

6 Let's walk the Tama-gawa River! Course

Experience the charm of nature



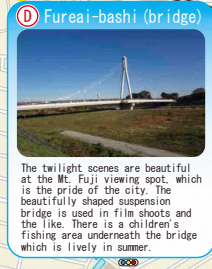
**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man



Let's walk the Asakawa River! Course

In search of the official city bird: the kingfisher



Beginner course

Season : Spring Summer Autumn Winter

Distance : around 6.6km

Steps : around 9,430steps

Time Required : around 100mins

Calories burned : around 300kcal

Difficulty : ★★★

Position chart

Station	Distance (km)	Distance (m)
Takahatafudo Sta.	around 9	around 900
Fureai-bashi (bridge) southern edge	around 10	around 1000
Arai-bashi (bridge) northern edge	around 11	around 1100
Fureai-bashi (bridge) northern edge	around 12	around 1200
Takahata-bashi (bridge) northern edge	around 13	around 1300
Takahatafudo Sta.	around 14	around 1400

Intermediate course

Season : Spring Summer Autumn Winter

Distance : around 8.8km

Steps : around 12,570steps

Time Required : around 135mins

Calories burned : around 405kcal

Difficulty : ★★★

Position chart

Station	Distance (km)	Distance (m)
Mogusaen Sta.	around 6	around 600
Asakawa-bashi (bridge) southern edge	around 7	around 700
Arai-bashi (bridge) southern edge	around 8	around 800
Fureai-bashi (bridge) southern edge	around 9	around 900
Takahata-bashi (bridge) southern edge	around 10	around 1000
Mogusaen Sta.	around 11	around 1100

Advanced course

Season : Spring Summer Autumn Winter

Distance : around 12.2km

Steps : around 17,430steps

Time Required : around 180mins

Calories burned : around 540kcal

Difficulty : ★★★

Position chart

Station	Distance (km)	Distance (m)
Hirayama-bashi (bridge) northern edge	around 23	around 2300
Ichiban-bashi (bridge) southern edge	around 24	around 2400
Mukojima Children's Hiroba	around 25	around 2500
Fureai-bashi (bridge) southern edge	around 26	around 2600
Arai-bashi (bridge) southern edge	around 27	around 2700
Takahatafudo Sta.	around 28	around 2800

- Walking signs
- Universal design toilet (publicly administered)
- Hill
- Tearoom
- Buddhist temple
- Viewing point
- Toilet
- Stairs
- Police Box
- Shinto shrine
- Paddling pond
- Health equipment
- Convenience store
- Fire station (sub-branch)
- Post office
- Guidepost
- Fountain
- Bench
- School
- Bus stop
- Traffic lights on course
- Universal design toilet (publicly administered)
- Water fountain
- Gas service station
- Hospital
- Facility with AED

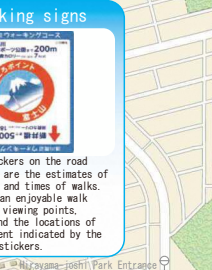
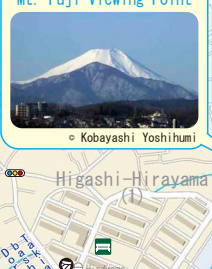
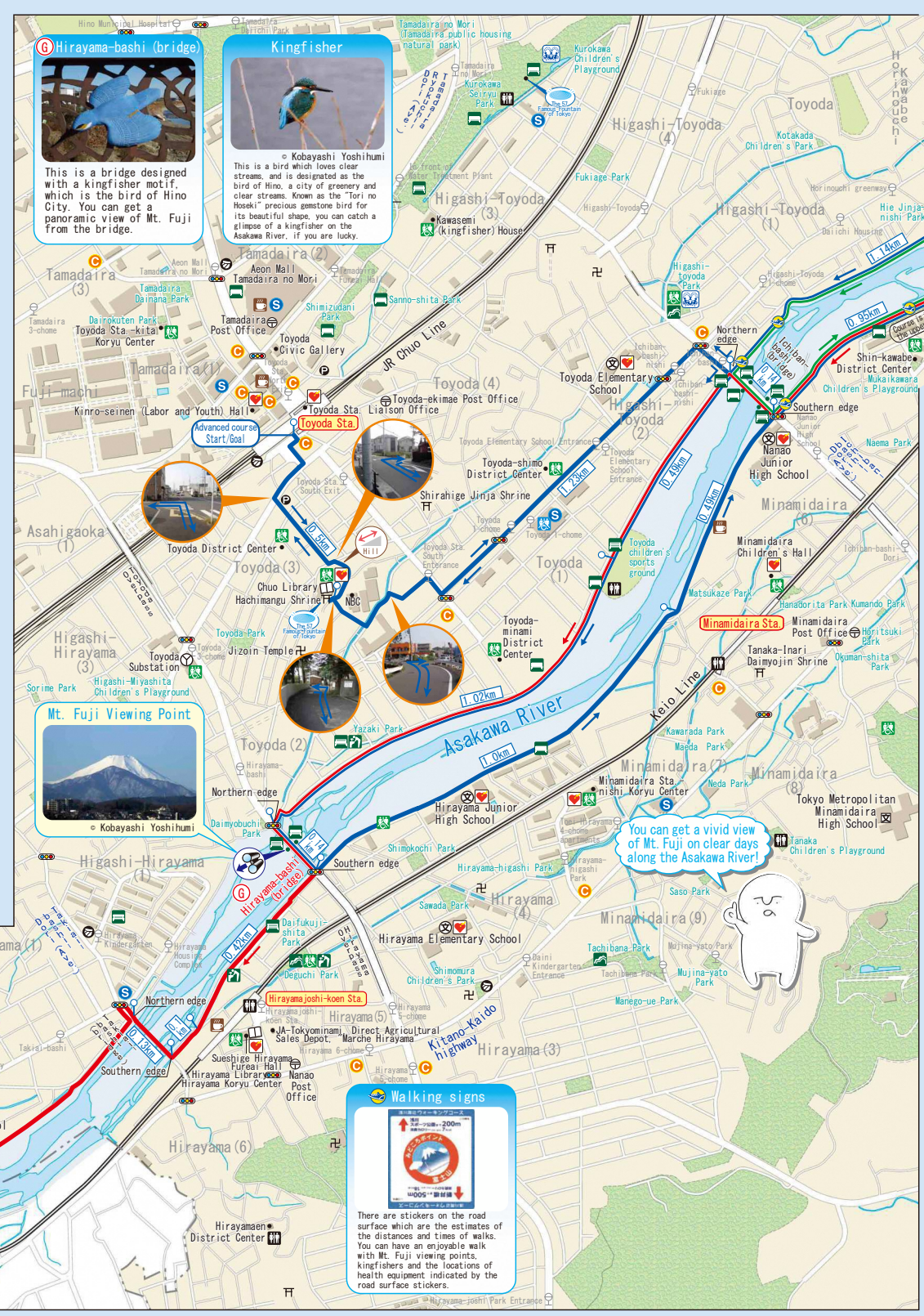
1 : 9,000

0 100 500m

With the permission of the head of the Geospatial Information Authority of Japan for the making of this map, we have incorporated the Digital Map (Basic Geospatial Information), Digital Japan Basic Map (Map Information) and Digital Japan Basic Map (Locations Information) published by that institution.

miura-ori

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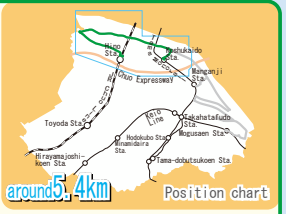


Let's walk the Tama-gawa River! Course

Experience the charm of nature

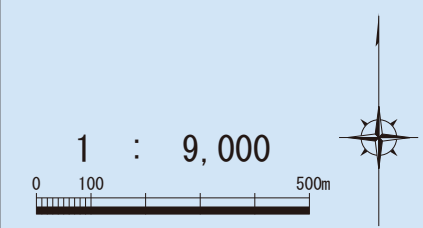
Season : Spring Summer Autumn Winter
Distance : around 6.9km
Steps : around 9,860steps
Time Required : around 105mins
Calories burned : around 315kcal
Difficulty : ★★☆☆

Beginner course
Hino Sta. around 19 mins
Tama-gawa Iron Bridge around 2km
Suishabori Park around 16 mins
Tappi-bashi (bridge) around 8 mins
Tokyo Sports Ground around 20 mins
Hino-bashi (bridge) around 8 mins
Koshukaido Sta. around 1.3km



- Beginner course
- Intermediate course
- Advanced course
- Traffic lights on course
- Paddling pond
- Fountain
- Universal design toilet (publicly administered)
- Toilet
- Health equipment
- Bench
- Water fountain
- Convenience store
- Supermarket
- Gas service station
- Hill
- Stairs
- Interval distance
- Kingfisher viewing spot
- Tearoom
- Police Box
- Fire station (sub-branch)
- School
- Hospital
- Facility with AED
- Buddhist temple
- Shinto shrine
- Post office
- Bus stop

* 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.



Intermediate course

Season : Spring Summer Autumn Winter
Distance : around 6.9km
Steps : around 9,860steps
Time Required : around 105mins
Calories burned : around 315kcal
Difficulty : ★★☆☆

Hino Sta. around 73 mins
Hino-bashi (bridge) around 14 mins
Site of Manganji Landing Stage (for ferry) around 10 mins
Tama-gawa Sports Ground around 8 mins
Manganji Sta. around 0.9km

Advanced courses

Season : Spring Summer Autumn Winter
Distance : around 13.3km
Steps : around 19,000steps
Time Required : around 200mins
Calories burned : around 600kcal
Difficulty : ★★☆☆

Hino Sta. around 73 mins
Hino-bashi (bridge) around 24 mins
Tama-gawa Sports Ground around 5 mins
Kitagawara Park around 21 mins
Clean Center around 12 mins
Hino-bashi (bridge) around 22 mins
Ochikawa District Playground around 11 mins
Mogusa-bashi (bridge) around 16 mins
Tama-gawa Mogusa Fureai Playground around 16 mins
Mogusa Sta. around 1.1km

10 Ochikawa Park

Outside the park boundaries, a channel extends in three directions, and you can enjoy catching crawfish and splashing in the water. The lawns of the hiroba plaza allow unobstructed views and it is often bustling with parents and their children.

How to choose footwear

- Adjustable laces
- Space enough to spread your toes in the shoes
- Excellent cushioning
- Thick soles that can bend to around one third of the length to the toe tips.



Essentials to continue walking

- Select shoes which allow you to walk in comfort.
- Walk at your own pace.
- Record the distance, amount of time and impressions of your walk.
- Walk your local streets using this map. You will make unusual discoveries and find new favorite locales.
- When you have become accustomed to walking, try taking part in a walking event. The presence of walking companions gives you a motivational boost.

