

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

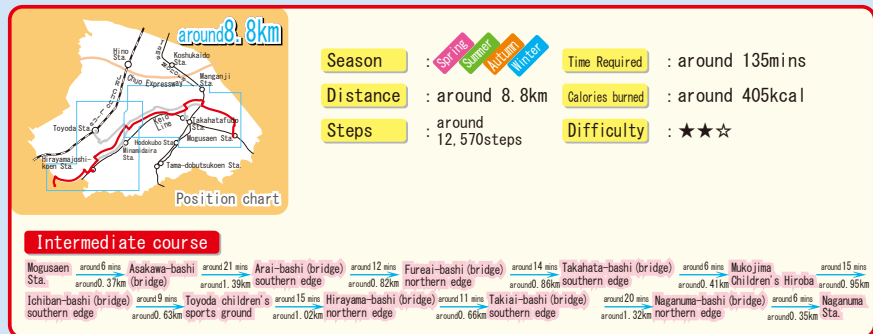
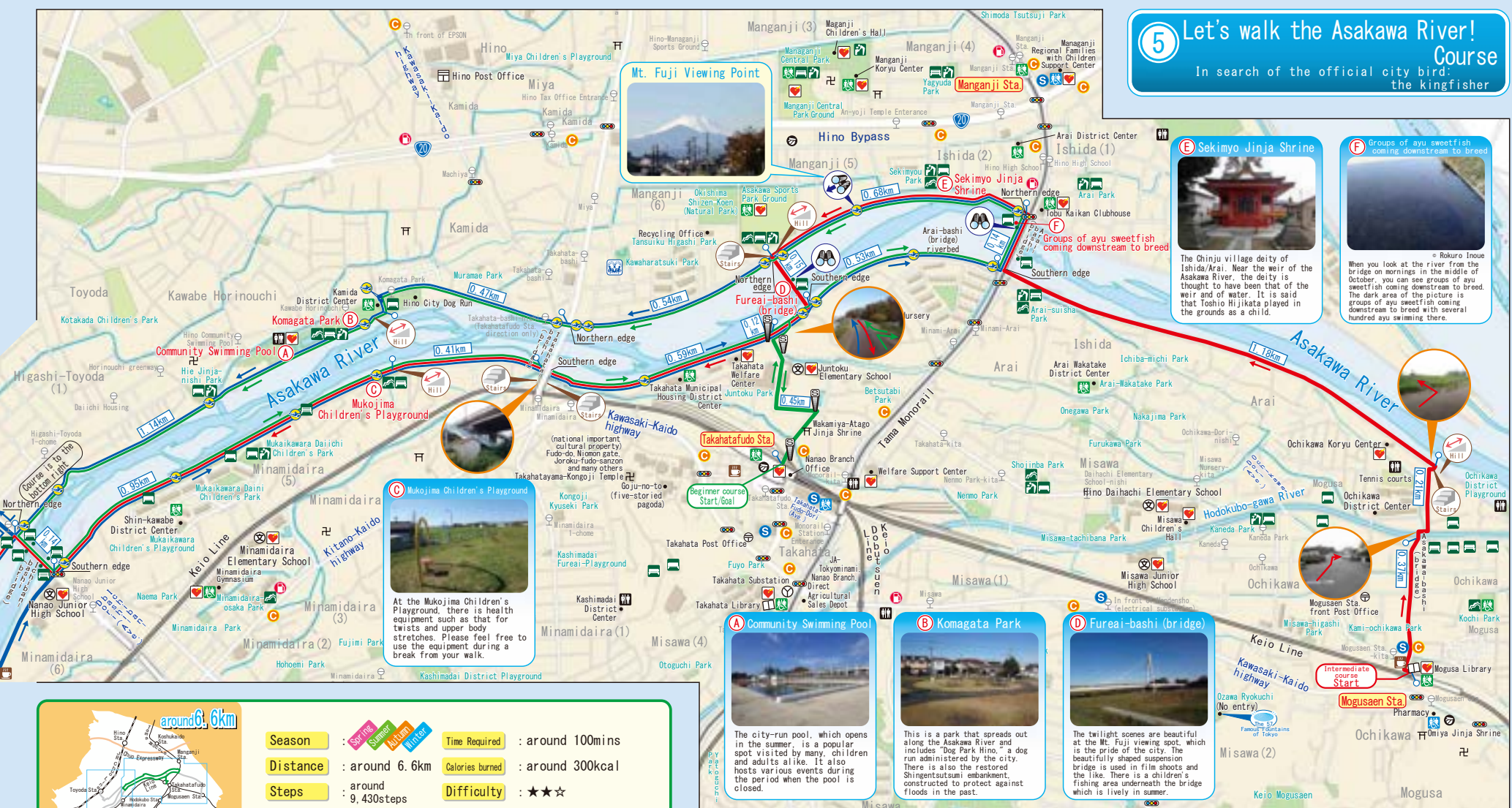


**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man

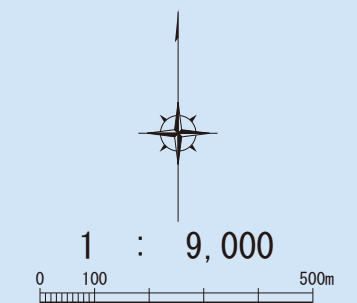


⑤ Let's walk the Asakawa River!
In search of the official city bird: the kingfisher



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

* 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.



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.
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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.

