

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



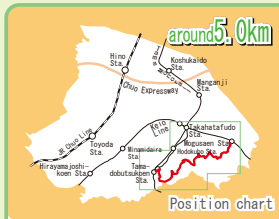
**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man



13 Nanao-kyuryo East Course

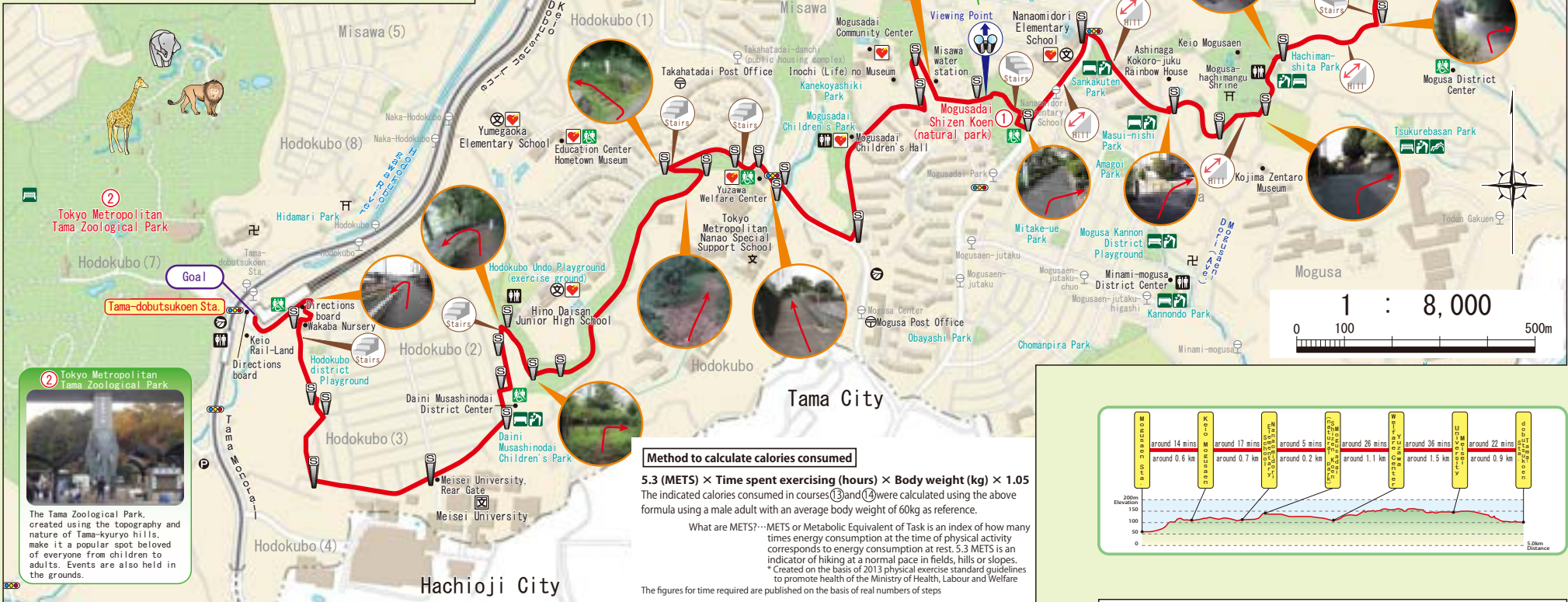
Try a rugged nature hike



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

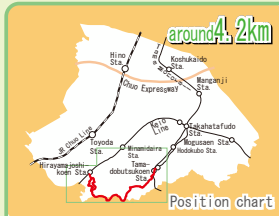
Walking course

Mogusaen Sta. around 14 mins around 0.6km
 Mogusadai Shizen Koen (natural park) around 26 mins around 1.1km
 Tama-dobutsukoen Sta. around 1.1km
 Keio Mogusaen around 17 mins around 0.7km
 Yuzawa Welfare Center around 36 mins around 1.5km
 Nanaomidori Elementary School around 5 mins around 0.2km
 Meisei University around 22 mins around 0.9km



14 Nanao-kyuryo West Course

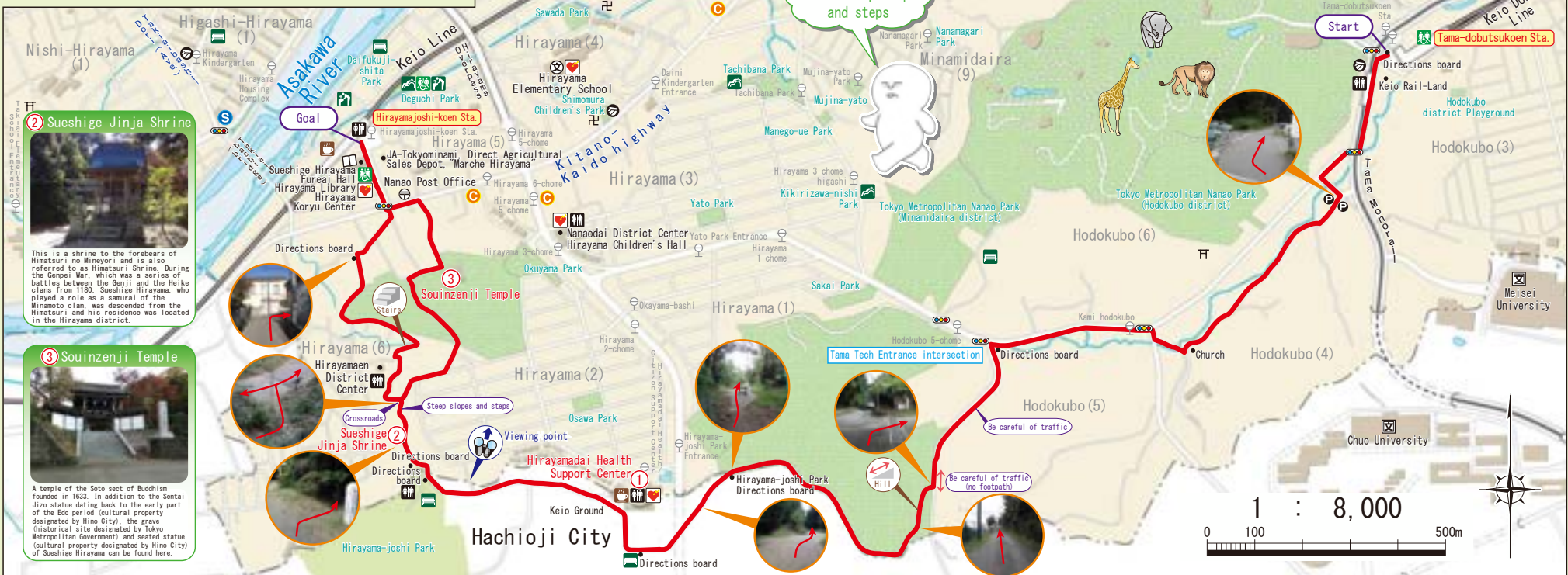
Enjoy the seasons of the hills



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 around 1.4km
 Tama-dobutsukoen Sta. around 25 mins around 0.9km
 Sueshige Jinja Shrine around 3 mins around 0.1km
 Crossroads around 10 mins around 0.4km
 Souizenji Temple around 10 mins around 0.4km
 Hiramayama Health Support Center around 12 mins around 0.5km
 Hiramayama-joshi-koen Sta. around 20 mins around 0.8km



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.

