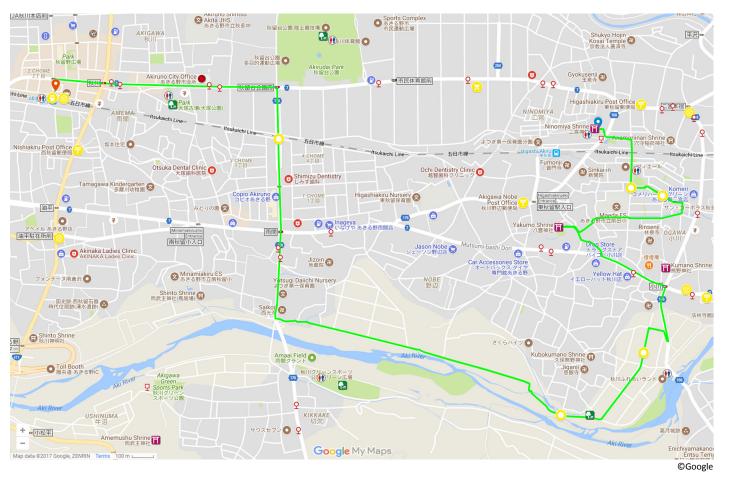
Akiruno City

Higashi-Akiru Area(Intermediate)Akigawa "Ginza" walking in various styles

Highlight | Promenade along Akigawa River



Q Recommened Site





Promenade along Akigawa River

Let's Get Healthy Together in Akiruno 21



Route Description

Ninomiya Jinja Shrine

Tobu Library EL

Yakumo Jinja Shrine

M Kumano Jinja Shrine

Ogawa Kubo Sakura Park

Amema grade separated crossing

Akiruno City Office

Akigawa Sta.

Public restroom

Park/Green area

Shrine

Bus stop (Route bus)

Bus stop (Community bus)

Post Office

Police substation

Station

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation This helps prevent injuries, knee pain, fatigue, etc.

Cool-down

Ending exercise suddenly can cause stress on the heart,

so it is important to cool down gradually.

This helps the body recover faster from fatigue and prevents muscle pain.

* Do not put too much strain on your body when you are sleep-deprived or sick.

B	Time allowed	around 1 h 39 min.
ů	Distance	around 6.6 km
	Calorie consumption	around 297 kcal
\Box	Number of stone	0.420

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN

