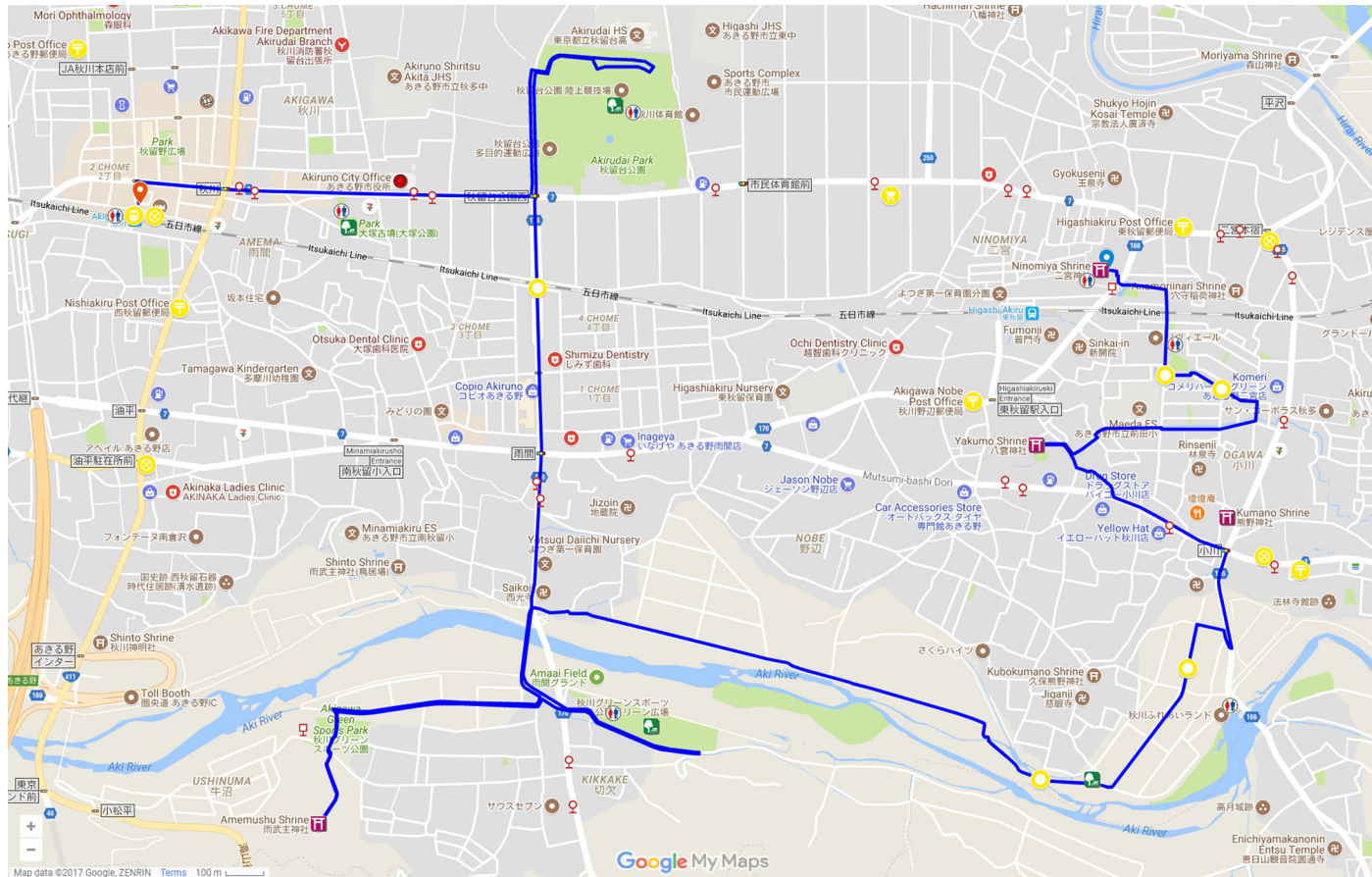


Akiruno  
City

# Higashi-Akiru Area(Advanced)Hard and sweating course

Highlight | Amemushu Jinja Shrine

Let's Get Healthy Together  
in Akiruno 21



© Google

## Route Description

- Ninomiya Jinja Shrine
  - ▼
  - Tobu Library EL
  - ▼
  - Yakumo Jinja Shrine
  - ▼
  - Kumano Jinja Shrine
  - ▼
  - Ogawa Kubo Sakura Park
  - ▼
  - Akigawa Green Sports Field
  - ▼
  - Amemushu Jinja Shrine
  - ▼
  - Akirudai Park
  - ▼
  - Akiruno City Office
  - ▼
  - Akigawa Sta.
- 
- Public restroom
  - 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.

## Recommended Site

Icons: Shrines and Temples Park Other

### Amemushu Jinja Shrine



There are 200 stone steps (right) and a gentle slope (left) up to the worship hall. Both are great physical training.

Time allowed	around <b>2 h 44 min.</b>
Distance	around <b>10.9 km</b>
Calorie consumption	around <b>491 kcal</b>
Number of steps	around <b>15570 steps</b>

\* 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**

