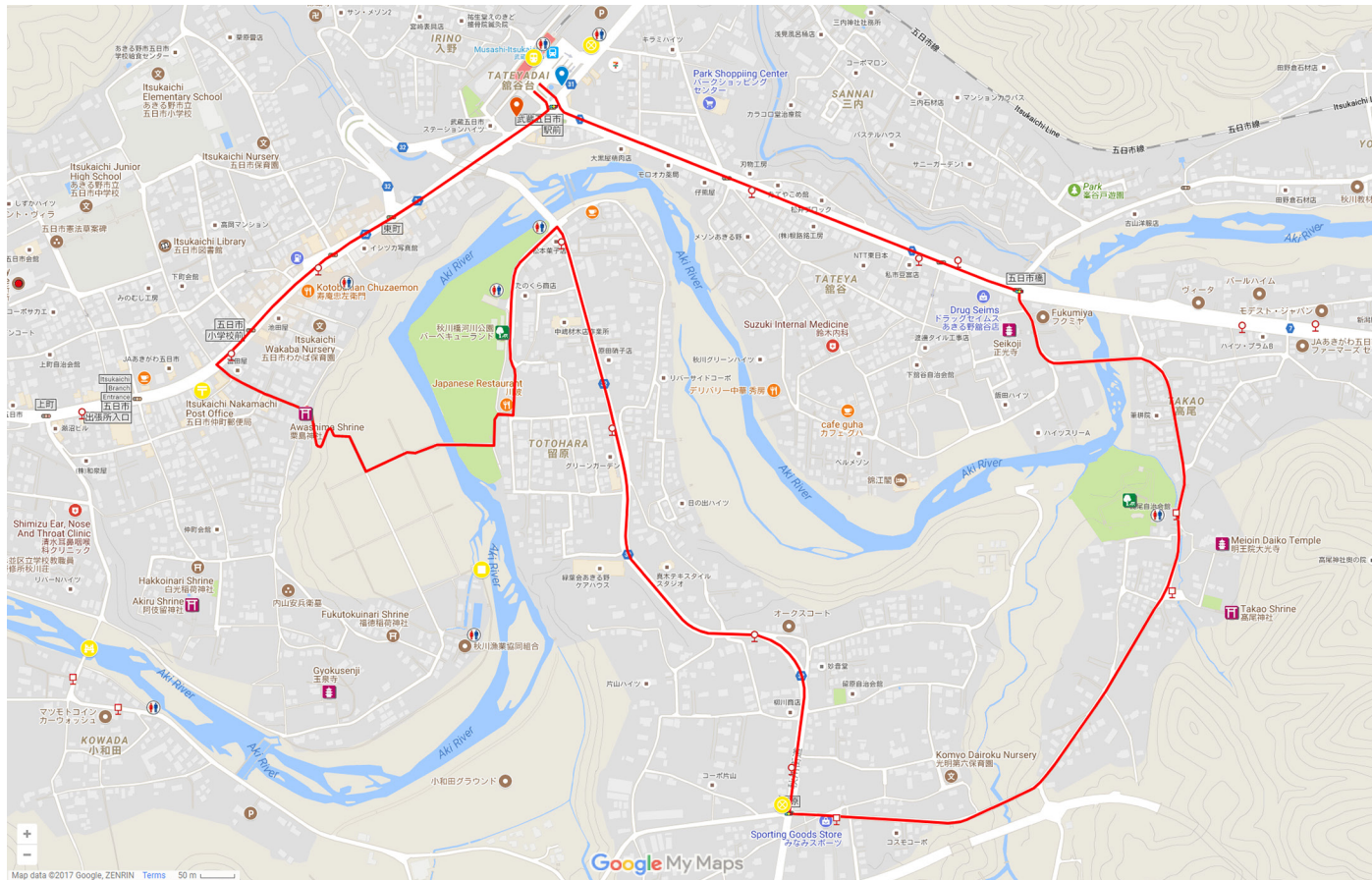


Akiruno City

Itsukaichi Area(Beginner)Walk and play course

Highlight | Takao Park

Let's Get Healthy Together in Akiruno 21



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Route Description

- Musashi-Itsukaichi Sta.
- ▼
- Shokoji Temple
- ▼
- Takao Park
- ▼
- Akigawabashi Kasen Park Barbecue Land
- ▼
- Awashima Jinja Shrine
- ▼
- Musashi-Itsukaichi Sta.

- Public restroom
- Bus stop (Route bus)
- Bus stop (Community bus)
- Post Office
- Police substation
- Station
- Bridge
- Promenade

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

Takao Park



Take a rest in Takao Park. You can enjoy the park equipment.

Akigawabashi Kasen Park Barbecue Land



A spot where you can enjoy a barbecue and playing in the river. We enjoy singing together with participants on the Fureai Walk.

Time allowed	around 1 h 14 min.
Distance	around 4.9 km
Calorie consumption	around 221 kcal
Number of steps	around 7000 steps

* 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 **KENKOUSUKA-MAN**

