

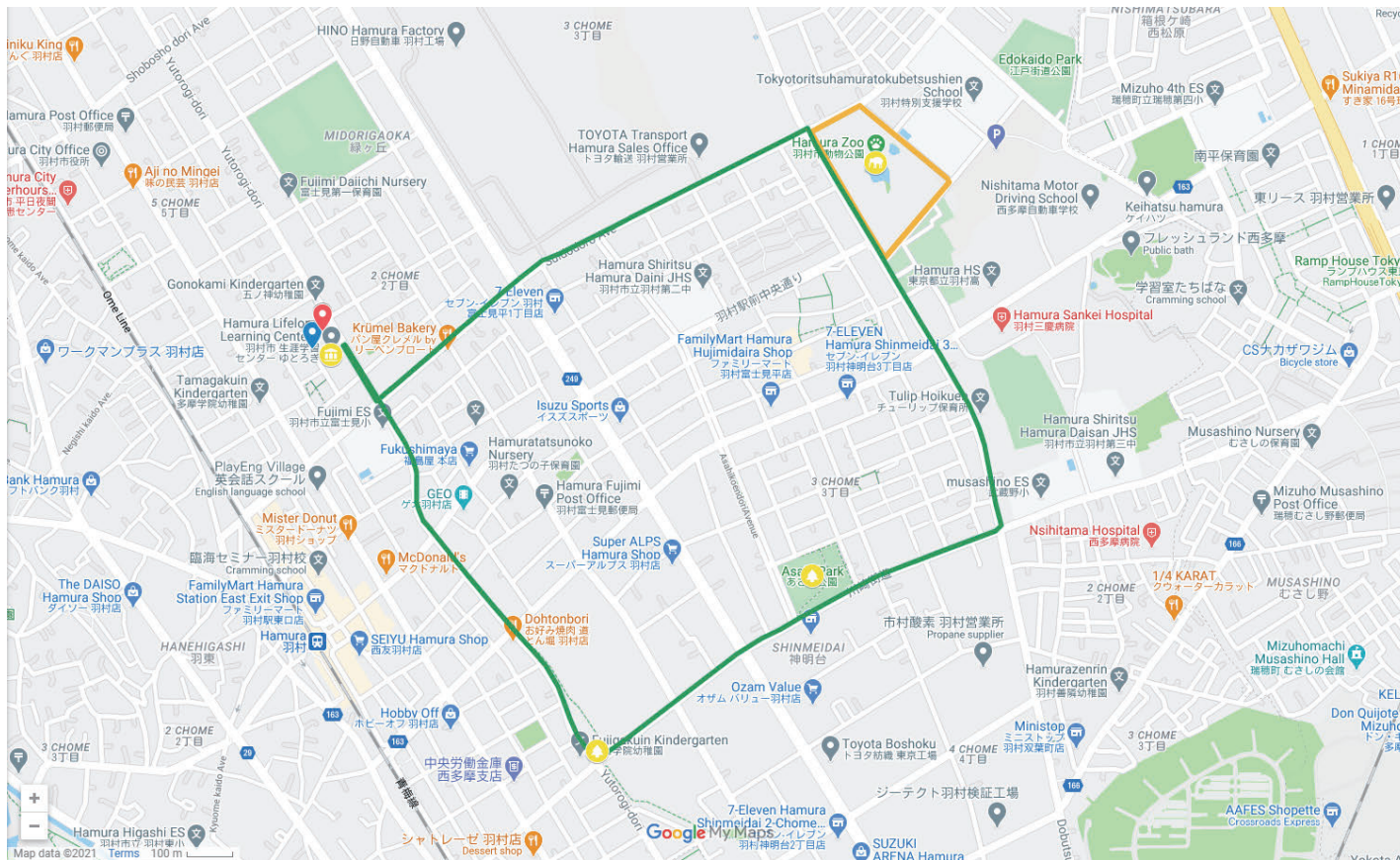
HAMURA CITY

Hamura Zoo-Shinmeidai Course

Highlight | Zoo



HAMURIN Hamura City Mascot



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Route Description

- Yutorogi
- ▼
- Hamura Zoo
- ▼
- Asahi Park
- ▼
- Mizuki Park
- ▼
- Yutorogi
- Walking around the outside of the zoo adds an extra 900 meters

Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments.

Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)

Time allowed	around 62 min.
Distance	around 4.1 km
Calorie consumption	around 180 kcal
Number of steps	around 5860 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 **KENKOUDESUKA-MAN**



Recommended Site

Icons: Shrines and Temples Park Other

Asahi Park health equipment

Health equipment is a type of playground equipment installed with the primary purpose of promoting health as part of everyday life through muscle training, stretches, and other exercises. Aim to become even healthier and make use of this equipment when taking walking breaks.



Hamura Zoo

Opened as the first municipally managed zoo in the country in 1978. In addition to favorites like giraffes and monkeys, many other interesting animals are waiting for you here, including red pandas, meerkats, and ring-tailed lemurs.

