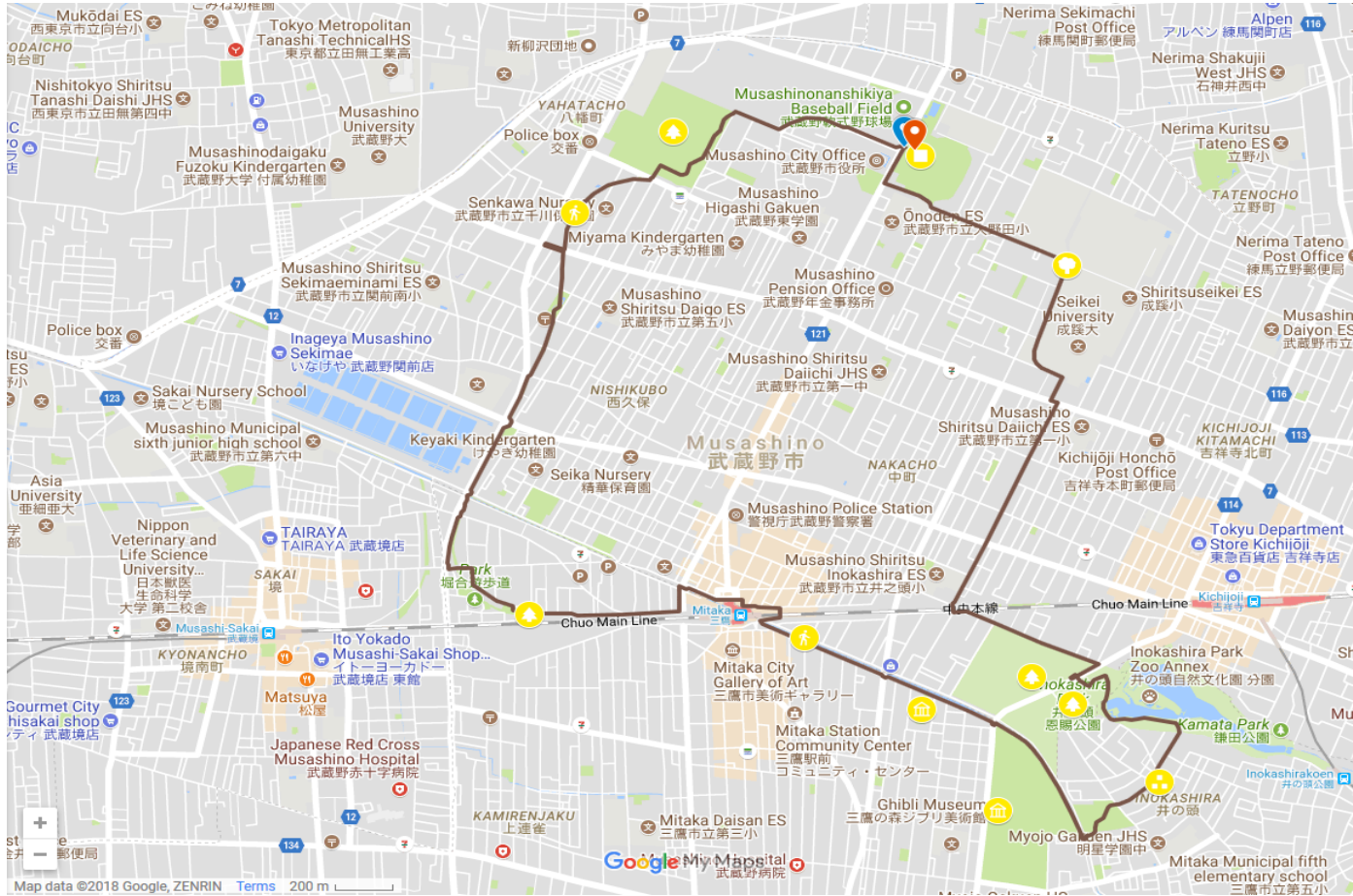


TOKYO HEALTH WALK 2016 - 12km Course

Highlight | Tamagawa Josui Aqueduct



MOSHIKAMO-KUN,
the Tokyo Metropolitan
Government character
promoting cancer screening



- ### Route Description
- Musashino General Gymnasium
 - ▼
 - Musashino Central Park
 - ▼
 - Green Park Promenade
 - ▼
 - Horiai Children's Park
 - ▼
 - JR Mitaka Sta.
 - ▼
 - Tamagawa Josui Kaze-no-sampomichi (pedestrian path)
 - ▼
 - Inokashira Park
 - ▼
 - Inokashira Park Zoo
 - ▼
 - Seikei Gakuen Zelkova Trees
 - ▼
 - Musashino General Gymnasium

| | |
|---------------------|---------------------------|
| Time allowed | around 180 minutes |
| Distance | around 12.0 km |
| Calorie consumption | around 540 kcal |
| Number of steps | around 17410 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

Inokashira Park



A park which holds Inokashira Pond, one of the top three spring-fed ponds in the Musashino area, and which is a cherry blossom hotspot. The source waters for the Kanda waterworks constructed under order of Ieyasu Tokugawa in 1590. In addition to sports facilities in the park, you will find the Inokashira-benzaiten (one of the Musashino Shichifukujin (Seven gods of good fortune), Inokashira Pond ruins of Gotenjima, and the Ghibli Museum, Mitaka opened in 2001.

Seikei Gakuen Zelkova Trees



Planted in 1924, when Seikei University was relocated from Ikebukuro, over 120 zelkova, which are now approaching 100 years old, grow to a height of 25 meters. In addition to being designated as a protected species of Musashino City, they have also been selected to the "100 Views of New Tokyo" and the "100 Soundscapes of Japan Selected."

Tamagawa Josui Aqueduct



This is one of the six aqueducts, which used to supply domestic water throughout the city of Edo in the past, and is now a nationally designated historical site. It is also famous as the location where the great writer Osamu Dazai drowned himself. On the "Kaze-no-sanpomichi" pedestrian path, the Gyokkaseki, a rock from Goshogawara City of Aomori Prefecture, the hometown of Osamu Dazai, can be found on the path maintained along the Tamagawa Josui Aqueduct from the south exit of Mitaka Sta.