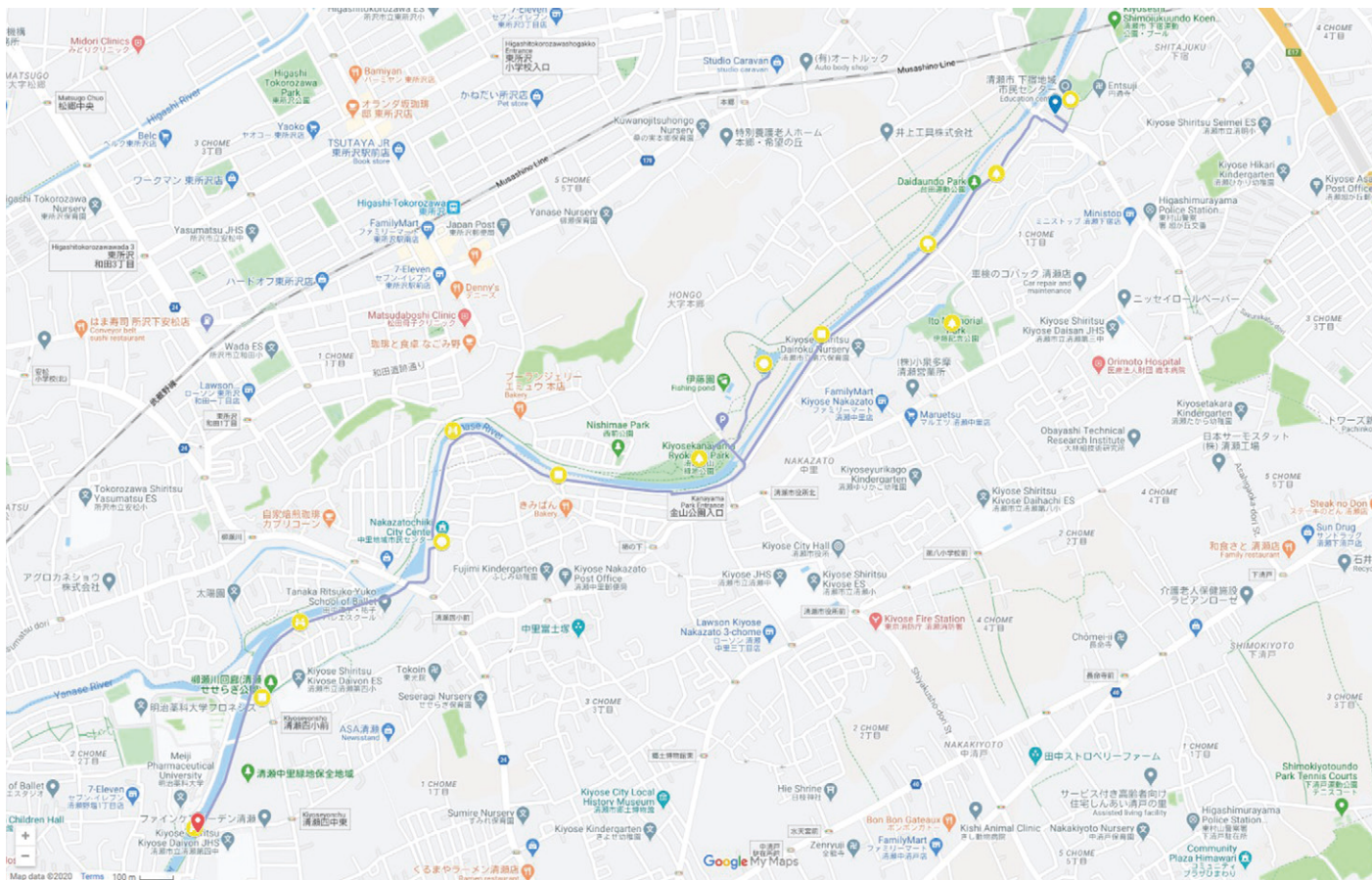


KIYOSE
CITY

Seseragi Course

Highlight | Kanayama Ryokuchi Park



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Route Description

- Shitajuku Area Citizen Center
- ▼
- Daita Athletic Park (Square at the entrance of the housing complex)
- ▼
- Kanayama Flood Control Reservoir
- ▼
- Kanayama Ryokuchi Park
- ▼
- Shoryu Bridge
- ▼
- Kurumaya Bridge
- ▼
- Umezaka Bridge

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 1 h 6 min.
Distance	around 4.4 km
Calorie consumption	around 198 kcal
Number of steps	around 6285 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

Kanayama Ryokuchi Park



It is the largest park in the city, with an area of approximately 20,000 m². The nature of Musashino is reproduced. Park visitors can view Nihonzuisen (Japanese narcissus) in winter.

Kanayama Flood Control Reservoir



Blessed with abundant spring water, the reservoir is known as a place for appreciating trees and important wild birds that give a sense of the seasons.

Daita-no-mori



It is designated as an urban greenery planning area by the city. Abundant nature with remnants of Musashino, such as bamboo forest and Yamazakura cherry trees, spread.