

Akiruno City

Tasai Area(Beginner)Hiraigawa River walking course

Highlight | Promenade along Hiraigawa River

Let's Get Healthy Together
in Akiruno 21



Route Description

- Minami-Komiyabashi Bridge
- ▼
- Promenade along Hiraigawa River (South)
- ▼
- Moriyama Jinja Shrine
- ▼
- Promenade along Hiraigawa River (North)
- ▼
- Minami-Komiyabashi Bridge

- Park/Green area
- Bus stop (Route bus)
- Post Office
- Police substation

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



Promenade along Hiraigawa River

Time allowed	around 1 h 8 min.
Distance	around 4.5 km
Calorie consumption	around 203 kcal
Number of steps	around 6430 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**

