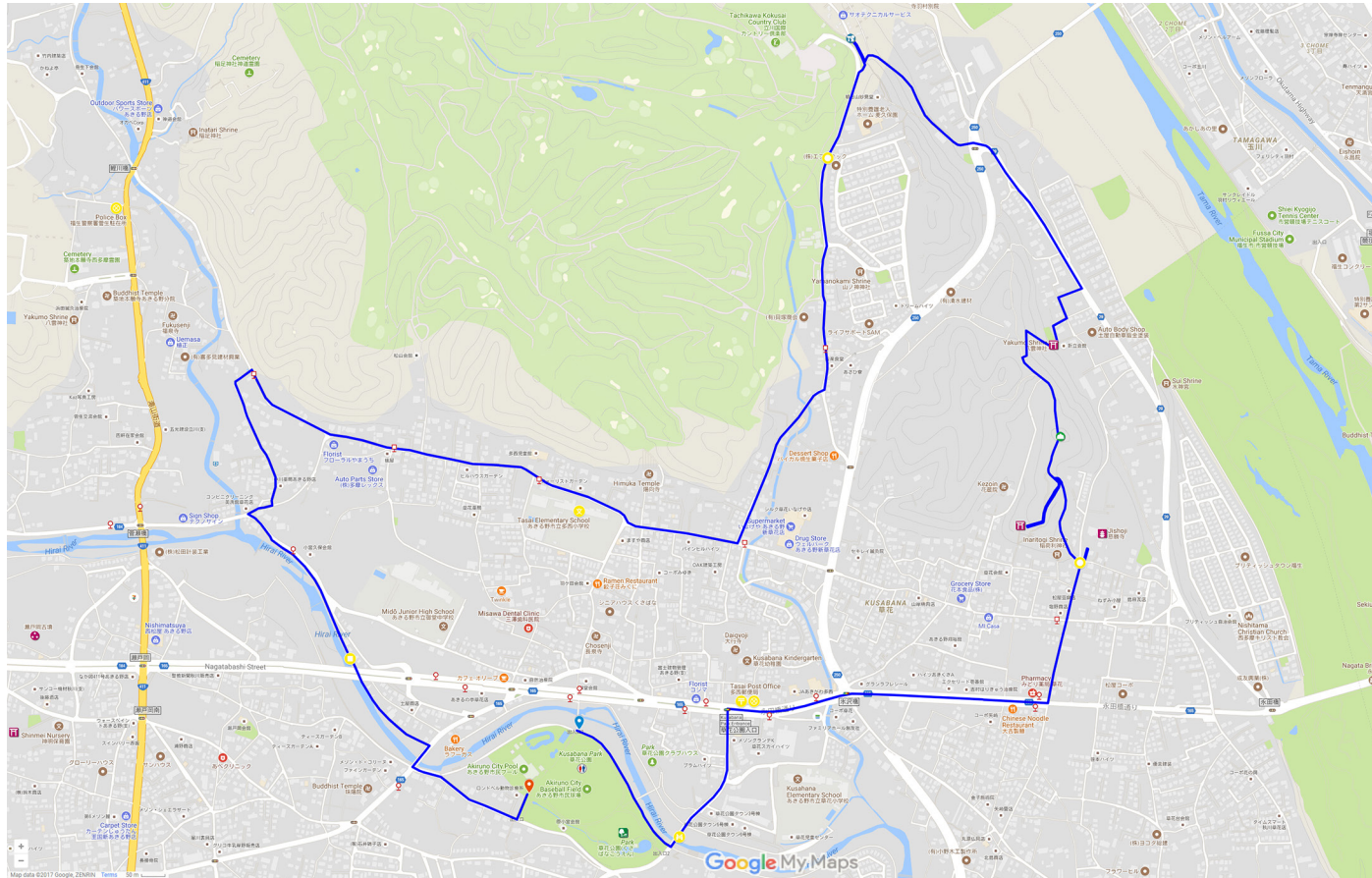


Akiruno City

Tasai Area(Advanced)Kusabana Hill view course

Highlight | Kusabana Hill

Let's Get Healthy Together
in Akiruno 21



© Google

Route Description

- Kusabana Park
- ▼
- Jishoji Temple
- ▼
- Kusabana Jinja Shrine
- ▼
- Yakumo Jinja Shrine
- ▼
- Viewing spot
- ▼
- Tsai Elementary School
- ▼
- Promenade along Hiraigawa River
- ▼
- Kusabana Park
- ▼
- Mountain (summit)
- ▼
- Public restroom
- ▼
- Park/Green area
- ▼
- Bus stop (Route bus)
- ▼
- Bus stop (Community bus)
- ▼
- Post Office
- ▼
- Police substation
- ▼
- Station

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

Kusabana Hill (Viewing spot)



You will have a clear view of Hamura and Fussa if you head in the direction of Mt. Sengendake. It's a popular spot for viewing the first sunrise of the year.

Kusabana Jinja Shrine



A view from Kusabana Jinja Shrine

Time allowed	around 1 h 53 min.
Distance	around 7.5 km
Calorie consumption	around 338 kcal
Number of steps	around 10710 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 **KENKOUESUKA-MAN**

