

Akiruno City

Higashi-Akiru Area(Intermediate)Akigawa "Ginza" walking in various styles

Highlight | Promenade along Akigawa River



Let's Get Healthy Together in Akiruno 21



Route Description

- Ninomiya Jinja Shrine
- ▼
- Tobu Library EL
- ▼
- Yakumo Jinja Shrine
- ▼
- Kumano Jinja Shrine
- ▼
- Ogawa Kubo Sakura Park
- ▼
- Amema grade separated crossing
- ▼
- Akiruno City Office
- ▼
- Akigawa Sta.
- ▼
- Public restroom
- ▼
- Park/Green area
- ▼
- Shrine
- ▼
- 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



Promenade along Akigawa River

Time allowed	around 1 h 39 min.
Distance	around 6.6 km
Calorie consumption	around 297 kcal
Number of steps	around 9430 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

