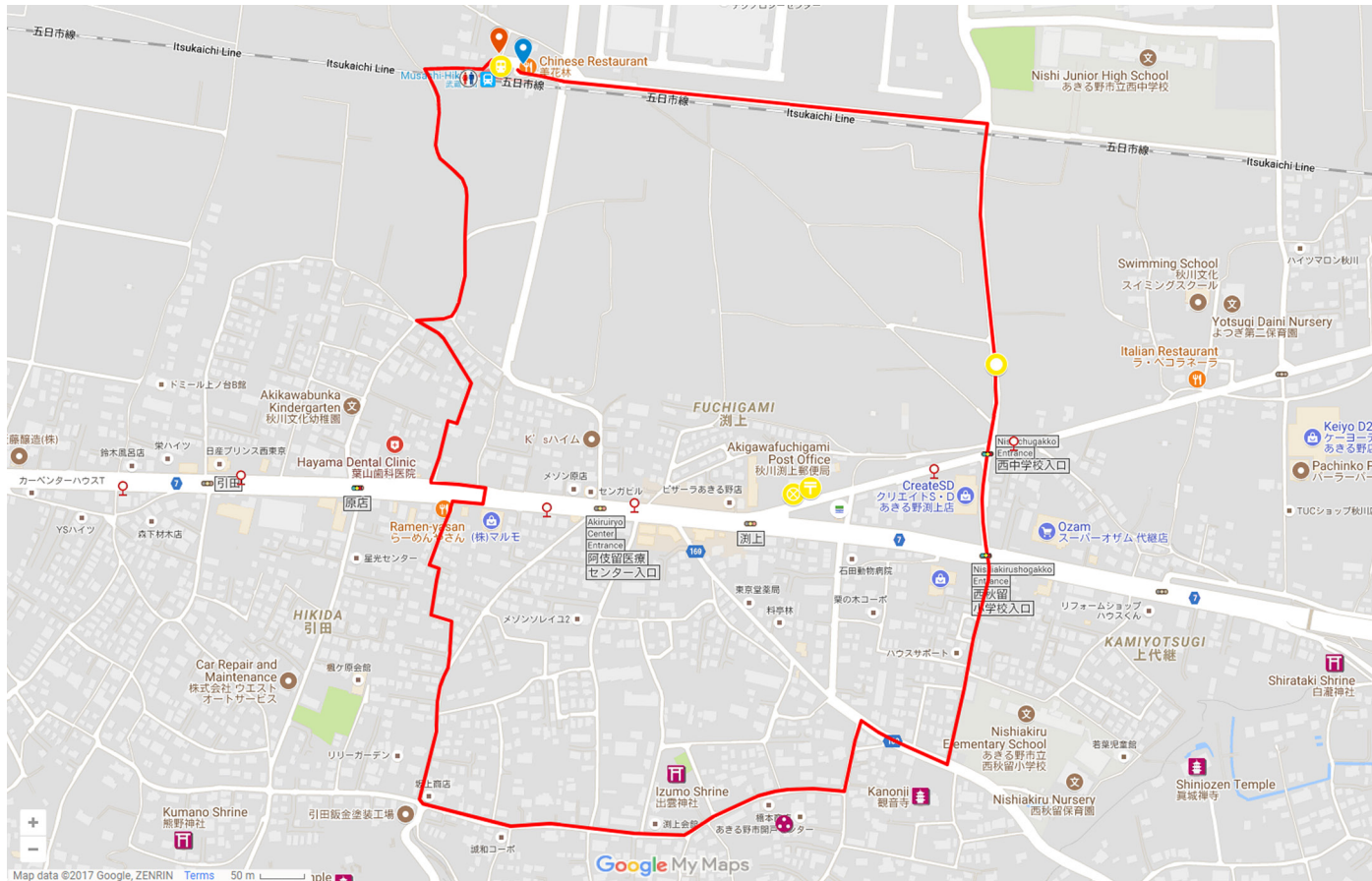


Akiruno
City

Nishi-Akiru Area(Beginner)Leisurely walk course

Highlight | Fuchigami stone masonry well

Let's Get Healthy Together
in Akiruno 21



© Google

Route Description

- Musashi-Hikida Sta.
- ▼
- Fuchigami stone masonry well
- ▼
- Izumo Jinja Shrine
- ▼
- Musashi-Hikida Sta.

- Public restroom
- Temple
- Bus stop (Route 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

Fuchigami stone masonry well



It is also called "Maimaizu Ido" (well)

Time allowed	around 56 minutes
Distance	around 3.7 km
Calorie consumption	around 167 kcal
Number of steps	around 5290 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**

