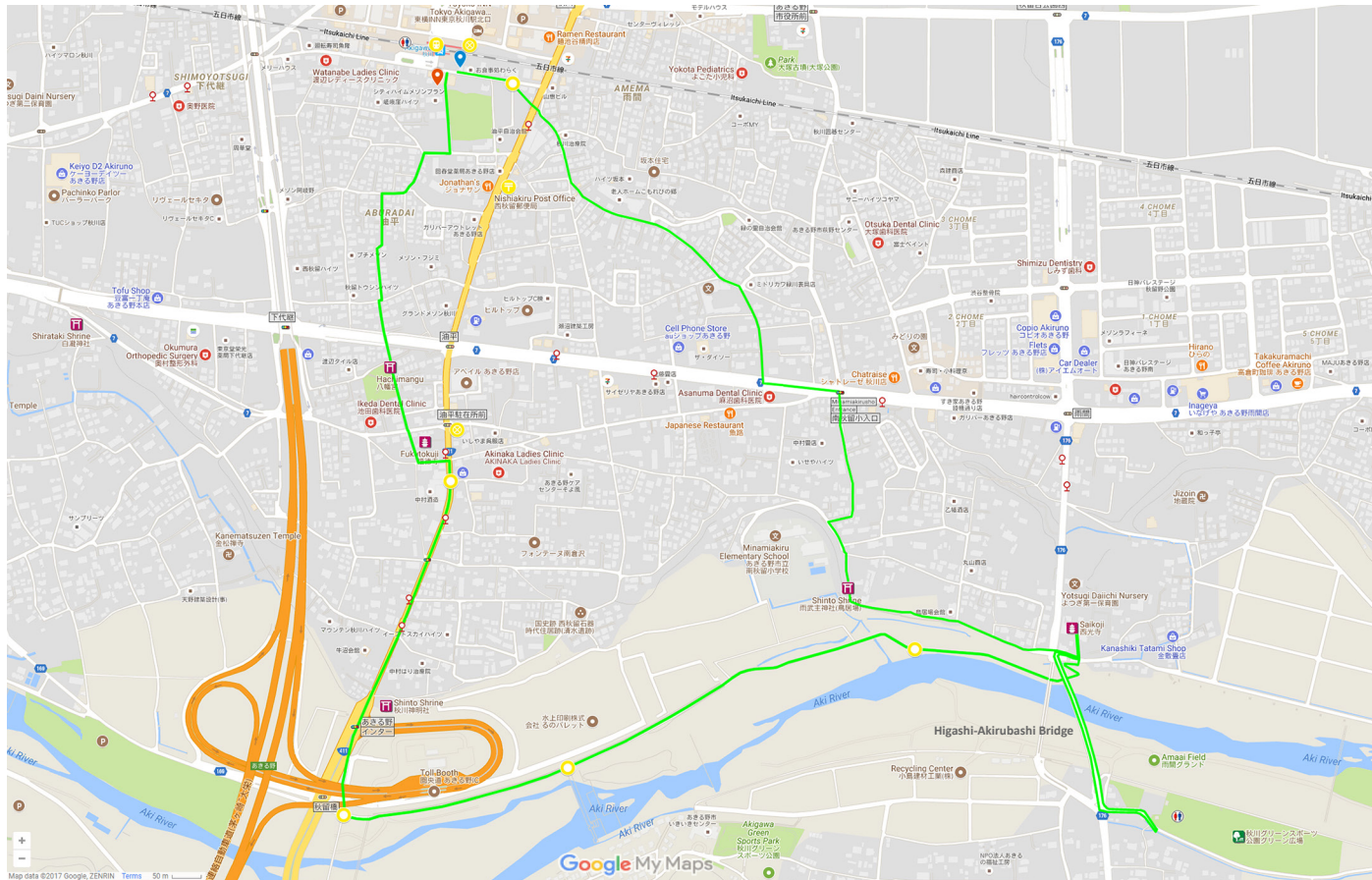


Akiruno City

# Nishi-Akiru Area(Intermediate)A course that walks along the murmuring river

Highlight | Higashi-Akirubashi Bridge

Let's Get Healthy Together in Akiruno 21



© Google

## Route Description

- Akigawa Sta.
- ▼
- Worshipping space of Amemushu Jinja Shrine
- ▼
- Saikoji Temple
- ▼
- Akigawa Green Sports Field
- ▼
- Akigawa Shinmeisha Shrine
- ▼
- Fukutokuji Temple
- ▼
- Hachimansha Shrine
- ▼
- Akigawa Sta.

- Public restroom
- 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



Higashi-Akirubashi Bridge

Time allowed	around <b>1 h 11 min.</b>
Distance	around <b>4.7 km</b>
Calorie consumption	around <b>212 kcal</b>
Number of steps	around <b>6710 steps</b>

\* 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**

