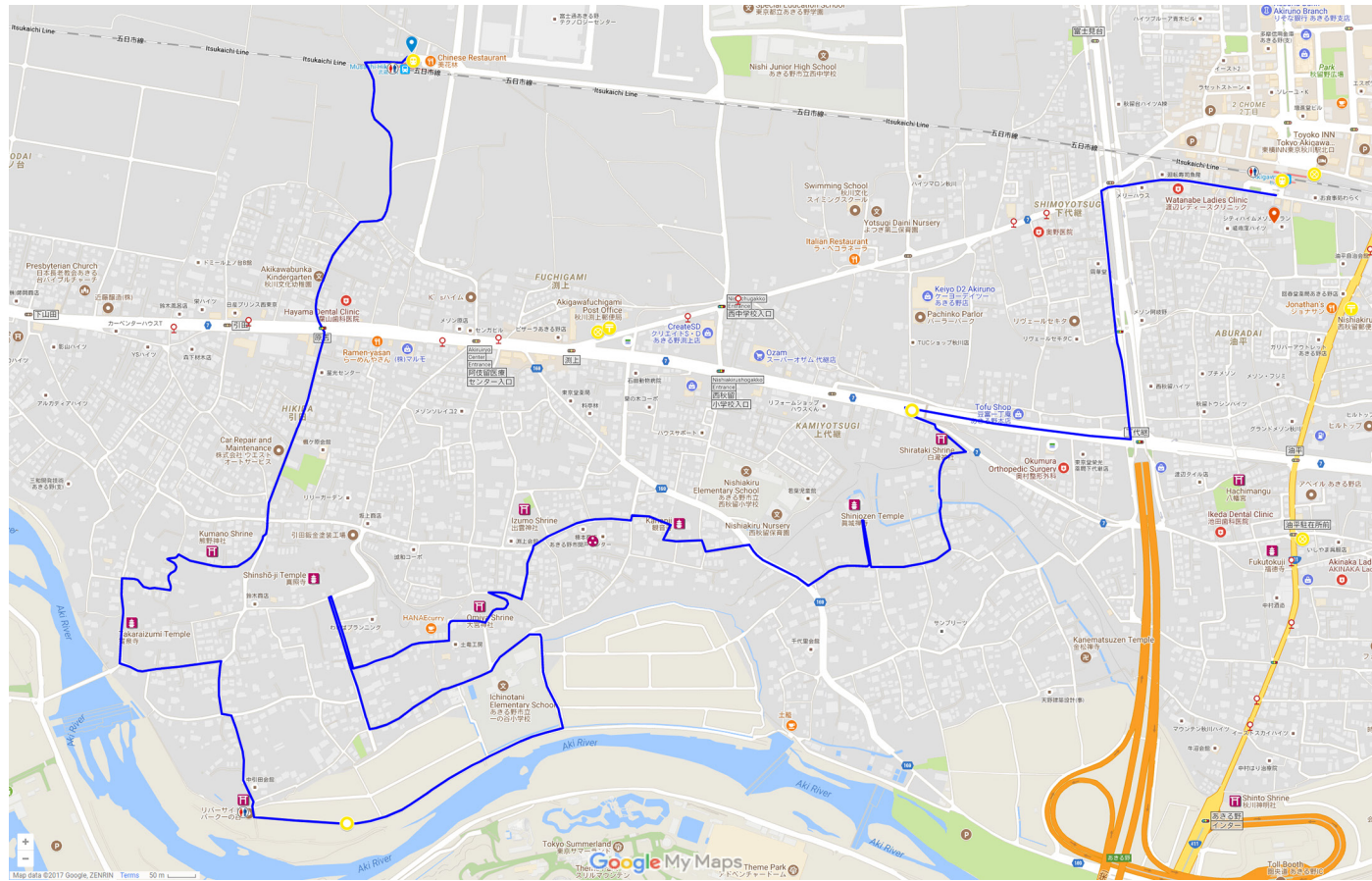


Akiruno City

# Nishi-Akiru Area(Advanced) A course touring shrines and temples

Highlight | Shinmeisha Shrine

Let's Get Healthy Together in Akiruno 21



## Route Description

- Musashi-Hikida Sta.
  - ▼
  - Kumano Jinja Shrine
  - ▼
  - Hosenji Temple
  - ▼
  - Hikida Yakumo Jinja Shrine
  - ▼
  - Shinshoji Temple
  - ▼
  - Omiya Jinja Shrine
  - ▼
  - Izumo Jinja Shrine
  - ▼
  - Kannonji Temple
  - ▼
  - Shinjo Zen-dera Temple
  - ▼
  - Shirataki Jinja Shrine
  - ▼
  - Akigawa Sta.
- 
- Public restroom
  - Historical site
  - Bus stop (Route bus)
  - Post Office
  - Police substation
  - Station
  - Recommended spots

**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.

Time allowed	around <b>1 h 38 min.</b>
Distance	around <b>6.5 km</b>
Calorie consumption	around <b>293 kcal</b>
Number of steps	around <b>9290 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 **KENKOUSUKA-MAN**



## Recommended Site

Icons: Shrines and Temples Park Other

### Shinmeisha Shrine



### Recommended spots



Walking a little faster with this great view makes walking more effective!