

Akiruno
City

Masuko Area(Beginner) Masuko panoramic view course

Highlight | Road along vegetable fields

Let's Get Healthy Together
in Akiruno 21



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Route Description

- Musashi-Masuko Sta.
- ▼
- Noman Zen-dera Temple
- ▼
- Tenmangu Shrine
- ▼
- Musashi-Masuko Sta.

- Public restroom
- Temple
- 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.

Recommended Site

Icons: Shrines and Temples Park Other

road along vegetable fields



Recommended spots



You have a panoramic view of the sky and mountains.

Time allowed	around 42 minutes
Distance	around 2.8 km
Calorie consumption	around 126 kcal
Number of steps	around 4000 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**

