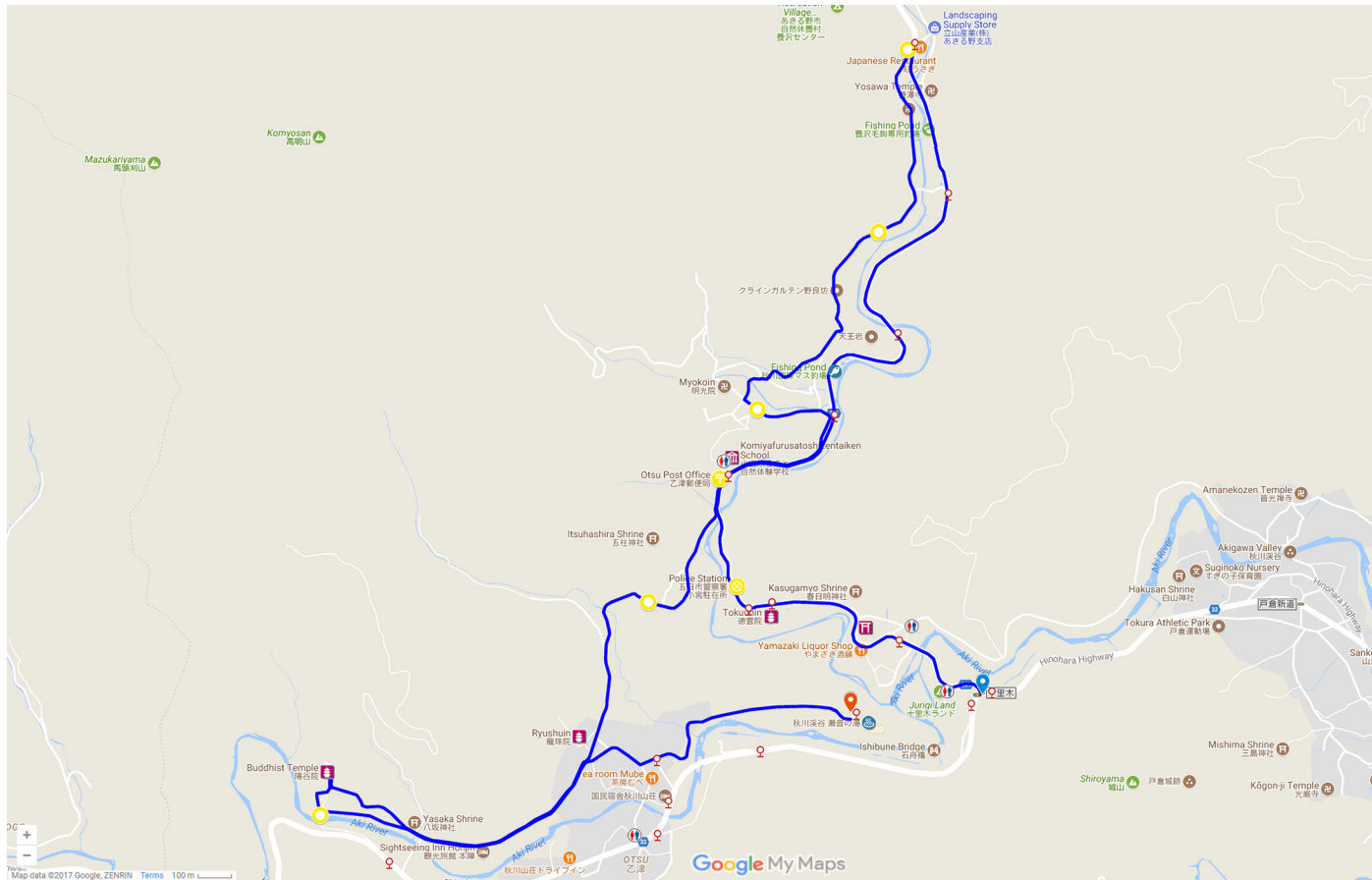


Akiruno
City

Itsukaichi Area(Advanced)Muscle strength building up course

Highlight | Akigawa Keikoku Valley Seoto-no-yu Spa

Let's Get Healthy Together
in Akiruno 21



© Google

Route Description

- Jurigi Bus Stop
- ▼
- Tokuunin Temple
- ▼
- Akigawa Kokusai Masutsurijo (Akigawa International Trout Fishing Park)
- ▼
- Komiya Furusato Nature Experience School
- ▼
- Ryushuin Temple
- ▼
- Yokokuin Temple
- ▼
- Akigawa Keikoku Valley Seoto-no-yu Spa

- Public restroom
- Post Office
- Shrine
- Police substation
- Hot spring
- Bus stop (Route bus)

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.

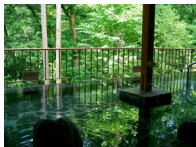


* Do not put too much strain on your body when you are sleep-deprived or sick.

Recommended Site

Icons: Shrines and Temples Park Other

Akigawa Keikoku Valley Seoto-no-yu Spa



Refresh your tired body in Seoto-no-yu Spa. Rest is important for your health.

Time allowed	around 2 h 21 min.
Distance	around 9.4 km
Calorie consumption	around 423 kcal
Number of steps	around 13430 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**