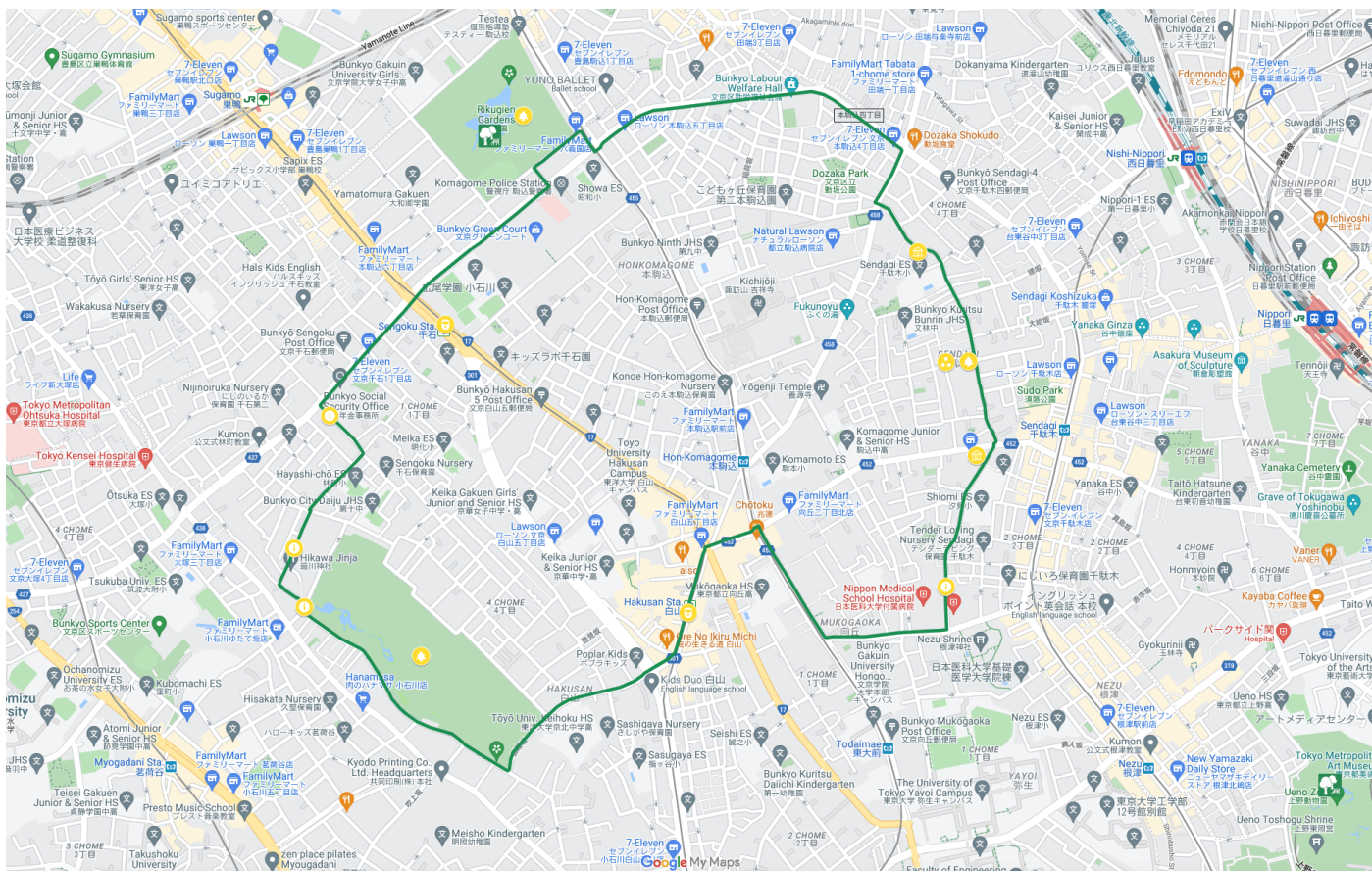




# Green Travel Road Highlight | Kyoikunomori Park



## Route Description

This course does not have an indicated start or goal location. Please decide a spot that is easiest for you to start and finish at.

- ▼ Sengoku Sta.
- ▼ Koishikawa Botanical Garden
- ▼ Hakusan Sta.
- ▼ Ogai Mori Museum
- ▼ Kusuo Yasuda's Former Residence and Garden
- ▼ Historical Landmark of Kotaro Takamura's Former Residence
- ▼ Fabre Insect Museum
- ▼ Rikugien
- ▼ Sengoku Sta.

**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.



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## Recommended Site

Icons: Shrines and Temples Park Other



Kyoikunomori Park

Time allowed	around 75 min.
Distance	around 7.0 km
Calorie consumption	around 225 kcal
Number of steps	around 9571 steps

\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.



Tokyo Health Promotion Mascot KENKOUSUKA-MAN