

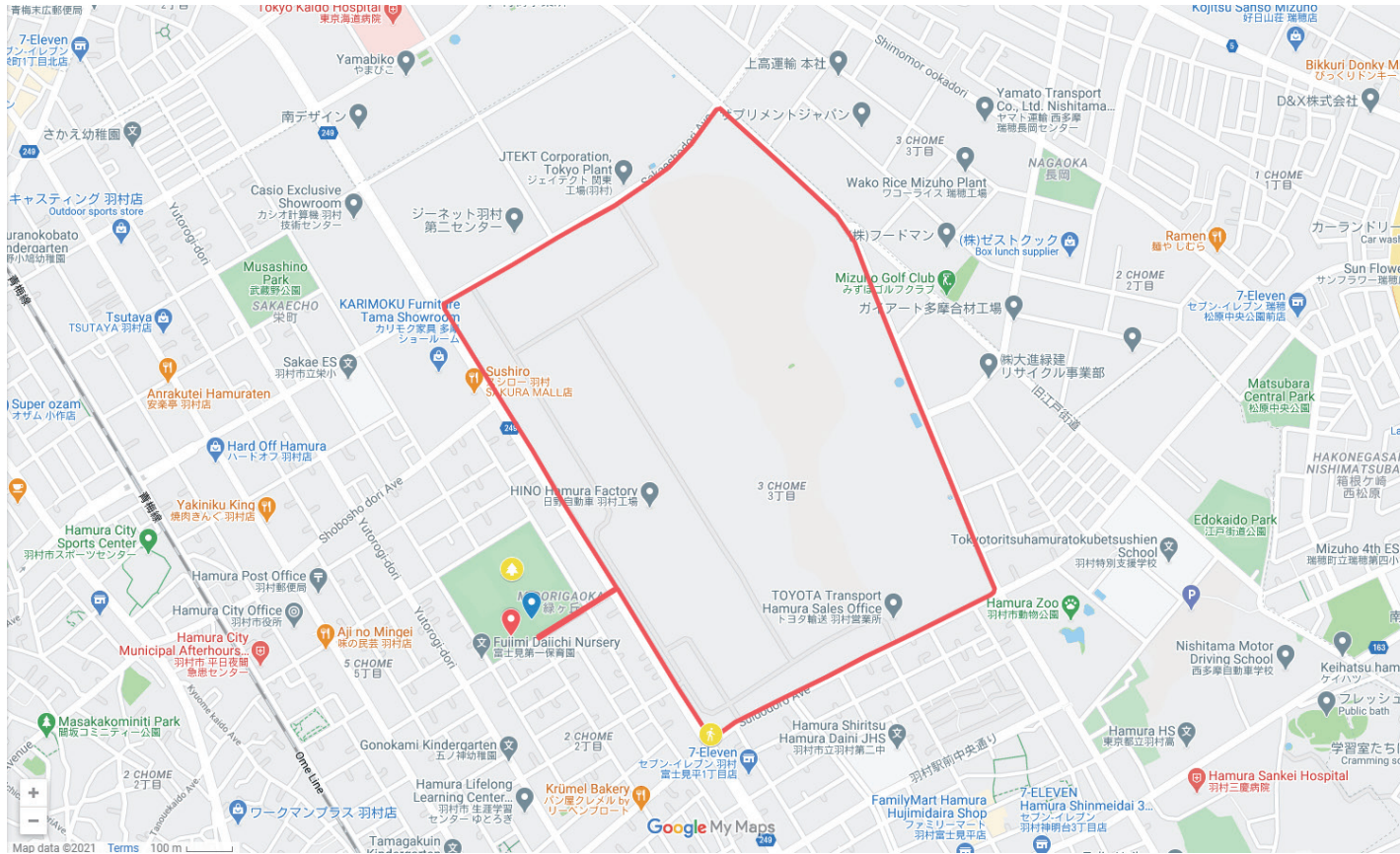
HAMURA CITY

Hino Motors Hamura Plant Loop Course

Highlight | Avenue of Cherry Trees around Hamura Plant



HAMURIN Hamura City Mascot



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Route Description

- Fujimi Park
- ▼
- Hino Motors Hamura Plant Loop
- ▼
- Fujimi Park

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 60 min.
Distance	around 4.0 km
Calorie consumption	around 180 kcal
Number of steps	around 5710 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**



Recommended Site

Avenue of Cherry Trees around Hamura Plant

With broad walkways and almost no traffic signals along the way, this is the easiest course to walk. There's also an avenue of cherry trees along the course, making spring a particularly good time to walk it.



Icons: Shrines and Temples Park Other