

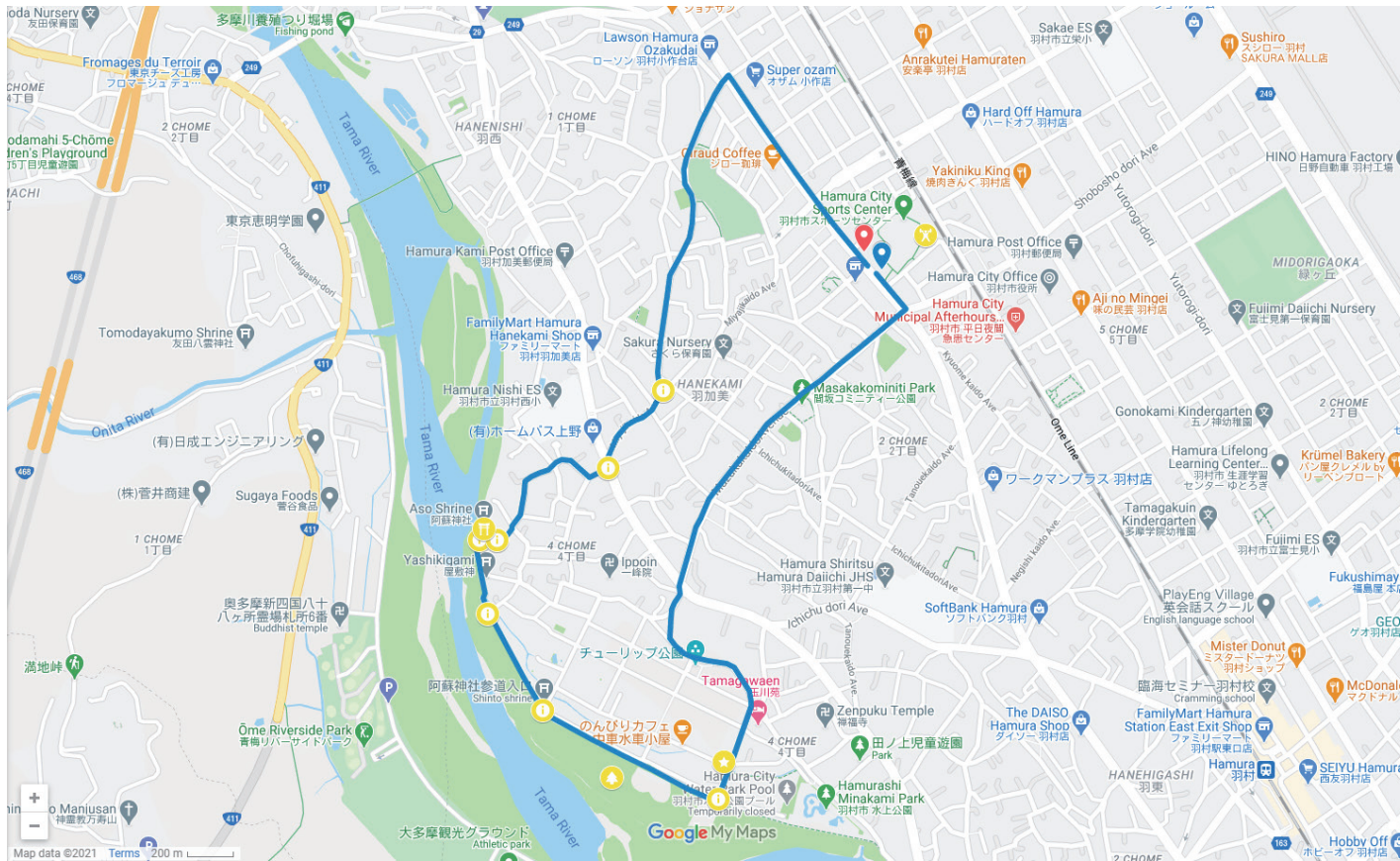
HAMURA CITY

Sports Center-Negaramimae-Suiden Paddy Field Course

Highlight | Tulips grown in out of season rice paddies



HAMURIN Hamura City Mascot



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Route Description

- Sports Center
- ▼
- Tulip Festival in Negaramimae-Suiden Paddy Field
- ▼
- Miyanoshita Sports Park
- ▼
- Aso-jinja Shrine
- ▼
- Sports Center
- ▼
- Transit Pont

Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)

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

Icons: Shrines and Temples Park Other



Tulip Festival

Tulips are grown in the Negaramimae-Suiden Paddy Field, the only paddy field in the city, as an interim crop, with some 350 thousand colorful tulips coming into bloom.