

Fuchu City

Sakaecho Gymnasium Course - Walk the Rich College Town of Sakaecho - Main Course

Highlight | Fuchunomori Park



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Route Description

- Sakae-cho Gymnasium
- ▼
- Meisei Gakuen
- ▼
- "Tokyo University of Agriculture and Technology"
- ▼
- Fuchu Prison
- ▼
- Tokyo University of Agriculture and Technology Noko Yume Ichiba
- ▼
- "Tokyo University of Agriculture and Technology Equestrian Club"
- ▼
- Icho-dori Ave.
- ▼
- Fujimi-dori Ave.
- ▼
- Fuchunomori Park
- ▼
- Fuchu Art Museum
- ▼
- Catholic Fuchu Cemetery
- ▼
- Shinmachi Cultural Center
- ▼
- Sakae-cho Gymnasium

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

Fuchunomori Park



The cherry blossoms along the flower promenade toward the fountain at the main entrance are a symbol of the park.

Tokyo University of Agriculture and Technology



Visitors can see horses from up close.

Time allowed around **83** minutes

Distance around **5.5** km

Calorie consumption around **249** kcal

Number of steps around **7857** steps

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

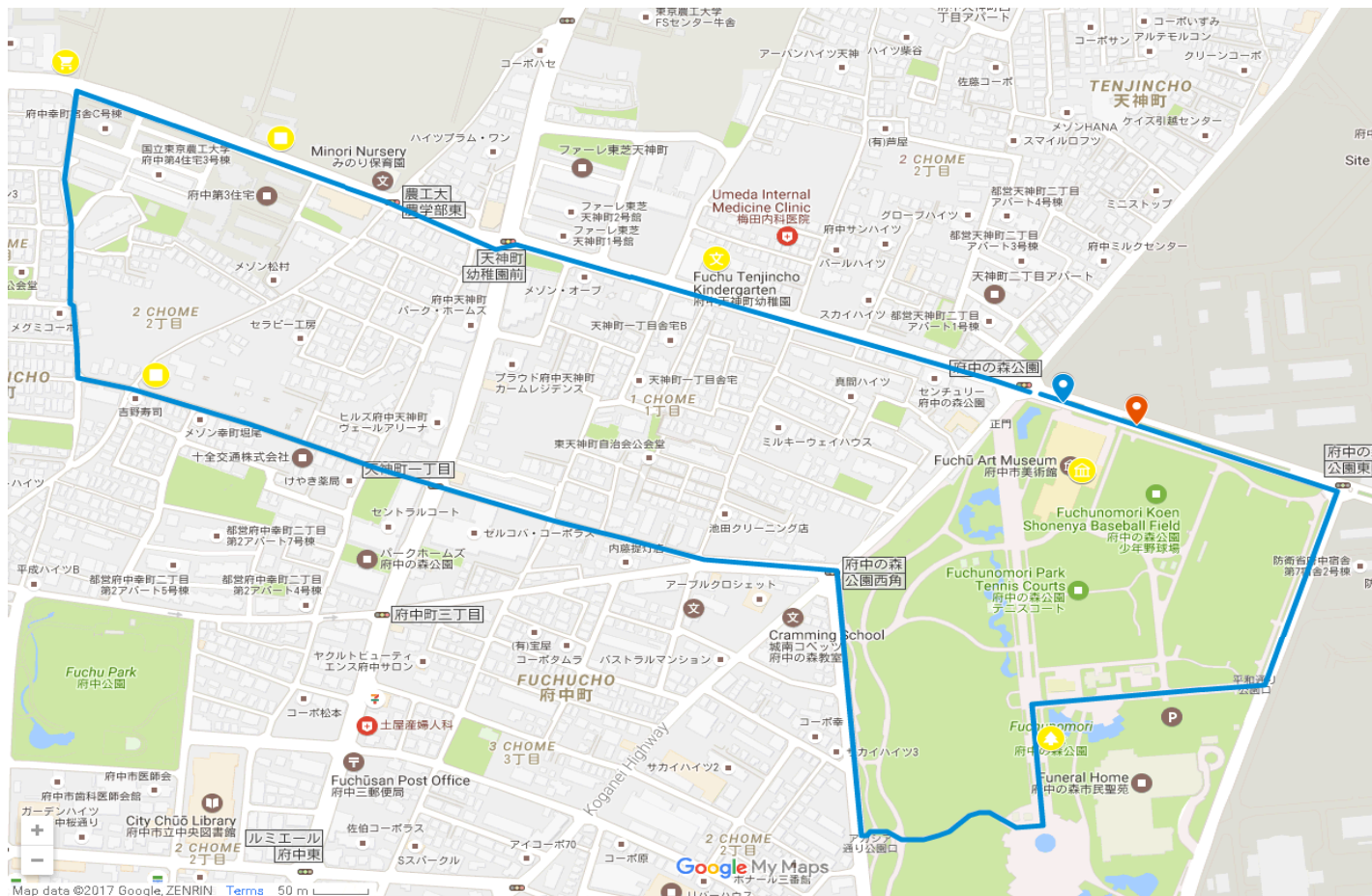
Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Fuchu
City

Sakaecho Gymnasium Course - Walk the Rich College Town of Sakaecho - Short Course

Highlight | Fuchunomori Park



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Route Description

- Fuchu Art Museum
- ▼
- Tenjincho Kindergarten
- ▼
- "Tokyo University of Agriculture and Technology Equestrian Club"
- ▼
- Tokyo University of Agriculture and Technology Noko Yume Ichiba
- ▼
- Bureau of Waterworks Fuchu Service Station
- ▼
- Fuchunomori Park
- ▼
- Fuchu Art Museum

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Fuchu Art Museum



Located in the lush Fuchunomori Park. It is a friendly place to see familiar modern Japanese art.