

Fuchu
City

Oshitate Gymnasium Course - Tour visiting old times of Ikiki-no-michi and Tama-gawa River - Main Course

Highlight | Tamagawa Kaze-no-michi Walking Path



Route Description

- Oshitate Gymnasium
- ▼
- Oshitate Park
- ▼
- Birthplace of Saenokami
- ▼
- Ikiki no Michi
- ▼
- Hongan-ji Temple and Hachiman-jinja Shrine
- ▼
- Minami Shiraitodai Elementary School
- ▼
- Oshitate-dori Ave.
- ▼
- Oshitate-jinja Shrine
- ▼
- Oshitate Culture Center, Ryukoji Temple, Motomura-jinja Shrine
- ▼
- Tamagawa Kaze-no-michi Walking Path
- ▼
- Koyanagi Park
- ▼
- Rokuchu-dori Ave.
- ▼
- Birthplace of Saenokami
- ▼
- Oshitate Park
- ▼
- Oshitate 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

Tamagawa Kaze-no-michi Walking Path



These kinds of play equipment and benches are found along the Tamagawa Kaze-no-michi Walking Path. Enjoy a break while taking in the beautiful view.

Birthplace of Saenokami



This is the birthplace of "dondo-yaki." There is also a farmer's market for kiwis and so on.

| | |
|---------------------|--------------------------|
| 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.

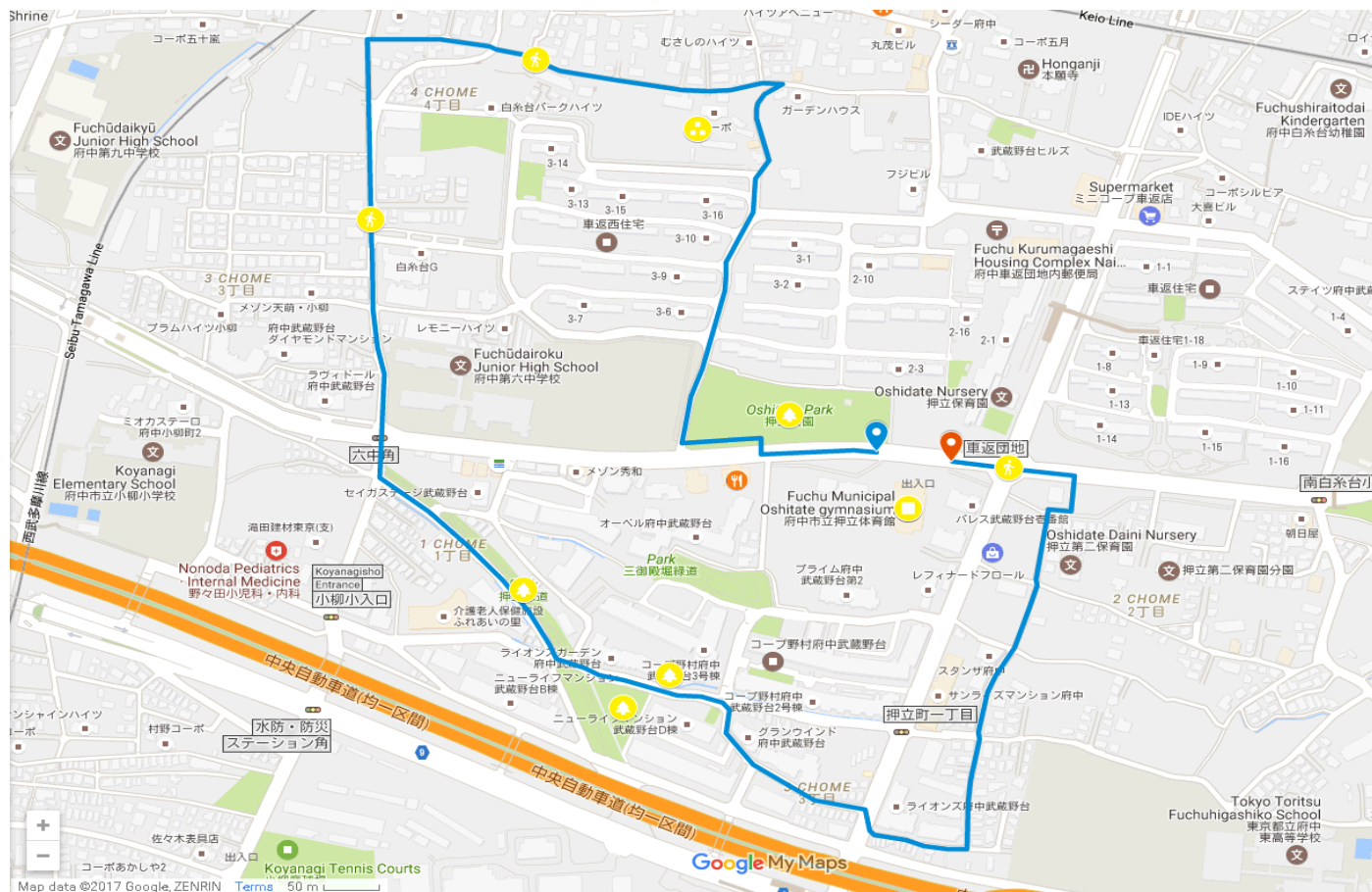
Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Fuchu
City

Oshitate Gymnasium Course - Tour visiting old times of Ikiki-no-michi and Tama-gawa River - Short Course

Highlight | Ikiki no Michi



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Route Description

- Oshitate Gymnasium
- ▼
- Oshitate Park
- ▼
- Birthplace of Saenokami
- ▼
- Ikiki no Michi
- ▼
- Rokuchu-dori Ave.
- ▼
- Oshitate Greenway
- ▼
- Oshitate-nishi Park, Oshitate-cho Children's Park
- ▼
- Shimizushita-dori Ave.
- ▼
- Oshitate 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.

| | |
|---------------------|--------------------------|
| Time allowed | around 32 minutes |
| Distance | around 2.1 km |
| Calorie consumption | around 96 kcal |
| Number of steps | around 3000 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



Ikiki no Michi



Oshitate Greenway



The first road after crossing Shimizushita-dori Ave. There are lots of benches. There is also a tunnel of greenery.



Birthplace of Saenokami



This is the birthplace of "dondo-yaki." There is also a farmer's market for kiwis and so on.