

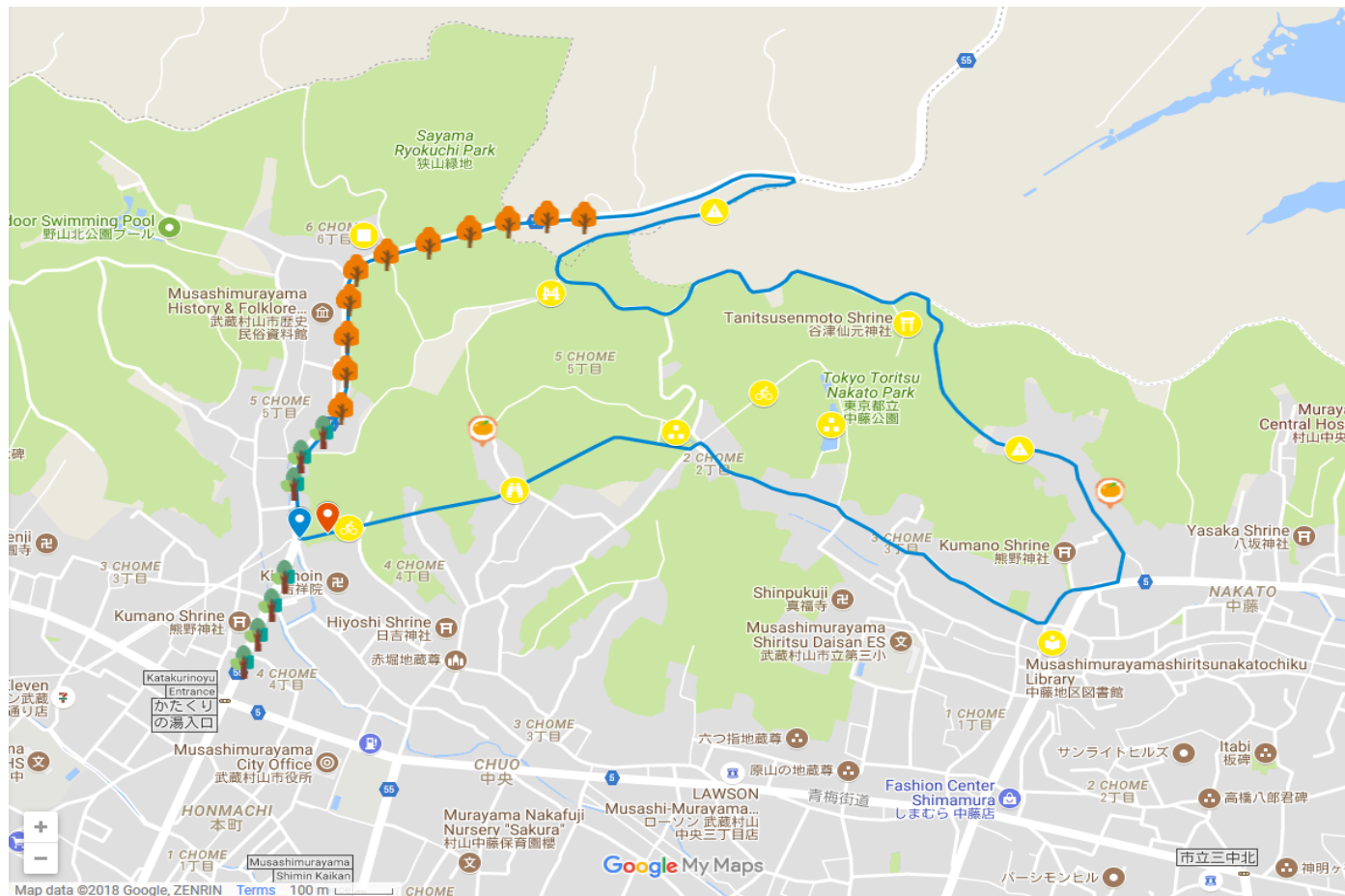
Musashi
murayama
City

Daidara (Well of Daidara Botchi) Tunnel Course - A Course

Highlight | **Banta-ike Pond**



PR character for initiatives to promote the charms of Musashimurayama



Route Description

- 📍 Yokota Tunnel
- ▼
- 🏠 In front of Kyushoku(school meals) Center
- ▼
- 🌉 Kabuto-bashi Bridge
- ▼
- 🏯 Sengen Jinja Shrine
- ▼
- 🏠 Nakato Community Hall
- ▼
- 🌿 Banta-ike Pond
- ▼
- 📍 Yokota Tunnel

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



🏠 **Kabuto-bashi Bridge**



🏠 **Banta-ike Pond**

🕒 Time allowed	around 74 minutes
📏 Distance	around 4.9 km
🔥 Calorie consumption	around 221 kcal
👣 Number of steps	around 7000 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**



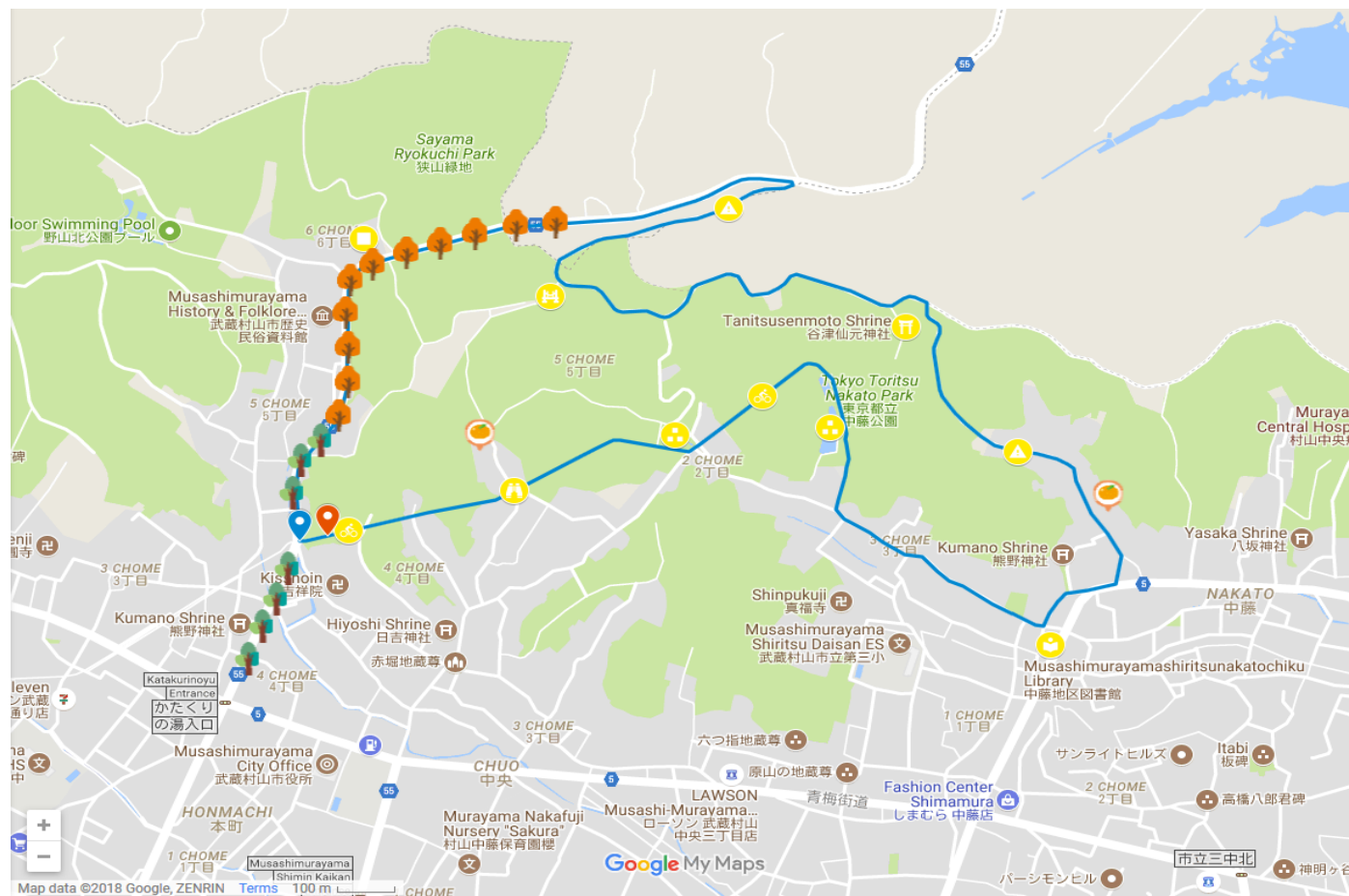
Musashi
murayama
City

Daidara (Well of Daidara Botchi) Tunnel Course - A Course (via Akasaka-ike Pond/Akasaka Tunnel)

Highlight | **Banta-ike Pond**



PR character for initiatives to promote the charms of Musashimurayama



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Route Description

- 📍 Yokota Tunnel
- ▼
- 🏠 In front of Kyushoku(school meals) Center
- ▼
- 🌉 Kabuto-bashi Bridge
- ▼
- 🏯 Sengen Jinja Shrine
- ▼
- 🏠 Nakato Community Hall
- ▼
- 🌿 Banta-ike Pond
- ▼
- 🏠 Akasaka-ike Pond/Akasaka Tunnel
- ▼
- 🌿 Banta-ike Pond
- ▼
- 📍 Yokota Tunnel

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

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Recommended Site

Icons: 🏯 Shrines and Temples 🌿 Park 🏠 Other



🏠 Kabuto-bashi Bridge



🏠 Banta-ike Pond

🕒 Time allowed	around 78 minutes
📏 Distance	around 5.2 km
🔥 Calorie consumption	around 233 kcal
👣 Number of steps	around 7380 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**

