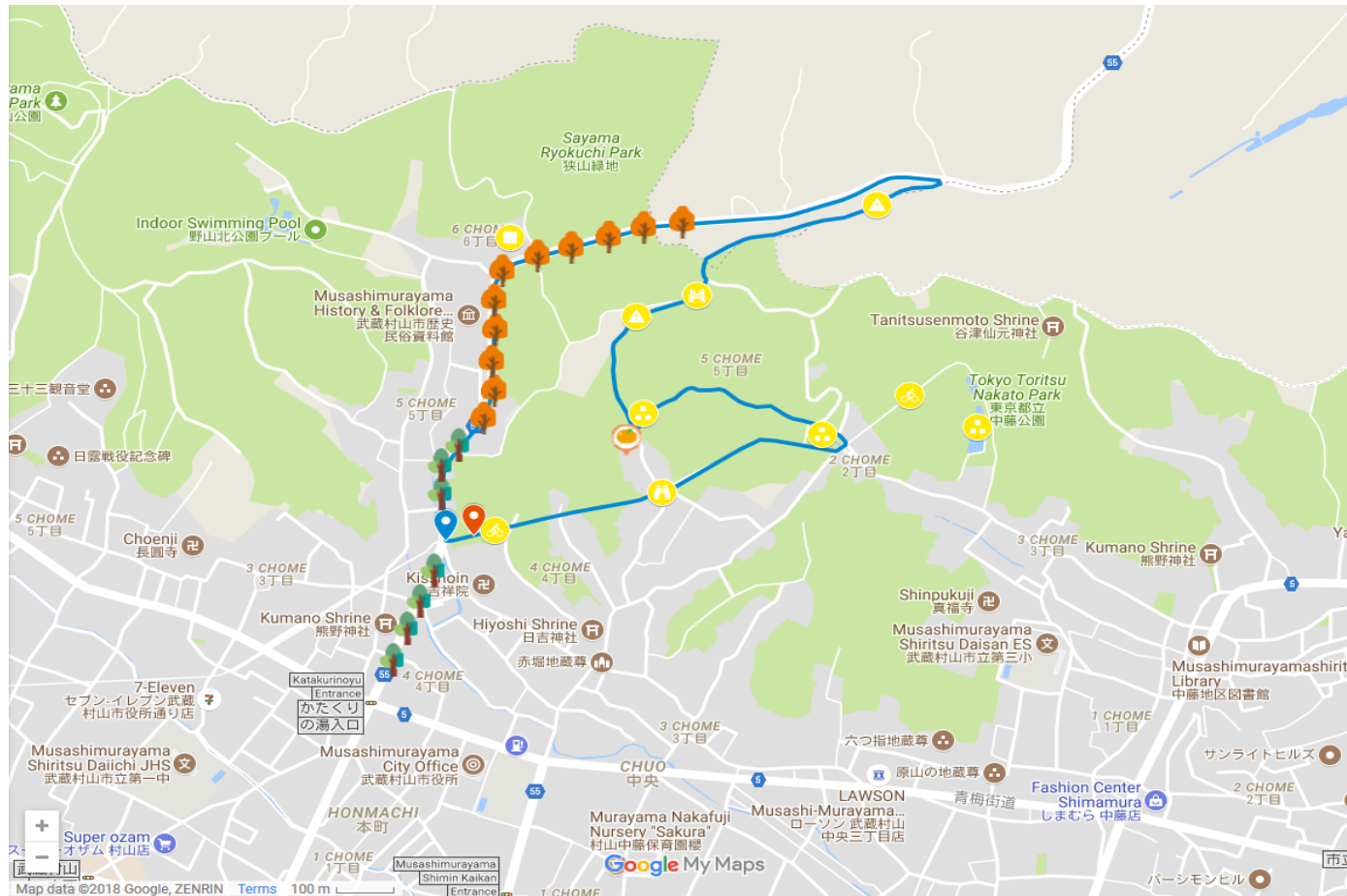


# Daidara (Well of Daidara Botchi) Tunnel Course - B Course

Highlight | **Well of Daidara Botchi**



PR character for initiatives to promote the charms of Musashimurayama



©Google

## Route Description

- 📍 Yokota Tunnel
- ▼
- 🏠 In front of Kyushoku(school meals) Center
- ▼
- 🌉 Kabuto-bashi Bridge
- ▼
- 🌿 Well of Daidara Botchi
- ▼
- 🌿 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**



🌿 **Well of Daidara Botchi**

|                       |                          |
|-----------------------|--------------------------|
| 🕒 Time allowed        | around <b>50</b> minutes |
| 📏 Distance            | around <b>3.3</b> km     |
| 🔥 Calorie consumption | around <b>149</b> kcal   |
| 👣 Number of steps     | around <b>4710</b> 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**



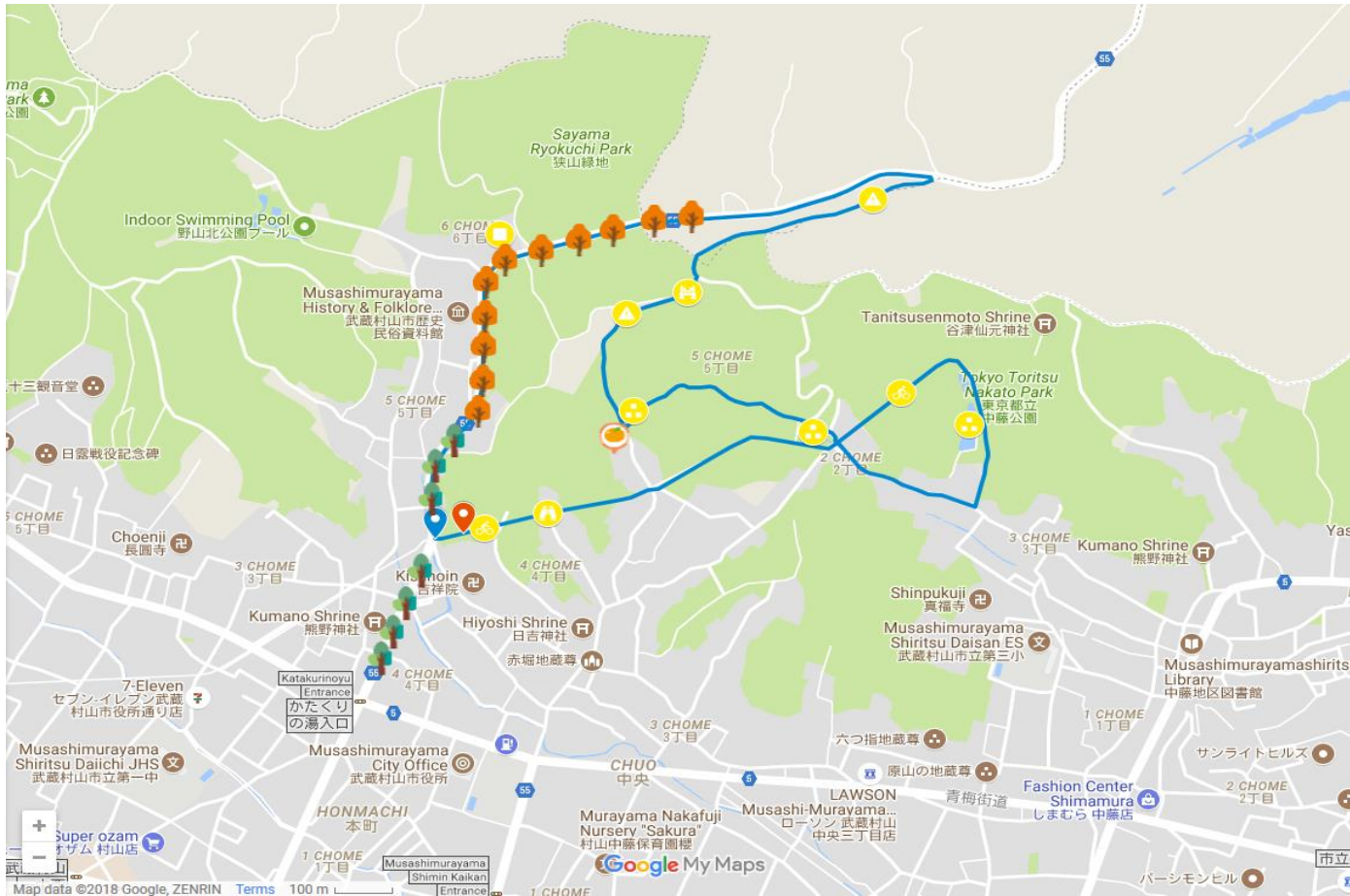


# Daidara (Well of Daidara Botchi) Tunnel Course - B Course (via Akasaka-ike Pond/Akasaka Tunnel)

Highlight | **Well of Daidara Botchi**



PR character for initiatives to promote the charms of Musashimurayama



## Route Description

- 📍 Yokota Tunnel
- ▼
- 🏠 In front of Kyushoku(school meals) Center
- ▼
- 🌉 Kabuto-bashi Bridge
- ▼
- 🌿 Well of Daidara Botchi
- ▼
- 🌿 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**  
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**



**Well of Daidara Botchi**

|                       |                          |
|-----------------------|--------------------------|
| 🕒 Time allowed        | around <b>62</b> minutes |
| 📏 Distance            | around <b>4.1</b> km     |
| 🔥 Calorie consumption | around <b>186</b> kcal   |
| 👣 Number of steps     | around <b>5860</b> 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**

