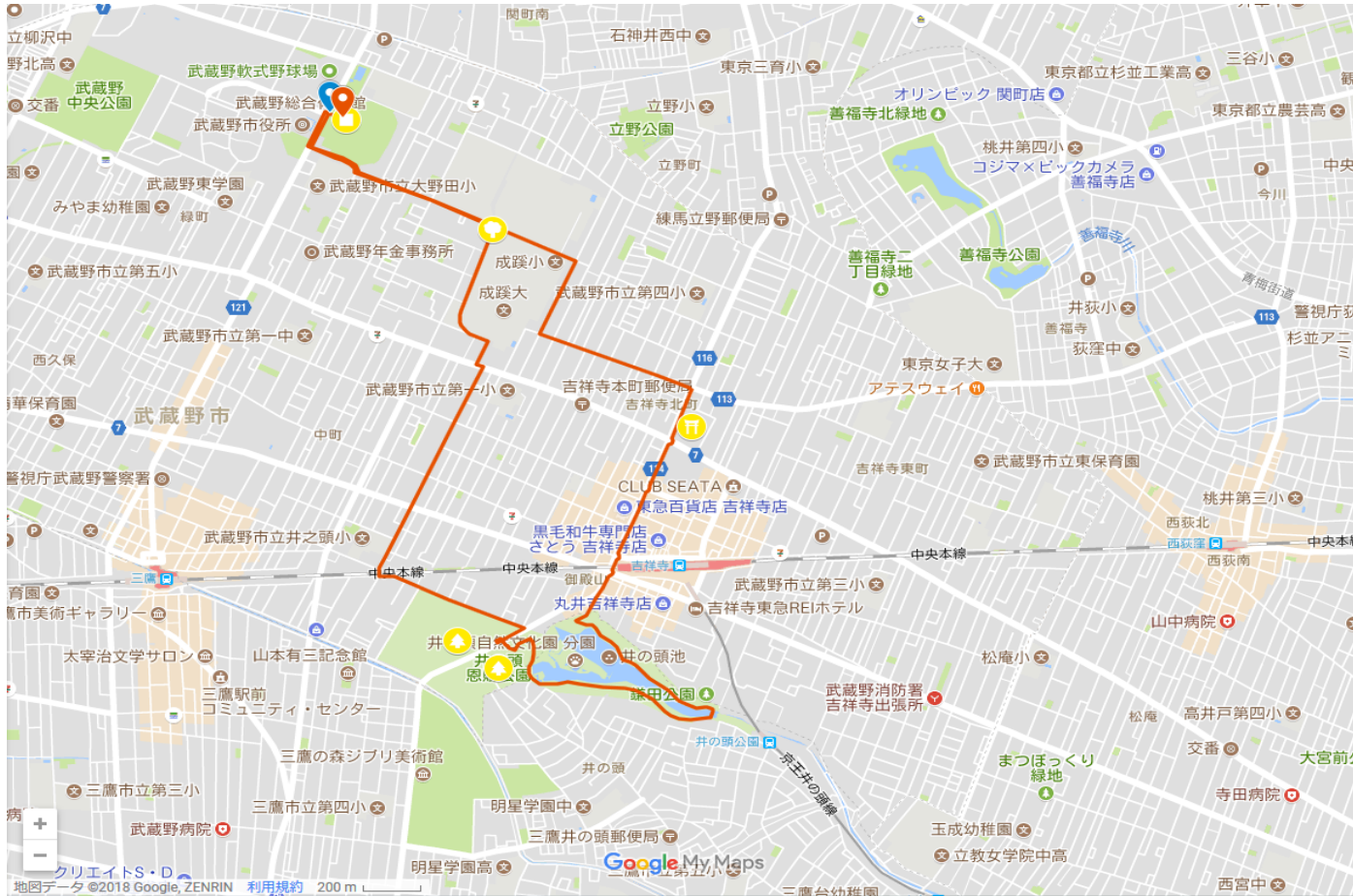




MOSHIKAMO-KUN,
the Tokyo Metropolitan
Government character
promoting cancer screening



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Route Description

- 📍 Musashino General Gymnasium
- ▼
- 🌟 Musashino-hachimangu Shrine
- ▼
- 🌟 Inokashira Park
- ▼
- 🌟 Inokashira Park Zoo
- ▼
- 🌟 Seikei Gakuen Zelkova Trees
- ▼
- 📍 Musashino General 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 105 minutes
📏 Distance	around 7.0 km
🔥 Calorie consumption	around 315 kcal
👣 Number of steps	around 10000 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

Inokashira Park



A park which holds Inokashira Pond, one of the top three spring-fed ponds in the Musashino area, and which is a cherry blossom hotspot. The source waters for the Kanda waterworks constructed under order of Ieyasu Tokugawa in 1590. In addition to sports facilities in the park, you will find the Inokashira-benzaiten (one of the Musashino Shichifukujin (Seven gods of good fortune), Inokashira Pond ruins of Gotenyama, and the Ghibli Museum, Mitaka opened in 2001.

Seikei Gakuen Zelkova Trees



Planted in 1924, when Seikei University was relocated from Ikebukuro, over 120 zelkova, which are now approaching 100 years old, grow to a height of 25 meters. In addition to being designated as a protected species of Musashino City, they have also been selected to the "100 Views of New Tokyo" and the "100 Soundscapes of Japan Selected."

Musashino-hachimangu Shrine



Said to have been founded to enshrine the divided tutelary deity of the Usa-hachiman Shrine by Sakanoue no Tamuramaro in 789 and was transferred to its current location to become the Sochinju (guardian deity) of the village when residents from around Edo-Suido-bashi Bridge in relocated due to the Great Fire of Meireki in 1657. It is also the Daikokuten (God of Wealth) of the Musashino Shichifukujin (Seven gods of good fortune).