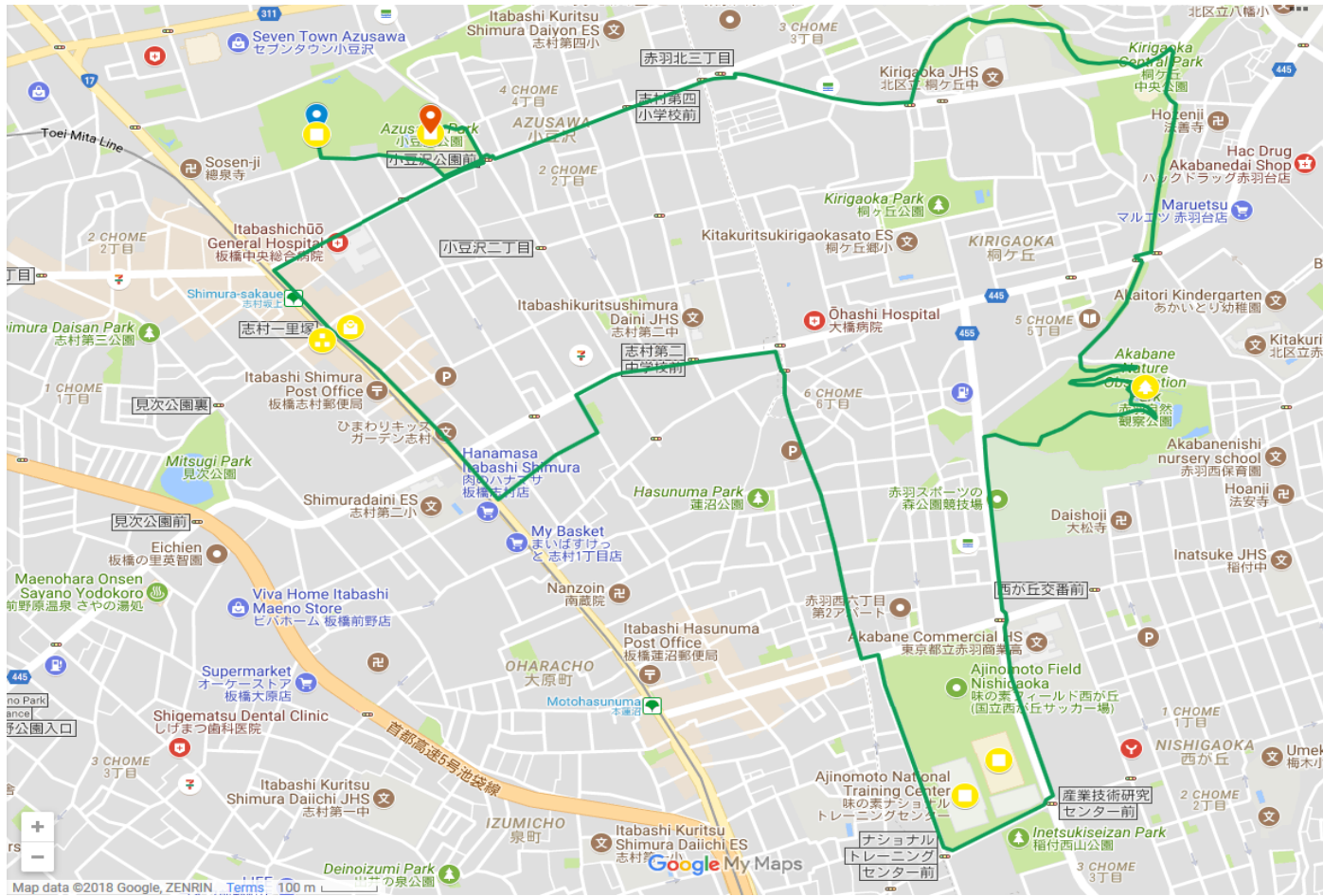




MOSHIKAMO-KUN,
the Tokyo Metropolitan
Government character
promoting cancer screening



Route Description

- 📍 Itabashi City Azusawa Baseball Field
- ▼
- 📍 Kirigaoka Central Park
- ▼
- 📍 Kirigaoka Gymnasium
- ▼
- 📍 Akabane Nature Observation Park
- ▼
- 📍 Japan Institute of Sports Sciences
- ▼
- 📍 Inatsuke-Nishiyama Park
- ▼
- 📍 Ajinomoto National Training Center
- ▼
- 📍 Nakahara Park
- ▼
- 📍 Shimura Ichirizuka distance milestone
- ▼
- 📍 Saito Shoten
- ▼
- 📍 Shimura-sakaue Sta.
- ▼
- 📍 Itabashi City Azusawa Gymnasium

Recommended Site

Icons: 🏠 Shrines and Temples 🌳 Park 🏢 Other

Shimura Ichirizuka distance milestone



Ichirizuka distance milestone, which is the third marker from the Edo-Nihon-bashi Bridge, is designated as a national historical site. There are only two locations in Tokyo which retain their original appearance from the time, and the two pairs remaining here are extremely rare even for Japan as a whole, with most of those from after the Meiji period having disappeared.

Akabane Nature Observation Park



Established with the themes of restoring and getting in touch with nature. In addition to the elegant traditional thatched-roofed homestead in the surroundings of the rice paddies, there is expansive scenery with the abundant nature springs and brooks selected as one of the "the 57 best spring water in Tokyo", alongside forests, and beautiful satoyama-like landscapes.

🕒 Time allowed	around 90 minutes
📏 Distance	around 6.0 km
🍽️ Calorie consumption	around 270 kcal
👣 Number of steps	around 8570 steps

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

