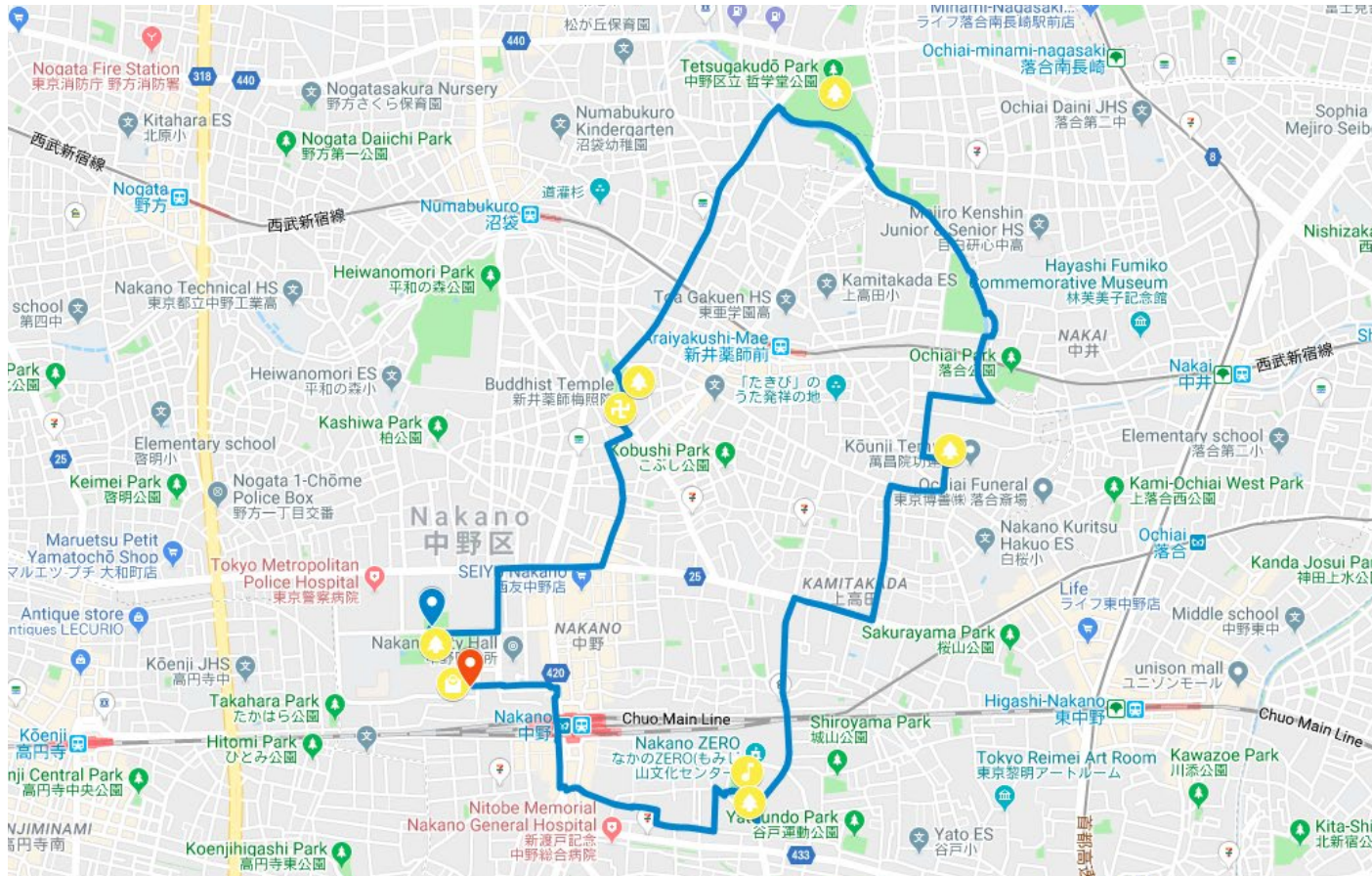


TOKYO HEALTH WALK 2018 - 6km Course

Highlight | Arai Yakushi: Baishouin



MOSHIKAMO - KUN
the Tokyo Metropolitan Government character promoting cancer screening



© Google

Route Description

- 📍 Nakano Shiki no Mori Park
- ▼
- 🚶 Arai Yakushi: Baishouin
- ▼
- 🌳 Arai Yakushi Park
- ▼
- 🌳 Tetsugaku-dō Park
- ▼
- 🌳 Kamitakada-dai Park
- ▼
- 🌳 Nakano ZERO (Momiji-yama cultural center)
- ▼
- 🌳 Momiji-yama Park
- ▼
- 📍 Nakano Central Park Conference

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 90 min.
📏 Distance	around 6.0 km
🔥 Calorie consumption	around 270 kcal
👣 Number of steps	around 8571 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

🏯 Arai Yakushi: Baishouin



This Buddha enshrined here is also called "Chigan Yakushi" (the Buddha of healing eyesight) based on the story of the princess Kazuko, a daughter of 2nd Shogun, Hidetada Tokugawa, who healed her lost eyesight by praying to this Yakushi budda. Every month on the day with 8 (8th, 18th and 28th), they hold event at this temple.

🌳 Tetsugaku-dō Park



It is a cultural property park designated as the scenic spot of Tokyo. In 1904 (37th of the year of Meiji era), this park was founded by Philosopher Dr. Enryo Inoue themed by his philosophy.

🏢 Nakano ZERO (Momiji-yama cultural center)



This facility serves as a central facility of lifelong learning and cultural & artistic activities in Nakano Ward. There are halls for concerts and lectures including large hall with 1,292 seats and small halls with 507 seats, multi-purpose practice rooms and study rooms, planetariums and counters where they provide information for lifelong learning.