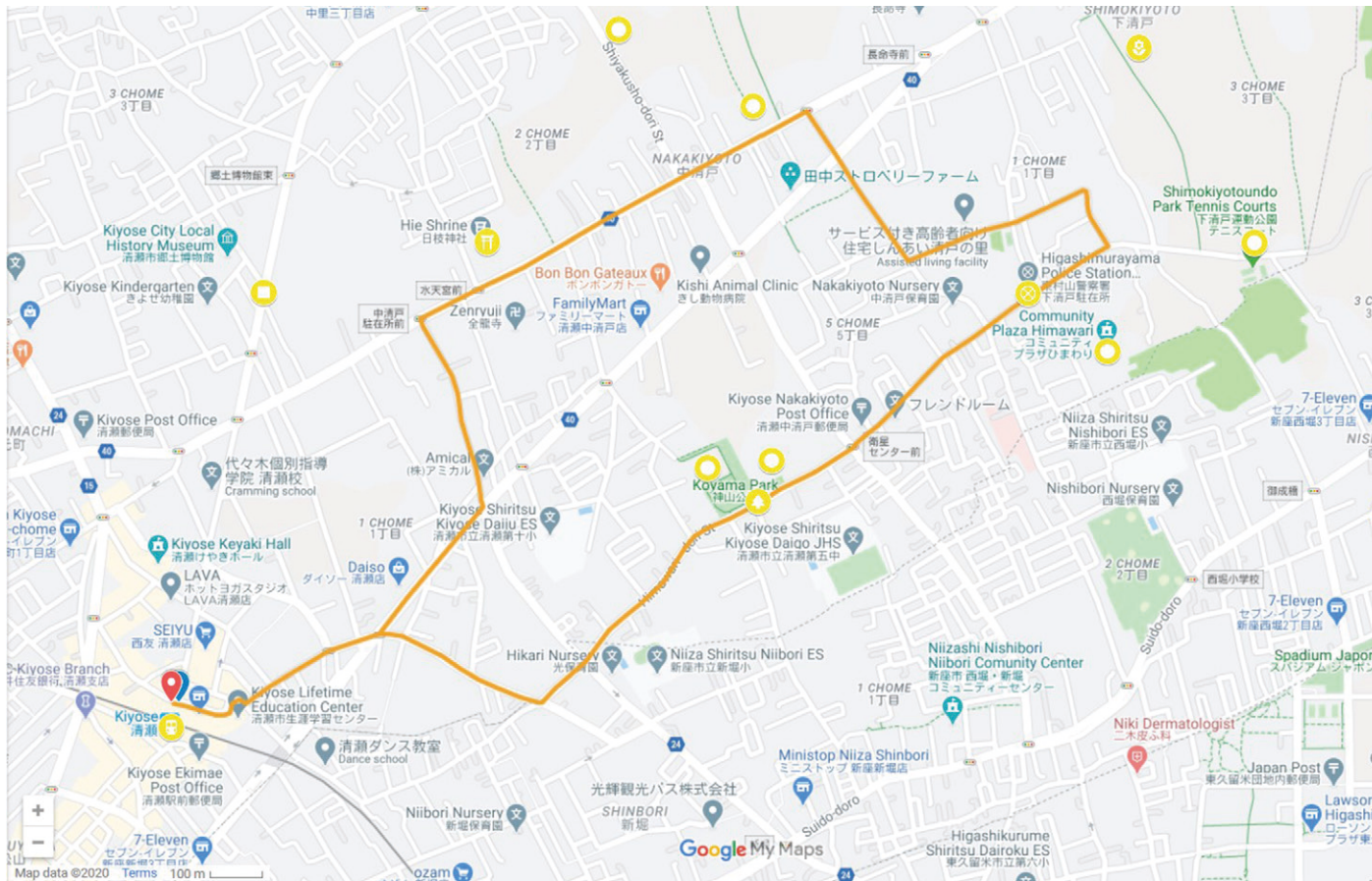


KIYOSE CITY

# Himawari Course

Highlight | Sunflower field



## Route Description

- Kiyose Station (in front of North Exit Koban)
- ▼
- Kamiyama Park (in front of a street basketball court)
- ▼
- Shimokiyoto Residential Police Box
- ▼
- Seki Garden Center
- ▼
- Suiten-gu Shrine
- ▼
- Kiyose Station (in front of North Exit Koban)

## Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Time allowed	around <b>1 h 12 min.</b>
Distance	around <b>4.8 km</b>
Calorie consumption	around <b>216 kcal</b>
Number of steps	around <b>6857 steps</b>

\* 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

### Sunflower field (Himawari Festival)



About 100,000 sunflowers bloom on extensive farmland with an area of approximately 24,000 m<sup>2</sup>. The sunflowers were originally cultivated as fertilizer for wheat. With about 100,000 or more visitors every year, the festival is the city's biggest event. (\* The sunflower field is private property, so the public are not permitted to enter except during the period of the festival.) [Contact] Industrial Promotion Section, Phone: 042-492-5111 (main number)

### Child Center "Koropokkuru"



On the second floor of the child center "Koropokkuru," a wall painting jointly drawn by famous cartoonists such as Osamu Tezuka and Takashi Yanase is displayed.

### Meteorological Satellite Center, and Tokyo District Meteorological Observatory



"The meteorological telecommunication facility" was relocated at the present location in 1950. In 1977, the meteorological telecommunication facility was abolished, and the present Meteorological Satellite Center was established. In the same year, a weather satellite named "Himawari" was launched for the first time in Japan. The center has been in charge of operation and management of the satellite "Himawari" and weather observation using the satellite. On July 16, 2019, the Tokyo District Meteorological Observatory was relocated to the same grounds. The observatory has jurisdiction over Tokyo and 16 prefectures, playing a role as the meteorological observatory of Tokyo.