

Nishitokyo City

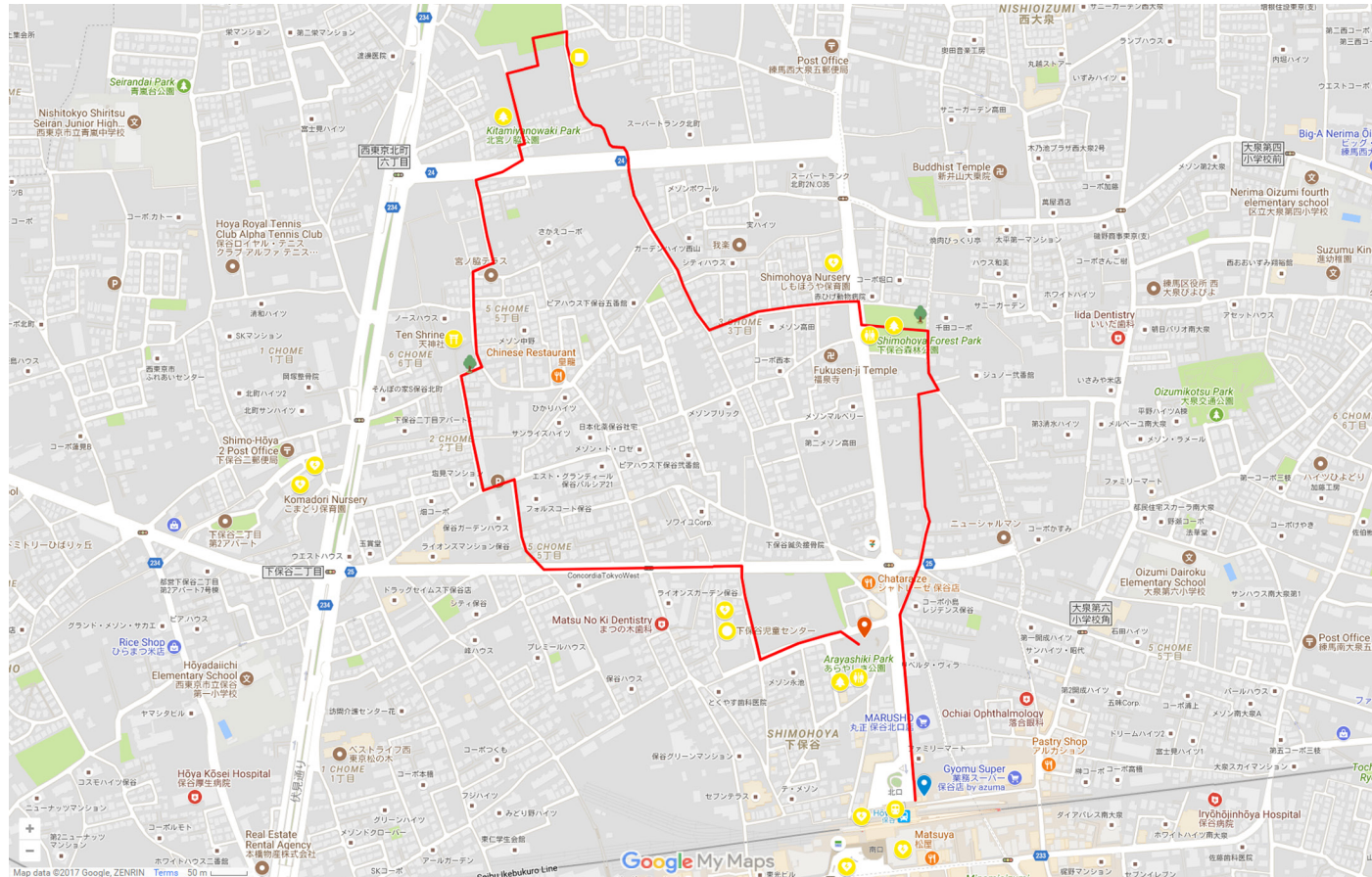
[A] A course that walks traditional rural landscape in town

Highlight | Shimohoya 4-chome Special green conservation area(homestead woodlands)

Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- Hoya Sta. North Exit
- ▼
- Shimohoya Forest Park
- ▼
- Hoya Kitamachi green conservation area
- ▼
- Kita Miyanowaki Park
- ▼
- Tenjinja Shrine
- ▼
- Shimohoya Welfare Center, Shimohoya Children's Center
- ▼
- Arayashiki Park
- ▼
- Best 50 trees in Nishitokyo City
- ▼
- AED location
- ▼
- Restroom

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.)



Recommended Site

Icons: Shrines and Temples Park Other

Shimohoya 4-chome Special green conservation area (homestead woodlands)



Giant dogwood in Shimohoya Forest Park

- Fitness equipment
- Hanging bar
 - Waist twist
 - Back-stretching bench
 - Foot stretch

Tenjinja Shrine



Ginkgo in Tenjinja Shrine

Time allowed	around 45 minutes
Distance	around 2.9 km
Calorie consumption	around 135 kcal
Number of steps	around 4140 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

