

Nishitokyo City

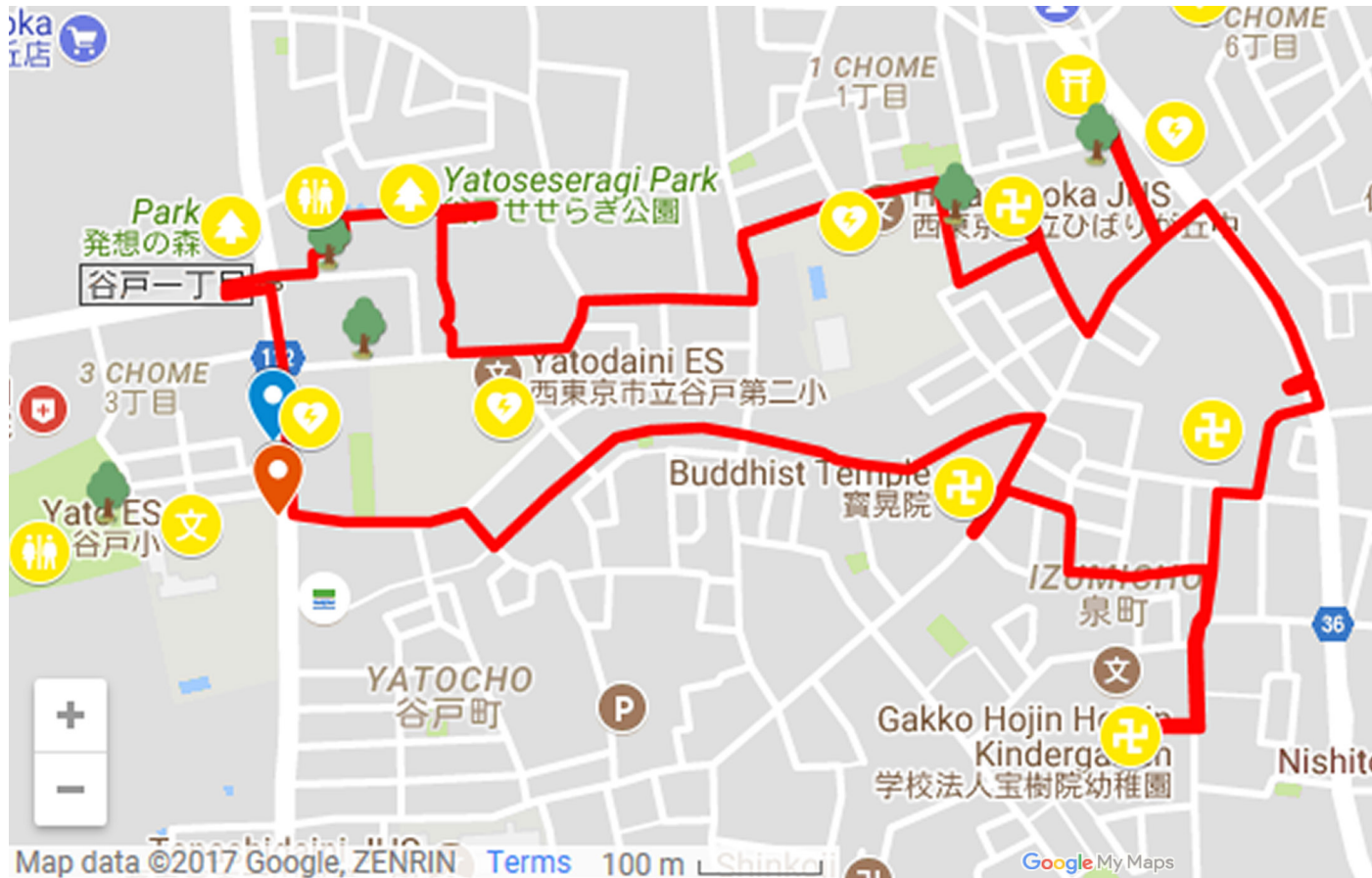
[D] A course touring Seseragi Park and Shrines and Temples

Highlight | Yato Seseragi Park

Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- 📍 Yato Elementary School
- ▼
- 🌳 Hasso-no-mori grove
- ▼
- 🌳 Yato Seseragi Park
- ▼
- 🏯 Tozen-ji Temple
- ▼
- 🏯 Jodono Jinja Shrine
- ▼
- 🏯 Nyoirin-ji Temple
- ▼
- 🏯 Hojuin Temple
- ▼
- 🏯 Hokoin Temple
- ▼
- 📍 Yato Elementary School
- 🌳 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

Yato Seseragi Park



Japanese raisin tree in Yato Seseragi Park

Yato Green Plaza



Konara oak in Yato Green Plaza

🕒 Time allowed	around 55 minutes
📏 Distance	around 3.6 km
🍽️ Calorie consumption	around 165 kcal
👣 Number of steps	around 5140 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

