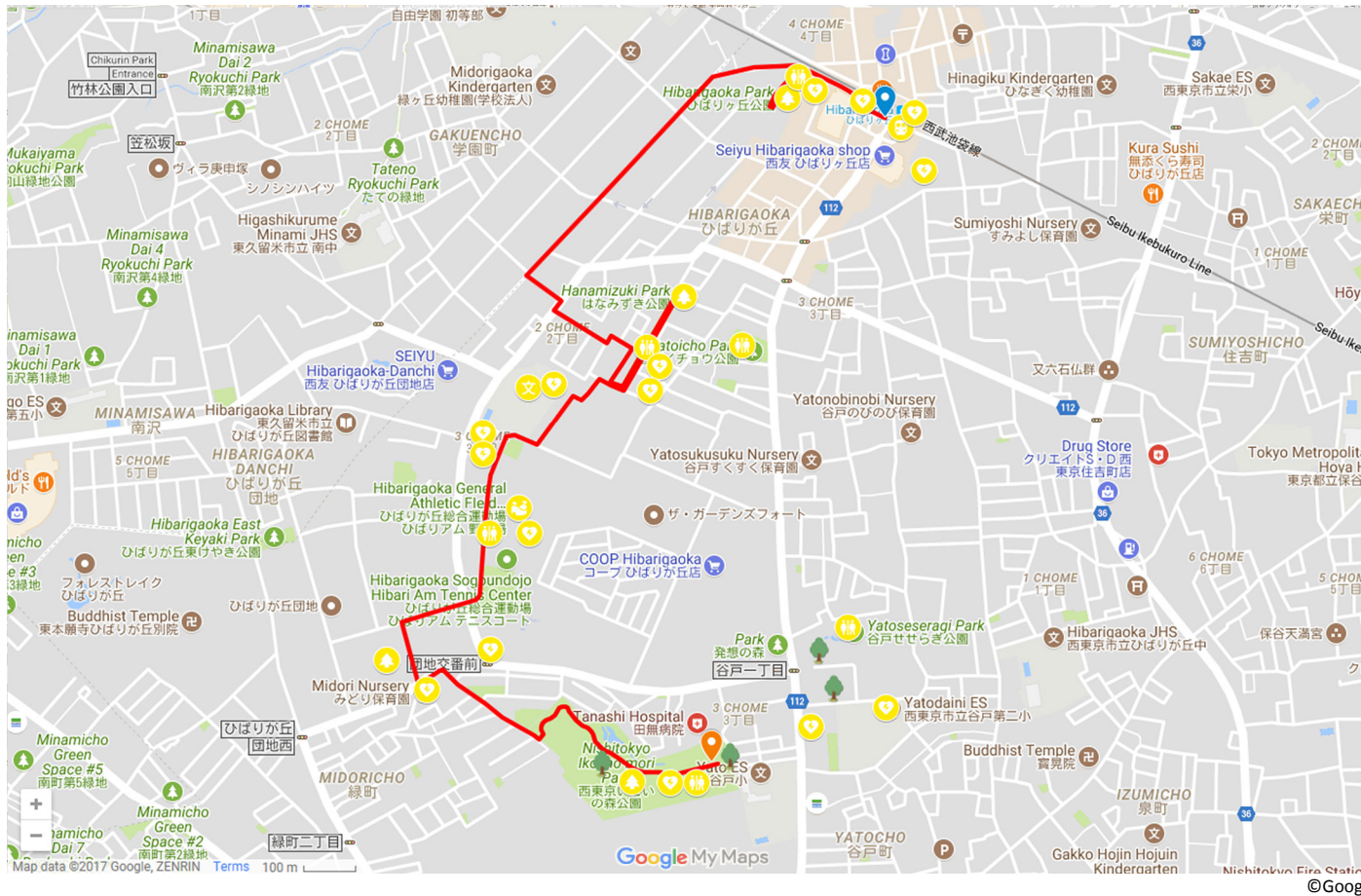


Nishitokyo City

[E] Hibarigaoka and Ikoinomori Park Course

Highlight | Nishitokyo Ikoinomori Park



Health support city



Nishitokyo City mascot character "Ikoina"
©SHIN-EI/Nishitokyo City

Route Description

- Hibarigaoka Sta. South Exit
 - ▼
 - Hibarigaoka Park
 - ▼
 - Hanamizuki Park
 - ▼
 - Nakahara Elementary School
 - ▼
 - Hibarigaoka General Sports Field Hibiarium
 - ▼
 - Hibarigaoka Sakura-no-michi Park
 - ▼
 - Nishitokyo Ikoinomori 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



Nishitokyo Ikoinomori Park



Nettle tree (3 trees) in Nishitokyo Ikoinomori Park
Castanopsis in Nishitokyo Ikoinomori Park

Time allowed	around 50 minutes
Distance	around 3.2 km
Calorie consumption	around 150 kcal
Number of steps	around 4570 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**

