

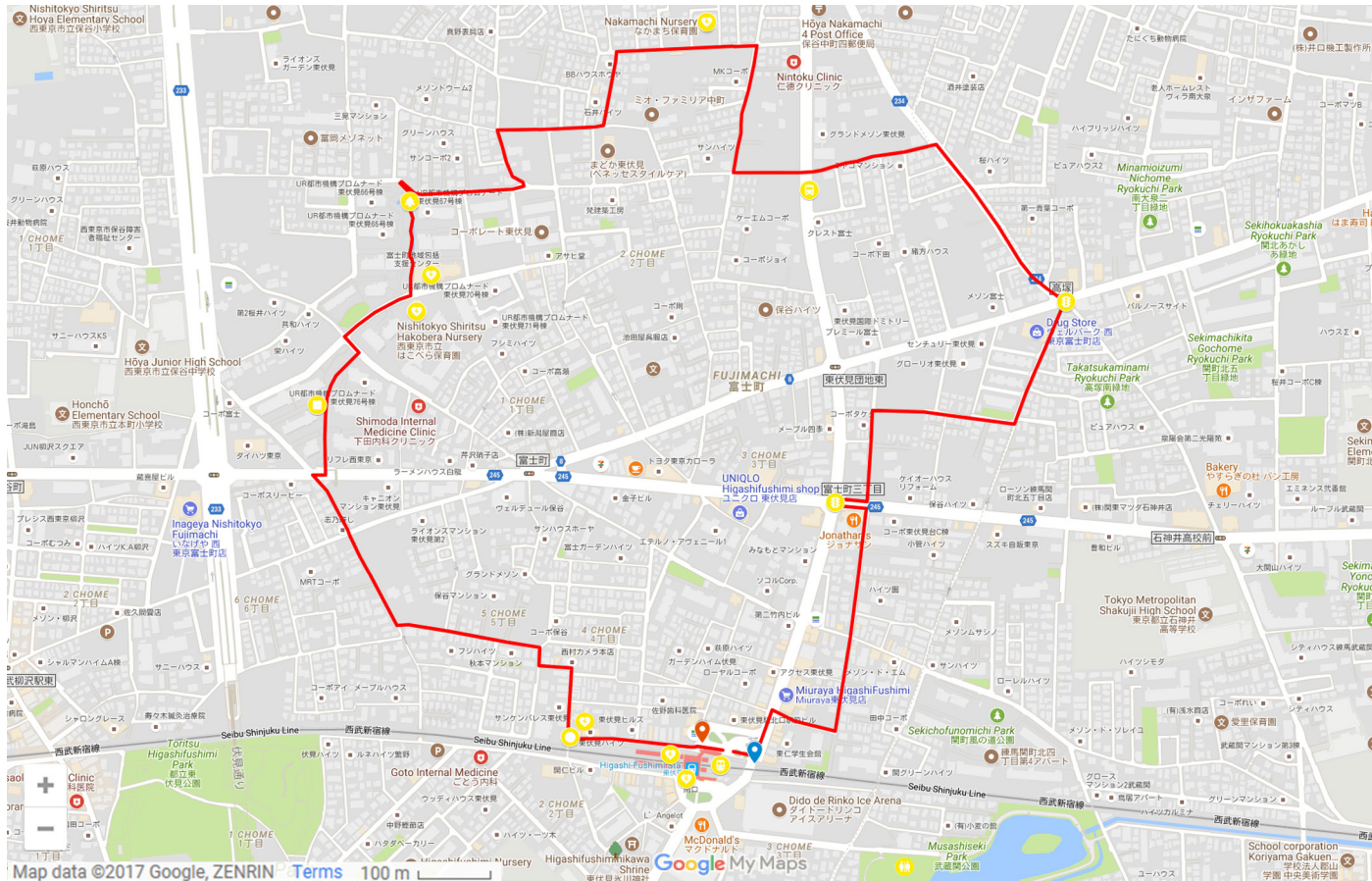
Nishitokyo City

[F] Homestead woodland and farms course

Highlight | Sakura Park



Nishitokyo City mascot character "Ikoina"
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Health support city

Route Description

- Higashi-Fushimi Sta. North Exit
- ▼
- Fujimachi 3-chome intersection
- ▼
- Takatsuka intersection
- ▼
- Torikubo bus stop
- ▼
- Sakura Park
- ▼
- Promenade Higashi-fushimi
- ▼
- Higashi Fushimi Fureai Plaza
- ▼
- Higashi-Fushimi Sta. North Exit
- ▼
- 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



Sakura Park

| | |
|---------------------|--------------------------|
| 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**

