

Nishitokyo City

[1] A course touring Nishihara and Tamarokuto Science Center

Highlight | Tamarokuto Science Center

Health support city



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



Route Description

- Nishihara Nature Park
- ▼
- Nishitokyo City Nishihara General Education Center, Museum of History
- ▼
- Tamarokuto Science Center
- ▼
- Tanashi Kita Shibakubo Post Office
- ▼
- Shibakubo Daini Sports Field
- ▼
- Keyaki Elementary School
- ▼
- Nishihara Nature Park
- ▼
- Best 50 trees in Nishitokyo City
- ▼
- AED location
- ▼
- Restroom

Don't forget to drink water

SSweating 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 45 minutes
Distance	around 2.8 km
Calorie consumption	around 135 kcal
Number of steps	around 4000 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**



Recommended Site

Icons: Shrines and Temples Park Other

Tamarokuto Science Center



Nishihara Nature Park is the largest nature park in the city, with a mixed tree grove that retains an old landscape of Musashino. Also visit the adjacent Museum of History and Tamarokuto Science Center.

- Nishitokyo City Nishihara General Education Center, Museum of History
- Open: Wed. to Sun.
10:00-17:00
(except 12:00-13:00)
- Contact: Nishihara-cho 4-5-6
TEL 042-467-1183

- Tamarokuto Science Center
- Open: Tue. to Sun.
9:30-17:00
- Closed: Mondays (It's open if Monday is a holiday)
- Note: Temporary closure may take place
- Address: 5-10-64 Shibakubo-cho
TEL 042-469-6100

Nishihara Nature Park



Yamazakura in Nishihara Nature Park