

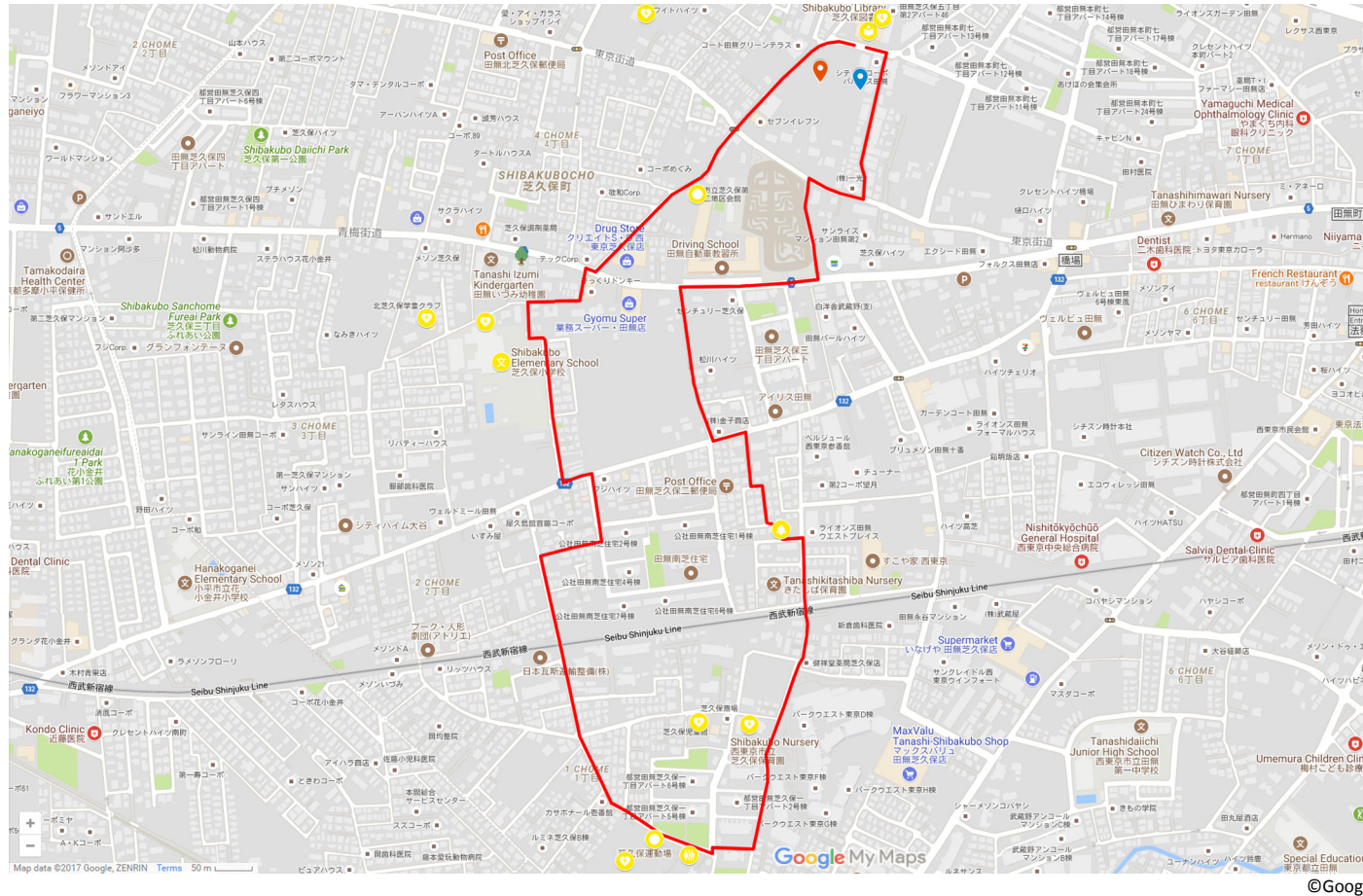
Nishitokyo City

# [J] A course to walk green fields in Shibakubo

Highlight | Sky Tower Nishitokyo to see from the course



Nishitokyo City mascot character "Ikoina"  
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## Route Description

- Shibakubo Kominkan (Community center) ,Shibakubo Library
- ▼
- Keyakidai Park
- ▼
- Shibakubo Sports Field
- ▼
- Shibakubo Elementary School
- ▼
- Shibakubo Daini Chikukaikan (community house)
- ▼
- Shibakubo Kominkan (Community center) ,Shibakubo Library

- 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



Sky Tower Nishitokyo to see from the course

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

