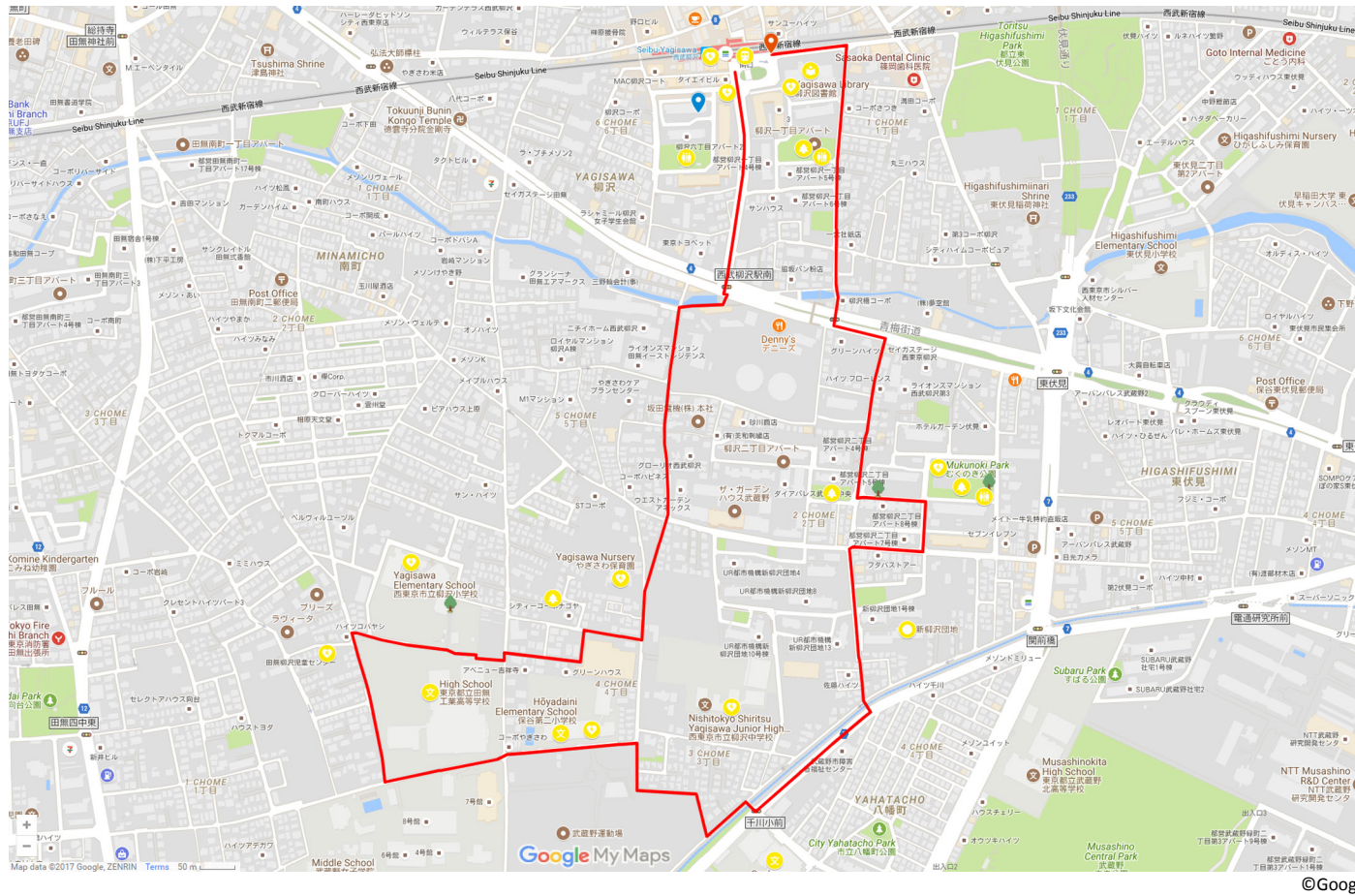


Nishitokyo City

[L] A course touring a town with sloping roads

Highlight | Mukunoki Park(Best 50 trees in Nishitokyo City: Platanus)



Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- Seibu-Yagisawa Sta. South Exit
 - ▼
 - Tanashi Technical High School
 - ▼
 - Hoya Daini Elementary School
 - ▼
 - Senkawa Elementary School
 - ▼
 - Shin Yagisawa Danchi (housing complex)
 - ▼
 - Mukunoki Park
 - ▼
 - Yagisawa Daiyon Park
 - ▼
 - Yagisawa Kominkan (Community center), Yagisawa Library
 - ▼
 - Seibu-Yagisawa Sta. South 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



Mukunoki Park(Best 50 trees in Nishitokyo City: Platanus)

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

