

Nishitokyo City

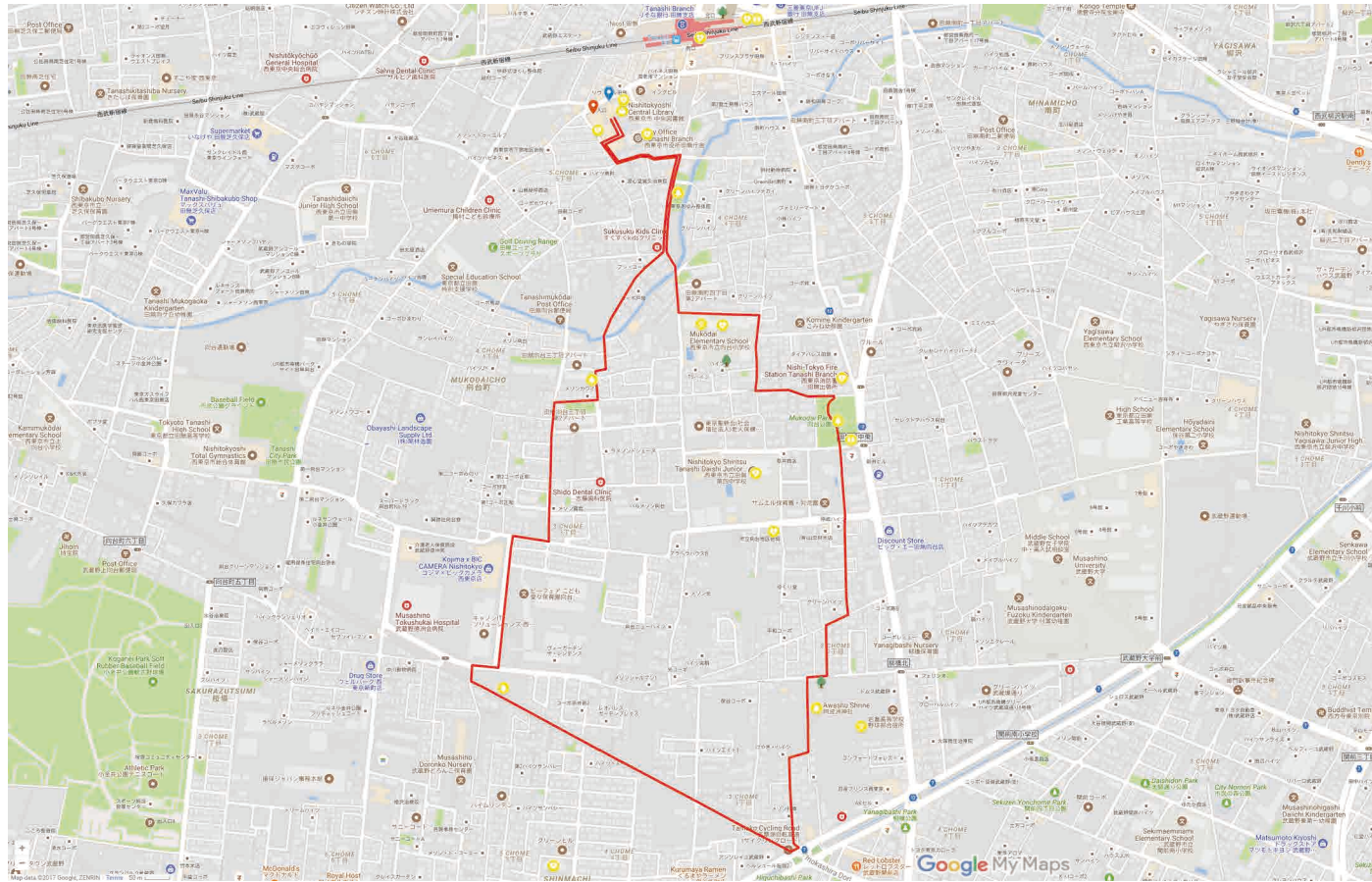
# [M] Mukodai and Green Road Pass Course

Highlight | Mukodai Park

Health support city



Nishitokyo City mascot character "Ikoina"  
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## Route Description

- Tanashi Kominkan (Community center), Chuo Library
  - ▼
  - Minami-cho Daiyon Children's Park
  - ▼
  - Mukodai Elementary School
  - ▼
  - Mukodai Park
  - ▼
  - Awashima Jinja Shrine
  - ▼
  - Iwakura High School General Sports Field
  - ▼
  - Ozora Park
  - ▼
  - Mukodai Botanical Park
  - ▼
  - Minami-cho Daiyon Children's Park
  - ▼
  - Tanashi Kominkan (Community center), Chuo 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



Mukodai Park



Mukodai Elementary School

Metasequoia in Mukodai Elementary School

Time allowed	around 65 minutes
Distance	around 4.3 km
Calorie consumption	around 195 kcal
Number of steps	around 6140 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

