

Nishitokyo City

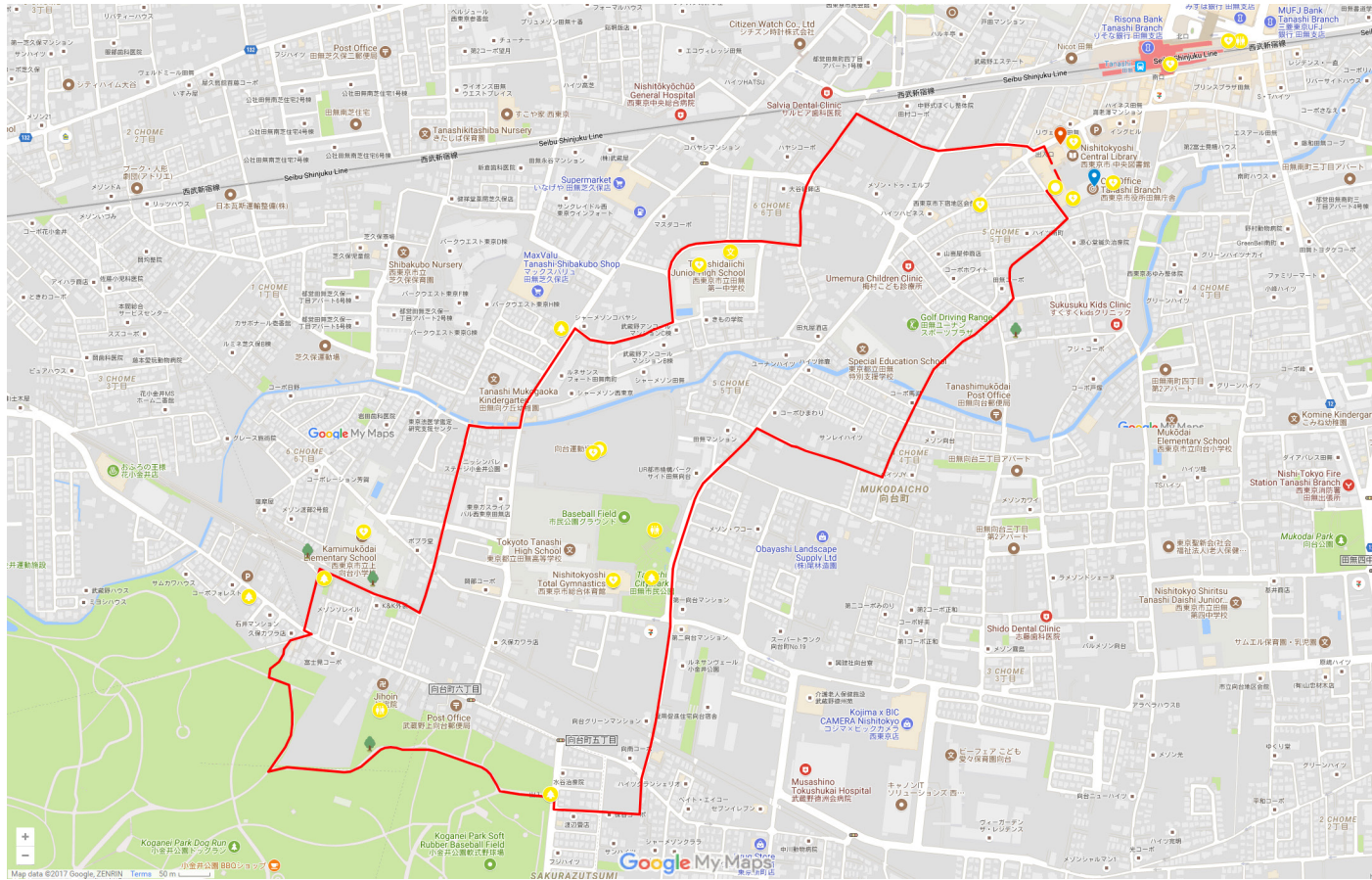
[N] Mukodai and Koganei Park Course

Highlight | Koganei Park(Best 50 trees in Nishitokyo City: Oshimazakura cherry tree)

Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- Minami-cho Sports & Culture Center "Kiratto"
- ▼
- Tanashi Shimin Park
- ▼
- Koganei Park East Exit
- ▼
- Koganei Park North Exit
- ▼
- Kami-mukodai Park
- ▼
- Mukodai Sports Field
- ▼
- Shibakubo 1-chome Sakura-no-oka Park
- ▼
- Tanashi Daiichi Junior High School
- ▼
- Minami-cho Sports & Culture Center "Kiratto"
- ▼
- 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



Koganei Park(Best 50 trees in Nishitokyo City: Oshimazakura cherry tree)

| | |
|---------------------|--------------------------|
| Time allowed | around 70 minutes |
| Distance | around 4.4 km |
| Calorie consumption | around 210 kcal |
| Number of steps | around 6290 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 KENKOUDEUSUKA-MAN

