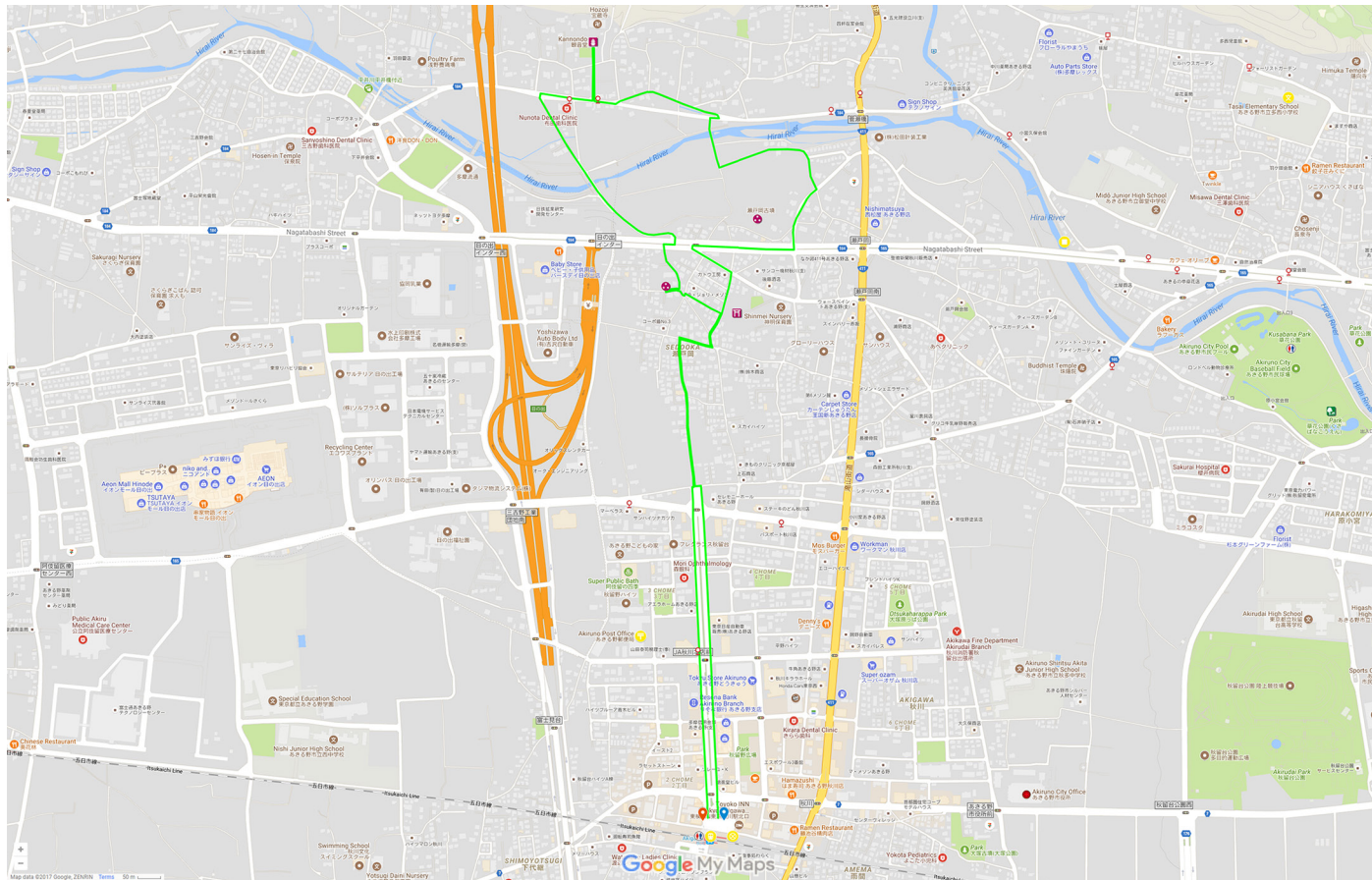


Akiruno City

# Tasai Area(Intermediate)A course touring Sedooka-kofun Tumulus

Highlight | Sedooka-kofun Tumulus Cluster

Let's Get Healthy Together in Akiruno 21



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## Route Description

- Akigawa Sta.
- ▼
- Shinmei Jinja Shrine
- ▼
- Sedooka-kofun Tumulus Cluster
- ▼
- Ozaki Kannon (Goddess of Mercy)
- ▼
- Sedooka-kofun Tumulus Cluster
- ▼
- Akigawa Sta.

- Public restroom
- Park/Green area
- Bus stop (Route bus)
- Bus stop (Community bus)
- Post Office
- Police substation
- Station

### Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



### Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



\* Do not put too much strain on your body when you are sleep-deprived or sick.

## Recommended Site

Icons: Shrines and Temples Park Other

### Sedooka-kofun Tumulus Cluster



A tumulus remains in the middle of a residential area. Can you find it?

Time allowed	around <b>1 h 12 min.</b>
Distance	around <b>4.8 km</b>
Calorie consumption	around <b>216 kcal</b>
Number of steps	around <b>6860 steps</b>

\* 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**

