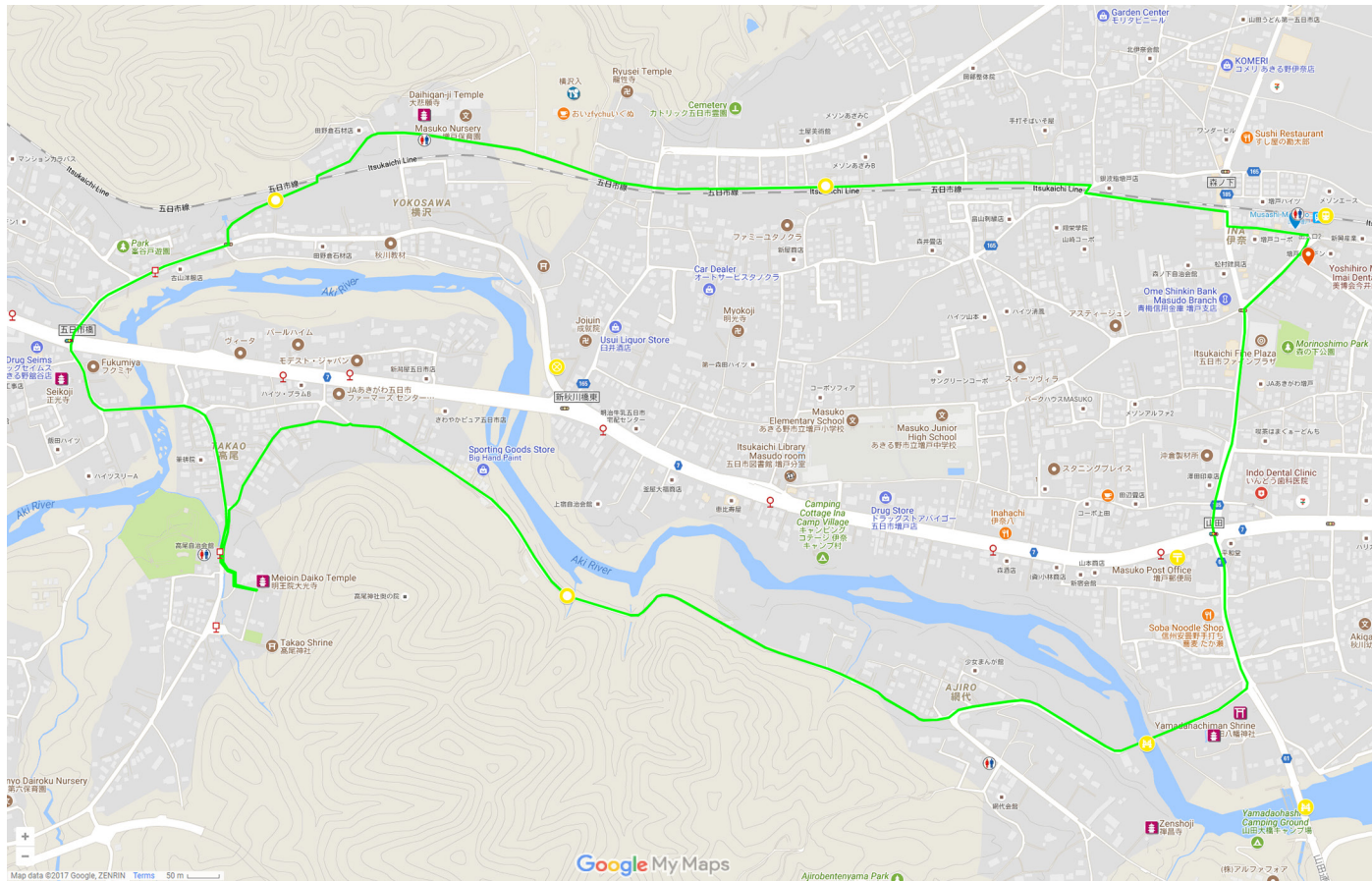


Akiruno City

Masuko Area(Intermediate) A course offering views of seasonal changes in nature

Highlight | Daihiganji Temple

Let's Get Healthy Together
in Akiruno 21



Route Description

- Musashi-Masuko Sta.
- ▼
- Daihiganji Temple
- ▼
- Shokoji Temple
- ▼
- Myooin Daikoji Temple
- ▼
- Ajirobashi Bridge
- ▼
- Musashi-Masuko Sta.

- Viewing spot
- Public restroom
- Shrine
- 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

Daihiganji Temple



The wooden Amida Triad is a nationally designated important cultural asset. Also famous for its white bush clover in fall.

Time allowed	around 1 h 23 min.
Distance	around 5.5 km
Calorie consumption	around 248 kcal
Number of steps	around 7860 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**

