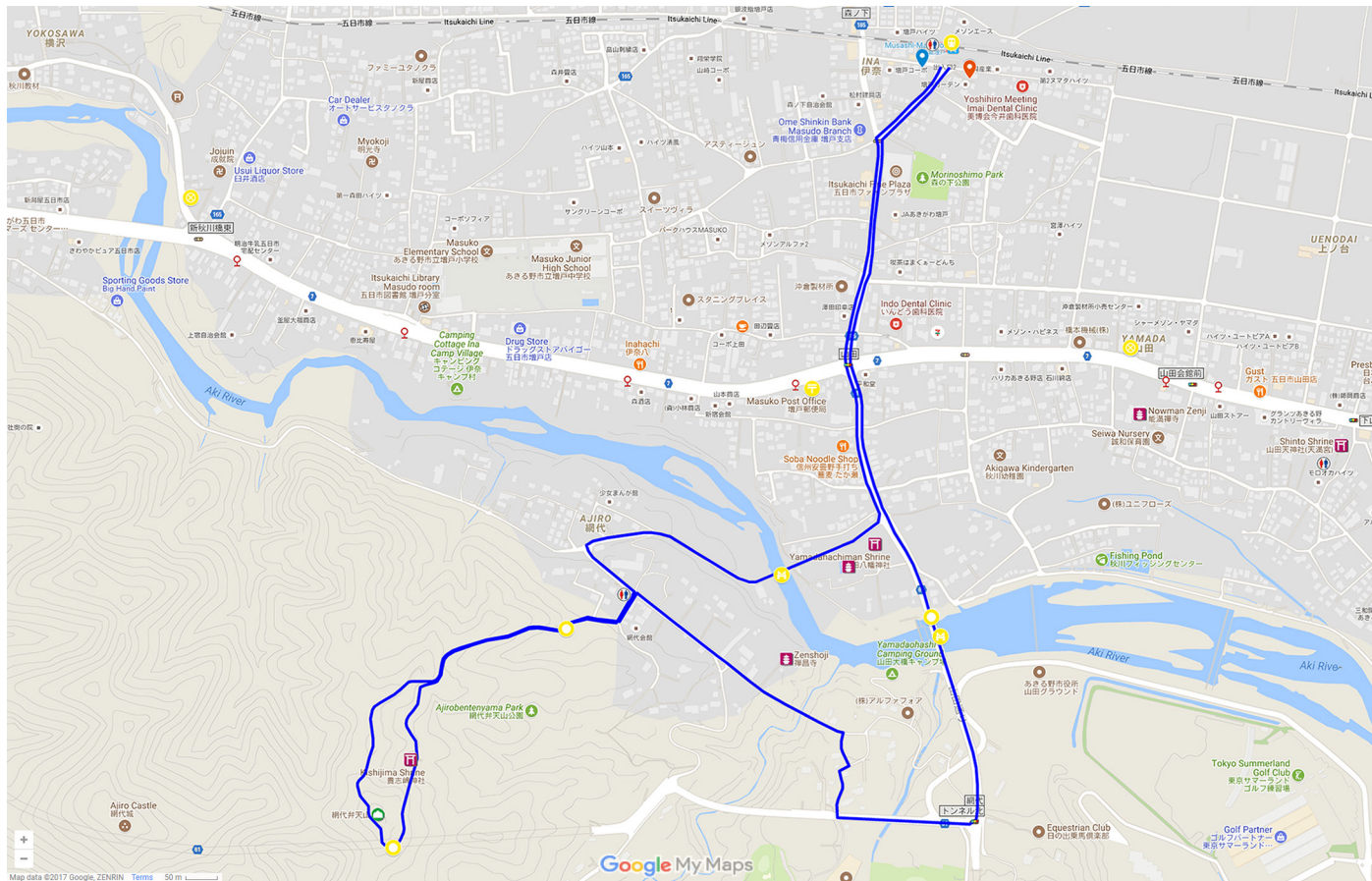


Akiruno City

Masuko Area(Advanced) Good walker course

Highlight | Mt. Bentenyama

Let's Get Healthy Together in Akiruno 21



Route Description

- Musashi-Masuko Sta.
 - ▼
 - Ajirohashi Bridge
 - ▼
 - Kishijima Jinja Shrine
 - ▼
 - Mt. Bentenyama (summit)
 - ▼
 - Yamada-Ohashi Bridge
 - ▼
 - Musashi-Masuko Sta.
-
- Public restroom
 - Temple
 - Bus stop (Route bus)
 - Post Office
 - Police substation
 - Station
 - Recommended spots

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.

Time allowed	around 2 h (mountain trail)
Distance	around 4.9 km
Calorie consumption	around 360 kcal
Number of steps	around 7000 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 KENKOUSUKA-MAN



Recommended Site

Icons: Shrines and Temples Park Other

Mt. Bentenyama



A mountain of 292 m in height, enjoyed by the whole family. Cherry blossoms and azalea are beautiful in spring.

Recommended spots



The red Torii gate is the landmark for the entrance to a route up to Mt. Bentenyama. Stretch your legs before starting out.

Recommended spots



Walking the mountain trail is great exercise to develop lower body strength. As some parts of the trail may be slippery from the rain, wear slip resistant shoes. The summit of the mountain presents a view of Akiruno.