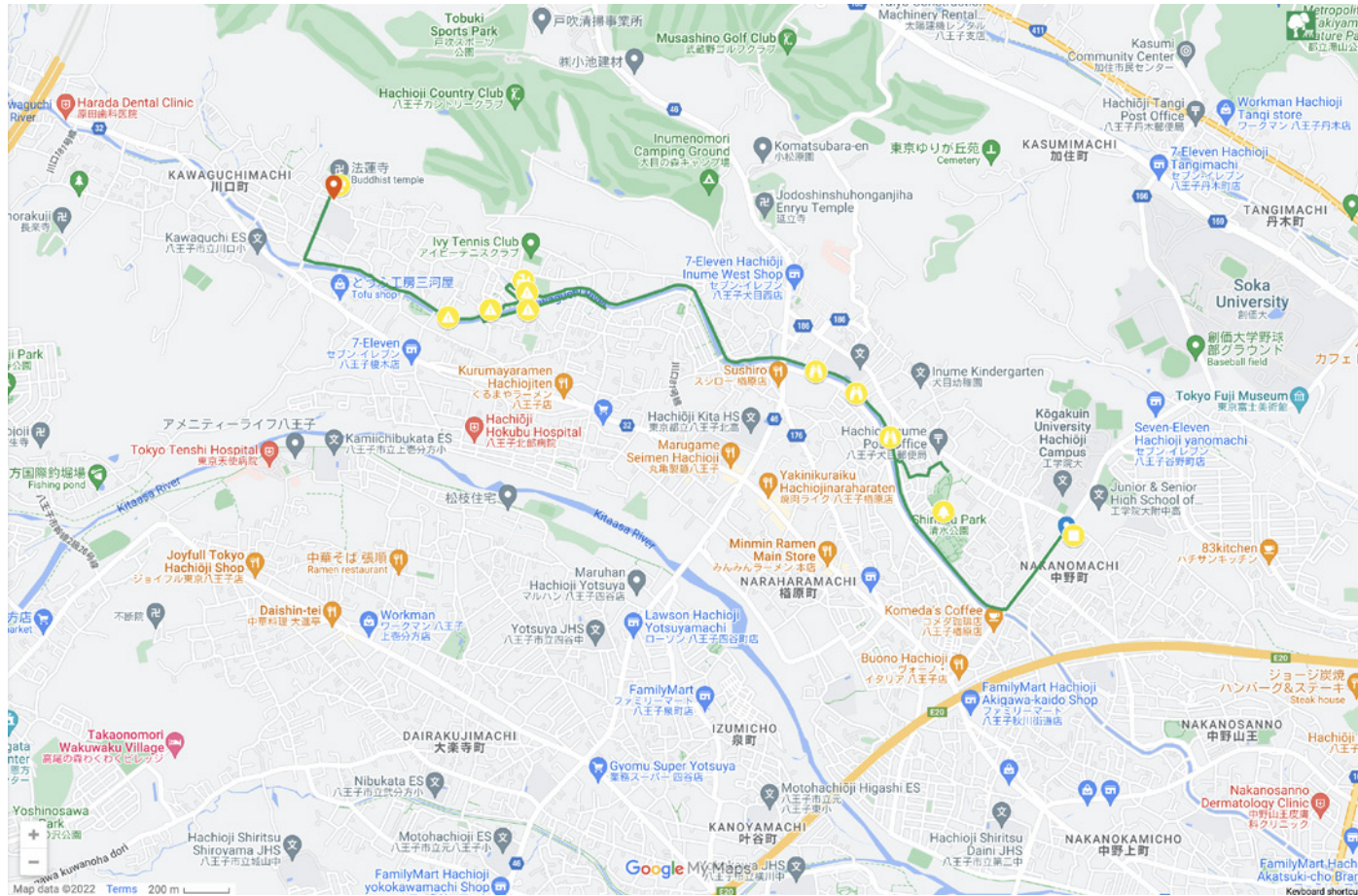


A walking course for Shimizu Park and the Kawaguchi-gawa River

Highlight | Shimizu Park



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Route Description

- Nakano Civic Center
- ▼
- Shimizu Park
- ▼
- Anyoji Temple
- ▼
- Horenji Temple

To enjoy walking safely

Let's do some warm-up exercises

Walking without first getting ready can lead to injuries. Be diligent in doing warm-up exercises. It is also important to do cool-down exercises after you have finished walking.



Recommended Site

Icons: Shrines and Temples Park Other

Shimizu Park



In the grounds, there are Japanese chestnut and konara oaks, ponds making use of the spring water and arbors to enjoy views of the park. (6 parking spaces)

Anyoji Temple



Established in 1377. There is a stone monument built for the many farmers and their leader Kuranosuke Shiono arrested and detained in the Kominto Party Chichibu incident of 1884.

Time allowed	around 70 minutes
Distance	around 4.8 km
Calorie consumption	around 210 kcal
Number of steps	around 6860 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**

