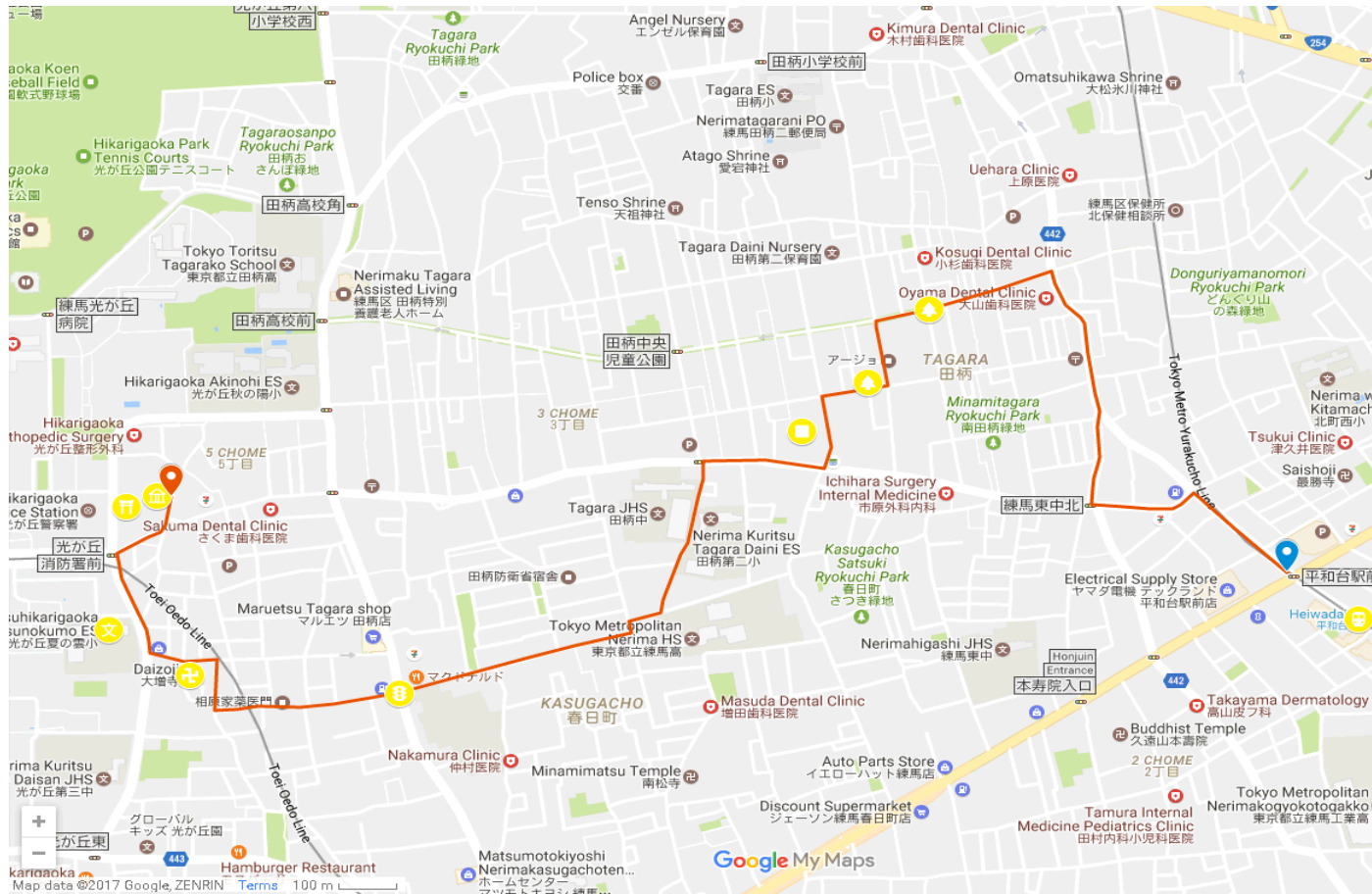


Nerima City

Heiwadai Sta. - Hikarigaoka Museum of Art Course

Highlight | Hikarigaoka Museum of Art



©Google

Route Description

- Heiwadai Sta.
- ▼
- Tagara-gawa Greenway
- ▼
- Kyozuka Park
- ▼
- Suzushiro Farm
- ▼
- Nerima High School Entrance
- ▼
- Daizo-ji Temple
- ▼
- Natsu no Kumo Elementary School
- ▼
- Hikarigaoka Museum of Art

Points to keep in safe walking

● Stretch before and after to prevent injuries and fatigue.



● Choose shoes and clothes that fit your feet and are easy to walk in.



● Make sure to drink fluids frequently.

● If you have a medical condition, consult with your family doctor before beginning walking.

Time allowed	around 51 minutes
Distance	around 3.4 km
Calorie consumption	around 153 kcal
Number of steps	around 4800 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**



Recommended Site

Icons: Shrines and Temples Park Other

Hikarigaoka Museum of Art



A 5-min walk to Hikarigaoka Sta.
A valuable grand piano, of which there are only 12 in the world, is also on display.

Tagara-gawa Greenway



Tagara-gawa River was renovated in 1981, and it became a greenway. Visitors can enjoy the view throughout the year.

Kitano Hachiman-jinja Shrine



Emperor Ojin and Sugawara no Michizane are enshrined.