Heiwadai Sta. - Chikatetsu-Akatsuka Sta. Course

Highlight | Tagara Chuo Children’s Park (Whale Park)

Route Description

- Heiwadai Sta.
- Nerima Tagara-higashi Post Office
- Kyozuka Park
- Suzushiro Farm
- Tagara Chuo Children’s Park
- Tagara Koban-mae
- Atago-jinja Shrine
- Minezaki-beya Sumo Stable
- Shotengai Shopping Street
- Tagara Park
- Chikatetsu-Akatsuka Sta.

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.

Recommened Site

Tagara Chuo Children’s Park (Whale Park)

There is a giant whale to be played on in the middle of the sandbox. The cherry blossoms are beautiful in spring.

Atago-jinja Shrine

A bon-odori event and goldfish market are held in the summer.

Icons:
- Shrines and Temples
- Park
- Other

<table>
<thead>
<tr>
<th>Time allowed</th>
<th>around 55 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance</td>
<td>around 3.7 km</td>
</tr>
<tr>
<td>Calorie consumption</td>
<td>around 165 kcal</td>
</tr>
<tr>
<td>Number of steps</td>
<td>around 5300 steps</td>
</tr>
</tbody>
</table>

*The calculations are based on an average pace of 4km/h, walking 10 min.=30kcal, one step=70cm.