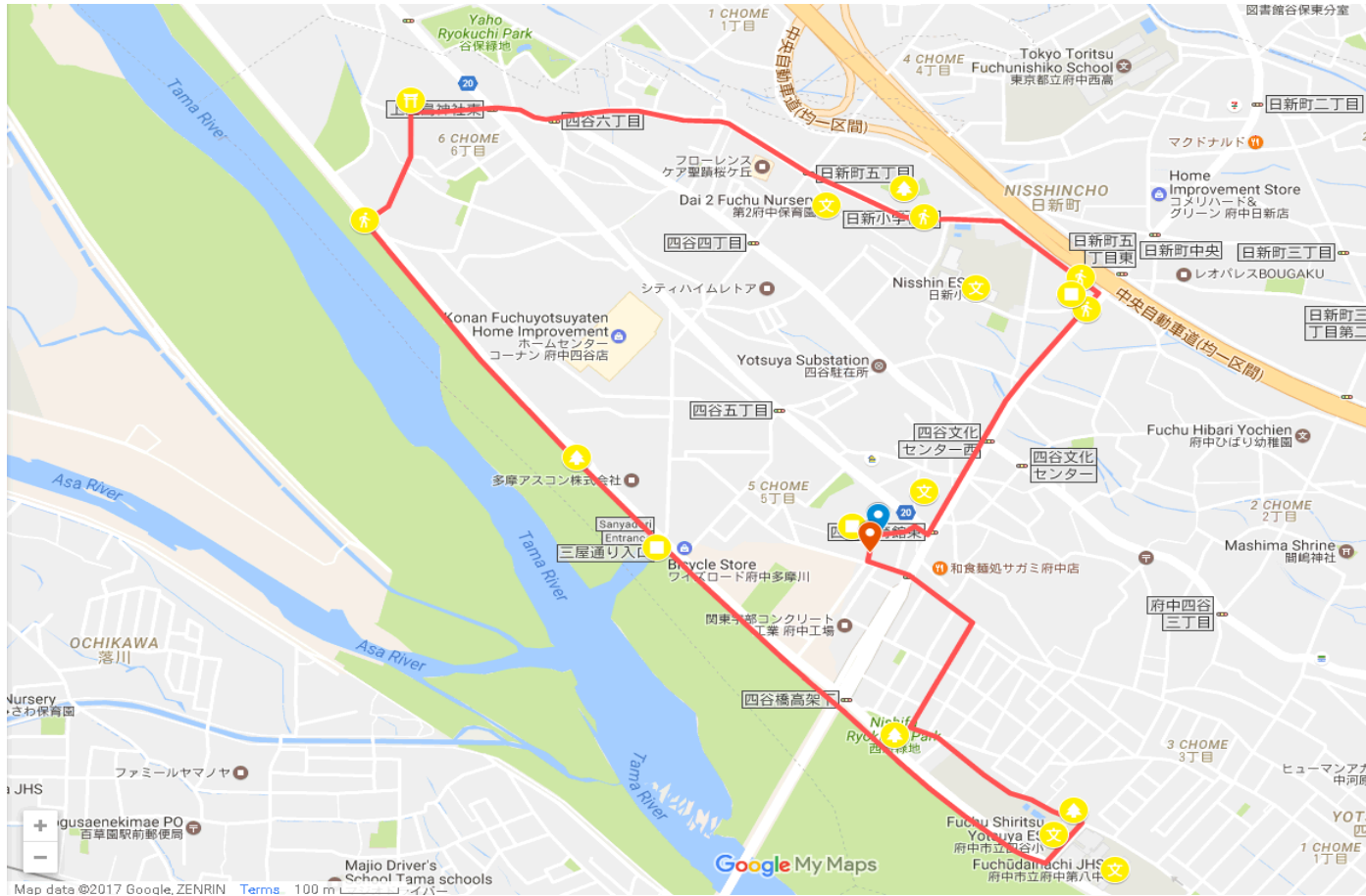




Yotsuya Gymnasium Course - Walk Fuchu Tamagawa Kaze-no-michi Walking Path Yotsuya - Main Course

Highlight | Yotsuya no Gohonmatsu Five Pines



Route Description

- 📍 Yotsuya Gymnasium
- ▼
- 🚶 Yaen Kaido
- ▼
- 🏫 Yotsuya Nursery School
- ▼
- 🚶 Road on the Chuo-do Side
- ▼
- 🏟 Nisshin Grass Tennis Court
- ▼
- 🚶 Nisshin-dori Ave.
- ▼
- 🏫 Nisshin Elementary School
- ▼
- 🌳 Nisshin-cho Daini Park
- ▼
- 🏫 Daini Fuchu Nursery School
- ▼
- 🏯 Kaminoshima-jinja Shrine
- ▼
- 🚶 Fuchu Tamagawa Kaze-no-michi Walking Path
- ▼
- 🌲 Yotsuya no Gohonmatsu Five Pines
- ▼
- 🏭 Kita-Tama Nigo Water Reclamation Center
- ▼
- 🏫 Yotsuya Elementary School Daihachi Junior High School
- ▼
- 🌳 Plum Grove Park
- ▼
- 🌳 Nishifu Ryokuchi
- ▼
- 📍 Yotsuya Gymnasium

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

Yotsuya no Gohonmatsu Five Pines
One of the 100 most famous trees

Fuchu Tamagawa Kaze-no-michi Walking Path
Walk and enjoy the Tamagawa River. Dress warm in the winter and have sun protection in the summer.

🕒 Time allowed	around 72 minutes
📏 Distance	around 4.8 km
🔥 Calorie consumption	around 216 kcal
👣 Number of steps	around 6857 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**

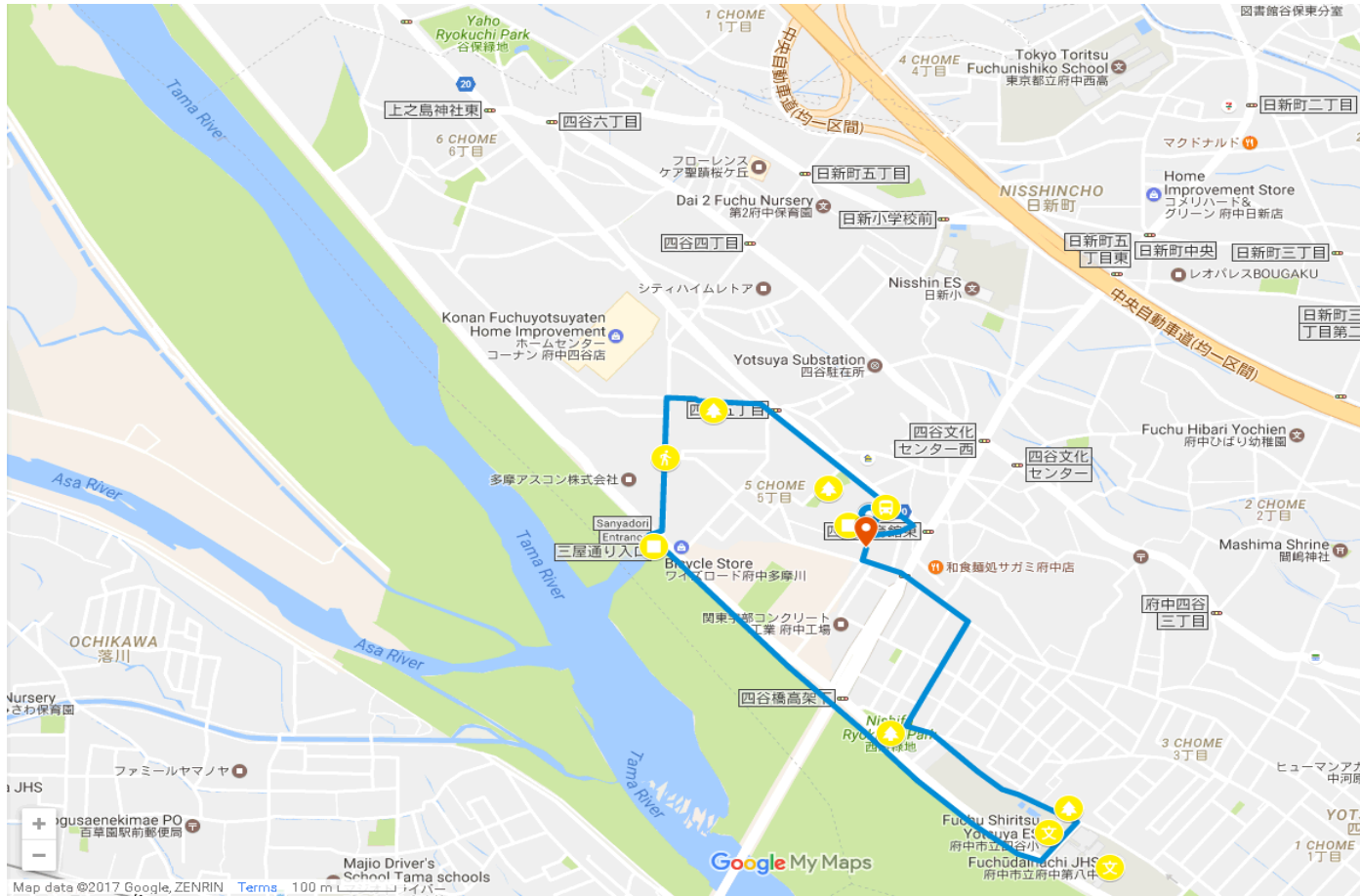




Yotsuya Gymnasium Course - Walk Fuchu Tamagawa

Kaze-no-michi Walking Path Yotsuya - Short Course

Highlight | Yotsuya Shimoseki Ryokuchi



- ### Route Description
- 📍 Yotsuya Gymnasium
 - ▼
 - 🚌 Yotsuya-bashi Kita Bus Stop
 - ▼
 - 🌳 Yotsuya Daisan Park
 - ▼
 - 🌳 Yotsuya Shimoseki Ryokuchi
 - ▼
 - 🚶 San-ya-dori Ave.
 - ▼
 - 🏢 Kita-Tama Nigo Water Reclamation Center
 - ▼
 - 🎓 Yotsuya Elementary School Daihachi Junior High School
 - ▼
 - 🌳 Plum Grove Park
 - ▼
 - 🌳 Nishifu Ryokuchi
 - ▼
 - 📍 Yotsuya Gymnasium

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 38 minutes
📏	Distance	around 2.5 km
🔥	Calorie consumption	around 114 kcal
👣	Number of steps	around 3571 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

🏠 Yotsuya Shimoseki Ryokuchi




The spider lilies bloom in mid-September, and the contrast with the green of the trees is beautiful.

🏠 Nishifu Ryokuchi



There is an adventure playground. It is also recommended for breaks.

🏠 Yotsuya Elementary School Daihachi Junior High



A lovely path goes between the elementary and junior high schools.