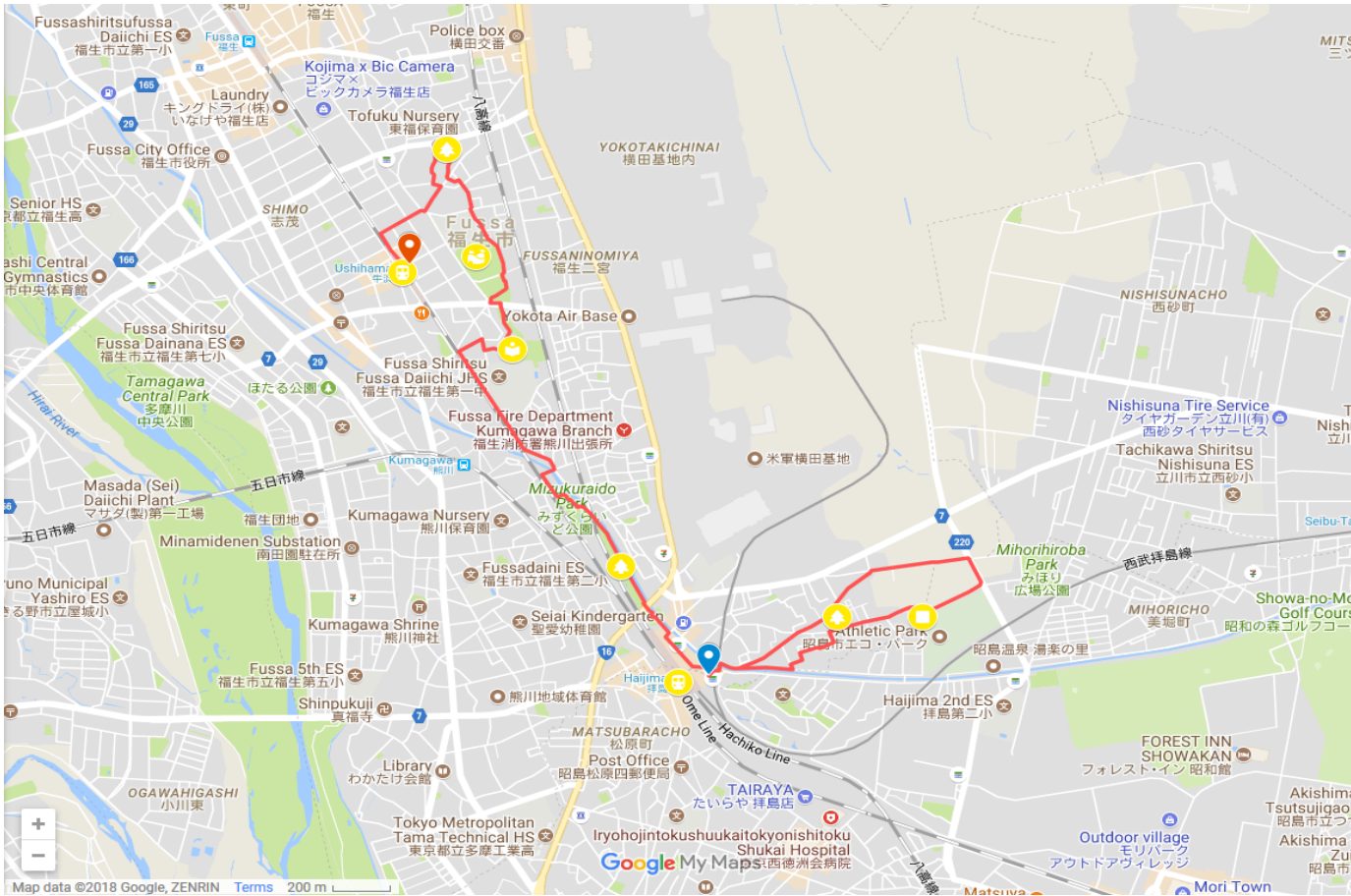


Fussa  
City

# Cultural and forest walk

Highlight | "Disaster Prevention and Nutrition Education Center"



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## Route Description

- Hajijima Sta.
- ▼
- Disaster Prevention and Nutrition Education Center
- ▼
- Fukuto Park
- ▼
- Nikkobashi Park
- ▼
- Chuo Library
- ▼
- Fussa baseball ground
- ▼
- Haragayato-donguri Park
- ▼
- Ushihama Sta.

## Benefits of Walking

By keeping up the habit of walking, not only does this prevent lifestyle diseases such as obesity and diabetes, but it also confers various advantages such as anti-aging and stress-reduction.

Time allowed	around <b>82.5</b> minutes
Distance	around <b>5.5</b> km
Calorie consumption	around <b>247.5</b> kcal
Number of steps	around <b>7900</b> 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

### Disaster Prevention and Nutrition Education Center



Normally functions as a school meals center and at times of disaster is a place to distribute provisions and is equipped to become an evacuation shelter. It is also equipped for city disaster prevention and has the function to supply provisions.

### Nikkobashi Park



A nature park along the Tama-gawa Josui aqueduct. You can bring your family and enjoy the large playground facilities and walking paths.

### Haragayato-donguri Park



A park wrapped in greenery with many trees. In the grounds, cherry blossom and maple trees are planted. Enjoy the seasonal changes of the trees.