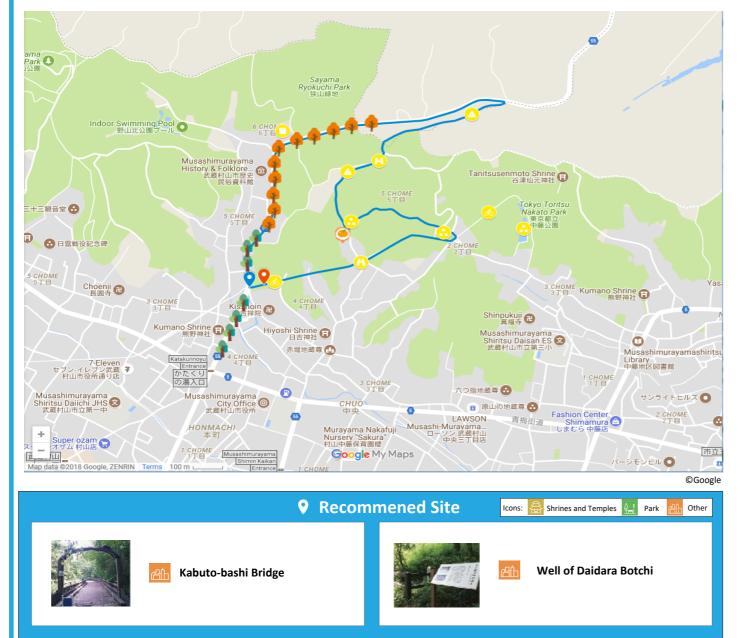
Daidara (Well of Daidara Botchi) Tunnel Course - B Course

Highlight | Well of Daidara Botchi

Musas<u>hi</u>

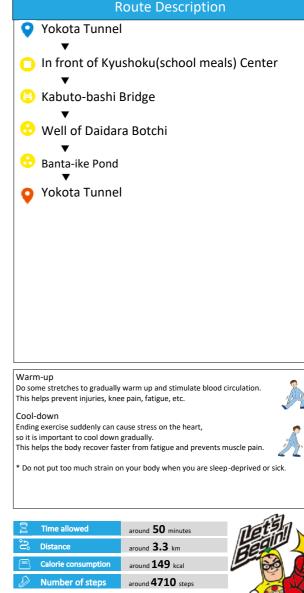
murayama

City





PR character for initiatives to promote the charms of Musashimurayama



* 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-MA

Daidara (Well of Daidara Botchi) Tunnel Course - B Course Ο Musashi (via Akasaka-ike Pond/Akasaka Tunnel) muravama Citv Highlight | Well of Daidara Botchi Musashimurayama **Route Description** 55 Yokota Tunnel ark 🖸 In front of Kyushoku(school meals) Center Ryokuchi Park 海山 織 批 😫 Kabuto-bashi Bridge Indoor Swimming Pool の 野山北公園ブール 😌 Well of Daidara Botchi Musashimurayama History & Folklore... 武蔵村山市歴史 Tanitsusenmoto Shrine 谷津仙元神社 Θ Banta-ike Pond 民俗資料館 三観音堂 🔂 🔒 Akasaka-ike Pond/Akasaka Tunnel ato Park 5 CHOME 5丁目 Banta-ike Pond • 日露戦役記念碑 Yokota Tunnel 5 CHOME 5 丁目 0 Yasa 3 CHOME Kumano Shrine 日 3丁目 熊野神社 日 Choenii 仓 3 CHOME 3丁目 6 Shinpukuji 真福寺 🔁 Kumano Shrine Hiyoshi Shrine 日吉神社 Musashimurayama 前於里形才由社 Shiritsu Daisan ES 😒 赤堀地蔵尊 🎧 武蔵村山市立第三 Musashimurayamashiritsu Library 中藤地区図書館 7-Eleven セブン・イレブン武蔵 村山市役所通り店 1 CHOME 1丁目 の湯入口 3 CHOME 六つ指地蔵尊 🔂 C Musashimurayama Warm-up Musashimurayama サンライトヒルズ 🔿 Shiritsu Daiichi JHS 武蔵村山市立第一中 City Office 🔘 📃 😨 原山の地蔵尊 🔂 Do some stretches to gradually warm up and stimulate blood circulation. 武藏村山市役回 0 中中 2 CHOME 2丁目 **Fashion Center** (55) This helps prevent injuries, knee pain, fatigue, etc. LAWSON 青梅街道 Shimamura 色 しまむら 中藤店 6 HONMACHI Musashi-Murayama Murayama Nakafuji ローソン 武蔵村山 中央三丁目店 + 本町 Cool-down Nursery "Sakura" 村山中藤保育園櫻 Super ozam サザム 村山店 Ending exercise suddenly can cause stress on the heart, 1 CHOME 市立三 Musashimurayama Google My Maps so it is important to cool down gradually. 178 Shimin Kaika バーシモンヒル 🔘 -This helps the body recover faster from fatigue and prevents muscle pain. Map data ©2018 Google, ZENRIN Terms 100 m L ©Google Recommened Site Icons: Shrines and Temples Park Other around 62 minutes Time allowed around 4.1 km Distance Well of Daidara Botchi Kabuto-bashi Bridge around 186 kcal **Calorie consumption** Number of steps around 5860 steps * These are estimates given for a person, weight 60kg, moving at 4km per hou

walking 10 min.=30kcal, one step=70cm Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MA

Do not put too much strain on your body when you are sleep-deprived or sick.

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