

TOKYO HEALTH WALK

# TOKYO HEALTH WALK 2017 - 12km Course

Highlight | Itabashi Bridge



MOSHIKAMO-KUN,  
the Tokyo Metropolitan  
Government character  
promoting cancer screening



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## Route Description

- Itabashi City Azusawa Baseball Field
- ▼
- Kirigaoka Central Park
- ▼
- Kirigaoka Gymnasium
- ▼
- Akabane Nature Observation Park
- ▼
- Japan Institute of Sports Sciences
- ▼
- Inatsuke-Nishiyama Park
- ▼
- Kaga Park
- ▼
- Itabashi Bridge
- ▼
- Enkiri-enoki
- ▼
- Mitsugi Park
- ▼
- Shimura Ichirizuka distance milestone
- ▼
- Saito Shoten
- ▼
- Shimura-sakae Sta.
- ▼
- Itabashi City Azusawa Gymnasium

## Recommended Site

Icons: Shrines and Temples Park Other

### Itabashi Bridge (spanning the Shakuji-gawa River)



This is a bridge, which was built over the point where the Kyu Nakasendo crossed the Shakuji-gawa River. It is also said to have given Itabashi its name. In springtime, the cherry trees in full blossom along the river make this a famous spot for cherry blossom viewing. It is designated as one of the "Ten Views of Itabashi" by Itabashi City.

### Akabane Nature Observation Park



Established with the themes of restoring and getting in touch with nature. In addition to the elegant traditional thatched-roof homestead in the surroundings of the rice paddies, there is expansive scenery with the abundant nature springs and brooks selected as one of the "the 57 best spring water in Tokyo", alongside forests, and beautiful satoyama-like landscapes.

Time allowed	around <b>180</b> minutes
Distance	around <b>12.0</b> km
Calorie consumption	around <b>540</b> kcal
Number of steps	around <b>17410</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**

