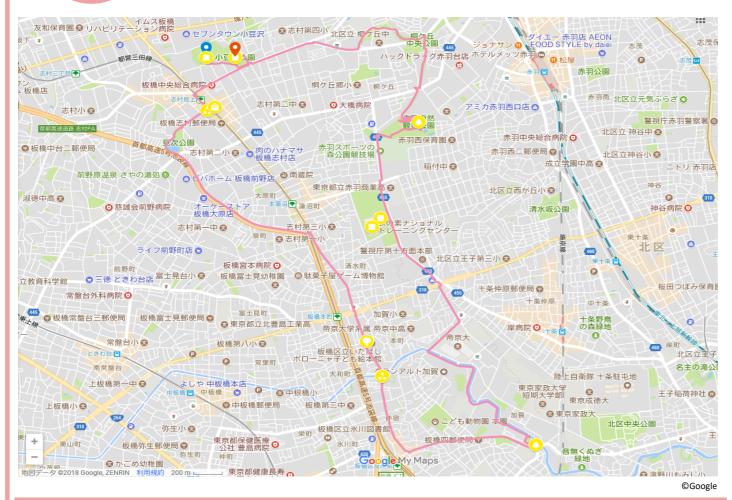
TOKYO HEALTH

TOKYO HEALTH WALK 2017 - 12km Course

Highlight | Itabashi Bridge



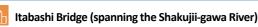
Recommened Site













This is a bridge, which was built over the point where the Kyu Nakasendo crossed the Shakujii-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 thatch-roofed 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.



- Itabashi City Azusawa Baseball Field
- Kirigaoka Central Park
- Kirigaoka Gymnasium
- **Akabane Nature Observation Park**
- Japan Institute of Sports Sciences
- Inatsuke-Nishiyama Park
- Kaga Park
- ც Itabashi Bridge
- Enkirienoki
- Mitsugi Park
- Shimura Ichirizuka distance milestone
- Saito Shoten
- Shimura-sakaue Sta.
- Itabashi City Azusawa Gymnasium

☐ Time allowed	around 180 minutes
😂 Distance	around 12.0 km
Calorie consumption	around 540 kcal
Number of steps	around 17410 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