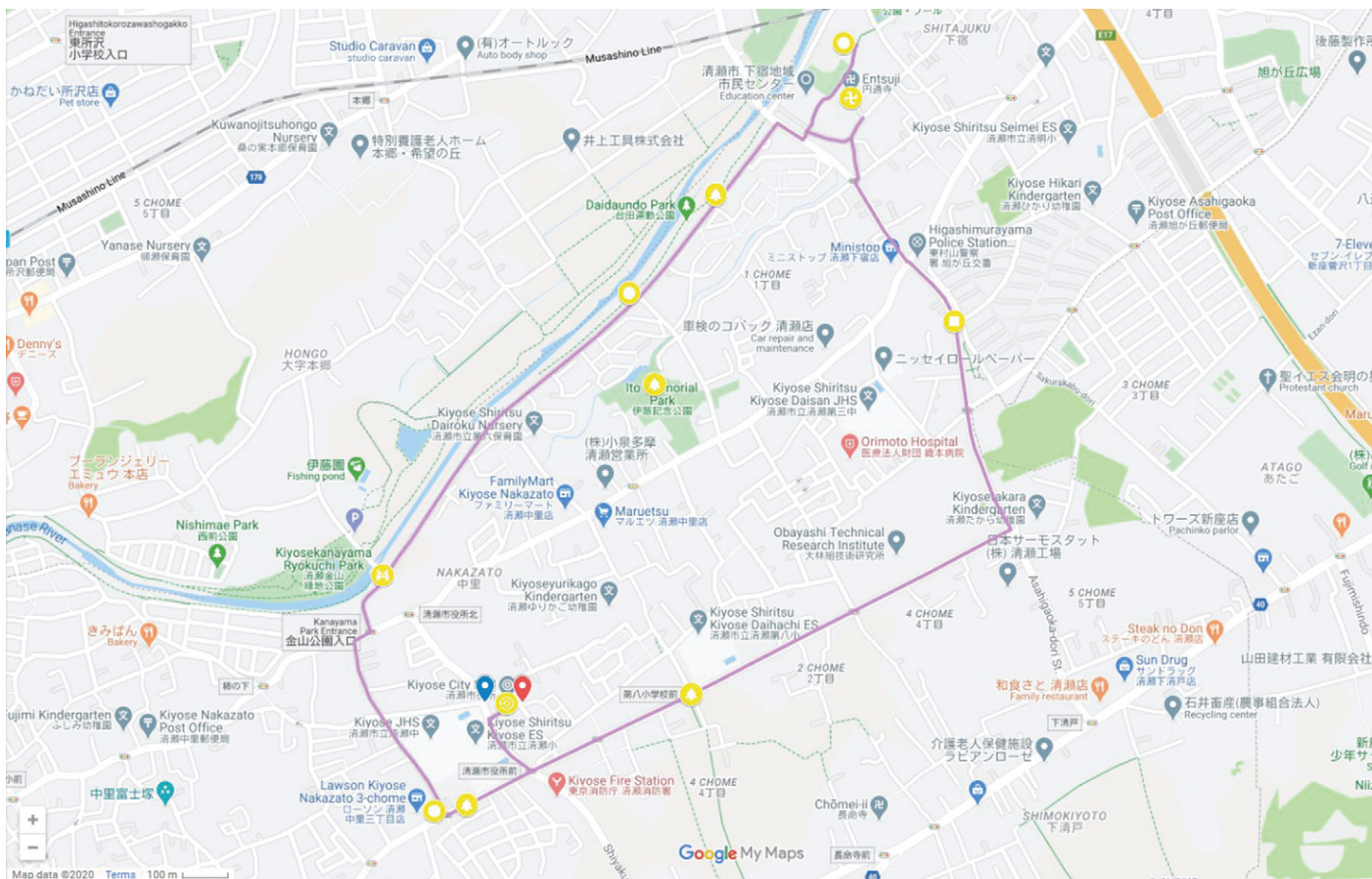


KIYOSE CITY

# Omurasaki Course

Highlight | Daita Athletic Park



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## Route Description

- Kiyose City Office
- ▼
- Kanayama Bridge
- ▼
- Daita Athletic Park (Square at the entrance of the housing complex)
- ▼
- The former residence of the Morita Family
- ▼
- Entsuji Temple
- ▼
- Row of Ginkgo trees in Asahigaoka (in front of Kiyose Asahigaoka Church)
- ▼
- Gotenyama Ryokuchi Park (Intersection in front of Daihachi Elementary School)
- ▼
- Kiyose City Office

## Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Time allowed	around <b>1 h 17 min.</b>
Distance	around <b>5.1 km</b>
Calorie consumption	around <b>231 kcal</b>
Number of steps	around <b>7285 steps</b>

\* 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

### Daita Athletic Park



"Kiyose Sakura Festival" is held at Daita Athletic Park located along the Yanase River from March to April every year.

### The former residence of the Morita Family



It was designated as a cultural property by the city. The main house of the Morita Family was relocated from its original location of Noshio.

### Entsuji Temple



Entsuji Temple is said to be established in 1340 (the period of the Northern and Southern Courts). It is the oldest temple in the city. A traditional event called "Fusegi" is designated as an intangible folk cultural property of Tokyo.