

Nishitokyo City

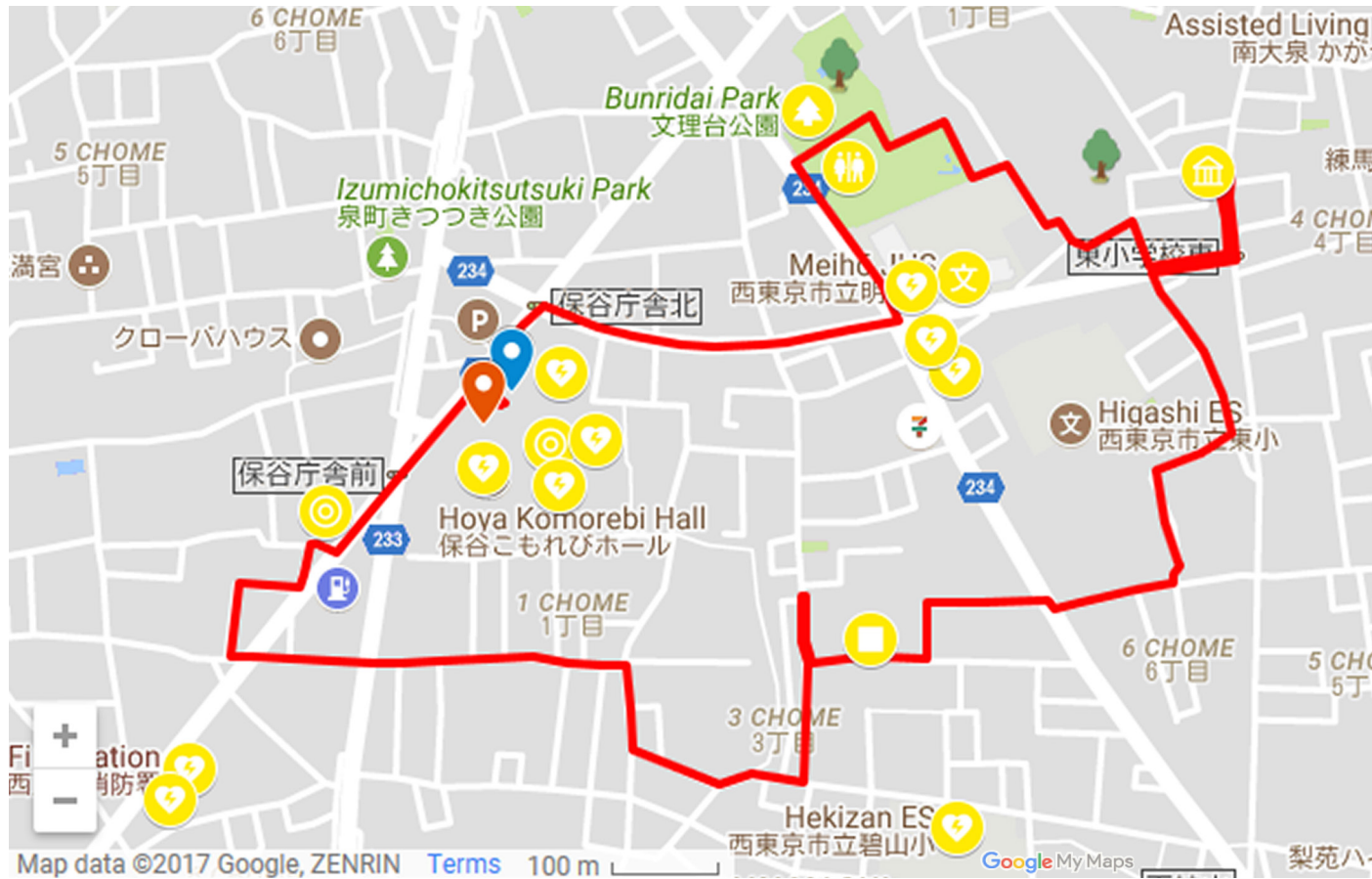
[B] A course that you walk in sunlight filtering through the trees

Highlight | Bunridai Park

Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- City Office, Hoya Bldg.
- ▼
- Meicho Junior High School
- ▼
- Bunridai Park
- ▼
- Former Musashi Hoya Museum of Ethnology site
- ▼
- Hekizan forest and green conservation area
- ▼
- Ecoplaza Nishitokyo
- ▼
- City Office, Hoya Bldg.
- ▼
- Best 50 trees in Nishitokyo City
- AED location
- Restroom

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.)



Recommended Site

Icons: Shrines and Temples Park Other

Bunridai Park



Japanese zelkova in Bunridai Park

Elementary School attached to University of Tsukuba



Japanese zelkova in Elementary School attached to University of Tsukuba

Time allowed	around 55 minutes
Distance	around 3.4 km
Calorie consumption	around 165 kcal
Number of steps	around 4860 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**

