

Nishitokyo City

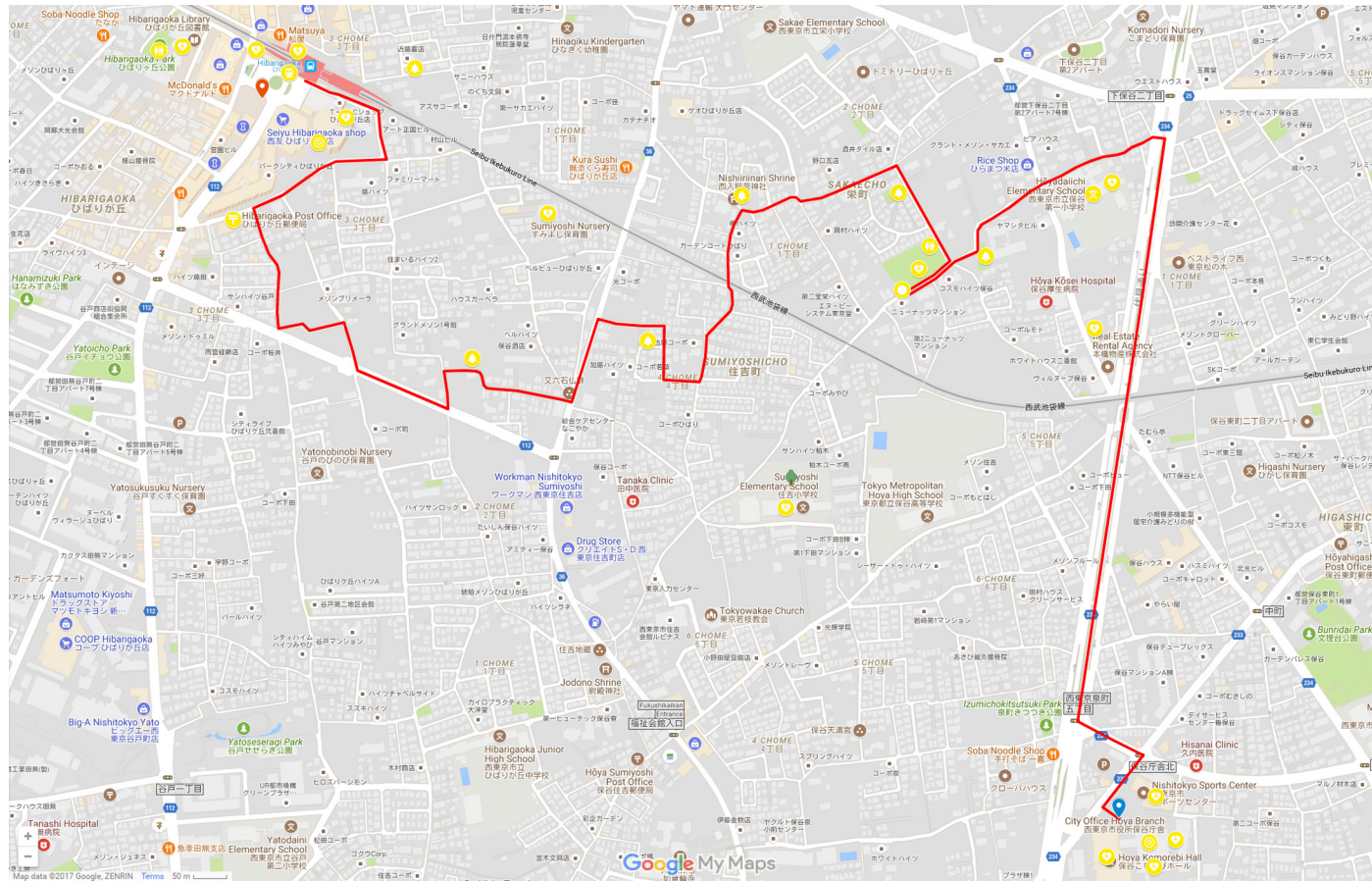
[C] A course that lets you experience both new and old roads

Highlight | Hoya-Chofu Road viewing deck

Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- City Office, Hoya Bldg.
- Hoya Daiichi Elementary School
- Takenoko Park
- Kenko Hiroba Park
- Nakajima Park
- Sakaecho 2-chome woodland
- Sumiyoshicho Daisan Park
- Sumiyoshi Forest Park
- Hibiya Post Office
- Hibiya Ekimae Branch Office
- Hibiya Sta. South Exit
- 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



Hoya-Chofu Road viewing deck

Time allowed	around 55 minutes
Distance	around 3.7 km
Calorie consumption	around 165 kcal
Number of steps	around 5290 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

