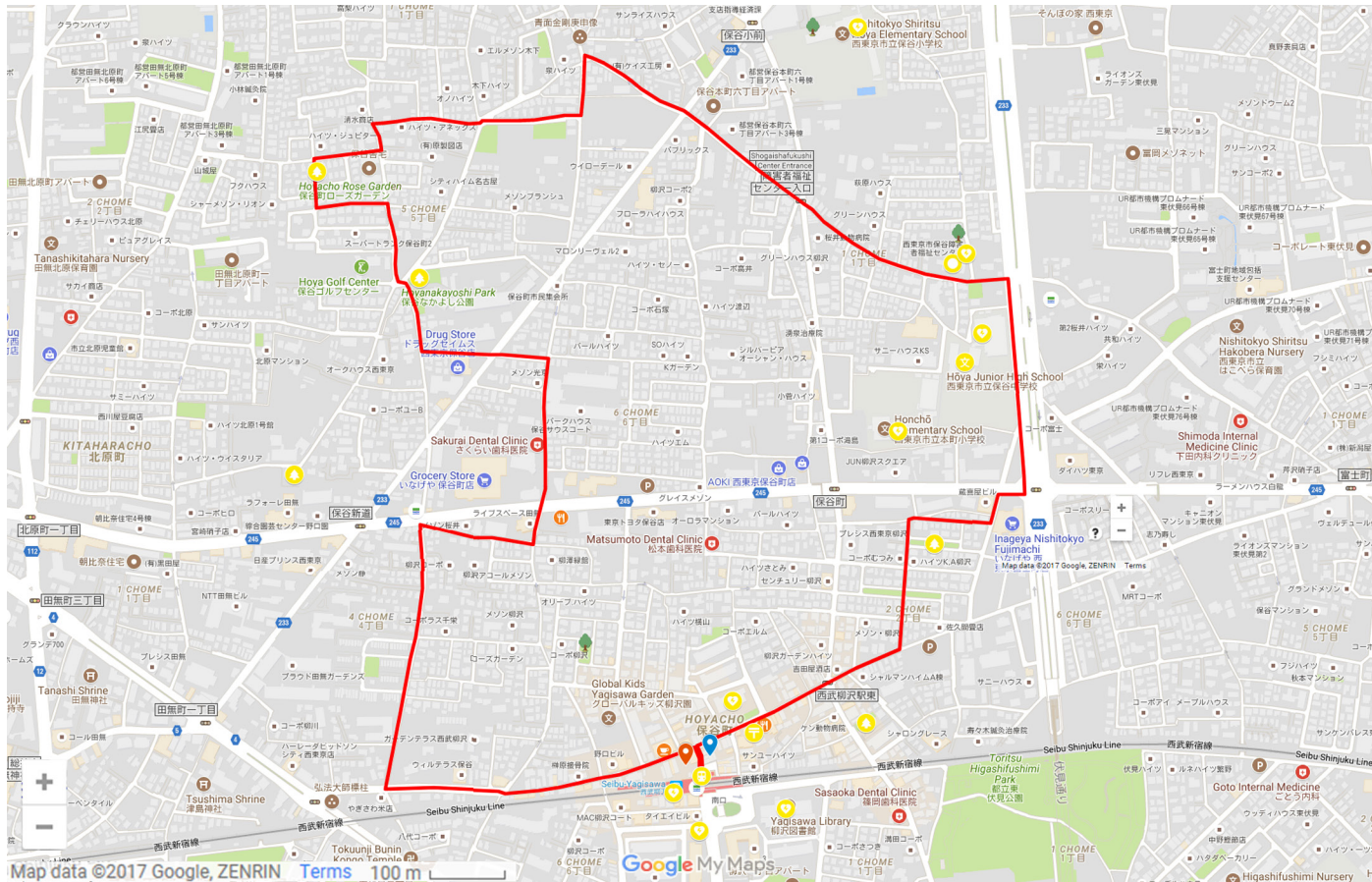


Nishitokyo City

[G] Kami-hoya Course

Highlight | Hoya-cho Rose Garden



Health support city



Nishitokyo City mascot character "Ikoina"
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Route Description

- Seibu-Yagisawa Sta. North Exit
 - ▼
 - Yagisawa Ekimae Post Office
 - ▼
 - Hoya Daiichi Park
 - ▼
 - Hoya Junior High School
 - ▼
 - Hoya Welfare Center for Persons with Disabilities
 - ▼
 - Hoya-cho Rose Garden
 - ▼
 - Hoya Nakayoshi Park
 - ▼
 - Seibu-Yagisawa Sta. North Exit
-
- Best 50 trees in Nishitokyo City
 - AED location

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-cho Rose Garden



This garden features about 150 varieties of roses categorized under eight themes. This is a municipal park spanning 280m in residential area, (The roses are best viewed from mid-May to early June.)

Hoya Welfare Center for Persons with Disabilities



Sapindus mukurossi in Hoya Welfare Center for Persons with Disabilities

Time allowed	around 60 minutes
Distance	around 3.8 km
Calorie consumption	around 180 kcal
Number of steps	around 5430 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**

