

Nishitokyo City

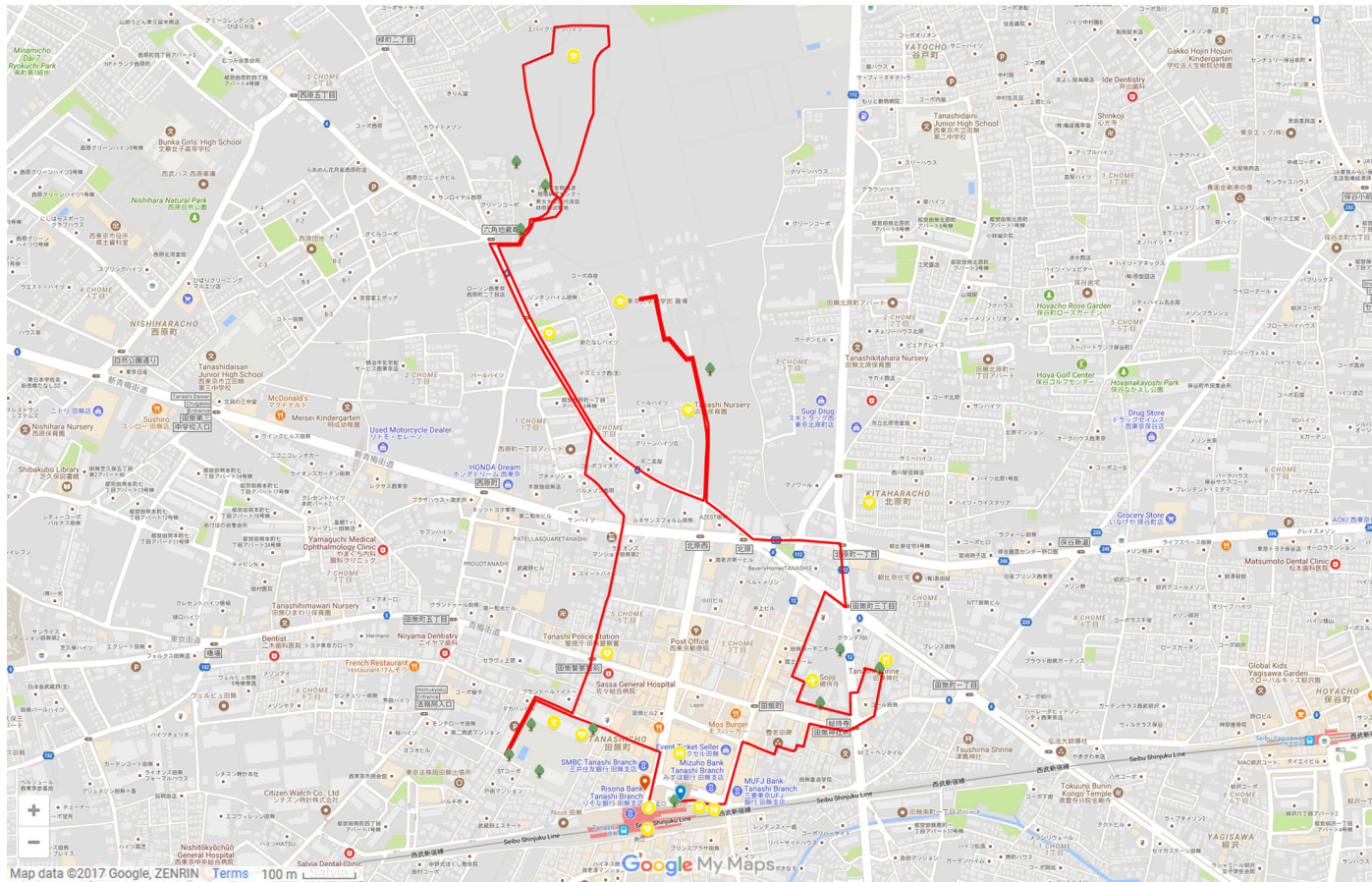
[H] A course touring Tanashi and Farm of the University of Tokyo

Highlight | Farm of the University of Tokyo (Farm Museum)

Health support city



Nishitokyo City mascot character "Ikoina" ©SHIN-EI/Nishitokyo City



Route Description

- Tanashi Sta. North Exit
- ▼
- Tanashi Jinja Shrine
- ▼
- Soji-ji Temple
- ▼
- Farm of the University of Tokyo
- ▼
- Experiment forest affiliated with University of Tokyo
- ▼
- Tanashi Elementary School
- ▼
- Tanashi Sta. North 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.)



Time allowed	around 85 minutes
Distance	around 5.5 km
Calorie consumption	around 255 kcal
Number of steps	around 7860 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



Recommended Site

Farm of the University of Tokyo (Farm Museum)



The farm and Tanashi experiment forest are education and research facilities of the University of Tokyo. Visiting is limited to educational purposes. Please be sure to follow the instructions when visiting.
* Visitors must sign in at each office when entering. (Advance reservation is required for groups of 10 or more). Please contact each office for more details.

Institute for Sustainable Agro-ecosystem Services affiliated with Graduate School of Agriculture and Life Sciences, University of Tokyo (Farm of the University of Tokyo) Opening hours for visitors: Tue. to Fri. 9:00 to 16:30 Address: 1-1-1 Midori-cho TEL 042-463-1611

Tanashi experiment forest affiliated with Graduate School of Agriculture and Life Sciences, University of Tokyo Opening hours for visitors: Mon. to Fri. 9:00 to 16:30 Address: 1-1-8 Midori-cho TEL 042-461-1528

Experiment forest of the University of Tokyo



Camphor tree in Experiment forest of the University of Tokyo

Soji-ji Temple



Japanese zelkova in Soji-ji Temple

Icons: Shrines and Temples Park Other