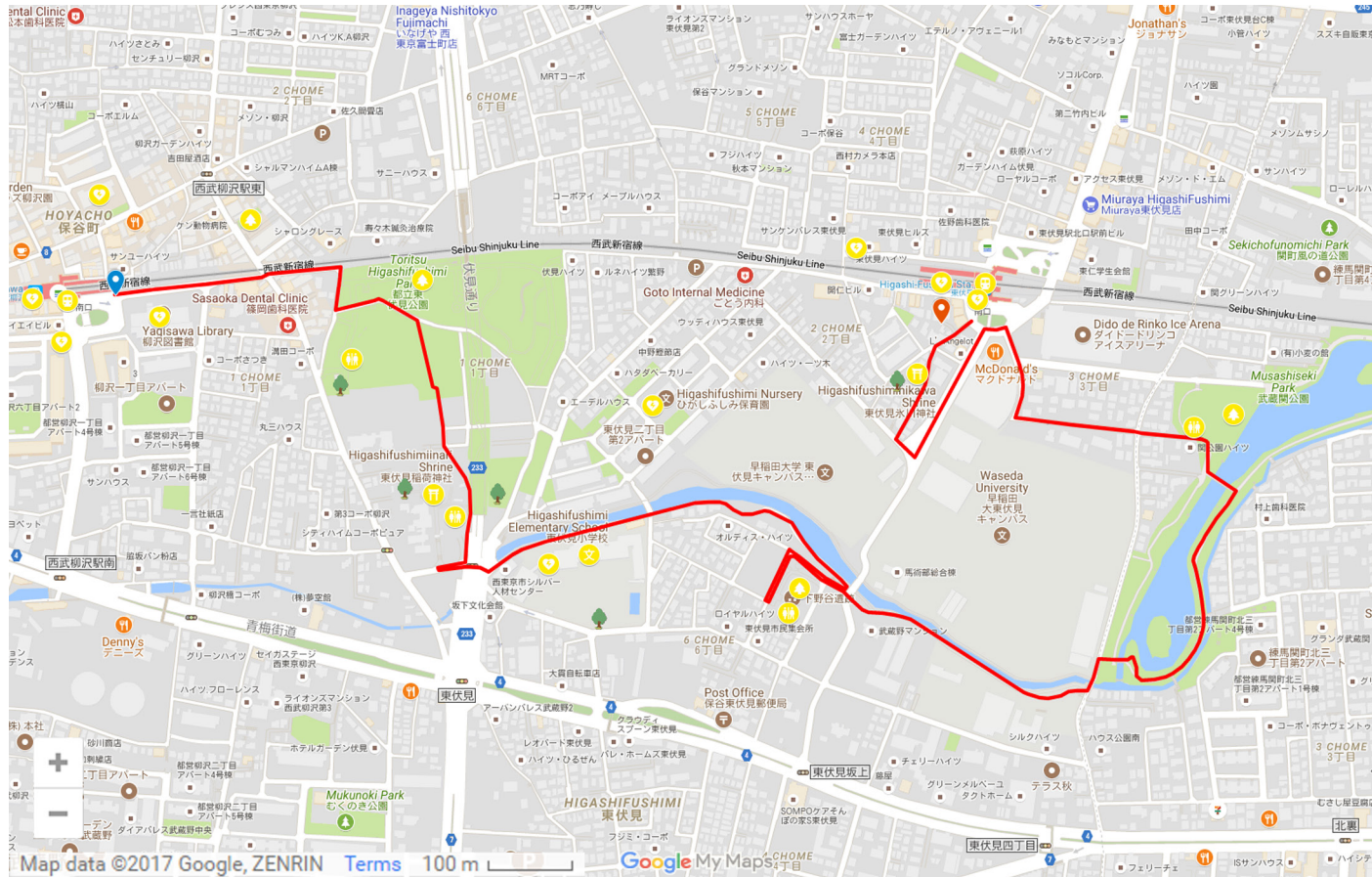


Nishitokyo City

# [K] Ruins and riverside walk course

Highlight | Shitanoya Ruins Park (National designation remains)



Health support city



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

## Route Description

- Seibu Yagisawa Sta. South Exit
  - ▼
  - Higashi-fushimi Park
  - ▼
  - Higashifushimi Inari Jinja Shrine
  - ▼
  - Higashifushimi Elementary School
  - ▼
  - Shitanoya Ruins Park
  - ▼
  - Musashiseki Park
  - ▼
  - Hikawa Jinja Shrine
  - ▼
  - Higashi-fushimi 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



**Shitanoya Ruins Park**  
(National designation remains)



**Hikawa Jinja Shrine**  
Japanese black pine in Hikawa Jinja Shrine

Time allowed	around <b>45</b> minutes
Distance	around <b>3.0</b> km
Calorie consumption	around <b>135</b> kcal
Number of steps	around <b>4290</b> 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**

