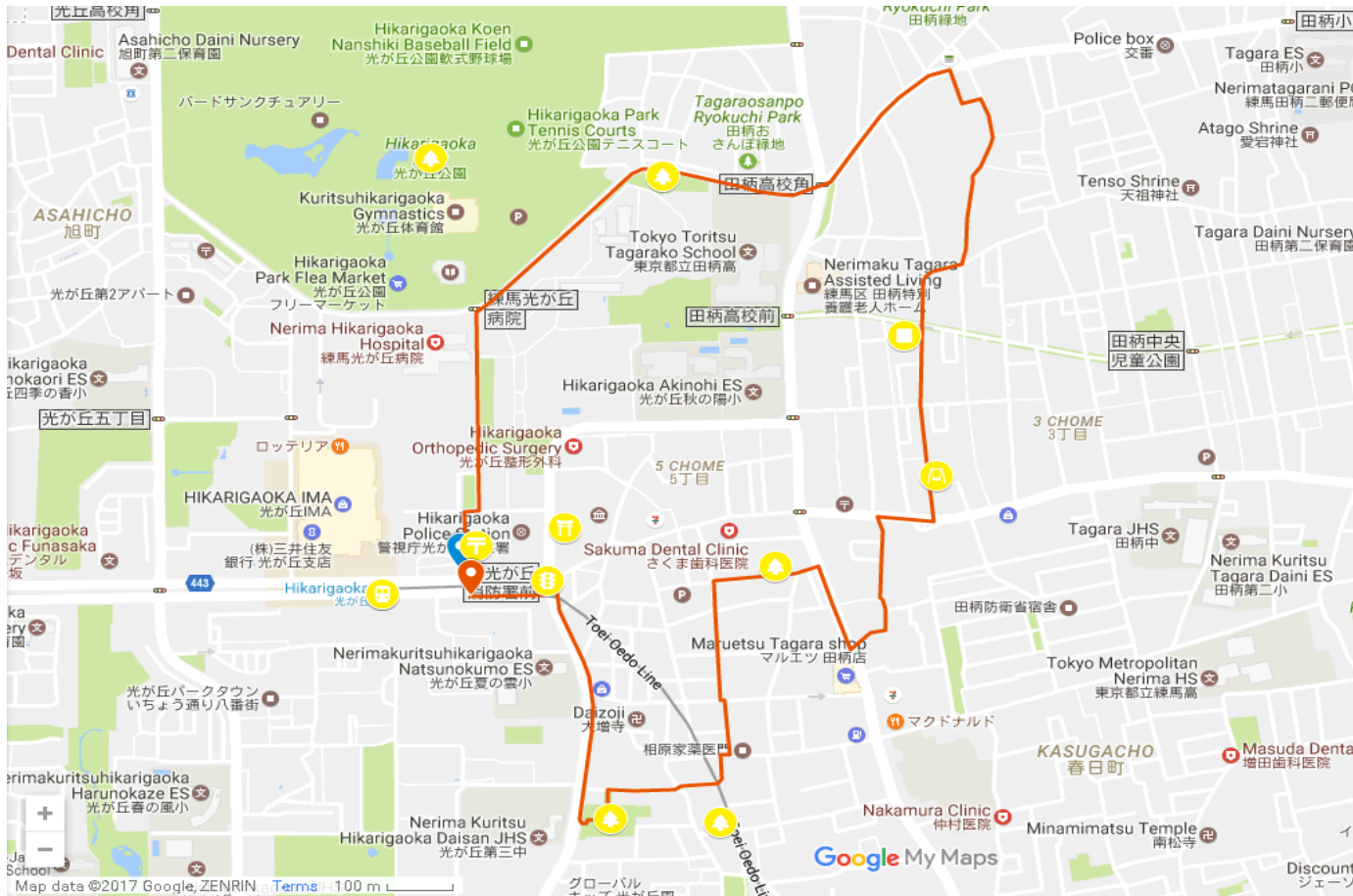


Hikarigaoka Sta. - Tagara Area Course

Highlight | Row of Cherry Trees



©Google

Route Description

- Hikarigaoka Sta.
- ▼
- Hikarigaoka Post Office
- ▼
- Hikarigaoka Park
- ▼
- Tagara-nishi Park
- ▼
- Tagara Area Community Center
- ▼
- Kami-tagara Children's Playground
- ▼
- Tomodachi Park
- ▼
- Banana Park
- ▼
- Tagara Plum Grove Park
- ▼
- Hikarigaoka Fire Station-mae
- ▼
- Hikarigaoka Sta.

Points to keep in safe walking

- Stretch before and after to prevent injuries and fatigue.



- Choose shoes and clothes that fit your feet and are easy to walk in.



- Make sure to drink fluids frequently.
- If you have a medical condition, consult with your family doctor before beginning walking.

Recommended Site

Icons: Shrines and Temples Park Other

Row of Cherry Trees



It becomes a tunnel of cherry blossoms when the trees are in full bloom.

Banana Park



The banana play equipment is custom-made. There is other banana play equipment beyond that in the photos.

Time allowed	around 65 minutes
Distance	around 4.3 km
Calorie consumption	around 195 kcal
Number of steps	around 6200 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**

