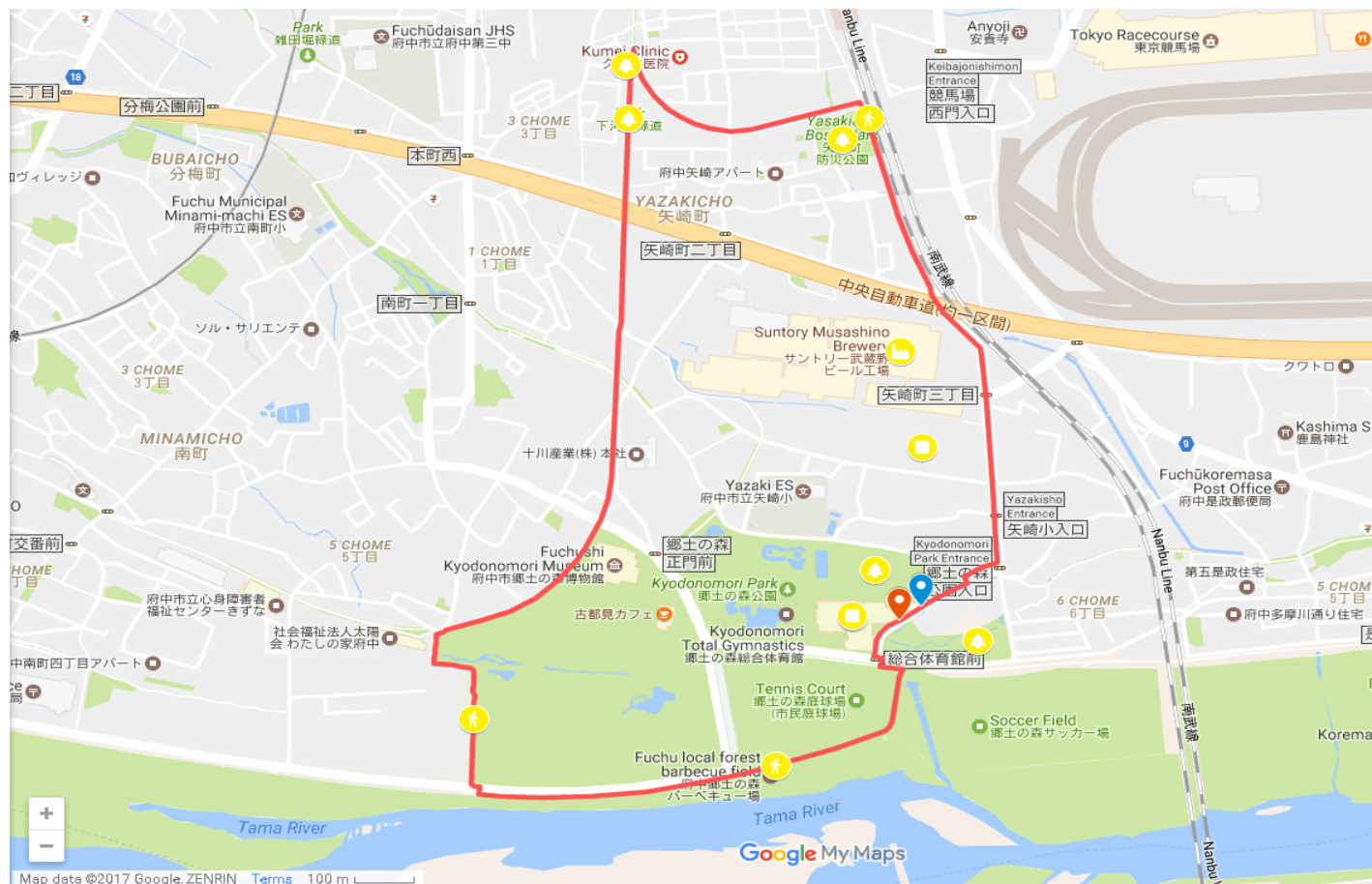


Fuchu City

General Gymnasium Course - Local Forest and Nature Walking Path - Main Course

Highlight | Shimogawara Greenway



©Google

Route Description

- Kyodonomori Park General Gymnasium
- ▼
- Kotsu Park
- ▼
- Dai Tokyo Sogo Oroshiuri Center
- ▼
- Suntory Musashino Brewery
- ▼
- Daini Toshi Promenade
- ▼
- Yazakicho Bosai Park
- ▼
- Honmachi Daini Park
- ▼
- Shimogawara Greenway
- ▼
- Minamimachi Promenade
- ▼
- Tamagawa Kaze-no-michi Walking Path
- ▼
- Kanazuka Sakura Hiroba
- ▼
- Kyodonomori Park General Gymnasium

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Recommended Site

Icons: Shrines and Temples Park Other

Shimogawara Greenway



There are no cars on the Shimogawara Greenway, so it's perfect for walking!

Dai Tokyo Sogo Oroshiuri Center



Enjoy shopping in this market-like atmosphere.

Time allowed	around 62 minutes
Distance	around 4.2 km
Calorie consumption	around 186 kcal
Number of steps	around 5957 steps

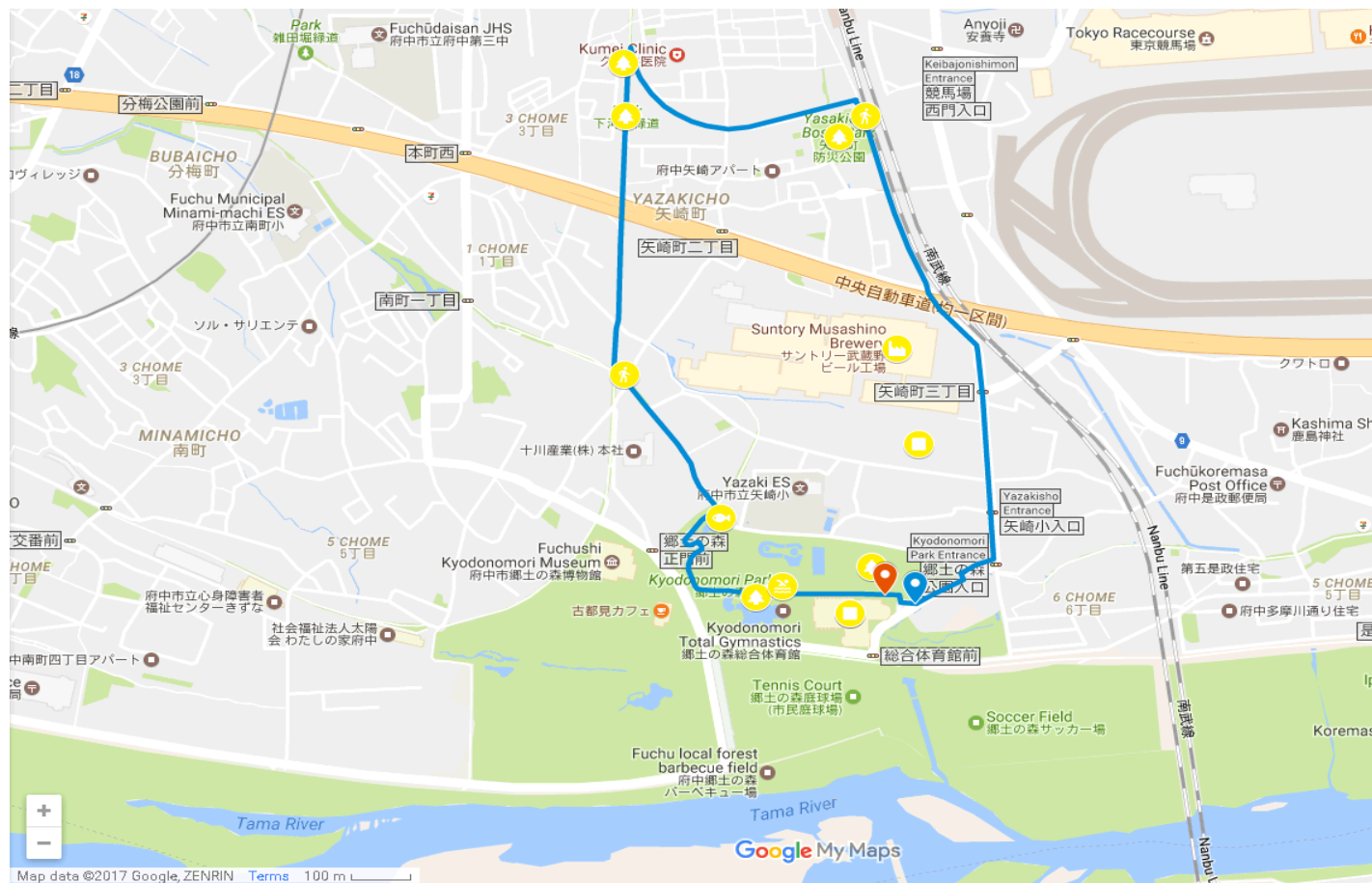
* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.
Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN



Fuchu City

General Gymnasium Course - Local Forest and Nature Walking Path - Short Course

Highlight | Shimogawara Greenway



©Google

Route Description

- Kyodonomori Park General Gymnasium
- ▼
- Kotsu Park
- ▼
- Dai Tokyo Sogo Oroshiuri Center
- ▼
- Suntory Musashino Brewery
- ▼
- Daini Toshi Promenade
- ▼
- Yazakicho Bosai Park
- ▼
- Honmachi Daini Park
- ▼
- Shimogawara Greenway
- ▼
- Shindengawa Greenway
- ▼
- Fish Pond
- ▼
- Shukei Pond
- ▼
- Kyodonomori General Pool
- ▼
- Kyodonomori Park General Gymnasium

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Recommended Site

Icons: Shrines and Temples Park Other

Shimogawara Greenway



There are no cars on the Shimogawara Greenway, so it's perfect for walking!

Dai Tokyo Sogo Oroshiuri Center



Enjoy shopping in this market-like atmosphere.

Time allowed around **43** minutes

Distance around **2.9** km

Calorie consumption around **129** kcal

Number of steps around **4114** 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

