

Fuchu City

Honshuku Gymnasium Course - A Walking Path of Abundant, Uninterrupted Green Space - Main Course

Highlight | Musashi Fuchu Kumano-jinja Shrine



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Route Description

- Honshuku Gymnasium
- ▼
- Honshuku Park
- ▼
- Shin-Fuchu Kaido
- ▼
- Musashi Fuchu Kumano-jinja Shrine
- ▼
- Nambu Line Underground Route
- ▼
- Nishifu Cultural Center
- ▼
- Fuchu Terrace
- ▼
- Nishifu-cho Ryokuchi
- ▼
- Ichikawa Ryokudo
- ▼
- Kappa Statue
- ▼
- Nishi Nursery School
- ▼
- Daiyon Junior High School
- ▼
- Honshukuchō Daini Park
- ▼
- Honshuku Elementary School
- ▼
- Honshuku 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.

Time allowed	around 57 minutes
Distance	around 3.8 km
Calorie consumption	around 171 kcal
Number of steps	around 5429 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

Icons: Shrines and Temples Park Other

Musashi Fuchu Kumano-jinja Shrine



We also recommended the museum. Visitors can enter a replica of an ancient tomb!

Fuchu Terrace



When you enter Fuchu Terrace and Nishi Fuchu Ryokuchi, you are enclosed in nature. It is perfect for walking while you take in the natural landscape.

Fuchu
City

Honshuku Gymnasium Course - A Walking Path of Abundant, Uninterrupted Green Space - Short Course

Highlight | Fuchu Terrace



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Route Description

- 📍 Nishifu Cultural Center
- ▼
- 🏞️ Fuchu Terrace
- ▼
- 🌳 Nishifu-cho Ryokuchi
- ▼
- 🌳 Ichikawa Ryokudo
- ▼
- 🗿 Kappa Statue
- ▼
- 🎓 Daigo Elementary School
- ▼
- 🚇 Nambu Line Underground Route
- ▼
- 🚶 Shin-Fuchu Kaido
- ▼
- 🏯 Musashi Fuchu Kumano-jinja Shrine
- ▼
- 🚇 Nambu Line Underground Route
- ▼
- 📍 Nishifu Cultural Center

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🕒 Time allowed	around 30 minutes
📏 Distance	around 2.0 km
🔥 Calorie consumption	around 90 kcal
👣 Number of steps	around 2857 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

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Kappa Statue



There's a kappa yokai?! This is a popular spot with kids, too.