

Fuchu City

Shiraitodai Gymnasium Course - The Greens of Mt. Sengen and Paths in Musashino - Main Course

Highlight | Tama Cemetery



©Google

Route Description

- Shiraitodai Gymnasium
- ▼
- ⊗ Shiraitodai Police Box
- ▼
- 🚒 Tokyo Fire Department Shiraitodai Branch Office
- ▼
- 🚶 Sengenya-dori Ave.
- ▼
- 🎓 Higashi Nursery School
- ▼
- 🚶 Hitomi Kaido
- ▼
- 🏢 Fuchu Life Training Center
- ▼
- 🌳 Sengenya Park
- ▼
- 🌉 Kisuge-bashi Bridge
- ▼
- 🏘️ Tama Cemetery 25 Wards
- ▼
- ⊗ Tama Substation
- ▼
- 🏘️ Inside Tama Cemetery
- ▼
- 🚶 Tama Cemetery South Entrance Path
- ▼
- 📍 Shiraitodai 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

Tama Cemetery



There is also a course in the beautiful Tama Cemetery.

Sengenya Park



Continue down the road beside the Sengenya Park.

🕒 Time allowed	around 93 minutes
📏 Distance	around 6.2 km
🔥 Calorie consumption	around 279 kcal
👣 Number of steps	around 8857 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

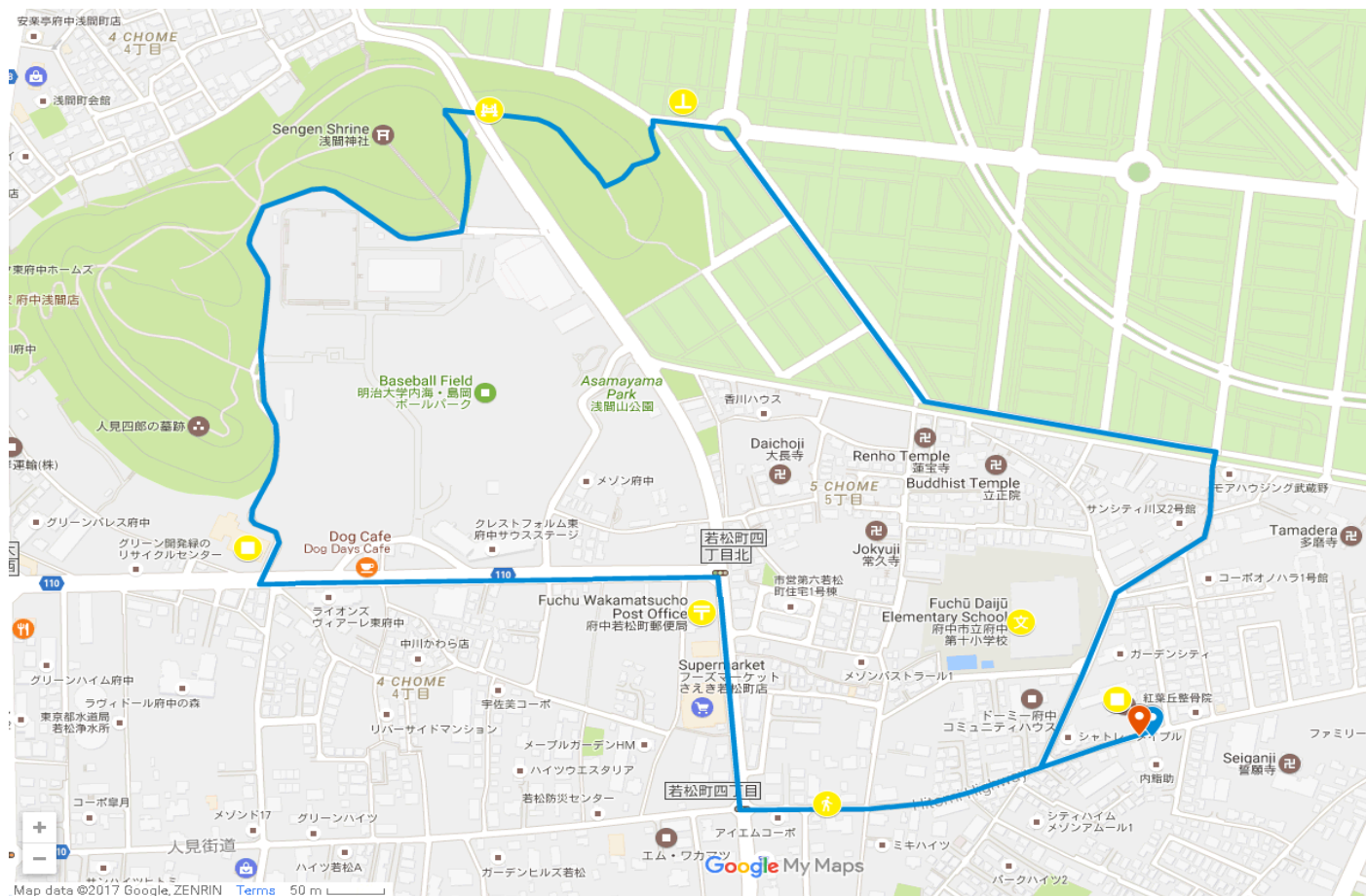
Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Fuchu City

Shiraitodai Gymnasium Course - The Greens of Mt. Sengen and Paths in Musashino - Short Course

Highlight | Sengenyama Park



©Google

Route Description

- 📍 Momiji Gaoka Cultural Center
- ▼
- 🚶 Hitomi Kaido
- ▼
- 📮 Fuchu Wakamatsu-cho Post Office
- ▼
- 🏠 Fuchu Life Training Center
- ▼
- 🌉 Kisuge-bashi Bridge
- ▼
- 📍 Tama Cemetery 25 Wards
- ▼
- 🎓 Daiju Elementary School
- ▼
- 📍 Momiji Gaoka Cultural Center

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 42 minutes
📏 Distance	around 2.8 km
🔥 Calorie consumption	around 126 kcal
👣 Number of steps	around 4000 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

Sengenyama Park



Continue down the road beside the Sengenyama Park.

Tama Cemetery



There is also a course in the beautiful Tama Cemetery.

Kisuge-bashi Bridge



Crossing the Kisuge-bashi Bridge connects to a hiking course.