

Fuchu City

Hiyoshi Gymnasium Course - Experience the History of Fuchu - Main Course

Highlight | Okunitama-jinja Shrine



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Route Description

- Hiyoshi Gymnasium
- ▼
- Kyu Koshu Kaido
- ▼
- Hachiman-cho Area Park
- ▼
- Kyu Koshu Kaido
- ▼
- Hachiman-cho Daini Park
- ▼
- Musashi-kokufu Hachiman-gu Shrine
- ▼
- Fuchukeiba-seimommae Station
- ▼
- Kyozu-do Street
- ▼
- Musashi Kokufu Ruins
- ▼
- Okunitama-jinja Shrine
- ▼
- Kyu Koshu Kaido
- ▼
- Kosatsuba Otabisho
- ▼
- Fuchu Kaido
- ▼
- Fuchu City Hall (West Side)
- ▼
- Anyo-ji Temple
- ▼
- Keibajo-dori Ave.
- ▼
- Daiichi Toshi Promenade
- ▼
- Tokyo Keibajo
- ▼
- Yamate Nursery School and Shimizu-gaoka Nursery School
- ▼
- Taki-jinja Shrine (Ikiki-no-michi)
- ▼
- Fuchu Aijien Nursery School
- ▼
- Hachimancho Undo Hiroba
- ▼
- Hiyoshi Gymnasium

Recommended Site

Icons: Shrines and Temples Park Other

Okunitama-jinja Shrine



Okunitama-jinja Shrine Kurayami Festival (One of the three most renowned festivals in the Kanto region)
We also recommend detouring down the approach and visiting the shrine.

Time allowed	around 74 minutes
Distance	around 4.9 km
Calorie consumption	around 222 kcal
Number of steps	around 7000 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**



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.

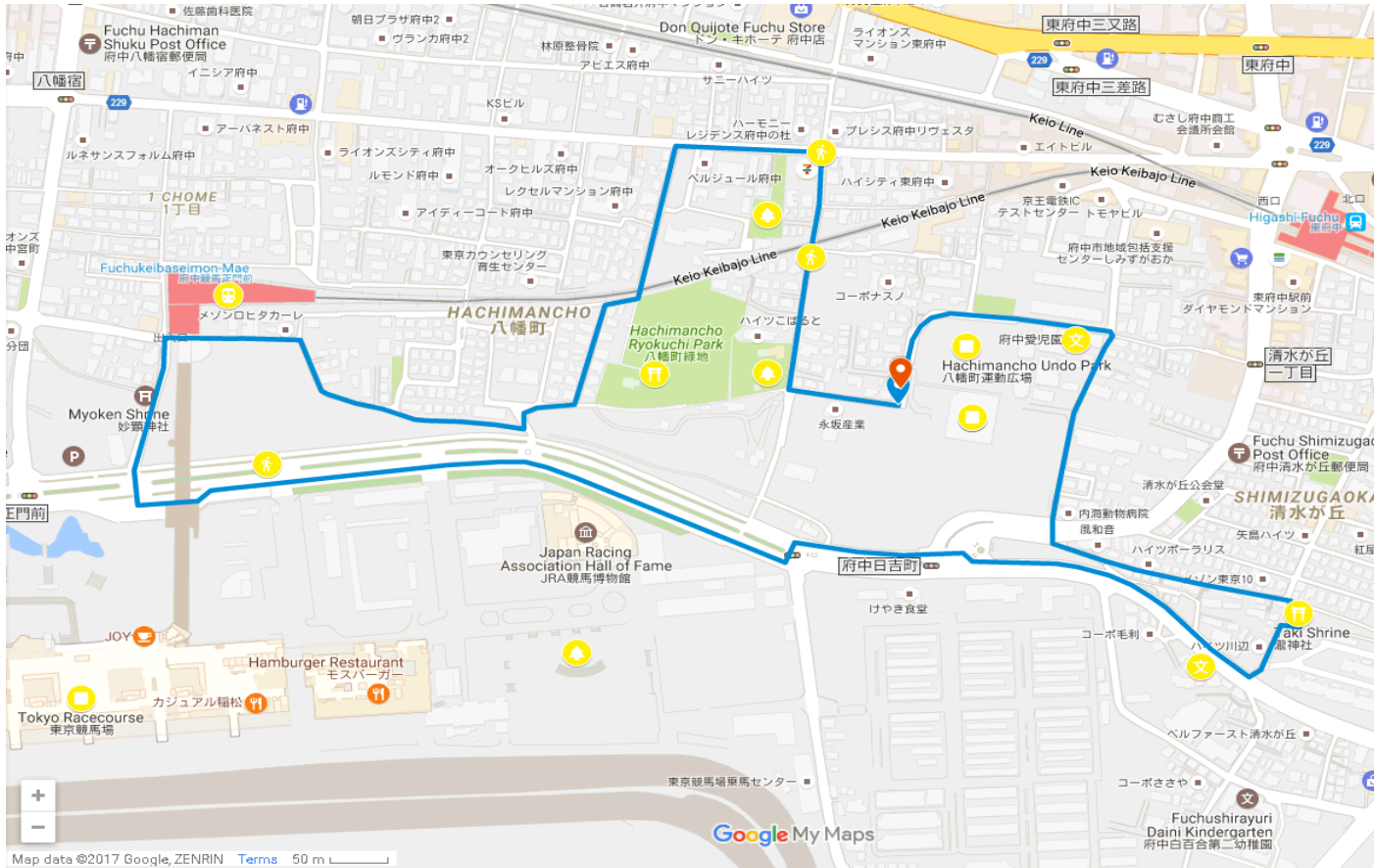


* Do not put too much strain on your body when you are sleep-deprived or sick.

Tachikawa
City

Hiyoshi Gymnasium Course - Experience the History of Fuchu - Short Course

Highlight | Taki-jinja Shrine



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Route Description

- Hiyoshi Gymnasium
- ▼
- 🚶 Kyu Koshu Kaido
- 🌳 Hachiman-cho Area Park
- ▼
- 🚶 Kyu Koshu Kaido
- 🌳 Hachiman-cho Daini Park
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- 🏠 Hachimancho Undo Hiroba
- ▼
- 📍 Hiyoshi Gymnasium

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Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

🏯 Taki-jinja Shrine (Ikiki-no-michi)



It is refreshing when you climb up the stairs! An atmospheric small road (Ikiki-no-michi) continues. Built 600 years ago as a subordinate shrine of Okunitama-jinja Shrine. Shinto priests and sacred horses are said to cleanse their bodies in the waterfall during the annual festival.

🏯 Musashi-kokufu Hachiman-gu Shrine



The first road after crossing Shimizushita-dori Ave. There are lots of benches. There is also a tunnel of greenery.

🕒 Time allowed	around 45 minutes
📏 Distance	around 3.0 km
🔥 Calorie consumption	around 135 kcal
👣 Number of steps	around 4286 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

